

ACAC GROUP INFORMATION

Welcome to the Ames Cyclone Aquatics Club! We are a non-profit organization that is operated by a parent board and run by volunteers. We employ two full-time coaches and several part-time coaches. Here is some information about our club that will help you to understand who we are and how we operate. We run five swimming sessions throughout the year. Our fee structure is set-up in accordance with that schedule. Sessions run 9-10 weeks in length. We have three consecutive Fall/Winter Session and have two consecutive Spring/Summer Sessions. We usually take an extended break in August. Here is what we offer:

NOVICE

Session Fee* **\$89*

This group meets three times per week on Mon/Wed/Fri from 5:30-6:30pm. This group is intended for our beginning swimmers that need instruction in the four competitive strokes. The group begins with 10 minutes of dryland exercises followed by 50 minutes of in water instruction. The goal of this group is to progress to the Age-Group level.

AGE-GROUP 1 AND AGE-GROUP 2

Session Fee* **\$161*

These groups meet four times per week, Tues-Fri. We have an early group from 5:00-6:20pm and a late group from 5:30-6:50pm. The swimmers perform 25 minutes of dryland exercises and have 50 minutes of in water instruction. The groups are based on ability level, fitness, and biological maturation. The water workouts are different for the different groups with Age-Group 1 having a greater technique emphasis and Age-Group 2 have more emphasis on aerobic fitness. Swimmers in these groups will swim 40-80 lengths of the pool in a practice session. This may sound like a lot, but swimmers will get used to it in a few short weeks. Swimmers in these groups will be training to qualify for the State meets.

AGE-GROUP 3

Session Fee* **\$196*

This group meets five times per week, Mon-Fri, 5:00-6:45pm. They perform 30 minutes of dryland exercise and have 75 minutes of in water instruction. Swimmers in this group are competitive with other swimmers from around the state. This group maintains its focus on swim meets at the end of the swim seasons. This group also bridges the gap between Age-Group and Senior level swimming.

SENIOR 1

***Session Fee* \$226**

This group meets six times per week, Mon-Fri, 5:00-7:00pm and Sat morning. They perform 30 minutes of dryland exercise and have 85 minutes of in-water instruction. We expect this group to maintain a regular training schedule. Swimmers in this group will be training for AAA times. Swimmers in this group will be scoring points at our State meets.

HIGH SCHOOL FITNESS

***Session Fee* \$131**

This group meets four times per week, Tues/Fri, 5:45-7:00am, Wed 6:00-8:00am, and Sat. This group is intended for swimmers trying to maintain their fitness level and stroke technical level until the next high school season.

SENIOR 2

***Session Fee* \$236**

This group meets six times per week, Mon/Wed/Fri, 4:15-7:00pm, Tues/Thurs 4:45-7:00pm and Sat morning. They perform an intensive dryland set three times per week. Swimmers in this group are competitive with other swimmers from around the state. This group is our base High School aged training group. Swimmers are expected to train at intensity level equal to or greater than High School programs. Swimmers need prior experience to be considered for this level, however, we take both Junior Varsity and Varsity level swimmers. Swimmers in this group are expected to compete and train for end of the season swim meets.

NATIONAL

***Session Fee* \$256**

This group meets nine times per week, Mon/Wed/Fri, 4:15-7:00pm, Tues/Thurs 4:45-7:00pm, Sat morning and three mornings during the school week. They perform an intensive dryland set three times per week. This is the highest level of training on ACAC. Swimmers in this group have made swimming their main sport and train year round. Swimmers are expected to compete at major regional level meets and compete at National level meets when they have qualified for them.

COMPETITION

ACAC is a competitive USA Swim Club. As such, we encourage competition at all training levels. In order for swimmers to be comfortable competing, they need to just do it. There are many swim meets in the area that we will promote. We do not require competition, but please remember that swimmers will progress at a faster rate when they do compete. It also allows them to form friendships with other swimmers as they can be large social events as well.

OTHER FEES

General Fees:

ISI Swimming (Insurance fee): \$58/year (12/31/2010), \$35.50 for 180 days

Pool Tag: 15 and Under \$57/season resident, \$72/season non-resident

16 and Older \$87/season resident, \$108/season non-resident

Season runs between Labor Days and Memorial Days

We have a few other fees that we would like to you to know about before you register. Swim meets will have fees attached to them that will range from a few dollars up to \$30 or \$40 for some. We try to get a mix of meets so that it does not get too expensive for families. With every swim meet there are coaching fees and we have attached the list of coaching fees to this packet for you to view. Most meets will have a \$12 coaching fee associated with it.

VOLUNTEERING

Our biggest fundraisers are our swim meets. The club would not be able to function without swim meets. We expect volunteers for our home meets. At current we have two home meets throughout the year. In order to offset the cost of running the meet we ask families for a \$10 concessions fee.

The club is a parent run organization and as such, we need your help to run this program. All Board members are volunteers. We also need Swimming Officials. We offer training for this position. There are other ways to get involved to help out. Please consider how you can help your swimmer by helping the club become the best that it can be.

SESSION DATES FOR 2009-2010

Fall Session September 8-November 6

Winter 1 Session November 9-January 8

Winter 2 Session January 11-March 12

Spring Session March 22-May 28

Summer Session June 1-August 6

MEET FEES

In order to cover expenses for coaching at meets, travel costs, and hotel and meal expenses, we have developed a swim meet fee structure.

Coaching Meet Fee Structure

These charges (per swimmer) are added to your regular meet fees

All in State, non-championship meets	\$12
Seasonal State Championships meets	\$15
Out of State, non-championship meets	\$22
Sectional Meets	\$50 (\$25 for relay only)

Relay fees will be covered by swimmers participating on the relays