 <p>HURON HURRICANES AQUATIC CLUB</p>	<p>Swimming Levels and Program Structure Policy for all Swimmers</p> <p>Version: 4</p>	<p>Date: July 2026</p>
--	--	------------------------

Huron Hurricane Aquatic Club (HHAC)

Swimming Levels and Program Structure Policy for all Swimmers


Mission

The Huron Hurricanes Aquatic Club is a nonprofit, independent sports organization whose purpose is to teach and promote the sport of competitive swimming in Huron County. The Huron Hurricanes Aquatic Club encourages sportsmanship, training for competition and self-development in the sport of swimming.

1. Purpose

The purpose of this policy is to establish a consistent framework for assessment, placement, and progression that directly supports the Huron Hurricane Aquatic Club (HHAC) mission to promote the sport of competitive swimming in Huron County. By aligning club programming with Swim Ontario guidelines, this policy ensures that every athlete receives the sportsmanship training and self-development necessary to excel in a competitive environment.

Furthermore, this policy outlines the training and meet attendance expectations required to maintain the integrity of our programs. These standards ensure the equitable allocation of coaching and facility resources, allowing HHAC to remain a sustainable nonprofit organization dedicated to teaching and advancing the sport for all members.

 <p>HURON HURRICANES</p> <p>AQUATIC CLUB</p>	<p>Swimming Levels and Program Structure Policy for all Swimmers</p> <p>Version: 4</p>	<p>Date: July 2026</p>
---	--	------------------------

2. Swimming Level Assessment and Placement

All swimmers (with the exception of Master Swimmers) are assessed by HHAC coaching staff and placed into an appropriate program category based on demonstrated swimming ability, technical skill, physical readiness, and endurance. Program placement is determined by coaching staff in the best interest of swimmer development and safety.

HHAC programs are structured primarily by ability rather than age, except where minimum age requirements apply. Placement decisions made by coaching staff are final.

3. Swim Season Duration

Pre-Competitive & Recreational Categories: September to the end of April.

Competitive & Master Categories: September to the end of June.


HHAC may offer an additional training session for swimmers wishing to continue training through Provincials and Provincials Open Water, typically held in July. Participation is subject to sufficient interest, coach availability, and facility access.

4. Program Categories

Recreational Category

Recreational swimmers are registered in one of the categories depending on skill after coaching assessment and how often they wish to swim each week. They are considered “pre-competitive” using Swim Ontario language and have the option of attending one meet.

Focus:

 <p>HURON HURRICANES AQUATIC CLUB</p>	<p>Swimming Levels and Program Structure Policy for all Swimmers</p> <p>Version: 4</p>	<p>Date: July 2026</p>
--	--	------------------------

Focus on technique while maintaining overall health and fitness, and the option to attend one sanctioned meet.

Training Schedule:

1-2 hour Sessions: 1, 2 or 3 days / week

Eligibility Requirements:

Coaches will assess swimmers and assign a category as outlined below based on demonstrated ability.

Category 1 - Pre Competitive

Category 1 is an introductory program where swimmers learn the beginnings of all 4 strokes while building endurance. It is designed to introduce swimmers to the foundational technical skills of competitive swimming in a structured and supportive environment. Emphasis is placed on water safety, body position, and effective movement.

Focus:


Intro to sport, physical literacy, intro to swimming, basic technique, option to attend one sanctioned meet.

Training Schedule:

1 hour Sessions: 1 day a week

Eligibility Requirements:

The swimmer must be able to swim 50m without stopping or touching the side, lane ropes or bottom, swim 2 recognizable strokes, and be able to tread water for at least 1 minute.

 <p>HURON HURRICANES AQUATIC CLUB</p>	<p>Swimming Levels and Program Structure Policy for all Swimmers</p> <p>Version: 4</p>	<p>Date: July 2026</p>
--	--	------------------------

Category 2 - Competitive

Category 2 is designed for competitive swimmers who have demonstrated foundational technical competency and are ready to begin competitive racing.

Focus:

Focus is on technical skills (stroke, turns, starts), increasing endurance and aerobic conditioning, as well as introduction to competition.

Training Schedule:

90 minute Sessions: 1, 2 or 3 days / week


Eligibility Requirements:

The swimmer must be able to swim 100 meters in length without stopping or touching the side, lane ropes or bottom. They must be able to swim a legal free style and back stroke, and be working towards legal performance of the breast stroke, fly stroke, dives and turns.

Competitive Participation Requirement:

Swimmers enrolled in Category 2 Competitive are required to attend a minimum of four sanctioned swim meets (for any number of sessions in one meet) in which HHAC participates during the applicable season. All meets must be formally accepted or declined in Pool Queue by the published deadline. Failure to respond by the deadline will result in the swimmer being entered into the meet and the associated fees being charged to the account as per the Swim Meets Policy.

Failure to meet the attendance requirement may result in a review of the swimmer's placement and may include reassignment to the Pre-Competitive or Recreational stream, in accordance with our Swim Meet Policy.

 <p>HURON HURRICANES AQUATIC CLUB</p>	<p>Swimming Levels and Program Structure Policy for all Swimmers</p> <p>Version: 4</p>	<p>Date: July 2026</p>
--	--	------------------------

Category 3 - Competitive

Category 3 is designed for competitive swimmers who have demonstrated technical competency and are ready to focus on skill refinement and advanced aerobic and anaerobic conditioning.

Focus:

Continue to refine technical skills (strokes, turns, starts), endurance and aerobic training, independently read and follow workout, effective use of pace clock.

Training Schedule:

90min to 2 hour Session : 2 or 3 days / week


Eligibility Requirements:

The swimmer must be able to swim 400 meters in length without stopping or touching the side, lane ropes or bottom. They must accurately swim all 4 legal strokes, legal dives and turns.

Competitive Participation Requirement:

Swimmers enrolled in Category 3 are required to attend a minimum of four sanctioned swim meets (for any number of sessions in one meet) in which HHAC participates during the applicable season. All meets must be formally accepted or declined in Pool Queue by the published deadline. Failure to respond by the deadline will result in the swimmer being entered into the meet and the associated fees being charged to the account as per the Swim Meets Policy.

Failure to meet the attendance requirement may result in a review of the swimmer's placement and may include reassignment to the Pre-Competitive or Recreational stream, in accordance with our Swim Meet Policy.

 <p>HURON HURRICANES AQUATIC CLUB</p>	<p>Swimming Levels and Program Structure Policy for all Swimmers</p> <p>Version: 4</p>	<p>Date: July 2026</p>
--	--	------------------------

Category 4 - Competitive

Category 4 is designed for competitive swimmers with a demonstrated commitment to training, technique refinement, and racing performance.

Focus:

Consolidation of technical skills (strokes, turns, starts), endurance and aerobic conditioning, strength training, working towards qualifying standards (regionals, provincials), competitive swim meets with heats and finals.

Training Schedule:

90min to 2 hour Sessions: 4 days a week

Category 4 swimmers are able to join the Saturday training session at the YMCA which includes 1 hour of swimming and 45 mins of dry land training as one of their sessions.


Eligibility Requirements:

The swimmer must be able to swim 400 meters in length without stopping or touching the side, lane ropes or bottom. They must accurately swim all 4 legal strokes, legal dives and turns.

Competitive Participation Requirement:

Swimmers enrolled in Category 4 are required to attend a minimum of four sanctioned swim meets (for any number of sessions in one meet) in which HHAC participates during the applicable season. All meets must be formally accepted or declined in Pool Queue by the published deadline. Failure to respond by the deadline will result in the swimmer being entered into the meet and the associated fees being charged to the account as per the Swim Meets Policy.

Failure to meet the attendance requirement may result in a review of the swimmer's placement and may include reassignment to the Pre-Competitive or Recreational stream, in accordance with our Swim Meet Policy.

 <p>HURON HURRICANES AQUATIC CLUB</p>	<p>Swimming Levels and Program Structure Policy for all Swimmers</p> <p>Version: 4</p>	<p>Date: July 2026</p>
--	--	------------------------

Category 5 - Competitive

Category 5 is designed for advanced competitive swimmers focused on high-performance training, technical excellence, and mental preparedness.

Focus:

Consolidation of technical skills (strokes, turns, starts), endurance and aerobic conditioning, strength training, working towards qualifying standards (regionals, provincials), competitive swim meets with heats and finals.

Training Schedule:

90 min to 2 hour Sessions: 5 days / week


Category 5 swimmers are able to join the Saturday training session at the YMCA which includes 1 hour of swimming and 45 mins of dry land training as one of their sessions.

Eligibility Requirements:

The swimmer must be able to swim 400 meters in length without stopping or touching the side, lane ropes or bottom. They must accurately swim all 4 legal strokes, legal dives and turns.

Competitive Participation Requirement:

Swimmers enrolled in Category 5 Competitive are required to attend a minimum of four sanctioned swim meets (for any number of sessions in one meet) in which HHAC participates during the applicable season. All meets must be formally accepted or declined in Pool Queue by the published deadline. Failure to respond by the deadline will result in the swimmer being entered into the meet and the associated fees being charged to the account as per the Swim Meets Policy.

 <p>HURON HURRICANES AQUATIC CLUB</p>	<p>Swimming Levels and Program Structure Policy for all Swimmers</p> <p>Version: 4</p>	<p>Date: July 2026</p>
--	--	------------------------

Failure to meet the attendance requirement may result in a review of the swimmer's placement and may include reassignment to the Pre-Competitive & Recreational stream, in accordance with our Swim Meet Policy.

Additional Invitational Swim: Swim & Dry Land [Competitive]

This category is specific for swimmers that are invited by their coach to attend a 4 week intense 1 hour swim, 1 hour dry land training session at the YMCA. YMCA membership would be required.

Focus:

Honing the skills for competition and making the qualifying times for Regional, OAG, OSC, Trials.

Training Schedule:

Must be within 3% of qualifying time of a qualifying meet and my coach invitation.

Masters:

The Masters program is for adult swimmers. There is no skill requirement. The program focus is on general fitness and technique improvement.

Focus:

Focus on technique and fitness. Swimmers do not have to attend meets.

Training Schedule:

90 mins Sessions: 1 to 2 days / week

Eligibility Requirements:

Swimmers must be at least 18 years of age at time of registration.