



Positivity * Consistency Opportunity

- ◆ Swimmers of all abilities, from novice to nationally ranked
- ◆ Families from all corners of the greater Buffalo region
- ◆ Opportunities for every athlete to excel in a safe, healthy, life-long sport
- ◆ Individual coaching and attention in a team atmosphere
- ◆ Emphasis on technique for efficiency and injury prevention
- ◆ Personalized goal setting teaches children to set and keep commitments
- ◆ Professional and experienced coaches
- ◆ Accommodating schedule of multiple practices per week to choose from
- ◆ Conveniently located in Amherst at UB's Alumni Arena
- ◆ World-class pool facility with separate dry-land training
- ◆ Fun and family-friendly social activities
- ◆ Swimmers compete at their comfort level
- ◆ Proven record of success

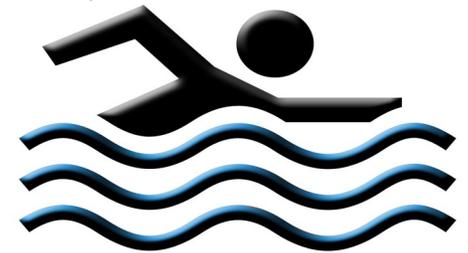


FREE 2-week trial
offered to all new swimmers,
any time of the year

To schedule a start date,
please contact:

Lisa Morey & Dalynn Engler
Membership Co-Chairs
(716) 906-2348
members.BAAC@gmail.com

Tom DePasquale
Interim Head Coach/Gold Coach
coach.BAAC@gmail.com



Buffalo Area
Aquatic Club
(BAAC)

www.buffaloswimming.com

BUFFALO AQUATICS



Buffalo Aquatics provides year-round training for competitive swimmers ages 6 and up.

Our dedicated team of professional coaches provides individual attention to swimmers of all levels.

Our coaches prioritize:

- ♦ Teaching swim stroke technique as an essential aspect of each practice
- ♦ Promoting positive values, respect, and sportsmanship within the pool and community
- ♦ A gradual increase in practice time and commitment for athlete development

BAAC has consistently placed in the top 3 at every championship meet since its founding, and has won 1st place for small teams in the 2014, 2015, 2016, 2017, and 2018 short and long course season championships.



PROFESSIONAL COACHING



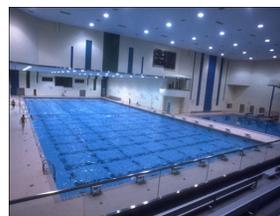
Led by a full-time head coach, BAAC's entire coaching staff are professionals with years of experience in their field. Our coaches have worked with athletes at all levels, from learn-to-swim through college and Olympic Trials.

All BAAC coaches are certified through USA Swimming, the American Swim Coaches' Association and the American Red Cross.

WORLD-CLASS FACILITY

BAAC's home pool for practices is the SUNY at Buffalo's Alumni Arena pool, state-of-the-art and home to UB's NCAA division I women's swimming and diving team. The pool is an indoor pool measuring 50 meters by 25 yards, affording our swimmers year round, short- and long-course training. Additional weekday morning practices are offered in summer and during breaks.

Dryland exercises are incorporated into the practice time for all levels. Activities are age-appropriate and focused on body awareness. Dryland is conducted at Alumni Arena using various dryland training aids.



FLEXIBLE SCHEDULE

BAAC's practice calendar is consistent yet flexible enough to meet any family's schedule. Swimmers can choose to attend multiple practices per week, at a number that will help meet the athlete's personal goals. During the school year, all practices for swimmers age 12 and under are held in the evening at UB's Alumni Arena pool.

- ♦ **Novice (beginner 12 & under)** — 4, 1-hour practices per week
- ♦ **Age Group (intermediate to advanced 14 & under)** — 4, 45-minute practices per week to as many as 6, 90-minute to 2-hour practices
- ♦ **Senior (9th grade & older)** — 6-10 practices offered per week dependent on season, 2 to 3 hours in length

Additional weekday morning practices are offered to swimmers in Age Groups and Seniors during the Long Course summer season.

FAMILY ATMOSPHERE

BAAC is a family-focused team that sticks together and supports each other. Fun social events are planned regularly, so the athletes and their families get to know each other outside the pool. Social events include picnics, ice cream socials, team potlucks, bowling, amusement park, laser tag, movies and more.

BAAC gives back to our community through a number of service projects each year, such as care packages, pies and cookies, clothing drives, etc. Each summer, our swimmers fundraise for Carly's Club at Roswell Park Cancer Institute by swimming a mile in Lake Erie.

www.buffaloswimming.com