

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 Wednesday March 7th, 2012.

Group Names	# of mandatory meets	# of additional meets	# of practices attended
Green	3	1	65
Red	3	1	65
White	3	2	75
Blue	3	2	90
Bronze	4	2	90
Silver	4	2	105
Gold	4	2	105
Senior	3	-	45
Elite	3	-	70

<u>8 & 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
	1 of the following	1 of the following	1 of the following
	200 Fly, 200 Back, 200 Breast, 500 Free	200 Fly, 200 Back, 200 Breast	1000 Free OR
			1650 Free

- "Age" is the age of the swimmer on December 31st, 2011.