**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 2 – January 15, 2017**

**January 2 – 8, 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. 2, 2017 6:00 pm – 8:00 pm 6:00 pm – 8:00 pm 7:00 pm -9:00 pm 7:00 pm – 9:00pm TUESDAY Jan. 3, 2017 7:00 pm – 9:00 pm OFF 7:00 pm – 9:00 pm OFF

WEDNESDAY Jan. 4, 2017 OFF 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm 6:00pm – 7:30 pm

THURSDAY Jan. 5, 2017 7:00 pm – 9:00 pm 7:00 pm – 9:00 pm OFF OFF

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

SATURDAY Jan. 7, 2017 7:00 am – 8:45 am\* 7:00 am – 8:45 am\* 7:00 am – 8:45 am\* 7:00 am – 8:45 am\*

\*All Imagination swimmers not in the Mariner Invitational

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

**January 9 - 15 , 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. 9, 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. 10, 2017 7:00 pm – 9:00 pm OFF 7:30 pm – 9:00 pm OFF

WEDNESDAY Jan. 11, 2017 TBD TBD TBD TBD

THURSDAY Jan. 12, 2017 7:30 pm – 9:00 pm 7:30 pm – 9:00 pm 7:30 pm – 9:00 pm OFF

FRIDAY Jan. 13, 2017 6:00 pm – 7:30 pm 6:00 pm – 7:30 pm 7:30 pm – 9:00 pm 7:30 pm – 9:00 pm

SATURDAY Jan. 14, 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. 15, 2017 OFF OFF OFF OFF

NOTE: An updated schedule for Tuesday – Thursday will be sent out by the end of the weekend due to the Cera Ve Meet.

**January 2 - 8, 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. 2, 2017 OFF OFF OFF

TUESDAY Jan. 3, 2017 6:30 pm – 7:30 pm 6:30 pm – 7:30 pm OFF

WEDNESDAY Jan. 4, 2017 OFF OFF 6:00 pm – 7:00 pm

THURSDAY Jan. 5, 2017 6:30 pm – 7:30 pm 6:30 pm – 7:30 pm OFF

FRIDAY Jan. 6, 2017 OFF OFF OFF

SATURDAY Jan. 7, 2017\*\* 8:45 am – 9:45 am (GC) 8:45 am – 9:45 am (GC) 8:45 am – 9:45 am (GC)

SUNDAY Jan. 8, 2017\*\* 11:00 am – 12:00 pm (M) 11:00 am – 12:00 pm (M) 11:00 am – 12:00 pm (M)

\*\*Note: For Discovery swimmers not in the Mariner Invitational Meet

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**January 9 - 15, 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. 9, 2017 OFF OFF OFF

TUESDAY Jan. 10, 2017 6:30 pm – 7:30 pm 6:30 pm – 7:30 pm OFF

WEDNESDAY Jan. 11, 2017 OFF OFF **6:30 pm – 7:30 pm**

THURSDAY Jan. 12, 2017 6:30 pm – 7:30 pm 6:30 pm – 7:30 pm OFF

FRIDAY Jan. 13, 2017 OFF OFF OFF

SATURDAY Jan. 14, 2017 11:30 am – 12:30 pm (M) SEE NOTE (M) 12:30 pm – 1:30 pm (M)

SUNDAY Jan. 15, 2017 10:00 am – 11:00 am (M) SEE NOTE (M) 11:00 am – 12:00 pm (M)

NOTE: Discovery 2 swimmers have been split on the weekends to swim either earlier or later. Please attend the practice your swimmer has been asked to attend since the start of the season. Thank you!

**NEW NEWS**

Let us make 2017 great!!!

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

Entries are attached!

Saturday AM Session: Events 1 - 22     Warmups:  6:30 am   Meet Starts:  8:00 am

Saturday PM Session: Events 23 - 44   Warmups:  12:30 pm   Meet Starts:  2:00 pm

Sunday AM Session:  Events 45 - 68   Warmups:  6:30 am     Meet Starts:  8:00 am

Sunday PM Session:  Events 69 - 92   Warmups:  12:30 pm   Meet Starts:  2:00 pm

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

Entries are attached!

More information to come…

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

Entries will be out soon!

**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**