Novice A

2018 – 2019 Short Course Competition Schedule (Novice A)		
Dates	**Meet**	**Ages/Cuts**
9/29/18 – 9/30/18	25th Annual RAC Columbus Day Classic @ UMBC	**9-10 ONLY**
10/20/18 – 10/21/18	CAA Early-Season Mini Meet @ Columbia, MD	**8&U ONLY**
10/30/18	NAAC December Mini Meet @ NAAC (Lejeune)	**8&U ONLY**
12/1/18 – 12/2/18	NAAC Holiday Blast @ NAAC (Lejeune)	**9-10 ONLY**
1/26/19 – 1/27/19	MAC Hogan Meet	**All Novice A**
2/17/19	Eagles vs. NAAC Dual Meet @ McDonough School	**9-10 ONLY**
2/17/19	Eagles vs. NAAC Mini Meet @ McDonough School	**8&U ONLY**
2/28/19 – 3/3/19	Maryland 14&U State Champs	**Qualifiers ONLY.** **See NAAC.ws for Required Times.*
3/8/19 – 3/10/19	Maryland Junior Champs	**Qualifiers ONLY.** **See NAAC.ws for Required Times.*
5/12/19	GTAC 2019 May Aquatics Festival	**All Novice A**

Navy P.R.I.D.E.!

- **Preparation**
- **Respect**
- **Integrity**
- **Dedication**
- **Excellence**

One of the primary goals of the Novice A practice group is to teach the skills and work ethic necessary to achieve competitive success at the local level while creating a strong team environment that supports individual growth, sportsmanship and leadership skills.

Meet Guidelines and Expectations

- Arrive at meets 15-20 minutes before warm-ups to get settled in our assigned seating area (this could be in a gym with your parents or on the pool deck with coaches). If you are running late or cannot attend due to illness, etc., call or text Coach Jill's cell at 410-599-9411.
- Have suit, cap and goggles on 5 minutes before warm-ups. No other equipment is needed at meets. Coaches will escort swimmers from the gym or pool deck when it's time for warm-ups.
- Bring healthy snacks and plenty of water to stay hydrated. Some meets can run longer than 4 hours. A folding chair, extra towels and a warm jacket or robe to wear between events are also recommended.
- Many meets have a clerk of course similar to summer meets, but some do not. Swimmers must pay attention during meets to avoid missing their events. It is a good idea to bring a sharpie pen and paper to write events, heats and lanes.
- After swimming each event, be sure to talk to your coach before returning to your seat. The coaches often have a few comments about your races.
- Always remember good sportsmanship by, for example, staying in the pool until everyone in your heat has finished, and congratulating the swimmers next to you!
- When the meet is over, help to clean up our area by picking up trash, even if it is not yours. We want to leave a good impression wherever we are guests!