



EMAC
Green Swarm

2020 Spring/Summer Program Information

Season Begins

- Season Starts April 6

Groups Offered

- Bumblebee Group
- Bee and Wasp Long Course Group
- Killer Bee Groups
 - Competition
 - Excel
 - Spring Sport
- Summer League AdvantEDGE Clinic
- Triathlon Group
- Long Course/Triathlon Fusion Group

Registration

- **Opens February 24 for continuing swimmers**
- **Opens February 28 for new and returning swimmers**
- If you are registering for Bumblebee, Bee and Wasp Long Course, Killer Bee groups, Triathlon or Long Course/Triathlon Fusion groups, please use the Team Programs Registration Portal
- If you are registering for Summer League AdvantEDGE Clinic, please use the Clinic Programs Registration Portal
- “New Swimmers” are those who are brand new to EMAC
- ALL “New” and “Returning” swimmers must fill out our “New Swimmer Inquiry” [HERE](#) before registering

Bumblebee Group

The Bumblebee Group is for the following groups of swimmers:

- Most swimmers ages 6-8
- Some beginning swimmers ages 9 and 10

There is only one Bumblebee Group this Spring/Summer

Spring Bumblebees: April 6 - last day of East Penn School

- M, W, F
- 4:45-5:45 pm
- Emmaus High School

Summer Bumblebees: Day after school lets out through July

- M-Th
- 7:45-8:30 am
- Emmaus Aquatic Club Pool
- Registration for Summer Bumblebees will open later in Spring

Prerequisite Abilities

- Swimmers must at least be able to swim a lap unassisted of Freestyle and Backstroke
- Swimmers must be able to follow rules and instructions of the coaching staff
- Swimmers should have the ability to walk on-deck alone for the start of their practice

Fees

- USA Swimming Registration Fee \$75
 - Fee only paid if swimmer is not currently registered with USA Swimming
- EMAC Administration Fee \$25
- Monthly Group Fee:
 - Bumblebee \$105
 - Paid April and May for Spring Bumblebees
 - Paid June and July for Summer Bumblebees

Equipment Needed:

- Team Suit (for competition only), Mesh bag, Long Fins, Finis Snorkel, Kickboard

Bee and Wasp Long Course

The Bee and Wasp Long Course Group is for the following groups of swimmers:

- Swimmers age 9 through 14 who are committed to preparing for and competing in Long Course from April through July.

Spring Practices

- Monday, Wednesday, Friday 6-7:30 pm
- Tuesday and Thursday Swim 6-7 pm pm
- Swimmers should attend at least 3 practices per week.
- For maximum benefit, swimmers should carry 90% attendance.
- Attendance should be proportional to performance expectations.
- More info to come on a specialized F13 Dryland Option for swimmers in this group

Summer Practices

- Monday through Friday, 6:30 - 8:30 am
- Emmaus Community Park Pool
- Swimmers should attend at least 3 practices per week.
- For maximum benefit, swimmers should carry 90% attendance.
- Attendance should be proportional to performance expectations.

Prerequisites

- Swimmers ought to be able to swim 50 Yards of all 4 strokes and 200 IM
- Swimmers will compete in at least 2 LC Meets Plus Champs
- Swimmers will be able to follow rules and instructions of the coaching staff

Fees

- USA Swimming Registration Fee \$75
 - If swimmer is not currently registered with USA Swimming
- EMAC Administration Fee \$25
- Monthly Group Fee:
 - All Swimmers \$163 (same as our Wasp fee from SCY season)

Equipment Needed

- Team Suit (for competition only), Mesh bag, Long Fins, Finis Snorkel, Kickboard, Strokemaker Hand Paddles

Killer Bee Group

The Killer Bee Group has three options:

- Killer Bee Competitive
- Killer Bee EXCEL
- Killer Bee Spring Sports

Equipment Needed:

- Team Suit (for competition only), Mesh bag, Long Fins, Finis Snorkel, Kickboard, Tempo Trainer PRO, and Strokemaker Paddles (Girls - Size 1 or 2, Boys - Size 2 or 3)

The Killer Bee Group - Competitive Option:

Killer Bee - Competitive Spring Practices

- M-F: 2:45-4:45 pm
- Saturday: 7:15-10:00 am
- Wednesday Morning: 5:30-6:45 am
 - Please note that mornings will begin on April 8

Prerequisites

- Swimmers wishing to practice LC at Emmaus Community Park Pool after school lets out for the summer must participate in at least two LC meets in May/June plus the appropriate champs meets in July/August.
- Athletes who have high goals should compete in all four LC meets plus Champs.

Summer Practices

- If swimmers ARE attending at least two LC Meets in May/June plus appropriate champs in June/July, they will practice LC at Emmaus Community Park Pool after school lets out for the year
- If swimmers ARE NOT attending at least two LC Meets in May/June plus appropriate champs in June/July, they will practice at EMAC Outdoor Pool roughly 7-9 am (official time not yet established) after school lets out for the year 4 times a week.

Fees

- USA Swimming Registration Fee \$75
 - If swimmer is not currently registered with USA Swimming
- EMAC Administration Fee \$25
- Monthly Group Fee:
 - Killer Bee Training Fee \$184
 - Fee billed April through August

The Killer Bee Group - EXCEL Competitive Option:

Killer Bee - EXCEL Spring Practices

- Monday: AM and PM Practice
- Monday and Wednesday: PM Practice and Strength Training at F13 Performance 6:30-7:30 pm
- Wednesday: SWIMMER OPTION: AM and/or PM Practice
- Friday: AM Practice - Evening Off
- Saturday: 7:15-10:00 am (9:00-10:00 am = F13 Performance Work at EHS)
- **Swimmers who show up to practice without the proper equipment will not practice with the EXCEL Group**

Prerequisites

- Swimmers must average at least 90% swim practice attendance
- F13 workouts are not to be skipped
- Swimmers must compete in at least 3 LC meets in May/June plus the appropriate Champs meets in July/August
- Swimmers opting out of the LC EXCEL Group can rejoin SC EXCEL season starting in September.
- Vacations should be planned so that they do not interfere with preparation for and/or competition in team meets. Suggested Vacation/Break Time: Early Spring or after championship meet(s).

Killer Bee - EXCEL Summer Practices

- EXCEL Swimmers will practice from 6:30-8:30 am at Emmaus Community Park Pool over the summer.
- F13 Strength Workouts will be provided but are still being worked out/scheduled.

Fees

- USA Swimming Registration Fee \$75
 - If swimmer is not currently registered with USA Swimming
- EMAC Administration Fee \$25
- Monthly Group Fee:
 - Billed April through August \$210 (includes cost of F13 Strength Workouts)

The Killer Bee Group - Spring Sport Competitive Option:

Killer Bee - Spring Sport Spring Practices

- From April until their Spring Sport concludes
 - M-W-F Morning: 5:30-6:45 am
 - Am practices will begin April 6
 - Saturday: 7:15-10:00 am
 - 1 Afternoon Workout of your choice per week: 2:45-4:45 pm
 - Athletes will return to Killer Bee Group - Competitive practice schedule after conclusion of their spring sport.
- If you have a conflict due to your Spring sport schedule, communicate with coach to find a resolution
- Swimmers switch to Killer Bee Competitive for Billing in June.
- Swimmers may not rejoin EXCEL Group until September.

Killer Bee - Spring Sport Summer Practices

- If swimmers ARE attending at least two LC Meets in May/June plus appropriate champs in June/July, they will practice LC at Emmaus Community Park Pool after school lets out for they year
- If swimmers ARE NOT attending at least two LC Meets in May/June plus appropriate champs in June/July, they will practice at EMAC Outdoor Pool roughly 7-9 am (official time not yet established) after school lets out for the year 4 times a week.

Fees

- USA Swimming Registration Fee \$75
 - If swimmer is not currently registered with USA Swimming
- EMAC Administration Fee \$25
- Monthly Group Fee:
 - Killer Bee Training Fee
 - April, May \$100
 - June-August \$184

Summer League AdvantEDGE Clinics

The AdvanEDGE Clinic is for

- Some swimmers 8 and under who are planning on joining a summer team
- All swimmers 9-14 who wish to gain a competitive advantage to start their summer league season
- Practice Times
 - M/W/F 5:00pm-6:00pm
 - Saturday 12:00pm-1:00pm
- Location - Emmaus High School Pool

Prerequisite Abilities

- Swimmers must be able to swim a 25 of the stroke for which they are registering
- Swimmers must be able to follow rules and instructions of the coaching staff
- Swimmers should have the ability to walk on-deck alone for the start of their practice

There are 8 AdvantEDGE Clinics which may be purchased individually or as bundles. Clinics can be bundled in a package of 4, while many may want the ultimate savings of purchasing all 8

1. Freestyle	Clinic Dates: 4/24, 5/9, 5/18, 6/3
2. Backstroke	Clinic Dates: 4/15, 5/1, 5/16, 5/25
3. Breaststroke	Clinic Dates: 4/20, 5/6, 5/22, 6/6
4. Butterfly	Clinic Dates: 4/18, 4/27, 5/13, 5/29
5. IM	Clinic Dates: 4/25, 5/4, 5/20, 6/5
6. Starts	Clinic Dates: 4/17, 5/2, 5/11, 5/27
7. Flip Turn	Clinic Dates: 4/22, 5/8, 5/23, 6/1
8. Open Turn	Clinic Dates: 4/13, 4/29, 5/15, 5/30

Fees

- Clinic Fees:
 - Single Clinic \$60
 - 4 Clinic Package \$199
 - 8 Clinic Package \$299

Triathlon

The Triathlon Group is for the following group of athletes:

- Athletes age 9 through 18 (or who have just graduated from high school) who would like to learn about, train for, and race triathlon.

Practices

- Spring: Tuesday, Thursday 4:45 - 6:15 pm, Emmaus High School Pool; Saturday 8:30 - 10 am, Emmaus High School Pool or Bob Rodale Cycling Park.
- Summer: Tuesday, Thursday 8:30 - 10 am, Emmaus Community Park Pool; Saturday 8:30 - 10 am, Bob Rodale Cycling Park.
- Additional practices for ages 15 and over Wednesdays, 4:45 - 6:15 pm (spring) and 8:30 - 10 am (summer), location TBA.

Prerequisites

- Athletes ought to be able to swim 100 Meters without stopping
- Athlete must compete in at least one race
- Athletes must be able to follow rules and instructions of the coaching staff

Fees

- USA Swimming Registration Fee \$75
 - If swimmer is not currently registered with USA Swimming
- EMAC Administration Fee \$25
- USA Triathlon Annual Youth Fee \$10
- Monthly Group Fee: \$150
 - See Fusion Group below for combination of LC and Triathlon

Equipment Needed

- Bicycle, Bicycle Stationary Trainer, Running Shoes, Shorts and Shirt, Swimming Suit, Cap, Goggles, Water Bottle
- Optional team racing kit, information on EMAC Website under Tri EMAC tab

Long Course/Triathlon Fusion

The Long Course/Triathlon Fusion group is for athletes ages 9 and up that want to train for and compete in both Triathlon Races and Long Course Swim Meets.

Practices

- Long Course Practice times will be the same as noted in the Bees and Wasp Long Course information above.
- Triathlon Practice times will be the same as noted in the Triathlon Information above.
- Coaches Mandy and Seth will work with athletes to determine proper Swim and Triathlon practice schedules that best serve to accomplish the goals of the athlete.

Prerequisites

- Athletes in this group have to meet all prerequisites for both the Bees and Wasp Long Course and Triathlon groups noted above.
- 2 LC Meets Plus Champs (if qualified)
- At least 1 Triathlon

Fees

- USA Swimming Registration Fee \$75
 - If swimmer is not currently registered with USA Swimming
- EMAC Administration Fee \$25
- USA Triathlon Annual Youth Fee \$10
- Monthly Group Fee:
 - Killer Bee LC and Triathlon Fusion \$184
 - Bees/Wasp LC and Triathlon Fusion \$163

Practice Locations

Emmaus High School Pool - 500 Macungie Avenue, Emmaus, PA 18049

- Indoor, 25 yard pool
- Enter parking lot via Harrison Street, proceed to pool through Sports Complex Entrance

Emmaus Aquatic Club Pool - 2546 Millrace Road, Emmaus, PA 18049

- Outdoor, 25 meter pool
- Park in main/upper lot and proceed to pool through main entrance

Emmaus Community Park Pool - 1401 Shimerville Road, Emmaus, PA 18049

- Outdoor, 50 meter pool
- Park in the main lot and walk through the park to the pool. No parking is allowed immediately adjacent to the pool; use circle drive as drop-off area only.

Bob Rodale Cycling Park - 1151 Mosser Road, Breinigsville, PA 18031

- Cycling/Running paved loop and trails, closed to traffic
- Directly across from Valley Preferred Cycling Center
- Meet at the south end of the parking area, closest to Route 222.