

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 20-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: \$1040.00 – does not include membership(Y or USA), meet entry fees or equipment

Fundraisers: Parents and Swimmers must participate in:

- Summer Solstice @ Rutgers U. June 13 & 14
- 12/under Silver/Bronze US Meet @ Princeton U. July 17, 18 & 19.
- Jeffrey Lowe Summer Fun Meet @ Princeton U. TBA

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

Comment [SW1]: