

North Shore Swim Club



**Information for
New Families
2018-2019**

Dear New North Shore Swim Club Families,

Welcome to North Shore Swim Club - we are excited to have you join the team!

Being part of a new swim team can be overwhelming. First there are tryouts and registration, then ordering clothing and equipment and finally there is deciphering the swim meet schedule and mastering the sign up process. The goal of this booklet is to provide you with everything you need to know to get started.

North Shore Swim Team is made up of a remarkable group of kids, coaches, volunteers and parents. We strive to create and maintain the most positive experience possible for you and your swimmer(s). There is a lot of information contained in these pages and it is important that you take your time and read it carefully. So, kick back and settle in as you discover what it means to be a part of this amazing program.

Table of Contents

Contact Information	4
Latest Happenings	5
Commonly Asked Questions	6
What equipment does my swimmer need for practice?	6
How do I order and receive my swimmer's gear?	6
How should my swimmer prepare for a meet?	6
Which meets should my swimmer sign up for?	7
How do I sign-up for a meet?	7
What do I need to bring for a meet?	8
How do I find out what my child is swimming?	8
What if my child is worried they are in the wrong event or cannot swim a certain distance?	9
How do I find out how my child performed?	9
Parent/Guardian Volunteers	10
Session Schedule	11

NSSC Contact Information

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Amy Boyden	St John's Prep	aim61278@me.com

Parent Liaison, Lindsey D'Angelo lfrdangelo98@gmail.com

Latest Happenings

How do I find out what's going on with the swim team?

- Email – READ ALL OF YOUR EMAILS! Email is vital and the primary form of communication regarding all that is happening.
- Read the Club Manual. It is full of helpful information. The club manual is available on the team website
<http://www.northshoreswimclub.com>
- Ask coaches BEFORE or AFTER practice. Communicating with a coach during practice is not permitted.
- Email your coach. Coach and staff emails are found on page 4
- Email the Parent Liaison – Lindsey D'Angelo.
- Check out the team website often for updates –
<http://www.northshoreswimclub.com>
- Follow us on Facebook under North Shore Swim Club

Commonly Asked Questions

What equipment does my swimmer need for practice?

- What equipment your swimmer requires depends on what age level they are participating in. **All** swimmers must have an NSSC logo swim cap. Please mark all equipment with your swimmers name.
- Juniors – fins and cap
- Age Group – fins, cap and training snorkel
- Senior – fins, cap, buoy, paddles and training snorkel.

How do I order and receive my swimmer's gear?

- You will need to fill out an Apparel/Equipment order form. A link can be found on the website. This can then be emailed to Lindsey D'Angelo at lfrdangelo98@gmail.com. Orders will be processed in the order they are received and gear will be delivered to the pool you are registered at as quickly as possible. Usually within 2-3 days. If there is a delay for any reason you will be notified.

How should my swimmer and I prepare for a meet?

- Prior to the meet, parents should explain to their swimmer that it will be hot, long, noisy, and crowded, and not like practice. However, the meet will definitely be exciting and a great way to test all the skills they have been practicing. Tell them to encourage and cheer on their teammates.

How do I know which meets my swimmer should sign up for?

- Talk to your swimmer's coach. Each swimmer is different and some meets have qualifying standards. A collaborative decision is made based on the swimmer's age, ability and readiness. Some of the larger meets are notorious for overwhelming young swimmers but there are many meets to choose from that are smaller in scale and offer a great introduction into competitive swimmer. Be patient. NSSC hopes to present a positive experience with the sport to your swimmer and to keep them on the team throughout high school and college.

How do I sign-up for a meet?

- When meets are scheduled they are posted on the website, <http://www.northshoreswimclub.com>, with the option to sign-up and a deadline. You will receive emails reminding you of upcoming events that have been scheduled and their deadlines. If you want your swimmer to compete at the meet you will log in with your login ID and password, select the meet, select your swimmer's name, and declare you "will" or "will not" attend. In many cases you will be able to select specific events and save the entry. Your selections will be reviewed by your swimmer's coach. If you have any questions about what your child should swim, don't hesitate to email your coach. Older swimmers are encouraged to advocate for themselves and have discussions with their coaches to determine what they should be swimming and to be a part of the sign up process.

What do I need to bring to a meet?

- Team swimsuit and Tech suit is applicable
- NSSC team swim cap
- Team t-shirt
- Shorts
- 2 towels
- Sandals/flip flops (something that can be easily put on and removed quickly)
- Change of clothes
- Healthy snacks
- Water Bottle
- Small, inexpensive activity for down time (e.g. book, travel game or cards). The use of cell phones for games or social media will not be permitted on deck.

How do I find out what my child is swimming?

- Prior to the meet, the team website will have a link to the meet information and meet entry. If your child is signed up for the meet, their events should be listed with their previous best time or coaches best guess of a time for an event that your swimmer may not have an official time entry. To see what your child is swimming, log in to the event page and click “edit commitment”. Coach-approved events will be listed with a black check mark beside the event. Email your child’s coach if you have any questions about the events.

What if my child is worried they are in the wrong events or cannot swim a certain distance?

- Certainly many swimmers (and their parents) doubt their ability to compete in a given event. The coaches would never ask them to compete in an event they were not capable of completing, so despite the swimmers reservations, trust the coaches.

How do I find out how my child performed?

- Usually Meet Mobile can provide live results. This is an app that can be downloaded to your phone or tablet.

Parent/Guardian Volunteer Obligation

Swim meets cannot run without the help of parent volunteers. Hosting swim meets is our method of fundraising for the team, so parent volunteers are essential. This is outline in detail in the handbook. Please read and know these policies ahead of time.

Working at a meet is not as intimidating as it may initially seem. It definitely makes the time go by faster! Timer, hospitality, admissions/program sales and runner are all manageable jobs and take no prior experience. You will learn very quickly on the job. There are additional job opportunities that are available with a bit of training such as running the Colorado or head timer. If you are really all in – you could also sign-up for the training to be an official. We offer several clinics during the year and we are always looking for new officials. In addition to filling a necessary role, these tasks allow you to be closer to the action. You'll be in a position to witness the sheer excitement and energy of the swimmers on the pool deck!

Volunteer sessions are required. If you have a swimmer participating in the meet, you have a job. Please plan your schedule well in advance so as to eliminate unnecessary stress and fines. Please see the handbook for more details or clarification on the Parent/Guardian Volunteer Obligation.

Session Schedule

Session 1 - September 10, 2018 – October 31, 2018

Session 2 – November 1, 2018 – December 31, 2018

Session 3 – January 1, 2019 – February 28, 2019

Session 4 – March 1, 2018 – April 30, 2019

Session 5 – May 1, 2019 – June 16, 2019

Session 6 – June 17, 2019 – July 27, 2019