

## ***Why Choose Mako Aquatics? It's like choosing a school for your child...***

**Coaching Staff** – A full time, ASCA Level-4/5 Certified, professional coach leads our Coaching Staff. Mako Aquatics Coaches share a common passion for swimming, clear Vision for Mako Aquatics success & future potential, and commitment to the success of every Mako Aquatics Athlete. The Mako Aquatics Coaching Staff strives to sustain lower coach-athlete ratios on deck, as well as an individual relationship with each & every swimmer. Continuing education is a key objective for Mako Aquatics Coaches as well.

**Excellence** – Mako Aquatics is enormously proud of all our athletes. Novice athletes gain skill rapidly and exposure to higher level achievement over time. Mako Aquatics have won High Point Awards at Meets and are nationally ranked. However, winning meets & earning medals will always be mileposts for Mako Aquatics Swimming Excellence - it is the journey & commitment of each athlete which reflects best on Mako Aquatics overall & enduring success.

**USRPT** - USRPT is the practical application of two scientific facts: 1) The Principle of Specificity operates in competitive swimming, i.e., energetics and skills are specific to velocity; and 2) training that is true to the Principle of Specificity (and of adequate volume) transfers optimally to racing.

**Choose swimming at Mako Aquatics for all the right reasons** – Swimmers are universally good students. The swimming peer group promotes healthy and safe behavior and a particularly strong set of life skills. Area swimming teams all can claim the same benefits but Mako Aquatics offers an additional emphasis on character development.

**Facilities** – Mako Aquatics utilizes facilities Hudson Middle School and works with the District to manage pool time & schedules for all our groups. This is the pool utilized by the same Hudson HS swim teams for which we anticipate many Mako Aquatics Athletes will later compete.

**Location, Location & Location** – Virtually all scheduled meets, during both Short Course & Long Course, occur within 60 minutes or less of Hudson. Mako Aquatics also includes team travel meets, to important swimming locations in various states as well, to benefit from new experience & competition, as well as Zone and National-level swimming venues.

**Coach-led and Athlete Centered** – Mako Aquatics has effective communication tools and regular practice schedules. Mako Aquatics works collaboratively with the Hudson School District to manage pool access and plan events in harmony with ongoing school activities.

**Mako Aquatics Staff and Board bring expertise to the Athlete and Team**– Mako Aquatics Staff & resources include certified Yoga Instruction at designated times and for designated groups. Also, the Mako Aquatics Board and Coaching Staff have worked diligently to achieve Level III Recognition from USA Swimming for a strong and forward-thinking administrative side of the Program.

**Mako Aquatics Swimmers include Hudson School District athletes, as well as adjacent districts** – Mako Aquatics includes athletes from several Schools, as well as home-schooled athletes and returning College athletes during the Summer Season. Our diversity provides athletes families a unique opportunity to create strong relationships outside their regular school-based peer groups.

**College Readiness and College Selection** – Mako Aquatics Coaches have established and are expanding their network relationships with college program coaches of all divisions across America and they will readily consult with college-bound athletes in their decision-making. Mako Aquatics

Swimmers will be well prepared for the rigors of college-level training, as well as being prepared to balance academics and athletics.