



## REGISTRATION INFORMATION

2011-2012

[www.udac.us](http://www.udac.us)



MIDDLE  
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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 Network™ club management services. Downloadable mail-in forms are also available plus there will be one in-person registration on Sep 6<sup>th</sup> from 6:30 to 8:30 PM at the Upper Dublin Township building.

Each registrant will pay an annual membership fee (\$70) with the opportunity to select from several program options. The \$70 UDAC membership fee consists 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 Active Network™ club management system (fees for UDAC SAL diving-only participants will be adjusted). Non-Upper Dublin families will be charged an additional \$100 out-of-township fee.

Divers train & compete as a part of UDAC's Suburban Aquatic League (SAL) Team. UDAC offers an AAU diving program option for those athletes interested in additional training and meet experience on one-meter and three-meter boards, plus AAU competition in the Middle Atlantic region and beyond (Easterns, Nationals).

**UDAC swimming & diving program details are available for review at [www.udac.us](http://www.udac.us).**

*NOTE: All UDAC registrants are required to participate in competition at some level, depending on their group assignment. If your family is not planning to participate in meets, please do not register as space is at a premium for those who will be competing. Families seeking to join the club for purposes of physical fitness/conditioning with no intention of participating in the competitive meets will be asked to withdraw their application for membership.*

*Registration will be open through the first in-person registration to Upper Dublin residents plus non-resident families that participated in 2010-2011 UDAC programs only. New out-of-township families can request to be placed on a waiting list (please send email to [board@udac.us](mailto:board@udac.us)). The intent of having an out-of-township waiting list is to provide the opportunity for Upper Dublin resident families to register prior to reaching maximum capacity.*

*All registrations are subject to a cancellation fee.*



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## 2011-2012 REGISTRATION OPTIONS FOR SENIOR PARTICIPANTS (HIGH SCHOOL AGE)

<b>UDAC Membership fee</b>	\$70 (per participant)
<b>Non-Upper Dublin resident fee</b>	\$100 (per family – in addition to membership fee)
<b>Late fee</b>	\$50 (automatically assessed after Sep 25, 2011)

PROGRAM	DESCRIPTION	ELIGIBLE FOR MULTI-SIBLING DISCOUNT?
<p><b><u>Full Year Swimming</u></b> <b>SENIOR PERFORMANCE</b> <b>morning &amp; afternoon</b> \$1000</p>	<p>For swimming athletes committed to year-round training and competition at the highest levels. Placement into this group is based on coach's invitation. One-time annual registration for UDAC competitive swimming program includes morning and afternoon practices, short course &amp; long course seasons (Sep-Aug; includes SAL registration). Includes participation in both USA Swimming and SAL dual meet competition. Participants train &amp; compete with their high school team Nov-Feb in parallel with UDAC activities. <i>10-month payment plan available.</i></p>	yes
<p><b><u>Full Year Swimming</u></b> SENIOR <b>morning &amp; afternoon</b> \$850</p>	<p>Discounted one-time annual registration for UDAC competitive swimming program includes morning and afternoon practices, short course &amp; long course seasons (Sep-Aug; includes SAL registration). Includes participation in both USA Swimming and SAL dual meet competition. Participants train &amp; compete with their high school team Nov-Feb in parallel with UDAC activities. <i>10-month payment plan available.</i></p>	yes
<p><b>Fall/Winter Swimming</b> SENIOR <b>morning &amp; afternoon</b> \$350</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 &amp; compete with their high school team Nov-Feb in parallel with UDAC activities. <i>5-month payment plan available.</i></p>	yes
<p><b>Fall/Winter Swimming</b> SENIOR <b>morning only</b> \$250</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 &amp; compete with their high school team Nov-Feb in parallel with UDAC activities. Practice attendance is mandatory for all participants, all practices.</p>	no
<p><b>Fall/Winter Swimming</b> SENIOR <b>afternoon only</b> \$275</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 &amp; compete with their high school team Nov-Feb in parallel with UDAC activities.</p>	no
<p><b>SAL Only</b> SENIOR <b>evening only</b> \$30</p>	<p>Suburban Aquatic League (SAL) season only for SENIOR (high school only) swimming and/or diving athletes; limited availability for evening practices only - starts in October, finishes early Feb. NOTE: Choose this option for high school athletes planning to participate in SAL meets with the option to participate in local USA Swimming meets.</p>	no



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## 2011-2012 REGISTRATION OPTIONS FOR JUNIOR PARTICIPANTS (8<sup>TH</sup> GRADE & BELOW)

<b>UDAC Membership Fee</b>	\$70 (per participant)
<b>Non-Upper Dublin resident fee</b>	\$100 (per family – in addition to membership fee)
<b>Late fee</b>	\$50 (automatically assessed after Sep 25, 2011)

PROGRAM	DESCRIPTION	ELIGIBLE FOR MULTI-SIBLING DISCOUNT?
<b><u>Full Year Swimming JUNIOR</u></b> \$925	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
<b>Fall/Winter Swimming JUNIOR</b> \$475	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
<b>SAL Only JUNIOR</b> \$280	Suburban Aquatic League (SAL) season only (includes pre-team) swimming and/or diving athletes; evening practices only - starts in September, finishes early Feb. Opportunity to participate in local Middle Atlantic competition. <i>4-month payment plan available.</i>	yes
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<b>Fall/Winter AAU Diving Option</b> additional \$175 <i>add to "SAL Only" options</i>	An opportunity for age-group and high school divers to obtain additional training and meet experience on one-meter and three-meter boards. Coached by Jim Davidson, with support from UDAC SAL coaches, on Tue & Thu evenings from 7:00 to 8:30 pm (extension of SAL practices).	no

### ADJUSTMENTS AND FAMILY DISCOUNTS

<b>*Multiple Siblings</b>	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
<b>*Registered with another USA Swimming or club or as "unattached" (not UDAC-MA)</b>	Participants selecting "YES" for this registration query registration will not be submitted with the UDAC-MA roster to Middle Atlantic Swimming.	proof of 2011-2012 USA Swimming registration required.
<b>SAL - Diving Only</b>	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.	select option in checkout

*\*Automatic discount in online registration module*



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## 2011- 2012 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. Participation in Championship meets, upon qualification, is expected.

- **DIVING:** Divers train & compete as a part of UDAC's Suburban Aquatic League (SAL) Team in 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.
  - UDAC also offers AAU diving (additional fee) for those who desire an opportunity to obtain additional training on one-meter and three-meter boards locally plus extended meet experience in the Middle Atlantic region. [Click here for program details.](#)
- **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 Invitationals plus Middle Atlantic/USA Swimming mini-meets will be offered to those who are ready. (*register for SAL Only*)
- **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 required to compete in most or all SAL dual meets and may participate in invitationals, as well as USA Swimming meets offered (including Middle Atlantic mini-meets). Recommended attendance: 3 out of the 5 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. All 9 & older swimmers are required to compete in all SAL dual meets and UDAC's Rocktoberfest, and may participate in SAL invitationals, as well as USA Swimming meets. Recommended attendance: 3 out of the 5 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. Dryland training will also be introduced at this level. Swimmers will be introduced to a greater range of races, as well as strategies employed for those races. These swimmers are required to compete in every SAL dual meet, as well as at least two USA Swimming meets per season. Attendance at UDAC's Rocktoberfest is required. The ultimate goal of this group is qualification for SAL "A" Champs and/or Middle Atlantic Junior Olympics. Participation in all Championship meets, upon qualification, is required. Recommended attendance: 4 out of the 5 practices offered.
- **TEAM FOUR:** Training group for swimmers who are beyond the expectations of Team 3 and are serious about training and competition, but not quite ready for the level of training for Team 5. Conditioning of each athlete is a major priority of this group, as well as dryland training at least 2X per week. Swimmers in the group will be expected to compete in as many SAL meets as possible, and most, if not all, USA Swimming meets offered during the season. The major goals for swimmers of this group will be qualifying for SAL "A" Champs as well as Middle Atlantic Junior Olympics. Participation in all Championship meets, upon qualification, is required. Recommended attendance: 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.
- **TEAM FIVE:** Training group for high level age group swimmers with a significant amount of USA swimming experience, but not quite ready for the demands of Senior One. The continued conditioning of each athlete is a major priority of this group, as well as dryland training at least 2X per week. Swimmers in this group will be expected to compete in as many SAL meets as possible, and most, if not all, USA Swimming meets offered during the 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. Participation in all Championship meets, upon qualification, is required. Recommended attendance: 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.



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- **SENIOR ONE:** This group is for our most committed Junior level swimmers who have attained a minimum of 3 Junior Olympic qualifying times. 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). Swimmers' goals in this group will be the achievement of the highest possible level of competition a Junior swimmer may reach, including, but not limited to National Age Group Rankings, Zone Team qualification, and Sectional Qualification. Swimmers in this group will be required to attend several USA Swimming meets per season and expected to compete in as many SAL dual meets as possible. Placement into this group is based on coach's invitation. Participation in all Championship meets, upon qualification, is required. 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:** For high school swimmers who are new to the sport, or whose primary focus is high school swimming and may not be ready for the rigorous training demands of Senior Three. All training in this group will be conducive to the highest possible goals for each swimmer. Swimmers are expected to attend a minimum of 3 out of 5 afternoon workouts offered.
- **SENIOR THREE:** For high school swimmers who are seeking to make the jump to the next level of competition through a further commitment to training and competing in USA Swimming meets. All training in this group will be conducive to the highest possible goals for each swimmer, and includes both dryland and weight training. Goals include, but are not limited to: qualifying for the Sectional meet, Middle Atlantic Senior Meet, and PIAA District I Championships. Participation in all Championship meets, upon qualification, is expected. Swimmers are expected to attend a minimum of 7 out of 11 workouts offered to this group. 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 PERFORMANCE:** Our highest level group, for high school swimmers who have committed themselves to reaching the highest levels of USA Swimming and Pennsylvania State High School Swimming. The swimmer's commitment will also extend to high standards of training in terms of both attendance and practice intensity. These goals include: Qualification for PIAA State Championship Meet, Junior and Senior National Qualifying times, and Olympic Trials qualification. Placement into this group is based on coach's invitation. Participation in all Championship meets, upon qualification, is required. Swimmer must make 9 out of 11 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.

<b>New Swimmer Preview</b>	Tue, Sep 13 <sup>th</sup>	6:00 to 7:00 PM
for group placement - swimmers new to UDAC must attend one session	Thu, Sep 15 <sup>th</sup>	6:00 to 7:00 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 **ten** 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](mailto: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. These meets take place in Nov & Dec. In January, we'll be swimming against **teams** 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. They are a great way of getting your swimmer in the water and gain additional meet experience and try different strokes. 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! Families responsible for meet entry fees.**

**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 swim committee (LSC)** is Middle Atlantic Swimming. These are invitational meets open to anyone who is registered with USA Swimming. 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 entered in these meets. Watch for deadlines! Families responsible for meet entry fees.**

**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 entered in these meets. Watch for deadlines! Families responsible for meet entry fees.**
- **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. **NOTE: You must sign your child up for these meets using the UDAC website. Your child will not automatically be entered in these meets. Watch for deadlines! Families responsible for meet entry fees.**

UDAC has received approval from Middle Atlantic Swimming to host four sanctioned USA Swimming meets at the UDHS Natatorium this season: a closed dual meet with Radnor (high school meet format for 12 & under; college meet format for 13 & over), 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.

**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](http://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, meet 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](mailto:boysteam@udac.us) or [girlsteam@udac.us](mailto:girlsteam@udac.us)

General communications are distributed regularly via [email@udac.us](mailto: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 6<sup>th</sup> from 6:30 to 8:30 PM at UD Township Building

**First Day of USA Swimming practices:** Wed Sep 7<sup>th</sup>

**Back To The Pool! Party:** Fri, Sep 9<sup>th</sup> from 6:00 to 8:00 PM

**First Day of SAL swimming & diving practices:** Mon Sep 19<sup>th</sup>

**Time Trials:** Wed, Oct 19th from 6:00 to 8:30 PM: Team One & Team Two ONLY (new Team Three swimmers if needed): Purpose is for all UDAC swimmers to get initial event times for both placement in SAL dual meets and submitting entries for invationals (as participants are seeded in events by time).

**Mandatory Parents Meeting:** Mon, Oct. 3<sup>rd</sup> from 7:00 to 9:00 PM (at the Upper Dublin Township Building)

**Dual USA Swimming meet with Radnor Aquatic Club:** Sun Oct 2<sup>nd</sup> (13 & over AM; 12 & under PM)

**UDAC Rocktoberfest AA/BB/C USA Swimming Meet:** Oct 22<sup>nd</sup> & 23<sup>rd</sup>

**UDAC Pep Rally:** Fri, Nov 4<sup>th</sup> from 5:30 to 7:00 PM

[click here to view SAL Dual Meet Schedule](#)

**UDAC Winter Wonderland USA Swimming Mini-Meet:** Jan 8<sup>th</sup>

**UDAC Closed Invite AA/BB/C USA Swimming Meet (SAL Clubs):** Feb 11<sup>th</sup> & 12<sup>th</sup>

## ANSWERS TO RECENT QUESTIONS:

**What does 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 Active Network™ 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 discount is applied to the sum of Fall/Winter, Spring and Summer sessions (generated using pricing from previous season plus adjustments to current season offerings) for both junior and senior programs to arrive at the full-year fee. A ten-month payment plan is available for full-year registration options via online registration only.

**Why does UDAC require USA Swimming membership as part of registration?** UDAC is a member club of USA Swimming. Membership in the organization is required of all participants to meet USA Swimming criteria for general liability insurance coverage of UDAC's athletes and coaching staff. Details can be found in FAQ at [www.usaswimming.org](http://www.usaswimming.org).

- UDAC has received approval from Middle Atlantic Swimming to host four sanctioned USA Swimming meets at the UDHS Natatorium this season: a closed dual meet with Radnor (high school meet format for 12 & under; college meet format for 13 & over), 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. All UDAC families are expected to participate in and volunteer for USA Swimming competition on our "home turf"!

**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 invationals (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.

**My child is a swimmer but wants to try diving.** All UDAC participants are welcome to try diving at any time...as simple as letting the diving coaches know (email [diving@udac.us](mailto:diving@udac.us)). Several UDAC athletes compete in both diving and swimming events at our SAL dual meets. UDAC will designate several practices to provide the opportunity for UDAC participants to try diving under coach supervision. Watch for announcements, plus these sessions will be posted on the UDAC calendar.