

Update: July 2, 2021

Northside Aquatics Families,

UIL

The summer prep swim clinics we are offering this summer are going well. They will continue throughout June and July for those athletes that want an opportunity to work with our staff developing their strokes in preparing for next year. Athletes interested can register here, <https://www.teamunify.com/team/cmtxnasa/page/lesson-registration>.

Due to the low numbers at GBAC, we have consolidated the July Clinics to the 1604 Natatorium. Again, these are open to all incoming 7th-12th graders.

AAAA-NS

Last weekend's George Block Invitational was our first big USAS meet and it went very well. Thank you to our AAAA-NS coaches and to the parents who volunteered to make it a success. The athletes swam really well and I saw some great races and significant time drops while I was out there.

Next up is our Firecracker meet on the 10th and 11th of July at 1604 again. Keep training, keep racing, and keep improving!

NSDA

Our divers are still hard at work and their next meet will be their Firecracker Meet on the 16th and 17th of July in our Diving Well at 1604. We have had a few qualify for Summer Nationals in West Virginia and Coach Freese will be traveling there with our divers to follow up on our success at the Spring Nationals we hosted back in May. Good luck!

Our Summer Diving League will conclude on July 15th with their end of season meet. Look for the return of our Northside Dive Clinics as well, just in time for us to be getting ready to start the school year. (I cannot believe how fast the summer is going!)

Let me close with a Happy Birthday to the USA in advance of the Fourth of July weekend! If you are traveling, be safe! Enjoy the three-day weekend!

Coach Plummer

Anthony Plummer

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Update: June 17, 2021

Northside Aquatics Families,

Well, Summer 2021 is off and running, and boy, is it hot out there already! Please, please prepare for the heat and sun each day. Hydration is key. Unfortunately, we tend to only think of it when we are thirsty. Remember, if you are thirsty, your body is already dehydrated. Be proactive and hydrate in advance of going outside or coming in for camp or practice. Drink water or sports drinks, NOT caffeinated drinks to keep your fluids up. Bring a water bottle for use during practice or camp. We are filling our water monsters daily for bottle refills to stay ahead of the game - use them, please.

UIL

The summer prep swim clinics we are offering this summer are going well. They will continue throughout June and July for those athletes that want an opportunity to work with our staff developing their strokes in preparing for next year. Athletes interested can register here, <https://www.teamunify.com/team/cmtxNASA/page/lesson-registration>.

For June, we are having clinics 10 am - Noon at GBAC, and 1 - 3 pm at 1604.

AAAA-NS

Tonight we have the return of thRACE night! I am looking forward to our novice groups taking a run at some long course events out in the Swim Center!

Next weekend we bring back our George Block Invitational as well. As I have mentioned here before, this is our largest long course meet that we host each year and it looks to be a good one this year, after taking last year off. We will have racing next Friday, Saturday, and Sunday in both of our 50-m pools at 1604. The younger athletes will be inside, and the older ones outside, for the prelims in the morning. All swims in Finals will be out in the Swim Center in the evenings.

We are still waiting to hear from the District on our capacity numbers. When we receive that guidance, we will let everybody know how we will be handling spectators, and if we will need to do the free online ticketing, or not.

Coach BJ will be sending an email for timers and runners to sign up to help us out. There will also be a chance to sign up to help the Boosters with concessions help. The Board asked me to share that the VP position for Concessions is open as well. Anyone interested in coming on board in this role can reach out to President, Vanessa Olmo, at volmo@mac.com or any of the other Board members. Remember, hosting events requires help from all of us to be successful. Thank you for chipping in where and when you can!

NSDA

The dive well is the center of our facility and has been the busiest pool so far this summer. There seem to be athletes flying off the boards and platforms everytime I make it out there. Keep it up! We have three divers training for the AAU Summer Nationals which take place mid-July, with the rest training for the Firecracker meet. Aqua-Bats Diving Camps are filling up but

there are July spots left - sign up here: <https://www.teamunify.com/team/cmtxnasa/page/lesson-registration>

Swim Lessons

If the diving well is the busiest pool so far, the lessons pool at 1604 and the shallow end of the GBAC pool is a close second and third. I have really enjoyed watching our instructors at both sites working with the newest members of our Aquatics program. Coach BJ and his crew were ready for this program's return. We started out with lower numbers in each class, but we are gradually increasing the size of each class, as planned. I see students starting out with strong foundations in swimming, whether they go on to make competitive swimming their passion, or not. I cannot help but think that our future District, Regional, State champions are getting their start each and every day I am out there watching.

Since I acknowledged our Aquatic Moms prior to Mother's Day, it is only right to recognize our Aquatic Dads this week. Happy Father's Day to all of you that support your children's efforts in pursuit of their goals here with us and elsewhere. I have a desk plate at home that was a gift from my young son that says "Dad's the Boss (right, Mom?)". I think Mom had a little input when that gift was chosen... Well, gentlemen, on Sunday, may you be the boss and enjoy some time with your family. For the athletes reading this, tell your Dad, "Thank you" and "I love you" everyday and remember, Dad is also always right...just ask Mom.

Thank you,
Coach Plummer

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Update: June 4, 2021

Northside Aquatics Families,

We are a week out of hosting our two biggest events of the year, so far - just in time for summer to officially begin. Both the AAU Central National Diving Championships and the USAWP Olympic Development Program Tournament saw Northside athletes competing over the last two weekends with success. While we host these events as part of our partnership with the County, for me it will always be first and foremost about offering opportunities to our Northside athletes. Whether it is giving them opportunities to compete, or exposing them and our coaches to the higher levels of competition, I hope the events can be a source of growth for our programs here.

With summer beginning next week, we are rolling out our expanded Lessons (click here for [Swim Lessons](#) and click here for [Dive Lessons](#) and Camps) and the return of Lap Swimming

(click here to go to our [Lap Swim](#) page) for the community. We are able to do this because of the fantastic cooperation we have enjoyed with our programs thus far with regards to the pandemic and our protocols.

We will be using our online ticketing platform for our Lap Swimming. Swimmers will be able to reserve lanes (2 swimmers per lane) each Friday beginning at Noon for the following week. So, at Noon today, June 4th, our community will be able to go in and make reservations for June 7-12. On June 11th, reservations can be made for June 14-19, and so forth, throughout June and July. In August, we will shift to our Fall schedule.

UIL

With the school year coming to a close this week, we want to encourage our athletes to keep active this summer. We are offering UIL summer prep clinics throughout June and July for those athletes that want an opportunity to work with our staff developing their strokes for next year. Athletes interested can register here, <https://www.teamunify.com/team/cmtxnasa/page/lesson-registration>. For June, we are having clinics 10 am - Noon at GBAC, and 1 - 3 pm at 1604.

AAAA-NS

It has been great getting out on deck and coaching a few times these last few weeks. I have enjoyed working with some of our high school groups. It has been a pleasure to meet some of the athletes that have recently joined us, as well as, the middle-schoolers that have graduated to the high school groups. I am looking forward to some fast swimming this summer at the meets!

As I mentioned in the last message, the Governor's mandate specifies that we cannot mandate masks for staff, athletes, or patrons in our facilities beginning tomorrow, June 5th. We also realize that we still have a significant number of unvaccinated people in our community here locally, and, specifically, our younger athletes. Our staff will be encouraged to wear masks when social distancing is not possible. This will be covered in our all-staff inservice tomorrow morning.

Based on the guidelines we received from Athletics for Summer Strength & Conditioning, we will make some adjustments beginning on Monday, June 7, 2021:

We will no longer require the "green screen" upon arrival to the facilities. Athletes, staff, and patrons will be asked to self screen at home prior to coming to our facilities. If anyone is experiencing COVID symptoms, we ask that they do not come to the facilities.

We will continue our disinfecting efforts as we have been doing. Facility equipment will be wiped down after each use. Our custodians will continue to sanitize the facilities regularly throughout the day and at night.

Anyone exposed to COVID will need to quarantine for 10 days (or 7 days with a negative PCR test). If a vaccinated person is exposed, they will not need to quarantine if it has been at least two weeks since their last dose of their vaccine.

Contact tracing will still occur if an exposure is reported in our facilities, and a letter will go out notifying everyone as we have been doing since our return last June.

Please, let us all continue our efforts to keep our facilities a safe place to come.

Thank you,

Coach Plummer

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Northside Aquatics Families,

Let me start by clarifying the mask situation. This week, elementary schools were notified that they can allow the students to go without masks at recess and during PE class. In Athletics, we are going to continue with having the athletes, parents, and staff continue to wear masks through the end of May. Once summer begins, we hope to have an updated set of guidelines. Thank you for your continued understanding and patience as we push towards the finish line of this pandemic. Meanwhile, I encourage everybody who is eligible to please get vaccinated. I saw some encouraging news regarding expansion of vaccines to 12-15 year olds, too, this week. Here's to hoping we can begin next year with very few restrictions in place!

UIL HS Water Polo/Synchronized Diving

We made it through the season with our Tournament last weekend! Congratulations to the winners (O'Connor girls and Clark boys)! But my big takeaway from the weekend was the growth that all of the teams showed this Spring over the course of the 8-9 weeks of practices and games. Thanks go to the coaches and athletes for their efforts at improving their skills and the overall quality of play from week to week. I can honestly say that the tournament play was the best of the season, as it should be. A big THANK YOU goes out to the coaches and athletes and referees for their flexibility and input all weekend as we made adjustments to get the tournament in. Thank you to all of our parents and spectators as well, for your cooperation as we made adjustments to the schedule.

And how about those divers?! Congratulations to our winners of our inaugural synchronized diving season - Leah and Evan (Purple Pain)! And just like on the polo side of things, we saw marked improvement from our divers over the course of the Spring. As I mentioned in a previous message, the format encouraged our athletes to push their DD up a notch. Is it not amazing how training with another person can push us to try things we would not on our own? Big thank you's go out to Coaches Libardoni and Rios for not only coming up with the concept for HS Synchro, but for guiding the athletes through the season. I think synchro will stay a part of our program from here on out.

AAAA-NS USA Swimming

We are looking forward to the meet today and tomorrow. As I mentioned in my last message, the format this weekend is based on the USA Swimming IMR/IMX system. I am a big fan since it encourages all of the swimmers to challenge themselves across the various disciplines.

We are utilizing the Natatorium at 1604 for this one. We have not had a long course meet inside since the pool was replaced. We saw this as a chance to run one before our George Block Invite this summer when we run both indoors and outdoors for three days. With the nano walls open, we should have good airflow and it will feel almost like we are outdoors. Spectators last night at our thRACE night stayed in the North stands, but today and tomorrow, we invite you all to spread out in the North stands as well as the bleachers along the East side of the pool (the side closest to the dive well). Athletes and coaches will use the South and West sides of the pool. As always, thank you for your cooperation in making all of our meets safe for everyone.

AquaJets/AquaBats and Swim/Dive Lessons

Our AquaJets swimming classes will continue through next month with the rest of our Swim Lessons opening back up in June. Check out the Swim Lesson website for the Summer dates, times, and sessions. <https://www.teamunify.com/team/cmtxna/page/home>

The Summer Diving League is off to a fantastic start this week. It is great to see all of the younger athletes out there giving diving a try!

<https://www.teamunify.com/team/cmtxnasa/page/home>

Thank you to all of the parents who have been coming in to watch practices and lessons. Your cooperation and respect for the coaches and instructors is much appreciated by all of us here.

And, finally, let me wish a Happy Mother's Day to all of our swim/dive/polo moms out there. Having been raised by one, I know all of the love and support you moms pour into giving your children the opportunities to find what they love, and to help them work to become better at it. To the athletes who are reading this, I say, "Mom's right. She is always right. Thank her everyday, and tell her you love her everyday."

Coach Plummer
Son of Patty Plummer

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Update: April 22, 2021

Northside Aquatics Families,

UIL HS Water Polo/Synchronized Diving

The games today and tomorrow will complete our regular season games for water polo. After the dust settles, the top four teams from each division will qualify for the Tournament next weekend, Apr 30 - May1. This will give us a field of eight (8) girls teams, and eight (8) boys

teams in our post-season playoffs. This means one (1) girls team and three (3) boys teams will be wrapping up their season tomorrow.

We have gotten questions regarding the weather today and tomorrow. We will play in rain as long as there is no threat of lightning. We can absorb a few hours of rain delay if needed. We will meet with the coaches and referees by tank, if needed, to adjust the schedule. Not all of the games are needed to seed the Alamo Cup Tournament, so if we can get the ones that do count in by eliminating some of those that do not, we may. That decision will be made with the coaches involved. In the event we are forced to abandon play all together for the day, any remaining critical games will be scheduled for next Friday morning prior to the tournament beginning Friday evening. Ticketing will work the same as it has been on previous weekends for this final weekend of regular season games. For the Alamo Cup Tournament it will be slightly different. Tuesday morning at 8 AM, parent tickets will go on sale - two (2) tickets per student ID. At 5 PM Wednesday, ticket sales will revert to general admission tickets, sold up to capacity, on a first-come, first-served basis, no ID number required. These will be limited to a maximum of four (4) tickets per transaction, but you can make multiple transactions. Spectators will need to purchase separate tickets for Friday and Saturday. After sifting through all of our data from weeks 1-3, we do not believe we will need to clear the stands after each game. This means you will be able to enter and watch multiple games. If you need to leave and plan on returning, be sure to get a wristband at the gate for re-entry. Green screens will be required for entry, as well as masks (to be worn while inside the gates) and social distancing.

The divers are off this weekend to prepare for their final synchro meet of the season next weekend. That meet will determine the winners of our inaugural synchronized diving season! Good luck to all of the pairs and congratulations on making our first season so fun! Tickets already purchased for diving will be honored for this last meet as your fourth meet.

AAAA-NS USA Swimming

We saw a successful launch of our long course season last weekend. Special thanks goes to everybody for making it a success. Next up is our Mother's Day Splash meet. I am happy to see Coach Mike and crew bring back the USAS IMX/IMR rankings. I see them as encouraging athletes to become well-rounded swimmers and develop their skills across multiple disciplines and distances. I think that is especially important for young swimmers. I used to chuckle when swimmers and parents would come up to me at HS tryouts as a freshman and exclaim, "I'm a backstroker," or "She's a butterflyer." If they made the team, they came to realize over time that we trained for all events in order to find where their talents lied. I get that as swimmers we all have favorite events - that's human nature. But one truly cool aspect of swimming is the joy that can be found in conquering all kinds of races in all of the strokes. Let's get after the IMX/IMR points next meet and see how we do!

AquaJets/AquaBats and Swim/Dive Lessons

Our AquaJets swimming classes will continue through next month with the rest of our Swim Lessons opening back up in June. Check out the Swim Lesson website for the Summer dates, times, and sessions. <https://www.teamunify.com/team/cmtxna/page/home>
Our AquaBats diving lessons relaunch as our Summer Diving League in May with more traditional AquaBats lessons returning in the Fall. Check out our Community page on our website for all of the information for these programs.
<https://www.teamunify.com/team/cmtxnasa/page/home>

And finally, as a reminder, parents will be allowed to come into the facility beginning May 3rd to watch Lessons and AAAA-NS/NSDA practices in the evenings. Remember to do your “green screen” by completing the NISD COVID Health Screening questions, wear a mask, and sit in the designated areas for your child’s program. Thank you in advance for your cooperation.

Stay safe!

Coach Plummer

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Update: April 16, 2021

Northside Aquatics Families,

UIL HS Water Polo/Synchronized Diving

We are now three-quarters of the way through our regular season. After our next set of games on April 22-23 (Th-Fr, due to Battle of Flowers), we will know which teams will be playing in our Alamo Cup Tournament on April 30 and May 1. Speaking of the Alamo Cup Tournament, we are working out how that will look in terms of both teams and spectators in the facility. Because it is a Tournament, the result of each game determines who plays whom and when as the tournament progresses. We will use the outdoor tanks only for the Tournament. We may need to clear the stands after each game and sell tickets on a per game basis that weekend. As I said, we are still discussing it, but I wanted to go ahead and give everybody a heads up to anticipate some differences when it comes to the Tournament.

The divers are also revving up for the finish of their synchro season. I love the cumulative scoring element. We have some close total scores in the rankings, so divers, keep looking for those extra DD points in your practices with your partners! Let’s finish strong!

AAAA-NS USA Swimming

As I mentioned last week, we are hosting our first Long Course meet tomorrow and Sunday. Check with your child’s coach if you still have any questions about the meet. Coach Mike and Coach Leigh Ann have been working with BJ to put on what we hope will be a good meet to start the season. I want to reiterate that this will be a little larger than ones we have hosted so far, and it will include other teams, so please, everyone, stay masked and stay distant when in our facilities. We do not want to see our numbers go up here locally again. If you have friends or family in Michigan, you know they are experiencing extremely large numbers of cases and dealing with overwhelming hospital circumstances again. Your help over the past 13 months has been so appreciated. Let’s please keep it up.

Make sure to support Boosters at the concession stand this weekend, if you can. Since this is our FiestAAAA meet, the Boosters will have Fiesta medals for sale as well from past years as collectibles. I think we will still need to make a call for timers tomorrow and Sunday at the start of each session - remember that's a front row seat to the action! - so please come down when called if you are able to help out there.

AquaJets/AquaBats and Swim/Dive Lessons

Our AquaJets classes are going well. We are hard at work putting the final touches on the Summer sessions so look for those to be published on our website with registration instructions soon! Thank you for your patience as we ramp up our lessons programs again. We all know there will always be demand for lessons and we want to continue to provide this service to the community.

In addition to our Lessons and our Competitive teams, our summer offerings will include the Summer Diving League (posted and filling up!) and our High School Prep sessions for swimming. The Summer Diving League is our relaunch of our AquaBats program for the spring and summer. Both of these programs are targeted for those looking to come out and try either diving or swimming for perhaps the first time, or wanting to find out if this might be something they want to try in high school or as a member of our club programs. Information on these will also be posted on our website with instructions on how to register as well.

Let me close by recognizing our Facility staff here at the 1604 site. Our Facility Manager, Terry Veters, along with our pool techs, Oscar and Donn, and a team of hard-working guards have been amazing this week transforming the facility from water polo to long course swimming. The challenge we gave them to pull it off was significant, and as always, they found a way to get it done. We are fortunate to have them all on staff and committed to doing their parts to offer the kids the opportunities we do. So, please, if you get a chance while you are here this weekend, thank them. They will be hard at work next week converting things back for polo, too, so a sign of appreciation sure can go a long way to making all of it easier.

Stay safe!

Coach Plummer

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Update: April 9, 2021
Northside Aquatics Families,

I hope everyone was able to enjoy their three-day weekend safely last week. We are back at it this weekend with water polo and synchronized diving again tomorrow. On the following weekend, we will host our first long course meet of the season (more on this below).

We have received questions regarding locker room usage, so I wanted to clarify how we are handling them. Morning athletes *going to school* can utilize the locker rooms to get dressed for school before they go. Afternoon athletes *coming from school* can utilize them to change into their suit. Athletes need to let their coaches know if they fall into this category so the coaches can coordinate with the lifeguard shift supervisor to get them access. Coach or a staff member must monitor the athletes to ensure they do not become too crowded for social distancing. All athletes need to realize they should be in and out in a matter of minutes to avoid the congregate setting potentially exposing them to the virus. During competitions, we are still keeping the locker rooms off limits for this reason. Athletes should come dressed and leave in their suits. If a coach wants to give his or her athletes a chance to change out, he or she, again, must coordinate with staff to make this happen safely. This should be done at the end of the day because we have multiple games and tanks going throughout the day and expecting staff to be available at a moment's notice is frankly unrealistic.

We have also received inquiries regarding allowing parents in the facility during lessons and practices. We will be "giving this a go" beginning in May, on the 3rd. Parents will need to do the COVID screening, as you have been doing on "game days", and then proceed to the areas in the facility designated for you to watch your kids practice or have lessons. Whether this continues on into the summer will depend on how it goes during May. Again, the expectations will be that you remain in your designated area, masked up, and distanced from each other. Thanks for your help with this.

UIL HS Water Polo/Synchronized Diving

We are halfway through our regular season after our last weekend of play. Teams will have two more weekends of play to earn their berth in the Alamo Cup Tournament. Tonight we just have one game, but tomorrow we will have three round robins in each of our three tanks. Again, we ask that all of our spectators comply with our guidelines to keep everyone safe. I did see some spectators letting their masks come off during the last weekend of games. Coach Brothers and myself will be expanding our rounds to include the spectator areas. Please do not make us be the bad guys and have to correct your behavior. Let me give you an easy visual - if we have our masks on, you should have yours on. Thank you in advance for your cooperation. The coaches received information on how they and the athletes can do better. The focus being on the athletes remaining in their team areas and not wandering into the other pods or going into the spectator areas. The message to the athletes is, "Your parents may be 'safe' but the 6-8 parents you pass by on the way to yours may not be" (especially if they have their masks down!). Parents, encourage your athletes to remain with their teams during the day. You can catch up on all the play-by-play after the games are over. Again, thank you for your help on this.

On the diving side, we have seen some real progress from our divers by adding the synchro element. Coach Libardoni was sharing with me the other day how pleased she has been in this regard. Divers are stepping up to their partner's level in some cases and "turning over" dives, now, that they had not previously (Extra points for the swimming guy using diving lingo?). We are looking forward to more of that in the coming weeks! Keep it up, divers!

AAAA-NS USA Swimming

As mentioned earlier, we will have our first long course meet on April 17-18. Swimmers from the other AAAA sites will be coming in and we might have some friends from Nitro up in Austin

join us on Sunday. Once all the entries have been tallied, we will be able to naildown timelines and push that information out. The Boosters asked me to put out the first call for **volunteers** for concession workers for that weekend. Remember all of the funds generated from concessions go into funding the efforts of the Boosters. Chief among these are the scholarships they award to selected graduating seniors every year, as well as the annual banquet. Please volunteer if you are able to - many hands make light work, as they say. If you can work, please email Vanessa Olmo (volmo@me.com) and let her know you are available that weekend. Specify if you can work all or part of the day (AM or PM session) and which day (Saturday, Sunday, or both). Additionally, we will be asking for 18 timers (9 at each end) for each of the sessions. Again, email Vanessa if you are interested in one of these spots. Thank you in advance for your willingness to help out with concessions or timing or both!

AquaJets and Swim Lessons

I am pleased to see that our first foray back into providing lessons for the community has gotten off to a great start. Watching our instructors get back to doing what they love has been fun to see. On that note, let me acknowledge the instructors who have remained with us as we work to get things going again. This group willingly took on other roles (the main one being NCO) here at our facilities in order to contribute to our successful navigation of the pandemic. BJ and his crew have demonstrated the true essence of teamwork and it has been appreciated. Now, they are excited to be going back to their primary job of teaching kids. Stay tuned as we gradually expand our lessons offerings in the next few weeks and months.

We are gearing up for a more expanded summer of programming around here, as well as hosting some bigger events. May will see us hosting one third of the AAU National Diving Championships as well as a USA Water Polo ODP Tournament weekend. In June, we are planning to bring back our George Block Invitational Swimming meet as well. But, I will continue to implore all of us to maintain our vigilance with regard to the virus as we open things up. I know we all want things to be “normal” again, but the more we do now with regards to safety, the sooner that will happen.

Stay safe!

Coach Plummer

Anthony Plummer

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Update: March 26, 2021
Northside Aquatics Families,

UIL HS Water Polo/Synchronized Diving

What a great first weekend of competition last weekend. Tonight we just have one game, but tomorrow we will have three round robins again in each of our three tanks. Parents should have

received the information regarding tickets moving forward already, but it boils down to we will be allowing more fans this weekend. With that being said, we ask that all of our spectators comply with our guidelines to keep everyone safe. Our spectators did a great job in regard to this last weekend. Thank you. The coaches received information on how they and the athletes can do better, so I am looking forward to an even safer weekend of play.

The diving was really neat to see last Saturday. I know the divers will be throwing dives from different categories this week, so that will be exciting as well.

AquaJets and Swim Lessons

The information below is what I included last week, and Coach BJ had also sent it out to the families in our system. The limited slots we had available were claimed in minutes. To those of you not able to get in this time, please try to get in on our Spring 2 classes. Hopefully by then, we will be able to offer more slots as well. Thank you for wanting to be a part of our Lessons program.

Northside Aquatics is excited to announce we will be relaunching our first phase of our SwimAmerica Learn to Swim Program, AquaJets. The AquaJets group is the upper levels of the SwimAmerica program (levels 7-10). Swimmers entering these levels need to show a strong understanding of Freestyle (with bilateral breathing) and Backstroke. In these classes, the swimmers will continue to work to improve their Freestyle and Backstroke while learning Breaststroke and Butterfly. These lessons are geared towards getting the swimmers ready for our year-round competitive program while reinforcing water safety.

*The **Spring 1 AquaJets** will run from **April 5th to April 29th**. Registration will open on Thursday, March 25th at 12:00 noon CST. We will offer two class time slots: 5:30-6:30 pm and 7:00-8:00 pm. Each time slot will have the option of days: Monday and Wednesday or Tuesday and Thursday. You will also have the option of Aquatic facilities: the 1604 Swim Center Lesson Pool (outdoor) or the George Block Aquatics Center (indoor). When registering for the classes please be very careful when selecting your time, days, and location. Once the classes are full, you will not have the option to change classes. Space in the classes will be limited to 6 athletes and we expect the registration to fill very quickly. We will evaluate the athletes on the first day to confirm the AquaJets class is the best place for the swimmer.*

*The **Spring 2 AquaJets** will run from **May 3rd to May 27th**. This registration will open on Thursday, April 22 at 12:00 noon CST. You do not have to take classes in Spring 1 to be enrolled in Spring 2.*

We are working on finalizing the details about our summer schedule, however, we are optimistically excited to relaunch the full SwimAmerica program this summer.

Please keep an eye on our website for additional information about our COVID policies, facility limitations, and any updates to the schedules.

<https://www.teamunify.com/team/cmtxna/page/home>

AAAA-NS USA Swimming

Practices seem to be in full swing out on deck now. Like I said last week, this is the time of the season to reset and refocus. Coach Mike and Coach BJ have put together our schedule of meets we are planning on attending as a team this season. If you have any questions regarding the meet schedule, please reach out to your child's coach(es) first, then if needed, reach out to Coach Mike (HS aged) at michael.witt@nisd.net or Coach Leigh Ann (AG and under) at leigh.fetterwitt@nisd.net.

I would like to close with acknowledging the passing of our beloved Rosie Martinez. Rosie was the only bookkeeper Northside Aquatics had ever known until she retired and Beth Henderson joined us. Rosie retired last year right as the pandemic was beginning. Some of you have been a part of Northside Aquatics for years and may have even had a chance to interact with Rosie. If you talked with her on the phone, you knew you were talking to a truly kind and compassionate person whose impulse was always to help you. That was not just *how* she was, that was *who* she was. Rosie was one of the most wonderful people I have ever met in my entire life. She preferred to work behind the scenes (she is probably frowning right now as I type this) but I can assure you that she was an integral part of all that we did, and in many ways, what we will continue to do, here. Rest in Peace, Ms. Rosie, and thank you for all you did for us.

Coach Plummer

Anthony Plummer

Asst Athletic Director for Aquatics
Northside ISD
San Antonio, TX
210-397-8988

Update: March 19, 2021
Northside Aquatics Families,

Last week, I hope everybody was able to enjoy their Break safely. I was able to get vaccinated against COVID, and I admit I am feeling a little safer. I encourage everybody out there to get vaccinated at your first opportunity. I know things are trending in the right direction, but let's not relax this close to the finish. Swimmers know they can lose a race in the last five yards. Divers know they can lose points when they don't finish their entry all of the way through. Let's please all finish strong.

UIL HS Water Polo/Synchronized Diving

Here we go! Tonight we play our first two water polo games. To say I am excited for us to play polo again is an understatement. But, to say I am also apprehensive about having a large number of athletes and spectators in our facility is equally an understatement. Athletes and coaches have been talking about how they need to conduct themselves and what our collective safety is requiring of us all year long. I hope all of our spectators come in tonight and tomorrow with the same mindset. Please, let us all do our part. This is a WE thing, not a ME thing. My staff and I will be monitoring this weekend with regards to a number of things, from game play to team spacing to team conduct. Likewise, we will be monitoring spectator flow patterns to spectator spacing in the stands to fan behavior. We will convene as a staff on Monday and look

to see where adjustments need to be made, or can be made, for the next week and beyond. This is what we do after every competition we host.

We are attempting something that has not been done yet in this state - running multiple games at once within the same facility. We are attempting this only outdoors for COVID safety. To my knowledge, all USAWP "tournaments" that have occurred thus far, have been two teams in the building, two teams out, next teams in, and so forth. Some have allowed spectators, some have not. This is the model we are using in our indoor pool on all of our weekends, with spectators.

I am also extremely excited about our synchronized diving meets this Spring. I have not had the opportunity to watch a lot of competitions of this nature over the years, so I will be doing my best to make it to the diving well tomorrow as I am moving about the facility. I love the fact that our coaches are exposing our divers to as many aspects of diving as they can. Have fun!

AquaJets and Swim Lessons

Northside Aquatics is excited to announce we will be relaunching our first phase of our SwimAmerica Learn to Swim Program, AquaJets. The AquaJets group is the upper levels of the SwimAmerica program (levels 7-10). Swimmers entering these levels need to show a strong understanding of Freestyle (with bilateral breathing) and Backstroke. In these classes, the swimmers will continue to work to improve their Freestyle and Backstroke while learning Breaststroke and Butterfly. These lessons are geared towards getting the swimmers ready for our year-round competitive program while reinforcing water safety.

The **Spring 1 AquaJets** will run from **April 5th to April 29th**. Registration will open on Thursday, March 25th at 12:00 noon CST. We will offer two class time slots: 5:30-6:30 pm and 7:00-8:00 pm. Each time slot will have the option of days: Monday and Wednesday or Tuesday and Thursday. You will also have the option of Aquatic facilities: the 1604 Swim Center Lesson Pool (outdoor) or the George Block Aquatics Center (indoor). When registering for the classes please be very careful when selecting your time, days, and location. Once the classes are full, you will not have the option to change classes. Space in the classes will be limited to 6 athletes and we expect the registration to fill very quickly. We will evaluate the athletes on the first day to confirm the AquaJets class is the best place for the swimmer.

The **Spring 2 AquaJets** will run from **May 3rd to May 27th**. This registration will open on Thursday, April 22 at 12:00 noon CST. You do not have to take classes in Spring 1 to be enrolled in Spring 2.

We are working on finalizing the details about our summer schedule, however, we are optimistically excited to relaunch the full SwimAmerica program this summer.

Please keep an eye on our website for additional information about our COVID policies, facility limitations, and any updates to the schedules.

<https://www.teamunify.com/team/cmtxna/page/home>

AAAA-NS USA Swimming

I was able to get out on deck this week and see our groups getting back in the water for our long course season. The energy of the coaches and the athletes was contagious. As an athlete, I

always welcomed the first few weeks of each season as a chance to “reset” all of my strokes, take the time to refocus on the fundamentals, and remind myself of all the reasons I did it. We get to do it twice a year in swimming. Let’s all enjoy the long course season that we missed out on last spring/summer.

NSDA Diving

Our Spring Break clinic and competition was, by all accounts, a success once again this year. Thanks to all of those that participated and thanks to the coaches and staff that worked. I know things will be ramping up for this group as the Regional and National level meets approach this summer. The AAU Red-White-Blue National Championship is traditionally a qualifier meet that is conducted over Memorial Day weekend. This year the meet will be split into three zones: West Central and East, and conducted over a three-week period. We are excited to be chosen as a competition site for the Central portion of the meet over the weekend of May 22nd. Coach Freese and Coordinator Libardoni will be connecting with athletes and parents as we prepare divers to compete and parents to get involved in this exciting event. Let’s see about keeping some of those medals here with NSDA divers!

Stay safe!!

Coach Plummer

Anthony Plummer

Asst Athletic Director for Aquatics
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210-397-8988

Update: March 5, 2021
Northside Aquatics Families,

Last week, I was able to attend the Boys’ and Girls’ State Meet over at North East. I want to commend the Clark boys for an outstanding showing. They ended up placing 8th overall as a team in the end. Avery Francis was our lone girl competing, in the 1-m diving, and she ended up finishing 10th overall. Congratulations to our State qualifiers on their success this season despite all of the challenges. Here is hoping that next year’s HS season more closely resembles years prior to this one. That being said, conversations are happening at all levels of the swimming and diving worlds regarding lessons learned, and insights gained, from the adjustments we all had to make this year. Do not be surprised if elements of this year’s schedule and training are preserved moving forward.

This week, our Governor adjusted his mandate(s) concerning the coronavirus pandemic. Immediately, everybody asks, what does this mean for us? The TEA and UIL released statements this week putting it in the hands of local Districts to make the call. Yesterday, Dr. Woods communicated the following in his weekly staff email:

- All safety protocols will remain in place for the remainder of the school year. This includes the requirement of face masks for students, staff, and visitors.

So, with that being said, we will continue to operate in the manner we have been in all of our aquatic facilities.

UIL HS Water Polo

This week marked the start of our water polo season with formal polo practices allowed to begin, so this section is getting a name change. We wait until the end of the Swimming & Diving season to officially begin practices and/or games. Next year, we will play in the Spring, as well, until making the jump to the Fall, in August of 2022, for the inaugural season of UIL water polo in Texas. The coaches around the State lobbied for Water Polo to become a Spring sport, but when the UIL adopted it, they placed it in the Fall due to the number of UIL activities currently in the Spring versus the Fall.

The schedule of games was provided to the coaches this week, so expect your coach to be communicating with teams on their individual game schedules this season. We had looked at possibly needing to change our weekends after USA Swimming reached out to us about hosting a pro level competition. Turns out they will not be needing our facility, so we are going with our originally scheduled weekends of play. Again, your coaches have all of the details regarding dates and times of their games.

Next week over break, we have Joe Linehan, USA Water Polo Texas Development, coming in to again give a clinic for our HS athletes. We broke up our schools (4 each day) so that each had an opportunity for all of their players to come in. We were able to provide this at no cost to our families this year. Registration closed today, so hopefully all that were wanting to sign up had a chance to.

AAAA-NS USA Swimming

Last weekend we had swimmers racing at STAGS and at our end-of-the-season Alamo Cup meet. I was extremely pleased with the efforts of all of our swimmers. I was able to be here for the Alamo Cup meet and help behind the blocks with the swimmers. What struck me was the “vibe” of the swimmers back there. All of them were looking to post their best times of the season. That reinforced to me that this season, with all of its challenges, was still a good one for our program. Thank you to all of our athletes, coaches, and families, for the perseverance and grit you have all shown this season. Now, on to long course season! Group placements for the long course season should be arriving in your inboxes today (and may have already!). The email will have directions on whom to contact with questions on any of the information.

NSDA Diving

This next weekend some of our coaches are going to a coaches’ clinic in the Woodlands. Next week, Coach Freese will have a clinic for our divers going on and then a chance to compete at our rescheduled “I (heart) Diving” meet next Saturday. Have fun, divers!

Masters

I have been able to start getting in the water again over my lunch break, midday. Big shout out to the Noon time group who have been hard at work out there. As of now, I am “Masters adjacent”, but I may be able to join you all in some actual workouts in the future. We will see. Keep it up, all of you Masters swimmers!

Stay safe!!

Coach Plummer

Anthony Plummer

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Update: February 19, 2021
Northside Aquatics Families,

What an unprecedented week this has been. Chances are your house has experienced power outages, water shortages, or both. If not, then you have been fortunate. Right now, here at the Plummer household, we are praying the plumbers (no relation ;)) can make it to our house to repair a pipe sometime soon.

I want to recognize the efforts of Terry Veters and Kenny Gonzalez, our Facility Managers at both of our sites. They have both been going into their respective facilities each day to check on the pools and provide us with status updates. As you can imagine, the power outages caused some of our equipment to go offline at times, and these men had to restart things. The water temperature has been the hardest to regulate throughout the week. As of this morning, GBAC has a temperature of 72 degrees and the Natatorium has a temperature of 74 degrees. Ordinarily, our pools range from 78-81 degrees. This, coupled with the fact that roads may still be icy tomorrow morning, has us cancelling practices for tomorrow, Saturday, Feb. 20, 2021. If all goes well, we can hopefully resume operations Monday, but we will have to see how the weather and the power and water supplies go over the weekend.

UIL HS Swimming & Diving

UIL moved the Girls' State meet, which was to begin today, to March 1 (6A) and March 2 (5A&U). The Boys' meet is still scheduled to be next Friday, February 26 (6A) and February 27 (5A&U). I think it was absolutely the right call, and it allows for families and schools to get up and running again next week before having to compete.

AAAA-NS USA Swimming

With the extreme weather, the various Championship meets came to a screeching halt as well. Coach Witt and Coordinator BJ will get out information as it becomes available. We are still planning on having our Alamo Cup meet at this time as our traditional end-of-season meet. Again, if things need to be altered, we will communicate that out to all of you.

NSDA Diving

Our "I (heart) Diving" Meet had to be cancelled last weekend when we got the call from the District to shutdown. Coach Freese and Coordinator Libardoni will get information out about our next chance to get some competition in for the divers.

Masters

If the pools are a "go" for Monday, we can hopefully resume practices for you all as well.

Stay safe!!

Coach Plummer

Anthony Plummer

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Update: February 12, 2021

Northside Aquatics Families,

It has been a couple weeks since I sent my last message. Last Wednesday and Friday, Coach Brothers and I were over at the NEISD facilities watching our HS athletes compete in the Regional Championships. Congratulations are in order for our Brandeis Broncos boys team for capturing the Region 7-6A title this year. It has been a while since NISD has captured either title, so great job to this group of boys. It was a total team effort. They were able to capitalize on the depth of their team to pull off the win. We had the following athletes/relays qualify for the State Championships: Avery Francis, Brandeis senior, 1-m diving (Regional champion); Jackson Stallworth, Clark senior, 100-yd butterfly (Regional champion); Evan Croley, Clark freshman, 100-yd backstroke (Regional champion); and Brayden Mandacina, Clark sophomore, 100-yd breaststroke. Along with Keith Elms, Clark senior, the three aforementioned Clark boys advance their 200-yd and 400-yd freestyle relays to State (Regional champions in both).

The State meet(s) will be held Feb 19 (Girls) and Feb 26 (Boys) at the NEISD facilities. Prelims will begin at 10 AM, diving at 2 PM, and finals at 5 PM both days. This year, the field of athletes was cut back to 16 in each event, barring disqualifications, all athletes and relays get to come back and swim in finals (just like at Regionals). Tickets sell fast for these meets, but the events will be streamed on their YouTube channel. Good Luck! to all of our Northside athletes and coaches.

In other news, the State COVID testing that has been taking place in the Farris Stadium parking lot for the past few weeks has expanded service to include Saturdays, starting tomorrow, Feb 13. We have arranged for the stadium parking lot closest to the Natatorium to still be available for us during meets. Let the NSPD officers know you are there for the meet tomorrow and they will let you in to park. I believe it is identified as Lot E. If it fills up, please use the Swim Center

lot on the East side of the stadium, but you will need to walk back to the West side in order to enter the Natatorium doors.

UIL HS Swimming & Diving

As mentioned above, we are all very excited about our athletes swimming and diving at State! By now, though, I am sure your coaches have begun having conversations with the athletes regarding water polo. All of the HS coaches met with myself and the Coordinators Wednesday night to finalize our water polo plan for practices and games. It goes without saying that things will be different from years past. I will tell you there is a lot of excitement for the season, but there is more concern about safety for the athletes amid the COVID pandemic. The nature of the sport dictates that the athletes will be in close contact with each other, much like basketball. Unlike basketball, the athletes do not have the option to play masked up. This basketball season we had a number of basketball teams quarantined during various times in the season. We all have to go into this knowing that this is a strong possibility for our water polo teams as well. Those odds can be reduced greatly by the behaviors of all athletes, coaches, and families involved. Follow all facility guidelines when you are here. When not at the pool, limit your interactions to only members of your household (even isolating family members within the household when there is illness). Team parties of any kind should not be happening. Do not come to the facilities if you are exhibiting any symptoms of COVID. Take advantage of the free testing at Farris Stadium if you have any reason to believe a member of the household has been exposed. And finally, stay masked, stay six feet apart if you have to be in public, and stay diligent with your hygiene practices.

AAAA-NS USA Swimming

This weekend we have two meets happening - the STX Champs meet in New Braunfels and our AAAA-NS meet here at the Natatorium. Communicate with your athletes that these are similar to District-level champs meets on the HS side. The STAGS meet and our Alamo Cup are like the Region-level meets. TAGS/Futures/Sectionals meets are like the State meet. If our age groupers begin to see them that way, then it might help them understand what they are looking at when they get to high school. Regardless of the meet, though, keep things simple - go as fast as you can on that given day. If we do that, we can handle the results (good or bad) easily.

March is when we transition from the Short Course (SC) season into the Long Course (LC) season. Simply put, the labels refer to how the meets are conducted. During SC season, competitors swim in a 25-yd pool. During LC season, competitors swim in 50-m pools. All of our pools have the capability to transition into 50-m courses for competition, but we may continue to utilize SC setups for training during various times throughout the season to accommodate more athletes more safely. Coach Mike, Coach Leigh Ann, and Coach BJ have been working on the groups moves and group placements already, but will wait for the end of the championship season to make them official and send them out to our athletes and families. So stay tuned to your inbox for news.

NSDA Diving

Our "I (heart) Diving" Meet is tomorrow! We moved it to GBAC due to the weather being a tad bit colder than we are used to. Coach Mike and his crew are pretty excited to have the athletes competing again. Good Luck to all of our divers!

Masters

Thank you to this group for sticking it out through the cold months. Hopefully, when the weather warms up, our numbers can grow and we can get you all racing again!

Stay safe!!

Coach Plummer

Anthony Plummer
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Update: January 29, 2021

Northside Aquatics Families,

What a fun weekend of District meets last weekend! This week has been less eventful by far around here. The COVID testing in the stadium parking lot at 1604 has gone very smoothly and has had very little impact on our programming. Keep it in mind if you have a friend or family member needing to be tested. You remain in your car the entire time, and it seems to be taking people very little time to get through the process.

UIL HS Swimming & Diving

Let me start with a big THANK YOU to all of the people that helped make our two District Championship meets such a success last weekend. I have the absolute best team of professionals here in Northside Aquatics and they work tirelessly behind the scenes so that the athletes and coaches can have the times of their lives at our championship meets. Congratulations go out to all of the individuals and teams on their respective victories. The thing to keep in mind, though, is that Districts is merely the first step in the postseason for us. We have the Regional meet coming up next week which determines who will compete in the State meet. Wednesday, Feb 3rd, all of our girls that qualified will compete. Our boys will compete on Friday, Feb 5th. Prelims will be in the morning and finals will be in the evening in the Walker pool at NEISD. Diving will be in the Davis Pool beginning an hour later than prelims each day, except for Friday when the boys will start diving at the same time as the prelims of the swimming. With the UIL reducing the number of qualifiers to Regionals, all swimmers and relays will come back for finals, barring any DQs. The goal in the morning is to finish in the top eight (8) and get into the "A" final that evening. The winner of the event is automatically qualified for State, while the rest will have to wait and see if their times earn them one of the eight (8) "wildcard" spots, statewide, in each event. For those that finish 9th-16th in the morning, your goal is to come back and win the "B" final and finish 9th. Based on the District results in our region, we have several athletes and relays positioned very well to earn State berths and we may have some teams "in the hunt" for Regional titles this year. For the divers, the top two (2) automatically qualify for State, and we have strong contenders in both boys and girls for these spots. I cannot say enough how proud we all are of our athletes and

coaches for the job they have done to make this year as successful as possible amidst a pandemic. It has been inspirational to say the least.

We have already begun developing our water polo plan for this spring as well. Once we have it all finalized, your coaches will be sharing those details with you. We are looking to have our water polo clinic, in cooperation with USAWP, the first part of Spring Break like we did last year. I know we might have the tendency to look forward to water polo already, but let us stay focused and finish our swimming season, first. On the diving side this spring, our divers will be changing things up by training in synchronized diving for the first time as part of their HS offseason. I see it as yet another way to provide opportunities for our athletes to grow and explore more of their sport. Thank you to Coach Libardoni, Coach Rios, Coach Gowen, and Coach Wurth for coming up with new ways to engage our HS divers.

AAAA-NS USA Swimming

The championship meets on the USAS side of things have been much slower to take shape this year. As of now, the STX Championship has been posted, but we are still waiting on the others. This meet will be in New Braunfels at the Das Rec pool. Coach Witt and BJ pushed the information

we had regarding these champs meets out to our families over the last week. We will still host our in house meets this month in order to offer a safe alternative to these meets, and for those who still want to race that may not have qualified for these meets. Coach Witt and his coaches will cover any meet in which we have athletes entered, so our athletes will have a coach on site while they compete.

NSDA Diving

We are offering an in house meet for our divers as well this month, and we are once again looking at hosting our Spring Roundup Clinic over Spring Break. Get with your coaches for all of the details on these. I was extremely proud of our NSDA divers that performed at the District meets. Just like on the swimming side of things, the added time that club diving provides for the athletes can make the difference come championship time.

Masters

We are excited for Coach Kim because her daughter will be getting married soon! Yesterday, my team of technology experts came in and told me they had figured out how we can get Coach Kim "ZOOMed" in for practices while she is gone, too. We will be adjusting the practice schedules a bit while she is away, but we will still be able to have practices.

Stay safe!!

Coach Plummer

Anthony Plummer

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Update: January 21, 2021

Northside Aquatic Families,

This week's message is unlike the others. For one, it is Thursday, and two, it's about a singular topic - COVID testing.

The District, in partnership with the State, will be hosting drive-through COVID testing beginning next week at the Farris Athletic Complex. It is scheduled to go for at least the next three weeks. Here is what Dr. Woods put in today's NISD newsletter:

Starting Monday, Jan. 25, COVID-19 testing will be available for no cost at Farris Athletic Complex, 8400 North Loop 1604 W. This is a free state-supported, drive through test collection site, and individuals do not need to have symptoms to test. No appointments are required although pre-registration is encouraged. Results will be available three to five days after testing. The site will be open Monday through Friday, 8 a.m. to 4 p.m. For questions, contact the Spartan Medical Call Center at 1-888-998-3568.

For those of you that use our 1604 location, I am including the diagrams for the site, here, so you can see the affected areas of the complex (and avoid them). As you can see, the bulk of the traffic will be in the northern end of the complex, but traffic will be exiting at the southern end, by the Natatorium. We are suggesting that for our programming, everyone use the Swim Center parking and avoid the testing traffic. Staff will continue to use our little "triangle lot" in front of the Natatorium offices.

Teams that are practicing inside will be re-routed to exit through the rolling gates after practice, to the Swim Center Lot. Teams that are practicing will continue to exit through the Swim Center gates to the parking lot. That being said, we must ask that all vehicles refrain from parking and waiting in the various roadways or at stop signs. Please wait for your swimmer in a parking space for safety. As you exit, please watch out for children crossing the street and walking through the parking lot.

Thank you, and GOOD LUCK to everyone this weekend at Districts!!

Coach Plummer

Anthony Plummer

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[Pic 1](#)
[Pic 2](#)
[Pic 3](#)
[Pic 4](#)

Update: January 15, 2021

Northside Aquatics Families,

What an exciting time of year this is - on the cusp of Championships. I am honestly a little amazed that we are still swimming and diving right now. The forecast to actually get a swimming and diving season in for this year was, shall we say, less than optimistic in August and September. I am just simply grateful when I can go on deck everyday and still see athletes and coaches at work. But we have a ways to go. The Championship season continues through the beginning of March for us around here. Everyone has to continue to do their part for us to see this thing all the way through. I often used the metaphor with my athletes that this is the time you "get paid". Your results during Championship season is your "paycheck" for all of the hard work you have been putting in over the past year. Yes, I said year, not months. Success is a cumulative result of continued effort when it comes to swimming and diving.

UIL HS Swimming & Diving

This time next week, we hopefully will be in the middle of our first District meet. The divers will have already competed on the two previous nights and the swimmers will be going at it in the pool. Join us in doing all we can to make this happen. I know we have some parents that are not happy with the plan we came up with to handle spectators at the District meets. All I can say is that it was developed with twelve swimming coaches, two diving coaches, three Coordinators, and one director in the room working it out. We have 156 athletes and 158 athletes entered in our two District Meets. Our one-to-one ticketing that we have been employing this year would simply not work, and, frankly, would be irresponsible of us to do at this time with the alarming local COVID numbers. Instead, we developed a tiered system to ensure our older athletes, who might be competing in their final meet, had priority when it comes to having family there watching. This was the best solution our group could devise. Your coaches have all of the details and can share them with you and answer any questions you may have.

AAAA-NS USA Swimming

Tomorrow and Sunday is our New Year Splash meet here at the Natatorium. I hope all who are entered can get in here and do what they love - RACE! I really enjoyed last night's thRACE night, too. I am thankful that BJ Allenstein has allowed me to act as starter on these nights. With a front row seat, I have been able to see marked improvement over the course of the season. I left with a great feeling last night.

The Championship meets for USA swimming are taking shape around the LSC and the State, but there are still some moving parts. When things get nailed down, Coach Witt and BJ will get everybody all the information. For now, let us keep training for them so we are ready when the opportunity presents itself.

NSDA Diving

Our HS aged divers are obviously focused on their Championship meets right now and are hard at work fine-tuning their lists. But the age groupers are still "getting after it", too. All sports have a mental component to them, but I put diving up there with golf in terms of preparation and concentration when it comes to execution when it counts. To our divers of all ages, I say, "Trust

in your training, trust in your coaches, but above all trust in yourself and your abilities when you are competing. Whether it be the District meet or the State meet or a National meet, remind yourself before each dive - YOU GOT THIS". I look forward to our results this year.

Masters

What more can I say about this group? You men and women keep showing up, keep putting the work in, and we are thankful that you do. Keep it up. Hopefully, this will be our one week of winter this year and it will start to get warmer!

Stay safe!!

Coach Plummer

Anthony Plummer
Asst Athletic Director for Aquatics
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Update: January 8, 2021

Northside Aquatics Families,

First of all, Happy New Year to all of you! I must admit, I was led to believe everything would miraculously be okay with the new year. Imagine my confusion when I find us all facing the same challenges still from 2020. In all seriousness, we came back Monday to a positivity rate of 23.2% locally. That means 1 out of every 4.3 people getting tested are positive. As a mathematician, I then generalize that to 1 out of every 4.3 people I encounter outside my home could be positive. Taking it a step further, 1 out of every 4.3 people that come into the facilities could be positive. I am treating everyone as if they might be positive right now. I can only hope that all of you out there reading this have elevated your vigilance as well. As I have said multiple times before here in my messages that the only way we stay ahead of this virus is with a monumental collective effort.

This week we notified everybody of one more case of COVID in our facilities. Everybody needs to continue to do their best when it comes to wearing masks, keeping socially distant at all times, and keeping our hygiene as sanitary as possible. We have been sending these letters to inform you when a student, staff member, or parent, has been known to be in our facilities in the days immediately prior to testing positive for COVID. All three of these aforementioned groups have been represented by the letters we have sent out thus far.

UIL HS Swimming & Diving

We altered our scheduled meets for this weekend after conferring with our coaches. They each evaluated the needs of their respective teams going into the District meets and let us know if they wished to have their fourth meet. We have also altered next week's diving meets. The athletes will dive in the same groups they practice in - 1st period in the first meet and 8th period

in the second meet. We are all worried first and foremost about the safety of our swimmers and divers, of your children. As I pointed out in my last message, a positive test or confirmed exposure will trigger a quarantine that will rule out Districts for an athlete. We have to be “on point” at all of our competitions, please. To all swimmers and coaches and spectators - if you are not feeling well, please stay away and take advantage of the livestreaming. Coach Brothers and I will be ready to step in for any coaches, relays can be adjusted, swimmers or divers can be scratched. Let’s just be safe.

AAAA-NS USA Swimming

We are still planning on having our January meet on the 16th and 17th. Based on the numbers of committed swimmers, we feel like we can still safely hold the meet. The morning sessions both days will be for the older kids, the younger swimmers will swim in the afternoon sessions.

NSDA Diving

I made a point to get out and watch the divers this week. I was impressed with the level of difficulty in the dives that they were working on. To me, a non-diver, that is a clear indication of growth and progress. What made me proud was the way the coaches were still reminding the divers of, and coaching them up on, the fundamentals still late in the season. Coach Freese tells his coaches to address the cause, not the symptoms, of a poor dive. I absolutely love this approach! For me this encapsulates the idea that the fundamentals are as important at the end of the season as they are at the beginning of the season. Kudos to Coach Freese and all of our diving coaches.

Masters

And Kudos to this group for continuing to come in and swim everyday (well almost everyday for some of them...)! I received a thank you note from one of them and it absolutely made my day, and Coach Kim’s. The swimmer works in healthcare and shared how the time in the pool has helped, not only them, but other Masters swimmers, to deal with their increased workload throughout this pandemic. Again, it was one of those moments where I step back and realize that sometimes what we do here is about more than training to win competitions. So thank you, for the thank you!

To all of our family members that are healthcare workers and first responders, we once again salute you and sincerely thank you for all you do.

Stay safe!!

Coach Plummer

Anthony Plummer

Asst Athletic Director for Aquatics
Northside ISD
San Antonio, TX
210-397-8988

Update: December 18, 2020

Northside Aquatics Families,

So this week we notified everybody of four more cases of COVID in our facilities. Everybody needs to continue to do their best when it comes to wearing masks, keeping socially distant at all times, and keeping our hygiene as sanitary as possible. When we come back from the break, it is pretty much championship mode around here. If we are not diligent now, we could find ourselves with athletes and teams in quarantine for those championship meets and “on the outside looking in”.

UIL HS Swimming & Diving

Speaking of championships, and after meeting with our coordinators and high school coaches, we will be making changes to our District Meets this year. The dates will stay the same - District 27-6A on Jan 22, 2021 and District 28-6A on Jan 23, 2021. Instead of a prelims/finals format at GBAC, we will be swimming these meets as timed finals, by gender, at the Natatorium. This means the athletes and relays will get one shot at their races - everybody needs to be ready to go! The girls will have the morning session; the boys will have the afternoon each day. The other two Districts in our region will also be following this format over at NEISD, so everybody will be on the same footing going into Regionals. We made these changes in the interest of safety. The Natatorium gives us considerably more deck space to spread the teams out. By doing the sessions by gender, we reduce the numbers in the facility at any one time. And by doing timed finals, we limit everybody to just one session, thus eliminating an additional exposure at the pool by having to come twice. Your high school coaches will be providing you with more details after the break, I am sure. Diving for the two District meets will be Wednesday, Jan 20th (27-6A) and Thursday, Jan 21st (28-6A) in the evenings at GBAC.

AAAA-NS USA Swimming

Last weekend, Coach Mike went up to Dallas with Joseph Manzo and Keith Elms to compete in the 18 & under Winter Championship Meet. Both of these young men did a fantastic job representing all of us here at AAAA-NS with some very good swims. Joseph swims for Brandeis HS and Keith swims for Clark HS, as well. It was a great opportunity for them to see some good competition from other parts of the country. Hopefully, we will be able to have more of our athletes get these opportunities soon!

As for the practice schedule for the next couple of weeks, please refer to the 2020 Winter Holiday Schedule (https://www.teamunify.com/stnisd/UserFiles/Image/QuickUpload/2020-holiday-practice-schedule---aaaa_099535.pdf) for any changes to times or cancellations of practices.

NSDA Diving

Cold weather does not hinder this group! I mentioned in past emails how I admire this group's athletic ability, but let me say that watching them out there every day in the chilly weather, I find myself admiring their work ethic as well. Keep it up, divers (and coaches)!

Coach Freese has been working with Terry Veters and techs Oscar and Donn to get a new tumbling track built in the basement this week. I hope the divers can take advantage of it over break during the Holiday Training Camp!

The 2020 Winter Holiday Training Camp Schedule can be found on their SportsYou feed (Code B6JAC65N if you haven't joined yet!)

Masters

This group, too, is deserving of praise for their commitment to training in the elements. I was also honored to participate in a Pink Out for one of our Masters team members this week. This group has really become a team under Coach Kim, and we have seen the team rally around members in times of challenge before. This week was another of those times.

This will be my last message of 2020. I will be so glad to put this year in the rearview. But, I would like to express my gratitude for all of the people that work in Aquatics here in Northside. While the year has thrown numerous challenges and obstacles in our path, figuring out solutions and ways to overcome them has been an amazing experience. This feeling of teamwork I will take forward into 2021 and beyond. The challenges and pitfalls can stay in 2020.

Have a great Holiday Season! Happy New Year! Stay safe!!

Coach Plummer

Anthony Plummer

Asst Athletic Director for Aquatics
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Update: December 11, 2020

Northside Aquatics Families,

What a week this has been. The COVID numbers continue to rise and the Health officials put things back in the Red Zone. As of now, I have received no instructions on "dialing things back" or cancelling practices or meets. As soon as we get anything like that, we will send it out to you immediately. If the last nine months have taught us anything, though, it is that plans can be changed at any moment. It is only through heightened vigilance and discipline that we can stave off this virus. Now is the time to bear down with regards to precautions. It is not the time to relax! As many of you have heard by now, our Harlan HS football team has withdrawn from the playoffs due to COVID issues. The team, not individuals, have had their season end. We have to think of ourselves as a team here in Northside Aquatics when it comes to the virus. Whether you are a swimmer or diver, athlete or staff, USA or UIL, we do not want our seasons to end prematurely. Please, everyone, do your part.

On Wednesday, myself, and members of my staff, loaded up all of the wonderful gifts collected for the Angel Tree Project and took them over to the Event Center to be placed in the family boxes. We had four SUVs stuffed to the roof with bags and a truck loaded full with bicycles. Hopefully, you will get a chance to check out the pictures we took. Ordinarily, we would have coaches and athletes make the delivery and help get the bags into the family boxes. We elected to take care of it ourselves out of safety this year. Thank you to all of the athletes and families that donated items to make some children very happy this holiday season. This was a true team effort among all of our programs. We can accomplish good things when we all come together.

UIL HS Swimming & Diving

Tomorrow is our next set of HS Swimming meets at all three of our pools. Thank you, in advance, for following our protocols at our meets - mask up and social distance - and for following the direction of staff while you are in the facilities. Please email Kristin Schulze (kristin.schulze@nisd.net) with any ticketing questions. Remember the one ticket for your athlete is available to you right up until the meet. We do not release them for general sale at all.

To the parents coming to watch our meets, be aware that some of our meets this weekend will be crowded in the stands. Please do your best to distance yourself from each other. Both at 1604 and GBAC, once 60-65 of you get in there, it starts to get crowded. We have our caps set to the number of swimmers in the meet, with a max of 105 per meet. If you are at all health compromised, I invite you to stay home and watch the meets via the livestreaming. And, finally, at no time during the meet, are the athletes to come up to see you in the stands. To get to you, they have to pass other people - this compromises their safety. They are in high school, now, they can visit with you after the meet, at home.

Some of our HS divers are diving over at the Josh Davis Natatorium this evening, too. Good luck to all of them!

AAAA-NS USA Swimming

The Winter Wonderland meet was extremely successful last weekend. I saw a large number of personal best times and really quality swimming in all three sessions on Saturday. I was probably hard to pick out because when I am at meets, I slide back into more of a coach's role than an administrator's role. I find myself around the coaches and athletes the majority of the time. When I can, I am getting to know our swimmers and offering tips - can't help it. I am also having conversations with coaches about continuous improvement. And, I eavesdrop on the feedback that the coaches are giving to the athletes and watch how it is received. I am continually pleased with what I am hearing. Whether it is at thRACE nights, or at a meet like Winter Wonderland, our coaches are giving solid feedback to our athletes. I am truly pleased with the direction Coach Mike and Coach Leigh Ann have taken with our coaching staff. To those families that have stuck with us through the coaching changes, I thank you wholeheartedly again. I believe we are on a very good path for our team's future.

As for the practice schedule for the next couple of weeks, please refer to the 2020 Winter Holiday Schedule (https://www.teamunify.com/stnisd/UserFiles/Image/QuickUpload/2020-holiday-practice-schedule---aaaa_099535.pdf) for any changes to times or cancellations of practices.

Finally, let's all send positive energy to Joseph and Keith and Coach Mike who are up at the Winter Championships Meet this weekend. If you guys are reading this - GOOD LUCK!

NSDA Diving

Our diving version of Winter Wonderland was a success as well last weekend. I was able to tune in via our livestream and watch most of it. I am truly impressed by our divers on a daily basis. The athleticism and grace required to execute the simplest of dives is remarkable. I am excited to see the path that Coach Freese and his staff have laid out for our team on the diving side as well. The future holds promise - of that, I have no doubt.

I would like to close with a big shout out to the Holmes Huskies team this week. BJ, Kari, and I have been filling in for Coach Segrest as he recovers from injury, and this group of athletes has shown us a great deal of heart and determination through some very tough workouts from Coach Segrest. It is readily apparent what a great foundation has been laid with this team, centered on hard work and commitment. I had one of my best days at work yesterday because of the feeling I walked away with from the morning workout. Covering Coach Mike in the evenings this week has also been a true pleasure as well. Working with Coach Chloe Kiniry and the Platinum/Navy group has been just as invigorating. I did have to "chew" on this group last night at one point, but they responded with superb effort and finished on a high note. Both groups, and their coaches, remind me why we do what we do here. Thank you.

Have a great weekend! Swim fast! Dive well! Stay safe!!

Coach Plummer

Anthony Plummer

Asst Athletic Director for Aquatics
Northside ISD
San Antonio, TX
210-397-8988

Update: December 4, 2020

Northside Aquatics Families,

I know it has been a couple of weeks since my last update - the 20th was our 27th wedding anniversary and last week was Thanksgiving. I hope all of you were able to enjoy your smaller Thanksgiving celebrations this year. I hope you were able to pause and find the time to realize all that you are thankful for. I will be throwing out a lot of thank you's today. I am thankful that we are still able to enjoy swimming and diving. If you have watched the national news at all recently, you know that our country is facing the toughest challenges yet due to COVID. Now is definitely not the time to relax our vigilance. Please, everybody continue to do your part!

This week marked the first time I had to send out a COVID notification letter to all of you. I will admit that it affected me. I believe it is evident from my prior emails, how I want so desperately for all of us to stay safe through this pandemic. Thank you for the supportive emails I received in response to the letter. When a student is exposed, or tests positive, the contact tracing is

handled by the school nurse, Director of Health Services for NISD, and Metro Health. When a staff member here is exposed, or tests positive, the tracing is handled by HR and Metro Health. We acted immediately and followed all of the protocols with regards to the case referenced in the letter. I assure you that we will continue to do so with all exposures and positive cases within our facilities.

I want to thank all of you that have participated, and will help with delivery and distribution, toward our Angel Tree efforts this year, as well. Coordinator Kari Brothers has done a great job keeping this tradition alive for us this year. Thank you to all of our coaches as well. Like the Hour of Power, that we still hope to do this year, I see these efforts as opportunities for all of our programs to work together and hopefully cement a positive Northside Aquatics mentality and identity.

UIL HS Swimming & Diving

Tomorrow is our next set of HS Diving meets at GBAC. These have gone extremely well this year thanks to Coordinator Kristin Libardoni and Coach Barbara Rios. Shelagh Wurth has done an outstanding job putting the meets together and making sure they go off without a hitch. Of course, having a great group of divers and parents truly makes it go off without a hitch. Good luck tomorrow!

Next weekend, December 12th, is our next round of HS Swimming meets. Like the diving meets, these have been truly team efforts around here. From Coordinators Kari Brothers and BJ Allenstein to Facility Managers Terry Veters and Kenny Gonzales and their crews, to all of the coaches, athletes, and parents. Thank you all.

Thank you, too, in advance for following our protocols at our meets - mask up and social distance - and for following the direction of staff while you are in the facilities. Please email Kristin Schulze (kristin.schulze@nisd.net) with any ticketing questions. Remember the one ticket for your athlete is available to you right up until the meet. We do not release them for general sale at all.

AAAA-NS USA Swimming

Tomorrow and Sunday we will be hosting our Winter Wonderland meet. Like all things, it will be a scaled-down version of previous years, but we felt it was important to preserve the event as much as we could in anticipation of subsequent years' meets. This time of year is traditionally when a good, fast, prelim/final meet would ordinarily go - both on the HS side (TISCA) and the USAS side (Winter Wonderland). But, this year being this year, let's really try to "gear up" this weekend and swim as fast as we can! The decisions to do timed finals and split into three sessions were made because of the COVID numbers and our desire to continue to compete safely.

Thank you, too, in advance for following our protocols at our meets - mask up and social distance - and for following the direction of staff while you are in the facilities. Please email Kristin Schulze (kristin.schulze@nisd.net) with any ticketing questions. Remember the one ticket for your athlete is available to you right up until the meet. We do not release them for general sale at all.

NSDA Diving

Like our USAS swimmers, our AAU/USAD divers will be competing in their own Winter Wonderland meet tomorrow. Thanks to Kristin Libardoni and Coach Mike Freese and his staff for keeping this tradition alive this year as well! Good luck to all of our divers tomorrow!

Masters Swimming

Big shout out to Coach Kim Hansen and her team of athletes. I admire your commitment to getting in despite the early hours and the drop in temperatures! Keep it up, gang.

Have a great weekend! Swim fast! Dive well! Stay safe!!

Coach Plummer

Anthony Plummer
Asst Athletic Director for Aquatics
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210-397-8988

Update: November 13, 2020

Northside Aquatics Families,

Please, please, let us all continue to do our part to keep our athletes swimming and diving. Continue to wear masks, social distance, avoid large gatherings, and use good hygiene practices. The numbers are getting scarier and scarier to me. I have heard nothing about another possible shutdown, but my mind goes there some days. Communicate with your athletes again how fortunate we are to have the opportunities we do, and to absolutely maximize them while they do have them.

As a heads up for next week, we have a band competition/rehearsal taking place at 1604 on Tuesday, 11/17/20, in the afternoon. We found out yesterday and some of you might have already gotten word from your coaches. Because of the buses and semi trucks that come along with the band competitions, NSPD will be blocking off the Swim Center parking lot (east side of Stadium) about the time we have our afternoon HS practices. The lot will remain closed throughout the evening. This will not affect our morning groups nor our midday Masters groups - proceed as normal. Any athletes and parents coming to the facility for 8th period HS swim/dive practice, AAAA-NS swim practice, or NSDA diving practice, will need to park in the Natatorium (west side) parking lot that day. Entry will still be through the rolling gates as usual. Exit will still be straight out to the parking lot as usual for our indoor groups and out through the rolling gates for our outdoor groups.

One more additional note on picking athletes up - please be mindful of all of the athletes exiting the facility. I know some of you like to pull up and wait in front of the facility for your child(ren), but really the best thing to do is park and let your athlete come to your vehicle. They are young, they can walk. Waiting in front tends to jam up the traffic flow. And, as you drive through the lots, please watch out for our kids. Thank you.

UIL HS Swimming & Diving

Tomorrow is our second round of swimming meets. Some of our teams will be competing in different pools from last time. Thank you all in advance for following our protocols - mask up and social distance - and for following the direction of staff while you are in the facilities. Please email Kristin Schulze (kristin.schulze@nisd.net) with any ticketing questions. Remember the one ticket for your athlete is available to you right up until the meet. We do not release them for general sale at all.

AAAA-NS USA Swimming

The meet last weekend by all accounts was a success. Thank you to all of the athletes, coaches, staff, and parents who made it so. I saw many strong swims in the morning session. It looked to me that we have been using our time very well to really focus on the fundamentals of our strokes and racing. The next meet will be our Winter Wonderland meet Dec 5-6. It will still be our AAAA-NS team only. And while it will not be our traditional Prelim/Final meet that we usually have, we are "taking it up a notch" and awarding medals to 1st-3rd in each event, and separating the boys and girls events, so it is more like a traditional meet. And, the Boosters are looking at having some concessions as well as meet t-shirts for sale, so stay tuned for more from them on these two items. I was able to sit in on the Booster meeting this week and we have had more ladies step up and join the Board - Mistie Cotrell, Secretary, Tanya Washburn, Membership Chair, and Charly Allred, Special Events Co-Chair. There are openings for Treasurer (big THANK YOU to Carrie Palomares for her time and service in this position!), Parliamentarian (another big THANK YOU to Fred Kerzic for his time and service in this role!), and another Special Events Co-Chair. If interested, reach out to any of the Board members for details. Again, I want to thank this entire group of individuals for their time and dedication to preserving this organization and its mission to support the athletes and our coaches.

NSDA Diving

The next meet for our NSDA divers will also be our Winter Wonderland meet on Dec 5th. Stay tuned to your coaches' messages for all the details! Like the swimming portion, we want to "take it up a notch" for this meet.

Have a great weekend!
Coach Plummer

Anthony Plummer
Asst Athletic Director for Aquatics
Northside ISD
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210-397-898

Update: November 6, 2020

Northside Aquatics Families,

As I write today's message, my mind is occupied with many things, but among them are the increasing COVID numbers and the pending presidential election results. These are indeed remarkable times in which we are living. The COVID numbers can directly impact what we do here at the pools and how we do it. While I absolutely feel assured that we have significantly reduced the odds of virus transmission here at the facilities, I dread the chance that we will have to shut down again. What I am concerned about is that exposure to the virus outside the facility leads to quarantining inside the facility through contact tracing. Please, please, let us all continue to do our part to keep our athletes swimming and diving. Continue to wear masks, social distance, avoid large gatherings, and use good hygiene practices.

As a heads up for tomorrow, we have drive-up flu shots happening in the football stadium parking lot. They are setting things up on the west side of the football stadium, out by the 1604 access road, but closer to the Natatorium than the Gym. For those of you coming for the diving meets and/or the swimming meet, please park on the east side of the stadium (the side closest to Stinson MS) for the Swim Center for the swimming meet and the Dive Well for the diving meets. Take advantage of Skyhawk drive for your ingress and egress to the parking lot.

UIL HS Swimming & Diving

Tomorrow is our second round of diving meets. We had to change the venue to the 1604 diving well from GBAC due to some plumbing repairs that needed to be done. Thank goodness the weather has cooperated with us! Historically, November marks the beginning of our indoor meet season, but with our current weather we are able to keep this weekend outside and we are thankful.

Next weekend we have our second round of swimming meets at all three pools again. The District is once again honoring our military and first responders with Heroes Week. Our heroes will get free admission to all District athletic contests Nov 12-14. For those of you in our aquatics family that serve the rest of us so nobly, please email Kristin Schulze (kristin.schulze@nisd.net) before the meets on the 14th, so we can set you up with free admission. Our HS teams are scheduled in the indoor pools due the fact that November weather can be "iffy" around here. We did this intentionally, as we made the schedule with our HS coaches. The outdoor pool was offered out to the rest of the 50+ teams from the greater San Antonio area to help them get some meets in. To this day, it amazes me how few competition pools we have in San Antonio.

AAAA-NS USA Swimming

Tomorrow will also be our first USAS meet of the season. I am excited to see all of our high school-aged swimmers and our age group swimmers get up and get racing. This will be a sanctioned meet, meaning the times will officially be uploaded into the SWIMS database with USA Swimming. The times can then be used to meet qualifying standards for future USAS meets whether local, regional, or national. So encourage your athletes to give it their best effort. Remember, every race is informational for the coaches and athletes. It tells us where we are now, and what we need to work on, in order to get where we want to be at the end of the season or the end of the year. Encourage your athletes to just get up and race to the best of their ability tomorrow and see what happens. After the race, they need to be visiting with their coaches for feedback and for possibly new things to begin working on in practices. This is a critical part in the process of continual improvement. As an athlete and a coach, these post-

race talks are some of my fondest memories and really helped cement the relationships with my coach and my athletes. Encourage your athlete to find their coach(es) after their races.

NSDA Diving

The team is looking better each time I am out there in the well. We do not have practice tomorrow (Saturday, Nov 7) due to the competitions and your coaches getting some inservice time together.

Masters Swimming and Diving

Here's hoping the first week of o'dark thirty workouts went well! I had the pleasure of covering the 11:30 practice today and had a great time. I don't know if it was enough for this old guy to get back in, but we will see...

Have a great weekend! And THANK YOU for voting in record numbers! Let's hope for a speedy and peaceful resolution to the election now.

Coach Plummer

Anthony Plummer

Asst Athletic Director for Aquatics
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210-397-8988

Update: October 30, 2020

Northside Aquatics Families,

Sorry I missed last week. My in-laws were celebrating their 59th wedding anniversary and who would want to miss that! Thank you to all of you that have already voted - if you have not, yet, there is still time! I am encouraged by the record turnout so far. However, speaking of statistics, the COVID numbers are not as encouraging as they were a month ago. We continue to monitor them, and fervently hope we can avoid the dire situations in parts of Texas and many other states. I entreat all of us to maintain our vigilance - mask up, keep your distance, wash your hands, and avoid large gatherings, please. It is about our behaviors outside the facilities while still maintaining discipline inside the facilities.

UIL HS Swimming & Diving

We will be hosting our second round of diving meets next Saturday on the 7th of November. We will have our second Saturday of HS swimming meets on the 14th of November. Your coaches will be working on entries next week, so please communicate with them if your athlete will not be able to dive/swim. They will, in turn, be communicating with you and the athletes as to which venue the meet will be in and the expectations for the athletes.

We are, of course, requesting the same level of cooperation we had on our first weekend of meets. Thank you in advance for that.

AAAA-NS USA Swimming

Our first AAAA-NS meet is on November 7th at the Natatorium. I am excited to see our team in action! Communicate with your athletes We will utilize our online ticketing system to control capacity as we have with the HS meets. Admission will be free to USAS meets as it has always been. We will still be doing one-to-one ticketing, i.e. one spectator for each competing swimmer. Rather than using your child's student ID number, your ticket will be claimed using their USAS ID. If you are not sure what that is, you should be able to see it using the OnDeck App. The USAS ID is a computer-generated alpha-numeric ID when your child first registers with USA Swimming, and consists of their 6-digit birthday followed by the first 3 letters of their first name, then middle initial, then the first 4 letters of their last name. So, an example would be 010195JOHQPUBL for the swimmer John Q Public born Jan 1, 1995. Asterisks are filled in for missing characters if, for instance, your child does not have a middle name. An example of this would be 020296JAN*DOE* for the swimmer Jane Doe born Feb 2, 1996. The first asterisk is for her missing middle name. The second asterisk is for the non-existent 4th letter of her last name. Remember Kristin Schulze is your contact if you have any questions or issues with the ticketing platform. You can email her directly at kristin.schulze@nisd.net

NSDA Diving

The team started utilizing the basement of the Natatorium, or "dungeon", this week. Coaches Libardoni and Freese have been putting together quite the dryland area downstairs.

The space gives all of our coaches and teams an alternate locale for workouts during inclement weather. So if your athlete comes home and says they spent practice "in the dungeon", please do not be concerned! They were just doing a dryland workout!

Masters Swimming and Diving

We completed our first week of midday practices this week. Bravo! To those that braved the cooler temperatures. Thank goodness Daylight Savings ends this weekend. The early morning group starts Monday, and you all get an extra hour of sleep to prepare. ;) #banksomesleep

Have a great weekend! And VOTE if you are eligible, please.

Coach Plummer

Anthony Plummer

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Update: October 16, 2020

Northside Aquatics Families,

As I am writing today's message, I am looking out at the GBAC/Gus Stadium parking lot and watching a steady stream of cars moving through to pick up food from the Food Bank. The

impacts of COVID-19 this Spring and Summer are still evident and still continue. For those of you that have been impacted, our thoughts are with you. For those of you that have been blessed throughout all of this, be thankful. There is also a significant line for early voting out front for the Northside Activity Center. It amazes me sometimes how willing our District is to help the community to function beyond the classroom. I am proud to be a part of such a District.

UIL HS Swimming & Diving

I want to commend all of our Northside athletes, coaches, and families on last Saturday's meets. While we could do better on our social distancing, the overall climate was one of cooperation and gratitude at all of our pools. My staff and I put in many hours of prep time, as well as time the day of, and in the end, the gratitude of the athletes and coaches made it all worthwhile. Not surprisingly, the relatively few issues we had were with our non-Northside guests. We will ramp up our information for them going into the November meets.

AAAA-NS USA Swimming

We hosted another **thRACE** night last night for some of our Green swimmers. I once again had the pleasure of being the starter for the evening. I was impressed with the amount of progress in this group of athletes over the course of two weeks. I also really enjoyed watching the athletes getting the immediate feedback from the coaches on deck after their swims. I saw eyes on the coach as they were talking, and a lot of head nods showing the athletes were listening and understanding. It is not unusual to see rapid improvement early on in the sport, the key is to never stop trying to improve your performance. Every racer goes through plateaus in their career, but like most things, plateaus are usually not permanent - you just have to keep putting in the intentional practice to get through them. I want to acknowledge all of the work our Coordinator, BJ Allenstein, has put into making these Thursday night races a success. He is the driving force behind the scenes so the athletes and coaches can do their parts. We will be piloting a new system during these thRACE nights. Touchpad is a program through TeamUnify that serves the same functions in terms of meet setup and running the meet as Meet Manager from Active. Parents will notice there are slight differences in the heatsheets and results pages. We will continue to pilot Touchpad this year in our thRACE nights and will look at making the switch to Touchpad for next year with all of our meets. For this year, our UIL meets and USAS meets will continue to operate using Meet Manager, so everything will look as it has for years.

We are moving forward with plans to host our first AAAA-NS meet on November 7th at the Natatorium. This will be for our entire AAAA-NS team. We will be running a morning session and an afternoon session on that day. It will not be a full slate of events, but it will give all of our swimmers an opportunity to get some official times. We will provide everybody with our meet procedures and protocols after we finish putting the final touches on them. Be on the lookout for those emails.

NSDA Diving

Our competitive divers got their first taste of competition this past Saturday, as well, at their annual Spooky Splash meet. Kudos to Coordinator, Kristin Libardoni, and Operations Manager, Shelagh Wurth, on their execution of three (3) HS diving meets and the Spooky Splash meet on Saturday. Coach Mike Freese and his crew had our NSDA divers looking good while having fun, too. I look forward to seeing more to come from this group.

Masters Swimming and Diving

The tunnel is ending, my friends, and that light you see is not an oncoming train. Look for news from Coach Kim and Coach Mike in the very near future. I want to say thank you to this group for your patience and understanding. You have had the longest wait of all of our competitive teams. We will continue to look at expanding our public offerings as things improve.

Let me just close with a plea to all of you that are eligible to vote to please do so. Our democracy only works if we all participate. Thank you for doing your part.

Coach Plummer

Anthony Plummer

Asst Athletic Director for Aquatics
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Update: October 9, 2020

Northside Aquatics Families,

In these emails, I am trying to communicate all that we have going on and are going through. Based on feedback, doing so might have led to some confusion among parents with regards to the different programs that their children may or may not be involved in. My apologies if my messages have been unclear at times. To help with this I will try to improve my format. I will start with the information that pertains to all, then go into information specific to the three programs we currently have going - **UIL HS Swimming & Diving, AAAA-NS USA Swimming, and NSDA AAU & USA Diving**. Hopefully, we will be able to add **USMS Masters Swimming & USA Masters Diving** soon! The continued success of running our first three programs has me hopeful these two groups will be joining us soon. My intent with these messages is to educate and inform, not confuse. Again, my apologies if I have done so to any degree over the weeks.

On the streaming front, we have experienced some setbacks. Our camera equipment ended up being back-ordered. Instead, tomorrow we will be streaming each pool, as we advertised, using District iPads. The quality will obviously be less than we had hoped, so we will apologize up front. I cannot say enough about Kristin Schulze and her team's efforts on this front. Team members include: Selena Jasso, Beth Henderson, Terry Veters, Kenny Gonzales, and company. I can assure you that however things look this week, they will be better for future meets. Based on what we have seen on other streamed events around the city, sound is an issue. Microphones pick up all ambient noises - even the inappropriate ones. If we broadcast with sound, this is something we all need to cooperate on - we need to watch what we say! Parents, please have the discussion with your athlete. I will take the coaches and staff.

UIL HS Swimming & Diving

As I write this week's message we are on the eve of one of the largest meet days we have attempted here in Northside. We will host nine (9) swimming meets and four (4) diving meets tomorrow utilizing every bit of our water. The preparations on our side have been significant. We are hosting these to provide all twelve (12) of our HS teams, and several other school teams from the area, a chance to race. With that being said, I cannot stress the importance of needing the cooperation of every single individual that is planning on coming tomorrow. **Cooperatively** is the only way we can pull off these meets in the safest manner possible. If you are coming, please bring your patience, along with a willingness to be redirected as needed. Hopefully, this will not be needed very often, but, when asked, please comply with our staff or the Northside police officers on duty. Thank you, in advance!

I am again including the information on online ticketing, as well as the "How To" attachment

For parents/guardians of participants (Swimming & Diving) ticket sales will be the week of the meet, beginning on Wednesday's at 4:00 pm and will end one hour after the start of the meet on Saturday's. Utilizing your student's ID, each family will be able to purchase one attendance ticket. Aquatics is permitting 1:1 ticketing for spectators. Seating for spectators will be designated at each of our aquatic centers. Tickets are for one meet only. The facility will clear after each swim/dive meet.

- **All tickets will be sold online, no ticket sales will occur at the district facilities.**
- **Anyone who enters an athletic venue will be required to complete an NISD Health Screening, utilizing a facility-specific QR code.**
- **Note, all items brought into our facilities are expected to be removed at the end of an event (cups, wrappers, towels, jackets, etc); pack it in and pack it out. Anything left behind will be thrown away, there is no lost and found for items forgotten.**
- **Per Executive Order GA-29, face coverings are required for attendance.**
- **No re-entry permitted**

AAAA-NS USA Swimming

We hosted our second **thRACE** night last night for some of our White groups. While I was not there for this one, the report I received this morning was that these, too, went well. Big thank you to the coaches and athletes that participated last night!

Our South Texas LSC House of Delegates meeting is tomorrow, Saturday, Oct 10th. Coach Witt will be our primary representative, as BJ and I each run one of our pools. We anticipate learning what the championship meets will look like, as well as, dates for those meets. From there, the AAAA BoD will "backfill" and schedule meets locally to give our athletes opportunities to be ready for them. I anticipate most will be us taking care of our athletes as much as possible, with some additional opportunities to attend meets hosted around the LSC. The guidelines for capacity at USAS meets are different from the UIL/TEA guidelines, so our plans for our USAS meets will necessarily be different. We will do our best to keep you all informed as things take shape.

I am extremely excited about tomorrow's meets. It will be a 14+ hour day for myself and my crew, but well worth it if the swimmers and divers get the opportunity to do what they love - and can do it safely.

Coach Plummer

Anthony Plummer

Asst Athletic Director for Aquatics
Northside ISD
San Antonio, TX
210-397-8988

Update: October 2, 2020
Northside Aquatics Families,

We hosted our first **thRACE** night last night as many of you all know from BJ's email. Let me add my praise to the coaches and staff that made this evening successful. Let me also commend the athletes for their diligence and cooperation on the deck, and their superb effort in the water. This was our first foray into hosting any kind of meet in my mind with our COVID protocols in place. I had the pleasure of serving as the evening's starter. Having a front row seat allowed me to really assess the night. The ability to adhere to our safety measures these relatively inexperienced athletes demonstrated left me feeling less anxious about our upcoming HS meets. That being said, my expectations will be high for our HS athletes on the 10th. Varsity athletes should be expected to conduct themselves appropriately with less direction. To our helicopter parents, this means that your athletes cannot come to the meet expecting to rely on you next Saturday. Each of them are expected to know the procedures and follow them. If they have questions, or are unsure what is expected of them, they need to ask their HS coaches. Our HS coaches should be coaching your athletes up on what the meets will look like at each of our pools during their practice time. Again, if our novice level swimmers can do it, our HS athletes should be able to do it.

<https://www.teamunify.com/team/stnisd/page/covid-19-protocols>

Our South Texas LSC House of Delegates meeting is next Saturday, Oct 10th. We anticipate learning what the championship meets will look like, as well as, dates for those meets. From there, the AAAA BoD will "backfill" and schedule meets locally to give our athletes opportunities to be ready for them. I anticipate most will be us taking care of our athletes as much as possible, with some additional opportunities to attend meets hosted around the LSC. The guidelines for capacity at USAS meets are different from the UIL/TEA guidelines, so our plans for our USAS meets will necessarily be different. We will do our best to keep you all informed as things take shape.

I mentioned our upcoming HS meets earlier and I again want to stress that we will need everybody's cooperation to pull these off. I am again including the information on online ticketing this week, since that may be the biggest change for our families this year.

For parents/guardians of participants (Swimming & Diving) ticket sales will be the week of the meet, beginning on Wednesday's at 4:00 pm and will end one hour after the start of the meet on Saturday's. Utilizing your student's ID, each family will be able to purchase one attendance ticket. Aquatics is permitting 1:1 ticketing for spectators. Seating for spectators will be

designated at each of our aquatic centers. Tickets are for one meet only. The facility will clear after each swim/dive meet.

- **All tickets will be sold online, no ticket sales will occur at the district facilities.**
- **Anyone who enters an athletic venue will be required to complete an NISD Health Screening, utilizing a facility-specific QR code.**
- **Note, all items brought into our facilities are expected to be removed at the end of an event (cups, wrappers, towels, jackets, etc); pack it in and pack it out. Anything left behind will be thrown away, there is no lost and found for items forgotten.**
- **Per Executive Order GA-29, face coverings are required for attendance.**
- **No re-entry permitted**

In addition to this information, Kristin Schulze has put together a “How to” to aid you all in purchasing tickets on our platform. I have attached it here in pdf format. You may have received this from your coach already, but I thought I would include it here as well.

Our efforts to provide streaming coverage of our HS meets has gone well. We are ready on the software and YouTube fronts thanks to Kristin Schulze and her team. We are now waiting on the cameras to arrive. I am very optimistic that we will be able to stream the action from all four (4) of our pools on the 10th. Each site will have its own YouTube channel where spectators that were unable to attend can watch the swimming and diving. We will set up the links on our website next week so you can tune in. Our backup plan is to utilize tablets to go live if the cameras arrive late. We recorded the swims last night via tablet, and we will send out the YouTube link to our families from last night so that they can view the races. Our plan is to stream **thRACE** night next week as our first streaming “event”. We will have some of our white groups in action that night.

I will end with gratitude again today. As I shared last week, my love for the sport stems from the competitions. With last night’s first races, and with the HS meets next week, my excitement is mounting. I am grateful for all of the work our coaches, athletes, and staff, have put in to get us safely to where we are today. Thank you all! And thank you to all of the parents who have trusted us here at the pool with your athletes. We will continue to do our best to honor your trust in us.

Coach Plummer

Anthony Plummer

Asst Athletic Director for Aquatics
Northside ISD
San Antonio, TX
210-397-8988

Update: September 25, 2020
Northside Aquatics Families,

We are finishing our first week of AAAA-NS and NSDA practices this week. The energy has been superb out on deck and in the water! The smiles on the kids' faces tell me all I need to know when I am out there. I can tell that the coaches are feeling the need to be intentional with their practices coming off the long layoff, and still having that natural desire of wanting the swimmers and divers to be great this year come championship season.

In the past couple of messages, I have been asking for continued efforts from all of us to help with following the protocols we have had to implement. Some of you have reached out to me regarding staff that might have been less than diligent conducting practices. I, along with the head coaches, will address any such incidence, I assure you. If, at any time, your athlete feels uncomfortable or at risk, encourage them to say something to their coach or the NCO with their group immediately. If they share something with you parents after practice that concerns you, then you are absolutely encouraged to email that coach that evening and share your concerns. Include their Head Coach and Coordinator on your email, please.

AAAA-NS concerns:

- Head Coach Mike Witt michael.witt@nisd.net
- Coordinator BJ Allenstein brandon.allenstein@nisd.net

NSDA concerns:

- Head Coach Mike Freese michael.freese@nisd.net
- Coordinator Kristin Libardoni kristin.libardoni@nisd.net

HS concerns:

- Your Head Coach
- Coordinator Kari Brothers kari.brothers@nisd.net

<https://www.teamunify.com/team/stnisd/page/covid-19-protocols>

We still do not have any USAS meets on our calendar in our facilities or others in San Antonio. The South Texas HoD meeting for USAS is scheduled for Oct 10 and we have yet to receive any updates from them. We were hoping to have heard something by now, so as I said last week, we could meet and get some meets scheduled. We will keep everybody posted on this as we go along.

Speaking of racing - we will launch our thRACE nights next week on the 1st for some of our AAAA-NS swimmers. These will be opportunities for our Green, Age Group White, and 11 White groups to experience what competitions will be like and what racing entails. They will be during our practice times, so think of them as controlled scrimmages a football or basketball coach might run in practice. I am a big fan of this idea, especially for these athletes. I trained for one reason my entire career - to race, pure and simple. The idea is to instill this love for racing and to frame all of their learning within this context.

Our online ticketing efforts are coming along nicely. Thanks to Kristin Schulze and her team here, I am confident this piece will be ready for Oct 10th. I am including here some information from her team:

For parents/guardians of participants (Swimming & Diving) ticket sales will be the week of the meet, beginning on Wednesday's at 4:00 pm and will end one hour after the start of the meet on Saturday's. Utilizing your student's ID, each family will be able to purchase one attendance ticket. Aquatics is permitting 1:1 ticketing for spectators. Seating for spectators will be designated at each of our aquatic centers. Tickets are for one meet only. The facility will clear after each swim/dive meet.

- **All tickets will be sold online, no ticket sales will occur at the district facilities.**
- **Anyone who enters an athletic venue will be required to complete an NISD Health Screening, utilizing a facility-specific QR code.**
- **Note, all items brought into our facilities are expected to be removed at the end of an event (cups, wrappers, towels, jackets, etc); pack it in and pack it out. Anything left behind will be thrown away, there is no lost and found for items forgotten.**
- **Per Executive Order GA-29, face coverings are required for attendance.**
- **No re-entry permitted**

Our efforts to provide streaming coverage of our HS meets is continuing as well. We have the cameras ordered and are securing the hardware we will need on our end. We are continuing to work with IT on their end as well. I am optimistic that we will be able to get our Oct 10th meets out there, but please understand, if we come up short, it will not be for a lack of trying.

I am struggling for inspiring words this week, so I will end with some from another coach. If you have ever been in my office, you have seen my quote board. BJ reminded me to look there. From Coach Don Swartz:

If you want to go fast, go alone. If you want to go far, go together.

Coach Plummer

Anthony Plummer

Asst Athletic Director for Aquatics
Northside ISD
San Antonio, TX
210-397-8988

Update: September 18, 2020

Northside Aquatics Families,

We are finishing our first week of HS practices this week. For the athletes, and a lot of our parents, the reality is beginning to sink in regarding how this year will be taking shape. I have

done my best to prepare all of you for the changes through these weekly messages. All of my past messages are posted on our website under COVID update.

<https://www.teamunify.com/team/stnisd/page/nisd-aquatic-covid-19-update>

Yes, we have had to shorten practices, take more practice days off, and even limit the number of teams, athletes and spectators at our meets. This has all been done in the interest of safety while still trying to serve as many student athletes as we can manage. None of these things are what any of us want. None of these decisions were made by any one or two individuals. We solicited input from all of our coaches, all of our Aquatics staff, and the Athletic Office to which I report. I have said repeatedly this is a “WE thing, not a ME thing” this year. The ME in this slogan is each one of us. And let me be clear, things will improve. As restrictions lessen, as vaccines become available, as people act responsibly in our society, we will absolutely adjust things to get us back to a more familiar way of operating at our facilities. Is this the way things will be all year? I sincerely hope not. I ask for your continued patience as we go along. Please, take a breath before you fire off that email or text, or make that angry phone call. Chances are the person on the other end of the email/text/call feels exactly the same way you do. We have been given the opportunity to resume training and some competitions. Let us all be grateful. I am, everyday.

I am doing my best to continue to be out on the deck mornings and afternoons. I mentioned last week that the spacing was an issue. I am still hearing coaches and NCOs calling out reminders to athletes during practice about masks and spacing. As I used to tell my athletes, if you cannot do the little things, you will not be successful in aquatics. Swimming, diving, water polo are all about the little things. The little things are what make a difference between good and great. We need to be better at the little things. Coaches should be correcting strokes and encouraging athletes through sets rather than reminding them to be following protocols. We need everybody in the facilities to do their part. Everybody bears this social responsibility at all times.

<https://www.teamunify.com/team/stnisd/page/covid-19-protocols>

We will have more athletes in our facilities with our AAAA-NS and NSDA teams starting practice next week. More people requires more vigilance on everybody’s part. We have had a tremendous response to our registration efforts, and so the numbers will be significant. If you still have questions, or are having difficulties, please reach out to the Head Coaches and the Coordinators for help and clarification.

AAAA-NS Swimming:

Head Coach - Mike Witt (michael.witt@nisd.net)

Coordinator - Brandon “BJ” Allenstein (brandon.allenstein@nisd.net)

NSDA Diving:

Head Coach - Mike Freese (michael.freese@nisd.net)

Coordinator - Kristin Libardoni (kristin.libardoni@nisd.net)

We were able to officially welcome our Head NSDA Diving Coach this week - Mike Freese. To say this has been a long time coming is a huge understatement! We were ready to hire him in March and then COVID happened and we were told to wait on all hiring. I want to acknowledge

the commitment Coach Freese had to us and our program to hang in there until the District could hire him. It speaks not only to his character, but to the level of commitment he will bring to our divers and our diving coaches. Thank you, Coach!

We do have an update on streaming our meets in our facilities. Cameras have been ordered through Athletics. Myself and Kristin Schulze, our Technician Specialist here in Aquatics, are working with Athletics and IT to get this operational before our first meets in October. We may very well have our own YouTube channel(s) out of this. I hope that will allay some of the concerns our HS parents have regarding only one parent in the stands. Please understand it is a simple matter of capacity and safety. Our dual meets (2 teams) quickly became tri-meets (3 teams) as we try to accommodate all twelve of our teams this year. The UIL is allowing no more than three teams at a meet for now. If each team brings the maximum athletes of 35 per team, we have 105 athletes in the facility. By allowing one parent per athlete, to keep it fair to all, we add an additional 105 people in the facility, in the stands. If we add another parent per athlete, that's another 105 people in the stands and that exceeds our 50% capacity numbers. And, remember, we have staff working the meets and our officials, as well. We are trying to keep everyone as safe as possible. We have to plan for the maximum, and we are trying to keep it consistent across all of our pools since teams will be swimming at all of them at some point. I hope that clarifies our reasoning on this topic. It did come up this week in our team parent meetings, so I wanted to address it for all.

We are meeting with the other AAAA sites next week to try to get some USAS meets scheduled here in San Antonio. Coach Mike Witt and BJ will push that information out to our families as it takes shape. Stay tuned!

Finally, let me do my part to promote a truly dedicated group of people in our Aquatics Family - the AAAA-NS Boosters. This week I sat in on the Booster Board meeting. We have an extremely dedicated core group heading this body. Expect information from them directly next week through Team Unify. I would like to thank Vanessa Olmo for graciously accepting the role of President. I have known Vanessa for many years now. She has been a swim parent, a AAAA-NS coach, and along with her husband, a Booster club stalwart. Having her back, and in this role, is a boon to our program. But Boosters cannot be successful in its mission to support the athletes on our team without your help, parents. Please, read their messages, answer their call(s), and help where you can this year. The other members of the Board, right now, are Cassie Whatley, Kim Borquin, Lisa Quesada, and Fred Kerzic. Please, reach out to them if you want to be involved - they will welcome the assistance!

Let me simply close with the idea of focusing on the opportunities we do have this year rather than the obstacles. The challenges are many, and at times, daunting, but we can do this - together. If we focus only on what we are missing out on, we will all be unhappy, and will likely miss the truly magical things that can happen when our kids compete.

Coach Plummer

Anthony Plummer

Asst Athletic Director for Aquatics
Northside ISD
San Antonio, TX
210-397-8988

Update: September 11, 2020

Northside Aquatics Families,

Before I get into all of the swimming news, I have to take a minute to acknowledge today. September 11th is my late father's birthday - he would have been 86 today - so the date was already significant in our house. Then it became the day that the World Trade Center Towers and the Pentagon were attacked by terrorists, so the date became significant in all American houses. I remember exactly where I was and what I was doing on this day in 2001, as I bet all of you do that were old enough at the time. For my family, we experienced a strange dichotomy on this date after 2001 - celebrating the birth of a man while acknowledging the deaths of countless fellow Americans. I mention all of this because I think there are some takeaways we can look at today that I will close with.

We have athletes and coaches and staff back in our water! I have started and ended every day this week out on deck walking around and observing. The athletes are excited to be back and the coaches are doing what they love once again. I am a little concerned with the athletes being able to maintain their distance from one another while on deck. Evidently, the gravitational pull between teenagers is significant. Our coaches and NCOs will redirect them, and the athletes will need to comply, or risk having to leave the facility. Please take some time to remind your athletes that this is an important responsibility they must bear until things get better. It will be our greatest challenge as we bring more people into the facilities as well. I am including the link to our protocols again for continual review.

<https://www.teamunify.com/team/stnisd/page/covid-19-protocols>

We are processing all of our registrations for our returning AAAA-NS and NSDA members. Thank you to all of you that have elected to return to our programs. We are ready to begin registering new athletes and families beginning Monday. If you have not already registered, you still can, but you will be in with all of our new families, and remember, space is limited due to our limited numbers this season.

The Business Office is still generating the refund checks to those of you that had balances from the 2019-2020 school year. Beth has done a wonderful job handling our side of the process and has advocated for the refund process to be resolved this month. Again, if you have questions regarding the status of your refund, you can reach out to her directly at elizabeth.henderson@nisd.net

For our Masters group, I unfortunately still do not have a timeline for your return. Nor, do we have a firm restart date for our swimming and diving lessons programs. I can only say that the way our first phase is going, I will continue to advocate for your return.

Let me close with the takeaways I see from 9-11. The first is the galvanizing effect it had on this country at the time. We were one country, we were all Americans, and we had been attacked. Petty differences seemed to vanish in light of this. With the pandemic, social justice demonstrations, and the upcoming elections, I think we could all use a reminder that we are all Americans and this is one country. We all need to work together right now. The second takeaway for me is the sacrifice that our military families make everyday. The response to 9-11

was military action, and we are still engaged on foreign soil nineteen years later. We have many military families in our community and in our Aquatics family, and to all of them, I say "Thank you for your service!"

Have a great weekend and enjoy the cooler weather - *safely*.

Coach Plummer

Anthony Plummer

Asst Athletic Director for Aquatics
Northside ISD
San Antonio, TX
210-397-8988

Update September 4, 2020

Northside Aquatics Families,

Here is hoping that week two of school went better than week one, and that they keep getting better from here on out! We are all very excited here at the facilities to begin welcoming back our student-athletes on Tuesday. The waters in our facilities have been still too long now. During normal times, I would take breaks from the phone and the keyboard to go out on deck and just watch athletes training and coaches coaching. In those moments, I was reminded that this was what our jobs are all about, and I was re-energized to keep at it. I have missed the daily inspiration of our numerous daily activities.

The COVID Challenge has ended! The Coordinators provided me a list of those valiant athletes that completed all four weeks. And they are:

Nichole Dopp (12th grade, Brandeis)
Lindsay McNary (10th grade, Health Careers)
Gianfranco Randazzo (10 grade, Clark)
Jenna Schmitz (12th grade, Marshall)
Sidney Vail (9th grade, Brennan)
Daniel Keiser (9th grade, AAAA-NS)
Siddhant Kapoor (8th grade, AAAA-NS)
Brooke Ferguson (6th grade, NSDA)

As predicted last week, I failed to make the list, but would like to congratulate these athletes on their grit and determination and discipline to complete the challenge through to the end. Those are the qualities that will go a long way in determining your success in life. Well done!

Our priority upon our return to the water is the safety of our athletes, staff, and families. That was the mindset when we developed our protocols. I ask everyone to review them again before any athletes come through our doors.

<https://www.teamunify.com/team/stnisd/page/covid-19-protocols>

I also ask that all of us be cognizant of our conduct away from the pool as well. With the holiday weekend upon us, we want to avoid large crowds, keep 6-ft spacing, wear our masks, and continue to maintain cleanliness. Again, our being able to continue to stay in the water depends on every single one of us.

Our registration for AAAA-NS and NSDA is open for our returning families right now. We have updated some of the sections for this year, so please read everything as you go through the process. We will open for new families beginning the 14th, so make sure your athlete gets registered. We would hate for our spots to fill up and have to turn away any of our current members. Again as restrictions relax, we will allow for more swimmers to join.

Let me update everyone on the online ticketing situation for our HS meets this year. We will be able to utilize HomeTown ticketing for our HS meets. This is the same vendor the district will use for football and volleyball games. Using their student ID, parents will be able to purchase one (1) ticket per athlete entered into the meet. As limitations on facility capacity relax, it will be a simple matter of raising that limit to allow more spectators into the meets. Kristin Schulze is our Aquatics team member who is spearheading this effort to change over our ticketing. We will not be asking parents to time at our meets in order to limit the number of people on deck. We will rely on the touch pads to record the times, along with one backup time from the "pickle" or "plunger". Any of you that have timed know what I am referring to, I hope. This means for you swimmers that are reading this...you should be working your finishes every repeat of every practice to ensure you have an accurate time in the meets. Practice like you race!

It is with a full heart that I look forward to Tuesday when I can be out on deck welcoming the first wave of athletes back to our pools. Have a great Labor Day weekend, and see you all as soon as we can.

Coach Plummer

Anthony Plummer

Asst Athletic Director for Aquatics
Northside ISD
San Antonio, TX
210-397-8988

Update August 28, 2020

Northside Aquatics Families,

Let me start with our heartfelt wishes that your student's first week of virtual schooling went as well as it could have. I understand the first few days were tough from a technology standpoint, but, hopefully, the students were able to engage with their teachers. We all wish the school year could have resumed as "normal", but this year is going to be this year. We all just have to work together to make it as productive as possible.

The COVID Challenge ends this week, so get your final data in so we can mine through it next week and recognize our most worthy efforts! Alas, mine will not be one of those performances that are recognized.

We are still on pace to resume things here at the pool on the 8th with our HS tryouts and first practices. On the 14th, we bring in our AAAA-NS athletes for theirs. Practices for both AAAA-NS and NSDA will officially begin in full force on the 21st. We brought in our AAAA-NS coaches and NSDA coaches yesterday evening to go over our protocols and expectations. Let me just say that the excitement and anticipation was palpable. Our staff has missed having the athletes here! Next week we are orienting all of our guards and HS coaches. We have made some slight tweaks to how we did things this summer. Let me assure all of you that the first and last thing we focused on was the safety of our student athletes and staff. If we all follow the protocols, I feel confident that we have minimized the risk of exposure as much as we can here at the pool. One thing we stressed to our coaches is the need to be as cognizant of their safety away from the pool. We are going to be stressing that to the athletes daily when they return. To begin familiarizing yourself and your athlete with our protocols, they are posted on our website at this link:

https://www.teamunify.com/stnisd/UserFiles/Image/QuickUpload/fall-2020-nisd-swim-center-re-opening-general-guidelines_008943.pdf

One thing we are adding upon returning to the pool is the role of NCO - Northside Compliance Officer. Our NCOs will be tasked with monitoring the mask-wearing, social distancing, and screening for all of our staff and athletes while they are in the buildings. We are utilizing existing staff to help the coaches with regard to these areas so that they can more effectively focus on coaching. But as I told them last night, safety is everybody's job - coaches, athletes, and staff. We will have NCOs on duty during competitions to monitor the limited number of spectators as well as the competitors, coaches, and officials.

I have been working with my counterparts in the Athletic Office regarding going to online tickets for our HS meets this year. The intent is to control the limited number of tickets and make sure they get into the hands of the parents of the athletes at that meet. Once I have finalized the details with the District's online ticket vendor, we will release those to all of our HS coaches and parents. The other reason we are pursuing this option to make the entire experience here as contactless as possible for the safety of our patrons and staff. For now, we only have HS meets calendared and several intrasquad AAAA-NS and NSDA meets. Since historically we do not charge gate at our USAS and USAD/AAU meets, we still need to hammer out how we are going to control access to them. Again, we will push that information as we make those decisions.

Let me end, as I began - this year will be this year. It will not be what we want in terms of practice times, team size, number of competitions, or any number of things. It will be an opportunity to get back in the water. The question will be - can we, as a group, make the most of the opportunity we are given?

I believe we can.

Anthony Plummer

Asst Athletic Director for Aquatics
Northside ISD

Update August 21, 2020

Northside Aquatics Families,

The Coordinators took over the weekly email last week as my wife and I celebrated our birthdays with a couple of days off. When we were born, I was one day older. Now, though, there seem to be a lot more candles on my cake than hers - not sure how that works exactly.

At the School Board meeting this week, the Board approved a return to play plan. In a nutshell, the District Administration will look at the health data each Tuesday and make a decision for the following week with regards to Athletics. We completely support this plan because it allows us to get word to you, our constituents, in time so that you can make any needed adjustments to your schedules. We would get that information to you as soon as we could rather than have you wait for a Friday message from me. The Northside Athletics Playbook is up on the Athletics webpage now, and can be found at this link:

<https://www.flipsnack.com/NISDathletics/nisd-athletics-playbook-final-8-20-2020-u54ue0lcjl.html>

There is an Aquatics section with some guidelines for our operations, and we will update our Aquatics website with detailed guidelines for each of our facilities.

We are still targeting Sept 8th as our return to the water for our high school teams and phasing in our AAAA-NS team as previously outlined. We are aware that our friends across town are looking to start earlier, but we have more moving parts to get in place than they do. As I said in my message prior to starting the Summer Strength & Conditioning Camps, we will start when we have everything in place to ensure the safety of our athletes, coaches, and staff, and not before. This way, too, your families have the opportunity to get through the first two weeks of school before adding the additional layers of swimming and diving and water polo. I have coached through seasons in which I was not able to put my athletes into the water until October and we were still able to compete at the highest Championship levels come February and March. We have time. Our priorities have to remain safety, school, athletics until the COVID pandemic reaches manageable levels.

Let me close along the same lines as our Superintendent. Dr. Woods spoke at our Convocation this week, and he included the idea of being intentionally grateful. I believe I have stated before in my messages that I am grateful for all of you that choose to be a part of our Aquatics programming, but it bears repeating - Thank you!

Anthony Plummer
Asst Athletic Director for Aquatics
Northside ISD
San Antonio, TX
210-397-8988

Update August 14,2020

Northside Aquatics Families!

Following up on Coach Plummer's *From the Director* email last Friday, our UIL teams are still on target to begin tryouts and roster finalization the week of Sept 7th. Many of you have already reached out and made contact with your campus coach. If your athlete is interested in participating in the 2020-2021 UIL Swimming and Diving season and they have not made contact with their campus coach please make an effort to reach out immediately. As stated before this season has limitations and will look different than any season we have had before.

With regards to our AAAA-NS and NSDA Teams, we are still targeting the week of September 14th for tryouts and evaluations and then practices to begin after that. We are working on the registration information and the timeline for registration, so look for that information to come out in the next few weeks to allow for us to get all of that done in conjunction with our return to practices.

We are halfway through our COVID challenge for the month, and have loved the feedback and participation from our groups!! If your child has not participated with us, it is not too late!! Please remind your athlete to log their progress every Monday and Friday throughout the month of August. Also, we will not have our Coaches Corner on the week of August 24th.

To mirror Dr. Woods's address to us as a staff we pass this message to you as well. In Northside, we are family. We may not be able to accommodate everyone's wishes but we will do our best to accommodate as many as we can. We pulled together tightly in mid-March, and we will need to stay together as a family through the continued challenges in the next few weeks.

Thank you for sticking with your Northside Aquatics Family-

Sincerely,
Your NISD Aquatics Coordinators

BJ Allenstein

Kari Brothers

Kristin Libardoni

For Try-Out Information:

1604 Teams

Schools/Coaches
Brandeis - Megan Perez (megan.perez@nisd.net)
Brennan - Chris Olvera (christopher.olvera@nisd.net)

Clark - Kyrenda King-Rogers (kyrenda.kingrogers@nisd.net)
Harlan - David Jimenez (david.jimenez@nisd.net)
Health Careers - Will Scofield (earl.scofield@nisd.net)
Marshall - Joe O'Malley (joseph.omalley@nisd.net)
O'Connor - Nick Haidin (nicholas.haidin@nisd.net)
Taft - Christian Gowen (christian.gowen@nisd.net)
DIVING - Kristin Libardoni (kristin.libardoni@nisd.net)

GBAC Teams

Holmes - Jeff Segrest (jeffrey.segrest@nisd.net)
Jay - Roxanne Salinas (roxanne.salinas@nisd.net)
Stevens - Marcus Martinez (marcus.martinez@nisd.net)
Warren - Shelby Hanner (shelby.hanner@nisd.net)

Update: August 7, 2020

Northside Aquatics Families,

I hope everyone in our extended family is healthy and well. I watch the Mayor and County Judge every night and am beginning to feel a little optimistic about the COVID numbers. Like the Mayor says every night, "Now is not the time to let up. Let's continue to keep doing the right things - wearing masks, social distancing, avoiding large gatherings, and washing our hands." I will come back to this at the end of my message.

Our UIL teams are still on target for the week of September 7th. We will hopefully be in the water on the 8th. The coaches are targeting this week to finalize rosters for the year. Please understand what a truly challenging task this is for our coaches right now. As I have said in past

messages, things will be different this year. Teams will most likely be smaller to facilitate holding practices and meets safely this year. We are meeting as site hosts next week to come up with a meet schedule for the greater San Antonio area. Following that meeting, we will inform the coaches of their meet options. Your coaches will then communicate to your teams your team's schedule. Based on preliminary discussions, the meets will be quite different than what we have all become accustomed to in terms of the number of athletes, the number of meets teams attend, and the format of those meets. There was some confusion this week around whether student-athletes that elected distance learning could still participate in athletics at the high school level. To clarify, remote learners MAY participate in athletics this year. Like everything else, that is subject to change, but that is how it stands now.

With regards to our AAAA-NS and NSDA Teams, we are still targeting the week of September 14th for tryouts and evaluations and then practices to begin after that. We are working on the registration information and the timeline for registration, so look for that information to come out in the next few weeks to allow for us to get all of that done in conjunction with our return to practices.

To our Masters swimmers, I say "You are not forgotten" in all of this. We have been told to wait a bit longer before bringing you all back to the pool. We need to get the student athletes going again, and make sure that goes well, and then we can add your practices back in. We are building the schedule with all of the pieces in place so that as we add programs in, we are not having to change times. We will more than likely be looking at removing the evening practices because of the need to spread out the afternoon practice groups. We are targeting the morning and the noon practices. This is where we are right now. Once Coach Kim and the Coordinators finalize things, they will let you all know.

As I mentioned last week, Beth Henderson (elizabeth.henderson@nisd.net) has been working non-stop with not only our District Accounting Department but also our Rep at TeamUnify to figure out the most efficient way to get you your money. Thanks to all involved, it looks like the refunds will be initiated next week, Tuesday and Wednesday. Thanks to our partners at TeamUnify, most of the refunds should be credited to your card on file at no cost to the District. For the remainder of you, checks will be issued and sent to you from Northside. Apologies for it taking so long, but there was a lot to work through on the Accounting side to make sure we could get this done. Moving forward, Beth will be available to all of our families to discuss your account status with you at any time, just as Rosie was. That is the reason I have included her email above.

How is everybody doing on their Covid Challenge? Sadly, this old guy is really struggling. Let me serve as a lesson to all of you that are considering making public proclamations about your exercise habits! Keep it up, have fun with it, and share your successes with us, and each other as much as you can.

Let me close where I began. This pandemic has derailed so much of our world this year, but I do continue to look at it as an opportunity for all of us, young and old, from all walks of life, to pull together for a common goal. I have led several teams of swimmers and water polo players over the years and I always put the concept of TEAM first. Everything we did throughout the year was a WE thing, not a ME thing. Decisions were made in the best interest of the team, not individuals. We are all making similar decisions everyday when we leave our homes - to wear a mask, to social distance, to not gather in large numbers, to carry hand sanitizer. If we make this a WE thing, we can get through it.

Continue to be safe, and let's all look forward to the day we can all be together again at the pool.

Anthony Plummer

Asst Athletic Director for Aquatics
Northside ISD
San Antonio, TX
210-397-8988

Update: July 31, 2020

Northside Aquatics Families,

This week was a little less exciting than last week. We did not receive any major announcements that altered our target dates for re-opening. We will take that as a win. We are looking at the week of Sept 7 to get the UIL teams going, and then using the next two weeks to get the AAAA-NS and NSDA pieces going, and then the following week(s) to get the Masters team going. We are taking a phase-in approach to our programming to allow for time for adjustments, if necessary. As I mentioned last week, all group/team numbers and times will look differently from last year, be assured. We will push it all out to you when we have it finalized, and we will push our registration dates out when we have those locked down.

Tuesday we had a fantastic meeting with all of our HS coaches and Coordinators regarding tryouts, practice schedules/rotations, and what they would like to see regarding competitions this season. I will have my first meeting regarding meets on Tuesday morning with another area host site. I am still lobbying for getting all of the sites to come together to brainstorm and trouble-shoot competitions together, though. The idea of virtual meets is gaining traction in discussions, lately. USA Swimming sent out an email this week with more details on how they could work this year, and it definitely seems doable and could easily be modified for UIL competitions (swimming and diving) or Masters meets.

To update everyone on the refund process, it is proceeding, but I am afraid I still do not have a timeline on when families will receive their payments. Our new Aquatics Bookkeeper, Beth Henderson, has been working tirelessly with the Business Office, as well as, our rep at TeamUnify to get these done. We continue to get inquiries, so please, continue to be patient. We will get the refunds done.

I believe I sent out an "announcement" regarding our new Coordinator, Kari Brothers, but I do not believe I shared that Beth was joining us. Beth has worked in the District for many years at the campus level, at both a middle school and high school. She brings all of that experience to our team and has already proven to be a valuable asset. In short, she knows how to get things done. While we will miss Rosie Martinez (Rosie was the first, and only other, Aquatics Bookkeeper) *greatly*, following her well-deserved retirement, Beth has already shown that she can work phenomenally well in our departmental setting and we are glad she joined us.

You may have received the information on our COVID Challenge already. As I mentioned last week, our intent is to provide some sort of competitive, healthy routine for our athletes to get us through this interesting month ahead of us. I would like to encourage all of our families to

participate. The Coordinators even sent it out to all of our staff yesterday as well. I am accepting the challenge. Let's see who can keep up with the old guy...We have co-opted the Strength & Conditioning Tab to have all the information posted on our website. Here is the link:

teamunify.com/team/stnisd/page/aquatic-strength--conditioning-camp

Last week I closed with a message of gratitude. This week I would like to close with a message of hope. As most of you all probably are aware, Our Athletic Director, Stan Laing, has used his platform to promote going Beyond the Game with our District coaches and athletes for the past several years. A key component of that is the Servant Leadership Summit each year at the Northside Sports Gym. This year, Coach Laing and his team put together a virtual Summit and I was able to watch it yesterday as several of our campuses hosted small groups of athletes. The focus was on social justice and empowering our young people to be the change on our campuses, in our communities, and in our country. When it was over, I was left with an incredible sense of hope for our future. If our Northside athletes can take what works in the locker room, and on the field, and in the pool, to the rest of our society, then I can truly see hope for improvement in the areas of racism and social equality ahead for all of us. One of the many things athletics and sports teaches us is that groups of individuals, with different backgrounds, can come together for a common goal and work together to achieve success. Isn't this just what our country and the world needs right now? Social Justice will continue to be a focus of this year in Northside Athletics. I encourage all of our families to have discussions in your homes around these ideas. Let us all be part of the solution.

Thank you,

Anthony Plummer

Asst Athletic Director for Aquatics
Northside ISD
San Antonio, TX
210-397-8988

Update: July 24, 2020 at 12:00 pm

Northside Aquatics Families,

To start off, the maintenance on our outdoor pool went extremely well and finished ahead of schedule. Having it back in operation allows us to do some more things in regards to planning our return to action.

This week we received updates from UIL and Coach Mike and I attended a USAS Zoom meeting specifically for Texas Teams. In the first release, the UIL specified dates that practices and competitions can begin for football, volleyball, team tennis, and cross country. Subsequent releases this week addressed individual sports. We received the swimming and diving guidelines yesterday. I have included a portion of the email here to give everybody an idea of what things may look like this year.

- Face coverings must be worn by any team or event personnel while not actively engaged in a swim or dive. This includes warm-up pools.

- Invitational Meets may have no more than 8 total schools and only one level of competitors (Var/JV/9^m). A school could bring a girls and boys team, but they would need to be the same level.
- District Meets may only have one level of competitors participating on site at a given time. Example: if Varsity Boys/Girls are swimming, JV would not be allowed on site until the varsity athletes have left.
- Additional information will be released at a later time concerning Regional and State Meets
- Invitational Meets may have no more than 8 total schools and only one level of competitors (Var/JV/9^m). A school could bring a girls and boys team, but they would need to be the same level.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- **Pre and Post Meet Ceremony:** Establish swimming & diving specific social distancing meet protocols including the elimination of handshakes before and after an event.

Important Dates

Conference 1A-4A Schools

- Practices can begin
- Meets may begin after August 17, 2020

Conference 5A/6A Schools

- Meets may begin after September 7, 2020

January 30, 2021

District Certification

February 5 & 6, 2021

Regional Meet

February 19-20, 2020

State Meet

Some of these guidelines will carry over to USAS/AAUD/USAD meets we host because we are a District facility. Hosting competitions will be the biggest challenge this next year. I will be meeting with the other local Directors that host meets in San Antonio in the next week or two so we can brainstorm the best practices for hosting meets. If you have been involved in our sport for any length of time, you know we have developed the capacity to host large meets, especially at Northside. COVID is going to require us to move in the other direction. We are likely looking at smaller meets and possibly more meets. More meets unfortunately means that our regular programming will return on a more limited basis in order to accommodate the competitions. And, just as with other sporting events, spectators will more than likely be limited. It is safest to say that things will work very differently in our Aquatic Facilities this year. But, again, I want to restate our commitment to keeping all of our programs running.

On the Texas USAS Zoom, teams from the major areas of the state shared what was happening in their respective areas. In the Dallas/Ft. Worth area, they are dealing with the various county orders like we are. Teams in some counties are in while others are not. Teams in ISD facilities are not in the water. Austin teams that have their own pools are in, but Longhorn Aquatics is out of UT. The Valley teams are all completely shut down due their dire hospital situation down there. I did not get a sense of the Houston area. Having grown up in that part of the state, I would assume all of the HS pools are empty with regards to USAS club teams. Also in USAS news, the South Texas LSC BoD voted last week to not sanction any meets yet, so I hope that allays some of the worries our AAAA-NS swimmers and parents have regarding missing out on competitions.

The District Business Office got back to us this week and we have begun the refund process. Due to the unusual nature of this year, they are having us refund all credits rather than carry them over to the next year. This is a change to what we had said about the credits not expiring. Moving forward we will also be updating the Terms & Conditions on all of our platforms, so when you register/sign up for our programs upon our return to action, be sure to read through this section before agreeing. So family's with credits on their accounts from the 2019-2020 school year can expect a refund check in the mail. I cannot say when they will arrive because this is a district-wide process. There were other programs that needed to be cancelled, especially this Spring and Summer. You can imagine in a District as large as ours, this might take some time.

Since we are still targeting Sept 8th, our Coordinators and Head Coaches have put together a COVID Challenge to get us through August with a little more structure, and hopefully fun. Expect an email with all of the details next week from one of the Coordinators. The Challenge will be open to all athletes in our programs - HS teams, AAAA-NS, NSDA, and those that joined us for our Summer Strength & Conditioning Camps. Winners will receive pride - not prize(s). We think this will be an opportunity for the athletes to have structured dry land and still allow them to compete with other kids their age, albeit virtually. We are under no illusions that this replaces water time, but it is something to engage the athletes until we can get back to what we all love - being in the water.

I will continue to try to get these Friday emails out to you. But let me close this week's along the same lines that Dr. Woods closed his staff message to all of us yesterday. Let us all take time to be grateful for what we have each day. If your family has been spared from facing COVID, be thankful. If you are not having to rely on the Food Bank to help feed your family, be thankful. If you are not praying desperately that the government extends the unemployment benefits so you can make your mortgage or rent payment, be thankful. If you have never experienced social injustice in any form, be thankful. If you or your family have experienced, or are experiencing, such challenges, know that all of us here in this big extended "family" are here to support you if needed.

I am thankful for all of you that choose to be a part of our programs. I am thankful for the staff that I have the honor and privilege to work with every day. I am thankful to be a part of a school district that always keeps the big picture in mind and works to provide opportunities for kids from all parts of our District.

Thank you,

Anthony Plummer

Asst Athletic Director for Aquatics
Northside ISD
San Antonio, TX
210-397-8988

Update: July 18, 2020 at 11:13 am

Northside Aquatics Families,

I am not sure if it was foreshadowing or not, but we did receive an update from the District last night in response to the new Metro Health guidelines. We will be ceasing all programming at our Aquatic Facilities through September 7, 2020. As it stands, September 8 would be the earliest we will have programming at our facilities.

We have been getting more questions about refunds regarding SSC camps. We will once again apply credit to families' Aquatics accounts, as we did with our programming during the initial shutdown in March. Since we only executed two (2) out of the scheduled six (6) weeks of camp, we will apply a \$50 credit to the accounts. If families would like a refund in lieu of the credit, please complete the form at this link: <https://forms.gle/BQpnB9txASyBxvPJ9>

Once we receive guidance from the District we will be able to begin processing those refunds.

For our high school athletes, be sure to stay in touch with your coach regarding new tryout dates. We will know more regarding UIL activities when UIL releases their update that is scheduled for this upcoming week.

We will continue to do our best to keep everybody informed of any changes as we continue to navigate these waters.

Anthony Plummer

Asst Athletic Director for Aquatics

Northside ISD

Updated: June 10, 2020 at 10:13 pm

Swimmers, Divers, and Families,

I was informed by our Athletic Director this week that we would be allowed to resume limited operations at our Aquatics facilities. TEA/UIL cleared districts to resume athletics in the form of strength and conditioning camps statewide as of June 8th and Northside ISD on-campus strength and conditioning camps will begin June 15th. The time lag was necessary to ensure the materials and protocols are solidly in place on our campuses. My team and I have come up with a plan to get some of our Northside athletes back into the water this summer. Our target date for reopening is June 22nd. We are proceeding with all efforts to hit that target date, but let me be clear, that if, at any point in our planning, we feel the need to delay the opening to ensure the safety of the athletes, coaches, or Aquatics staff, we will take the time necessary.

As I shared in earlier messages, the original plan that we submitted to our district was designed to facilitate the return of our AAAA-NS, NSDA, and Master's teams. Following our meetings this week, we had to pivot and develop a different plan which centers around the UIL high school teams. The new plan designates that athletes eligible to participate in this initial phase are those student-athletes enrolled in a Northside ISD school **and** enrolled in the 7th through the 12th grades for the 2020-21 school year beginning this August. This conforms to the TEA/UIL guidelines governing strength and conditioning camps on our school campuses and is in line with what other districts are doing in their aquatic facilities around the state. While we realize that many members of our teams do not fall into this category, please be assured that we, as a

coaching staff and organization, are committed to you and look forward to the day when we can expand our programming and welcome everyone back. Coach Libardoni (NSDA) and Coach Witt (AAAA-NS) will continue providing virtual opportunities for all of our athletes until that day. It is our sincerest hope that this first phase goes safely and smoothly, so that the day we can all be together again arrives as quickly as possible.

The summer practices for NISD aquatics athletes will be known as the NISD Aquatics Strength and Conditioning Camps. Our camps will be in lieu of the ones taking place on the high school campuses. Northside Aquatics has created a plan that will allow swimmers and divers to practice with their UIL coaches. Our plan also includes utilizing the talents of our aquatic staff to augment the efforts of our UIL coaches.

Below are further requirements for participating in the NISD Aquatics Strength and Conditioning Camps.

Safety Guidelines: TEA, UIL, and Northside have released guidelines for how to resume practices safely in an effort to limit the spread of COVID. The specifics of how we will implement our protocols will be sent out early next week, including what equipment is required and other rules that athletes will be required to follow to limit exposure. We plan to include videos, as well, to help ensure an understanding of how things will look.

Group Numbers: One of the main aspects of these guidelines is group size. We will only allow 2 athletes per lane which means 20 swimmers per group at the 1604 facility and 16 swimmers per group at 410. Diving groups will consist of 20 athletes per group with 5 divers per corner at the 1604 Diving well. Due to these limitations, athletes will be required to sign up for a slot to attend the camp regularly. We have included a commitment form below so the Aquatics Administrators can schedule groups effectively. If you are interested in participating in the Aquatics Strength and Conditioning Camp, please complete the form **ASAP**.

- Complete commitment form: <https://forms.gle/hwwDDecTZ4qBBcB67>

If an athlete tests positive for COVID-19: The guidelines require that if an athlete is diagnosed with COVID-19 then the entire group of athletes and any coaches who have been participating with that individual will be required to self-quarantine for two weeks. This means that practices will be stopped for that entire group for that time period. Athletes are asked to be considerate of their teammates and coaches and to limit potential exposure to COVID-19 outside of their practice time as much as possible.

Required Paperwork: All athletes participating in the NISD Aquatics Strength and Conditioning Camps will need to be cleared with their athletic trainer on campus. If the athlete participated in athletics last year with Northside, they do not need a new physical unless directed to by their trainer. All athletes must complete their Medical History Form on RankOne, (instructions below) before they will be allowed to secure a spot in a group.

Complete required athletic pre-participation forms via Rank One. *Students will not be allowed to attend camp, or remain at the facilities if this step is not complete.*

- To complete the online forms required:
- <https://www.rankonesport.com/content/Parent/Parent>
- Click "GO TO FORMS"
- Click "Texas"

- Click “Northside ISD”
- Review the instructions and then click “Proceed to Online Forms”

Complete required strength and conditioning camp waiver form. This will be completed as part of the registration process in our TeamUnify system.

Camp Cost: The NISD Aquatics Strength and Conditioning Camp will cost \$75 for six weeks of training. We understand that it is a difficult time and there are many families dealing with financial difficulties right now. If you need financial assistance, please reach out to your High School Coach to discuss options. A registration link will be provided after we sort through the number of commitment forms received and we are able to assign athletes to specific groups.

As mentioned earlier, more detailed information will follow including all of our safety protocols and videos; however, we did not want to delay in getting this preliminary information out to you. Please complete the commitment form as soon as possible for any eligible athletes so that we can have real numbers to more effectively prepare.

Thank you for your patience through this unique time in our state and country.

Coach Plummer

Anthony Plummer

Assistant Athletic Director for Aquatics
Northside ISD

UPDATED: April 30, 2020; 4:17pm

To our Northside Aquatics family:

The Northside District continues to actively monitor developments regarding the coronavirus (COVID-19) in conjunction with local and state public health officials, and the Centers for Disease Control (CDC).

With Governor Abbot’s announcement, Northside ISD is joining other San Antonio area districts in extending our closure of campus classrooms through the end of the school year. [See NISD COVID-19 updates HERE](#)

During the time our facilities are closed, the Aquatics Department can still be reached via email. We will be in discussions with District administration regarding what reopening will look like for our Aquatics facilities. We will, of course, be subject to any and all governmental guidelines as we look to reopen.

Here are the updates with regard to our Northside Aquatics programs:

UIL/High Schools

There will be no practices while school is not in session. 2020-2021 tryout dates and times can be found [HERE](#) These are subject to change.

AAAA-NS swimming and Alamo Masters

There will be no practices while facilities are closed. USA Swimming's prior suspension of all events, camps, conferences, or any occasion that requires individuals to travel and gather now extends through May 31, 2020. Our May 30th Intrasquad Meet has been canceled. We will continue to offer distance learning opportunities to our athletes until further notice.

Northside Diving Academy

There will be no practices or competitions until further notice. AAU has canceled the RWB National Championships. Summer competitions and national championships decisions will be announced after AAU/USA Diving, our city and district officials have given us direction regarding said events. We will continue to offer distance learning opportunities to our athletes until further notice.

Lessons Programming (includes Swim America swim lessons, AquaJets swim lessons, AquaBats diving lessons, and Fitness Swimming)

There will be no lessons while NISD schools are not in session. Registration for future sessions has been placed on hold until we have a solid date as to when we can continue programming.

Summer 2020 Camps & Lessons/Programming

We normally have registration for summer programs up on our website starting April 1st. Registration for future sessions has been placed on hold until we have a solid date as to when we can continue programming.

Adult and Community Ed Classes (Aquarobics & Synchro) and Facility Rentals

There will be no classes, practices, or events while school is not in session. The Aquatics Department will be working with the Adult and Community Ed Office regarding canceled classes. Further information on their classes will come from their office. The Aquatics Department will be working with the Business Office regarding contracted time. Further information on contracts will come from the Business Office.

Open Swim

There will be no Open Swim hours available until further notice.

Thank you for your patience and understanding and for your support of Northside Aquatics.

Anthony Plummer
Assistant Athletic Director for Aquatics
Northside ISD