

The Emmaus Aquatic Club offers...



A History of Success

For over 2 decades EMAC has been on the forefront of success! Created in 1982, EMAC has groomed many local, state and regional champions as well as a national champion. EMAC's successes are not just measured by swimming. Over the years, EMAC has taught, coached and enriched the lives of thousands of local children. We have had numerous athletes progress to swimming at many Division I, II and III schools. EMAC instills values for life, not just in swimming. Excellent coaching is provided by our experienced staff. Additionally, each coach is certified in First Aid, CPR, Life Guarding and are members of USA Swimming. All programs will be conducted at Emmaus High School.

A Senior Program

This EMAC program is designed for high school and college age athletes. The senior program focuses on advanced training and continued technical improvement. As athletes progress through the Senior Program, they are presented with opportunities to train and qualify for competition at the regional and national levels. EMAC swimmers participate in individual and relay events at major USA Swimming invitational meets, held at state of the art venues, where high caliber competition can be found. As a result, our swimmers become acquainted with high level competition and athletes from around the country. This program draws swimmers from a wide area, allowing many of the region's finest athletes to train together. Senior Group swimmers are provided with assistance regarding their college placement. EMAC is interested in each athlete's academic well being throughout their career.

The three levels available are:

Senior I—These swimmers will attend only after school practices and dryland sessions. Monday through Friday 3:30– 6:00 PM.

Senior II—These swimmers will attend practice Monday through Friday 3:00-6:30PM. Morning practices will be MWF 5:30–6:45AM. Saturday practice will be from 8-11AM. Dryland training is included.

National Group- same as Senior II with long course training periodically through the season.

An Age Group Program -

This program is designed to accommodate both the experienced and the novice swimmer. EMAC's membership in USA Swimming allows the swimmers to progress through the various levels of USA Swimming and challenge their abilities. Swimmers in our program are grouped by age and ability to allow for each individual to be challenged accordingly. This program produces many Top-16 swimmers as well as numerous Zone qualifiers.

... A TRADITION OF EXCELLENCE

WELCOME TO EMAC's Competitive PROGRAM

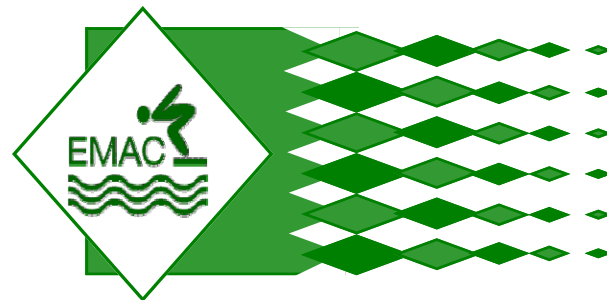
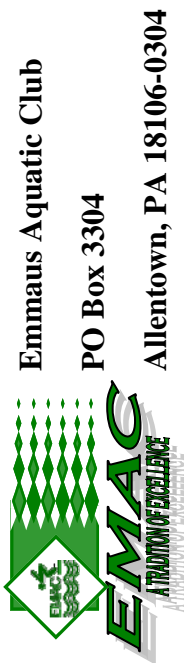
Bumble Bees – The Bumble Bees are our beginning level group. They are generally between the ages of 5 and 8. The emphasis of this group will be on developing all of the 4 strokes. Swimmers will be introduced to starts and turns. They are invited to participate in mini meets and in-house competitions. MWF 5:30-6:30PM

Busy Bees — The Busy Bee group is our advanced beginners. They are generally between the ages of 9 and 10. This group is focused on mastering all of the basic skills of the sport, and putting these skills to use in a racing environment. This group will be introduced to training, with continued emphasis on skill development. MWF 5:30-7:00PM

Worker Bees—Our Worker Bee group is generally 11-12 years old. In this group the swimmers will begin the year with a focus on technique, and gradually shift their focus toward training. Worker Bees should seek to develop a love of challenges and extending their limits. MWF 6:30-8:00PM TTh 5:30-6:30PM or 7:30 - 9:00 PM

Stingers— These swimmers are generally 13-14 years old. In this group, the swimmers will continue to refine their strokes and racing strategies. Dry-land training will be incorporated in this group's workouts. MWF 6:30-8:30PM TTh 5:30-6:30PM or 7:30 - 9:30PM Saturday 1:00-3:00PM

**PLACEMENT INTO A GROUP WILL BE SOLELY
AT THE DISCRETION OF THE EMAC COACHING
STAFF!**



EMMAUS AQUATIC Competitive Programs

2008 – 2009

Email— emaswim@rcn.com

Website— www.emacswim.org

Call—610-965-5800