CHECK LIST TO BEGIN

✓ Registration Form
✓ Transfer Form (if applicable)
✓ Proof of Age
✓ Parent Agreement Form
✓ MAAPP Form
✓ Hanscom AFB access Form (if applicable)
✓ Mandatory Clothing/Equipment Form
✓ Supplemental Clothing/Equipment Form

You, as parents and guardians, are responsible for knowing and adhering to all policies and procedures. By knowing how the club operates you will make the NSSC experience much more enjoyable for your child.
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 Club 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.
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NSSC Contact Information

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Facility Head Coaches

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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](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](http://www.northshoreswimclub.com)

- Follow us on Facebook under North Shore Swim Club

- Follow us on Instagram
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, including PreTeam, must have an NSSC logo swim cap. Please mark all equipment with your swimmers name.
  - Pre Team - cap
  - Juniors – fins and cap
  - Age Group – fins, cap and training snorkel
  - Senior – fins, cap, and training snorkel.

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

- You will need to fill out the Mandatory Apparel/Equipment Order Form and/or the Supplemental clothing/Equipment Form. Links can be found on the website. Orders will be processed and delivered 2x a month and the schedule can be found on the master calendar. The forms should be emailed to Lindsey D’Angelo at lfrdangelo98@gmail.com. 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.
Is it required to swim in meets?

- YES! NSSC is a competitive swim team and we require that swimmers participate in at least one meet per session. If your child does not want to swim in meets this is not the program for them. Precious time is spent coaching and the end result is that children compete. If your child does not want to compete then swim lessons are the more appropriate program for them to participate in.

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 swimmer’s reservations, trust the coaches or review with them prior to the swim meet.

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.
- Children’s best times are located in your secure portal.
Parent/Guardian Volunteer Obligation

Parents are a vital part of the program and are required to volunteer at meets as part of your responsibility. It is unfair to expect other parents to carry the responsibility while other do not contribute. Hosting swim meets is our method of fundraising for the team, so parent volunteers are essential. This is outlined in detail in the Club Manual.

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 conflicts, stress and fines. Please see the Club Manual for more details or clarification on the Parent/Guardian Volunteer Obligation.
FUNDRAISING:

North Shore Swim Club depends on fundraising and Corporate Sponsorships to be able to continue to offer the high-quality competitive swim program that it has provided to its members for 25 years. NSSC never turns anyone away due to their financial situation. We have many families on scholarship. With the rising cost of all expenses, we seek your help in securing the financial foundation needed to support our members. Any NSSC family that is registered during the 2019-2020 season in Sessions or Full Year are REQUIRED to raise

JUNIOR: $100.00 annually.
Age Group: $150.00 annually.
Senior: $200.00 annually.

By promoting our program to your community of friends, neighbors, family and local businesses.

FULL YEAR SWIMMERS: If at the end of the Swim-A-Thon the required funds have not been raised, your family account will be charged the difference of the amount raised up to the required amount.

100% OF YOUR SUPPORT OF NSSC HELPS US TO:

Supplement Scholarship families
Pay for pool swim space
Hire qualified swim coaches/ support officials
Host swim meets (pay for equipment like stop watches, electronic timing, flags, etc.)

Provide practice equipment (kick boards, clocks, etc.)

Swim Meet Fund Raising (PARENT/GUARDIAN VOLUNTEER OBLIGATION)

Volunteers: One North Shore Swim Club parent/guardian per family is required to help in all NSSC hosted meets that your child participates in. Parents will be responsible for as many sessions as your child is participating in, per meet. This includes any qualified finals Championship format that your child participates in. Failure to satisfy the Fund-Raising requirement will result in a fine of 200.00 per swim meet will be placed to your account for a non-worked session or incomplete session of work. Parents are required to complete the ENTIRE session they are scheduled to work, even if your swimmer is done for the session. It is a simple POLICY- WHEN YOUR CHILD SWIMS- A PARENT OR GUARDIAN MUST HELP WITH THE RUNNING OF THE MEET. However, please note that we do not want your money! We really need your help during the swim meets to make sure we are giving the children the best possible swim meet experience. If you have a conflict during your child’s session, please contact a coach or administrator in advance to make arrangements to make up your session and get your 200.00 credited back to your account.
Full Year Schedule

September 9, 2019- August 2, 2020

Full year registration renews automatically on June 1 each year for the next year.

Session Schedule

Session 1 – September 9, 2019 – October 31, 2019
Session 2 – November 1, 2019 – December 31, 2019
Session 3 – January 2, 2020 – February 29, 2020
Session 4 – March 1, 2020 – April 30, 2020
Session 5 – May 1, 2020 – June 14, 2020
Session 6 – June 15, 2019 – July 31, 2020

All Auto renewal Sessions expire after session 6. You must re register each year for sessions.