

**2009-2010 HUDSON HEAT
SHORT COURSE PRACTICE SCHEDULES
EASTWOODS POOL**

IF SCHOOL IS CLOSED DUE TO WEATHER THEN PRACTICE IS CANCELLED.

There will be NO practice on the following dates:

Holidays

HHS Varsity Swim Meets

11/25/09, 11/26/09, 11/27/09, 12/24/09, 12/25/09,
12/31/09, 1/1/10, 1/18/10, 2/15/10

12/4/09, 12/17/09

ELITE - FALL SCHEDULE - 8/31/09 – 11/5/09

This group will be by invitation only by the coaching staff. Swimmers that participate in this group will be **REQUIRED to attend 7 practices a week including dryland and weights.**

Most swimmers are High School age. Swimmers in this group will also participate in specified USA meets with events being selected by the coaching staff. This group is design for swimmers that are committed to their growth and development of their swim careers. If a swimmer fails to meet the practice/meet requirements they will no longer be a member of the Elite group. Elite group will run during the fall portion of the season and resume after the completion of the High School swim season.

Mon	Tue	Wed	Thr	Fri	Sat	Sun
5:45am– 6:45am	3:00pm– 6:00pm	6:45am– 8:15am	3:00pm– 6:00pm	5:45am– 6:45am	7:00am– 10:00am	OFF
3:00pm– 5:15pm		3:00pm– 5:15pm		3:00pm– 5:15pm		

MANDATORY MEET REQUIREMENTS

October 17th-18th – CCS Age Group & Open @ C.T. Branin Nat.
November 1st – HS Tune-up @ Cleveland State University
November 20th-22nd – Mark Braun Invitation @ CSU – *Cuts required.

Lake Erie Championship Meets

All swimmers must attend at least one of the following

February 28th – Bronze Champs @ U. of Akron Slower than “B” Time Standards
March 5th-7th – Silver Champs @ U. of Akron. “B” – “A” Time Standards
March 12th-14th - Gold Champs @ CSU. “A” Time Standards

Required practice equipment:

- Fins, Snorkel, Paddles, Mesh Bag, Water Bottle.
- All 10 and over boys mush wear a drag suit.
- Caps for girls are required, optional for boys.
- Orders will be taken during CAS equipment sale on Sept 14th and 15th from 5:30-7:00pm @ East Woods.

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11/25/09, 11/26/09, 11/27/09, 12/24/09, 12/25/09,
12/31/09, 1/1/10, 1/18/10, 2/15/10

12/4/09, 12/17/09

SENIOR - FALL SCHEDULE- 9/8/09 – 11/5/09

High School age swimmers. This group will run from September through the beginning of the HS Varsity season in early November. Senior group swimmers will also be able to practice after their HS season is complete in February and are expected to swim at a USA Championship meet in March.

Swimmer in Senior group are REQUIRED to attend 5 practice a week.

Mon	Tue	Wed	Thr	Fri	Sat	Sun
5:45am– 6:45am	5:15pm– 7:15pm	7:00am– 8:15am	3:00pm– 5:15pm	5:45am– 6:45am	7:00am– 10:00am	OFF
4:15pm– 7:15pm		4:15pm– 7:15pm		3:00pm– 5:15pm		

MANDATORY MEET REQUIREMENTS

October 17th-18th – CCS Age Group & Open @ C.T. Branin Nat.
November 1st – HS Tune-up @ Cleveland State University
November 20th-22nd – Mark Braun Invitation @ CSU – *Cuts required.

Lake Erie Championship Meets

All swimmers must attend at least one of the following

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March 12th-14th - Gold Champs @ CSU. “A” Time Standards

Required practice equipment:

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- All 10 and over boys must wear a drag suit.
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HHS Varsity Swim Meets

11/25/09, 11/26/09, 11/27/09, 12/24/09, 12/25/09,
12/31/09, 1/1/10, 1/18/10, 2/15/10

12/4/09, 12/17/09

GOLD GROUP

Gold is HEAT's elite level age group. These swimmers are highly committed and attend practices regularly. Their training will consist of fine tuning their stroke mechanics and racing strategies. Practices will also focus on endurance training to help reach maximum potential in all events. Most swimmers in this group should have NAG "A" times in all four strokes. Admittance in this group must be approved by the head coach and swimmer not attending practices and meets will be removed.

Swimmer in Gold group are REQUIRED to attend 6 practice a week.

GOLD - FALL SCHEDULE- 9/8/09 – 11/5/09

Mon	Tue	Wed	Thr	Fri	Sat	Sun
5:45am-6:45am	3:00pm-6:00pm	3:00pm-5:15pm	3:00pm-6:00pm	5:45am-6:45am	7:00am-10:00am	OFF
3:00pm-5:15pm				3:00pm-5:15pm		

GOLD - WINTER SCHEDULE – 11/6/09 – 3/12/10

Mon	Tue	Wed	Thr	Fri	Sat	Sun
5:45am-6:45am	5:45am-6:45am	5:15pm-7:15pm	5:45am-6:45am	5:15pm-7:15pm	OFF	11:00am-12:45pm
5:15pm-7:15pm	5:00pm-7:00pm		5:00pm-7:00pm			

MANDATORY MEET REQUIREMENTS

October 17th-18th – CCS Age Group & Open @ C.T. Branin Nat.
November 20th-22nd – Mark Braun Invitation @ CSU – *Cuts required.
December 4th – 6th – Shaker Shark Invitations @ CSU
January 16th – 17th – Age Group Showdown @ Lakewood HS

Lake Erie Championship Meets

All swimmers must attend at least one of the following

February 28th – Bronze Champs @ U. of Akron Slower than "B" Time Standards
March 5th-7th – Silver Champs @ U. of Akron. "B" – "A" Time Standards
March 12th-14th - Gold Champs @ CSU. "A" Time Standards

Required practice equipment:

- Fins, Snorkel, Paddles, Mesh Bag, Water Bottle.
- All 10 and over boys must wear a drag suit.
- Caps for girls are required, optional for boys.
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12/31/09, 1/1/10, 1/18/10, 2/15/10

HHS Varsity Swim Meets

12/4/09, 12/17/09

SILVER GROUP

Advanced level age group swimmers. This group is comprised of mostly but not limited to swimmers 12-14 year olds. Practices are designed for more intense training but still with focus on stroke development and learning racing strategies. Swimmers in this group should have achieved NAG "B" – "BB" Times Standards.

Swimmers in Silver group are REQUIRED to attend 5 practices a week.

SILVER – FALL SCHEDULE- 9/8/09 – 11/5/09

Mon	Tue	Wed	Thr	Fri	Sat	Sun
4:15pm-7:15pm	5:15pm-7:15pm	4:15pm-7:15pm	5:15pm-7:15pm	4:15pm-7:15pm	OFF	11:00am-12:45pm

SILVER – WINTER SCHEDULE– 11/6/09 – 3/12/10

Mon	Tue	Wed	Thr	Fri	Sat	Sun
5:15pm-7:15pm	5:00pm-7:00pm	5:15pm-7:15pm	5:00pm-7:00pm	5:15pm-7:15pm	OFF	11:00am-12:45pm

MANDATORY MEET REQUIREMENTS

October 17th-18th – CCS Age Group & Open @ C.T. Branin Nat.
November 7th – 8th – Odd Age Meet @ Strongsville Rec. Center
December 4th – 6th – Shaker Shark Invitations @ CSU
January 16th – 17th – Age Group Showdown @ Lakewood HS

Lake Erie Championship Meets

All swimmers must attend at least one of the following

February 28th – Bronze Champs @ U. of Akron Slower than "B" Time Standards
March 5th-7th – Silver Champs @ U. of Akron. "B" – "A" Time Standards
March 12th-14th - Gold Champs @ CSU. "A" Time Standards

Required practice equipment:

- Fins, Snorkel, Paddles, Mesh Bag, Water Bottle.
- All 10 and over boys must wear a drag suit.
- Caps for girls are required, optional for boys.
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12/31/09, 1/1/10, 1/18/10, 2/15/10

12/4/09, 12/17/09

BRONZE GROUP

Bronze group is comprised of mostly but not limited to swimmers 10-14 year olds. Bronze swimmers will start to learn racing strategies and be introduced into more endurance training. Swimmers in this group should have NAG "B" Time Standards in all 4 strokes.
Swimmers in Bronze group are REQUIRED to attend 4 practices a week.

BRONZE - FALL SCHEDULE- 9/8/09 – 11/5/09

THURSDAY'S PRACTICE AT ROOSEVELT LOCATION

Mon	Tue	Wed	Thr	Fri	Sat	Sun
4:15pm-7:00pm	OFF	4:15pm-7:00pm	5:00pm-6:30pm at Roosevelt	6:45pm-8:30pm	OFF	11:00am-12:45pm

BRONZE - WINTER SCHEDULE- 11/6/09 – 3/12/10

THURSDAY'S PRACTICE AT ROOSEVELT LOCATION

Mon	Tue	Wed	Thr	Fri	Sat	Sun
5:15pm-7:00pm	OFF	5:15pm-7:00pm	5:00pm-6:30pm at Roosevelt	6:45pm-8:30pm	OFF	11:00am-12:45pm

MANDATORY MEET REQUIREMENTS

October 17th-18th – CCS Age Group & Open @ C.T. Branin Nat.
November 7th – 8th – Odd Age Meet @ Strongsville Rec. Center
December 4th – 6th – Shaker Shark Invitations @ CSU
January 16th – 17th – Age Group Showdown @ Lakewood HS

Lake Erie Championship Meets

All swimmers must attend at least one of the following

February 28th – Bronze Champs @ U. of Akron Slower than "B" Time Standards
March 5th-7th – Silver Champs @ U. of Akron. "B" – "A" Time Standards
March 12th-14th - Gold Champs @ CSU. "A" Time Standards

Required practice equipment:

- Fins, Snorkel, Paddles, Mesh Bag, Water Bottle.
- All 10 and over boys must wear a drag suit.
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12/31/09, 1/1/10, 1/18/10, 2/15/10

HHS Varsity Swim Meets

12/4/09, 12/17/09

BLUE GROUP

Blue swimmers continue to build endurance with continued focus on stroke technique. Practices will be geared towards skills and fundamental development and also begin to learn proper racing strategies.

Swimmers in Blue group are REQUIRED to attend 3 practices a week.

BLUE – FALL SCHEDULE- 9/8/09 – 11/5/09

MONDAY'S PRACTICE AT ROOSEVELT LOCATION

Mon	Tue	Wed	Thr	Fri	Sat	Sun
6:30pm-8:00pm @ Roosevelt	6:00pm-8:30pm	OFF	7:00pm-8:30pm	4:15pm-6:45pm	OFF	11:00am-12:45pm

BLUE – WINTER SCHEDULE– 11/6/09 – 3/12/10

MONDAY'S PRACTICE AT ROOSEVELT LOCATION

Mon	Tue	Wed	Thr	Fri	Sat	Sun
6:30pm-8:00pm @ Roosevelt	7:00pm-8:30pm	OFF	7:00pm-8:30pm	5:15pm-6:45pm	OFF	11:00am-12:45pm

MANDATORY MEET REQUIREMENTS

November 7th – 8th – Odd Age Meet @ Strongsville Rec. Center
December 4th – 6th – Shaker Shark Invitations @ CSU
January 30th – 31st – Stars Snowflake – Own Age @ Solon HS

Lake Erie Championship Meets

All swimmers must attend at least one of the following

February 21st – 8 and Under Champs @ Youngstown State – Must have legal time in events
February 28th – Bronze Champs @ U. of Akron Slower than "B" Time Standards
March 5th-7th – Silver Champs @ U. of Akron. "B" – "A" Time Standards
March 12th-14th - Gold Champs @ CSU. "A" Time Standards

Required practice equipment:

- Fins, Snorkel, Mesh Bag, Water Bottle.
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12/31/09, 1/1/10, 1/18/10, 2/15/10

12/4/09, 12/17/09

WHITE – FALL AND WINTER SCHEDULE- 9/8/09 – 3/12/10

White group swimmers start to build endurance with continued focus on stroke technique. Practices will be geared towards skills and fundamental development. White group swimmers should be able to swim all 4 strokes legally for at least 25 yards.

Swimmers in White group are expected to attend 3 practices a week .

Mon	Tue	Wed	Thr	Fri	Sat	Sun
7:15pm-8:30pm	OFF	7:15pm-8:30pm	OFF	7:15pm-8:30pm	OFF	12:45pm-2:00pm

MANDATORY MEET REQUIREMENTS

November 15th – Fall Breakout Meet @ Solon HS
December 13th – Winter Breakout Meet @ Twinsburg Rec. Center
January 23rd – HEAT 10 and Under meet @ Kent Roosevelt HS

Lake Erie Championship Meets

All swimmers must attend at least one of the following

February 21st – 8 and Under Champs @ Youngstown State – Must have legal time in events
February 28th – Bronze Champs @ U. of Akron Slower than “B” Time Standards
March 5th-7th – Silver Champs @ U. of Akron. “B” – “A” Time Standards
March 12th-14th - Gold Champs @ CSU. “A” Time Standards

Required practice equipment:

- Fins, Snorkel, Mesh Bag, Water Bottle.
- All 10 and over boys must wear a drag suit.
- Caps for girls are required, optional for boys.
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12/31/09, 1/1/10, 1/18/10, 2/15/10

HHS Varsity Swim Meets

12/4/09, 12/17/09

RED – FALL AND WINTER SCHEDULE- 9/8/09 – 3/11/10

Red group swimmers are generally new to USA swimming and need to develop proper stroke technique. These swimmers will focus solely on stroke technique along with learning starts, turns, and finishes. Swimmers should have passed at least Level IV of ARC swim lessons or equivalent to join.

Swimmers in Red group are expected to attend 2 practices a week.

WEDNESDAY PRACTICE AT ROOSEVELT LOCATION

Mon	Tue	Wed	Thr	Fri	Sat	Sun
OFF	7:15pm-8:15pm	6:45pm-7:45pm at Roosevelt	7:15pm-8:15pm	OFF	OFF	12:45pm-2:00pm

MANDATORY MEET REQUIREMENTS

November 15th – Fall Breakout Meet @ Solon HS
December 13th – Winter Breakout Meet @ Twinsburg Rec. Center
January 23rd – HEAT 10 and Under meet @ Kent Roosevelt HS

Lake Erie Championship Meets

All swimmers must attend at least one of the following

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March 12th-14th - Gold Champs @ CSU. “A” Time Standards

Required practice equipment:

- Fins, Snorkel, Mesh Bag, Water Bottle.
- All 10 and over boys must wear a drag suit.
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12/31/09, 1/1/10, 1/18/10, 2/15/10

HHS Varsity Swim Meets

12/4/09, 12/17/09

GREEN – FALL AND WINTER SCHEDULE- 9/8/09 – 3/11/10

Green group swimmers will practice in the morning before school and is designed for but not limited to kids in 4th and 5th grade attending Eastwoods Elementary School. This is for swimmers who might have some summer league experience and would like to develop better technique on all 4 strokes.

Swimmers in Green group are expected to attend 3 practices a week.

Mon	Tue	Wed	Thr	Fri	Sat	Sun
7:15am-8:00am	7:15am-8:00am	OFF	7:15am-8:00am	OFF	OFF	12:45pm-2:00pm

Coaches will assign groups for each swimmer to practice with during the winter holiday break

MANDATORY MEET REQUIREMENTS

November 15th – Fall Breakout Meet @ Solon HS
December 13th – Winter Breakout Meet @ Twinsburg Rec. Center
January 23rd – HEAT 10 and Under meet @ Kent Roosevelt HS

Lake Erie Championship Meets

All swimmers must attend at least one of the following

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Required practice equipment:

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ROOSEVELT POOL**

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There will be no practice on the following dates:

Holidays

11/25/09, 11/26/09, 11/27/09, 12/24/09, 12/25/09,
12/31/09, 1/1/10, 1/18/10, 2/15/10

Kent Roosevelt Varsity Swim Meets

12/7/09, 1/15/10, 1/22/10, 1/26/10, 1/29/10

BRONZE – FALL AND WINTER SCHEDULE– 9/14/09 – 3/12/10

Bronze group is comprised of mostly but not limited to swimmers 10-14 year olds. Bronze swimmers will start to learn racing strategies and be introduced into more endurance training. Swimmers in this group should have NAG "B" Time Standards in all 4 strokes.

Swimmers in Bronze group are REQUIRED to attend 4 practices a week.

FRIDAY AND SUNDAY PRACTICE AT EAST WOODS LOCATION

Mon	Tue	Wed	Thr	Fri	Sat	Sun
5:00pm- 6:30pm	5:00pm- 6:30pm	5:00pm- 6:30pm	5:00pm- 6:30pm	6:45pm- 8:30pm at Eastwoods	OFF	11:00am- 12:45pm at Eastwoods

MANDATORY MEET REQUIREMENTS

October 17th-18th – CCS Age Group & Open @ C.T. Branin Nat.
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12/31/09, 1/1/10, 1/18/10, 2/15/10

Kent Roosevelt Varsity Swim Meets

12/7/09, 1/15/10, 1/22/10, 1/26/10, 1/29/10

BLUE GROUP

Blue swimmers continue to build endurance with continued focus on stroke technique. Practices will be geared towards skills and fundamental development and also begin to learn proper racing strategies.

Swimmers in Blue group are REQUIRED to attend 3 practices a week.

BLUE – FALL SCHEDULE– 9/14/09 – 11/5/09

FRIDAY AND SUNDAY PRACTICE AT EAST WOODS LOCATION

Mon	Tue	Wed	Thr	Fri	Sat	Sun
6:30pm-8:00pm	6:30pm-8:00pm	OFF	6:30pm-8:00pm	4:15pm-6:45pm @ Eastwoods	OFF	11:00am-12:45pm

BLUE – WINTER SCHEDULE– 11/6/09 – 3/12/10

FRIDAY AND SUNDAY PRACTICE AT EAST WOODS LOCATION

Mon	Tue	Wed	Thr	Fri	Sat	Sun
6:30pm-8:00pm	6:30pm-8:00pm	OFF	6:30pm-8:00pm	5:15pm-6:45pm @ Eastwoods	OFF	11:00am-12:45pm

MANDATORY MEET REQUIREMENTS

November 7th – 8th – Odd Age Meet @ Strongsville Rec. Center
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12/31/09, 1/1/10, 1/18/10, 2/15/10

Kent Roosevelt Varsity Swim Meets

12/7/09, 1/15/10, 1/22/10, 1/26/10, 1/29/10

WHITE – FALL AND WINTER SCHEDULE– 9/14/09 – 3/12/10

White group swimmers start to build endurance with continued focus on stroke technique. Practices will be geared towards skills and fundamental development. White group swimmers should be able to swim all 4 strokes legally for at least 25 yards.

Swimmers in White group are expected to attend 3 practices a week .

FRIDAY AND SUNDAY PRACTICE AT EAST WOODS LOCATION

Mon	Tue	Wed	Thr	Fri	Sat	Sun
5:15pm- 6:30pm	5:15pm- 6:30pm	5:15pm- 6:30pm	OFF	7:15pm- 8:30pm at Eastwoods	OFF	12:45pm- 2:00pm Eastwoods

MANDATORY MEET REQUIREMENTS

November 15th – Fall Breakout Meet @ Solon HS
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There will be no practice on the following dates:

Holidays

11/25/09, 11/26/09, 11/27/09, 12/24/09, 12/25/09,
12/31/09, 1/1/10, 1/18/10, 2/15/10

Kent Roosevelt Varsity Swim Meets

12/7/09, 1/15/10, 1/22/10, 1/26/10, 1/29/10

RED- FALL AND WINTER SCHEDULE- 9/14/09 - 3/12/10

Red group swimmers are generally new to USA swimming and need to develop proper stroke technique. These swimmers will focus solely on stroke technique along with learning starts, turns, and finishes. Swimmers should have passed at least Level IV of ARC swim lessons or equivalent to join.

Swimmers in Red group are expected to attend 2 practices a week.

SUNDAY PRACTICE AT EAST WOODS LOCATION

Mon	Tue	Wed	Thr	Fri	Sat	Sun
OFF	6:45pm- 7:45pm	6:45pm- 7:45pm	6:45pm- 7:45pm	OFF	OFF	12:45pm- 2:00pm Eastwoods

MANDATORY MEET REQUIREMENTS

November 15th – Fall Breakout Meet @ Solon HS
December 13th – Winter Breakout Meet @ Twinsburg Rec. Center
January 23rd – HEAT 10 and Under meet @ Kent Roosevelt HS

Lake Erie Championship Meets

All swimmers must attend at least one of the following

February 21st – 8 and Under Champs @ Youngstown State – Must have legal time in events
February 28th – Bronze Champs @ U. of Akron Slower than “B” Time Standards
March 5th-7th – Silver Champs @ U. of Akron. “B” – “A” Time Standards
March 12th-14th - Gold Champs @ CSU. “A” Time Standards

Required practice equipment:

- Fins, Snorkel, Mesh Bag, Water Bottle.
- All 10 and over boys must wear a drag suit.
- Caps for girls are required, optional for boys.
- Orders will be taken during CAS equipment sale on Sept 14th and 15th from 5:30-7:00pm @ East Woods.