

NOTEWORTHY NEWS III

IF YOUR FAMILY IS NEW TO NOVA . . . , welcome. We know you probably have questions. To make your first year experience enjoyable, new parents will be assigned a parent mentor (probably a veteran NOVA mom!). These mentors can answer your questions or direct you to someone who can. Sometime in the next few weeks, new parents will be contacted by e-mail or phone. During the first two weeks of practice, these mentor parents will staff a help desk 3:00- 7:30 most weekdays in the NOVA Aquatic Center lobby; we will have mentors in place at the first meet as well. Our mentors stand ready to share their NOVA experience and knowledge!

HAVE SOME COMPETITIVE SWIMMING BACKGROUND? Consider training to become a USA Swimming official. NOVA is currently seeking parents wishing to train as strokes and turns judges. Swim meets require the tender loving care of certified officials and NOVA is always in need of additional help. The process is simple enough: attend a training class, pass an open-book online test, shadow an already certified official at meets and ultimately get volunteer hours for all hours spent training or working. A training class will be offered Wednesday, September 27th, 6:30 PM here at NOVA. Contact Emily Fagan at emilyfagan@comcast.net <mailto:lrazzolini@vcu.edu> for additional information or to reserve a spot. Thank you for your support!

REGISTRATION INFORMATION FOR THE 9th ANNUAL SHORT PUMP MILE AND EXPRESS FUN RUN . . . is available on-line at www.shortpumprace.com. Register now and be a part of the largest timed youth running race in Richmond. The NOVA Coaching Staff strongly encourages all NOVA swimmers to enter. NOVA families that participate will receive one volunteer hour and can receive up to another hour for a sibling or friend referral. Executive Director Ann McGee and Bridget Cuthbert have been busy lining up corporate support and we need to respond as an organization to that support by participating strongly in these runs. We would like to increase our participation over last year's effort by 10%! It's worthy, it's fun and there's nothing like watching swimmers run. Register now and say thanks to our generous sponsors ! On-line registration will remain open until September 25th. Snail-mail registration must be postmarked on the 21st to be eligible for the discounted price. Online cost is \$15 per runner. Every runner receives a T-shirt, swag bag and a race medal. This year, NOVA will receive 20% back from California Pizza Kitchen for all NOVA meal receipts on race day. Chik-Fil-A at the Short Pump Mall will run NOVA spirit week from September 25-28 and 10% of sales will be returned to our fair club. Please note that 100% of all race proceeds are earmarked for NOVA outreach initiatives. Thanks so much to Susan Kratzer and Amy Belcher for stepping up to lead the 2017 Short Pump Mile and Express Fun Run. **COACH GEOFF WILL BE RE-OFFERING THE 2017 RENDITION . . .** of his ``Stimulating Your Child's Competitiveness'' seminar, an

educational offering for parents, **this Saturday, Saturday 30th at 9:00 weather and demand permitting.** Please e-mail him if you are interested. We will post this on the website. Please bring folding chairs but leave your swimmers at home. We will meet near the lobby, then find a spot. This should take 45 minutes.

OUR COACH/PARENT MEETINGS CONCLUDE THIS WEEKEND and the coaching staff strongly advises that parents attend. We'll spice that advice with the offer of a volunteer hour for attending families. Coaches will spell out their goals for their groups and answer questions regarding the upcoming season. Please honor us with your presence. Please bring a folding chair because we will move outside if there is good weather. If the weather turns miserable, please consult the website or check your e-mail for changes.

If the meetings are listed separately, they will be held separately.

Senior: Saturday, 9/30 **7:45 AM**
SDG PM: Saturday, 9/30 **10:00 AM**

MOST GROUP MEET SCHEDULES HAVE BEEN POSTED . . . as of publication and we will have those last dead links eliminated this week. Thanks for your patience!

A TIMELY REMINDER: As parents, we all hope our children do well in school and that means a steady diet of "A's" and correct answers. Success is what we want them to embrace. While we want them to do the same in athletics, it is worth noting that the path to success in sports is littered with failure. LeBron fouls, Bryce Harper strikes out, Messi misses. Failure and/or mistakes are constants in all sports. It is part of the passage to success. Some failures are absolutely the key to great future success. So stay patient during the process: it's sports, not school. NOVA's coaches understand that DQ's, missed turns and their kith and kin are learning moments!

NOVA COACHES ENDEAVOR TO ANSWER EVERY E-MAIL . . . in a timely manner: within 24 hours if possible. The same holds true for text messaging. Once we move on deck for practice, we are generally inaccessible. When we come off deck, we sometimes see e-mails that have been directed to us while we are on deck. So check your coach's schedule before expecting a swift response. And please be mindful that expectations about e-mailing and texting responses differ. If you need an urgent answer, the active medium of making a phone call is best. The 24 hour guideline holds true for the work week, not the weekends, especially meet weekends. But kindly remember that the unexpected can enter a coaching life and please be patient. Hope that explanation helps.

WE WILL BEGIN TO POST OUR SENIORS' COLLEGE CHOICES . . . once we pass the first NLI date in November. That gives our swimmers the opportunity to change their minds and avoid any delicate embarrassments. I know we have four swimmers who have already "committed" but I like to observe that nicety nuance. See you in November !

PARENTS BE ADVISED THAT CHILDREN PLAYING OUTSIDE THE BUILDING ARE NOT UNDER THE SUPERVISION . . . of any NOVA staff member. If your child plays outside and that is OK with you, please remind them that ours is a "trafficked" parking lot and that swiftly darting young children should be wary of the driving lanes. On the other hand, we are asking that all parents be especially vigilant when you enter our parking lot. On a slightly related note, please respect the handicap parking places. I know folks like to use these spaces for picking up swimmers but they are there to provide easy access for handicapped or special needs swimmers and visitors. We appreciate your support !

DO YOU HAVE ADDITIONAL FAMILY MEMBERS WHO HAVE EXPRESSED INTEREST IN NOVA? FRIENDS WHO SEEM INTERESTED? We stand ready to evaluate any and all who have summer swim team level abilities. Evaluations are quick, easy and free. Interested? E-mail Drew or Geoff. We can take care of most swimming levels somewhere in our program. From lessons to Masters, NOVA is a full service swimming organization, the best in Richmond and in Virginia. Modesty forbids us to say more so we'll stop with that minor bragging.

BEFORE DONATING ELSEWHERE . . . check with the staff to see if NOVA has a need. For example, re-doing your kitchen? Have a decent refrigerator? Consider taking the tax write-off and helping NOVA. We have three such refrigerators here at NOVA but we are always looking to update. Thanks !

WE HAVE THE NOVA FLAT HAT BULLETIN BOARD . . . that traces, through pictures, the travels of NOVA families and their NOVA caps. I thought it would be fun to see NOVA's international bloodlines. Here is the rule: only parents and children count. So parents or children have to be first generation here in the United States. Here's what we have gathered - I suspect we have more. 33 countries and counting! Don't hold out on us regarding your point of origin!

China	Russia	Poland	Korea
Japan	India	Colombia	South Africa
Iran	Turkey	Sri Lanka	The Philippines
Australia	Canada	Singapore	Serbia
Armenia	Cambodia	Germany	Czech Republic
Latvia	Burma	Seychelles	Bosnia & Herzegovina
Bangladesh	Venezuela	Ireland	Switzerland
Italy	Brazil	England	Mexico
Cuba			

E-mail Coach Geoff with any additions. I suspect we will have an amazing NOVA tapestry when we are done.