

Hamilton Aquatic Club, Inc.

www.hamiltonaquatics.com

2015 Spring/Summer USS & YMCA Senior Training Program

Sponsored in conjunction with the Hamilton Twp. Recreation Dept. & Hamilton Area YMCA

The Spring/Summer competitive swimming workout programs are for qualified senior swimmers, 13 years of age or older. This program is for the year round, goal oriented swimmer, who has the desire to train towards US Silvers, JO's, Sectionals, Junior, Senior and YMCA National qualifying meets. Last qualifying meet determines last scheduled practice.

Swimmers will only be accepted into the Senior Training level if they can maintain ten times one hundred yard freestyle on 1:20.

Program Locations: Rider University, John Witherspoon Middle School & Princeton University

Practice Times:

Rider April 12-last qualifying meet (M,T,W,Th, F) 7:00-9:00 pm or 6:30-8:30pm practice
Dryland (M, W, F) 6:15-7:00pm or 5:45-7pm
Rider April – July (Sat.) 8:30-10:30 am or 10:30am-12:30pm

John Witherspoon Middle School, Princeton

*starting the later part of June (M,T,W,Th, F) 6:00am -8:00am

There will be no PM practice when PASDA meets are schedule

A practice schedule will be posted on the HACY website

Note: The schedule for long course practice at DeNunzio Pool will follow, pending confirmation from Princeton University. These practices will replace some of the listed practices above.

Requirements for Seniors: Practice Attendance

YMCA and USS meet participation as a team
Current Hamilton Y and USA member
(you will be provided with the forms to fill out)

Fees: \$1,150.00 – does not include YMCA membership, meet entry fees or equipment

Fundraisers: Parents and Swimmers must participate in:

- Summer Solstice @ Rutgers U. June 11 & 12
- 12/under Silver/Bronze US Meet @ Princeton U. July 15, 16 & 17.
- Jeffrey Lowe Summer Fun Meet @ Princeton U. TBA (tentatively July 19)

Failure to participate will result in an additional \$300.00 fee.

Parents Organization will provide sign up opportunities through our website.

Return registration/Medical/along with two separate checks

\$1150.00 payable to HAC (\$300 minimum Remaining balance due 6/30/16

\$52.00 (9-12 yr old) or \$67 (13 and over) payable to Hamilton Area Y

HAC c/o Sue Welsh, 20 Birchwood Court, Princeton Jct., NJ 08550

Please note: There will be discounts for multiple family members registered in our YMCA and US programs