



# Summer Programming at the NAC

Open to Current NAC Swimmers, Members, and the Public

Runs Wednesday, June 1 through Wednesday, July 20\*

The summer programming, run by NAC Swim Team coaches, will focus on improving swimmer technique through the summer season. For our most competitive swimmers who plan to compete over the summer, the program is designed to be supplemental to summer league (LBLSL or similar), with the assumption that swimmers are getting primary aerobic work and the opportunity to practice new technique elsewhere. For more beginner swimmers who can't make the summer league schedule work, we are providing an opportunity to stay in the water with evening practices.

### Three Levels†:

- Level 1 (Ages 6-11; Dev1/Dev2/AG1): This group is for our beginner swimmers who are still learning all 4 strokes, starts, and turns. *90% technique/10% conditioning.*
  - Schedule: Mondays and Wednesdays 5:30-6:15pm
  - NAC Member‡ price: \$139
  - Non-Member price: \$159
  - Weekly rate (space permitting; same price for member/nonmember): \$29 per week
  
- Level 2 (Ages 8-14; AG2/AG3/Juniors not selected for the Level 3): This group is for competitive team members who are 95% legal in all strokes and understand proper starts and turns. Swimmers must be able to use a snorkel and commit to correct turns for a full practice. Select swimmers may be invited to participate in long-course meets as available. *70% Technique/30% conditioning*
  - Schedule: Mondays and Wednesdays 6:15-7:15pm
  - NAC Member‡ price: \$169
  - Non-Member price: \$199
  - Weekly rate (space permitting; same price for member/nonmember): \$39 per week
  
- Level 3 (Ages 12 and over/Senior or coach discretion; must have multiple 11-12 MA Silver cuts): This group is for higher level USA competitive swimmers who require more advanced training. Opportunity to participate in USA meets and/or long course meets (including MA LC Silver Champs and MA LC Junior Olympics) will be offered to swimmers participating. *60% technique/40% conditioning*
  - Schedule: Mondays and Wednesdays, 7:15-8:45pm
  - NAC Member‡ price: \$229
  - Non-Member price: \$269
  - Weekly rate (space permitting; same price for member/nonmember): \$59 per week

### Required Equipment¶

Swimmers must have all required equipment and working goggles to participate in practice. Girls must be in a one-piece suit with straps that cross or meet in the back. Any swimmer (boy or girl) whose hair can cover eyes when wet must wear a swim cap. Swimmers should have water bottles. Required equipment by group is as follows:

Groups	Mesh Bag	Kickboard	Long Fins	Pull Buoy	Snorkel	Paddles
Beginner	x	x	x	x		
Intermediate	x	x	x	x	x	
Advanced	x	x	x	x	x	x

Please see the team website for exact equipment requirements and purchase recommended brands. We suggest ordering through the team portals on ONE Swim and/or SwimOutlet. We recommend that swimmers under 75 lbs purchase a junior-size kickboard and pull buoy.

*We are taking new swimmers on a very limited basis and will likely limit to those with some swim team experience. Only swimmers who have previously participated in a full season or clinic with the NAC (Fall 2020 or later) will be eligible for weekly drop ins; new swimmers must sign up for the full program. Please email [coachkristennac@gmail.com](mailto:coachkristennac@gmail.com) if you are interested in an evaluation. Minimum number of swimmers required for program to run (based on commitment as of 5/27).*

**All policies in the 2021-2022 NAC Swim Team Handbook apply, available at [www.nacswimteam.com](http://www.nacswimteam.com)**

### Notes:

\*No practice Monday, July 4. No weekly drop in for that week or 6/1.

†Group placement is primarily based upon ability, experience, and practice maturity, but we will make every effort to follow the age groupings above.

‡Swimmers must be NAC members to receive member price.

¶Snorkel must be center-mount appropriate for competitive swimming (ONE Swimmer's Snorkel, FINIS Glide, FINIS Swimmer's Snorkel, Speedo Bullethead, etc). Recommended paddles: FINIS Agility, Speedo PowerPlus (no wrist strap), Strokemaker (no wrist strap), TYR Catalyst (small; no wrist strap), ONE Touch Paddles