

WHAT IS NHA?

North Hills Aquatics (NHA) is a parent run, separately funded organization that works with the North Hills School District to promote the sport of swimming and healthy competition. NHA is a year-round competitive swim team and a member of the regional division of USA Swimming called Allegheny Mountain Swimming (AMS). NHA is not swim lessons, but instead strives to develop young athletes to swim at the high school level and nationally with USA Swimming.

NHA's membership shall not exceed 150 athletes, including varsity-aged swimmers, and out-of-district members may be accepted up to 20% of the active membership.

WHAT IS MY COMMITMENT AS A PARENT?

- Bring your child to their designated practice, on time and ready to participate.
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- Attend parent meetings, including one of the Mandatory Informational Meetings at beginning of season in the Senior High Auditorium.
- Make sure that practice is in session – occasionally there can be unscheduled closings due to equipment failure or conflicts with varsity swim meets, etc.
- Scheduled cancellations or changes to the practice are sent via emailed announcements
- Check communications – meet participation deadlines, social functions, merchandise purchases, etc. are all sent via email.
- Any coaching, practice, “water” related issues – should be directed to the Head Coach Nik Loutsenhizer at swimcoachnik@gmail.com
- Questions regarding billing and meet payments, etc. – should be directed to our Treasurer, Katie Bentz at kathrynlbentz@gmail.com
- Registrar questions should be direction to Kristen Lawrence at kristenleighlawrence@gmail.com

DO NOT INTERFERE WITH PRACTICE – No parents are to coach their children from the bleachers. Also, due to USA Swimming regulations and our insurance coverage, only those registered with AMS may be on deck. This is limited to swimmers, coaches, board members and officials.

October 15th and 16th, December 10th and 11th and January 21st and 22nd– NHA is hosting AMS swim meets. All families are required to volunteer for at least 2 sessions of the meet.

WHAT ARE MY EXPECTATIONS FROM NHA?

- All our coaches have both competitive swimming and coaching experience.
- Swimmers will be taught the proper stroke techniques, which may depend on their ability level.
- Swimmers will be taught swimming regulations related to disqualifications and have the opportunity to compete in swim meets.
- Coaches will strive to provide workouts and instruction to help each swimmer achieve their greatest potential.
- NHA will provide activities to promote team building.
- Head Coach and Members of the Parent Board hope to provide families with current, timely information on meet deadlines, social functions, etc.

WHAT EQUIPMENT DOES MY CHILD NEED?

For practices:

- Bathing suit (one piece for girls and suggest a tight-fitting suit for boys) – due to chlorine and hours practice suits are worn, I suggest NOT wearing your team suit to practice.
- Swim cap (for those with long hair)
- Goggles
- Towel
- All equipment should be marked with your child's name and kept secure either in the bleacher area or locked in the locker room. However, we share the locker room with other activities in the building.
- Swimmers may bring a combination lock to secure their property during practices but only varsity team members may leave locks on their lockers downstairs.

For meets:

- Bathing suit (NHA does not have a required team suit, but for competition I suggest wearing a black/red/white suit - our team colors).
- Swim cap (if you wear a cap it **SHOULD** be an NHA cap).
- Goggles
- Towels (multiple) – for drying off in between events and then to dry off at the end of several hours being at the meet.
- Sweats – there is plenty of “down time” in between events and sometimes the hallways/rest areas can be very drafty. Please pack dry, comfortable clothing (including shoes) for your child to wear.
- Activities to pass the time – books, cards, etc are best. Electronics should not be brought to swim meets. Coaches and host clubs are not responsible for your child's toys.
- **GLASSES CASES FOR THOSE WHO WEAR THEM** – Coaches should not be expected to hold on to (or keep from breaking).

HOW DO I SIGN MY CHILD UP FOR MEETS?

There are plenty of opportunities for your child to participate in meets throughout the year. There are different meet types and often depend on your child's fastest recorded swim. Please see the Developmental Time Standards Chart:

- Age Group Open – open to all swimmers, there are no qualifying times
- B Meets – these meets are for swimmers who have slower than BB times.
The requirement is for each particular event and does not exclude a BB and faster swimmer in the 50 free from the meet completely. That child may swim any event they DO NOT have a BB or faster event in.
- BB and A Meets – invitation only for swimmers who have achieved a particular time.
May only swim in events where they have achieved a BB or A times.
- Mini Meets – for 8 and under aged swimmers only.
- Distance Meets – Open to all swimmers but meet consists of 400IM, 500 Free, 1000 Free and 1650 Free (“The Mile”). These meets have qualification standards to control meet duration.
- Meet entry process – instructions are below and will also be discussed at Parent Meeting.

You will receive a team email regarding an upcoming meet, please read the attached meet announcement. Your swimmer will automatically be entered in that meet if they qualify. If you do not wish to attend, you must log in to your account & opt out of the meet before the entry deadline.

We cannot expect coaches to keep track of all swimmers that tell them they do not want to attend for each meet. It is your responsibility to opt out via the team website or reply to the coach's meet announcement email before the deadline.

If you email me or the coach after the meet entry deadline has passed it's too late. Your swimmer's meet fees will have already been paid to the meet host & your account will be charged. Please follow the instructions below to opt out or send messages to the coach regarding each meet.

- 1 Sign in to the NHA website
- 2 Go to the **Calendar/Events** dropdown at the top center of page
- 3 Go to **Team Events**.
- 4 Find specific meet you are looking for.
- 5 Click on **Edit Commitment** under the specific meet
- 6 Click on your **Swimmers Underlined Name**
- 7 Under **Declaration** you can select yes or no to attend the event, there is also a message section to give specifics such as my swimmer can attend

Saturday but not Sunday **IMPORTANT!** If this section is titled **Signup Record** instead of **Declaration** the deadline has already passed.

8 At the bottom right of the page you must select **Save Changes!**

- Specific warm up times will be announced via email closer to the meet.

NHA BOARD MEMBERS

Kristen Lawrence	President/Registrar	kristenleighlawrence@gmail.com
Katie Bentz	Vice President/ Treasurer	kathrynlbentz@gmail.com
John Dube	Meet Director/ Safety Chair	Jdube@chatham.edu
Jeff and Jen Rees	Web Administrator/ Secretary	jeffr7877@gmail.com
Jan Davis	Meet Administrator	randyandjan92@msn.com
John Dube	Head Official/ Sponsorship Chair	Jdube@chatham.edu
Katie Poniatowski	Fundraising Chair	poniatowskikathryn@gmail.com