

CMAC Swimming – USA year-round club



Estancia HS - Costa Mesa HS - Pacific Sands

Fall/Winter/Spring 2021-2022

General

CMAC is excited to begin the relationship with Pacific Sands Cabana Club to offer high-quality year-round club swimming options for the Cabana Club members.

Expectations

CMAC will offer practices and competition options September-April each calendar year solely for the members of the Pacific Sands Cabana Club.

CMAC will not stress full year-round membership at CMAC (to retain strength of Penguins program) unless given direction from Penguin's head coach.

In collaboration with Penguin's head coach, if athletes are desiring higher level (beyond the developmental stages) training options, they are welcome to swim at our other sites if they are qualified.

Athletes will be USA Swimming registered with CMAC and have the option/are encouraged to compete at local and regional meets throughout the year.

All athletes training at the Cabana Club site will be fully respected, incorporated, and treated as any member of the CMAC organization is at our other sites.

Practice Groups

CMAC 1 (\$120/month): ages 5-9 / Requirements: 25 side-breathing free / 25 back swim or kick

- Mon – Thurs 6:00-6:45pm @ Cabana Club / Fri 5:00-5:45pm @ Estancia HS

CMAC 2 (\$130/month): ages 6-10 / Requirements: 50 side-breathing free/back & in the legal range for fly/breast kick

- Mon – Thurs 6:45-7:45pm @ Cabana Club / Fri 5:00-6:00pm @ Estancia HS

CMAC 3 (\$140/month): ages 8-12 / Requirements: 4 legal strokes, skills & mechanics more refined / understand interval training

- Mon – Thurs 6:45 – 8:00pm @ Cabana Club / Fri 5:00-6:15pm @ Estancia HS

Coaching Staff

Lead Coach: Hayden Hemmens

Asst Coach: Delaney Lewellyn

More Information / Registration

<https://www.teamunify.com/team/cacmac/page/home>