



NAAC NEWSLETTER

VISION: NAAC produces athletes with the ability to compete at the collegiate and national level.

MISSION: NAAC is a competitive organization that inspires and empowers athletes to achieve excellence in swimming and in life.

What a great weekend in York, PA. Despite the dreary weather outside the Graham Aquatic Center, NAAC was rocking inside (and we looked sharp on deck in our new gear). Please see the individual group meet recaps on the next page and the attached improvement file. Thank you to all who volunteered over the weekend. We will be posting credits to accounts next week. I will include directions in next week's newsletter on how to check your volunteer credits in your TU account.

Boat Show:

Don't forget the Annapolis Boat Shows start this week so traffic in downtown Annapolis will be a challenge. True story; years ago, I took someone's car door off tooling down Prince George's street on the way to practice during the Boat Show. A guy who was parallel parked swung his car door open without looking and my only options were to hit his door or have a head-on collision with a truck pulling a center console coming the other way. Pretty sure I'm here today because I choose the door, so drive with care downtown. Gate 1 will be closed to car traffic on both weekends during the shows, but Gate 8 will be open 24/7.

Welcome, Catherine Wallace!

We have a new coach joining our Novice B team next week. Please welcome Catherine Wallace to the club. Catherine has a variety of coaching experience, including several years with the Arlington Alligators, the YMCA of Columbia and Clemson University. She also has a degree in Elementary Education and has a great deal of elementary teaching experience which pairs well with NB. Welcome, Catherine!

Congrats to NAAC's Luke Corey and Nate Decker!

We are so proud of Luke and Nate for being 2 of 48 athletes selected for USA Swimming's National Select Camp held Oct 13 -17 in Colorado Springs. This camp is designed for the top USA Swimming athletes in the nation to have a once-in-a-lifetime experience at the Olympic Training Center. During the camp, they will learn about post-race recovery, drug and supplement rules, psychological training skills, nutrition, race strategy and more.

Marlins Meet:

Please review the attached entry file for the Marlins Meet. This meet is for all AG, JR and Sr Group members who have at least one BB cut. Please contact your lead group coaches for any event update requests or changes.

USA Swimming Registration:

It is time for all members to set up new accounts and register with USAS for 2023. (New members have done this already). Please follow the directions [HERE](#) Reach out to Kelli Jones, navalaacMAL4@gmail.com with any questions regarding the process. We will also send out an email

Updated Parent Handbook:

We have updated the NAAC Parent Handbook. The board has worked very hard to make sure this information is up-to-date and accurate. Kelli Jones took the time to reformat the entire document – it looks great! Be on the lookout for an email with the updated handbook attached. Please take the time to read the handbook, as it contains many important details about our club (Plus, you agreed to everything in it when you registered for the year, so you should know what it says!)

Photo Fund Raiser:

Please see details on page 3 but be sure to book your appointment soon as slots are filling up quickly! We are off to a great start this season. Looking forward to the next couple of weeks. Enjoy the sunshine.

Coach Hilary



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YORK MEET RE-CAP:

JUNIOR GROUP - COACH REB

Overall, the Junior Group did a very good job at the York meet. The Junior Group swimmers had about an 80% best time swim rate for the meet. We had a few swimmers swimming in their first meet, so they had best times, regardless. We still need to work on a few racing strategies, including not breathing off of the turns and not breathing into the finishes. Overall, we were very happy with the results of the meet. As we look to build their endurance base and overall fitness, we will continue to work with them to perfect their streamlines and underwater work. For the first meet of the season, this went very well and we look forward to improving everything,

AGE GROUP - COACH CHRIS

The Age Group swimmers had a great meet this past weekend. Many swimmers swam events for the first time and many others dropped time in events they have previously swum. Their hard work this fall was evident as they achieved BB, A, and AA times. BB times were made by Charlotte Cylc (1), LC Galvanek (1), Noel Goudy (3), Adelaide Kelsey (1), Katie Mahoney (1), Francesca Martino (3), Hanley Miller (3), Chloe VerMerris (6), Payton Womble (5), Ally Workman (1), Sasha Herron (3), Max Piquero (1), Colton Smith (4), Max Urlock (2), and Kevin Wang (1). Sasha, Max Urlock, Chloe and Ally also had 1 A time each and Ally had 3 AA times. Not only did swimmers get their BB, A, and AA cuts, but many swimmers in AG had very large time drops. The following swimmers had time drops of over 10 seconds: Kennedy Benjamin (3), Andrew Bilo (5), Colin Brownell (1), Keely Cornelius (3), Grey Cregan (4), Charlotte Cylc (1), LC Galvanek (2), Beau Gendell (2), Colin Gitchell (5), Adelaide Kelsey (3), Kennedy Lyon (2), Katie Mahoney (1), Francesca Martino (4), Maren Morlock (3), Max Piquero (2), Sadie Rollins (4), Emily Romanczyk (2), Colton Smith (4), Max Urlock (4), Chloe VerMerris (3), Colton Wainscott (4), Payton Womble (4), and Ally Workman (1).

This was an exciting start to the season and we are looking forward to even more success throughout the year.

NOVICE A - COACH JILL

Thirty-six Novice A swimmers competed at both York meets for 9 and overs as well as the Saturday mini meet. With only three weeks of practice under their belts they all performed really well at these early season competitions! These young athletes have focused hard on fundamental skills in practice like proper push offs and streamlines, flip turns and open turns, and block starts (which many new teammates have never done before) and they looked awesome in their first meets of the season. Ethan Piekutowski dropped the most time from last season in a 100-yard event with a whopping 20.35 seconds in his IM while Isla Keatts dropped 10.61 in her 50 Fly! First-year NAAC swimmer Jack Scanlon shaved off 6.58 seconds from last season in his 25 breaststroke!

Eight-year-old Izzy Bialy won first place in all four of her races! Tugg Gendell and Hadley Watson both won first in 50 Breaststroke while Jack Scanlon took first in 25 breaststroke. Other NA swimmers who placed in the top 5 in their races include Brooks Benjamin, Lilly Emery, Stone Gendell, Trinity Kirchen, Maggie Liscinsky, Sullivan Luning, Patrick Miller, Emma Mohr, Alia Piekutowski, Carter VerMerris.

Everyone had a good time getting to know each other better in the bleachers between events and cheering for each other too. We look forward to seeing even more awesome progress at our first home meet in early December!

NOVICE B - COACH SANDY

Novice B swimmers and their families had their first USA Swimming meet at York last Saturday evening. For many, it was their first year-round meet and they showed surprising poise. Even though we have only had a few weeks of practice we could see the progress the swimmers are making. A big shout-out to the Seniors who volunteered to stick around and help out. The 8 & Unders loved the chance to do a team cheer with you. The coaches greatly appreciate your help getting the swimmers to their races. Between the Bowling Gear Party and the help at the Mini Meet, it is easy to see we have a special group of kids who are creating a strong and supportive team culture.



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NAAC PHOTO FUNDRAISER

Don't miss out! Scan the code to sign up today. Spots are filling fast. Gorgeous outdoor photos taken for your Holiday cards, mantles or as a gift by a professional photographer that used to be part of the NAAC family! Beautiful pictures for you, money coming back to the team! Win-Win!!



HAMILTON
IMAGES

info@hamilton-images.com
410 . 267 . 6090
www.hamilton-images.com

N Photo Fundraisers



Fall Family Photos

Hamilton Images captures authentic, joyful images of your family in our **10 min short & sweet sessions!** It's the perfect amount of time to get that keepsake!

Choose family portraits, sibling photos or a combination.

A variety of packages, prints and holiday cards will be available in your private gallery 2-3 weeks from your session.

Get great family photos, have some fun and **raise money for your organization**- a percentage of profits will go back to NAAC!

Choose a package

All Inclusive - \$195
Download all high res photos!

Most Popular - \$99
Pick your favorite and download it!
\$20 credit for post session shopping

Basic Plus - \$70
\$20 credit for post session shopping

Basic - \$55
Purchase high res and prints after the session

Prints, Packages and High Res Files

Sheets (1-8X10, 2-5X7's 3-4X6's) - \$22 each
Packages - \$22 and up
High Res File- \$50

Location & Dates

Friday, November 11
WWII Scenic Overlook

Saturday, November 26
(Thanksgiving weekend)

USNA (gazebo near chapel)

Session slots are limited!

Book Online

https://

hamiltonimages.as.me/naac

Rain dates will be made available.

Payments are transferable but not refundable.

All prints and products ship to your home for \$5.50



N Naval Academy
Aquatic Club

giving back

Hamilton Images is donating a percentage of all profits back to NAAC!



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PRACTICE SCHEDULE/UPDATES

SENIOR GROUP Updates (otherwise, normal practice):

Friday, Oct 7: 6:30-8:30pm

Saturday, Oct 8: No practice Navy home meet

Sunday Oct 9: 7:00-9:00am

Sunday Oct 23: 7:00-9:00am Swim, 9:15-10:15am Metal Resilience Training, Classroom

Sunday Oct 30: 7:00-9:00am Swim, 9:15-10:15am Metal Resilience Training, Classroom

Monday Oct 31: Of course, 6:30-8:30pm wear your costume!

JUNIOR GROUP:

No update

AGE GROUP:

Sunday, Oct 8: 9:30-11:00am

Monday Oct 31: No practice HALLOWEEN

NOVICE A:

Monday, Oct 31: No practice, HALLOWEEN

NOVICE B:

No update

MEET PHOTOS



marylandswimmingpics.smugmug.com

WANNA BE AN OFFICIAL?

STROKE & TURN TRAINING CLINIC!

WHO: NEW AND RETURNING OFFICIALS WELCOME.

WHEN: 11/2/22, 6:30 PM
LEJUENE CLASSROOM USNA

INSTRUCTOR: JERILYN DEITCH,
NAAC
JERILYNJOY75@GMAIL.COM
410-746-5917

PLEASE SIGN UP USING THIS FORM:
[HTTPS://FORMS.GLE/JVWKE941EBZE56FX7](https://forms.gle/JVWKE941EBZE56FX7)



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UPCOMING MEETS:

2022 RAYS MEET

WHO: AG, JR, SR (need to have at least one BB time standard)

WHEN: Nov 4 - 6, 2022

WHERE: UMD, Eppley Center

CHECK ENTRIES!

RSVP NOW - all NO, AG, JR & SR!

2022 NAAC DECEMBER BB BUSTER

WHO: NA, AG, JR, SR WITH BB OR SLOWER TIMES 9 & OVER (BASICALLY EVERYONE ON THE TEAM IN THESE GROUPS WHO IS OVER 9 YEARS OLD)

WHEN: Dec 3 - 4, 2022

WHERE: Lejeune Hall, USNA

RSVP NOW - all 8 & Under members

2022 NAAC DECEMBER MINI MEET

WHO: All NAAC 8 & Under Members

WHEN: Dec 2, 2022

WHERE: Lejeune Hall, USNA

RSVP NOW

2022 CLUB MOUNTAINEER SPEEDO INVITE

WHO: All AG, JR, SR - no time standards so everyone in these groups can attend!

WHEN: Dec 8 -11, 2022

WHERE: Morgantown, WVA

HOTEL: Hampton Inn & Suites

SENIOR COLLEGE COMMITMENTS

Congrats to Alexia Zaidi and Andrew Rich!

CLASS of 2023

ALEXIA ZAIDI

CLASS of 2023

ANDREW RICH