



**USA Swimming
Short Course Season:
Sept 2010 – May 2011**

HEAT's mission is to develop highly motivated and successful individuals to maximize their potential in and out of the pool.

Explorers Aquatic Club (EAC) was founded in 1986. EAC was renamed Hudson Explorers Aquatic Team (HEAT) in 1999 and is known throughout the area as a first-class, year-round competitive USA swim program. HEAT offers a guided age-group program for children age 5 and up from the beginning swimmer to the most competitive and skilled swimmer. When a young person becomes a member of HEAT, he/she learns the value of sportsmanship and team work. Swimming with HEAT provides physical, emotional and intellectual skills that will last a lifetime.

The HEAT program works cohesively with the Hudson High School Varsity Swimming & Diving Team and the Learn-To-Swim program through HCER to provide Hudson with a fluid swimming community.

Our coaching staff includes Director and head Senior/Elite coach, **Matt Davis**, Matt is also the Hudson HS Varsity swim coach. HEAT's Head Age Group Coach is **Katherine Kleinert**, and Stephanie Ross is the Head Age Group Coach at our Roosevelt location. All coaches have extensive swimming, teaching and coaching experience, and keep current in the swimming world by attending conferences and workshops annually for further education.

NEW – HEAT's short course season will run from labor day till memorial day, with a 2 week break during spring break in March. Team fees include a HEAT cap, t-shirt, annual USA membership, professional coaching instruction, and much more.

Head Coach

Matt Davis

coachmatt@hudsonheat.com

Head Age Group Coach - Eastwoods

Katherine Kleinert

coachkatherine@hudsonheat.com

Head Age Group Coach - Roosevelt

Stephanie Ross

Sross7@kent.edu

www.HUDSONHEAT.com

IMPORTANT DATES

HEAT Tryout & Group Placement

Sept 7th Arrive @ 7:30pm

or

*Sept 8th Arrive @ 7:30pm
@ East Woods Elementary*

**** NEW SWIMMERS ONLY**** Tryout and group placement are for new HEAT swimmers to be evaluated to see if they are ready for HEAT swimming and which group they should be assigned to. Swimmers only need to attend one tryout/evaluation session.

HEAT Registration Nights NEW HEAT SWIMMERS

**Thursday Sept. 9th arrive @ 7:00pm
@ East Woods Elementary**

Parents of all NEW HEAT swimmers must attend the registration and orientation session to register your swimmer, learn about team policies/procedures, and learn specifics about your child's developmental swim group. This date will be the **only** date registrations will be taken.

HEAT Registration Nights RETURNING HEAT SWIMMERS

**Monday August 30th arrive @ 7:30pm
or
Tuesday August 31st arrive @ 7:30pm
@ East Woods Elementary**

There are some important changes that will be covered in a brief 30 minute update meeting beginning at 7:30. Registrations will be accepted **AFTER** the meeting for all returning swimmers. These two dates will be the **only** dates registrations will be taken.



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Group Descriptions and Expectations

Green Group (AM Group):

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 are expected to attend 3 practices a week.

Red Group:

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 are expected to attend 2 practices a week.

White Group AM & PM:

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 are expected to attend 3 practices a week .

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 are expected to attend 3 practices a week.

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 are required to attend 4 practices a week.

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.

Swimmers are REQUIRED to attend 4 practices a week.

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.

Swimmers are REQUIRED to attend 5 practice a week.

Senior Group:

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 through May and are expected to swim at a USA Championship meet in March.

Swimmers are REQUIRED to attend 4 practice a week.

Elite Group:

This group will be by invitation only by the Head Coach. Swimmers that participate in this group will be **REQUIRED to attend at least 6 practices a week including dryland and weights.** Swimmers in this group will also participate in specified USA meets with events being selected by the coaching staff. This group is a privilege and design for swimmers that are serious and committed to the growth and development of their swimming careers. If a swimmer fails to meet the practice/meet requirements they will be removed from the Elite group.



**2010-2011 Short Course Season
(9/7/2010 - 5/27/2011)**

GROUP	FEE
Green - EW Location Only - AM Developmental Group	\$575*
Red – Developmental I	\$475*
White PM – Developmental II	\$575*
White AM – Developmental II	\$575*
Blue - Age Group I	\$675*
Bronze - Age Group II	\$725*
Silver - Advanced Age Group	\$800*
Gold - Elite Age Group	\$900*
Senior – High School Age	\$550*
Elite – EW Location Only - High School Age	\$550*
Family administration Fee	\$25
Multiple swimmer discount	(-\$100)

PAYMENT OPTION – 2 equal credit card payments (w/additional \$10 processing fee) can be arranged. 1st payment processed between Sept 1st – Sept 15th, and 2nd payment will be processed between Nov 1st – Nov 15th. **Credit Card only.**

**Fee includes the following:*

- **Practices from Sept 7th-May 27th.**
- *2011 USA Swimming membership which is required as a member of HEAT and all USA teams.*
- *HEAT t-shirt, cap.*
- *A meet entry fee credit into their escrow account based on their group.*
 - *Green, Red, White, Blue will receive a \$50 credit toward meet entries.*
 - *Bronze, Silver and Gold will receive a \$100 credit towards meet entries.*
 - *Senior and Elite will receive a \$50 credit towards meet entries.*
- **NEW** – Season runs from Labor Day to Memorial Day (2 week break in March for spring break)

Ada Cooper Natatorium
East Woods Elementary School
120 N. Hayden Parkway
Hudson, OH 44236
(330) 653-1264

Roosevelt Pool
Kent Roosevelt High School
1400 N. Mantua St
Kent, OH 44240



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