

Dear Parents and Swimmers,

Welcome to the 2019-2020 swim season with J&M Swim. The coaches have been planning for this season, they are excited and ready to welcome you back or meet and get to know you both in the water and out on deck

Our indoor season practices begin on Monday, September 9 at all four of our locations, Lee Rec, Mt. Vernon Rec, George Washington Rec and Providence Rec Centers. Regardless of the time our coaches will be down on deck waiting to greet you and get swimming.

Since everyone has had a few weeks off please check your gear bags for all your equipment needed during practice. This includes extra caps and goggles too. Some coaches have a list of items they want you to have, others like age group one just need swimmers to have fins. Whatever you need for practice please try to have a gear bag with your equipment labeled so if you forget it you can find it easier. If you don't have all the equipment you can purchase them online at <http://sportfairusa.tuosystems.com/stores/ncap19> or at Sport Fair in person at 5010 Lee Hwy, Arlington, VA 22207. Sport Fair also has NCAP mesh bags, NCAP swim caps, clothing and swim suits with our logo. NCAP team t-shirts will be handed out in October. There is a link to the J&M store on Team Unify.

**Please be on time, in fact being on time means being 5-10 minutes early and having your cap and goggles on so you can jump in and start as soon as practice starts.**

Every coach will go over some type of lane etiquette and rules with the swimmers before they get in the first week, for your reference here are some good ones to always remember regardless of your age or how many years you've been swimming:

- ~Hold onto the wall and keep your head above water when a coach is speaking.
- ~When you touch the wall, finishing a swim, move over to the side so everyone else can finish too.
- ~Safety first; always so be aware of your surroundings and no horseplay during practice.

Every coach, or coaches within a specific group, will have additional information to send out. Some will encourage more out of the water work with goal books, dryland and team building opportunities. Every coach is there to answer your questions, just not during the time the swimmers are practicing. The best time to try and talk to one of our coaches is by either emailing and setting up a time to talk or waiting until after practice to either set a time or talk then. Just know, there are always questions and if this is your first season in a club swim environment we completely understand and believe us, there are no dumb questions, it's a lot to take in and process.

After practices begin we will have our kick-off picnic Sunday September 15 in the afternoon at Burke Lake Park (save the date) – details forthcoming. We will use a sign-up genius for organizing food and number of those coming – remember we give away lots of cool raffle items like \$100 off dues etc., NCAP JandMSwim swag and more.... Must be present to win – look for the announcement shortly.

For new families, the team will schedule a new parent meeting in late September or early October, date, time and location will be announced soon. This is where you hear from our co-owners, Jeff King and Matt Murray, meet all the coaches, provided with swim meet information and have all your questions answered. This year USA Swimming has also introduced the Minor Athlete Abuse

Protection Policy (MAAPPs). Here is the link and more information is being sent out all the time to ensure all our swimmers are always safe. <https://www.usaswimming.org/docs/default-source/safe-sportdocuments/maapp/usaswimmingmaapp.pdf>

So...let's get ready to swim and thank you for choosing to be part of our J&M Swim Family,  
Jeff King and Matt Murray and the 2019-2020 J&M Coaching Staff