

YMCA Membership & Registration Fee

Every CFAC swimmer must register as a member of the YMCA of Southeastern NC

See our website for Rates for your category.
www.ymcasenc.org

Registration Fee:

Boys \$195.00
Girls \$210.00

*Price difference due to increased cost of female swimsuit.

This is an annual fee that is due when you register your swimmer for CFAC.

This registration fee includes:

USA Swimming membership, GYSSA membership, end of year award and CFAC Team swim cap, t-shirt, shorts and competition swimsuit.

New Member Assessment Dates:

August 12-15 3:30pm—6:00pm

Assessments will be held in 30 minute increments.

Monday	8/12	8 and under
Tuesday	8/13	9 & 10
Wednesday	8/14	11 & 12
Thursday	8/15	13 and over

Assessments are required for all incoming swimmers for proper practice group placement.

Swimmers are welcome to join any time!
If assessment dates above have passed, please call or email to set an appointment for your child's assessment.

Practice begins Monday August 26th
Season Runs

August 26, 2019— July 31, 2020

Term fees may be paid annually or by monthly draft.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Nir Family YMCA
2710 Market Street
Wilmington, NC 28403
(910) 251-8196
www.ymcasenc.org

Team Website
www.capefearaquaticclub.org



<https://www.facebook.com/CapeFearAquaticClub/>



For more information or to learn how to register, please contact

Scott VanKuilenburg
Head Swim Coach

Phone (910) 251-9622 EXT. 234
E mail CFAC@ymcasenc.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



■■■■ AQUATIC CLUB ■■■■

COMPETITIVE YOUTH SWIM PROGRAM
2019-2020 PROGRAM INFORMATION



Nir Family YMCA
Competitive Youth Swim Program

August 26, 2019—July 31, 2020
www.ymcasenc.org

Building Character Through Competitive Swimming

Cape Fear Aquatic Club is a year-round, nationally recognized competitive swim program, operated at the Nir Family YMCA. Consistent with the Y's mission, the team strives to help children grow, develop and become socially responsible while providing them with the tools for life-long healthy living. Cape Fear Aquatic club is a registered North Carolina Swimming Inc team which participates in both YMCA and USA Swimming competitions at the local, state and national levels.

Blue 1

This is our introductory level to CFAC. Swimmers will develop all four competitive strokes, starts and turns and basic swimming knowledge. Stroke construction and technique are emphasized.

Age: 5 - 8
Program Fees : \$512
Days: Tuesday & Thursday
Time: 4:00-4:45 PM Swim

Blue 2

Swimmers will refine and perfect stroke technique and introduce basic drilling. The athlete will also learn basic practice etiquette and procedure.

Age: 10 & Under
Program Fees: \$693
Days: Monday/Wednesday/Friday
Time: 4:00-4:45 PM Swim

Black

Swimmers will become technically proficient in all 4 strokes, learn racing starts, turns, underwater techniques and begin developing aerobic endurance.

Age: 10 - 12
Program Fees: \$814
Days: Monday-Thursday
Dryland 4:00-4:30 PM
Swim 4:30-6:00 PM

Silver

Swimmers will continue to advance their technique as well as being introduced to conditioning. This group is the precursor to the higher level of training and competition.

Ages: 10—12
Program Fees: \$996
Days: Monday-Saturday
Dryland: 4:00-4:30 PM Mon-Thurs
Swim: 4:30-6:00 PM Mon-Fri
7:30-9:00 AM Saturday

Varsity

A bridge program offered to those age group swimmers who need more time to transition to the Senior program. This group is also open to high school swimmers who want to stay in shape during the off season.

Ages: 13 - 18
Program Fee: \$800
Days: Monday-Thursday
Dryland 5:00-5:30 PM Monday-Thurs
Swim: 5:45-7:00 PM Monday-Thurs

Junior

Swimmers focus on conditioning while still maintaining a focus on technical proficiency. Swimmers will learn how to properly apply technique into a training atmosphere and approach a swim season with both practice and competition goals.

Ages : 13 - 18
Program Fees: \$1177
Days: Monday-Saturday
Dryland 5:00-5:30 PM Monday-Thurs
Swim: 5:45-7:45 PM Monday-Friday
6:00-8:00 AM Saturday

Senior

This is our most advanced group here at CFAC. Swimmers from this group are competing at the state championship level or higher.

Ages 13 and up
Program Fees: \$1359
Days: Monday - Saturday
Dryland 5:00-5:30 PM Monday-Thurs
Swim: 5:40-7:00 AM Mon/Wed/Friday
5:45-7:45 PM Monday-Friday
6:00-8:00 AM Saturday

CFAC

Staff

Jo Teal

Aquatics Director for the Nir Family YMCA Growing up in Southern California, Jo has been in and around pools all of her life. She has worked in the aquatics industry for almost 30 years as a lifeguard, instructor, coach, manager, director, and consultant and has also been a competitive swimmer since she was 6. In recent years, she was the Aquatics Safety Manager for the Venetian/Palazzo in Las Vegas, an Aquatics Consultant for the Dept. of Defense, and Aquatics Project Manger in Kosovo and an Aquatics Director in San Francisco, Ft. Rucker and Ft. Irwin. As the former Head Coach for the Portuguese and Swiss Jr. and Sr. National teams, she looks forward to working with CFAC swimmers.

Scott Vankuilenburg

Head Coach of Cape Fear Aquatic Club Prior to taking on his role as a Head Coach here at CFAC, Scott was the Head Age Coach of the Water Rats at the Westport Weston on Family YMCA in Westport CT. Scott is an ASCA Level 4 Coach with a tremendous amount of coaching experience at the age group, high school senior, and collegiate levels. Scott has coached at Harvard University, Brandis University and the University of Bridgeport.

Chris Musgrove

Dryland Coach for Cape Fear Aquatic Club Chris focuses on the dry land strength and conditioning program for the CFAC teams. In addition, to being the dry land coach for Cape Fear Aquatic Club, he is also a Personal Trainer at the YMCA. Education and Certification: UNCW– Wilmington, BS Exercise Science American Counsel of Exercise (ACE) Personal Trainer NASM Performance Enhancement Specialist ACE Functional Training Specialist

