

Swim
Team 101



Topics

- What is a Swim Team
- Training Groups
- Swim Meets
- Service Hours
- Fundraising
- Team Events
- Leave of Absence
- Resources



What is a Swim Team

- Nampa Swim Team is a year-round competitive swim team and member of USA Swimming. USA Swimming is the National Governing Body of the sport of swimming in the United States.

[USA Swimming](#)

[Snake River Swimming](#)





LSC
(Local Swim Committee)

Western Zone



Central Zone

Eastern Zone

Southern Zone

Boise Y Streamliners
Caldwell Swim
Elko Swim Aquatics
Magic Valley Sun Valley
Marlins Voltage
PVST
Sawtooth



Swim Season

- September-August
 - Every member (new or returning) must register with the team in August.
 - Registration link will be emailed or found on team website.
 - Every member must register with USA Swimming for the season.
 - USA Swimming registration link will be emailed from the team.
 - Click [here](#) for helpful resources for USA Swimming Registration
- Short vs Long Course
 - Short Course 25-yard pool (September-February)
 - Long Course 50-Meter Pool (March-August)
- Championships
 - Winter Champs-Short Course (February)
 - Summer Champs-Long Course (July)
 - [Championship Time Standards](#)



Swim Strokes

- The team focuses on all four competitive swim strokes
 - Freestyle
 - Backstroke
 - Breaststroke
 - Butterfly



*When joining the team, the swimmer should be able to swim freestyle, backstroke, and demonstrate the breaststroke kick.



Coaches

- Eddie Akbary
- John Apgar
- John Whipple
- Suzy Johnson



Board of Directors

- The Nampa Swim Team is a non-profit 501(c)3 governed by parent volunteers.
- Board members serve a one year elected term.

President, Bruce Singkhaopphet

Vice President, John Whipple

Treasurer, Maira Nopoles

Secretary, Lydia Greenwalt

Billing, Susan Robinson

Registration, Jennifer Barnett

Fundraising, Kirsten Clayton

Meet Director, Amy Moulton

Meet Referee, Chad Schaffer

Hospitality, Shanda Tuckett

Party, Carolyn Goodwin

Volunteer, Jamie Emerson





- USA Swimming's top priority continues to be keeping our athletes safe. No form of abuse, including child sexual abuse, has a place in our sport. USA Swimming is committed to reducing the risk of abuse in swimming and increasing awareness of red flag behavior through its Safe Sport program. All adults working with athletes are responsible for creating an abuse-free environment.
- [Safe Sport](#)



Training Groups

- Spinner Sharks (Level 1)
 - New to competitive swimming/focus on all 4 competitive strokes. 2 days a week.
- Sand Shark (Level 2)
 - Interval training and race strategy are introduced. Athletes work toward swimming all 4 strokes legally. 2-3 days a week.
- Silver Shark (Level 3)
 - Continue to develop mastery of all 4 competitive strokes and begin to develop the base of endurance training. 3-4 days a week.
- Leopard Shark (Level 4)
 - Athletes will experience a significant increase in training intensity. 4-5 days a week.
- Tiger/Mako Shark (Level 5/6)
 - Training groups are designed for athletes that have chosen to commit to swimming as their primary sport. Athletes are preparing for participation in a collegiate team environment and are expected to attend a minimum of 5 practices per week.



How to move up practice levels

- Coaches will move up swimmers two times a season based on the following criteria.
 - Meet times
 - Skills
 - Age group
- [Training Time Standards](#)



Equipment

- Goggles
 - Speedo Vanquisher 2.0
- Team Swimsuit & Jammers
 - [Order Here](#)
- Team Swim Caps
 - Can be purchased from the coach (\$12)



Equipment

- Level 1 &2
 - Long Fins, kickboard, Mesh Equipment Bag
- Level 3
 - Long Fins, kickboard, Pull Buoy, Mesh Equipment Bag
- Level 4,5,6
 - Long Fins, kickboard, Pull Buoy, Hand Paddles, Snorkel, Mesh Equipment Bag
- Purchase Equipment
 - Swim Outlet
 - A3 Performance
 - Amazon

*The team has fins and kickboards onsite to use during practice. Equipment may not always be available.



Swim Meets

- Average 1 swim meet a month
 - 3-4 hours
 - Check team [calendar](#) on website
- The coach will send out an email to the team to sign-up for upcoming meets.
 - Swim events are chosen by the swimmer, or you can ask the coach to pick the events.
- Items to bring
 - Camp chairs if no spectator stands
 - Water and snacks
 - Sharpie
- Team Cheer
 - Swimmers will gather 2-5 minutes after the last warmup to do the team cheer.
- [Swim Meet Basics](#)
 - The link above is a great resource of what to expect during a meet.





Swim Meets

- Heat Sheets
 - Printed list of what events your swimmer will be competing in. It will also contain the Heat and Lane your swimmer will be in.
 - The Heat Sheet is made available in various ways, depending on who host the meet. Host team website/Purchase at the pool
 - Download Meet Mobile App (\$10 yr) and the heat sheet is available the morning of the meet.
- Psyche Sheet
 - It lists all swimmers in each event in order of "seed time".
 - The seed time determines what "heat" your swimmer will be in.
- Follow Snake River Swimming of Facebook
 - From time to time, you find a professional picture of your swimmer. Joan is an official for SRS but also takes great pictures of the swimmers.



Heat Sheet & Psyche Sheet

Nampa Swim Team

HY-TEK's MEET MANAGER 6.0 - Page 1
Koudelka Memorial Swim Meet 2022 - 10/1/2022
 Meet Program - Saturday, October 1, 2022

Event 1 Girls 13 & Over 50 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals Starts at 09:15 AM				
1	Toland, Makenna	13	WINN-SN	NT
2	Brady, Lillian	13	BY-SR	34.65
3	Chally, Abigail	13	BY-SR	32.95
4	Roy, Caitlyn	14	BY-SR	32.11
5	Forbess, Nicola	13	BY-SR	32.35
6	Barnett, Genavive	14	NST-SR	33.30
7	White, Kayden	16	CSC-SR	37.77

Heat 2 of 2 Finals Starts at 09:17 AM

1	Winters, Genevieve	14	BY-SR	29.36
2	Tuckett, Evala	13	NST-SR	28.67
3	Quarterman, Reese	13	BY-SR	28.34
4	Cizmich, Adrielle	17	NST-SR	26.39
5	Pew, Piper	16	SA-SR	27.98
6	Loveland, Taylor	14	BY-SR	28.50
7	Crichton, Frankie	13	BSC-SR	29.31
8	Zuloeta, Alexandra	14	SA-SR	31.87

Event 2 Boys 13 & Over 50 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals Starts at 09:18 AM				
1	Leclerc, Mason	14	EST-SR	45.26
2	Kapp, Ethan	13	BY-SR	37.33
3	Wiseman, Alexander	14	BY-SR	35.36
4	Pew, Tucker	14	SA-SR	31.38
5	Hibbard, Treyton	13	BY-SR	33.56
6	Cheng, Cody	13	BY-SR	36.85
7	Camacho, Steven	13	WINN-SN	37.72

Heat 2 of 2 Finals Starts at 09:19 AM

Heat 2 of 7 Finals Starts at 09:21 AM

1	Seely, Addison	7	BY-SR	1:15.61
2	Arduino, Everley	7	CSC-SR	1:00.44
3	Arduino, Ainsley	9	CSC-SR	58.17
4	Rupp, Blake	9	WINN-SN	56.12
5	Lehosit, Penelope	8	BY-SR	57.31
6	Zuloeta, Giuliana	9	SA-SR	58.84
7	Denton, Alison	7	BY-SR	1:02.40
8	Toland, Charleigh	7	WINN-SN	1:25.20

Heat 3 of 7 Finals Starts at 09:23 AM

1	Bustos, Anna	8	SA-SR	51.20
2	Carney, Zion	9	BY-SR	48.54
3	Medley, Havana	9	BY-SR	46.04
4	Dumitrascu, Elena	7	NST-SR	44.03
5	Clayton, June	9	NST-SR	45.99
6	Wood, Hazel	11	BY-SR	47.54
7	Chally, Lila	8	BY-SR	49.16
8	Denton, Camille	8	BY-SR	55.27

Heat 4 of 7 Finals Starts at 09:25 AM

1	Wall, Kadynce	11	NST-SR	42.59
2	Kruitbosch, Chloe	12	BY-SR	40.43
3	Cariaga, Solana	10	BY-SR	40.22
4	McGuff, Annalise	11	BY-SR	39.38
5	Jacques, Jocelyn	8	BY-SR	39.89
6	Novotny, Emma	11	CSC-SR	40.38
7	Cantrell, Elise	10	NST-SR	40.88
8	Rao, Olivia	7	MVM-SR	43.29

Heat 5 of 7 Finals Starts at 09:26 AM

1	Schauer, Alyssa	11	BSC-SR	39.02
2	West, Alexis	12	BY-SR	38.16
3	Temple, Callie	10	BY-SR	37.65

Nampa Swim Team

HY-TEK's MEET MANAGER 6.0 - Page 1
Koudelka Memorial Swim Meet 2022 - 10/1/2022
 Psych Sheet

Event 1 Girls 13 & Over 50 Yard Freestyle

Name	Age	Team	Seed Time	
1	Cizmich, Adrielle	17	NST-SR	26.39
2	Quarterman, Reese	13	BY-SR	28.34
3	Loveland, Taylor	14	BY-SR	28.50
4	Tuckett, Evala	13	NST-SR	28.67
5	Crichton, Frankie	13	BSC-SR	29.31
6	Winters, Genevieve	14	BY-SR	29.36
7	Roy, Caitlyn	14	BY-SR	32.11
8	Forbess, Nicola	13	BY-SR	32.35
9	Chally, Abigail	13	BY-SR	32.95
10	Barnett, Genavive	14	NST-SR	33.30
11	Brady, Lillian	13	BY-SR	34.65
12	White, Kayden	16	CSC-SR	37.77
13	Toland, Makenna	13	WINN-SN	NT

Event 2 Boys 13 & Over 50 Yard Freestyle

Name	Age	Team	Seed Time	
1	Fong, Braydon	13	BSC-SR	24.77
2	Bell, Samuel	14	BY-SR	27.58
3	Davis, Tobi	14	CSC-SR	27.69
4	Hogin Serrato, Dominic	15	NST-SR	28.00
5	Brown, Kyler	13	MVM-SR	28.11
6	Ziegler, Max	13	BSC-SR	28.48
7	Price, Isaac	13	BY-SR	30.96
8	Bartich, Keegan	13	BSC-SR	31.30
9	Hibbard, Treyton	13	BY-SR	33.56
10	Wiseman, Alexander	14	BY-SR	35.36
11	Cheng, Cody	13	BY-SR	36.85
12	Kapp, Ethan	13	BY-SR	37.33
13	Camacho, Steven	13	WINN-SN	37.72
14	Leclerc, Mason	14	EST-SR	45.26

23	Li, Andria	9	BSC-SR	39.04
24	McGuff, Annalise	11	BY-SR	39.38
25	Jacques, Jocelyn	8	BY-SR	39.89
26	Cariaga, Solana	10	BY-SR	40.22
27	Novotny, Emma	11	CSC-SR	40.38
28	Kruitbosch, Chloe	12	BY-SR	40.43
29	Cantrell, Elise	10	NST-SR	40.88
30	Wall, Kadynce	11	NST-SR	42.59
31	Rao, Olivia	7	MVM-SR	43.29
32	Dumitrascu, Elena	7	NST-SR	44.03
33	Clayton, June	9	NST-SR	45.99
34	Medley, Havana	9	BY-SR	46.04
35	Wood, Hazel	11	BY-SR	47.54
36	Carney, Zion	9	BY-SR	48.54
37	Chally, Lila	8	BY-SR	49.16
38	Denton, Camille	8	BY-SR	55.27
39	Rupp, Blake	9	WINN-SN	56.12
40	Lehosit, Penelope	8	BY-SR	57.31
41	Arduino, Ainsley	9	CSC-SR	58.17
42	Arduino, Everley	7	CSC-SR	1:00.44
43	Denton, Alison	7	BY-SR	1:02.40
44	Seely, Addison	7	BY-SR	1:15.61
45	Toland, Charleigh	7	WINN-SN	1:25.20
46	Milburn, Ellerie	11	BY-SR	NT
47	Devore, Riley	12	BY-SR	NT
48	Roberts, Destiny	10	WINN-SN	NT
49	Washington, Leona	9	SAW-SR	NT
50	Goodwin, Chloe	8	NST-SR	NT

Event 4 Boys 12 & Under 50 Yard Freestyle

Name	Age	Team	Seed Time	
1	Rao, Alexander	12	MVM-SR	29.78
2	Harrison, Anderson	11	BY-SR	30.37
3	Harrison, Ian	11	BY-SR	31.43



Service Hours

- Each family is asked to provide 22 service hours during the year (First Season or Spinner Shark families are required to provide 2 volunteer hours per year). Parents, athletes and siblings may all contribute toward the 22-hour service commitment. The service commitment can be prorated at 2 hours per month if required. If 22 service hours are not met in a year (September - August), a \$20 per service hour fee will be added to the family's August bill. The service hour obligation is subject to the past due policy if your service hours have not been met or paid.



Service Hours

- NST hosts up to 4 swim meets per year. Hosting swim meets helps raise funds for the team and keep monthly dues low. Swim meets require many volunteers to help them run efficiently and provides many service opportunities. Service positions at NST hosted meets include but are not limited to: Setup, cleanup, timing, hospitality, concessions, runner, duckmaster, marshal, announcer, official. See below for a brief description of each position.
- Service hours can also be accrued at swim meets hosted by other teams. For example, each visiting team is asked to provide a predetermined number of volunteers to help with meet operations. Volunteer hours at all meets count toward the club service hour obligation.
- Also receive service hours when you give your time, food, supplies at team events.



Fundraising

- Fundraising is an annual commitment. NST will provide opportunities to raise funds during each year. However, if the annual amount is not raised, it will be added to the August monthly bill. The fundraising commitment is subject to the past due policy. If a swimmer only participates with NST for part of the season, the fundraising obligation will be prorated as a monthly expense over the 11-month season (there are no team dues in August). Households that have more than one child swimming will have the swimmer in the higher level raise their total commitment and any other swimmer will raise 50% of their commitment.



Fundraising

- **Annual Fundraising Commitment:**

- Spinner Shark- \$110/year
- Sand Shark- \$165/year
- Silver Shark- \$165/year
- Leopard Shark- \$220/year
- Tiger Shark- \$220/year
- Mako Shark- \$220/year

[Additional Fundraising Info](#)



Team Events

- We are a family-oriented team and will have multiple parties throughout the season.
 - Pumpkin Carving Contest
 - Holiday Party (Bowling)
 - Nampa Roller Drome
 - Senior Farewell
 - End of Season
- The team stays connected through the Band App.
 - Team events
 - Photos
 - Chat



Leave of Absence

- If you need to pause your membership for a month or two due to other sports or events. Please fill out the form and return to our billing chair at nst.billing1@yahoo.com
- This form must be received by the 15th of the month preceding the month in which the leave of absence or termination is planned to begin.
- [LOA Form](#)



Resources

- [USA Swimming](#) – Don't forget the App
- [Snake River Swimming](#)
 - [SRS Facebook](#) – Pictures from swim meets
- [Nampa Swim Team](#) – Don't forget the App OnDeck
- [Championship Time Standards](#)
- [Training Time Standards](#)
- [Safe Sport](#)
- [Swim Meet Basics](#)
- [Meet Mobile](#) – Heat sheet and real time results
- [Band](#) – Group app to keep team connected



Resources-Equipment

- Goggles
 - [Speedo Vanquisher 2.0](#)
- Team Swimsuit & Jammers
 - [A3 Performance](#)
- Fins
 - [Swim Outlet](#)
 - [Amazon](#)
- Kickboard
 - [Swim Outlet](#)
- Pull Buoy
 - [Swim Outlet](#)
- Mesh Bag
 - [Swim Outlet](#)
 - [Amazon](#)

