

Age Group VIII

Short Course Season 2018-2019

Lead Coach: Marie Antoinette Flores

Assisted By: Chris Kearney, Katie Crider, Brendan Hulseman

GROUP DESCRIPTION

This group is designated for 5th and 6th grade swimmers who are continuing their training and competitive development in all four strokes at this Age Group Level. A8 is a group that places emphasis on advancing one's endurance, stroke technique, IMX scores, distance events, strength and development as well as weekly 30 minute dryland conditioning.

COMPETITIONS

We recommend that A8 swimmers compete in at least one session of all the meets that they are invited to. I will enter swimmers in events I believe are appropriate for the swimmer and will challenge them. When declaring your swimmer to compete in the meet, please keep in mind that if they are only available certain days or must leave by a certain time, etc. please write that in the "Notes" section.

PRACTICE

We recommend that A8 swimmers attend at least 50% of the practices offered. *Of course, more consistent and frequent attendance will yield better results.*

Swimmers are responsible for bringing their own equipment to every practice. Equipment should be labeled with the swimmer's name and in a mesh bag that includes two pair of goggles, fins, pull buoy, snorkel and swimsuit. Please make sure that when the cold weather starts, your child has warm clothes to bundle up in after practice.

Coaches are not responsible for lost items. **Please contact the facility directly for any lost items.**

JCC Front Desk: 224-406-9200

Baker: 847-425-5800

New Trier: 847-784-6399 (Swim Office)

SAFESPORT

Please view the SafeSport drop-tab on NTA's website for the most updated information regarding SafeSport basics, concerns, and courses for athletes, parents, and coaches. For more questions about SafeSport, please reach out to our Director of Personnel, Greg Hartman (ghartman@swimntsc.org).

COMMUNICATION

Parent communication can be done via email (mflores@swimntsc.org), over the phone or in person. If you would like to speak on the phone or in person, please set up a time with me prior as I am juggling multiple responsibilities with two different jobs and would like to give you appropriate attention. Please note:

FAQ

What do I do if I cannot make a practice?

- If you are going to miss practice you are welcome to email me and let me know what dates your swimmer will be absent, but it is not required. You cannot attend another groups practice without first contacting your coach and the coach of that group. For A8, , they might be allowed to attend Developmental level practices if need be. Again, please contact me first and we can ask Katie if that is a viable option for your swimmer.

When can my swimmer move up to a different group?

- Move-ups occur twice a year, at the end of the Short Course season (April) and at the end of the Long course season (August). At the start of each fall season, grade

unless there is an emergency I will not respond to emails when I am on deck (coaching), after practice or on a non-meet weekend. Thank you for your cooperation.

My office hours are: Monday/Thursday from 1:00-3:30 PM

PARENT LIAISON

Our A8 group does not currently have a parent liaison. We need one or two veteran swim parents to help coordinate social events for our group swimmers along with community outreach projects, carpools and help assist parents with team website navigation and any questions you may have as a swim parent. Please let me know if you would be interested in helping out in this important team role.

level is taken into account and a swimmer may age up out of a group. Each lead coach puts a lot of time and effort into deciding which group is the best fit for each individual swimmer. If you and your swimmer would like to meet to discuss what they need to work on in order to move up at the end of the season, feel free to email me and we can set up a goal meeting.

What if my swimmer is involved in multiple activities?

- Talk to your coach and come up with a plan that will enable you to be successful. At this level of our group structure, we encourage swimmers to participate in other activities but ask that they make a commitment to attending the necessary practices and meets. However, it is your responsibility to manage attendance at swim practice and meets and do your best to maintain regular attendance. This will only help your swimmer gain strength, confidence and competitive experience .

Do you offer private swim lessons?

- Yes I do offer private lessons for NTA swimmers and their siblings who are interested in one on one instruction. I teach on Saturday afternoons from 4-8pm. Space is very limited and I will do my best to accommodate new team members. Lessons are taught in time increments of 30 minutes, 45 minutes or 60 minutes. The team bills you once a month and the cost of lessons is \$40, \$60 and \$80 respectively. I have a strict 24 hour cancellation policy that I keep due to high demand and very limited pool time. Please email me for more information.