



HEAT

Hudsonville Eagles Aquatic Team 2011 - 2012



Did you know:

- 1) Swimmers are expected to wear competitive style swim suits, bring water bottle, goggles and towel.
- 2) Swimmers should be at as many practices and meets as possible.
- 3) Team Suit, caps, shirts, and warm-up Orders will be out the first week of practice.
- 4) Swimmers are expected to swim at dual meets, and are REQUIRED to attend either the A or B Championship meet, depending on which they qualify for.

What we value:

(Teamwork) Focus on team, with an emphasis on having fun.
(Sportsmanship) Being positive, respectful in victory and defeat.
(Environment) Creating a place where one can succeed.

Payment must be made **BEFORE** your child can enter the pool.

Team Options

Level 1 Group: for ages 5-11

Resident: \$110 Non Resident: \$120

Coaches: Kaylee Schrier and Mackenzie Jones

This level is for those that are new to our competitive swim program. Participants must be able to swim one length of the pool unassisted. Level 1 swimmers will learn the four swim competitive swim strokes (freestyle, backstroke, breaststroke, and butterfly). They will also learn proper breathing techniques, starts, and flip turns as well as develop endurance through various swim drills.

Program Dates: Starts Tuesday, November 15, 6:30 p.m. practice and parent meeting. Finishes with last meet in mid February. Practice times are usually 6:15 p.m. - 7:30 p.m., on Tuesday, Thursday and Friday until Christmas Break. Starting Christmas break four practices per week will be offered. Coaches will post dates and times, check the online Aquatics Schedule, HEAT board across the hall from the pool and/or look for an e-mail from coaches.

Level 2 Group: for ages 7 - 11

Resident: \$120 Non Resident: \$130

Coaches: Paige Vrieland, Veronica McDowell & Stephanie Huyser

Level 2 is for swimmers who perform all basic strokes. Swimmers also exhibit good knowledge of breathing techniques, starts, and flip turns. Level 2 will continue to refine strokes, increase endurance, and skill levels through higher intensity practices, and more challenging drill sets.

Program Dates: Starts Tuesday, November 15, 6:15 p.m. practice and parent meeting. Finishes with last meet in mid February. Practice times are usually 6:15 p.m. -7:30 p.m., on Tuesday, Thursday and Friday until Christmas Break. Starting Christmas break four practices per week will be offered. Coaches will post dates and times, check the online Aquatics Schedule, HEAT board across the hall from the pool and/or look for an e-mail from coaches.

Level 2+ Group: for ages 7 - 11

Participants in Level 2+ are recommended by our Level 2 coaches

Resident: \$140 Non Resident: \$150

Coaches: Kim Louis and Alison Powell

Program Dates: Starts Tuesday, November 15, 6:15 p.m. practice and parent meeting. Finishes with last meet in mid February. Practice times are usually 6:15 p.m. -7:30 p.m., on Monday, Wednesday and Thursday until Christmas Break. Starting Christmas break four practices per week will be offered. After Christmas break, we will continue with four practices a week. Coaches will post dates and times, check the online Aquatics Schedule, HEAT board across the hall from the pool and/or look for an e-mail from coaches.

Level 3: for ages 12 and up

Resident: \$140 Non Resident: \$150

Coaches: Ian Kobes and Kim Louis

Swimmers are expected to participate on the MS and HS team if available.

Swimmers will practice four to five days a week, to develop proper stroke techniques in the freestyle, backstroke, butterfly, and breaststroke plus train to improve strength and endurance. Swimmers should love to swim and be able to make the coaches swim practice sets. Swimmers will participate in West Michigan Swim League meets and have a choice to swim in USA regional meets when a registration fee is paid.

Program Dates: Starts Monday, November 14, 6:30 p.m. practice and parent meeting. Finishes with last meet in late February or early March if qualified for US swimming state meet. Practice times are usually 5:00 p.m. - 6:30 p.m., but make sure you check the pool calendar regularly.

HEAT Season for swimmers on:

MS Boys team members: Heat Level 3: \$50. Start day on Monday, November 14. (Nov, Dec)

MS Girls team members: Heat Level 3: \$100 Start when your season is complete. (End of Dec., Jan., Feb., March)

Boys High School: Heat Level 3 : \$40

Can practice in Nov. before season starts and rejoin when HS season is finished.

High School Girls: Heat Level 3: \$120

Start when your season is over.

Beginner and Development Groups are offered on Saturdays in the Fall and in the Spring. The Beginner Group aims to give new competitive swimmers an opportunity to learn, practice and gain meet experience. The Development Group focuses on improving strokes, along with starts and turns. Watch the Hudsonville Aquatics site in February and August for information regarding registration for these groups.



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Team Options

Level 1 Group: for ages 6-10

Resident: \$110 Non Resident: \$120

Program Dates: Starts Tuesday, November 15, 6:30 p.m. practice and parent meeting. Practice times are usually 6:15 p.m. - 7:30 p.m., on Tuesday, Thursday and Friday.

Level 2 Group: for ages 8 - 12

Resident: \$120 Non Resident: \$130

Program Dates: Starts Tuesday, November 15, 6:15 p.m. practice and parent meeting. Finishes with last meet in mid February. Practice times are usually 6:15 p.m. - 7:30 p.m., on Tuesday, Thursday and Friday.

Level 2+: for ages 7 - 11

Participants in Level 2+ are recommended by our Level 2 coaches

Resident: \$140 Non Resident: \$150

Level 3 Group: for ages 12 and up.

Resident: \$140 Non Resident: \$150

Program Dates: Starts Monday, November 14, 6:30 p.m. practice and parent meeting. Finishes with last meet in late February or early March if qualified for US swimming state meet. Practice times are usually 5:00 p.m. - 6:30 p.m.

Middle School Groups

MS Boys team members: Heat Level 3: \$50

Start day on Monday, November 14. (Nov, Dec)

MS Girls team members: Heat Level 3: \$100

Start when your season is complete. (Dec., Jan., Feb., March)

High School Groups

Boys High School: Heat Level 3 : \$40 Paid in full when start. Can practice in Nov. before season starts and rejoin when HS season is finished.

High School Girls: Heat Level 3: \$120

Start when your season is over.

*Parents with three or more children participating in HEAT, should contact Coach Zuidema for a special offer.

*We are no longer able to accept partial payments. Credit cards are accepted online or at the Community Education Office.

To register or view practice schedules for HEAT:

www.hudsonvillepublicschools.org

HEAT Registration Form - 2011 - 2012

1st Swimmer _____ D.O.B. _____ Grade: _____ Team Option: _____

2nd Swimmer _____ D.O.B. _____ Grade: _____ Team Option: _____

3rd Swimmer _____ D.O.B. _____ Grade: _____ Team Option: _____

Parent's Names _____

Address _____ City _____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

Waiver: I realize that by signing this form, I will not hold Hudsonville Community Education, or any of its employees associated with this program responsible for any injuries that might occur in the HEAT program. I realize that by participating in the HEAT program that there is also a certain degree of risk and injuries might occur.

Parent Signature _____

Please return form and fee payable to: Hudsonville Community Education
3886 Van Buren
Hudsonville, MI 49426