**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 December 5, 2016 – December 18, 2016**

**December 5-11, 2016 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 Dec. 5, 2016 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 Dec. 6, 2016 7:00 pm – 9:00 pm OFF 7:30 pm – 9:00 pm OFF

WEDNESDAY Dec. 7, 2016 7:00 pm – 9:00 pm\* 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm 6:00 pm – 7:30 pm \*500 FR Swimmers only

THURSDAY Dec. 8, 2016 7:30 pm – 9:00 pm\*\* 7:30 pm – 9:00 pm\*\* 7:30 pm – 9:00 pm\*\* 7:30 pm – 9:00 pm\*\*

\*\*Holiday meet swimmers and Christmas Meet swimmers not in Thursday night session

FRIDAY Dec. 9, 2016 5:30 pm – 7:00 pm (M) 7:00 pm – 8:30 pm 7:00 pm – 8:30 pm 7:00 pm – 8:30 pm

SATURDAY Dec. 10, 2016 2:00 pm – 3:30 pm (M) OFF OFF OFF

SUNDAY Dec. 11, 2016 MEET/OFF MEET/OFF MEET/OFF MEET/OFF

**December 12 - 18, 2016 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 Dec. 12, 2016 6:00 pm – 7:30 pm\* 6:00 pm – 7:30 pm\* 6:00 pm – 7:30 pm\* 6:00 pm – 7:30 pm\*

\*Christmas meet swimmers are all off!

TUESDAY Dec. 13, 2016 7:30 pm – 9:00 pm OFF 7:30 pm – 9:00 pm OFF

WEDNESDAY Dec. 14, 2016 OFF 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm\*\* 6:00 pm – 7:30 pm

\*\*IM 3 Holiday Meet swimmers are off!!!

THURSDAY Dec. 15, 2016 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm\*\*\* OFF

\*\*\*Only IM 3 swimmers in the Holiday Meet

FRIDAY Dec. 16, 2016 6:00 pm – 7:30 pm^^ 6:00 pm – 7:30 pm^^ 6:00 pm – 7:30 pm^^ 6:00 pm – 7:30 pm^^

^^Non-Holiday Meet swimmers

SATURDAY Dec. 17, 2016 7:00 am – 8:30 am^^ 7:00 am – 8:30 am^^ 7:00 am – 8:30 am^^ 7:00 am – 8:30 am^^

^^Non-Holiday Meet swimmers

SUNDAY Dec. 18, 2016 MEET/OFF MEET/OFF MEET/OFF MEET/OFF

**December 5 - 11, 2016 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 Dec. 5, 2016 OFF OFF OFF

TUESDAY Dec. 6, 2016 6:30 pm – 7:30 pm 6:30 pm – 7:30 pm OFF

WEDNESDAY Dec. 7, 2016 OFF OFF 6:00 pm – 7:00 pm

THURSDAY Dec. 8, 2016 6:30 pm – 7:30 pm 6:30 pm – 7:30 pm OFF

FRIDAY Dec. 9, 2016 6:00 pm – 7:00 pm 6:00 pm – 7:00 pm OFF

SATURDAY Dec. 10, 2016 3:30 pm – 4:30 pm(M)\* 3:30 pm – 4:30 pm(M)\* 3:30 pm – 4:30 pm(M)\*

\*Discovery swimmers not in the GTAC or Christmas Meet

SUNDAY Dec. 11, 2016 MEET/OFF MEET/OFF MEET/OFF

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**December 12 – 18, 2016 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 Dec. 12, 2016 OFF OFF OFF

TUESDAY Dec. 13, 2016 6:30 pm – 7:30 pm 6:30 pm – 7:30 pm OFF

WEDNESDAY Dec. 14, 2016 OFF OFF 6:00 pm – 7:00 pm

THURSDAY Dec. 15, 2016 6:30 pm – 7:30 pm 6:30 pm – 7:30 pm OFF

FRIDAY Dec. 16, 2016 OFF OFF OFF

SATURDAY Dec. 17, 2016 12:30 pm – 1:30 pm(M)\* 12:30 pm – 1:30 pm(M)\* 12:30 pm – 1:30 pm(M)\*

\*Discovery swimmers not in the Holiday meet

SUNDAY Dec. 18, 2016 12:30 pm – 1:30 pm(M)\* 12:30 pm – 1:30 pm(M)\* 12:30 pm – 1:30 pm(M)\*

\*Discovery swimmers not in the Holiday meet

**NEW NEWS**

NBAC IMAGINATION HOLIDAY PARTY: Monday December 19, 2016!

NBAC DISCOVERY HOLIDAY PARTY: Tuesday December 20, 2016!

\*There may be some surprise guests… ☺

Times TBD!

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**

**December 8 – 11, 2016 NBAC Christmas Meet St. Mary’s College**

Selected Swimmers: Entries are attached!

Thursday Final Session: (9-12 Swimmers in the 500 FR)

Warm Ups: 4:00 pm

Meet Start: 4:45 pm

Friday 13 and over Prelim session:

Warm Ups: 6:30 am

Meet Start: 8:00 am

Friday 12 and under Prelim session:

Warm Ups: 11:30 am

Meet Start: 12:30 pm

Friday Finals:

Warm Ups: 4:30 pm

Meet Start: 5:30 pm

Saturday 13 and over Prelim session:

Warm Ups: 6:30 am

Meet Start: 8:00 am

Saturday 12 ad under Prelim session:

Warm Ups: 11:50 am

Meet Start: 12:50 pm

Saturday Finals:

Warm Ups: 4:30 pm

Meet Start: 5:30 pm

Sunday 13 and over Prelim session:

Warm Ups: 6:30 am

Meet Start: 8:00 am

Sunday 12 and under Prelim session:

Warm Ups: 11:50 am

Meet Start: 12:50 pm

Sunday Finals:

Warm Ups: 4:30 pm

Meet Start: 5:30 pm

**December 10-11, 2016 GTAC 8 & Under Meet McDaniel College**

Entries are attached!

Saturday and Sunday:

Warm ups: 8:00 am

Meet Start: 9:00 am

SWIM SMART, SWIM FAST, HAVE FUN!

**December 16 – 18, 2016 NBAC / RAC Holiday Meet UMBC**

**January 7 – 8, 2017 MSC Winter Invitational (BB & Below) Loyola College**

Qualifying Swimmers not attending the Rutgers Meet

**January 13 – 15, 2017 BAC Long Course Meet Rutgers University**

List is coming out soon and we will ne a quick response as to whether or not your invited swimmer can attend the meet or not. Thank You!

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

ALL 8 & Under Swimmers

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

All 9 & Older Swimmers

**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**

**(HP, CH 1, 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 4 & Discovery 2, 3)**

**Charles Nyasae**

**Age Group Coach**

**Discovery Groups**