



Trojans Newsletter

September 2022

Welcome

Welcome to a new season with Wissahickon Community Aquatic Club (WCAC). We are excited to have you with us and look forward to the start of the new season!

News

New Head Coach:

- Our new Head Age Group Coach Jake Harner joined us this Summer. Jake will oversee all aspects of the age group swimming program and work directly with all of our coaching staff to create an incredible experience for our athletes on every level.

To read more on our new Head Coach you can follow this link: [Jake Harner - WCAC Head Coach](#)

SWIMS 3.0

This information is for USA Swimming participants

- USA Swimming has updated their process for registering swimmers.
- All members now register and pay their USA Swimming/Middle Atlantic Swimming membership fee via the SWIMS 3.0 platform on the USA Swimming website.
- WCAC will soon provide our USA swimming members, and those interested in USA swimming with a link to register for the upcoming season.
- If there are any questions about USA swimming please reach out to Coach Jake: headcoach@wcacswim.org.

Practice Schedule

- Here is the link to our website where you can view the practice groups and associated times: [Projected Schedule Fall/Winter](#)
- The live monthly calendar can be found on our website - [WCAC Calendar](#). We will not have practices on Thursdays in September, as well as a few additional days due to pool availability. Please be sure to use the link above to view the full schedule.
- If there are any changes to the schedule we will send those out via email and post to our Facebook page. [Click Here to Follow Us On Facebook](#)

September Outlook

- In September we will begin with an introduction to swimming for our newcomers and some refreshers for our returning swimmers. The focus for our groups as we begin is to perfect the basics and work on key details. We will be hitting hard on drill work and strong kicking to help build our base before meet season begins.

UDAC Rocktoberfest

- Our first USA meet will be the UDAC Rocktoberfest Fri. 10/14 - Sun. 10/16
- This meet is for **USA SWIMMERS ONLY**
- **The deadline to sign up for this meet is this Thursday 9/8/2022**
- To commit to the meet or read more information please follow this link: [UDAC Rocktoberfest Meet Sign Up](#)
- If you are unsure which events your swimmer(s) should sign up for, please contact Coach Jake via email - headcoach@wcacswim.org.

Important Dates

- 9/7/2022 First day of practice!
- 9/9/2022 First Team Trojan Practice (Pre-Team)
- 9/10/2022 Swimsuit Try-ons (10am - 12pm)
- 9/11/2022 Swimsuit Try-ons (8:15am - 11:15am)
- 9/18/2022 First day of Swim Lessons
- 9/25/2022 WCAC Parent Meeting