



Elizabethtown Aquatic Club

Competitive Swimming Program
WWW.EACGATORS.COM

The Elizabethtown Aquatic Club will be holding an Open House on Sunday September 12, 2010 at the Elizabethtown College, Hoover Building - Room 110 at 3:00 PM for all interested swimmers. Registration will take place along with detailed information on USA Swimming. For more information see our website at WWW.EACGATORS.COM



The Elizabethtown Aquatic Club provides a competitive swimming program that allows swimmers to participate and develop at a level appropriate to their abilities. The program provides for advancement according to the commitment and desire of the individual swimmer, development of swimming skills in freestyle, backstroke, breaststroke, butterfly, starts and turns, opportunities for competition at appropriate levels, and for understanding of physical and psychological aspects of swimming.

The Elizabethtown Aquatic Club will conduct the following program levels:

Novice Program*: This program will offer basic instruction in the four competitive strokes and associated skills; the program is 100% instructional, swimmers should be able to swim the length of the pool and will be encouraged to compete in both dual meets and invitationals. This program will practice 2 or 3 times per week. The cost is \$295.00.



Junior Program*: The junior program offers extensive instruction in basic stroke techniques, starts, turns and training. Instructional time constitutes approximately 60% of practice time while training and conditioning take approximately 40%. Swimmers in this level are expected to compete in all dual meets. The practice schedule for the junior program is 5 times a week. The cost is \$395.00.



Senior program*: The Senior program offers the more experienced swimmer intensive instruction in advanced stroke techniques and refinement with emphasis in conditioning and training, including the use of a strength training program. The program is approximately 80% conditioning and approximately 20% instruction. Swimmers at this level are expected to compete in dual meets. The practice schedule for the senior level is 6 times a week. The training program for this level includes the opportunity to participate in a strength training program specific to swimming and all swimmers at this level will be encouraged to participate. The cost is \$450.00

USA Swimming: USA Swimming is the National Governing Body for the sport of swimming. USA Swimming administers competitive swimming in accordance with the Amateur Sports Act. USA Swimming provides programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. USA Swimming is committed to excellence and the improvement of our sport.



* Coaches will evaluate each swimmer to determine the appropriate participation level. Novice swimmers should be able to swim the length of the pool. There is no minimum age requirement.

For more information visit our website at WWW.EACGATORS.COM for information about the different programs contact:
Head Coach Ken Chandler @ 653-9106 kenbeth@comcast.net,

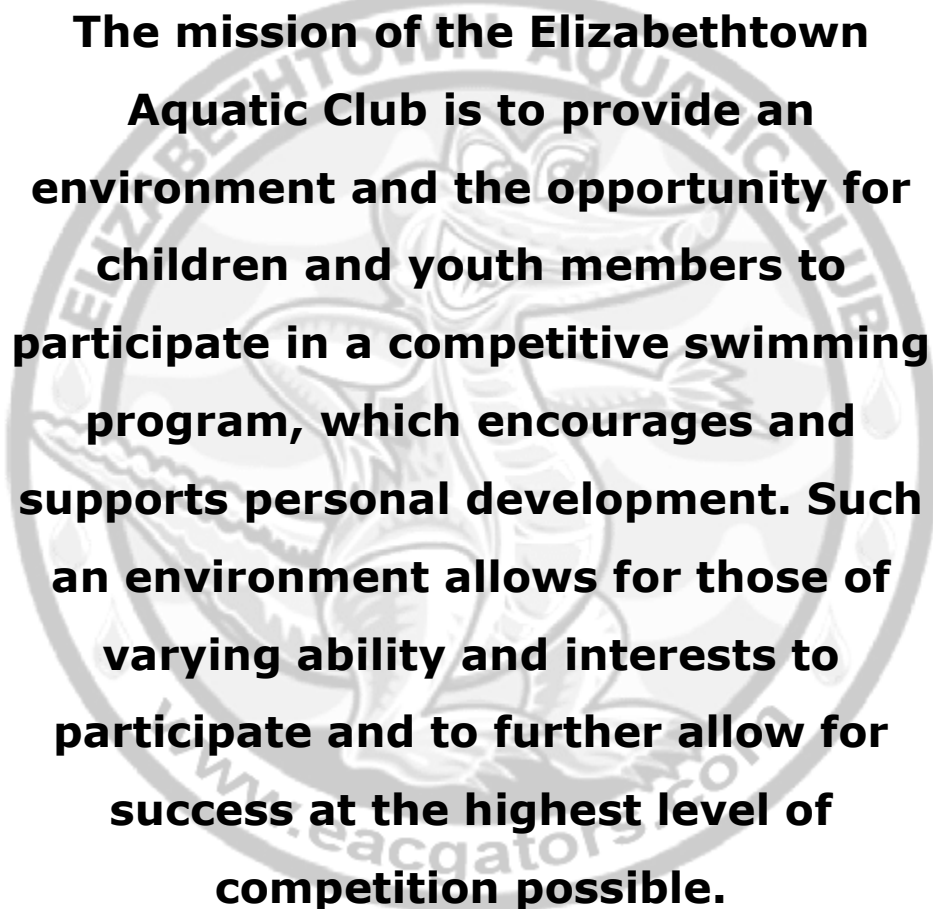
And for information about the club contact the Club President Dave Dolan @ 367-8286 DDolan@COUNSELTRUST.COM

The Elizabethtown Aquatic Club participates in the Central Pennsylvania Aquatic League (CPAL), which consists of more than 24 teams from across the central Pennsylvania area and is considered to be one of the strongest and most competitive leagues in the state. As mentioned in each program level description, the Club will encourage participation in all league dual meets as well as league invitationals that are offered.

In addition to league meets and invitationals, Elizabethtown Aquatic Club is a member of USA Swimming. Swimmers may register to become part of USA swimming for an additional fee. By registering for USA swimming, swimmers have the opportunity to compete in additional invitationals throughout the season that provide a chance for more advanced competition in a more competitive environment. More information will be provided at the beginning of the season. Questions regarding USA swimming should be directed to Coach Ken Chandler.

The 2010-2011 season will begin on or around September 20, 2010 Practice and meet schedules will continue through the second week of March with some swimmers continuing on depending on their invitational meet schedule.

Saturday swimming will not start until sometime in mid October for all age groups.



The mission of the Elizabethtown Aquatic Club is to provide an environment and the opportunity for children and youth members to participate in a competitive swimming program, which encourages and supports personal development. Such an environment allows for those of varying ability and interests to participate and to further allow for success at the highest level of competition possible.