

NORTHWEST AQUATICS

Welcome to the Middle School Group!

Hello Parents and Swimmers! Here are a few expectations for practices and meets.

Practice Expectations

1. Please arrive at least 5 minutes before your scheduled practice time
2. Girls must wear cap, goggles, and a one piece bathing suit. Boys must wear goggles and either a Speedo or jammer.
3. Come to practice with an "I CAN" attitude
4. If you as a swimmer or a parent have any concerns please talk with your coach either by email, or in person before or after practice, or by phone (last resort).
5. Check the online calendar regularly. If there is going to be any change to the calendar we will send out an email as soon as possible.
6. Please check your email often. Notify your coach if you are not receiving emails.

Meet Expectations

1. We would like to encourage every swimmer to swim at least 1-2 meets this winter season. You are not required to attend a meet for the entire weekend. You can pick and choose your days. Please make sure when committing to a meet you mark it on your calendar at home.
2. As soon as you know you are available to swim a meet please sign up online. You need to make sure that you don't miss the deadline to sign up. Once the meet deadline has pasted you will not be able to sign up. If you email us or call us after the deadline we will be telling you it is too late to sign up. So please pay close attention to meet deadlines.
3. Once committed leave us a message in the message box about days you are available, and what events you might like to swim. Please remember coaches have the final say on what events you will swim.
4. Once you sign up for a meet you are responsible for all fees that correspond with that meet. Meaning if you miss the meet or are sick you are still responsible for paying your fees.
5. When arriving at a meet please arrive at least 10 minutes early. Check in by highlighting your name on the sign in sheets and then find where the team is sitting. Have your goggle, NACS cap, extra towels, warm clothes, and a water or Gatorade. Food must be kept off the deck.
6. If your child is sick the day of the meet, please call Jamie or Ryan on their cell phone to notify them and we will scratch your child from their events. Calls to coach's cell phone should only be done in an emergency.

We are very excited about this upcoming swim season!! Groups will be determined and email out by Sunday night. Starting Monday evening please arrive 5 minutes early for your group.

Thank you again for taking the time to read this! If you need to contact either coach our information is listed below.

Blue Group Coach: Jamie Blume – email: jamie.blume@swimnacs.com

White Group Coach: Ryan Lough – email: ryan.lough@swimnacs.com