

Senior

Lead coach: Brian Hulseman

Assistant coach: Greg Hartman

SAFESPORT

Group description

This group is for high school aged athletes committed to achieving personal goals as a competitive swimmer. This group is designed for swimmers with the necessary ability and desire to train and compete at local, regional, and the state level.

Competitions

Swimmers are expected to attend all competitions at this level. Coaches will enter swimmers in events. When declaring for competitions, 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 Senior swimmers attend as many practices as possible. Of course, more consistent and frequent attendance will yield better results and will be considered when any group adjustments are made. An equipment bag must be available at workout daily. Label your equipment to ensure it is not mistaken by another teammate.

Please view the SafeSport drop-tab on the NTA 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 within the hours of 8 AM-8 PM (brianh@swimntsc.org). Please note: 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 respect for my personal time.

PARENT LIAISON

The Senior Groups are lucky enough to have Grainne Bailey as our Parent Liaison. She is here to help coordinate social events, our service projects, and is a knowledgeable resource navigating your role as a swim parent. Grainne can be contacted via email grainne.bailey@gmail.com

FAQ

What do I do if I cannot make a practice?

- If you are going to miss practice you should first contact your coach. If missing this practice will put you under the required practice attendance limit, you can make it up with another group. Your options for make up workouts can be with Junior Performance and Senior Advanced

What do I do if I am playing another sport?

- Talk to your coach and come up with a plan that will enable you to be successful. Swimmers in these groups must still meet the minimum practice attendance requirement (75%) while they are playing the other sport.

What do I do if I am going out of town?

- Talk to your coach and come up with a plan to train while you are away. Your coach can get you set up with another team, help you find a pool, and/or send you workouts while you are away. While we do not expect you will swim everyday on your vacation we do expect that you will be in the water at least 3 times per week (either with a swim team or on your own).