



HEAD COACH CLIFTON GORDON

In his 6th year with the Hillsborough Aquatic Club, Head Coach Clifton Gordon plans to build on the success of the previous seasons that saw swimmers qualify for the NCS Age Group Championships, the 14 & Under Southeastern Sectional Championships, the NCS Senior Championships, USA Swimming Futures Championship, USA Swimming Jr. Nationals and the North Carolina Swimming Select Camp. Under Coach Gordon, HAC swimmers have broken more than 400 team records during his tenure year as head coach.

Prior to taking over HAC, Coach Gordon was the Head Age Group coach with HAC where he coached swimmers to multiple NCS 14 & Under Championship qualifying times.

Gordon grew up swimming with the Delaware Swim Team in Wilmington, Delaware under Coach Bruce Gemmill. He swam for 4 years at the University of North Carolina, where he graduated with a degree in Interpersonal and Organizational Communications. While at UNC, he was a member of the All-Time Top 10 in the 100 and 200 yard Backstroke, 100 Butterfly, and was a recipient of the 2014-2015 Hill Carrow Team Spirit Award. Over his swimming career he qualified for USA Swimming Junior National Championships, National Championships, and U.S. Open.



For more information please email us at:

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HILLSBOROUGH AQUATIC CLUB

SINCE 2011



OPEN HOUSE:
WED. 8/25 5:30-7:00 PM
WED. 9/1 5:30-7:00 PM

**HAMMERHEADS:
PRE-COMPETITIVE AGES 6 - 10**

This group is for beginning swimmers that are learning all four strokes. Swimmers in this group should demonstrate an understanding of at least freestyle and backstroke and be able to swim these strokes for at least 25 yards unassisted. The emphasis of this group will be placed on the mechanics of all four strokes, and will serve to develop the skills necessary for competitive competition. Meet participation is not expected, however there will be some meets available throughout the season.

MAKOS I: AGES 7 - 10

This group is for beginner age group swimmers who may regularly compete in swim meets throughout the year. Swimmers in this group should be proficient in both Freestyle and Backstroke and one of either Breaststroke or Butterfly. Practice emphasis is still heavily on technique, with a basic introduction to training techniques. Average yardage per practice will range from 1300-1800 yards.

MAKOS II: AGES 9-12

This group is for intermediate age group swimmers. Consistent swim meet participation is expected at this level. Swimmers in this group should be proficient in all 4 strokes and be able to legally complete a 200 IM. Practice will still emphasize stroke technique; however will introduce more advanced training tools, such as interval training, race strategy, the use of basic equipment, and dryland. Average yardage per practice: 2000-3000 yards

MAKOS II ELITE: AGES 9-12

This group is for intermediate age group swimmers. Consistent meet participation expected, must be able to swim a 200 Free and 200 IM on an interval given by Makos 2 coaches. Must be proficient at reading clock intervals. Able to demonstrate knowledge of various drills for each stroke, must be able to compete two test sets written by Makos 2 coaches. Average yardage per practice: 2500-3500 yards

Practice Schedule & Pricing

| Group | Practice Schedule | Cost per Month |
|--------------|-------------------|---------------------------------|
| Hammerheads | <u>3x/wk</u> | Member: \$110 Non-Mbr: \$125 |
| Makos I | <u>3x/wk</u> | Member: \$120 Non-Mbr: \$135 |
| Makos II | <u>4x/wk</u> | Member: \$140 Non-Mbr: \$155 |
| Tigersharks | <u>5x/wk</u> | Member: \$165 Non-Mbr: \$180 |
| Seniors | <u>6x/wk</u> | Member: \$175 Non-Mbr: \$190 |
| Jr. National | <u>6x/wk</u> | Member: \$180 Non-Mbr: \$195 |
| National | <u>8x/wk</u> | Member: \$185 Non-Mbr: \$200 |

**** Register and pay through oc-sportsplex.com
or at the Sportsplex Front Desk ****

TIGERSHARKS: AGES 10 - 14

This group is for advanced age group swimmers 10-14 or swimmers who have achieved 14 & U Champs qualifying times or have goals of achieving those qualifying times this season. Interval training continues to be taught and utilized during workouts, as does the use of more advanced equipment and the introduction of dryland workouts 3 x per week. Swimmers in this group should be capable of swimming all 4 strokes for extended distances during training and are expected to attend at least 75% (4 of 6) practices in order to maximize results. Swimmers in this group are expected to have goals of swimming in the NCS 14 & U Championships in February. Average yardage per practice: 4000-5500 yards

SENIOR: AGES 13 AND UP

This group is for swimmers ages 13 & Over. This group places a very high emphasis on conditioning, while still maintaining proper stroke technique. Swimmers in this group are expected to be competent in all four strokes and to be able to swim them for an extended period of time throughout practice. This is one of our most advanced training groups and a practice attendance of at least 83% (5 of 6) is expected. Swimmers in this group are expected to have goals of swimming in the 14 & U Age Group Sectional Championship meet in March, as well as, NCS Senior Championships in February. Average yardage per practice: 5500-6500

NATIONAL LEVEL TRACK

***JR. NATIONAL: AGES 11-14**

This group is for advanced age group swimmers 11-14 or swimmers who have achieved 14 & U Champs qualifying times or better. Interval training continues to be taught and utilized during workouts, as does the use of more advanced equipment and the continuation of dryland workouts 3 x per week. More advanced training techniques and race strategy will be utilized at a higher level. Swimmers in this group will have already been in Tigersharks for at least 1 season. Swimmers are **REQUIRED** to attend at least 85% of scheduled practices for the month. Full meet participation is also **REQUIRED**. Swimmers in this group are **REQUIRED** to have written goals for the season and should expect to compete in the NCS 14 & U Championships in February and 14 & U Age Group Sectional Championship meet in March. Average yardage per practice: 5500-6500

***NATIONAL: AGES 13 AND UP**

This group is for swimmers ages 13 & Over. This group places the highest emphasis on conditioning, while still maintaining proper stroke technique. Swimmers in this group will utilize advanced training techniques and race strategies. There is also the use of advanced equipment and the continuation of dryland workouts 4x per week. Swimmers in this group are expected to be competent in all four strokes and to be able to swim them for an extended period of time throughout practice. This is our most advanced training group and a monthly practice attendance of at least 85% is **REQUIRED**. Full meet participation is **REQUIRED**. Swimmers in this group are **REQUIRED** to have written goals for the season and should expect to swim in the NCS Senior Championships in February, 14 & U Age Group Sectional Championship meet in March, and Senior Sectionals in March. Average yardage per practice: 6000-8000

***Coaches reserve the right to adjust the rosters of the Jr. National and National Groups at their discretion, based on requirements of the group**

**Don't forget to sign your swimmer up with the
HAC Swim Team Website:
<https://www.teamunify.com/Home.jsp?team=nchac>**

GROUP STRUCTURE AND SCHEDULES