

HARNETT COUNTY AQUATIC CLUB
2009 – 2010 Swim Season

We hope this note finds everyone doing well and resting from a great 2008 – 2009 swim season. We are sending this note out to communicate what is going on as we transition to a new season. This document contains information regarding the swim clinic, open house, when practice will start, and the 2009 – 2010 tentative meet schedule. We look forward to next year with great anticipation as we prepare to embark on our adventure. If you have any questions, comments, or concerns please feel free to contact us at any time:

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We will start of our introduction into the next season with our August swim clinic. This clinic targets new interests to year-round swimming. The program specifics are as follows:

HCAC 2010 Swim Clinic

Where: Keith Hills Pool

When: August 10 4:30 – 6:00pm Registration, Clinic & Orientation
 August 11 4:45 – 6:00pm Backstroke Technique Drills
 August 12 4:45 – 6:00pm Breastroke Technique Drills
 August 13 4:45 – 6:00pm Butterfly Technique Drills

Cost: \$40.00

Registration: Contact Montz Burckhardt at (910) 893-1353

The swim clinic is an excellent way to introduce new swimmers to year-round swimming. Bring a friend to the clinic and introduce them to our program.

We have scheduled our **Open House** for **Tuesday August 25 from 5:30 – 7:00pm**. This is an important night and will take place before formal practice starts. This meeting will formally introduce our plans for the next year and educate new families about year-round swimming. You need to bring a friend who may benefit from this opportunity.

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Following is the normal practice schedule for the fall, winter, and spring. Formal practice for all groups will begin on **Wednesday, September 2** at the Nathan Johnson Natatorium. Amendments to practice schedules for swim meets & holidays will be announced via email. The practice schedule will be:

Gold Group

Afternoons	Monday – Friday 4:00 – 6:00pm
Mornings	TBA (2 – 4 weeks into training)
Saturdays	As announced
Weights	TBA

Silver Group

Afternoons	Monday – Friday 4:30 – 6:00pm
Saturdays	As announced

Bronze Group

Afternoons	Monday – Wednesday - Friday 5:00 – 6:00pm
Saturdays	As announced

Typhoon

Afternoons	Tuesday – Thursday 5:00 – 6:00pm
Saturdays	As announced

Swimming is what we do and if we do not swim we will not improve. The following are the practice expectations for each group:

Gold Group	70% - 100% of all practices	4 – 7 practices/week
Silver Group	60% - 100% of all practices	3 – 5 practices/week
Bronze Group		2 – 3 practices/week
Typhoon Group		1 – 2 practices/week

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2009 – 2010 HCAC MEET SCHEDULE

DATES	MEET FORMAT	LOCATION	OTHER
Oct. 2 – 4	WOW Age Group & Senior	Wilmington, UNCW	
Oct. 16 – 18	RSA Age Group & Senior	TAC	
Nov. 6 – 8	ALL ECSL	Buies Creek, Campbell	HCAC Host
Nov. 13 – 15	RSA Age Group & Senior	TAC	
Dec. 4 - 6	12 & Under Fall States	TAC	BB+
Jan. 8 – 10	ECSL	Goldsboro	
Jan. 22 – 24	RMY ECSL	Rocky, Mount YMCA	
Jan. 28 – 31	NCS Senior Champs	Huntersville, NC	Qualification Time
Feb. 12 – 14	SC Qualifier	Pullen Park	
Feb. 19 – 21	14 & Under Champs	TAC	Qualification Time
Mar. ?	Senior Sectionals	TBA	Qualification Time
Mar. ?	Age Group Sectionals	TBA	Qualification Time
Mar ?	ECSL Champs	TBA	

Above is the HCAC tentative meet schedule for the 2009 – 2010 short course season. This schedule is a tentative schedule and will be amended when needed. When there are changes in meet dates and/or locations we will communicate this information to you as soon as possible. If you have any questions, comments, or concerns about this meet schedule please let us know.