

HERNDON AQUATIC CLUB

2018-2019

The objective of the Herndon Parks and Recreation Department's USA swim team, the Herndon Aquatic Club Commanders, is to provide a quality competitive swim program to the residents of Herndon and surrounding areas. Herndon Aquatic Club is dedicated to providing the maximum opportunity for swimmers to achieve their personal goals in an encouraging environment. The team strives to achieve prominence at the local, state and national level. Former members of the Commanders have qualified for Sectionals, Junior Nationals, U.S. Open, Senior Nationals, and Olympic Trials. The Commanders are committed to excellence in swimming and having fun while doing it. Individuals joining the team are expected to make a commitment for the entire season and to participate in swim meets as recommended by the coaching staff.

Head Coach Richard Romero begins his first year as head coach of the Herndon Aquatic Club. He has extensive experience as a swimming coach, both with USA Swimming and YMCA swimming. His coaching style is all about technique and the basics of each stroke. After building up a team in Puerto Rico, Coach Romero is excited to lay a foundation with the Herndon Aquatic Club and build it up to the best it can be!

Stroke Evaluations for placement on the 2018-2019 team are:

Tuesdays - July 3, July 10, July 17, July 24 and July 31

6:00-8:00 PM

Appointments need to be made online at www.swimhacc.org.

Please arrive 10 minutes early. Swimmers should come ready with their swimsuits and goggles, and be prepared to do a 15-20 minute practice. For further information visit the team website at www.swimhacc.org, or contact Kerstin Severin kerstin.severin@herndon-va.gov

Swimmers who join the team are responsible for the entire 2018-19 season's program fees. The fees listed inside are for membership purposes only and do not include meet fees, equipment fees, and other team charges for mandatory and optional activities. The fees listed in this brochure only cover the mandatory initial fees required to begin participation. Additional fees may be billed to the family account for any additional meet fees, social activities, or equipment charges.

In addition to the registration fees, all swimmers (except Pee Wee, who will have a \$35 Booster Fee) are required to pay three non-refundable fees before they may participate in team activities: a **HACC Booster Fee (\$90)** which helps cover the cost of safety training, coaches' travel, team social events and incentives, a **Meet Entry Fee Deposit (\$100)** which typically covers the cost of entries for the first two meets, and a **USA Swimming Registration Fee (\$88)** which is required for competition and insurance requirements. Meet Entry fees are held in a separate account, which is drawn upon when swimmers compete in meets. When the Meet Entry Fee account is depleted, swimmers will be billed for any additional amounts. Payment in the amount of **\$278.00** can be made by check or cash. Checks must be made payable to **HAC Boosters**. **All HACC swimmers are also required to purchase team suits and other team apparel. Each training group is required to have particular training equipment.** A list of required equipment is available on the team website.

GROUP DESCRIPTIONS

PEE WEE

- Description:** Designed for novice swimmers interested in competitive swimming.
- Focus:** Basic stroke development of all 4 strokes. Practice consists of extensive stroke development. Pee Wee swimmers may compete in two USA Swim sanctioned swim meets in addition to competition through intra-squad activities with their Booster Fee of \$35.
- Requirements:** Ability to swim 25 yards of Freestyle and Backstroke. This is a stroke development program, not a learn-to-swim program.
- Goals:** 4 legal strokes, Compete on a summer team.
- Recommended Ages:** 5-7 years old.

The entire program cost is due at the time of registration. Pee Wees may be required to purchase necessary training equipment.

<u>Class Code</u>	<u>Group Name</u>	<u>Days</u>	<u>Time</u>	<u>TOH/NR</u>
505110-11	Pee Wee 2	Sat	8:00-8:45AM	\$405/\$500

AGE GROUP PREP

- Description:** Designed to introduce young swimmers to swim training and increased competition while continuing an emphasis on stroke development. This group practices 2 times per week.
- Focus:** Introducing aspects of conditioning while maintaining proper technique, introduction to training and racing skills, improving starts and turns.
- Expectations:** Swimmers are expected to attend practice regularly. Swimmers are required to swim at a minimum of 6 meet sessions. They are strongly encouraged to swim in approximately one meet per month, up to 8 for the season. Swimmers are expected to obtain an IMR score.
- Requirements:** Ability to swim 50 yards of legal Freestyle, Backstroke, and Breaststroke, and 25 yards of legal Butterfly. Swimmers should have at least one season of summer swim team experience.
- Goals:** Efficient strokes, starts, and turns. Improved conditioning. Personal best times at USA swim meets. Acquire the skills necessary for our Age Group 1 Program. Qualify for summer league divisional meet.
- Recommended Ages:** 7-9 years old.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

<u>Class Code</u>	<u>Group Name</u>	<u>Days</u>	<u>Time</u>	<u>TOH/NR</u>
505110-20	AGP AM	T/TH	6:30-7:30 AM	\$926/\$1085
505110-21	AGP PM	T/TH	6:30-7:30 PM	\$926/\$1085

AGE GROUP 1/ AGE GROUP 1 PLUS

Description: Designed to provide more advanced swim training and competition while continuing an emphasis on stroke development. This group practices 3 times per week. Swimmers who wish additional endurance training for distance events may add Saturday practices through AG1Plus.

Focus: Reinforcement of proper stroke technique, starts, and turns while increasing exposure to more advanced training and racing skills.

Expectations: Swimmers are expected to attend practice regularly; begin to accept more responsibility for their equipment and training. Swimmers are required to swim at a minimum of 8 meet sessions. They are strongly encouraged to swim in approximately one meet per month, 8-12 meets for the season. Swimmers are expected to obtain an IMR or IMX score.

Requirements: Ability to swim 50 yards of legal Freestyle, Backstroke Breaststroke, and Butterfly. Swimmers should have at least one season of summer swim team experience.

Goals: Efficient strokes. Legal starts and turns. Improved conditioning. Personal best times at USA swim meets. Awareness of personal best times, JO qualifying times, IMX scores, and Zone Team requirements. Qualify for summer league divisional and all-star meet.

Recommended Ages: 8-11 years old.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

Class Code	Group Name	Days	Time	TOH/NR
505110-12	AG1+ AM	M/W/F S	6:30-7:30 AM 5-7Am	\$1,526/\$1,889
505110-13	AG1 AM	M/W/F	7-8 AM	\$1,361/\$1,586
505110-14	AG1 PM	M/W/F	6:30-7:30 PM*	\$1,361/\$1,586

***Beginning November 2 every Friday practice will be from 5:30-6:30 PM the remainder of the season.**

AGE GROUP 2

Description: Designed to provide a transition to our Age Group Elite and higher groups. Continued stroke development, conditioning, training and racing skills. This group practices 4 times per week. Swimmers who wish additional endurance training for distance events may add Saturday practices through AG2Plus.

Focus: Reinforcement of proper stroke technique, starts, and turns while increasing exposure to more advanced training and racing skills.

Expectations: Swimmers are expected to attend practice regularly; accept more responsibility for their equipment, training, and meet entries. Swimmers are required to swim at a minimum of 10 meet sessions. They are strongly encouraged to swim in approximately one meet per month, up to 12 meets for the season. Swimmers are expected to achieve an IMX score during the season.

Requirements: Ability to swim 100 yards of legal Freestyle, and 50 yards of Backstroke, Breaststroke, and Butterfly. It is recommended that swimmers have at least one season of summer swim team experience.

Goals: Efficient strokes. Legal starts and turns. Improved conditioning. Personal best times at USA swim meets. Qualify for JO meet, Zone Team, awareness of Sectional qualifying times. Qualify for summer league divisional and all-star meet.

Recommended Ages: 9-12 years old.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

Class Code	Group Name	Days	Time	TOH/NR
505110-15	AG2	M-TH	7:30-8:30 PM	\$1,526/\$1,889
505110-16	AG2+	M-Th S	7:30-8:30 PM 5-7 AM	\$1,691/ \$2,192

AGE GROUP ELITE

Description: This is an elite training group for swimmers committed to swimming at the highest levels of the sport. This group practices 6 times per week. **Requires Head Coach Approval.**

Focus: Reinforcement of proper stroke technique, starts, and turns while increasing exposure to more advanced training. Work on advanced racing skills and goal setting to allow swimmers to compete at local, zone and sectional championships, and to prepare for national level competition.

Expectations: Swimmers are expected to attend practice regularly; accept responsibility for their equipment, training, meet entries, and goal setting. Swimmers are required to swim at a minimum of 10 meet sessions. They are strongly encouraged to swim in approximately one meet per month, up to 14 meets for the season. They are expected to compete in all championship meets for which they qualify. Swimmers should achieve an IMX score during the season.

Requirements: Ability to swim 100 yards of legal Freestyle, Backstroke, and Breaststroke, and Butterfly. It is recommended that swimmers have more than one season of year-round swimming, and/or extensive summer swim team experience.

Goals: Advanced strokes. Legal starts and turns. Improved conditioning. Personal best times at USA swim meets. Qualify for JO meet, Zone Team, and Sectionals. Qualify for summer league all-star meet.

Recommended Ages: 9-12 years old.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

Class Code	Group Name	Days	Time	TOH/NR
505110-17	AGE	M-F	5-6:30 AM	\$1,805/\$2,290
		SA	5-7 AM	

MIDDLE SCHOOL

Description: Designed for middle school swimmers only, while allowing various levels of training, commitment, and intensity. Swimmers in this group are preparing for the Senior level and for high school swimming competition.

Focus: Reinforcement of proper stroke technique, starts, and turns while increasing exposure to more advanced training. Work on advanced racing skills and goal setting to allow swimmers to compete at local, zone and sectional championships, and to prepare for national level competition.

Expectations: Swimmers are expected to attend practice regularly; accept responsibility for their equipment, training, meet entries, and goal setting. Swimmers are required to swim at a minimum of 10 meet sessions. They are strongly encouraged to swim in approximately one meet per month, up to 14 meets for the season. They are expected to compete in all championship meets for which they qualify. Swimmers should achieve an IMX score during the season.

Requirements: Ability to swim 100 yards of legal Freestyle, Backstroke, and Breaststroke, and 50 yards of legal Butterfly. It is recommended that swimmers have more than one season of year-round swimming, and/or extensive summer swim team experience.

Goals: Advanced strokes. Legal starts and turns. Improved conditioning. Personal best times at USA swim meets. Qualify for JO meet, Zone Team, and Sectionals. Qualify for summer league all-star meet.

Recommended Ages: 11-13 years old, but must be in Middle School.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

Class Code	Group Name	Days	Time	TOH/NR
505130-11	MS3	M/W/TH	3:30-5 PM	\$1,361/\$1,586

SENIOR PREP

Description:

Designed for the older swimmer at various levels. The evening group includes swimmers who are preparing for the Senior level, and ones who want to maintain their current level to compete in high school and summer league swimming. The morning group is intended for the swimmer interested in advancing to the Senior level. This group practices 3 times per week.

Focus:

Reinforcement of proper stroke technique, starts and turns, and exposure to advanced training and racing skills.

Expectations:

Swimmers are expected to attend practice regularly; accept responsibility for their equipment, training, meet entries, and goal setting. Swimmers are required to swim at a minimum of 8 meet sessions. They are strongly encouraged to swim in approximately one meet per month, up to 12 meets for the season. Swimmers should achieve an IMX score during the season.

Requirements:

Ability to swim 100 yards of legal Freestyle, Backstroke, and Breaststroke, and 50 yards of Butterfly. It is recommended that swimmers have at least one season of year-round swimming, and/or extensive summer swim team experience.

Goals:

Efficient strokes. Legal starts and turns. Improved conditioning. Personal best times at USA swim meets. Qualify for JO meet, Zone Team, and Sectional meet. Qualify for summer league all-star meet.

Recommended Ages: 12 and over. Senior Prep PM is high school only.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

Class Code	Group Name	Days	Time	TOH/NR
505120-11	SRP AM	M/W/TH	5-6:30 AM	\$1,361/\$1,586
505121-10	SRP Night	M/W/TH	8:30-9:30 PM	\$1,000/\$1,159

*Beginning 11/2 until the end of the season there will be no practice on Thursday.

SENIOR 1 & 2

Description:

Designed for the older swimmer committed to an intense training schedule. Swimmers are preparing to compete at high school, local, sectional, and national championship meets. This group practices 6-8 times per week. **Senior 2 is open to Middle School and Private School swimmers and requires Head Coach approval.**

Focus:

Practices are geared to aerobic conditioning and race development while maintaining quality technique. Additional strength training supplements the swim training.

Expectations:

Swimmers are expected to attend practice regularly; accept responsibility for their equipment, training, meet entries, and goal setting. Swimmers are required to swim at a minimum of 10 meet sessions. They are strongly encouraged to swim in approximately one meet per month, up to 14 meets for the season, including all championship meets for which they qualify. Swimmers should achieve an IMX score during the season.

Requirements:

Ability to swim 100 yards of legal Freestyle, Backstroke, Breaststroke, and Butterfly. It is recommended that swimmers have at least one season of year-round swimming, and/or extensive summer swim team experience.

Goals:

Advanced strokes. Legal starts and turns. Improved conditioning. Personal best times at USA swim meets. Qualify for JO meet, Zone Team, Sectionals, and Jr. Nationals. Qualify for summer league all-star meet.

Recommended Ages: 11 and over.

A non-refundable deposit of \$200 is due at the time of registration. Registration fees listed below do not include meet entry fees and other required team expenses.

Class Code	Group Name	Days	Time	TOH/NR
505120-12	SNR 1 AM	M-F SA	5-7 AM 5-7 AM	\$2,042/\$2,372
505120-16	SNR 2 AM	M-F SA	5-6:30 AM 5-7 AM	\$1,805/\$2,290
505120-13	SNR 2 PM	M-F SA	5-6:30 PM 5-7 AM	\$1,805/\$2,290