



USA Swimming
2012 Spring Season: March 28th – May 25th
2012 Summer Season: May 29th – Mid-August

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 HCEC to provide Hudson with a fluid swimming community. During the spring and summer, HEAT swimmers will have the opportunity to swim long course at the University of Akron.

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**. 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.

Head Coach

Matt Davis

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Head Age Group Coach

Katherine Kleinert

coachkatherine@hudsonheat.com

www.HUDSONHEAT.com

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:

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.



2012 Spring/Summer

GROUP	Spring	Summer	*Both
Green - AM Developmental Group	\$175	Not offered in summer	
Red – Developmental I	\$175	\$200	\$350
White – Developmental II	\$175	\$200	\$350
Blue - Age Group I	\$200	\$250	\$425
Bronze - Age Group II	\$225	\$250	\$450
Silver - Advanced Age Group	\$225	\$250	\$450
Gold - Elite Age Group	\$250	\$300	\$525
Senior/Elite – High School age swimmers	\$250	\$300	\$525
Elite – High School age swimmers	\$250	\$300	\$525

****HEAT SWIMMERS REGISTERED DURING THE WINTER DO NOT PAY FOR SPRING SEASON, THAT WAS INCLUDED IN THE WINTER FEES.**

****2012 USA Membership is required by all swimmers annually \$50**

SPRING SESSION – March 28th – May 25th

SUMMER SESSION – May 29th – Mid-August

*Combined Discount available if paid in full by April 2nd, 2012

Ada Cooper Natatorium

East Woods Elementary School

120 N. Hayden Parkway

Hudson, OH 44236

(330) 653-1264



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