

Hamilton Aquatic Club, Inc.

www.hamiltonaquatics.com

2019 Spring/Summer USS & YMCA Senior Training Program

Sponsored by the 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 100 yard freestyle on 1:20.

Program Locations: West Windsor Plainsboro South High School, Rider University, John Witherspoon Middle School & Princeton University

Practice Times:

April 15- June 21

WWP-South Monday-Friday 5-7 pm Saturday 8:30-10:30 am

*starting June 24

John Witherspoon Middle School, Princeton

(M,T,W,Th, F) 6:00am -8:00am

WWP-South Monday, Wednesday, Friday 5-7 pm, Saturday 8:30-10:30 am

Additional practices TBD

There will be no PM practice when PASDA meets are scheduled

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

Fees: \$1,300.00 – does not include YMCA or USA membership, meet entry fees or equipment

Fundraisers: Parents and Swimmers must participate in:

- Summer Solstice @ Rutgers U. June 8 & 9
- LC Silver/Bronze US Meet @ Princeton U. July 12, 13 & 14.
- Jeffrey Lowe Summer Fun Meet @ Princeton U. July 16, 2019

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

Parents Organization will provide sign up opportunities through our website.

NEED TO RETURN THE FOLLOWING:

- 1 – 2019 Spring-Summer Medical/Registration form
- 2 - Total Tuition due: \$1,300.00 (\$700 due April 10, remaining \$600 due 7/1/19) - payable to HAC
- 3 - Hamilton Area YMCA membership fees
 - \$52.00 (9-12 yr old) or \$67 (13 and over) payable to Hamilton Area YMCA
 - \$5 separate check made payable to HAC if previously registered with another US club (for US transfer fee)
- 4- Hamilton Area YMCA membership form if new to HACY
- 5- NJ swimming membership form for swimmers new to HACY and/or new to US swimming
- 6- US membership dues for new swimmers not previously registered in 2019 with USA swimming
 - \$68.00 separate check made payable to Hamilton Aquatic Club
 - \$5 separate check made payable to HAC if previously registered with another US club (for US transfer fee)
- 7- Consent and General Liability release form
- 6- Equipment form and payment to HAC (if need any new or replacement equipment)

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