Upper Valley Aquatic Center Swim Team
Competitive Team Registration Packet
2026 - 2027 Swim Season

(September 8, 2026 – August 8, 2027)

Version: September 09, 2026

Please carefully review all information in this packet. All documents will be available on our website at Upper Valley Aquatic Club and in our 26-27 Shared Parent Google Drive Folder

Registration is a three-step process:

1. UVAC Swim Team Registration through Captyn.
2. Create an account in our main UVAC facility system.
3. USA Swimming Registration is required the first week after starting on the team.

1. UVAC Swim Team Registration & Captyn:

New swimmers to the team will be provided a registration link to register on Captyn. Please use that link to register for the group that you were assigned.

Returning swimmers will receive an invitation with instructions to register for their assigned group on Captyn. Email invitations were sent out on August 9th.

Agreement forms: Every family *must* review and sign off on these forms annually. Adjustments to the forms are made from year to year. They are a required step in the registration process through Captyn. Not signing off on these items could nullify your registration. Agreement forms will be available in August

2. UVAC Check-In

Upon arrival, please check in at the Welcome Desk for *every* practice.

3. USA Swimming Registration

USA Swimming registration is a separate registration process for all member athletes (as well as officials and parents). This is in addition to registering for the team through Captyn. **We require any person who steps onto the pool deck to be a USA Swimming member; this is for insurance and liability purposes.**

New to the 2026-2027 swim year: We will be instituting a no-parents-on-deck rule during practice at WRJ. Parents are welcome to watch practice from the stands above the pool or wait in the lobby.

You must be registered with USA Swimming by the time of the first practice. Instructions for USA Swimming registration are listed when you register for the season.

Annual Registration:
The cost to register for USA Swimming for the 2026-2027 season is $100.00 per swimmer. For new members, this covers the remainder of 2026 and the entire 2027 calendar year. For returning members, this covers the entire 2027 calendar year. We will handle returning members' USA Swimming membership renewals and bill your account for the renewal.

Transfer Fee:
If you are a new member to the team but previously enrolled as a USA Swimming athlete on another team. We will have to initiate a transfer of your registration, which is a process our admin team will be able to do on the back end. The cost is $10.00 per transfer, and the admin team will help you with this process and run the charge through Captyn.

Article 302.1 of the 2025 USA Swimming Rulebook: "All swimmers practicing with a member club or competing in events sanctioned by USA Swimming must be registered as athlete members of USA Swimming".

The Season:

We are a year-round competitive swim team. We offer two registration choices: You can register in August for the full year, which runs September to early August. Or you can pay a deposit, which would include three months' tuition and the $100 registration fee during the August registration. Then monthly billing will resume on December 1st and the 1st of the month thereafter. You can join the team at any time.

Our coaching staff strongly recommends swimming for a full season (September to March or April to August). This is how our programming is designed to ensure our athletes are safe, successful, and fostering joy in the sport of swimming.

We run our team from three locations: New London, NH, at Colby Sawyer College (CSC); Claremont, NH, at Claremont Savings Bank Community Center; and the main UVAC facility in White River Junction, VT.

Your registration is designated by your specific group placement and the location closest to you. Head Coach Ian runs the entire program for all locations; Signe acts as Head Site Coach for CSC, and Sam Goveia is the Head Site Coach for Claremont.

Once you become a member, an invitation back onto the team each August will depend on your commitment to the team throughout the season. More details on each group are on pages 13 through 14. All financial obligations to the team must have been met to receive an invitation.

Below is a breakdown of what the swim year looks like for the team. There is a Fall/Winter portion and a Spring/Summer portion, divided by a spring break.

The Fall/Winter season is swum in short-course yards, while the Spring/Summer season is a combination of short-course yards, short-course meters, and long-course meters (hosted at Dartmouth College).

Fall/Winter Season: Sept 8, 2026 – April 16, 2027

Spring Break:

- WRJ: April 17– April 25 2027
- New London: TBD – Mid-May
- Claremont: April 24 – May 2 2027

Spring/Summer Season:

- WRJ: April 26 – August 8 2027
- New London: April 26 – August 8 2027
- Claremont: May 3 – August 8 2027

End dates may change for those who qualify for Senior Zones, Futures, and other higher-level meets

Team Tuition:

There are two registration options for each group. You can opt to pay for the year in full in August (11 months).

Or you can pay 3 months upfront plus a $100 registration fee (which is used mostly to buy equipment for every swimmer joining the team), and then be billed monthly after those 3 months are done. For example, if you opt for the deposit + monthly option and sign up during August registration, you would have no charge for September, October, and November. Your next charge would be on December 1st. You can cancel your upcoming charge as long as you give us 30 days' notice.

There are no refunds on tuition payments. The tuition amount covers the entire program and is not adjusted based on the number of practices you attend during the season. If, for some reason, your swimmer stops swimming mid-season, you must provide a 30-day written notice to the Head Coach. Any future tuition payments may be halted by request, but any meet fees that remain to be billed will be charged before their registration is cancelled. No refund will be given.

See Tuition Breakdown at the end of the packet

For example, if you cancel your membership on the 15th of October, which falls within the next billing cycle (November 1st), you will be charged for November 1st.

A swimmer's spot on the team is no longer guaranteed once tuition installments have been halted.
There will be no prorating for members who've been on the team within the last 12 months.
Unless otherwise noted, tuition payments are billed on the first of each month. If paid by credit card, an additional 3% processing transaction fee will be added to the total at checkout. If paid by ACH, a 1% processing transaction fee will be added to the total at checkout. If paid by check or cash, no processing fee will be charged.

Discounts:

If you have more than one child swimming on the team, you are eligible for the following discounts: two swimmers = 10% off the full price, and three or more swimmers = an additional 5%. (Our multi-swimmer discount is higher than nearly all other swim teams in New England Swimming!)

We have an employee discount available for 20% off the team tuition. If you or your swimmer is a UVAC employee, contact swim-team-admin@uvacswim.org for the discount code to be used in Captyn.

Discounts will only be applied to tuition fees (meet fees and other registration fees are *not* discounted). Multi-swimmer discounts are automatic through Captyn. If you have any questions, please email swim-team-admin@uvacswim.org.

Financial Aid:

UVAC has a scholarship program designed to help families in need. Our scholarship fund can cover up to 50% of their tuition. You can apply by visiting our website and downloading the application. It has also been added to this packet for your convenience. Please submit your application to swim-team-admin@uvacswim.org or bring it to the Welcome Desk.

Meet Fees and Entry Process:

Meet fees are a separate pass-through cost incurred on an ongoing basis. They are not included in the tuition charges.

The charges are processed through Captyn and billed to the credit card or ACH account you have on file. The exact meet costs vary by meet, and the amounts can be found in the original meet information packet that gets published and distributed for each meet. Once a meet is announced to the team, it is always linked on our website's events page. You can confirm or decline an event from Captyn.

Please watch for these emails from your coaches; they will notify you when they need a response. **There will be NO meet fees refunded once a swimmer has been entered in the meet, even if the swimmer is forced to drop out leading up to the event.** This is because the meet fees are paid in advance to secure our spot at each meet.

You will also be responsible for notifying your group's lead coach of each meet you cannot attend. **Blanket statements of availability will not be permitted to avoid the risk of making mistakes (i.e., "please don't enter my child in any meets for February and March").** You must decline for each meet announcement.

Payment Types:

There are a few ways to make payments. You can pay by check, cash, ACH, or credit card.

- If paid by credit card, an additional 3% processing transaction fee will be added to the total at checkout.
- If paid by ACH, a 1% processing transaction fee will be added to the total at checkout.
- If paid by check or cash, no processing fee will be charged.

This helps us manage processing costs and ensures more of our resources can go directly toward program improvements and staff support. Our goal is always to be transparent and thoughtful in how we manage these updates, and we appreciate your understanding.

All cash and checks can be brought to the Welcome Desk or delivered to Jenn Baxter.

Automatic billing is processed on the due date. If you are paying by cash or check, please make sure your auto payment is turned off; otherwise, your charge will be processed with the banking information on file.

If you elect to write a check, please make it out to the "UVAC Swim Team" and mail the check to:

Attn: Jennifer Baxter at UVAC
PO Box 1198
White River Junction, VT 05001

Check In at the Welcome Desk:

To allocate enough time for your swimmers to get into their swimsuits, please arrive 10-15 minutes before practice starts. They must be ready to be in the water or at their dryland practice location promptly at the start of practice. All practices, Meets, and team-building events are listed in Captyn.

All Swim Team athletes and guests of all ages must check in at the Welcome Desk upon arrival for *every* practice and meet located at our UVAC facility in WRJ. This will help us have accurate records and maintain a more secure environment for everyone. At the Welcome Desk, ask about the app to streamline the check-in process!

Schedule:

The training schedule for each of our practice groups is located in Captyn.

Practice Cancellations:

All three facilities reserve the right to cancel practices if needed for certain events hosted at their respective locations. These occurrences are rare, and we will do everything we can to let you know in advance. Missed practices due to cancellations are not refundable.

Inclement Weather Clause:

We reserve the right to cancel or reschedule practices based on weather conditions. We do our best to notify parents as soon as possible after a decision is made. Missed practices due to weather are not refundable.

Weather hotline: 802-698-8361

Holiday Schedules

During any holidays, the schedule may be temporarily modified based on the facility's availability. We adjust it to make it convenient for most of our families and coaches. We apologize in advance if this proves to be inconvenient for anyone. We will send those schedules as early as possible so families can plan accordingly.

Team Communications with Families:

When you register, please include the email and cell phone numbers of all parents and guardians you wish to receive team communications from.

We do most of our communication via e-mail and in Captyn. This system is tied to the registration profiles that you create/update when you register, and you have full access to update your information through Captyn during the season. We encourage our high school swimmers to include their own email addresses as well to help them stay accountable for their learning.

Each month, lead coaches will provide group updates via email to highlight what's being worked on in the pool and discuss upcoming team/group events.

Throughout the season, if you ever have any questions related to your child's experience, please direct them to the UVAC Swim Team Head Coach, Ian Quinn, at iquinn@uvacswim.org, the Head Site Coach at New London, Signe Linville, at slinville@uvacswim.org, and the Head Site Coach at Claremont, Sam Goveia, at sgoveia@uvacswim.org.

Blended Families:

Captyn offers a couple of ways to be able to link additional contacts to an account profile. The levels of access with these options do vary, but they are very helpful solutions to keep all people in the loop.

Additional Contacts
You can use the concept of Secondary Contacts. To do this, head to an account profile and click Manage on the right side. From here, you can choose the option to add the secondary contact info along the bottom. Automated emails and text messages sent to the primary account will also be sent to these additional contacts. Additional contacts do not have account access and are not available to contact directly anywhere in Captyn.

Linked Accounts
You can create a linked account, which is a little bit more for that user. This will create a full account for the new linked account, with access to more functions other than just notifications. This can be done just above the option to add additional contact information. This function will allow others to sign in and manage this account using their own email and phone number.

Private electronic communications between an Adult Participant and a minor athlete present an opportunity for the Adult Participant to initiate grooming behaviors that may lead to abuse. Just as one-on-one interactions between an Adult Participant and a minor athlete must be observable and interruptible, any communications between an Adult Participant and a minor athlete should be open and transparent. Additionally, electronic communications between an Adult Participant and a minor athlete must involve the minor's legal guardian and take place during reasonable hours.

IMPORTANT - Family Obligations - IMPORTANT:

At our UVAC-hosted meets:

During the swim year, UVAC hosts about 10 large-scale swim meets. These UVAC-hosted meets are fundraisers for the team, and the revenue generated is used for a variety of expenses, such as coaches' pay, travel, group parties/celebrations, graduating senior scholarships, and end-of-year gifts for the kids.

All families are expected to volunteer at least one UVAC-hosted meet per season. The Ducks and Developmental families are excluded from this expectation, but we welcome them to volunteer. There are many jobs available at every meet, and we will work with you to find the role that best suits your skill set and capabilities. **Timing assignments at non-UVAC-hosted meets or helping at a time-trial meet do not count toward this obligation.**

General Information & Disclaimers:

Invitation to join the team for returning athletes:

For returning athletes, the invitation to join the team each swim year is based on your effort, commitment, and whether you are in good financial standing with the team. Metrics such as effort or commitment level are scaled to each group's expectations and goals, and ultimately, the Head Coach has the final say.

Glass and Cell Phones

UVAC has had a long-standing policy prohibiting glass in our facility. Please do not bring glass into the building at all.

In an effort to protect the privacy of all our members and guests, we ask that cell phones remain in bags, pockets, lockers, etc. when in the locker rooms.

Respect all of our facilities

All UVAC swimmers, coaches, and parents will respect our facilities, including dryland areas, locker rooms, pool decks, and pools.

Thank you for your continued support and assistance in making UVAC such a special place.

The Swim Team adheres to all UVAC facility rules and regulations.

Championship Meets and Potential Fines:

At any Championship meet, which usually affects only swimmers 13 and over, if a fine is assessed, the charge will be passed on to the swimmer's family. You must never leave a prelim/final meet without checking whether you made it back for finals. Missing finals on any day during a Championship Meet will lead to your swimmer being scratched from the rest of the meet. Missing finals on the final day of the meet leads to a fine. These are not team rules; these are Championship rules followed by USA Swimming.

Bounced Checks and Credit Card Chargebacks:

Almost all charges are processed online, but for the occasional returned check, your family will incur a bank fee that the team is charged for the bounced check.

Any chargebacks on your account may be grounds for termination from the team.

Website:

Both UVAC and the UVAC Swim Team have a website. All registration information, the swim groups, meet dates, and forms can be found on the UVAC Swim Team website.

The UVAC Swim Team website: https://uvac.captyn.com/

Fall/Winter Important Dates to Remember:

- **First Day of practice for Ducks, Senior Prep, and Senior A:** Tues, September 8, 2026.
- **First Day of practice for Development, Junior B, Junior A, and Senior B:** Wed, September 9, 2026.
- **Online Registration Deadline:** Friday, August 28, 2026 at 11:59 PM.
- **Deadline for forms:** due with registration (please see item 3 on pages 1 & 2 of this document).

WRJ: Group Overviews

Input from Ian and Lead Coaches creates the goals and expectations for each group.

Ducks (6-8): Stroke technique and refinement of all 4 strokes, starts and turns, playing games, and having fun!

- Must be able to swim 25 yards Freestyle
- Willing to learn all 4 competitive strokes
- Meets are encouraged, not required
- Encouraged to attend the highest meet qualified for
- **Requirements:**
    - Attend at least 1 practice per week (3 practices offered per week)

Lead Coach: Head Coach Ian Quinn (iquinn@uvacswim.org)

Developmental (8-10): Stroke technique and refinement of all 4 strokes, starts and turns, playing games, and having fun!

- Must be able to swim 25 yards Freestyle AND 25 yards Backstroke
- Willing to learn all 4 competitive strokes.
- Meets are encouraged, not required
- Encouraged to attend the highest meet qualified for
- **Requirements:**
    - Attend at least 1 practice per week (4 practices offered per week)

Lead Coach: Sophia Mark (smark@uvacswim.org)

Junior B (8-12): Stroke technique and refinement, learning to race, challenge sets, playing games, and having fun!

- Must be able to train at a basic level
- Must have 3 legal strokes.
- 1 away meet is encouraged
- Encouraged to attend the highest meet qualified for
- **Requirements:**
    - Attend at least 2 practices a week (5 practices offered per week)
    - Compete in 1 home meet

Lead Coach: Tomas Langland (tlangland@uvacswim.org)

Junior A (9-12): Stroke technique and refinement, racing at some practices, test sets, and recording practice data, attending travel meets, working towards or at the NES Age-Group level, having fun, and playing games!

- Must have the goal of swimming at New England Age Group Championships (10 & Under / 11-14)
- Have 4 legal strokes
- Must be able to train at an above-average level (90-minute practices)
- **Requirements:**
    - Compete in 1 away meet and 2 home meets
    - Must attend the highest meet qualified for
    - Attend at least 3 practices a week (5 practices offered per week)

Lead Coaches: Megan Rylander (mrylander@uvacswim.org)

Senior Prep (13-14): Stroke technique and refinement, racing at most practices, test sets, and recording practice data, attending travel meets, working towards or at the NES Age-Group level, introducing dryland training, having fun, and playing games!

- Must be able to train at a high level (120 min practices) / or willing to work towards that goal
- Have the goal of swimming at New England Age Groups or higher.
- **Requirements:**
    - Attend 4 practices a week (6 practices offered per week)
    - Compete in 2 away meets & 3 home meets
    - Must attend the highest meet qualified for

Lead Coach: Pat Foley (pfoley@uvacswim.org)

Senior B (13-19): Stroke technique and refinement, racing at most practices, test sets, and recording practice data, some power equipment in the pool, attending travel meets, working towards or at the NES Age-Group level, introducing dryland training, having fun, and playing games!

- Must be able to swim all 4 competitive strokes
- Can train at an above-average level (120 min practices)
- Attend travel meets
- Willing to work towards the New England Swimming Age-Group Level.
- Encouraged to attend the highest meet qualified for
- **Requirements:**
    - Attend at least 3 practices per week (5 practices offered per week)
    - Compete in 2 home meets and 1 away meet
    - Attend dryland training sessions

Lead Coach: Tomas Langland (tlangland@uvacswim.org)

Senior A (15-19): Stroke technique and refinement, racing at almost every practice, test sets, recording practice data, using power equipment in the pool, attending most travel meets, working towards or at the regional/national level (Sectionals/Futures/Junior Nationals/Olympic Trials), introducing dryland training, having fun, and playing games!

- Be able to train at an elite level (120-150 min practices, two-a-day practices), attend travel meets, and attend dryland training sessions.
- **Requirements:**
    - Compete in a minimum of 3 home meets and 3 away meets
    - Attend at least 6 practices per week (8 practices offered per week, including 1 morning practice per week starting in October)
    - Must attend the highest meet qualified for

Lead Coach: Ian Quinn (iquinn@uvacswim.org)

NEW LONDON: Group Overviews

Developmental (6-10): Stroke technique and refinement of all 4 strokes, starts and turns, playing games, and having fun!

- Meets are encouraged, but not required.
- Expectation is 1-3 practices per week.
- **Requirements:** Be technically proficient in Freestyle and Backstroke, willing to learn Breaststroke and Butterfly. Exceptions can be made at the lead coach's discretion.
- There are no time requirements.

Lead Coach: Signe Linville (slinville@uvacswim.org)

Juniors (7-12): Stroke technique and refinement, learning to race, challenge sets, playing games, and having fun!

- 1-2 away meets are encouraged per season, and 1 home meet is required.
- Encouraged to attend the highest meet qualified for.
- Expectation is 2-4 practices per week.
- **Requirements:** Able to train at a basic level, read a pace clock, and attend meets. Working to swim all four strokes legally.
- There are no time requirements.

Lead Coach: David Reynolds (dreynolds@uvacswim.org)

Seniors (13-19): Stroke technique and refinement, racing at most practices, test sets, and recording practice data, some power equipment in the pool, attending travel meets, working towards or at the NES Age-Group level, introducing dryland training, having fun, and playing games!

- 1 away meet per season is required, and 2 home meets per season are required.
- Encouraged to attend the highest meet qualified for.
- Expectation is 3-5 practices per week.
- **Requirements:** Able to train at an above-average level (120 min practices), attend travel meets, and attend dryland training sessions
- There are no time requirements.

Lead Coach: Signe Linville (slinville@uvacswim.org)

CLAREMONT: Group Overviews

Developmental (6-10): Stroke technique and refinement of all 4 strokes, starts and turns, playing games, and having fun!

- Meets are encouraged, but not required.
- Expectation is 1-3 practices per week.
- **Requirements:** Be technically proficient in Freestyle and Backstroke, willing to learn Breaststroke and Butterfly. Exceptions can be made at the lead coach's discretion.
- There are no time requirements.

Lead Coach: Sam Goveia (sgoveia@uvacswim.org)

Juniors (7-12): Stroke technique and refinement, learning to race, challenge sets, playing games, and having fun!

- 1-2 away meets are encouraged per season, and 1 home meet is required.
- Encouraged to attend the highest meet qualified for.
- Expectation is 2-4 practices per week.
- **Requirements:** Able to train at a basic level, read a pace clock, and attend meets. Working to swim all four strokes legally.
- There are no time requirements.

Lead Coach: Jon Burdick (jburdick@uvacswim.org)

Seniors (13-19): Stroke technique and refinement, racing at most practices, test sets, and recording practice data, some power equipment in the pool, attending travel meets, working towards or at the NES Age-Group level, introducing dryland training, having fun, and playing games!

- 1 away meet per season is required, and 2 home meets per season are required.
- Encouraged to attend the highest meet qualified for.
- Expectation is 3-5 practices per week.
- **Requirements:** Able to train at an above-average level (120 min practices), attend travel meets, and attend dryland training sessions
- There are no time requirements.

Lead Coach: Sam Goveia (sgoveia@uvacswim.org)

2026-2027 WRJ Cost Breakdown

2026 - 2027 UVAC Swim Season - White River Junction -		
Group	Age	Full Year Option
Ducks	6 to 8	$1,400.00
Developmental	8 to 10	$2,050.00
Junior B	8 to 12	$2,700.00
Junior A	9 to 12	$3,350.00
Senior Prep	13 to 14	$3,750.00
Senior B	13 to 19	$3,600.00
Senior A	15 to 19	$4,400.00

DUCKS DEPOSIT + MONTHLY	
Payments	Cost
Registration fee + initial 3 mos. payment due 08/28	$542.91
Skip 09/01	
Skip 10/1	
Skip 11/1	
Monthly installment due on 12/1	$135.14
Monthly installment due on 1/1	$135.14
Monthly installment due on 2/1	$135.14
Monthly installment due on 3/1	$135.14
Monthly installment due on 4/1	$135.14
Monthly installment due on 5/1	$135.14
Monthly installment due on 6/1	$135.14
Monthly installment due on 7/1	$135.14

DEVELOPMENTAL DEPOSIT + MONTHLY	
Payments	Cost
Registration fee + initial 3 mos. payment due 08/28	$748.55
Skip 09/01	
Skip 10/1	
Skip 11/1	
Monthly installment due on 12/1	$203.68
Monthly installment due on 1/1	$203.68
Monthly installment due on 2/1	$203.68
Monthly installment due on 3/1	$203.68
Monthly installment due on 4/1	$203.68
Monthly installment due on 5/1	$203.68
Monthly installment due on 6/1	$203.68
Monthly installment due on 7/1	$203.68

***Unless otherwise noted, tuition payments are billed on the first of each month.** If paid by credit card, there is an additional 3% processing transaction fee added onto the total at checkout. If paid by ACH, there is an additional 1% transaction fee added onto the total at checkout.*

JUNIOR B DEPOSIT + MONTHLY	
Payments	**Cost**
Registration fee + initial 3 mos. payment due 08/28	$954.18
Skip 09/01	
Skip 10/1	
Skip 11/1	
Monthly installment due on 12/1	$272.23
Monthly installment due on 1/1	$272.23
Monthly installment due on 2/1	$272.23
Monthly installment due on 3/1	$272.23
Monthly installment due on 4/1	$272.23
Monthly installment due on 5/1	$272.23
Monthly installment due on 6/1	$272.23
Monthly installment due on 7/1	$272.23

JUNIOR A DEPOSIT + MONTHLY	
Payments	**Cost**
Registration fee + initial 3 mos. payment due 08/28	$1,159.82
Skip 09/01	
Skip 10/1	
Skip 11/1	
Monthly installment due on 12/1	$340.77
Monthly installment due on 1/1	$340.77
Monthly installment due on 2/1	$340.77
Monthly installment due on 3/1	$340.77
Monthly installment due on 4/1	$340.77
Monthly installment due on 5/1	$340.77
Monthly installment due on 6/1	$340.77
Monthly installment due on 7/1	$340.77

SENIOR PREP DEPOSIT + MONTHLY	
Payments	**Cost**
Registration fee + initial 3 mos. payment due 08/28	$1,286.36
Skip 09/01	
Skip 10/1	
Skip 11/1	
Monthly installment due on 12/1	$382.95
Monthly installment due on 1/1	$382.95
Monthly installment due on 2/1	$382.95
Monthly installment due on 3/1	$382.95
Monthly installment due on 4/1	$382.95
Monthly installment due on 5/1	$382.95
Monthly installment due on 6/1	$382.95
Monthly installment due on 7/1	$382.95

SENIOR B DEPOSIT + MONTHLY	
Payments	**Cost**
Registration fee + initial 3 mos. payment due 08/28	$1,238.91
Skip 09/01	
Skip 10/1	
Skip 11/1	
Monthly installment due on 12/1	$367.14
Monthly installment due on 1/1	$367.14
Monthly installment due on 2/1	$367.14
Monthly installment due on 3/1	$367.14
Monthly installment due on 4/1	$367.14
Monthly installment due on 5/1	$367.14
Monthly installment due on 6/1	$367.14
Monthly installment due on 7/1	$367.14

SENIOR A DEPOSIT + MONTHLY	
Payments	**Cost**
Registration fee + initial 3 mos. payment due 08/28	$1,492.00
Skip 09/01	
Skip 10/1	
Skip 11/1	
Monthly installment due on 12/1	$451.50
Monthly installment due on 1/1	$451.50
Monthly installment due on 2/1	$451.50
Monthly installment due on 3/1	$451.50
Monthly installment due on 4/1	$451.50
Monthly installment due on 5/1	$451.50
Monthly installment due on 6/1	$451.50
Monthly installment due on 7/1	$451.50

Unless otherwise noted, tuition payments are billed on the first of each month. If paid by credit card, there is an additional 3% processing transaction fee added onto the total at checkout. If paid by ACH, there is an additional 1% transaction fee added onto the total at checkout.

2026-2027 Claremont Cost Breakdown

2026 - 2027 UVAC Swim Season - Claremont -		
Group	Age	Full Year Option
Developmental	6 to 10	$1,400.00
Junior	7 to 12	$1,750.00
Senior	13 to 19	$2,200.00

DEVELOPMENTAL DEPOSIT + MONTHLY	
Payments	Cost
Registration fee + initial 3 mos. payment due 08/28	$647.31
Skip 09/01	
Skip 10/1	
Skip 11/1	
Monthly installment due on 12/1	$169.94
Monthly installment due on 1/1	$169.94
Monthly installment due on 2/1	$169.94
Monthly installment due on 3/1	$169.94
Monthly installment due on 4/1	$169.94
Monthly installment due on 5/1	$169.94
Monthly installment due on 6/1	$169.94
Monthly installment due on 7/1	$169.94

JUNIORS DEPOSIT + MONTHLY	
Payments	Cost
Registration fee + initial 3 mos. payment due 08/28	$653.64
Skip 09/01	
Skip 10/1	
Skip 11/1	
Monthly installment due on 12/1	$172.05
Monthly installment due on 1/1	$172.05
Monthly installment due on 2/1	$172.05
Monthly installment due on 3/1	$172.05
Monthly installment due on 4/1	$172.05
Monthly installment due on 5/1	$172.05
Monthly installment due on 6/1	$172.05
Monthly installment due on 7/1	$172.05

SENIORS DEPOSIT + MONTHLY	
Payments	Cost
Registration fee + initial 3 mos. payment due 08/28	$796.00
Skip 09/01	
Skip 10/1	
Skip 11/1	
Monthly installment due on 12/1	$219.50
Monthly installment due on 1/1	$219.50
Monthly installment due on 2/1	$219.50
Monthly installment due on 3/1	$219.50
Monthly installment due on 4/1	$219.50
Monthly installment due on 5/1	$219.50
Monthly installment due on 6/1	$219.50
Monthly installment due on 7/1	$219.50

2026-2027 New London Cost Breakdown

2026 - 2027 UVAC Swim Season - New London/CSC -		
Group	Age	Full Year Option
Developmental	6 to 10	$1,730.00
Junior	7 to 12	$2,250.00
Senior	13 to 19	$2,630.00

DEVELOPMENTAL DEPOSIT + MONTHLY	
Payments	Cost
Registration fee + initial 3 mos. payment due 08/28	$647.31
Skip 09/01	
Skip 10/1	
Skip 11/1	
Monthly installment due on 12/1	$169.94
Monthly installment due on 1/1	$169.94
Monthly installment due on 2/1	$169.94
Monthly installment due on 3/1	$169.94
Monthly installment due on 4/1	$169.94
Monthly installment due on 5/1	$169.94
Monthly installment due on 6/1	$169.94
Monthly installment due on 7/1	$169.94

JUNIORS DEPOSIT + MONTHLY	
Payments	Cost
Registration fee + initial 3 mos. payment due 08/28	$811.82
Skip 09/01	
Skip 10/1	
Skip 11/1	
Monthly installment due on 12/1	$224.77
Monthly installment due on 1/1	$224.77
Monthly installment due on 2/1	$224.77
Monthly installment due on 3/1	$224.77
Monthly installment due on 4/1	$224.77
Monthly installment due on 5/1	$224.77
Monthly installment due on 6/1	$224.77
Monthly installment due on 7/1	$224.77

SENIORS DEPOSIT + MONTHLY	
Payments	Cost
Registration fee + initial 3 mos. payment due 08/28	$932.04
Skip 09/01	
Skip 10/1	
Skip 11/1	
Monthly installment due on 12/1	$264.85
Monthly installment due on 1/1	$264.85
Monthly installment due on 2/1	$264.85
Monthly installment due on 3/1	$264.85
Monthly installment due on 4/1	$264.85
Monthly installment due on 5/1	$264.85
Monthly installment due on 6/1	$264.85
Monthly installment due on 7/1	$264.85

2026-2027 Swim Meet Schedule

Swim Meet	Date of Meet
Block Party Meet at Claremont	09/18/2026
Specialty Meet w/ Distance at Boston Sports Institute	09/26/2026
Kickoff Classic at Haverhill High School, Haverhill, MA	10/02 - 10/04
October Invite at Upper Valley Aquatic Center	10/17
Dorsi Raynolds Memorial Meet at UVAC	11/06 - 11/08
Block Party Meet at Claremont	11/13
Winter Classic at UVAC	12/04 - 12/06
Trials/Finals w/ Distance at Bowdoin College	12/11 - 12/13
Speedo Winter Juniors at Indiana University Natatorium	12/10 - 12/13
New England Senior Champs at Phillips Academy Andover	12/17 - 12/20
Connecticut Valley Invitational at UVAC	1/3/2027
Specialty Meet w/ Distance at Boston Sports Institute	01/08 - 01/10
Bronze Championships at UVAC	01/15 - 01/17
Silver Championships at UVAC	01/29 - 01/31
10 & under Champs at UVAC	02/12 - 02/14
11-14 AG Champs at Worcester Polytechnic Institute	02/18 - 02/21
15-18 AG Champs at Worcester Polytechnic Institute	02/25 - 02/28
14 & Under Pentathlon at UVAC	02/28
NHSA Champs at UVAC	03/13 - 03/14
EZ Speedo Sectionals SCY at Brown, RI	03/18 - 03/21
Single Session Meet at Claremont	03/20
Age Group Eastern Zones at Ithaca College, NY	03/31 - 04/03
May LCM Specialty Meet - MIT	May TBD
UVAC Tri Meet/Splash & Dash	May TBD
June LCM Specialty Meet - Raco Theodore Pool	June TBD
June LCM - TBD	June TBD
NE LCM Seniors - TBD	July TBD
LCM 12 & Under Champs - TBD	July TBD
LCM 13 & Over - TBD	July TBD
Futures - TBD	July - August TBD
TBD SVSL Districts at UVAC	July TBD
Speedo Junior Nationals - TBD	TBD
VSA	08/07 - 08/08

The Schedule

The first week of practice for UVAC WRJ is Tuesday, Sept 8, 2026.
The first week of practice for UVAC New London is Monday, Sept 8, 2026.
The first week of practice for UVAC Claremont is Tuesday, Sept 8, 2026.

The schedule listed below is for September 8th to April 16, 2027

UVAC Swim Team Practice Schedule
2026-27 Fall & Winter Season

WHITE RIVER JUNCTION
September 8th - April 16

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours per Week
Ducks	OFF	3:45 - 4:25 PM	OFF	3:45 - 4:25 PM	3:45 - 4:25 PM	OFF	OFF	2 hrs 15 mins
Developmental	4:30 - 5:30 PM	OFF	4:30 - 5:30 PM	OFF	4:30 - 5:30 PM	10:30 - 11:30 AM	OFF	4 hrs
Junior B ***	4:00 - 5:15 PM	OFF	4:00 - 5:15 PM	OFF	4:00 - 5:15 PM	10:30 - 12 PM	10:30 - 12 PM	6 hrs 45 mins
Junior A ***	4:00 - 5:30 PM	OFF	4:00 - 5:30 PM	OFF	4:00 - 5:30 PM	10:30 - 12 PM	10:30 - 12 PM	9 hrs
Senior Prep ***	5:30 - 7:15 PM	4:30 - 6:15 PM	5:30 - 7:15 PM	4:30 - 6:15 PM	5:30 - 7:15 PM	8:45 - 10:30 AM	OFF	13 hrs 15 mins
Senior B ***	5:30 - 7:00 PM	OFF	5:30 - 7:00 PM	4:30 - 6:30 PM	OFF	8:30 - 10:30 AM	9:00 - 10:30 AM	11 hrs 15 mins
Senior A ***	4:30 - 6:15 PM	** 5:30 - 7AM ** 4:30 - 6:15 PM	4:30 - 6:15 PM	4:30 - 6:30 PM	4:30 - 6:30 PM	8:30 - 10:30 AM	9:00 - 10:30 AM	18 hrs

NOT OPTIONAL: * DRYLAND TRAINING (JUNIOR A, SENIOR PREP, SENIOR B, & SENIOR A) *****

Junior A ***	Dryland 5:40 - 6:15 PM (Group X)						Dryland 9:45 - 10:20 AM (Group X)	Junior A ***
Senior Prep ***	Prehab on Deck 5:15 - 5:30 PM	Dryland 3:45 - 4:20 PM (Small Group Training)	Prehab on Deck 5:15 - 5:30 PM	Dryland 3:45 - 4:20 PM (Small Group Training)		Dryland 8:00 - 8:30 AM (Small Group Training)		Senior Prep ***
Senior B ***	Dryland 7:10 - 7:45 PM (Fitness Floor)		Dryland 7:10 - 7:45 PM (Fitness Floor)	Prehab on Deck 4:15 - 4:30 PM		Prehab on Deck 8:15 - 8:30 AM	COMBINED 8:15 - 8:50 AM (Group X)	Senior B ***
Senior A ***	Dryland 3:45 - 4:20 PM (Group X)	Prehab on Deck 4:15 - 4:30 PM	Dryland 3:45 - 4:20 PM (Group X)	Prehab on Deck 4:15 - 4:30 PM	Dryland 3:45 - 4:20 PM (Small Group Training)	Prehab on Deck 8:15 - 8:30 AM		Senior A ***

NEW LONDON
September 8 - May TBD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours Per Week
Developmental	4:30 - 5:15 PM	OFF	4:30 - 5:15 PM	4:30 - 5:15 PM	OFF	OFF Optional practice at WRJ	OFF	2 hrs 15 mins
Juniors***	5:15 - 6:30 PM	OFF	5:15 - 6:30 PM	5:15 - 6:30 PM	4:30 - 6:00 PM Combo practice with Seniors	OFF Optional practice at WRJ	OFF	4 hrs 45 mins
Seniors***	4:30 - 6:00 PM	4:30 - 6:00 PM	4:30 - 6:00 PM	4:30 - 6:00 PM	4:30 - 6:00 PM Combo practice with Juniors	OFF Optional practice at WRJ	OFF	9 hrs

NOT OPTIONAL: * DRYLAND (JUNIORS & SENIORS) *****

Juniors***	4:45 - 5:15 PM (On Pool Deck)			4:45 - 5:15 PM (On Pool Deck)				
Seniors***	4:00 - 4:30 PM (On Pool Deck)	4:00 - 4:30 PM (On Pool Deck)			4:00 - 4:30 PM (On Pool Deck)			

*** New London/CSC Saturday practices are optional in WRJ ***

CLAREMONT
September 8th to April 23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours Per Week
Developmental	4:00 - 4:45 PM	OFF	4:00 - 4:45 PM	OFF	4:00 - 4:45 PM	OFF	OFF	2 hrs 15 mins
Juniors***	4:00 - 5:00 PM	OFF	4:00 - 5:00 PM	4:00 - 5:00 PM	4:00 - 5:00 PM	OFF	OFF	4 hrs
Seniors***	5:00 - 6:00 PM	5:00 - 6:00 PM	5:00 - 6:00 PM	OFF	5:00 - 6:00 PM	OFF	OFF	4 hrs

Gear Requirements

- **Water bottle!**
- Swim goggles
- Pull buoy
- Paddles
- Mesh bag
- Snorkel
- Fins
- Nose Plug (personal preference)
- The Colby-Sawyer & Claremont sites have fins & kickboards

Questions?

Should you have any issues or questions when filling out these forms, please direct them to our Swim Team Admin email at swim-team-admin@uvacswim.org