



Parent Meeting

2018-2019 Winter Season

How We Communicate

- Mailing List - sign up online
 - Watch your Promotions Tab in gmail
- Web Site - www.ncst-swim.com
- Twitter: @ncstswim
- Facebook: Northview Community Swim Team

All of these publish the same information.

- Staff Email: info@ncst-swim.com

Team Rules

- Be here.
- Honor yourself & your team with hard work.
- Do things correctly. (how your coaches teach you)
- Have Fun!

Practices

- Bronze Group - 6:00 - 7:00 PM
- Silver Group - 6:00 - 7:15 PM
- Gold - 7:00 - 8:30 PM

- Accompany your swimmer(s) into the building - last minute cancellations can happen
- Pick up your swimmer(s) in a timely manner

Practices

- No going in the water before practices
- 11 & Up - please sit at the sides until your practice starts.
- There are no minimum practice requirements, but the more you practice the faster you go.
- Be sure to watch the Practice Calendar - we share the pool with other community teams.
- <http://ncst-swim.com/calendar/>

Practices - Pool Deck

Only Coaches and Authorized Volunteers may be on the Pool Deck

NO street shoes on deck, please!

Practices

- Swimmers should wear goggles (having an extra pair helps)
- Swimmers with hair past shoulder length should wear a cap
- It is best to wear suits similar to those worn in meets
 - Suit should be tight, but not too tight.
 - Team suit this year is Speedo-Caged Out.

Competition Suit

Speedo Caged Out. This suit can be found on many websites including speedo.com, swimoutlet.com, amazon & our team store (team store closes Wednesday).



It is a good idea to have an extra suit for practices.

Invitationals

- December 15, 2018 @ the Zeeland Natatorium.
- Costs are not included with your registration
- \$5/event - up to 4 events including relays
- Time - TBD

Qualifying Meets

Date	Location	Teams	Time
1/5/2018	Home	NCST vs Wayland	Warm Up: 8:00 AM Start: 9:00 AM
1/12/2018	Away	NCST vs East Kentwood	Warm Up: 8:00 AM Start: 9:00 AM
1/19/2018	Home	NCST vs East Grand Rapids	Warm Up: 8:00 AM Start: 9:00 AM
1/26/2018	Home	NCST vs Wayland	Warm Up: 8:00 AM Start: 9:00 AM

Conference Championships

Date	Championship	Location	Time
2/2/2018	B Meet Ages 12 & Under	Home	Warm Up: 8:00 AM Start: 9:00 AM (Tentative)
2/8/2018 Friday	A Meet Ages 11-14	West Ottawa	Warm Up: 5:00 PM Start: 6:00 PM (Tentative)
2/09/2018	A Meet Ages 10 and Under	Zeeland	Warm Up: 8:00 AM Start: 9:00 AM (Tentative)

West Michigan Swim League Time Standards are available online. We will also send out updated lists throughout the season so you will know if your swimmer has qualified for the 'A' meet.

Meet Sign Ups

- Same as last year
- All swimmers will be registered for meets.
- You must opt-out of a meet with a valid reason by completing a form online. These opt-outs are already available on the website.
- Deadline is Monday before the meet.
- Swimmer age is determined at the start of the meet.

Reindeer Relays

- 12/20
- All swimmers participate 7:00-8:00 PM
- A night of fun races.
- Not sure what this is? You have to come to find out!

End of Season Celebration

- 2/19
- 6:00-7:30
- Ice cream sundaes followed by family open swim

Spirit Wear

- Spirit Wear can be ordered online until Wednesday, Nov 28.
- The link to shop can be found in your email or on ncst-swim.com
- Swim Caps available in Pool office \$5

Volunteers for Home Meets

- Concession Stand Donations
 - All proceeds support NCST team
- Timers
- Marshalls
- Clean Up Crew
- Greeters
- The volunteer forms are live on the website now for all of the home meets.

Sign up today! We need volunteers! Ncst-swim.com/volunteer

Swim Meet Tips for Parents

- Dress in layers - it gets warm in the pool
- Bring something to do between events (volunteer!)
 - You will have downtime between your athlete's races
 - Be respectful of other parents - their athlete may be swimming even if yours isn't.
- Write event #s on swimmer's arms with marker. Won't know lane assignments until the morning of the meet.
- Coaches select events based on several criteria
- More tips online at ncst-swim.com

Swim Meet Tips for Swimmers

- Participate in warm-up
- Watch for your events and be ready
- Talk with your coach after your event
- Bring 2 towels - one for drying and one for sitting on
- Bring extra goggles - they can break

Meet tips for swimmers, cont'd

- Have a change of clothes for after the meet (keep dry)
- Bring healthy snacks and drink
 - Keep the new pool clean!
- Something to do between events - waterproof (think twice about bringing electronic devices)
- Have fun with your teammates and coaches!
- Support your team by cheering them on!
- Do your best!

Questions?