

HARNETT COUNTY AQUATIC CLUB
2011 – 2012 Swim Season

Following is the normal practice schedule for the fall, winter, and spring. Formal practice for all groups will begin on **Tuesday, August 23rd** 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

Silver Group

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

Bronze Group

Afternoons	Monday – Friday 5:00 – 6:00pm
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Typhoon

Afternoons	Monday – Friday 5:00 – 6:00pm
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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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2011 – 2012 HCAC MEET SCHEDULE

DATES	MEET FORMAT	LOCATION	OTHER
Sept. 30-Oct. 2	WOW Age Group & Senior or RMY	Wilmington, UNCW/ or Rocky Mount	
Oct. 14-16	GOLD	Goldsboro	
<i>Oct. 28-30</i>	<i>ALL ECSL</i>	<i>Buies Creek, Campbell</i>	<i>HCAC Host</i>
Nov. 11-13	RSA	TAC	
Jan. 13-16	RSA Jubilee	TAC	
Jan. 21-22	RMY ECSL	Rocky Mount, NC	
Feb. 10-12	MOR Qualifier	Goldsboro	
Feb. 17-19	14 & U Champs	Greensboro	GSA
Feb. 23-26	Senior Champs	TAC	
Mar. 9-11	Senior Sectionals	Charlotte	
Mar. 16-18	Age Group Sectionals	TBA	
Mar 25-27	ECSL Champs	TBA	

Above is the HCAC tentative meet schedule for the 2011 – 2012 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.