



EMAC 2022 SPRING/SUMMER REGISTRATION

The Spring season will begin on Monday, April 11 (or April 18 for Summer League AdvantEDGE).

Spring Registration will open to current EMAC members on Tuesday, March 15.

Spring Registration will open to new members on Wednesday, March 23.

Spring Registration will close for all on Wednesday, March 30.

All registrants will pay a \$25 Registration Fee.

All new members will also pay an \$80 USA Swimming Registration Fee (paid directly to USAS).

All Triathletes will also pay \$25 to USA Triathlon for a Youth Membership (paid directly to USAT).

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LONG COURSE: USA SWIMMING, KILLER BEE EXCEL

This is for swimmers ages thirteen through eighteen (8th grade through 12th grade) who wish to strive for the highest level of achievement. Therefore, it requires the highest level of commitment.

Location

- April through the end of school: Emmaus High School Pool and The HIVE
- School's end through Labor Day: Emmaus Community Pool

Killer Bees EXCEL

- Spring:
 - Monday through Friday: 3:30-6 pm
 - Saturday: 6:30-9:30 am @ The HIVE
 - Weekday AM Practices: M, W, F @ 5:30-6:45 am (to begin May 9)
- Summer:
 - Monday through Saturday: 6:00-8:30 am
- Expectations
 - Must keep preparation level proportionate to goals at Champs
 - Must attend at least 2 LC Meets and Champs
 - Must attend at least 2 AM practices per week from May 9 until school is out
 - Understand that a poorly-timed vacation will negatively impact performance.

Cost: \$205 per month

Equipment

- Kickboard, snorkel, fins, paddles, pull buoy, cap, goggles, suit
- Water bottle
- Sneakers for Swarm-up and Dryland
- Yoga Mat, Jumprope

Please note:

We will be adding a regimented dryland program, enhancing our swim training, and working to attain synergy between the two. We reserve the right to modify the program as we monitor both how they adapt and their progress.

LONG COURSE: USA SWIMMING, KILLER BEE

Location

- April through the end of school: Emmaus High School Pool and The HIVE
- School's end through Labor Day: Emmaus Community Pool

Killer Bees

- Spring:
 - Monday through Friday: 3:00-5:00 pm
 - Saturday: 6:30-9:30 am @ The HIVE
 - Weekday AM Practices: T, TH @ 5:30-6:45 am (to begin May 9)
- Summer:
 - Monday through Saturday: 6:30-8:45 am
- Killer Bee MultiSport
 - Contact coaches if you are interested in multisport over the spring.
- Expectations
 - Must keep preparation level proportionate to goals at Champs
 - Must attend at least 2 LC Meets and Champs
 - Take advantage of AM practices
 - To maximize progress and
 - To demonstrate readiness for EXCEL
 - Understand that poorly-timed vacations will negatively impact performance

Cost

- \$185 per month for Killer Bees

Equipment

- Kickboard, snorkel, fins, paddles, pull buoy, cap, goggles, suit
- Water bottle
- Sneakers for Swarm-up and Dryland
- Yoga Mat, Jumprope

LONG COURSE: USA SWIMMING, AGE GROUP

This is for swimmers ages nine through thirteen (up to and including 7th grade) who wish to attend Long Course meets throughout the spring and summer.

Location

- April through the end of school: The HIVE
- School's end through Labor Day: Emmaus Community Pool

Days

- Monday through Saturday

Time

- Spring
 - Monday, Wednesday, Friday, 3:45 - 5:30 p.m.
 - Tuesday, Thursday, 3:45 - 6:15 p.m. (*dryland days)
 - Saturday, 9:00 - 11:00 am
- Summer
 - Monday through Saturday 7:00 - 8:45 am
 - Dryland TBD

Cost

- \$165 per month

Expectations

- All Age Group Long Course Registrants must be committed to attending at least two LC meets and Champs.
- Four practices per week
- Legality in all competitive strokes

Equipment

- Kickboard, snorkel, fins, paddles, pull buoy, cap, goggles, suit
- Water bottle
- Sneakers for Swarm-up and Dryland
- Yoga Mat, Jumprope

TRIATHLON

This is for athletes ages nine through 18 who wish to learn about, train for, and race triathlon in a team-based setting.

Location

- April through the end of school: The HIVE
- School's end through Labor Day: Emmaus Community Pool
- Wednesdays and Saturdays: Bob Rodale Cycling Park and rural roads

Days

- Monday through Saturday (Intermediate and Performance Groups)
- Monday through Thursday (Developmental Group)

Time

- Spring
 - Monday, Tuesday, Thursday 5:30 - 7:15 pm
 - Wednesday (@ BRCP) 4:30 - 6:00 pm
 - Friday 5:30- 6:30 pm
 - Saturday 8:00 - 10:00 am
- Summer
 - Monday, Tuesday, Thursday 8:45 - 10:30 am
 - Wednesday (@ BRCP) 7:00 - 8:30 am
 - Friday 8:45 - 9:45 am
 - Saturday 8:00 - 10:00 am

Cost

- \$165 per month for Intermediate and Performance Groups
- \$145 per month for Developmental Group

Expectations

- Need to be able to complete 50 meters of freestyle in a long course pool proficiently
- No requirement, but expectations commensurate with attendance
- We hope all athletes want to participate in at least one race

Equipment

- Mandatory: Bicycle, Bicycle trainer, helmet, sneakers, suit, cap, goggles, water bottle
- Optional: watch, yoga mat, foam roller, jumprope, fins, paddles, pull buoy, snorkel, clipless pedals and cleats for bike

HYBRID GROUP

This is for any athlete, ages nine through 18, interested in doing both Long Course (Killer Bee or Age Group) and Triathlon.

Location

- April through the end of school: The HIVE
- School's end through Labor Day: Emmaus Community Pool
- Wednesdays and Saturdays: Bob Rodale Cycling Park and rural roads

Days

- Monday through Saturday

Time

- Spring
 - Monday, Tuesday, Thursday 4:00 - 6:30 pm
 - Wednesday (@ BRCP) 4:30 - 6:00 pm
 - Friday 4:00 - 5:30 pm
 - Saturday 8:00 - 10:00 am
- Summer
 - Monday, Tuesday, Thursday 7:00 - 9:45 am
 - Wednesday (@ BRCP) 7:00 - 8:30 am
 - Friday 7:00 - 8:45 am
 - Saturday 8:00 - 10:00 am

Cost

- \$245 per month

Expectations

- See Long Course and Triathlon expectations

Equipment

- See Long Course and Triathlon equipment

SUMMER LEAGUE AdvantEDGE CLINIC

This clinic is for athletes ages 13 and under (7th grade and earlier, including our mighty 8 and unders!) who wish to gain an **EDGE** on their competition for summer league. This group will be run in a clinic style, with a different focus each week for eight weeks. This group will refine skills Monday through Thursday and race every Friday. Fridays will be a meet-style set-up. Swimmers will learn to talk to their coaches after their races in order to receive feedback about how well they applied the skills being taught. The overall goal is to enrich your swimmer's summer league swimming experience through preparation.

Location and Options

- April 18th through June 10th: Emmaus High School Pool
- Options for 1, 2, or 4 days of practice per week, with every Friday open to all for race practice

Time

- Group One*: Monday through Thursday 6:00 - 7:00 pm
- Group Two*: Monday through Thursday 7:00 - 8:00 pm
- Fridays for all: 6:00 - 7:30 pm (at the latest)

*Group composition will be determined by actual registration numbers. Group One will include 8&Us. The opportunity to select groups will occur after registration, similar to our Activity Groups from this last winter.

Cost

- 1 practice day per week: \$216 (Pick one from M-Th)
 - Fee Schedule (\$72 paid in April, May, and June)
- 2 practice days per week: \$261 (Pick M/W or T/TH)
 - Fee Schedule (\$87 paid in April, May, and June)
- 4 practice days per week: \$330 (Any or all days M-Th)
 - Fee Schedule (\$110 paid in April, May, and June)

Expectations and Requirements

- All group registrants are expected to join/return to a summer league team. Reach out to parents and/or coaches for guidance on team placement.
- 10&U must be legal in Freestyle and Backstroke. 11-13 swimmers must be legal in Freestyle, Backstroke, either Breaststroke or Butterfly.

AdvantEDGE Clinic Weekly Schedule

Week 1: Backstroke (BK)

Week 2: Freestyle (FR)

Week 3: Breaststroke (BR)

Week 4: Butterfly (FLY)

Week 5: BK/FR Refinement

Week 6: Coach-Indicated Aptitude (BR or FLY) Refinement

Week 7: Starts/Turns All Strokes

Week 8: Swim Meet Preparation

Equipment

- [Kickboard](#), [snorkel](#), [long fins](#) in a [mesh \('wet'\) bag](#)
 - Please personalize your child's snorkel with unique duct tape, sharpie comes off in the pool. DO NOT buy a Finis JR snorkel, it's too short.
- Cap, [goggles](#), suit, water bottle
 - All swimmers with hair longer than 3 inches MUST wear caps.
 - There are a lot of choices when it comes to goggles... just buy Speedo Vanquishers. They're reliable when taken care of, parts are easily replaceable when they do break, and they don't fill up with water. If you have a younger (smaller) child, look into [Vanquisher Jr.](#)
 - Suits:
 - Girls = One-Piece Competitive Suit (no frills/bows on the suit)
 - Boys = Briefs or Jammers, No Trunks, No Swim Shirts
 - Proper suits should be form-fitting and not loose/baggy

Questions regarding our AdvantEDGE Clinic:

- 9&Over contact Coach Phil (coachphil@emacswim.org)
- 8&U contact Coach Jason (coachjason@emacswim.org)

College Group

This is for college-aged swimmers who wish to train with EMAC during their summer break.

Early Season: May 16 - June 10

- @ The HIVE: 12:30-2 pm (time may be adjusted slightly to accommodate swim
- Monday through Friday

Summer: June 13 - August 4

- Swimmers training for LC Meets:
 - @ Community 6:30-9 am
- Swimmers training through summer
 - @ The HIVE 7:00-8:30 am

Cost

- \$400 for May 16 through August 4
- Billed \$100 increments in May, June, July, and August

Fees

- Admin fee: 25\$ paid once at registration
- USA Swimming Registration: \$80 billed to your account if you need USA Swimming registration

Note

- Graduating HS Seniors do not become part of the College Group until September.

OPEN WATER

This group will not involve a separate registration, but any interested athlete registered in our long course, triathlon, college, or hybrid groups will be invited to participate in any of our open water events.

OPPORTUNITIES

All of the opportunities listed below are tentative. We will navigate the season with the understanding that we may have to adapt our schedule based on potential changes in dates, format, and venues of each of these opportunities.

USA Swimming: Long Course

These opportunities are only for athletes in Long Course, Hybrid, or College Groups.

- Keystone Aquatics: May 6-8 (Carlisle)
- GPAC Closed Invite: May 21 (Sewell, NJ)
- Keystone Aquatics: June 3-5 (Carlisle)
- WSY LC Classic: June 10-12 (Bucknell)
- Lancaster Aquatics: July 1-3 (Lancaster)
- Middle Atlantic Senior Champs: July 7-10 (Keystone, Carlisle, PA)
- Middle Atlantic Silver Champs: July 15-17 (Keystone, Carlisle, PA)
- Middle Atlantic Junior Olympics: July 22-24 (GCIT, Sewell, NJ)
- Eastern Zone Senior Champs: August 4-7 (Buffalo, NY)
- Eastern Zone Age Group Champs: Scheduled for August 3-6 (Site TBD)

Triathlon

These opportunities are only for athletes in the Triathlon or Hybrid Groups.

- April 16th: Mini Mighty Man (Long Island, NY)
 - Youth: 100M Swim, 2M Bike, .25M Run
 - Adult: 400M Swim, 6M Bike, 2M Run
- May 14: Gravel Grinder Bike Outing
- May 21 and 22: Mighty Moraine: PA State Championships (Portersville, PA)
 - Youth: 200M Swim, 6M Bike, 1.2M Run
 - Super Sprint: 375M Swim, 6.2M Bike, 1.5M Run
 - Adult: 750M Swim, 12.4 Bike, 3M Run
- June 8: Wednesday Wonders (Hewitt, NJ)
 - Youth: 100M Swim, 4 Mile Bike, 1M Run
 - Adult: 400M Swim, 8.3 Mile Bike, 2.25M Run
- June 25, 26: Team Campout (25); Evergreen Lake Youth Triathlon (26) (Bath, PA)
 - (Considering Devo distance option for 9-10s: 200M Swim, 3.3M Bike, .5M Run)
 - 11 and Over: 400M Swim, 6.6M Bike, 1.2M Run
- July 9: Lake Lenape Triathlon (Mays Landing, NJ)
 - Super Sprint: ¼ Mile Swim, 9M Bike, 1.5M Run
 - Sprint: ½ Mile Swim, 17 Mile Bike, 4.5 M Run

- July 30: Youth and Junior Nationals (West Chester, Ohio)
- August 4th: Vincentown Supersprint (Vincentown, NJ)
 - All: 200M Swim, 5.75 Mile Bike, 1.3M Run
- August 17th: Wednesday Wonders (Hewitt, NJ)
 - Youth: 100M Swim, 4 Mile Bike, 1M Run
 - Adult: 400M Swim, 8.3 Mile Bike, 2.25M Run
- August 25: NOX Day – Mountain bike ride and trail run, OWOWCow Celebration
- August 27: Banquet

Open Water

These opportunities are for athletes in Long Course, Triathlon, Hybrid, or College Group.

- June 7: French Creek 800M Open Water Swim
- June 11 - 12: Middle Atlantic Swimming Open Water Camp and Open Water Champs
 - 2.5K
 - 5K
- June 21: Open Water Training at Evergreen Lake
- July 8: Lake Lenape Open Water Race
- July 10: Jersey Shore Training Clinic (Tentative)
- July 23: Sea Isle City Beach Patrol 1 Mile Ocean Swim
- July 30: 93rd Annual Atlantic City Pageant Swim
 - 1.2M Ocean Swim
- *Tentative:* August 21: Steelman Swim

OFFICE HOURS

Questions?

Coach Mandy will be available for questions about the spring registration options at an open “office-hours.” Please feel free to stop by the lobby at the HIVE with any questions, concerns, or comments you may have at the following times:

Wednesday, March 16th: 5:30 - 6:30 pm
 Wednesday, March 23rd: 5:30 - 6:30 pm