

The Newton Swim Team is a City of Newton team run under the auspices of the Newton Recreation Department. This program is designed to promote competitive swimming. NST is a **recreational** swim team that competes in a Recreation based league. Swim team age is from 6 - 18 years old. The team is designed for any youth seeking the opportunity to challenge his or her self to achieve excellence in competitive swimming. Athletes will receive quality coaching and training, including the development of good stroke technique. Team members are shown how to set goals and how to meet them through teamwork, commitment, cooperation, determination and good sportsmanship. This is our 28th year coaching the team. The main goal of our program is to teach all aspects of competitive swimming as well as for each swimmer to enjoy the sport! Please take a moment to read about our program.

PREREQUISITE:

To become a member, a 10 and under swimmer must be able to swim **one** length of the pool proficiently in crawl stroke and 11 and older swimmer must be able to swim two lengths. (Ages 10 and under swim one length of the pool in competition, 11 and older swim two lengths of the pool within their own age group in competition). Age for the team is determined by a November 1st League start date.

PRACTICE SCHEDULES:

Practices are held at the Newton North High School. Entry into the building is from Hull Street (a one way street off of Walnut Street).

Our season begins, mid October and ends in mid March. Practices are held Monday, Wednesday, and Thursday nights. Monday and Thursday, 10 & under swimmers will practice from 6:30 - 7:15 p.m. and 11 & older practice 7:15 - 8:10 p.m. Wednesday all 11 & older team members practice 8:00 – 9:00 p.m. All swimmers should arrive with their suits on and be ready to begin practice at their scheduled time. **All team members are expected to attend a minimum of one practice per week!** We would like to see each swimmer come to as many practices as possible, especially during October and November. This is our stroke technique time. On Monday, November 28th 10 & under will practice 7:00 – 7:35 and 11 & Older 7:35 – 8:10. So let's take advantage of the extra pool space and time.

REGISTRATION FEE:

\$125 for each Child

Each swimmer must also purchase a Newton Recreation Department picture identification card and show it at the front desk for entry into the facility each time. This Recreation Department identification card can also be used for other sports areas offered by the Recreation Department at Newton North. We are looking forward to working with each swimmer and enjoying a successful season!

NOTICES:

The Newton Swim Team has a bulletin board at the bottom of the pool stairs. We do send notices home occasionally. Please be sure to check the bulletin board periodically to make sure you are up to date on upcoming events.

TEAM RULES:

- ◆ Respect other members of the team. **WE SWIM AS A TEAM!** Any one being disrespectful of another swimmer will be dismissed from the team.

Swimmers are to enter the building on Hull Street **ONLY**. There are adult education classes being held in other areas of the building.

- ◆ Each swimmer must show a picture I.D. at the front desk. **NO ONE** will be allowed to entering the swimming facility without an I.D. If this cost is a burden, please let us know as soon as possible. A picture I.D. may be purchased from 7:00 - 9:00 p.m. each night the facility is open.
- ◆ Each swimmer must shower before entering the pool area. Please have a seat **quietly** on the pool benches until your practice begins.
- ◆ Swimmers are not allowed to enter the locker room during practice. If you need to leave the deck, please inform your lane coach.
- ◆ We are happy to talk to parents before or after practice. There are too many swimmers in the pool area to be left unattended. If you prefer, you can reach us at home before 9:00 p.m.
- ◆ Swimmers are to be picked no more than 30 minutes after their practice ends. Please respect that there are night classes being held. There are too many swimmers being left unattended outside the building. Also, Hull Street is very congested so please make sure your swimmers know what time you will be waiting for them and carpool whenever possible.
- ◆ Attendance will be taken as of November 1st. Attendance is taken into consideration when the meets begin.
- ◆ Any swimmer found damaging high school property would be dismissed from the team immediately.
- ◆ ***DO NOT BRING ANY VALUABLES TO THE POOL!*** There are many different programs and each one uses the pool lockerrooms. We cannot be responsible for lost or stolen property. Also, please do not ask coaches to hold your valuables. We can never remember who gave us something to hold.

FUNDRAISING:

Although we are under the authority of the Newton Recreation Department, we have a **zero** budget. We must raise our own funds to cover expenses during the season.

TEAM SUITS AND CAPS:

In mid-November we will place an order for team suits. **Team suits are not a requirement.** We will receive try-on suits for sizing. Payment must be received in full before any suit is ordered. Caps are not required, but we strongly suggest swimmers with long hair wear a cap. We sell NST caps for \$3 each. Also we suggest a good fitting pair of goggles for practice (please be sure to make your name on the strap).

MEETS:

Newton participates in the Winter Suburban Swim League consisting of 12 surrounding towns. We have approximately 9 meets during our season. Meets are held on Saturday and Sunday but may vary depending on when a team has their meets. Our home time for meets is 3:00 - 6:00 p.m. on Saturday and Sundays. At the end of the season, each swimmer may compete in the "A" or "B" Championships if they meet the requirements for participation.

If you know you will not be able to attend a scheduled meet, please let the coaches know so we can finalize our lineup before the meet. If you know you will be late for a meet, please call. It is very confusing to swimmers (and coaches) when late changes are made during the meet.

For away meets, we sometimes have the use of two city vans to transport 20 swimmers only. We **do** depend on parents to drive. Please do your fair share! Away meet times to meet at Hull Street entrance for rides and carpooling will be announced before each away meet. Maps to each pool are provided the week of an away meet.

At away meets, **NO** team members are allowed to enter the water until a Newton coach is on the pool deck. **NO EXCEPTIONS!** A meet lasts approximately 2 ½ - 3 hours. Please plan accordingly.

Lastly, we hope you will support your swimmer(s) during the upcoming season. We depend on your volunteering to help the meets run efficiently. We hope you will take some time out of your busy schedule to help cheer on our team. It is important to the swimmers!

We are excited to begin our upcoming season and look forward to a great winter season!

NEWTON SWIM TEAM TRYOUTS WILL BE HELD AS FOLLOWS:

Monday, October 15th as follows:

6:30 p.m. – 7:00 p.m. 10 & Under

7:00 p.m.- 7:30 p.m. 11 & Older

NST Coaches

Mary and Scott Pohlman 617-527-7177