



Hamilton Aquatic Club

Registration Package
2025/2026

Jr. Competitive Program



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





From Foundations to Futures: Welcome to Jr. Competitive



Head Coach - Courtney Desjardins

We are thrilled to have you join a community of young athletes who are passionate, driven, and ready to take their skills and technique to the next level.

This program is designed to teach, develop, support, challenge and inspire you, helping you grow not just as swimmers starting your journey in a fundamental swim program but also foster the love of swimming, introduce you to competitions, and build our youth as leaders, teammates, and individuals. Whether you're aiming for skill and technical acquisition or improvement in races, team victories, or simply building lifelong skills and friendships, you're in the right place.

Get ready for an exciting season of introduction, development, hard work, dedication, and fun. Together, let's aim high, support each other, and make this a memorable experience!

We're proud to have you on board and can't wait to see what you'll achieve.

Executive Director - Theresa Malar

A warm welcome (and welcome back for many!) to the Jr. Competitive Program at HAC!

This next step in your swimmer's journey is all about building skills, strengthening confidence, and discovering the joy of working toward goals as part of a team. Our program blends fun, structure, and support — led by a passionate coaching staff committed to each swimmer's success.

As a parent whose own three children came through this very program, I've seen firsthand how it shapes not just strong swimmers, but confident, resilient young people.

We're excited to have your family with us and can't wait to see your swimmer grow this season.





From Foundations to Futures: Welcome to Jr. Competitive



Jr Competitive is your swimmer's first step toward becoming a competitive athlete — a chance to dip their toes in and get their feet wet. Led by a team of certified coaches who are former HAC swimmers themselves, the program is built on a passion for sharing knowledge and love for the sport. Our mission is to develop coachable athletes, great teammates, and amazing humans. We focus on teaching proper technique in all four strokes, building strong foundational skills, introducing the rules of competitive swimming, and fostering a love for training — all with a healthy dose of fun. Jr Competitive prepares swimmers to move into our Competitive stream, where they'll continue growing and start getting really fast!

Kendra Beckman

Jr Competitive Coordinator

Kendra.Beckman@hacswim.ca

Instagram @hamilton_aquatic_club



Jr. Competitive Group Guidelines & Goals

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

The HAC Jr. Competitive programs are designed to nurture young swimmers in their competitive journey, focusing on skill development, technique refinement, and building confidence. The program offers progressive levels tailored to different age groups and skill levels, ensuring swimmers receive appropriate training and support. As swimmers advance, they move through structured progressions that prepare them for higher levels of competition, emphasizing sportsmanship, teamwork, and personal growth within a supportive club environment.

Jr. Comp Gold A

80% Attendance
10 & Under

Jr. Comp Gold B

80% Attendance
10 & Over

Jr. Comp Silver A

80% Attendance
9 & Under

Jr. Comp Silver B

80% Attendance
10 & Over

Jr. Comp Bronze A

80% Attendance
8 & Under

Jr. Comp Bronze B

80% Attendance
9 & Over

We invite you to review the next page to learn more about our competitive program progressions and how swimmers advance through each level as they grow in skills, confidence, and love for the sport.



Competitive Programs Guidelines & Goals

Below is a snapshot of HAC's competitive program! This chart demonstrates the next steps after moving through the Jr. Competitive program.

HAC's competitive programs help swimmers build skills, confidence, and a love for racing in a fun, supportive environment. Our experienced coaches guide athletes through each stage of their development with a focus on teamwork and growth.

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

Swim For Life
Focus



2025/2026 PROGRAM FEES

Pool 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. Please note that refunds will not be issued for any schedule changes.

Groups	Practices per week	Annual Fees	Monthly
Jr. Competitive Bronze - A	2	\$1,348.89	\$135.07
Jr. Competitive Bronze - B	2	\$1,348.89	\$135.07
Jr. Competitive Silver - A	2	\$1,348.89	\$135.07
Jr. Competitive Silver - B	2	\$1,348.89	\$135.07
Jr. Competitive Gold - A	3	\$2,217.38	\$221.92
J.r Competitive Gold - B	3	\$2,217.38	\$221.92

Meet Fees: Please be aware the Swim Meet fees are additional and not included in the program fees. HAC will provide notice ahead of all meets.

*Siblings receive a 10% discount off swim fees

**TeamUnify Processing Fees Included in the fees listed in the chart



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.



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 Registration and Shirt & Cap 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.
- **Last Day of the Regular Season:** June 22nd, 2026

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:** OFF Monday October 13th
- **Winter Break:** HAC Jr. Competitive swimmers will be off from Sunday, December 22, 2025 - Sunday January 4th, 2026.
- **Family Day:** OFF Monday February 16th
- **March Break:** Off March 14th - March 21
- **Easter Weekend:** OFF Friday April 3rd, Sunday April 5th, Monday April 6th
- **Victoria Day:** OFF Monday May 18th



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)



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.
 - ▶ Jr. Comp Bronze & Silver will participate in approximately 6 competitions
 - ▶ Jr. Comp Gold will participate in approximately 7 competitions
- If your swimmer is **unable to attend** a meet, you must **log their absence** in Teamunify to 'decline' participation prior to the meet entry deadline. Details on how to decline will be shared once meets are posted.

Path to Success!

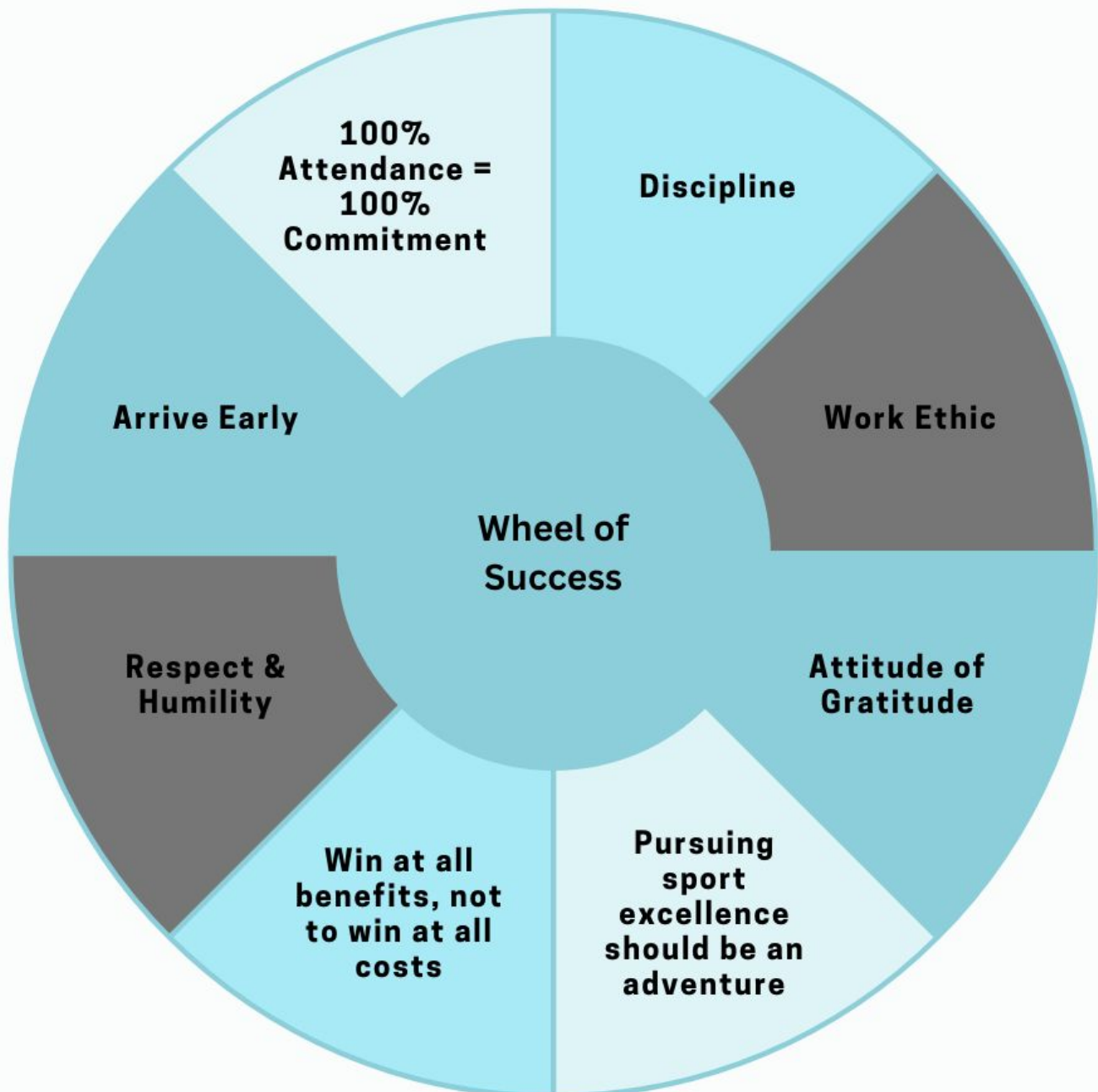
HAC's team model thrives on consistency, accountability, and shared commitment. Athletes who attend regularly and race with their team contribute to a strong training environment and set themselves up for personal and group success.

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)

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

Volunteer Requirements by Group

Each family must complete Volunteer Hours based on their swimmer's group.

- 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

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

Level	Volunteer Sessions at HAC Meets	Total Volunteer Hours	Dollar Value of Hours
Jr. Competitive Bronze	2	10	\$300.00
Jr. Competitive Silver	2	10	\$300.00
Jr. Competitive Gold	3	14	\$420.00



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	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



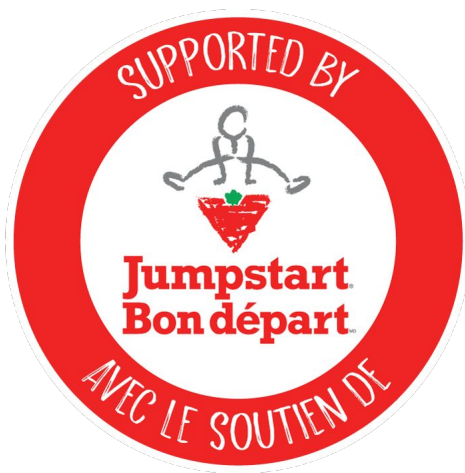
Financial Assistance

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 2024/2025 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

