

HAMILTON Y AQUATIC CLUB

www.hamiltonaquatics.com

Developing Champions for 33 years

WINTER 2016-2017

Sponsored by: Hamilton Area
YMCA

Senior Level

Senior Level is a high-level workout program for the established competitive swimmer. This level is designed to prepare the swimmer to effectively compete in YMCA and USS Meets. Goals include YMCA Nationals – Long and Short Course, and US Sectionals, Junior and Senior US Nationals. Swimmers **in this level must be committed to year round swimming. Swimmers will attend practices, participate in YMCA and US meets, and maintain their training intervals.** The objective of this program is to bring each participant to their swimming potential thru training, stroke analysis, and conditioning exercises. **Acceptance into the senior level will be determined by the swimmers ability to maintain 20 x 100 on 1:20 interval and recommendation from Sue Welsh (609-936-7294). Try-outs : West Windsor Plainsboro High School South July 27 5:30 pm-6:30 pm and/or @ Rider University, August 9th (7:30 pm-5:30 pm)**

Dates: Sept. 19, 2016 – March 2017

Practice:

9/19/15 – 11/14/16

M/W/F 6:15*** – 9pm at Rider University

T/TH 7-9PM

Sat. AM either 8-10am or 10-12 noon depending on meet schedules for Rider U.

11/15/15 – 3/1/16

M/W/F 6:15pm - 9pm @ Rider University

Tues 7:00-9:00pm @ WW-PS 7:00-9:00pm @ WW-PS

Sun.. 10AM-12 NOON @ RIDER

Sat. AM either 8-10am or 10-12noon depending on meet schedules for Rider & Hamilton

Location: Rider University/West Windsor–Plainsboro South HS

Eligibility: Swimmers must be able to maintain 20 x 100 on a 1:20 interval

Fees

Senior - \$1,750

\$895 deposit due with registration

Balance due \$855 by 10/15/16

(US Swimming Membership is included in registration fee)

Families with more than one child in the program will receive an additional discount

Hamilton Area YMCA Swim Team Membership

All swimmers must be GENERAL members of the Hamilton Area YMCA. A separate check payable to the Hamilton Area YMCA must accompany registration. New swimmers must also complete a Y Registration form – available at Parent Orientation.

Swimmers with current GENERAL or FITNESS Y memberships need only provide membership number on registration form. (Please note if you have a BASIC membership it will have to be upgraded, your additional fee will be calculated for you, please note membership on registration form – do not send a check at this time!).

Membership will be valid from September 15, 2016 – April 15, 2017

Youth (age 9-12) \$102.00

Teen (age 13-17) -\$128.00

Membership will be valid from September 15, 2016 – September 14, 2017

Youth (age 9-12) annually \$178.00

Teen (age 13-17) annually \$220.00

REGISTRATION AND DEPOSIT ARE DUE BY AUGUST 10, 2016

Please make checks payable to HAC, Inc., 20 Birchwood Ct. Princeton Jct., NJ 08550

Previous team members only Late Fee \$25 registrations received after 8/10/16

Parent Information Sheet

Fees:

Deposits are required with all registrations. Balance of payment is due 10/15/16. Fees for families with two or more swimmers are discounted automatically. Payment schedule is available for those families that are interested.

Official Training:

Our team is required to provide certified officials for YMCA and USS Meets. We provide the training. This is a great way to become involved in the sport. If you are interested, please contact Gary Thayer.

Practice Times:

Parents are urged to have their children ready to ENTER the water at the designated start time of practice – generally that means you should get there 10 –15 minutes ahead of schedule to allow time to change, get organized, and stretch!

YMCA Girls and Boys Teams:

There are separate YMCA Swim Teams for the boys and girls – that means that they do not compete together.

USS Swimming:

Swimmers must be registered with NJ Swimming in order to compete in USS meets. The fee for membership is included in the Age Group, Senior II, and Senior level fee.

Parental Responsibilities:

We are dependent on parents to effectively, efficiently, and economically, run this swim club. As such there are a number of requirements that must be fulfilled. None of them are difficult, and they don't have to cost you anything – what we need is your time. They are detailed on the Parent Responsibility Form. That form needs to be read, signed and turned in.

Team Swim Suits:

A "suit sale" date will be posted on the club's website.

Team Apparel:

Optional Team Apparel will be available. Please look for forms to be distributed at practice, to your email address and on the web site at the start of practices. The turn around time for ordering is very fast – so don't delay!

Parent Liaison:

There will be one "experienced" parent at each practice who will work closely with the level coach. The parent will be responsible for making sure papers/forms/information are distributed. This parent will also serve as a contact point for other parents at that practice level. Parents will be given password to our teamunify website. You should check website frequently for updates on practice and changes.

Please keep in mind that information regarding the club is sent to everyone via email. It is IMPERATIVE that we have an email address that is read on a consistent basis. Information is sent in WORD and Excel format. If more than one email address is needed, that's fine...we just want to make sure everyone gets everything!

Club Contacts:

Questions and Information: Nancy Shapiro nshapiro110@gmail.com 609 838-2459

President/Head Coach: Sue Welsh swelshhacy@gmail.com 609.936.7294