

NOVICE

Short Course Season 2018-2019

Lead Coach: Marie Antoinette Flores

Assisted By: Sarah Crewe, Katherine Tao, Katie Crider, Andrew Snabes

GROUP DESCRIPTION

This is the second group level of our introductory groups. Novice is a group that places emphasis on developing strength and endurance, progressive drills to establish developmental understanding of the four competitive strokes, along with teaching strong work ethic, teamwork, competitive dives, starts and flip turns.

COMPETITIONS

We recommend that Novice swimmers compete in at least one session of each meet available to them. I will enter swimmers in events I believe are appropriate for the swimmer and will not enter them in anything they are not ready for. 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 Novice 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 such as two pairs of goggles, cap 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: unless there is an emergency I will not respond to emails when I am on deck

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. You cannot attend another groups practice without first contacting your coach and the coach of that group. For Novice, they are only allowed to attend Intro level practices if need be. Again, please contact me and let's discuss this option before you plan on attending.

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). 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

(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

Intro and Novice groups are lucky enough to have Nancy Schumacher as our Parent Liaison. Nancy is here to help coordinate social events, establish some of our service projects, carpools, as well as be an extremely knowledgeable resource navigating your role as a swim parent. She will be sending out periodic informational emails. Nancy can be contacted via email at nancyannecollins@gmail.com

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 whichever activities they enjoy. However, it is your responsibility to manage attending swim practice and meets that will 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 and offer lessons in time slots 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 to due to high demand and very limited pool time. Please email me for more information.