



# HEAT Super Swimmer Application Requirements

## Objectives

This award is regarded as the most significant award given to those swimmers that truly dedicated members of the Hudson Explorers Aquatic Team. This award is not based on a swimmer's ability to be the fastest swimmer but is based on their ability to make and honor a commitment as a member of HEAT.

## Requirement

- 1) Complete all required events listed below legally during the short course season.
- 2) Compete in the mandatory USA meets for your groups plus the number of additional meets assigned to that group.
- 3) Complete in at least one of the LESI Championship Meets. (8 and Under, Bronze, Silver, or Gold)
- 4) Attend the required number of practices assigned for their group.
- 5) The award will not be presented without an application and coaches review.

**Application must be turned in by Monday February 22, 2010**

Group Names	# of mandatory meets	# of additional meets	# of practices attended
Green	3	1	60
Red	3	1	60
White	3	2	70
Blue	3	2	90
Bronze	4	2	90
Silver	4	2	105
Gold	4	2	105
Senior	3	-	45
Elite	3	-	70

<u>8 &amp; Under</u>	<u>9 - 10</u>	<u>11 - 12</u>	<u>13 and Older</u>
50 and 100 Free	50, 100, & 200 Free	50, 100, 200, and 500 Free	50, 100, 200, and 500 Free
50 Backstroke	50 & 100 Backstroke	50 & 100 Backstroke	100 & 200 Backstroke
50 Breaststroke	50 & 100 Breaststroke	50 & 100 Breaststroke	100 & 200 Breaststroke
50 Butterfly	50 & 100 Butterfly	50 & 100 Butterfly	100 & 200 Butterfly
100 IM	100 IM	200 IM	200 IM
	200 IM	400 IM	400 IM
	<b>1 of the following</b>	<b>1 of the following</b>	<b>1 of the following</b>
	200 Fly, 200 Back, 200 Breast, 500 Free	200 Fly, 200 Back, 200 Breast	1000 Free <b>OR</b>
			1650 Free

- "Age" is the age of the swimmer on December 1<sup>st</sup>, 2009.