



2022/2023 Season Information

Program runs September 19, 2022 -March 16, 2023 or latest qualified meet
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About NAC Swimming

The mission of the NAC Sharks Swim Team is to strive for continuous improvement in swimming by focusing on strong technical habits and skills, love of swimming, progressive goal setting, and inner determination in a supportive, fun environment. The team is run by USA-certified professional coaches and has established itself as an up-and-comer in the Middle Atlantic LSC.

2021-2022 Season Highlights

- 5 swimmers qualified for Junior Olympics and 3 for Eastern Age Group Zones
- Multiple top 16 finishes at Eastern Zones and Junior Olympics, including top 30 rankings in USA
- Moved up more than 50 spots in Middle Atlantic's Virtual Club Ranking from 2020
- 85% completion of IM Ready events for AG2 and above

Our team offers 5 competitive levels and 2 developmental levels. Swimmers are required to compete in meets as appropriate (limited in developmental groups); for more detailed information on group competition requirements, please see the online handbook.

Competitive Teams*

Age Group 1 (10 & under): Swimmers in this group should be legal in a minimum 3 of 4 strokes and have previous competitive swimming experience or NAC Developmental Team experience. Practices will be 90% technique and skills/10% conditioning. *Weekly practices: 3 x 45 min in water; 2 x 25 min dryland*

Age Group 2 (Ages 9-12): Swimmers in this group should be able to complete 100m freestyle, 100m IM, 100m backstroke, 50m breaststroke, and 50m butterfly. They must be 95% legal in all strokes and understand proper starts and turns, including a commitment to flip turns and correct open turns during practice sets. Swimmers have previous competitive swimming experience. Practices will be 80% technique and skills/20% conditioning. *Weekly practices: 3 x 60 min in water; 2 x 30 min dryland*

Age Group 3 (Ages 10-13): Swimmers in this group should be able to complete 200m freestyle, 100m IM, 100m backstroke, 100m breaststroke, and 50m butterfly. They must be 95% legal in all strokes and turns and able to follow simple sets using the pace clock. Swimmers have multiple seasons of previous competitive swimming experience. Practices will be 70% technique and skills/30% conditioning. *Weekly practices: 4 x 60 min in water; 2 x 30 min dryland*

Junior (Ages 13 & over + 11-12s with USA "B" Times): Swimmers in this group should be able to complete 200m freestyle, 200 IM, 200m backstroke, 100m breaststroke, and 100m butterfly while executing proper starts and turns. They have competitive swim experience with demonstrated practice maturity but are not yet ready to train in the senior group. Practices will be 50% technique and skills/50% conditioning. *Weekly practices: 4 x 75 min in water; 2 x 35 min dryland*

Senior (Ages 13 & over with USA "BB"/13-14 MA Silvers times + 11-12s with USA "A" Times): This group is for swimmers who require more advanced training opportunities to prepare for higher level competition (USA Silvers, JOs, senior-level competitions). Swimmers in this group must be able to complete 10 x 100 FR on 1:35, 10 x 100 IM on 1:45, and follow complex drills and sets with minimal instruction. Practices will be 25% technique and skills/75% conditioning. *Weekly practices: 4 x 90 min and 1 x 120 min in water; 3 x 35 min dryland*

Developmental Teams

Both developmental teams are similar in ability (divided only by age) and designed for our "true beginner" swimmers who have an interest in swimming competitively but are still learning all 4 strokes, starts, and turns. For this group, we provide in-water practices only. **Developmental 1** is for swimmers 6-9 and **Developmental 2** is for swimmers 10 & over. *Weekly practices: 2 x 45 min*

*Group placement is primarily based upon ability, experience, and practice maturity, but we will make every effort to follow the age groupings above. Age as of 12/31.

Pricing

All swimmers (regardless of group level) must pay a \$169 per swimmer registration fee (\$319 for returners who commit after 8/20) that covers administration fee, team t-shirt, team caps, and other miscellaneous fees.^a

- **Returning Swimmers:** We need to know if you are returning so we know how many new swimmers to take! Pay \$169 if you register by 8/20, or \$319 after 8/20 (space not guaranteed after 8/20)
- **New Swimmers:** Registration will open for you, space permitting by group, on 8/22. Because new families cannot register before 8/20, they will pay the \$169
- Registration will be closed on 8/21 so that we can place registered swimmers and determine how many newcomers we can take

All group registrations are first come, first serve. We have turned swimmers away the last two seasons.

NEW THIS YEAR—All swimmers 12 and over receive complimentary youth NAC membership during the season!^b

Group	Team Fees ^c	Installments (4) ^d
Senior (non-HS)	\$1676	\$419
Senior (HS) ^e	\$1256	\$419 x 2; \$209 x 2
Junior	\$1356	\$339
Age Group 3	\$1236	\$309

Group	Team Fees ^c	Installments (4) ^d
Age Group 2	\$1156	\$289
Age Group 1	\$956	\$239
Developmental 2	\$716	\$179
Developmental 1	\$716	\$179

^aDue to changes in the USA Swimming registration process for 2023, USA registration will be separate. New swimmers are required to purchase a team warmup jacket which will be a separate fee; returners who want a new jacket may order one at that time.

^bIf your swimmer is currently a youth or full family member (regardless of age), we will contact you to adjust fees.

^cDoes not include sibling discount (first swimmer at regular rate; 10% off lower group(s) price) or any other applicable discounts.

^dBilled from credit card on file on Oct 1, Nov 1, Dec 1, Jan 1. Families with financial hardship who cannot pay full installment prices should reach out to swim team staff.

^eFor swimmers competing on a high school team. No limitation on number of practices attended with NAC; however, pricing considers that swimmers will be unable to attend NAC practices full time due to high school swim team commitments. Full installments for Oct 1 and Nov 1; half installments for Dec 1 and Jan 1.

Commitment Policy

Registration indicates agreement to pay program fees through duration of team season (March 16, 2023 or latest qualified meet); refunds and program releases will be given only for medical reasons or at coach/aquatics department discretion. See handbook for additional details. Swimmers are expected to meet minimum practice and meet attendance requirements to hold a spot on the 2023-2024 team.

Required Equipment

Swimmers must have all required equipment and working goggles (plus spare) 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. **All equipment must be in a mesh bag that can live at the edge of the pool deck** (expect the bag and all items inside to get wet). See equipment policy in the handbook.

Required equipment by group is as follows (please see team website and portals on ONE Swim and/or SwimOutlet for more info):

Groups	Water Bottle	Kickboard ^f	Long Fins ^g	Pull Buoy ^f	Snorkel ^h	Paddles ⁱ	PowerBags ^j
Dev1, Dev 2, AG1	X	X	X	X			
AG2, AG3	X	X	X	X	X		
Junior, Senior	X	X	X	X	X	X	X

^fRecommend junior size for swimmers below 75lbs

^gSized by unisex/mens' shoe size (subtract 2 from a women's shoe size)

^hCenter-mount swimmers snorkel, such as the ones available at ONE Swim, FINIS Swimmers Snorkel, Speedo Bullethead.

ⁱFINIS Agility preferred; Speedo Power Plus, Small Strokemaker, Small TYR Catalyst.

^jSwimmer's Best Power Bags—PB25 recommended for females under 15 and boys under 13; PB40 recommended for everyone else.

Handbook Acknowledgements

Handbook acknowledgements are now included in the online registration process. The handbook is always accessible at www.nacswimteam.com.

NAC Swimming 2022-2023 Schedule

Runs from Monday, September 19 through Thursday, March 16 (or highest qualified meet)

Group	Monday	Tuesday	Wednesday	Thursday	Saturday
Senior	<i>DL: 6:25-7:00pm</i> 7:15pm-8:45pm	7:30pm-9:00pm	4:45pm-6:15pm <i>DL: 6:25-7:00pm</i>	7:45pm-9:15pm	7:45-9:45am <i>DL: 10:00-10:35am</i>
Junior	OFF	6:15pm-7:30pm	<i>DL: 6:25-7:00pm</i> 7:15pm-8:30pm	6:30-7:45pm	<i>DL: 10:00-10:35am</i> 10:45am-12:00pm
Age Group 3	OFF	6:30pm-7:30pm	<i>DL: 5:40-6:10pm</i> 6:15pm-7:15pm	6:30-7:30pm	<i>DL: 9:10-9:40am</i> 9:45-10:45am
Age Group 2	6:15pm-7:15pm	OFF	<i>DL: 5:40-6:10pm</i> 6:15pm-7:15pm	OFF	<i>DL: 9:10-9:40am</i> 9:45-10:45am
Age Group 1	<i>DL: 6:00-6:25pm</i> 6:30pm-7:15pm	5:30pm-6:15pm	OFF	<i>DL: 5:15-5:40pm</i> 5:45pm-6:30pm	OFF
Developmental 2	5:00-5:45pm	OFF	OFF	5:45pm-6:30pm	OFF
Developmental 1	5:45pm-6:30pm	OFF	OFF	5:00-5:45pm	OFF

Dryland (DL) will be conducted in the back gym at the Parisi Speed School. Dryland is considered part of the training program, and attendance will be tracked. There will be no refunds of team fees if swimmers choose to participate in the pool portion only. Dryland is only for our competitive teams, but interested developmental swimmers can email Charlene if they are interested in participating with their respective age peers.

Recommended attendance: Minimum 3 practices for Senior, Junior, and AG3; minimum 2 practices for AG2 and AG1; special accommodations made for fall sports. High school swimmers should attend at least 1-2 practices if training with their high school team. There is no attendance requirement for developmental, but swimmers are expected to join the competitive team after a full season in the developmental groups.