**NORTH BALTIMORE AQUATIC CLUB**

**2016 USA SWIMMING GOLD MEDAL CLUB**

**2016 USA SWIMMING PODIUM AWARD WINNER**

**USA SWIMMING LEVEL 4 CLUB**

**DISCOVERY & IMAGINATION GROUPS**

**Bi - Weekly Newsletter January 16 – January 29, 2017**

**January 16 – 22, 2017 IMAGINATION GROUPS PRACTICE SCHEDULE**

**(ALL Practices at Goucher unless noted / Practices at Meadowbrook are noted with an M)**

**IM 1 IM 2 IM 3 IM 4**

MONDAY Jan. 16, 2017 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm 6:00 pm -8:00 pm 6:00 pm – 8:00pm TUESDAY Jan. 17, 2017 7:00 pm – 9:00 pm OFF 7:30 pm – 9:00 pm OFF

WEDNESDAY Jan. 18, 2017 OFF 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm 6:00pm – 7:30 pm

THURSDAY Jan. 19, 2017 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm OFF OFF

FRIDAY Jan. 20, 2017 6:00 pm – 7:30 pm 6:00 pm – 7:30 pm 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm

SATURDAY Jan. 21, 2017 7:00 am – 8:45 am 7:00 am – 8:45 am 8:45 am – 10:15 am 8:45 am – 10:15 am

SUNDAY Jan. 22, 2017 8:00 am – 10:00 am(M) OFF OFF OFF

**January 23 - 29 , 2017 IMAGINATION GROUPS PRACTICE SCHEDULE**

**(ALL Practices at Goucher unless noted / Practices at Meadowbrook are noted with an M)**

**IM 1 IM 2 IM 3 IM 4**

MONDAY Jan. 23, 2017 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm 6:00 pm – 8:00 pm 6:00 pm – 8:00 pm

TUESDAY Jan. 24, 2017 7:00 pm – 9:00 pm OFF 7:30 pm – 9:00 pm OFF

WEDNESDAY Jan. 25, 2017 OFF 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm 6:00 pm – 7:30 pm THURSDAY Jan. 26, 2017 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm OFF OFF

FRIDAY Jan. 27, 2017 6:00 pm – 7:30 pm 6:00 pm – 7:30 pm 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm

SATURDAY Jan. 28, 2017 7:00 am – 8:30 am 7:00 am – 8:30 am 8:30 am – 10:00 am 8:30 am – 10:00 am

SUNDAY Jan. 29, 2017 8:00 am – 10:00 am (M) OFF OFF OFF

**January 16 - 22, 2017 DISCOVERY GROUPS PRACTICE SCHEDULE**

**(ALL Practices at Goucher unless noted / Practices at Meadowbrook are noted with an M)**

**DIS 1 DIS 2 DIS 3**

MONDAY Jan. 16, 2017 OFF OFF OFF

TUESDAY Jan. 17, 2017 6:30 pm – 7:30 pm 6:30 pm – 7:30 pm OFF

WEDNESDAY Jan. 18, 2017 OFF OFF 6:00 pm – 7:00 pm

THURSDAY Jan. 19, 2017 6:30 pm – 7:30 pm 6:30 pm – 7:30 pm OFF

FRIDAY Jan. 20, 2017 OFF OFF OFF

SATURDAY Jan. 21, 2017 11:30 am – 12:30 pm(M) SEE NOTE (M) 12:30 pm – 1:30 pm(M)

SUNDAY Jan. 22, 2017 11:00 am – 12:00 pm (M) SEE NOTE (M) 11:00 am – 12:00 pm (M)

NOTE: Discovery 2 is split on Saturday and Sunday. Please send your swimmer to either the first or second practice based on what the coaches have assigned at the beginning of the season.

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**January 23 - 29, 2017 DISCOVERY GROUPS PRACTICE SCHEDULE**

**(ALL Practices at Goucher unless noted / Practices at Meadowbrook are noted with an M)**

**DIS 1 DIS 2 DIS 3**

MONDAY Jan. 23, 2017 OFF OFF OFF

TUESDAY Jan. 24, 2017 6:30 pm – 7:30 pm 6:30 pm – 7:30 pm OFF

WEDNESDAY Jan. 25, 2017 OFF OFF 6:00 pm – 7:00 pm

THURSDAY Jan. 26, 2017 6:30 pm – 7:30 pm 6:30 pm – 7:30 pm OFF

FRIDAY Jan. 27, 2017 OFF OFF OFF

SATURDAY Jan. 28, 2017\* 10:00 am – 11:00 am (GC)10:00 am – 11:00 am (GC) MEET

SUNDAY Jan. 29, 2017\* 10:00 am – 11:00 am (M) 10:00 am – 11:00 am (M) MEET

\*For Discovery swimmers 9 and over not in the MAC Hogan Meet.

**NEW NEWS**

**Now it is ‘*CRUNCH TIME’!* Championship season is around the corner so let’s make each and every day a success so we can be very successful at the end of the short course season.**

**Thank you very much to all the participants of the BAC CeraVe Invitational. We can’t make trips like this happen without great support from our members, fantastic chaperones, our athletes and great coaches!**

Check out the following new link for NBAC spirit wear. Still at the early stages and more will be added.

<http://www.swimoutlet.com/northbaltimore>

**REQUIRED SUITS & ATTIRE**

**WHITE FLAG NBAC FLAG CAP** – ALL Groups (Only cap allowed in meets)

**RED NBAC TOKYO CAP** – ALL Groups (Only cap allowed in practice)(Available 9/14/2016)

**NBAC T-SHIRTS**: Required Attire at Meets (There are other clothing options also, T-Shirts are the only “requirement”)

(Dark Blue, Red & Light Blue).

PLEASE PURCHASE THE T-SHIRTS & CAPS AS THEY BECOME AVAILABLE IN THE MEADOWBROOK PRO SHOP.

**MEET SUIT**: 12 & Under Male Swimmers: Black Speedo Aquablade – Jammer or Brief

12 & Under Female Swimmers: Black Speedo Aquablade Recordbreaker

13 & Older Male Swimmers: Black Speedo FS II – Jammer or Brief

13 & Older Female Swimmers: Black Speedo FS II

13 & Older Male & Female Swimmers w/sectional qualifying times: Black Speedo LZR Racer Elite

**PRACTICE SUITS**: Wear any suit you like…except for your meet suit.

NOTE ON SUITS: Meet suits should be very tight fitting for meets – No baggy suits for meets – do not buy for them to “grow into”. Practice suits should be loose fitting and comfortable. If you have any questions, check with one of the coaches.

**NOTE: WE WILL BE WORKING ON A SUIT SPONSOR OVER THE COMING WEEKS. PLEASE USE THE ABOVE LIST UNTIL WE HAVE FINALIZED A SPONORSHIP. IF ANY OF THE SUITS ARE NOT AVAILABLE PLEASE GET THE SUIT THAT REPLACED THE ABOVE.**

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO EMAIL TOM.**

**REQUIRED EQUIPMENT**

WE ARE ALSO TRANSITIONING AGAIN TO NEW SUPPLIERS FOR OUR EQUIPMENT. YOU WILL BE NOTIFIED AS TO WHEN AND WHERE THE EQUIPMENT SHALL BE PURCHASED. UNTIL THAT TIME BRING WHAT YOU HAVE. GOUCHER HAS KICKBOARDS AND PULL BUOYS THAT CAN BE USED UNTIL WE HAVE FIGURED OUT THE EQUIPMENT PURCHASES.

**FINS**: ALL Groups

**KICK BOARD**: ALL Groups

**PULL BUOY**: IM 1 & IM 2: Small & Large Pull Buoy / IM 3 & IM 4: Small Pull Buoy

HP & CH Group / small &-or Large Pull Buoy

**PADDLES**: IM 1, IM 2, IM 3, HP & CH Groups: Get a size that fits the size of your hand…not bigger & not smaller

**SNORKLE**: ALL HP, CH & IM Groups

**WATER BOTTLE / SPORT DRINK (DELUTED 50% WATER/50% SPORT DRINK OR JUST WATER):** ALL Groups

**MEETS**

The coaching staff does all meet entries for ALL swimmers and meets. The coaches will select the best meets for the swimmers as well as the events each swimmer will be entered in. It is assumed that all swimmers will attend all meets in which the coaching staff selects for each swimmer. It is up to each swimmer/parent to send an email to Solomon and notify him if you are unable to attend a meet. This must be done no later than **4 weeks prior to the date of the meet**. The meets are an important part of the equation to developing each swimmer to the best of their abilities. Please make every effort to attend each meet you are selected to attend.

The schedule for the 2016-2017 Short & Long Course Seasons is included in this weekly report. It is accurate right now but is subject to change if we feel it is in the best interest of the swimmers involved. If and when there are any changes, you will be notified via the Bi-weekly report.

**NBAC 2016 – 2017 NBAC HIGH PERFORMANCE / CHALLENGE GROUPS COMPETITION SCHEDULE**

**January 28-29, 2017 MAC Hogan Memorial Meet Walkersville H.S.**

All 8 and under swimmers

Entries and warm up schedules will be sent out in a separate email.

**February 3 – 5, 2017 York YMCA John Dibarbadillo Meet York YMCA**

All 9 & Older Swimmers

Entries and warm up schedule will be sent out in a separate email.

**February 12, 2017 NBAC / GTAC Dual Meet McDaniel College**

ALL 8 & Under Swimmers

ALL 9 – 13 year old swimmers not qualified for the

MD LSC 14 & U champs

**February 23 – 26, 2017 MD LSC Senior Championships Naval Academy**

All Qualifiers

**March 2 – 5, 2017 MD LSC 14 & Under Championships St. Mary’s College**

All Qualifiers

**March 10 – 12, 2017 MD LSC Junior Championships UMBC**

All Qualifiers who did not swim in either of the two

above meets (and swim at least 4 events)

**April 5 – 8, 2017 Elite Showcase Classic Meet Clearwater, Florida**

14 & Under Swimmers

All Qualifiers

Odd age – AA Times

Even Age – AAA Times

**April 21 – 23, 2017 NAAC Chidester LC Meet Naval Academy**

TBD

**May 18 – 21, 2017 NBAC Spring LC Invitational Meet St. Mary’s College**

ALL 9 & older Swimmers

**June 9 – 12, 2017 NBAC Long Course Championships Meadowbrook**

ALL NBAC Swimmers

**July 6 – 9, 2017 NBAC Mid-Summer Classic Meadowbrook**

ALL NBAC Swimmers

**July 21 – 23, 2017 FSC MD LSC Last Chance Meet McDonough**

Swimmers TBD

**August 3 – 6, 2017 MD LSC LC Championships St. Mary’s College**

All Qualifiers (Except those that qualify for JR Nationals)

END OF 2016 – 2017 SC & LC SEASONS

**NOTE: Some dates for meets are still not available. There is the possibility of changes as we move through the season and as other meets info is made available. We may add one or more meets if we determined they are needed.**

**NBAC**

**HIGH PERFORMANCE & CHALLENGE**

**COACHES**

**Tom Himes (**[**thimes@nbac.net**](mailto:thimes@nbac.net)**)**

**Head Coach / Head Age Group Coach**

**High Performance, Challenge, Imagination, Discovery Groups**

**1985 – 2002 / 2009 - Present**

**(CH 3 Lead Coach)**

**Solomon Sniad (**[**ssniad@nbac.net**](mailto:ssniad@nbac.net)**)**

**Associate Head Age Group Coach**

**Imagination & Discovery Groups**

**2009 - Present**

**(Imagination 1, 3 & Discovery 1, 3 Lead Coach)**

**Brian Horan (**[**bhoran86@gmail.com**](mailto:bhoran86@gmail.com)**)**

**Age Group Coach**

**Imagination & Discovery Groups**

**2013 – Present**

**(Imagination 2, 4 & Discovery 2 Lead Coach)**

**Rob Kesler**

**Age Group Coach**

**Imagination & Discovery Groups**

**2016 - Present**

**(Imagination & Discovery)**

**Charles Nyasae**

**Age Group Coach**

**Discovery Groups**