

# YEAR ROUND USA / AAU SWIMMING

HFC offers one of the top swimming programs for all ages in our area. Swimmers will have the opportunity to compete locally, regionally, nationally, and internationally. **Black and Gold** Groups will become members of AAU and USA swimming in the year round program. They must be able to swim a minimum of 300 yards without stopping and at least 25 yards of all four strokes, legally. Swimmers who want to join must try-out prior to registration for all levels.



**Black and Gold** groups will be teaming up with Central Arkansas Swim Club (CASC) based in Little Rock during all USA swim meets. This is a great learning experience for our swimmers to team up with other USA swimmers and compete as one club. Coaches reserve the right to determine which meets and events swimmers will swim in. For all questions contact Coach Farrin. After each group is filled, we will start a waiting list. (Swimmers will be contacted for try-outs as positions open.)

## **Black Group**

This level will train swimmers to be able to compete at the highest levels of AAU and USA. Limited to 30 swimmers.

Monday, Tuesday, Wednesday, and Thursday at  
6:00pm – 8:00pm. Competitions will be held on weekends.

## **Gold Group**

This level will focus on stroke, technique, and basic race strategies in becoming a competitive AAU and USA swimmer. Limited to 20 swimmers. Practices will be Tuesday, Wednesday and Thursday  
4:00pm – 5:00pm. Competitions will be held on weekends.

Contact Coach Farrin for try-outs  
870-862-5442 ext 13. 870-588-7177  
[fcain@sharefoundation.com](mailto:fcain@sharefoundation.com)

