

# HAMILTON Y AQUATIC CLUB

[www.hamiltonaquatics.com](http://www.hamiltonaquatics.com)

A 36 Year Tradition of Developing Champions

## FALL/WINTER 2019-2020

Sponsored by:  
Hamilton Area YMCA

**Marlins-** This program is for swimmers who can swim 50 yds. of freestyle, 25 yds. of backstroke and have some basic knowledge of breaststroke or butterfly. This level continues the development of all four strokes, as well as starts and turns. Swimmers will participate in YMCA dual meets, YMCA 8/under champs and YMCA Bronze Meet. **Try outs and YMCA membership required.**

**Dates:** Sept 18, 2019– February 2020

**Location:** Mercer County Community College

**Practice:** Monday & Wednesday

**Time:** 5:20 – 6:20 pm

**Dolphins-** This program is for swimmers who can swim 50 yds. freestyle, 50 yds. backstroke with appropriate turns, and 50 yds. of either breaststroke or butterfly. This group will continue to develop and master all 4 strokes. Emphasis will be technique, turns, starts and endurance training. Participation in YMCA dual, bronze and silver meets. Swimmers will have the option of doing select US meets. There will be an additional fee for US registration. **Try outs and YMCA membership required.**

**Dates:** Sept. 19, 2019 – February 2020

**Location:** Mercer County Community College

**Practice:** Tuesday & Thursday 5:20 - 6:50pm

**Friday 5:00 – 6:20pm**

Swimmers unable to attend tryouts should contact Sue Welsh [swelshHACY@gmail.com](mailto:swelshHACY@gmail.com)

### Fees

#### Marlins - \$875

\$500 deposit required with registration

Balance due \$375.00 by 10/01/19

#### Dolphins - \$945

\$500 deposit required with registration

Balance due \$445.00 by 10/01/19

There will be absolutely no refunds for registration fees after October 15, 2019.

### 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 on HACY website.

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.)

Indicate membership number on registration form – do not send a check at this time!).

#### **Membership will be valid from September 15, 2019 – April 15, 2020**

Child (age 0-8) \$69.00

Youth (age 9-12) \$102.00

Teen (age 13-17) \$128.00

#### **Membership will be valid from September 15, 2019– September 15, 2020**

Child (age 0-8) annually \$118.00

Youth (age 9-12) annually \$178.00

Teen (age 13-17) annually \$220.00

### **REGISTRATION AND DEPOSIT ARE DUE BY August 20, 2019**

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

\*Previous team members only\* **Late Fee \$25** registrations received after 8/20/19

## 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 located on our website under forms and programs info. 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 for upgrade!).

Membership will be valid from September 15, 2019 – April 15, 2020

Child (age 0-8) \$69.00

Youth (9-12) \$102.00

Teen (13-17) - \$128.00

Membership will be valid from September 15, 2019 – September 14, 2020

Child (age 0-8) annually \$118.00

Youth (age 9-12) annually \$178.00

Teen (age 13-17) annually \$220.00

**Please do not send YMCA checks to the Hamilton Area YMCA.**

### **USA Swimming Registrations:**

All Senior and Age Group swimmers must be members of USA Swimming.

Swimmers who were previous members just need to make a check payable to HAC for \$70.

New swimmers must fill a registration form located on the HACY website.

Swimmers previously registered with another team must fill a registration form and a transfer form

# Parent Information Sheet

## Fees:

Deposits are required with all registrations. Balance of payment is due 10/1/19. 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. Training is provided by the league. 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.

## 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:

We have a highly recommended team suit. There will be a "suit sale" date will be announced in September.

## 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 working with coaching staff at each practice level. The parent will assist in distributing papers/forms/information. This parent will also serve as a contact person for other parents at that practice level. In addition an access and password will be supplied to teamunify website. The website should be checked frequently in the event of practice cancellation or meet change!

## **E-Mail:**

**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 Adobe PDF format. If more than one email address is needed, that's fine...we just want to make sure everyone gets everything!**

## Club Contact:

Questions and Information:

President/Head Coach:

Sue Welsh

[swelshhacy@gmail.com](mailto:swelshhacy@gmail.com)