

SEPTEMBER 2019

# NAAC Novice B News

## Upcoming Dates

### 2019 NAAC New Member Meeting

Who: New NAAC Parents

When: September 13, 2019

Where: Lejeune Hall Classroom

### 2019 NAAC Gear Party

Who: All NAAC Families | [RSVP!](#)

When: Sunday, September 22 2:00-4:00pm

Where: Annapolis Bowl

2057 General's Highway, Annapolis MD 21401

### 2019-2020 NAAC Novice B Starts!

Who: All NAAC Novice B Swimmers

When: Tuesday, September 24

We will be using fins and kickboards right away

### 2019 CAA Early Season Meet

Who: Novice B 8 & U swimmers

When: Sunday, October 20

Where: Howard Community College Pool

**RSVP: by September 17 [here](#)**

### 2019 NAAC Holiday Mini Meet

Who: All Novice B Swimmers, 8 & Under

When: FRIDAY, November 29

Where: Naval Academy Lejeune Hall

### 2019 NAAC Holiday Blast

Who: Novice B 9 & Older swimmers

When: Nov 30 – Dec 1

Where: Naval Academy Lejeune Hall

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*Our Vision: NAAC produces athletes with the ability to compete at the collegiate and national level.*

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*Our Mission: NAAC is a competitive organization that inspires and empowers athletes to achieve excellence in swimming, water polo, and in life.*

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## Welcome to the NAAC Novice B 2019-2020 Season!

Each month we will bring you an online newsletter with information that will help you and your Novice B swimmers get the most out of all their hard work. Resources and back issues will appear on our [Novice B page](#) of the team website – NAAC.ws – under the Members Info tab. We look forward to hearing what you think of the newsletter, including any suggestions for future topics.

### Apps for Swim Parents



Novice B swimmers are just starting their swimming adventure which we hope will see them through high school, college, and their adult years. It is an exciting journey but it can be bewildering at the beginning. Communication and information are your best tools to help your swimmer get a great start. Here are some apps you can use to help:

- [Team Unify's OnDeck App](#) (free) If you only download one, this is the one to get. You can rsvp for meets, see video the coaches have posted of or for your swimmer, check the latest practice schedule changes and more.
- [USA Swimming's Deck Pass](#) (free) There is so much great information for parents and swimmers on this app. Novice B swimmers will particularly enjoy the Online USA Swimming Patches swimmers earn by working hard in practice, getting best times, and learning more about their sport and about healthy living. We will be awarding patches to Novice B swimmers and highlighting special achievements in future issues of this newsletter.
- [Active.com's Meet Mobile](#) (subscription and in-app fees) More than a million swimmers, coaches, parents, and fans use Meet Mobile to see real-time results. Swim teams are increasingly using Meet Mobile instead of providing printed meet programs and results.
- [The CDC's Heads Up App](#) for 6-8-year-olds (free) – Rocket Blades – a brain-safety game – is designed to teach kids the importance of preventing concussions and, should a concussion occur, the importance of talking to a parent, teacher, or coach right away. Fortunately, concussions are less common in our sport than in others, but Novice B swimmers are at an age of physical exploration and development and things happen. The more you and your child knows about concussions the safer they will be.



## Birthdays from September to November

Isabelle Wilson	Sep. 3
Stella Blouin	Sep. 21
Finn Falk	Sep. 29
Ali Workman	Oct. 17
Arianna Cooper	Nov. 21
Wyatt Broyles	Nov. 24
Katie Mahoney	Nov. 28
Cash Gendell	Nov. 29

## Upcoming Clinics

Sunday Stroke Clinics and Holiday Clinics are a great way for Age Group swimmers to improve swimming skills. We will be scheduling more clinics soon. Check out our [24 Hour Athlete Clinics](#) page for more information

## Remember to Declare for Meets

Please be sure you are committed or declined for all the upcoming meets. If you are confused about which meet your swimmer should attend please feel free to email Coach Sandy ([savery422@gmail.com](mailto:savery422@gmail.com)) to ask for help. There is never enough pool space to host meets so meets fill quickly. We have to send entries well before the meet deadline teams indicate on their meet notices or we risk being shut out of the meet. Please consider committing for all the meets you think you may attend. You can decline before our rsvp deadline.

SEPTEMBER 2019						
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29	30					

OCTOBER 2019						
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13	14	15	16	17	18	19
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27	28	29	30	31		

NOVEMBER 2019						
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Free from USA Swimming  
[Great Resources for Parents](#)