

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



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

Practice Schedule & Pricing

Group	Practice Schedule	Cost per Month
Hammerheads	<i>Hammerheads & Makos I are not available with the Long Course Summer season.</i>	
Makos I	<i>Hillsborough Hammerheads Summer Swim Team is available for registration.</i>	
Makos II	5x/wk	Member: \$140 Non-Mbr: \$155
Tigersharks	5x/wk	Member: \$165 Non-Mbr: \$180
Seniors	6x/wk	Member: \$175 Non-Mbr: \$190
Jr. National	6x/wk	Member: \$180 Non-Mbr: \$195
National	8x/wk	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

Long Course Pool (NCCU) Surcharge of \$90 for Makos I & Tigersharks / \$125 for Senior, Jr. National, & National Required

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

GROUP STRUCTURE AND SCHEDULES

The Orange County Sportsplex and Hillsborough Aquatic Club are proud to introduce new Head Coach, Mark Franz. Mark's first day with the team will be April 20th, 2022.

Mark comes to the Sportsplex after coaching at the YMCA of the Triangle Area for the past three years. During his time at YOTA 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 collegiate 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. 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. 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. 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. We are excited to have him join our team and look forward to seeing the positive impact that he will bring!

Questions?

**E-mail Head Coach Mark Franz
at MFranz@oc-sportsplex.com**

Summer 2022 Long Course Season May, June, & July



**HILLSBOROUGH
AQUATIC CLUB**
SINCE 2011

Summer 2022 Long Course Season

