

About the Owner / Head Coach...

Coach Heath Edwards was born and raised in Columbia, SC. He began swimming year-round in high school and had a very successful age group swimming career. In his junior year at Irmo High School, Heath won Junior Nationals in 200 fly and finished second in the country in two other events.

After graduating from Irmo, Heath began his college swimming and academic career at the University of Georgia (UGA). Coach Heath had a very decorated swimming career at UGA, collecting 14 All-American Honors, Academic All-American Honors, an SEC Championship Title in the 200 Fly and the UGA record in the 200 Fly. His team awards included the Hardest Worker Award, Most Improved Award, and the Jeff Poppell Award, given to one senior whose "career achievements and leadership qualities set him apart from his teammates and peers."

Between Heath's junior and senior year at UGA, he took two years off to serve a full time mission for his church, The Church of Jesus Christ of Latter-Day Saints. After returning to UGA from his two year hiatus, Heath was voted Team Captain and led his team to a national placement at the NCAA Swimming Championships.

Coach Heath started Palmetto Aquatics in 2001, and it has developed into one of the strongest swim programs in South Carolina. Coach Heath has coached swimmers at all levels, from Novice all the way through Nationals.

Heath is married to his best friend, Kim, and has three beautiful boys, Emerson, Tanner, and Sawyer.

Introduction to Competitive Swimming Class

Want to learn more about competitive swimming?

A free (no cost, no obligation), 2-day class will be held at Harbison Recreation Center Aug. 11 and Aug. 12: Mon & Tue 7:00-8:15 pm.

Fundamentals of strokes and turns will be taught during this session. Bring a swimsuit, goggles, and come see if year-round swimming is for you! Sign up or get more info by emailing Coach Heath at coachheath@palmettoaquatics.com

Fall Registration

Returning swimmers need to register online by Mon., Aug 11th, 2014.

"New" Swimmers may register by visiting our website at:

www.palmettoaquatics.com

and register online. Available by 7/14/14.

\$122 Annual Registration Fee per child.



This brochure for:
**Harbison
Recreation Center**
106 Hillpine Rd. Columbia, 29212



www.palmettoaquatics.com

Team Philosophy

Palmetto Aquatics will provide the Midlands youth with an opportunity to be part of a family oriented, competitive year-round swim program. While having fun, swimmers reach their highest swimming potential. Our swim program is one that kids will rally around and be proud of. All swimmers will be taught respect towards the community, pool and equipment they are using. Not only will Palmetto Aquatics prepare youth to become fast swimmers, but more importantly, become successful in life.

Year-round competitive swimming

Palmetto Aquatics is a swim club affiliated with USA Swimming. At Palmetto Aquatics, swimmers swim for fun, exercise, college scholarships and the pursuit of the ultimate dream...the Olympic Games.

Swimmers of different ages and different skill levels are united together through hard work, swim meet attendance, team activities, and team appearance. Swimmers on this team have the opportunity to compete with other kids in South Carolina and around the country.

Palmetto Aquatics is a swim team that is coach-owned and coach-run. The program is broken into different groups at the USC and HARBISON Locations: Novice/Fledgling, the Blue Team, the Silver Team, the Palmetto Junior Team, and the Palmetto Senior/Senior A Team. **All groups are broken down by ability and age.**

*For more information, or to sign up -
contact Coach Heath Edwards at
coachheath@palmettoaquatics.com
or 665-8444, or visit
www.palmettoaquatics.com*

HARBISON LOCATION

Novice Group

Swimmers need to be able to swim 9 feet under and over the water. The main objective of this group is to learn to swim freestyle and backstroke correctly. Swimmers are usually in this group for a full season before moving up to the next group. You must commit for at least 3 months at a time. This group goes September through May.

**** This Group is Highly Discounted This Year!**

Blue Team

This group is generally for kids aged 7-18 years. Swimmers range in ability and commitment. Typical swimmers in this group have never swum year-round before, or are learning to become more competitive. **A large portion of this group are swimmers who want to stay in shape for Summer League. You do not have to compete in this group.** Swimmers will be taught to swim all four strokes correctly. Swim meets are encouraged, but are introduced to swimmers at their own rate. (practice expectation—2/3 per week).

Silver Team

This group is generally for kids aged 9-18 years who have had some experience in year-round swimming, are preparing for the Jr. Team, and are committed to their practice schedule. Based on ability, this group is a combination of advanced younger swimmers and older developmental swimmers. **They will swim and pay 12 months per year.** Stroke work will continue, and conditioning is introduced. Swim meets are encouraged as appropriate. (practice expectation—4-5 per week)

Junior Team

This group of swimmers is competitive and goes to meets on a regular basis. The Jr. Team practices daily and knows all four strokes well. Age generally ranges from 11-16 years old. Swimmers must practice either Fri. or Sat. mornings. Participation is by coach invitation, and they must pay and swim 12 months per year. (practice expectation—5 per week).

Tentative Practice Schedule and Fees for 2014-2015

This schedule is a "typical" schedule and is subject to revision. All practices will be at Harbison Recreation Center unless otherwise communicated..

HARBISON LOCATION

Novice Group

Mon, Tue, Wed, & Thur: 5:45-6:15 pm
\$35 Monthly Fee

Blue Team

Mon, Tue, & Thur: 7:15-8:15 pm
Wed: 6:15-7:15 pm
Fri: 5:15-6:15 pm
\$100 Monthly Fee

Silver Team *

Mon-Thur: 4:15-5:30 pm
Fri: 4:15-5:15 pm
\$110 Monthly Fee

Palmetto Jr. Team *

Mon-Thur: 4:15-6:00 pm
Fri: 4:15-5:15 pm
Sat (@ Harbison Rec. Center) 6:00-8:00 am
\$120 Monthly Fee

* Seasonal am & double practices are scheduled during the year.