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|------------------------------------|------------------|
| <b>Current Member Registration</b> | <b>August 5</b>  |
| <b>New Member Registration</b>     | <b>August 30</b> |
| <b>Pre Team Mini Registration</b>  | <b>August 12</b> |





## 2024-2025 Team Information

### HAC Competitive Swim Team

[Hershey Aquatic Club](#) provides a high-quality swim program that offers a safe, healthy, and positive environment for athletes and enables participants to achieve success in and out of the water.

HAC is a year round swim program competing at all [USA-Swimming](#) levels as well as competing in the [Mid Penn Swim League](#) (MPSL) during the summer season. HAC's Local Swim Committee (LSC) is [Middle Atlantic Swimming](#). HAC offers several practice groups based on ability then age. Coaches of each practice group work toward the advancement of each participant. For more registration information please contact Doris Herbein [dorisherbein@gmail.com](mailto:dorisherbein@gmail.com).

### Facilities

Derry Township Community Center (DTCC)                      605 Cocoa Avenue, Hershey PA 17033

- Indoor 9 lane competition pool ~ HAC utilizes 6 lanes, 12 Foot deep end and 7 foot shallow end, water temperature 78-80° F

### Pre Team Program

**Purpose:** Program is for individuals interested in getting involved in the sport of competitive swimming. Individuals will learn the fundamentals of competitive swimming strokes Butterfly, Backstroke, Breaststroke, and Freestyle. Lead instructor will recommend onboarding an individual to a team practice group when the individual meets the prerequisites.

**Who:** This is for participants who have never been on a competitive swim team. If you are currently on a competitive team and would like to join Hershey Aquatic Club, please refer to the information regarding team evaluations.

When: 5:15-6:00 pm Monday/Wednesday or Tuesday/Thursday

**Prerequisites:** Participants must be entering grades K-5. Must be able to complete one 25 yard length of the pool on either their stomach or back.

### **Sessions:**

Session 1: September 16 through October 24 ~ 10 Classes

Session 2: October 28 through December 5 ~ 10 Classes

Session 3: January 13 through February 20~ 14 Classes ~ Some classes may be canceled due to home high school competitions or holidays.

**Fees:** Registration Fee              \$25 (Non Refundable)              Class Fee \$150

- Registration Opens: August 12

### **USA Swimming Competitions:**

Participants interested in swimming in competitions must register with USA-Swimming as a Flex athlete \$40 (limited to 2 yearly competitions) or Premium athlete (unlimited competitions) \$90 along with meet event fees. USA-S Registration is done through [usaswimming.org](http://usaswimming.org) at the following link -- TBD



## 2024-2025 Team Information

### **Competitive Team Registration**

The Hershey Aquatic Club competitive team is for individuals who have shown readiness and are ready to compete in the sport of swimming. It is expected to compete monthly at various levels of competition. HAC understands there are many youth sports individuals who like exploring and we support those individuals' choices. There is room for multi-sport athletes. We offer several practice opportunities weekly individuals may attend. Long term and as the individual grows into the sport of swimming, we would like to see more commitment. Practice groups are designed to help nurture the growth of each individual based on their skill level.

#### **Registration Fee:**

\$ 105.00 Non Refundable Seasonal Registration Fee

#### **USA Swimming Fee ~ All participants must register for one of the following**

\$ 90.00 USA-Swimming Premium Fee (unlimited meets + Championship)

\$ 40.00 USA-Swimming Flex Fee (2 competitions per year; No Championship)

USA-S Registration is done through the USA-S website [usaswimming.org](https://usaswimming.org). Current registered athletes must renew their membership. Registration links will be made available by September 1, 2024. Do not register until this link is distributed by Hershey Aquatic Club.

#### **Training Group Fee**

\$1,100.00 Senior Group (HAC does not pay lane fees rent during the HHS season)

\$1,300.00 Pre Senior

\$ 865.00 Age Group Gold

\$ 735.00 Age Group Silver

\$ 425.00 Age Group Bronze

#### **Additional Fees Accrued**

- Meet entry fees ~ the cost of each individual event entered for a competition ranging from \$5-15 per individual event. This will add up to \$60-100 per competition depending on the number of individuals and events swum.
- Swim team apparel and practice equipment. Team swimsuits and caps are required at all competitions.

#### **Team Apparel Store**

- All registered swimmers will receive a complimentary team t-shirt.
- Team store will consist of team suits, team caps, shorts, t-shirts, hoodies, warm ups, and training equipment.
- Team store will open September 9, 2024

#### **Current Member Registration:** August 5, 2024

#### **New Member registration:** August 30, 2024 with an assessment.

- Swimmers currently on a competitive team need to provide a list of personal best times and may be asked to go through an assessment.
- Swimmer that have never been on a competitive swim team must go through the Pre Competitive Developmental Swim Program. This is limited to swimmers 9 years and younger.
- **Evaluation Dates by appointment**
  - August 13, 14, 26, 27 4:30-6:00 (20 minutes blocks of time per family)
  - [Sign Up Genius Here](#)



## 2024-2025 Team Information

### Training Groups and Practice Schedule

**September 9, 2024 through March 7, 2025**

Swimmers competing beyond March 7, 2025 will continue training until their last competition

|                     |                      |                                        |
|---------------------|----------------------|----------------------------------------|
| <b>Senior Group</b> | 3:15-5:15 pm         | Monday-Thursday                        |
|                     | 3:15-4:45 pm         | Friday                                 |
|                     | 7:00-9:00 am         | Saturday                               |
|                     | Dryland 6:00-7:00 am | Tuesday/Thursday ~ Hershey HS Students |

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|                   |                      |                    |
|-------------------|----------------------|--------------------|
| <b>Pre Senior</b> | 5:15-6:45 pm         | Monday-Thursday    |
|                   | 4:45-6:15 pm         | Friday             |
|                   | 9:00-10:30 am        | Saturday           |
|                   | Dryland 4:30-5:00 pm | Monday & Wednesday |

#### Requirements

Grades 6-8 and have [Silver Champ Times](#) 11-12 at least 3, 13-14 at least 2

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|                |                      |                    |
|----------------|----------------------|--------------------|
| <b>AG-Gold</b> | 6:45-7:45 pm         | Monday-Thursday    |
|                | 4:45-5:45 pm         | Friday             |
|                | Dryland 6:00-6:30 pm | Monday & Wednesday |

#### Requirements

Grade 4-8 and have [Silver Champ times](#) 9-10 at least 3, 11-12 at least 2, 13-14 at least 1

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|                  |                      |                             |
|------------------|----------------------|-----------------------------|
| <b>AG-Silver</b> | 6:50-7:50 pm         | Monday, Wednesday, Thursday |
|                  | 6:00-7:00 pm         | Tuesday                     |
|                  | Dryland 5:20-5:50 pm | Tuesday                     |

#### Requirements

Swimmers Grade 1-5 and be able to legally swim all four strokes for a 25

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|                  |                |                             |
|------------------|----------------|-----------------------------|
| <b>AG-Bronze</b> | 6:00-6:50 pm   | Monday, Wednesday, Thursday |
|                  | 10:30-11:30 am | Saturday                    |

#### Requirements

Swimmers Grade PK-4 (5 years and older and be able swim a 25 backstroke and freestyle un assisted in deep water and have competitive team experience or gone through the HAC Pre Team Mini.

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**All practice group placements are at the discretion of the HAC Coaching Staff.**



## 2024-2025 Team Information

### HERSHEY AQUATIC CLUB

#### 2024-2025 Meet Schedule

Updated 8-7-24

Meet Entries for USA Swimming Competitions are through Team Unify Teamunify.com/mahac  
See Page 2 for Training Group Meet Recommendations

| Date                                            | Meet Name                      | Location               | Information                             | Entry Deadline |
|-------------------------------------------------|--------------------------------|------------------------|-----------------------------------------|----------------|
| 10/5                                            | Intra Squad Blue Vs Orange     | Hershey, PA            | All Ages                                |                |
| 10/11-13                                        | NLAC Rally in the Valley       | State College Area HS  | Ages 9 & Older                          |                |
| 10/26                                           | HAC Hollow Swim Develop        | Hershey, PA            | 12&Under                                |                |
| 11/3                                            | LAC Tri Meet                   | Lancaster, PA          | All Ages                                |                |
| 11/8-10                                         | WSY A/BB/C                     | Mechanicsburg, PA      | Ages 9&Older                            |                |
| 12/6-8                                          | HAC Chocolate Splash           | Hershey, PA            | Ages 9&Older                            |                |
| 12/6                                            | HAC Chocolate Splash Mini      | Hershey, PA            | 8&Under                                 |                |
| 12/11-3                                         | Winter Junior Nationals East   | Greensboro, NC         | <a href="#">Qualifying Times</a>        |                |
| ??                                              | Club Mountaineer Speedo Invite | Morgantown, WV         | Qualifying Times                        |                |
| 1/10-12                                         | WSY Mid Winter Classic         | Mechanicsburg, Pa      | 9&Older                                 |                |
| 1/18                                            | HAC Distance (1500/500 Free)   | Hershey, PA            | 9&Older                                 |                |
| 1/18                                            | HAC Mighty Titan 12&Under      | Hershey, PA            | 12&Under                                |                |
| 1/25-26                                         | LAC IMX                        | Lancaster, PA          | 9 & Older                               |                |
| 2/16                                            | HAC Sweetheart Develop.        | Hershey, PA            | 12&Under                                |                |
|                                                 |                                | Carlisle, PA           | 9&Older                                 |                |
| 3/8-9                                           | MA 10&Under Champs             | TDB (Possibly Hershey) | Ages 10 and younger                     |                |
| 3/13-16                                         | MA Junior Olympics             | TBD                    | Time Standard Requirement<br>Ages 11-14 |                |
| 3/20-23                                         | MA Senior Champs               | TBD                    | Time Standards                          |                |
|                                                 | ISCA International Senior Cup  | St. Petersburg, FL     | Time Standards                          |                |
| 3/28-30                                         | MA Silver Champs               | TBD                    | Time Standards                          |                |
| <b>12&amp;Under Developmental Meet Schedule</b> |                                |                        |                                         |                |
| <b>Age as of 1st day of competition</b>         |                                |                        |                                         |                |
| 10/5                                            | Intra Squad Blue Vs Orange     | Hershey, PA            | All Ages                                |                |
| 10/26                                           | HAC Hollow Swim Develop.       | Hershey, PA            | 12&Under                                |                |
| 11/3                                            | LAC Tri Meet                   | Lancaster PA           | All ages                                |                |
| 12/6-8                                          | HAC Chocolate Splash Mini      | Hershey, PA            | 8&Unders                                |                |
| 1/4                                             | EAC Frosty Frolic              | Elizabethtown, PA      | 10&Under (non USA-S Competition)        |                |
| 1/18                                            | HAC Titan Develop 12&U         | Hershey, P/A           | 12&Under                                |                |
| 2/16                                            | HAC Sweetheart Develop.        | Hershey, PA            | 12&Under                                |                |
|                                                 | MA 10&Under Champs             | Hershey, PA            | Ages 10 and younger                     |                |



## 2024-2025 Team Information

### Which competitions are best suited for my child?

- Swimmers are encouraged to compete in **at least one** of the meets offered to the training group each month. **Please do not sign up for back to back weekends of competitions.**
- Swimmers may sign up for only one day of a 2-3 day competition. Meaning you are not required to attend all days of a co competition.
- All meet information is located on the HAC website meet page found on the home page.

| Date                                                                                                      | Meet Name                           | AG-Bronze | AG-Silver | AG Gold | Pre-Senior White | Senior |
|-----------------------------------------------------------------------------------------------------------|-------------------------------------|-----------|-----------|---------|------------------|--------|
| 10/5                                                                                                      | HAC Intrasquad (All ages)           | X         | X         | X       | X                | X      |
| 10/11-13                                                                                                  | NLAC Rally in the Valley            |           | X         | X       | X                | X      |
| 10/26                                                                                                     | HAC Halloween (12&Under)            | X         | X         | X       | X                |        |
| 11/3                                                                                                      | LAC Tri Meet (All Ages)             | X         | X         | X       | X                | X      |
| 11/8-10                                                                                                   | WSY A/BB/C                          |           |           | X       | X                | X      |
| 12/6-8                                                                                                    | HAC Chocolate Splash                |           | X         | X       | X                | X????  |
| <b>Swimmers qualified for the CM Speedo Invite meet in 5 events or more shall not attend the HAC meet</b> |                                     |           |           |         |                  |        |
| 12/8                                                                                                      | HAC Chocolate Splash Mini           | X         | X         |         |                  |        |
| 12/13-15                                                                                                  | LAC Holiday Cup                     |           |           | X       | X                | X      |
| <b>Swimmer must have met the qualifying time standards in order to enter this competition</b>             |                                     |           |           |         |                  |        |
| 1/4                                                                                                       | EAC Frosty Frolic 10&Under          | X         | X         |         |                  |        |
| 1/10-11                                                                                                   | WSY Mid Winter Classic              |           |           | X       | X                | X????  |
| 1/18                                                                                                      | HAC Distance                        |           |           | X       | X                | X      |
| 1/18                                                                                                      | HAC Mighty Titan 12&Under           | X         | X         |         |                  |        |
| 1/25-26                                                                                                   | LAC IMX                             |           |           | X       | X                | X      |
| 2/16                                                                                                      | HAC Sweetheart Developmental (10&U) | X         | X         | X       |                  |        |
| <b>Middle Atlantic Swimming Championships</b>                                                             |                                     |           |           |         |                  |        |
| 3/8-9                                                                                                     | MA 10&Under Champs                  | X         | X         | X       |                  |        |
| 3/13-16                                                                                                   | MA Junior Olympics (9-14 yr old)    |           |           | X       | X                |        |
| 3/18-22                                                                                                   | ISCA International Senior Cup       |           |           |         |                  | X      |
| 3/21-24                                                                                                   | MA Silver Champs (9-18 yrs)         |           | X         | X       | X                | X      |
| 3/27-29                                                                                                   | MA Senior Champs                    |           |           |         |                  | X      |

### Meet Entry Procedure

#### USA Swimming, Invitational Meets, and Dual/Tri meets

*All entries will be completed through the TeamUnify website.*

[www.hersheyh2o.org](http://www.hersheyh2o.org)

- Print out the season competition schedule [HERE](#).
- Competitions with additional information can be found [HERE](#).
- Entry Invitation email will be sent once the meet information becomes available. On this page you will be able to print out the **MEET INFORMATION**. Please read.
- Upon receiving the meet invitation, you will be asked to declare that you “will be able to attend” or “will NOT be able to attend.” **Please select one or the other in the drop down box.**
- MPSL or USA-S Dual/Tri Meet Entries: you will only declare your availability. The Coaches will select the swimmer’s events.
- Championship, A/BB/C, Mini, or Developmental Entries: you will declare your availability and select your swimmer’s events.



## 2024-2025 Team Information

7. After you have submitted your entries, the Coaches will approve your event selection. ***The Coaching staff reserves the right to modify any entries.***

### Types of Competitions:

- **Dual/Tri Meets:**

- Competition swimming against one or two other teams
- Athletes compete in a maximum of 3 individual events
- Competition runs for a maximum of 4 hours.
- Summer League Comp

- **Mini + Developmental**

- Mini refers to swimmers ages 8 years and younger
- Developmental refers to swimmers 12 years and younger that do not have “A+” times.
- Single day competition not lasting longer than 4 hours.

- **A/BB/C Meets**

- Competition is open to swimmers ages 9 and older of all abilities.
- Competition is usually Friday evening (distance), Saturday, and Sunday.
- Each session lasts a maximum of 4 hours. The session usually consists of two age groups (9-10 & 11-12; 13-14, 15 & Over). This may vary based on the meet host.

- **IMX Competition**

- **Swimmers must have swum the required events and meet the composite score required for entry.**

- **Events:**

- 10&Under: 200 Free, 100 Fly, 100 Back, 100 Breast, 200 IM
- 11-12: 500 Free, 200 Free, 100 Fly, 100 Back, 100 Breast, 200 IM.
- 13-14: 500 Free, 200 Free, 200 Fly, 200 Back, 200 Breast, 400 IM.

- **Qualifying Meets**

- Competition requires swimmers to meet specific time standards. These are formulated by the meet host.
- Competitions take place locally, regionally, and nationally.
- **Middle Atlantic Championship Time Standards [HERE](#).**
- **2021-2024 National Meet Time Standards [HERE](#).**
- **2021-2024 National Age Group Motivational Times [HERE](#).**
  - Long Course Meters (50 meters per length; Olympic Distance)
  - Short Course Meters (25 meters per length)
  - Short Course Yards (25 yard per length)

