



Hamilton Aquatic Club

Registration Package
2025/2026

Competitive Program



HAC Vision, Mission & Values

HAC Vision Statement:

Fostering a love of swimming through our coaches, program excellence, team unity and family support, while striving for each swimmer to achieve their highest potential, both in and out of the pool. Most importantly, celebrating each swimmer's milestone achievement, sportsmanship and friendship.

Mission:

Provide every swimmer with the opportunity to achieve their best at all levels of competition while inspiring, developing and creating life-long skills within the pools and our community.

Values:

- Perseverance
- Leadership
- Sportsmanship
- Friendship
- Unity

A Message from the Executive Director - Theresa Malar

HAC has made incredible strides this season—not just in performance, but in purpose. We've surpassed recent records for the number of swimmers qualifying for championship meets. These milestones are worth celebrating, but they're not the only measure of success.

At HAC, we believe in helping every swimmer reach their potential—by building confidence, setting goals, and supporting one another as teammates. Whether you're chasing a podium finish or simply striving to improve, this season is about who you become along the way.

We're proud to offer a program that empowers youth through sport, led by passionate coaches and supported by a strong, connected community.

Let's make this season one to remember.





Welcome to the 93rd Season of HAC!



Head Coach - Courtney Desjardins

“There is no greater trap than thinking that the accomplishment of some goal will change your life. What will change your life is who you become in the process of going for it.”

— *Brad Stulberg*

Welcome to another exciting season of competitive swimming with the Hamilton Aquatic Club!

At HAC, we offer high-quality programming that supports every stage of a swimmer’s journey — rooted in long-term development and led by a passionate coaching team. We are committed to helping our athletes grow not only as swimmers, but as confident, resilient individuals.

We are more than a team — we are a community that values effort, intention, and growth. This season, let’s focus on what we *do*, knowing that action is what leads to progress:

“You don’t become what you think. You don’t become what you talk about. You don’t become what you dream about. You become what you do. Make a practice of the things you care about. Your actions are the ground upon which you stand.”

— Brad Stulberg

Here’s to another incredible year of growth, challenge, and passion — in the pool and beyond.

Let’s chase new heights together



Program Goals & Training Objectives

Competitive Program Principals and Values

- Improve technique and skills.
- Challenge and enhance system training and intervals.
- Emphasize the value of competition over race times.
- Educate athletes and parents about the training process.
- Manage fatigue in training and racing.
- Foster a culture of continuous learning for both coaches and athletes.
- Focus on reducing drag, producing power, applying force effectively, and achieving fluid motion.

2025/2026 Training Objectives

- Establish an I.M./Distance Free-based club.
- Train around the 200 (distance/sprint), allowing for branching into mid-distance or sprint.
- Integrate speed within an aerobic training context.
- Balance quality and quantity in training.
- Promote character, educational, and technical development.
- Prioritize skill/technical development before specialization.
- Focus on physical development.
- Set and achieve weekly, monthly, mid-season, yearly, and long-term goals.
- Ensure appropriate skill training and training blocks that build capacity, enhance technical skills, and provide suitable competitions at the right time of the year.
- Encourage swimmers to challenge themselves and compete in multiple aerobic events, moving away from the mindset that "they're not ready."

Goals

- Improve and sustain club rankings at championship meets.
- Increase the number of qualifiers for championship meets.
- **Place HAC swimmers on Provincial, National, and Olympic teams!**



Group Guidelines & Goals

*Meeting some or all of these criteria
does not guarantee advancement

High Performance

OAG - OSC - SNC Qualification
95% Attendance
14 & Over

Senior Performance

Regional - OAG - OSC Qualification
95% Attendance
13 & Over

Junior Performance

Regional & Provincial Qualification
90% Attendance
Age range 12 & Over

Junior Development

Regional Qualification
90% Attendance
Age range 13 & Over

Level 3 Black

Provincial Qualification
85% Attendance
Age range 10-13

Level 3 Gold

Regional Qualification
85% Attendance
Age range 12-15

Age Group Development

80-85%
Attendance
13 and over

Level 2 Black

Provincial Qualification
85% Attendance
Age range 10-13

Level 2 Gold

Regional Qualification
80-85% Attendance
Age range 11-14

Age Group Flex

80-85%
Attendance
13 and over

Level 1 Black

Provincial Qualification
85% Attendance
Age range 10 & Under

Level 1 Gold

Regional Qualification
80-85% Attendance
Age range 10 -12



Key Considerations for Group Move Ups

Group Structure

The goal is to have the most compatible training groups as possible. Age, attitude, ability, commitment, and depth of performance are all factors.

Long Term Athlete Development

Advancement and placement of athletes is determined at the sole discretion of the Head Coach in consultation with the coaching team. The decision-making process is guided by the coaches' experience, knowledge, and understanding of swimming. Meeting some or all of these criteria does not guarantee advancement.

Key Criteria for Advancement

- **Coachability:** Ability to follow instructions effectively.
- **Capacity for Learning:** Demonstrates adaptability and a willingness to change.
- **Engagement:** Actively seeks knowledge and asks questions about the sport.
- **Team Player:** Shows respect for teammates, coaches, and officials.
- **Work Ethic:** Completes all aspects of training as intended by the coach.
- **Commitment:** Exhibits a growing dedication to the sport of swimming.
- **Skill Level:** Demonstrates the appropriate skills necessary to advance.
- **Attendance:** Maintains perfect or near-perfect attendance, crucial for reaching elite levels.
- **Performance and Achievements:** Meets performance standards and achieves notable accomplishments.
- **Versatility:** Shows ability and interest in multiple events, which is considered advantageous.



Swimmer Support Program: Elevating Every Athlete

We're thrilled to continue offering our **Swimmer Support Program**—a comprehensive suite of services designed to give HAC athletes the tools they need to thrive in and out of the pool.

From expert-led performance and nutrition sessions to dryland training and advanced technical support, every swimmer in a competitive group has access to a well-rounded development experience.

Here's what's included for each group:

Swimmer Support	All Competitive Groups	Jr. Performance, Jr. Development, Sr. Performance, High Performance
Dryland Training	✓	✓
Head-to-Head Program	✓	✓
Sports Psychology	✓	✓
Sports Nutrition	✓	✓
Biomechanics Analysis	—	✓
Group-Specific Sports Psychology	—	✓
Group-Specific Nutrition Planning	—	✓

What's Next?

A detailed Swimmer Support Program schedule will be released early in the fall.

We can't wait for a season filled with **elite-level support, specialized clinics, and opportunities to grow stronger—mentally, physically, and technically.**



2025/2026 Program Fees

Pool and dryland training times are approximate and subject to change. Practice times may be reduced during competition weekends, holiday breaks, or recovery periods. These adjustments are part of our planned programming to support athlete development.

Training sessions may fluctuate depending on the time of the year. Please note that refunds will not be issued for any schedule changes.

Note that fees for the same may level vary due to differences in pool training hours (i.e. 3G has slightly more pool time allotted than 3B). The is based on the age of swimmers and training load differences.

Groups	Practices per Week	Breakdown of Training Sessions	Annual Fees	Monthly Fees	New for 2025/2026
Level 1 Black	3	3 in pool + 1.5 dryland	\$3,291.09	\$329.29	Dryland Increase
Level 1 Gold	3	3 in pool + 1.5 dryland	\$3,291.09	\$329.29	Dryland Increase
Level 2 Black	4	4 pool + 2 dryland	\$3,847.69	\$384.95	Increase in pool time and dryland
Level 2 Gold	4	4 pool + 2 dryland	\$3,940.97	\$394.28	Increase in pool time and dryland
Level 3 Black	5	5 pool + 2 dryland	\$4,201.13	\$420.29	Dryland increase
Level 3 Gold	5	5 pool + 2 dryland	\$4,291.31	\$429.31	Pool time increase

*Siblings receive a 10% discount off swim fees

**TeamUnify Processing Fees Included in the fees listed



2025/2026 Program Fees

Pool and dryland training times are approximate and subject to change. Practice times may be reduced during competition weekends, holiday breaks, or recovery periods. These adjustments are part of our planned programming to support athlete development.

Training sessions may fluctuate depending on the time of the year. Please note that refunds will not be issued for any schedule changes.

Note that fees for the same number of practices vary due to differences in pool training hours (i.e. Sr. Performance has slightly more pool time allotted than Jr. Development). This is based on the age of swimmers and training load differences.

Groups	Practices per Week	Breakdown of Training Sessions	Annual Fees	Monthly Fees	New for 2025/2026
Jr. Performance	6	7 pool + 2 dryland	\$4,872.79	\$487.46	Dryland increase and season extended by 3-weeks
Jr. Development	7	7 pool + 3 dryland	\$5,269.77	\$527.16	Dryland increase and season extended by 3-weeks
Sr. Performance	7	7 pool + 3 dryland	\$5,659.49	\$566.13	Dryland increase and season extended by 3-weeks
High Performance	8	8 pool + 3 dryland	\$5,729.97	\$573.18	Dryland increase and season extended by 3-weeks
Age Group Development	3	4 pool + 1 dryland	\$3,479.73	\$348.15	Dryland added to program
Age Group - FLEX	2	2 pool	\$1,873.16	\$187.50	No Changes

*Siblings receive a 10% discount off swim fees

**TeamUnify Processing Fees Included in the fees listed



HAC Payments & Swim Canada & Registration



HAC Swim Fees – Payment Options

Annual Payment Option	• Swim Ontario, Family Reg., HAC Shirt/Cap billed July 1, 2025 (or upon registration if registering after July 1st, 2025) • All Swim Fees due September 1, 2025 and auto-charged to credit card on file with Team Unify.
Monthly Payment Option	• Swim Ontario, Family Reg., HAC Shirt/Cap + 1st month billed July 1, 2025 (or upon registration if registering after July 1st, 2025) • Remaining 9 payments: auto-billed monthly Oct 1, 2025 – June 1, 2026

Swim Canada/Swim Ontario Fees

Competitive	• \$175.22 for all Jr. Competitive and Competitive Groups • Waivers must be submitted within 2 weeks of training start
Pre- Competitive	• \$61.29 for all HAC Swim School & Age Group Flex Groups • Waivers must be submitted within 2 weeks of training start

Cancellation Policy

Cancellation Policy	• Written notice + online form due by 15th of prior month • 2-week notice required • \$15 admin fee applies • Swim Ontario & Family Reg. Fees are non-refundable
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Important Dates



Important Dates

- **HAC 2025/2026 Season Start:** September 8th, 2025.
- **Coach Placement:** Coach placement will be shared through the summer
- **HAC Annual Awards Banquet:** November 2, 2025 (details to follow)
- **Schedules:** Tentative group training schedules will be posted in July. Final schedules cannot be confirmed until all pool times are secured from our facilities, which we expect in early August. We will share updates as soon as possible, understanding the importance of timely scheduling for families
- **Winter Training Camp:** December 29, 2025 – January 4, 2026 (included in fees; special schedule provided)
- **Last Day of the Regular Season:**
 - Level 1, 2, 3 & Age Group Development: June 22nd, 2026
 - Jr. Development/Jr. Performance/Sr. Performance/High Performance: July 12, 2026 (to support summer competitions including Open Water Championships and OSC).

Regeneration Period

As part of our programming, coaches have incorporated natural regeneration periods aligned with existing holidays. Please take note of the following scheduled regeneration breaks:

- **Thanksgiving Weekend:** Off Monday October 13th
- **Winter Break:** HAC swimmers will be off from Sunday, December 22, 2025 - Saturday December 28th, 2025
- **Family Day:** Off Monday February 16th
- **March Break:** Off March 14th - March 21 (Return Sunday March 22, 2026)
- **Easter Weekend:** Off Friday April 3rd, Sunday April 5th, Monday April 6th
- **Victoria Day:** Off Monday May 18th
- **Canada Day:** Off July 1st

HAC GEAR



Gear Up with HAC!

Every season kicks off with your swimmer receiving their official HAC cap and a sleek HAC T-shirt! These will be handed out during the first weeks of practice, so make sure to update your swimmer's size on the Swimmer Information Page.

Uniform Try-On Day – Coming in September!

Wearing the HAC jacket or hoodie or parka, along with your cap and T-shirt, is mandatory at all swim meets – let's look sharp and unified on deck!

The Uniform Try-On Day is your chance to find your perfect fit for jackets, hoodies, suits and more – plus, get a sneak peek at new gear coming your way. Stay tuned for more details coming soon!

Want more HAC gear? Additional accessories like extra caps, shirts and more will be available to purchase throughout the season (accessory store link coming soon).



CROC CHARM



HAC HOODIE



HAC T-SHIRT



HAC PARKA



OFFICIAL'S SHIRTS



HAC PARENT SHIRT

Team Aquatics Supply - HAC 20% Discount (Link found on our Website)

Team Aquatic Supply is located in Burlington (it is also valid on their website and other locations)



HAC Training Camps & Summer League

HAC Winter Training Camp - December 30 - January 4th

Winter Training camp is INCLUDED in registration fees for all swimmers in the competitive program (Level 1 & Above). A modified schedule will be provided in the fall.

Away March Break Training Camp

HAC is planning an away training camp for swimmers aged 13 and older in the Jr. Performance, Jr. Development, Sr. Performance, and High Performance groups during March Break 2026.

We are still finalizing details and will share more information in early fall. Meanwhile, here are some important points to keep in mind:

- Estimated cost: approximately \$3,300 per swimmer
- A payment plan will be offered, with an initial non-refundable deposit equal to the flight cost due upon registration
- Passports are required to register. Please check your swimmer's passport to ensure it will be valid for travel in March 2026. We recommend renewing any passports that expire within three months of the travel dates.

Local March Break Training Camps

In addition to the away camp, HAC will offer local training camps during March Break for all competitive groups. These camps require separate registration and additional fees.

2026 Summer League

HAC is excited to announce plans for a 2026 Summer League. Stay tuned for more details coming soon!



Attendance & Swim Meet Expectations

Attendance Expectations

Consistent attendance is critical to a swimmer's development and long-term success. Regular participation supports technical growth, builds endurance, and reduces injury risk. Without it, optimal performance is not possible. Each group's attendance expectations is listed in this registration package

Attendance is also a key factor in determining **group advancement** within the HAC program. Swimmers who do not meet recommended attendance guidelines may not be eligible for promotion.

Swim Meet Expectations

Participation in swim meets is a fundamental component of the competitive program. Athletes are expected to commit to the meets outlined in their training group's annual calendar.

- A **tentative meet schedule** will be shared during the summer months.
- If your swimmer is **unable to attend** a meet, you must **log their absence** in Team Unify prior to the meet entry deadline.

Path to Success!

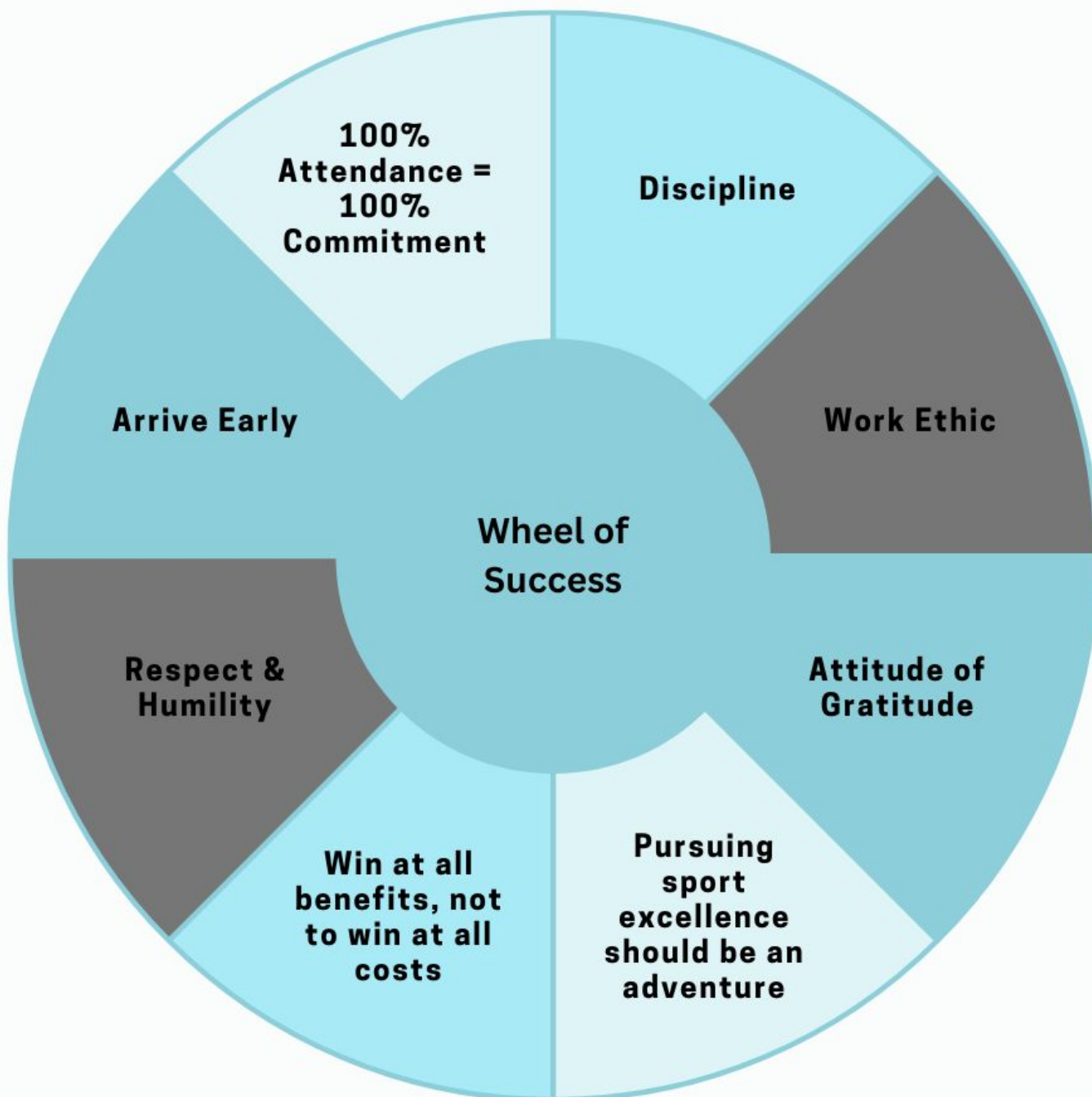
HAC's team model thrives on consistency, accountability, and shared commitment. Athletes who attend regularly and race with their team contribute to a strong training environment and set themselves up for personal and group success.

Please note: If an athlete is not consistently participating in swim meets, a non-competitive program may be a better fit to support their goals and schedule while aligning with HAC's program structure





Expectation of Swimmers



Accountability "Accelerated Learning and Purposeful Practice"



Communication Pathway

Coach

Questions about your individual swimmer or swim program (swimmer progress, meet information)?

Please contact your coach.



Group Rep

Questions that may impact your swimmers entire group (team building, meet information, uniforms)?

Please contact your Group Rep.

Head Coach

Questions about overall HAC programs that your Coach or Group Rep could not answer? (meet planning, move-ups, individual swimmer or group goals)?

Please contact the Head Coach.



Executive Director

Questions about your account (financial, volunteer hours, registration) or questions that your Group Rep or the Head Coach could not answer?

Please contact the Executive Director.



HAC Officiating & Volunteering

Why Volunteering Matters at HAC

HAC is a not-for-profit, parent-supported swim club. We rely on family volunteers to run successful swim meets, keep costs down, and build a strong club culture. Officials ensure safe, fair, well-organized meets and supports operations through the season.

- Hosting meets supports swimmer development and funds programming, pool time, equipment, and more.
- This season we will host:
 - 4 large Competitive meets (~1,600 officiating roles)
 - 5 Jr. Competitive meets (~250 officiating roles)

**HAC would prefer
your time as a
volunteer!**

Your time makes a real difference—for your swimmer and our club!

Volunteer Requirements by Group

Each family must complete Volunteer Hours including sessions at meets, based on their swimmer's group. For full Volunteer program details, visit our [website](#).

- Swim Meet sessions count towards total volunteer hours.
- Hours are tracked in Team Unify
- Second swimmer = half hours
- No hours required for a third swimmer
- Unfulfilled hours = \$30 per hour billed at season's end

Level	Volunteer Sessions at HAC Meets	Total Volunteer Hours	Dollar Value of Hours
Level 1	5	22	\$660
Age Group Development	5	24	\$720
Level 2	5	26	\$780
Level 3	7	30	\$900
Jr. Development & Jr. Performance	8	32	\$960
Sr. Performance & High Performance	8	34	\$1,020



Officiating Pathway

To become a certified official, volunteers attend training clinics held at various times throughout the year: Fall, Winter, and Spring. Details for signing up will be emailed and posted on the HAC website.

We encourage ongoing skill improvement, suggesting at **least one family member** aims to upgrade their officiating skills annually. Our chart outlines a brief description of the path for advancing as an official. Full details can be found on the Swim Ontario website.

Each clinic attended not only improves skills but also counts towards volunteer hours, benefiting our swim community.

Swimmer Level	Recommended Official Clinics & Levels
Jr. Competitive & Level 1	Level 1 Course Completion • Attend Timer & Safety Marshall clinic • Attend Judge of Stroke & Inspector of Turn clinics.
Level 2	Certified Level 1 Official. • Evaluations completed for timer, Judge of Stroke and Inspector of Turns. • Start taking additional clinics
Level 3	Developing Level 2 Official • Certified Level 1 Official • Complete a minimum of 2 more clinics (Chief Timer, Clerk of Course, Chief Finish Judge, etc.). • Complete Evaluations for at least two clinics
Jr. Development/ Jr. Performance	Certified Level 2 official or above. • Complete Level 2 Clinics • Complete a minimum of 2 more clinics • Complete Evaluations for at least four courses (total).
Sr. Performance/ High Performance	Certified Level 2 or 3 official and above.

Visit our [HAC Officiating](#) Page for Full Volunteer Program Details!



HAC Officiating & Volunteering

How to Earn Your Hours

Meet session requirements are a priority. Most hours must be completed by officiating or volunteering at HAC-hosted meets.

Other Ways to Earn Hours

- Club Events (e.g., Swim-A-Thon, HAC Gear Day)
- Team Roles (e.g., Group Rep, Photographer)
- Committees (e.g., Finance, Meet Mgmt, Equipment)
- Anyone (grandparent, friend, etc.) may volunteer on behalf of a swimmer's family, as long as they meet the role requirements and notify HAC prior to completing the hours.
- Visit our website for a full list of volunteer opportunities!

NEW! Officiating Certification Incentives:

Incentives recognize the time and dedication of our volunteer officials, encourage ongoing training, and help build a strong team to support fair, high-quality swim meets—directly benefiting our swimmers.

Officiating Level Certified (evaluations complete)	Incentive
Level I (Intro)	1 hour per clinic + eligibility to earn meet hours
Level II	Club-branded HAC Officiating shirt & Official Name Tag
Level III+	\$100 fee credit
Level IV–V	\$200 fee credit and recognition at banquet

Need support?

We understand every family is different—please reach out to discuss accommodations if needed.

Contacts

Officials Courses and Officiating Support: Katie.kitney@hacswim.ca

Volunteer Hours Tracking Support: tatum.kewley@hacswim.ca



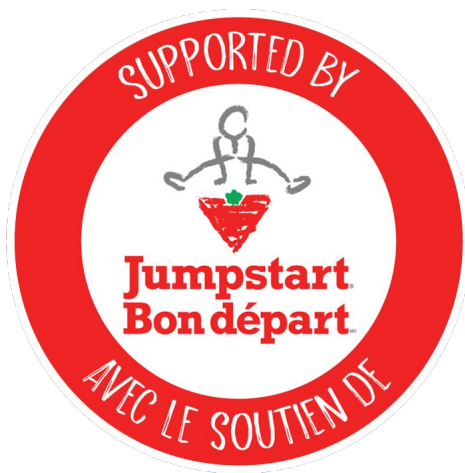
Financial Assistance

HAC is proud to partner with the City of Hamilton, Canadian Tire Jumpstart and KidSport Ontario. Together we offer our swimmers access to individual swimmer financial support.

To access financial support for your swimmer please follow the links below:

- City of Hamilton Recreation Assistance Program
- Canadian Tire Jumpstart - Individual Child Grant Program
- KidSport Ontario - Individual Child Grant

If you have further questions about financial support available, please contact our [HAC Admin](#).



Thank you to our 2024/2525 Sponsors & Partners

HAC Silver Level Sponsor



HAC Bronze Level Sponsor



HAC Partners



Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

