

## Hammerheads (HAC Academy Level 5)

### 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.

### 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.

## 2022-2023 HAC Fee Structure

Group	Monthly Rate	Total for 8 months	Sportsplex members receive a \$20 discount on monthly rate
Hammerheads	\$140	\$1,120	
Makos I	\$150	\$1,200	
Makos II	\$170	\$1,360	
Tigersharks	\$200	\$1,600	
Senior	\$210	\$1,680	
Elite	\$220	\$1,760	
National	\$230	\$1,840	

**\*\*One time registration fee at sign up: \$100\*\***

\*Registration fee and first month's payment due at the time of registration. You may also pay in full for the entire short course season. All registrations involving monthly payments or payment in full should be set up online.

### 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 throughout workouts, as does the use of more advanced equipment and the introduction of dryland workouts 2x per week. Swimmers in this group should be capable of swimmers all 4 strokes for extended distances during 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.

### Senior: Ages 13 & 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% (5/6) 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.

### \*Elite: Ages 13 & Up

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 utilized during workouts, as does the use of more advanced dryland equipment and the continuation of dryland workouts 2x per week. More advanced training techniques and race strategy will be taught 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 also 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.

### \*National: Ages 13 & 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 & race strategies. There is also the use of advanced equipment and the continuation of dryland workouts 2x per week. Swimmers in this group are expected to be competent in all 4 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.

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

Don't forget to sign your swimmer up  
at the HAC Swim Team Website!



## Head Coach Mark Franz

Coach Mark comes to the Sportsplex after coaching at the YMCA of the Triangle Area for the past 3 years. During his time at YOTA, Coach Mark oversaw and coached multiple senior level groups and served as the Senior Strength and Conditioning Coach. Before that, he lettered as a four-year collegiate swimmer at Pfeiffer University in Misenheimer, NC. After an accomplished career, Mark served as interim head coach for Pfeiffer University. During his time coaching at Pfeiffer, Mark led the team to a record-breaking season, finishing with their highest NCAA rank in the University's history. Mark was also named as a coach of distinction from ASCA and produced multiple All-American Athletes.

Prior to coaching with YOTA, Mark served as a Lead Age Group Coach and Assistant Senior Coach with Sailfish Aquatics in Concord, NC for 4 years, where he further established himself as an outstanding leader for swimmers of all ages. Coach Mark has coached athletes that became state champions, state record holders, and even produced a national top 10/All-Time Top 100 Age Group performer. Coach Mark is certified as a Performance Enhancing Specialist through the National Academy of Sports Medicine and has a bachelor's degree in Health and Exercise Science from Pfeiffer University.

Coach Mark's mission is to create and inspire athletes of outstanding character that foster the passion of competitive swimming. Coach Mark Franz brings an inventive, engaging, and fun coaching style to the Hillsborough Aquatic Club.

**For more information,  
contact us via email:**

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# HAC

## Hillsborough Aquatic Club

2022-2023

Short Course Season

