



REGISTRATION INFORMATION

2010-2011

www.udac.us



**MIDDLE
ATLANTIC
SWIMMING**



Upper Dublin Aquatic Club (UDAC) believes that every child can achieve life-long success through aquatics. UDAC's team-oriented philosophy enables us to provide a nurturing environment for everyone, from novice to national qualifier. Our program of comprehensive skills instruction, along with multiple levels of competitive opportunities, encourages all of our athletes to pursue personal excellence through teamwork in the sports of competitive swimming and diving.

Registration for Upper Dublin Aquatic Club programs will take place online via Active Endurance club management services. Downloadable mail-in forms will also be available soon plus two in-person registration in Sep. Details including registration links and schedules are available at www.udac.us.

Each registrant will pay an initial UDAC annual membership fee (\$70) with the opportunity to select from several program options. The \$70 UDAC membership fee, initiated by the UDAC Board in 2009, is made up of the following: \$60 for Middle Atlantic Swimming athlete registration, \$5 for team T-shirt and the \$5 for the per-participant fee charged by the Thruva ActiveEndurance club management system. The membership fee for UDAC SAL diving-only participants will be adjusted. Non-Upper Dublin families will be charged an additional \$100 out-of-township fee.

All 2010-2011 UDAC swimming registrants will be required to be registered with Middle Atlantic Swimming (included in the UDAC membership fee) and will receive a team T-shirt.

Registration will be open through the first in-person registration to Upper Dublin residents plus non-resident families that participated in 2009-2010 UDAC programs only. New out-of-township families can request to be placed on a waiting list (please send email to board@udac.us). The intent of having an out-of-township waiting list is to provide opportunity for Upper Dublin resident families to register prior to reaching maximum capacity.

UDAC swimming & diving program options are available for review at www.udac.us.

Two opportunities exist for competitive divers:

- UDAC's SAL diving team (dual meet season). Questions? Email Karen at diving@udac.us.
- Red Dragon Diving – offering year-round USA Diving and AAU training and competition (visit <http://www.reddragondiving.org/> for programs and registration info).

All registrations are subject to a cancellation fee (dependent on date of refund request).



**MIDDLE
ATLANTIC
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2010-2011 REGISTRATION OPTIONS FOR SENIOR PARTICIPANTS (HIGH SCHOOL & ADVANCED 8TH GRADERS)

UDAC Membership Fee	\$70 (per participant)
Non-Upper Dublin resident fee	\$100 (per family – in addition to membership fee)
Late fee	\$50 (automatically assessed after Sep 30, 2010)

PROGRAM	DESCRIPTION	*ELIGIBLE FOR MULTI-SIBLING DISCOUNT?
<p><u>Full Year</u> Swimming SENIOR morning & afternoon \$725</p>	<p>One-time annual registration for UDAC competitive swimming program includes morning and afternoon practices, short course & long course seasons (Sep-Aug; includes SAL registration). Includes participation in both USA Swimming and SAL dual meet competition. Participants train with their high school team Nov-Feb (additional options may develop after UDHS Natatorium opens). <i>10-month payment plan available.</i></p>	yes
<p>Fall/Winter Swimming SENIOR morning & afternoon \$300</p>	<p>Fall/Winter registration for UDAC competitive swimming program; includes morning and afternoon practices, short course season only (Sep-Mar; includes SAL registration). Includes participation in both USA Swimming and SAL dual meet competition. Participants train with their high school team Nov-Feb (additional options may develop after UDHS Natatorium opens). <i>5-month payment plan available.</i></p>	yes
<p>Fall/Winter Swimming SENIOR morning only \$200</p>	<p>Mornings only - Fall/Winter registration for UDAC competitive swimming program; includes morning practices, short course season only (Sep-Mar; includes SAL registration). Includes participation in both USA Swimming and SAL dual meet competition. Participants train with their high school team Nov-Feb (additional options may develop after UDHS Natatorium opens). <i>5-month payment plan available.</i></p>	no
<p>Fall/Winter Swimming SENIOR afternoon only \$200</p>	<p>Afternoons only - Fall/Winter registration for UDAC competitive swimming program; includes morning practices, short course season only (Sep-Mar; includes SAL registration). Includes participation in both USA Swimming and SAL dual meet competition. Participants train with their high school team Nov-Feb (additional options may develop after UDHS Natatorium opens). <i>5-month payment plan available.</i></p>	no
<p>SAL Only SENIOR - evenings \$30</p>	<p>Suburban Aquatic League (SAL) season only for SENIOR (high school only) swimming and/or diving athletes; evening practices only - starts in October, finishes early Feb. Opportunity to participate in local Middle Atlantic competition.</p>	no



MIDDLE
ATLANTIC
SWIMMING

2010-2011 REGISTRATION OPTIONS FOR JUNIOR PARTICIPANTS (8TH GRADE & BELOW)

UDAC Membership Fee	\$70 (per participant)
Non-Upper Dublin resident fee	\$100 (per family – in addition to membership fee)
Late fee	\$50 (automatically assessed after Sep 30, 2010)

PROGRAM	DESCRIPTION	*ELIGIBLE FOR MULTI-SIBLING DISCOUNT?
<u>Full Year Swimming JUNIOR</u> \$775	One-time annual registration for UDAC competitive swimming program; includes short course & long course seasons Includes participation in both USA Swimming and SAL dual meet competition. (Sep-Aug; includes SAL registration) <i>10-month payment plan available.</i>	yes
Fall/Winter Swimming JUNIOR \$390	Fall/Winter registration for UDAC competitive swimming program; evening practices, short course season only Includes participation in both USA Swimming and SAL dual meet competition. (Sep-Mar; includes SAL registration). <i>5-month payment plan available.</i>	yes
SAL Only JUNIOR \$230	Suburban Aquatic League (SAL) season only (includes pre-team) swimming and/or diving athletes; evening practices only - starts in October, finishes early Feb. Opportunity to participate in local Middle Atlantic competition. <i>4-month payment plan available.</i>	yes

AUTOMATIC ADJUSTMENTS AND FAMILY DISCOUNTS

Multiple Siblings	Registrant for first *eligible program pays full amount; fees discounted for additional siblings registered for *eligible programs.	\$50 - \$150 per participant depending on number of *eligible registrants
Registered with another USA Swimming or club or as "unattached" (not UDAC-MA)	Participants selecting "YES" for this registration query registration will not be submitted with the UDAC-MA roster to Middle Atlantic Swimming.	Fee automatically adjusted at checkout - proof of 2010-2011 USA Swimming registration required.
SAL - Diving Only	Adjustment for SAL DIVING-ONLY PARTICIPANTS as USA Swimming athlete registration is not required. DO NOT select this option if your athlete will also be swimming.	\$60 adjustment on worksheet or select option in online module



MIDDLE
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2010- 2011 UDAC TRAINING GROUPS

UDAC defined groups or "teams" are based on several criteria including the following: training focus, expectations for practice and meet attendance, plus several goals for the swimmers in that group to strive for. Group assignments will be based on experience, past accomplishments, age, stamina and skill. Each "team" will have a dedicated UDAC coach. As athletes progress, the opportunity exists for athletes to move up and form a new set of goals. Please work with us and help us to build this program into what it truly can become: the best possible competitive aquatics experience for each and every athlete. Weekly attendance recommendations are noted for each group.

- **PRE-TEAM:** Beginning group for 8 & unders who have no competitive experience, but are beyond swim lessons. Emphasis will be placed on mastering all skills in the four competitive strokes, while preparing the swimmers for future competition. SAL meets and invitationals plus Middle Atlantic/USA Swimming mini-meets will be offered to those who are ready.
- **TEAM ONE:** Next level group for those who have little or no competitive experience. Emphasis will be placed on mastering all skills in the four competitive strokes. Members of this group will be expected to compete in most or all SAL meets and invitationals, with some Middle Atlantic/USA Swimming meets offered (including Middle Atlantic mini-meets). Recommended attendance: 3 out of the 6 practices offered.
- **TEAM TWO:** First level full SAL-team group for those with some competitive experience. Swimmers must be legal in all four strokes. This competitive group will emphasize all strokes, turns, and conditioning. Swimmers will be expected to compete in all SAL meets, participate in SAL invitationals, with some Middle Atlantic/USA Swimming meets offered. Recommended attendance: 3 out of the 6 practices offered.
- **TEAM THREE:** Higher level group for those with a significant amount of competitive experience. This group will emphasize all strokes and turns, with greater conditioning and use of pace clock. Swimmers will be introduced to a greater range of races, as well as strategies employed for those races. These swimmers will be expected to compete in every SAL meet, as well as at least one Middle Atlantic/USA Swimming meet per season, with USA Swimming meets taking precedent over SAL meets, when in conflict. The ultimate goal of this group is qualification for SAL A Champs and/or Middle Atlantic Junior Olympics. Recommended attendance: 3 out of the 6 practices offered.
- **TEAM FOUR:** Top group for swimmers who are serious about training and competition. Conditioning of each athlete is a major priority of this group. Swimmers in the group will be expected to compete in as many SAL meets as possible, and those with UDAC-MA USA registration will be required to compete in two Middle Atlantic/USA Swimming meets per season. There will be various goals for this group, such as: preparation for high school swimming, top-eight finish at SAL A Champs, qualifying/finaling at Middle Atlantic Junior Olympics Junior Olympics. Recommended attendance: 4 out of the 6 practices offered.
- **DIVING:** UDAC's SAL Diving team competes in Suburban Aquatic League dual meets and invitationals Oct-Feb. Points awarded at meets for diving are combined with those obtained in swimming events for a total UDAC SAL team score. Practices are held evenings simultaneous with SAL swimming training groups.
 - [Red Dragon Diving](#), affiliated with UDAC, offers year-round training and USA Diving and AAU competition including a spring invitational held at the UDHS natatorium.

TRAINING GROUPS CONTINUED ON NEXT PAGE...



**MIDDLE
ATLANTIC
SWIMMING**

2010- 2011 UDAC TRAINING GROUPS (CONTINUED)

- **SENIOR ONE:** Younger swimmers who are beyond Team Four, as well as high school-age swimmers currently training with their school team and/or UDAC and participating in SAL meets and Middle Atlantic/USA Swimming competition. Higher level training and conditioning are emphasized along with a focus on increasing muscular strength, flexibility, and aerobic capacity (training includes dryland, and some limited weight training). Younger swimmers' goals in this group will be the achievement of National Age Group Rankings and Zone Team qualification. High school aged swimmers in the senior one practice group will be pursuing District One Championship Meet qualification. Swimmers in this group will be expected to compete in as many SAL meets as possible, and required to attend several Middle Atlantic/USA Swimming meets per season. Placement into this group is based on coach's invitation. Swimmer must make 5 out of the 6 practices offered. Should a swimmer fail to meet the expectations put forth by the coach, for a two week period, a meeting will take place between swimmer, coach, and parents.
- **SENIOR TWO:** Our highest level group, for high school swimmers (ages 14 to 18), who are senior members of the UDAC swim team, train with their high school team and participate in SAL dual meets and Middle Atlantic/USA Swimming competition. All training in this group will be conducive to the highest possible goals for each swimmer, and includes both dryland, and weight training. These goals include: Qualification for PIAA State Championship Meet, finals at spring and summer Elite Meets, Junior and Senior National Qualifying times, Olympic Trials qualification. Placement into this group is based on coach's invitation/high school age. Swimmer must make 90% of all workouts offered for this group. Failure to meet expectations for two weeks in a row will result in a meeting between swimmer, coach, and parents.

New Swimmer Preview

Wed, Sep 22 6:30 to 7:30 PM

for group placement - swimmers new
to UDAC must attend one session

Thu, Sep 23 6:30 to 7:30 PM

All new UDAC swimming registrants regardless of age or experience, as well as last year's preteam, must be previewed by the UDAC coaches. Plan to attend one of the sessions listed above. Please be on deck five minutes prior to the listed start time.

Preteam registrants (generally 5 & older) must have completed a swim lesson program and will be asked to demonstrate the following skills: swim one length of freestyle with minimal stopping or holding on to the wall, primary knowledge of breathing to the side and backstroke.

Questions?

Please contact Kate Scheuer, UDAC Director, at email@udac.us



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DIFFERENT TYPES OF MEETS AVAILABLE TO UDAC PARTICIPANTS

SAL DUAL MEETS (like UDAC vs. Springfield Aquatic Club): if your child is registered with UDAC, they will automatically be in these meets against local Suburban Aquatic League clubs. These meets make up the core of the SAL winter season and are mainly against our division (Central) rivals. Meets are home and away (girls home when boys are away and vice-versa). These meets take place in Nov & Dec. In January, we'll be swimming against pools from other divisions to determine the league champions. **NOTE: All UDAC swimmers & divers will automatically be in these meets. If your child CANNOT make it, you must sign him/her out of these meets.** In February, the division offers "B" champs for all swimmers and then "A" champs for the top 18 swimmers in each event (by time).

SAL INVITATIONALS (like the Harvest Meet, Pennsbury Splash): These are meets, run by SAL clubs, are open to all swimmers in our league (not just our division of local pools!). They are a great way of getting your swimmer in the water and gain additional meet experience and try different strokes. If your child misses a SAL dual meet, this might be a way of getting additional meet/event experience. There are also several invitational meets available to divers including UDAC's "Last Chance Diving" meet held in January. **NOTE: You must sign your child up for these meets using the UDAC website. Your child will not automatically be in these meets.** Watch for deadlines!

USA SWIMMING MEETS (GAAC Patriot Classic at Germantown Academy, NLAC Swim Fest at Penn State): These meets are sanctioned by USA Swimming – the national governing body of the sport. Our local "division" is Middle Atlantic Swimming. These are invitational meets open to anyone who is registered with USA Swimming (all UDAC swimmers, as well as many others from our league and from other regional clubs). Some of these meets offer your swimmer a chance to try other types of events than those offered at SAL meets in all age categories (for example, 500 free, 200 breast, 400 IM...even the 1650 freestyle!). These meets are offered year-round in two sequential seasons (winter=shortcourse=25 yard pool; summer=longcourse=50 meter pool). Championship meets are offered through each season - swimmers must qualify for those based on times. **NOTE: You must sign your child up for these meets using the UDAC website. Your child will not automatically be in these meets.** Watch for deadlines!

MINI MEETS (like FCA Fall Mini, PCAC "Let It Snow" Mini): generally for swimmers 8 and under...

- **SAL mini meets**: these informal meets, set up by our preteam coaches, are organized with a couple other SAL clubs - they include the pre-team swimmers and some from team one. More information about these meets will be announced as the season unfolds. They are a great way for your young swimmer to get some experience with competition in a fun and nurturing way! . **NOTE: You must sign your child up for these meets using the UDAC website. Your child will not automatically be in these meets.** Watch for deadlines!
- **USA Swimming Mini Meets**: these meets are open to all of our swimmers as well as those outside of the league who are registered with USA Swimming (these meets are sanctioned by USA Swimming). These meets are great for any 8 & under swimmer, but especially those who have been practicing with preteam or team one for a little while. **NOTE: You must sign your child up for these meets using the UDAC website. Your child will not automatically be in these meets.** Watch for deadlines!

UDAC will be hosting three USA Swimming meets in 2010-2011: an open invitational in October, a mini-meet in January, and a closed invitational in February. These meets are only open to USA Swimming-registered athletes as dictated by USA Swimming governance.

Red Dragon Diving athletes participate in USA Diving and AAU competition including a spring invitational held at the UDHS natatorium.

WHERE TO GET INFORMATION

The best place to find up-to-date information and last-minute postings, especially any issues due to weather, is on the UDAC website: www.udac.us which has a link to the online UDAC calendar.

- Check the UDAC online calendar (link on UDAC website) for upcoming invitational meets & corresponding registration deadlines.
- All practices, registration deadlines, meets and events are posted on the UDAC online calendar. Use the dropdown filter (upper left corner) to view specific calendar postings (for example, SAL practices).
- SAL Dual Meet sign out links will be posted for each upcoming meet: boysteam@udac.us or girlsteam@udac.us

General communications are distributed regularly via email@udac.us by UDAC Director Kate Scheuer. If you have questions about your athlete, the best route is to send email to UDAC Director Kate Scheuer at this address and set up a time before or after practice to discuss any matters.

Information will also be posted on the bulletin board at the pool – but the most comprehensive source is the website.

IMPORTANT UPCOMING DATES:

UDAC in-person registration: Tue, Sep 7th from 7:00 to 8:30 PM & Sun, Sep 12th from 1:00 to 3:00 PM

Back To The Pool! Party: Fri, Sep 10th from 6:00 to 8:00 PM

New Swimmer Preview: Wed, Sep 22nd & Thu, Sep 23rd 6:30 to 7:30 PM (must attend one)

Time Trials: Wed, Oct 22nd from 6:00 to 8:30 PM: 12 & unders ONLY (13 & older by coaches determination). Purpose is for all UDAC swimmers to get initial event times for both placement in SAL dual meets and submitting entries for invitational (as participants are seeded in events by time).

Mandatory Parents Meeting: Mon, Oct 4th from 7:00 to 9:00 PM (at the Upper Dublin Township Building)

UDAC Pep Rally: Fri, Nov 5th from 5:30 to 7:00 PM

ANSWERS TO RECENT QUESTIONS:

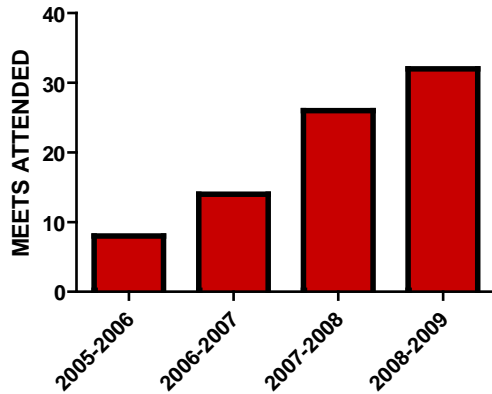
What is the \$70 “UDAC Membership Fee” consist of? The \$70 UDAC membership fee, initiated by the UDAC Board in 2009, is made up of the following: \$60 for Middle Atlantic Swimming athlete registration, \$5 for team T-shirt and the \$5 for the per-participant fee charged by the Thriva ActiveEndurance club management system UDAC adopted for online registrations in 2009. The decision was made to designate the above combined as a "UDAC Membership Fee" rather than just adjust the total fee up \$70 for each program.

What discount is applied when registering for the full-year options? A 15% discount is applied to the sum of Fall/Winter, Spring and Summer sessions (using 2009-2010 pricing) for both junior and senior programs to arrive at the full-year fee. A nine-month payment plan is available with online registration for full-year registration options.

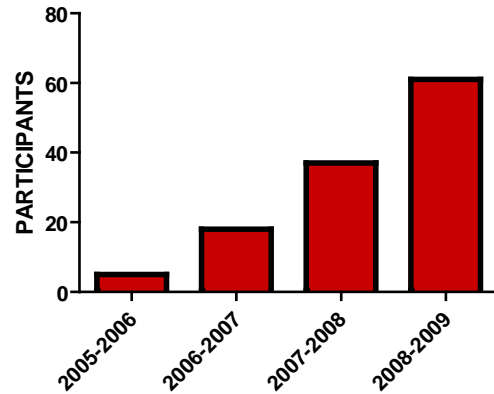
Why has UDAC requiring USA Swimming membership as part of registration? As outlined on the registration information page on the UDAC website, UDAC is a member club of USA Swimming with expanding participation of our athletes in competition offered by this organization (from ages under 6 to 18 and beyond). As such, the UDAC Board made the decision to require registration of all our athletes with this national organization, not only for the opportunity that this presents to our athletes and club, but also to meet their criteria for general liability insurance coverage of UDAC's athletes and coaching staff. The latter has been an issue of discussion at both Suburban Aquatic League and Middle Atlantic Swimming board and representative meetings. Other clubs in the Suburban Aquatic League (SAL), such as Radnor Aquatic Club (RAC), have moved in the same direction. Even though the club has separate general liability coverage, UDAC cannot justify the risk of jeopardizing liability coverage and protection for our athletes and coaches, especially with expanding involvement in this program. Details can be found in FAQ at www.usaswimming.org.

- In addition, UDAC received approval from Middle Atlantic Swimming to host three sanctioned USA Swimming meets at the new UDHS Natatorium in 2010-2011: an open invitational in October, a mini-meet in January, and a closed invitational in February. These meets are only open to USA Swimming-registered athletes as dictated by USA Swimming governance. We are hoping that all UDAC families will participate in this opportunity to establish USA Swimming competition in the new facility.

USA Swimming meets attended by UDAC



UDAC swimmers participating in USA Swimming competition



Are there opportunities for younger swimmers to compete in USA Swimming competition? One of UDAC's goals is to promote opportunities and introductory competitive experience for our youngest athletes. This is driven by positive feedback for our UDAC Preteam and Team One swimmers that participated in Mini Meets in recent seasons. Multiple Mini Meet opportunities exist, including one at UDHS in January, in addition to the traditional participation in SAL invitationals (several have events for 6 & under) and UDAC's informal annual dual mini-meet with PVAC and PWAC. Also, when ready, we regularly move our preteam members up to compete in SAL dual meets. In 2010 a UDAC contingent of 8 & under swimmers competed in the Middle Atlantic Mini Championships (no qualifying times required) at the Gloucester Institute of Technology, and experienced one of the premier Middle Atlantic venues in an environment designed for kids 8 & under.