



Welcome Potential New Families!!

My name is Susie Murphy and I am president of the NAC Sharks. I have two daughters returning for their 5th season as Sharks! I also serve on the coaching staff and LOVE my time on the deck with our Sharks! We would like to answer some questions you may have about our competitive swim team! Our club prides itself on fostering a love of the sport of swimming through a focus on stroke technique and fun aquatic experiences, and competition. Forgot the answer to a question you asked tonight...I bet you can find some details here!

Practice is offered 4-5 nights per week & our season runs Sept-early February. A minimum of two nights is recommended to see appropriate improvement. We participate in a DUAL league, offering approximately six (6) dual meets throughout Oct-Jan. These are free, held on week nights both home and away (approx. 20 minute travel). We request swimmers attend a home and away meet. The coach selects the line-up!! We also complete in the conference meet in February. We host 3 HOME USS Swim Meets on Sundays at LWE. Swimmers are expected to attend 2 home USS meets. Additionally, 1-2 USS weekend meets are offered per month. We ask you consider 2 throughout the season. These have a nominal fee...but also allow you to select your own events!! Also, we offer some fun activities throughout the year like The 12 Days of Christmas and The Amazing Race free to Sharks swimmers! **Family involvement included 4 volunteer commitments.**

At our upcoming parent meeting, we will address all of these things and more! You'll get a family log in after registering that will give you tons more information on our Website. Until then, please know we will do our best to have board members present each night in the foyer or balcony. Still have a question after all this crazy information?...please ask! You can hit the "Contact the Board" link on the website and someone will get back to you within 48 hours!

Once becoming a Shark, we have Critical Behavior Expectations: We are GUESTS at Lincoln Way East. We rent the facility. Their staff do not have any answers for Sharks questions! See a board member if necessary.

1. Parents should walk their swimmer into the facility and ensure there is practice and an adult member of the coaching staff is on-site BEFORE you leave.
2. Please arrive NO MORE than 8-10 minutes before practice.
3. Swimmer MAY change in the lockerroom...but NO GEAR/CLOTHING should be left in the lockerroom! **BRINGS ALL BELONGINGS ON DECK, ALWAYS!!**
4. **Strict 5 minute lockerroom time will be enforced! Change and exit! ☺**
5. We have a ZERO tolerance policy for horse play in the lockerrooms or on deck.

Important dates-

1. Monday, September 9th- First Practice...see website Calendar for times!!
2. Thursday, September 12th - New Parent Meeting 5:55-6:55 pm at LWE. (Meeting Required)
Alternate Date...Monday, Sept 16th Returning Parent Meeting 5:55-6:55 pm at LWE.
3. Thursday, September 12th- Apparel Night in the Foyer (order your REQUIRED team suit) 5:30-7:30 pm
OR Monday, Monday September 16th 5:30-7:30. *Location details TBD
4. Spirit gear shop opens mid-September!! Orders ready three weeks after closing (Sept 25). Pick-up at Action Sports! Link will be online or go to www.actionsports.com

Please turn to the other side for **IMPORTANT gear information!!**



NAC SWIMMING EQUIPMENT LIST

Swimmers are expected to have their gear with them poolside **every** practice! The faster you get it the better for a new swimmer!! If you choose to join, new swimmers will receive a mesh gear bag to put their fins, paddles, goggle, etc. in. Swimmers Edge Store will be present in September to order team competition suits. They will have some gear available including caps and goggles. All girls (and boys with long hair) need caps and all swimmers need goggles! Therefore, We request you get your fins and paddles immediately from Amazon!!

Practice Equipment	Tiger	Great White	Silver	Slurple	Purple	Gold
Fins	x	x	x	x	x	x
Goggles	x	x	x	x	x	x
Swim Cap	x	x	x	x	x	x
Water Bottle			x	x	x	x
Fingertip Paddles			x	x	x	x
Swim Snorkel				x	x	x

*Fin recommendation: Finis Long Floating Fins...**BUY ASAP** on **AMAZON!**

*Fingertip paddles: Speedo BioFuse Finger Paddle- OR- Arena- Elite Finger Paddle

Our Coaching Staff for Winter 2019

Head Coaches/ Gold: Maureen Van Swol + Zach Van Swol

Purple: David Drewes; Susie Murphy (Asst)

Slurple: Sue Schollenberger

Silver: Lauren Vander Velde; Val Williams (Asst.)

White: Paula Kmetz

Tiger: Barb Straube

Asst. Coaches: Alex Culver, Jackie McGuire and Emma Hernandez

Practice Times: **Subject to Pool Availability at LWE!! See WEBSITE Calendar for DAILY Schedule!!!

Tigers: Monday, Wednesday + Thursday 5:45 - 6:15 pm

White: Monday-Friday 5:45 - 6:30 pm

Silver + Slurple: Monday- Friday 5:45 - 7:00 pm

Purple: Monday- Thursday 6:30 - 8:30 pm; Friday 5:45 - 7:15 pm + dryland 8-8:30 pm

Gold: Monday-Thursday 7:00 - 8:45 pm; Friday 5:45 - 7:15 pm + dryland before some practices

****We understand this is a TON of information! We would like you to have a much information as possible for you to find the team that is right for you! Please reach out if you have questions!** We look forward to you becoming a NAC Shark!****

