



Big Spring Aquatic Club



We are pleased to announce that the Big Spring Aquatic club (BSAC) will begin its Winter Season on Monday, October 14, 2024! BSAC is a competitive swimming team that includes young athletes from kindergarten through high school. We compete against other area clubs at regular dual season meets, invitationals, and at division championships at the end of the season. Winter season is mid-Oct through the end of Feb.

8 and under swimmers: Young athletes who can swim the length of the pool (25 yards), **unassisted**, are eligible to join our team. Instruction in how to swim freestyle and backstroke are our primary focus. Swimmers who can swim the length of the pool are eligible to compete at meets once they are comfortable. **Athletes are expected to attend at least two practices per week.**

8 & Under Practice: Oct. 14, 2024: 3 Days/week Mon/ Wed/Fri 6:15pm - 7pm

9 and over Swimmers: All new and returning swimmers must be able to swim two lengths of the pool (50 yards), unassisted, using freestyle and backstroke OR must have completed Level III Red Cross swimming lessons. **Athletes must attend at least three practices per week to compete at meets** (flexible in the beginning of the season as athletes may have conflicts with other sports).

Age Group Practice: Oct. 14 2024: Monday through Friday 5:15pm - 7:00pm

*Meet & Greet with Coaching staff along with board members, parents and swimmers held on Monday, Oct. 14

USA Swimming

Any swimmer interested in joining our USA Swimming program must be able to swim strokes legally and in the time standards set by the BSAC coaches. An evaluation will be held for interested swimmers who do not already have competition times for review. **Athletes must attend at least three practices per week and be in good standing with USA Swimming to attend meets.** Additional fees will apply (\$50 BSAC fee for additional practices/coaching; \$85 directly to USA Swimming; \$10/event for USA Swim Meets).

All practices are held at the **Big Spring High School Natatorium**, 100 Mt. Rock Road, Newville, PA 17241

How to Join: Registration can be done via our www.swimbsac.org website. All swimmers must be registered, all liability forms signed, and all fees must be paid prior to the athlete entering the water on the first day of practice. Financial assistance available. If you have any questions, please use the "Contact Us" form on the website.

***Due to insurance regulations, no child will be allowed to swim unless they have paid their Registration Fee and liability forms are signed. A **Mandatory Parent Meeting** will also be held to meet the coaches, discuss rules, expectations, volunteering, etc.*

Costs:

Note: *Team Suits are required.* The complete fee is listed below.

	Registration Cost
H.S. Swimmer	\$30
9 & over Swimmer	\$180
8 & under Swimmer	\$140
USA Swimmer (upon approval)	BSAC Fee \$50 \$85 to USA Swimming
Team Suit w/ logo	Varied prices
 SCAN ME Team Suits	



This is a parent run organization. All fees go towards pool costs, insurance, swim fees and expenses.

Contact Information: swimbigspring@gmail.com