



NTC Aquatics

Long Course 2019



NTC Team Communications

- **Team Updates-** weekly during peak competition periods, bi-weekly during quieter times of the year. A MUST READ.
- **Team Emails-** Important info sent when necessary such as meet deadline reminders and practice schedule updates. ANOTHER MUST READ.
- **Team Website-** Be sure to login to see all necessary information. Some features not visible to public.
- **OnDeck App-** companion to team website. Can be used to view entries, news, attendance. Push notifications used by coaches for important information.
- **Text Message Alerts-** Sign up on team website under My Account/My Account/SMS
- **Parents of NTC Lightning Facebook Group-** Coaches will use as additional method of sending out team news. Parents use as Q&A forum and to share tidbits.
- **NTC Aquatics on Instagram/Facebook-** The public social media for the team. We'll share fun moments from practices and highlights from meets.
- **Other helpful tech-** direct contact with coaches donald.gibb@orlandohealth.com & alexander.baxter@orlandohealth.com, Instagram- @SwimCoachAlex, Meet Mobile app, USA Swimming Deck Pass app. Bridge Athletic app (Sr 1/Sr 2). NTC app/social media.



Practice Expectations

- **We like seeing our swimmers!**- Attendance is not required to be on the team but is required to improve. Notify coaches of extended absences/illnesses.
- **Practice Makes Perfect**- Goal attendance level should be minimum 75% for Bronze through Senior 1 and over 90% for Senior 2. It's absolutely ok to be higher than the minimum.
- **Be Prepared**- Bring practice equipment every day (suit, blue team cap, goggles, insulated water bottle, mesh bag, fins, buoy, board, paddles, snorkels...). Mark your gear!
- **Making Gains!**- Attendance expectations include dryland!
- **Moving Up**- Squad placements are coach decision. We will make larger scale changes in the Fall (August) but may make individual changes during the course of the year.

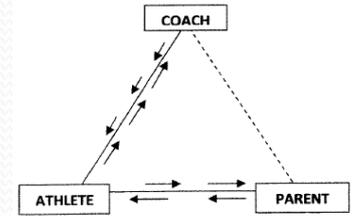


Meet Expectations

- **Let's Race!**- This is a sport and this is a competitive team. Coaches won't hand out progress reports or skills check lists. This is what meets are for. Meets are also possibly the most enjoyable part of the sport.
- **We're a team!**- Swimmers need to sit in the team area. Parents should let their swimmers be and allow them to take some responsibility and ownership.
- **"Ask me when they're 30."**- Focus on effort rather than times/looks. Times will vary season to season, meet to meet (picture stock charts). Strokes will evolve and not every step will be in the right direction (Allow for some exploration).
- **RELAX**- Let the swimmers swim, let the coaches coach, let the officials officiate. Take on the role of "swim grandparent."
- **Plan for Success**- Attend all meets recommended for your swimmer's group if possible. Attend each day/session available as well. **Arrive at check in time and notify coach of scratches due to illness or emergency.**
- **Coach handles the lineup**- Event selection is up to the coaches. We will take some swimmer requests into account. We'll try just about every event every season.
- **SUIT UP!**- Swimmers will wear team suits to all meets unless specifically instructed by Coach Gibb or Coach Alex to wear a technical suit for a session/meet. Coaches can make use of a tool called DFS if this direction is not followed.



A Coach's Advice for Swim Parents.



- **Good Work! Keep it up!**- Praise good effort and encourage a growth mindset. Some of the coaches all time favorite swims weren't for championships. Suggested reading- *Mindset* by Carol Dweck.
- **We're going for more than the t-shirt**- Limit talks in the car and at home about cuts/best times. Leave those talks to the coach-athlete side of the triad. The goal is to develop fast, happy, and well rounded 18-21 year olds, not to qualify for the local champs as 9 year olds.
 - Trivia question-How many Olympians hold 10&under NAGs? 12&Under?
- **#NTCBolts**- Read team communications, follow us on social media, please observe deadlines.
- **Follow the Coach-Athlete-Parent Communication Triad**- Direct your swimmer to communicate with their coach. Reach out directly to coach in cases of safety, happiness, extended absences.
- **Follow the 48 hour rule**- Think of this for all questions and comments post meet and/or post squad move ups.
- **Volunteer!**- Running a typical swim meet takes 35+ people.