

September

NEWSLETTER



[Annual Meeting
September 16](#)

[New parent
volunteer
committees and
requirements](#)

[New senior
group focus](#)

[Registration
is open](#)

[Practice schedule](#)

[Short course
meet schedule](#)

[Home](#)



Annual Meeting

September 16 - 9:00am

Allen House Pavilion - 11200 Ralston Road

The season kicks off on September 16 with our annual meeting. Join us to hear more about exciting team updates and what families can expect this year, including:

- Year in review and future plans
- Annual budget
- New parent volunteer committee structure and requirements

Each year, families and swimmers enjoy this team building event!

We'll start with a potluck breakfast at 9:00am.

Please bring the following based on your oldest swimmers' group:

Future stars, Rock stars, Super stars, 5 stars, Gold & Red group: Juice or water

White, black & silver group:
Donuts or bagels

High performance, College prep & National group:
Muffins or bagels

Water balloons will be handed out to swimmers during the first week of practice. Please fill at home and bring to the annual meeting!

(No water balloons are allowed to be thrown at people over 18 years old or younger than 2 years old)

New

Parent volunteer committee structure and requirements

For 2023-2024, the NJST Board of Directors approved a new volunteer committee structure. Every NJST family is now required to join at least one volunteer committee.

There are two reasons NJST needs a strong volunteer program:

- 1) It takes an enormous amount of work to operate a top-tier swim club. A strong volunteer program keeps our coaches focused on coaching, and,
- 2) It helps keep club fees as low as possible

This year's Annual Meeting includes a committee "open-house" so you'll be able to learn more about the many new committees and join one that best fits your skills and interests. The new committee structure is part of the board's vision to create the best swim club in Colorado and to create a more participatory environment for all NJST families.

Meet committees

Meet Entry/Director
Meet Officials
Timing Console
Timers

Meet Setup
Concessions
Hospitality

Non-meet committees

Communications
Ambassadors
College Recruiting



Evolving

our senior group focus

At North Jeffco swim team we strive to continuously improve our programs. This year, we have evolved our Senior Groups to focus on training the athlete to achieve their unique goals with a specific training plan for each group.

High Performance

For swimmers with short distance goals and limited time, the high-performance group features 2 days of dryland and 3 days of 1.5-hour practices. Perfect for the swimmer focused on high school swimming, with dedication to the training plan, these swimmers can qualify for travel meets.

College Prep

For swimmers seeking to continue the sport, and more time to dedicate to training, the College Prep provides swimmers with the skills to put themselves on college coach's radar for a Club, DIII, DII or DI school. This group trains up to 12 hours each week with an additional hour of dryland.

National

For swimmers with goals of swimming at the national level and finding the best fit for swimming in college. Goals to swim at sectionals and progressing up the chain as high as possible is part of the competition plan. These swimmers have double sessions and 2 dryland days as well as leadership responsibilities on the team.

Registration

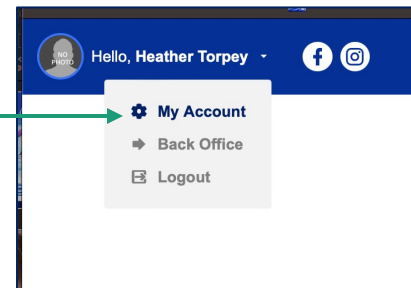
North Jeffco Swim Team


North Jeffco team registration is now open!

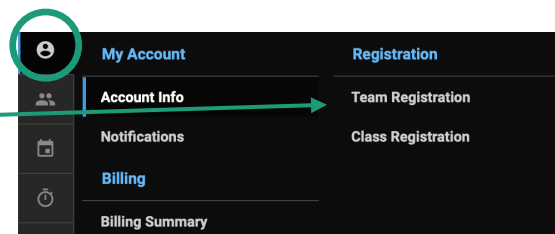
Click [here](#) to register on the website, and follow these steps:

- Sign into an existing account or create a new account in the top left corner

- Click on your name and select "My Account"



- Hover over the  icon and then select "Team Registration"



- Follow the prompts to complete registration

USA swimming registration

All competitive swimmers **also need to register separately with USA Swimming®.**

If you are registering as a new member, after your registration is approved by our team, you will receive a separate email with Sign In instructions granting you access to your private online account and an invitation to register with USA Swimming - you will have 15 days to complete the USA Swimming Registration.

No active USA Swim Membership = No practice.

Click [HERE](#) for directions and link.

Short course meet schedule

- **Stars Groups:** Competition optional for Star groups. The best meets to participate in, if interested, are marked with a (*) by age group. If in doubt, please ask your coach for more information.
- The **Senior Sprint Series** will follow the 10&U Grand Prix Meet. The meet schedule is still in development. Updates to the schedule will be communicated to the groups affected by the coach.
- **Color group competition requirement:** Compete in at least two in-season meets & fastest end of season championship meet.
 - Championship meet series: 14&U State Championships → Silver State (14&U only) → Mile High Champs
 - Travel Championship Meet (optional for those qualified): Sectionals → SWAGR (11-14yo only)

Age group	8&Us	9/10yos	11/12yos	13/14yos	13+ High Performance	13+ College Prep	High School National
September	NJST Kick Off Meet*	NJST Kick Off Meet*	NJST Kick Off Meet*	NJST Kick Off Meet*	NJST Kick Off Meet*	NJST Kick Off Meet	NJST Kick Off Meet
October	10&U Grand Prix #1*	10&U Grand Prix #1*	MACS Fall Invite	MACS Fall Invite	MACS Fall Invite <u>AND/OR</u> Sr Sprint Series	MACS Fall Invite	MACS Fall Invite
November	Pineapple Open	Pineapple Open	Pineapple Open	Pineapple Open	Pineapple Open	Pineapple Open	Pineapple Open
December	10&U Grand Prix #2*	Suburban League Distance Meet <u>AND</u> 10&U Grand Prix #2*	CSI Prelim/Final (requires qualifying times) <u>OR</u> FAST Prelim/Final <u>AND</u> Suburban League Distance Meet*	CSI Prelim/Final (requires qualifying times) <u>OR</u> FAST Prelim/Final <u>AND</u> Suburban League Distance Meet	CSI Prelim/Final (Sunday only) (requires qualifying times) <u>OR</u> FAST Prelim/Final <u>OR</u> Sr Sprint Series	CSI Prelim/Final (requires qualifying times) <u>OR</u> FAST Prelim/Final <u>AND</u> Suburban League Distance Meet	CSI Prelim/Final (requires qualifying times) <u>OR</u> FAST Prelim/Final <u>AND</u> Suburban League Distance Meet
January	CUDA Classic	CUDA Classic	CUDA Classic	CUDA Classic	CUDA Classic (Sunday only)	CUDA Classic	CUDA Classic
February	February Finale <u>AND</u> 14&U State Championships (requires qualifying times)	February Finale* <u>AND</u> 14&U State Championships (requires qualifying times)	February Finale* <u>AND</u> 14&U State Championships (requires qualifying times)	February Finale* <u>AND</u> 14&U State Championships (requires qualifying times)	February Finale* <u>AND</u> 14&U State Championships (requires qualifying times)	February Finale <u>AND</u> 14&U State Championships (requires qualifying times)	February Finale <u>AND</u> 14&U State Championships (requires qualifying times)
March	Silver State (requires qualifying times) <u>OR</u> Mile High Champs*	Silver State (requires qualifying times) <u>OR</u> Mile High Champs*	Silver State (requires qualifying times) <u>OR</u> Mile High Champs*	Silver State (requires qualifying times) <u>OR</u> Mile High Champs*	Silver State (14&Us) (requires qualifying times) <u>OR</u> Mile High Champs*	Silver State (14&Us) (requires qualifying times) <u>OR</u> Mile High Champs*	Silver State (14&Us) (requires qualifying times) <u>OR</u> Mile High Champs*
Travel Meets			SWAGR (requires qualifying times)	SWAGR (requires qualifying times) Sectionals (requires qualifying times)	SWAGR (14&Us requires qualifying times) Sectionals (requires qualifying times)	SWAGR (14&U requires qualifying times) Sectionals (requires qualifying times)	SWAGR (14&U (requires qualifying times) Sectionals (requires qualifying times)

A wide-angle photograph of an indoor swimming pool. The pool is filled with water, and several lanes are marked with blue and yellow lane lines. In the background, a large group of swimmers and spectators are gathered around the pool deck. The ceiling is high with exposed wooden beams and several pendant lights. Blue and white pennant banners are strung across the pool area. The wall behind the pool has large numbers (1, 2, 3, 4, 5, 8, 7, 10, 9, 12, 13) indicating different lanes or sections.

How to sign up for swim meets

- Sign in to your account on the website or in the OnDeck app.
- Click the three bars in the top left corner, and select “Events”
- Click the event’s Attend/Decline or Edit Commitment button.
- Click the name of the athlete whom you want to attend.
- Click the Declaration dropdown and click Yes, please sign [Name] up for this event (or No, thanks, [Name] will NOT attend this event, enter any Notes, and then click Save Changes).

All meets require swimmers to sign up online prior to the meet deadline. Each individual meet deadline is listed on the website and in the OnDeck app.



Our coaches

Our coaches bring years of experience and a passion for water time. Together, they help swimmers develop a love for the sport while focusing on athletic conditioning, personal goals and good sportsmanship, all in a healthy, fun team atmosphere. Our coaches provide swimmers with the structure, guidance and encouragement they need to meet their long-term swimming goals.

Click [HERE](#) to meet our coaches!

Board of Directors

Our dedicated [Board of Directors](#) is comprised of seven team parents as well as NJST's head coach, Carmen Babcock. The board meets monthly.

[Click here to review Board Meeting Minutes.](#)

Our partners

Thanks to our partners! Their support in the form of donations of food, money, gift certificates, advertising, is appreciated! Please support these community conscious businesses!



If you know a company that would like to partner with our team, please send an email to or catch on deck a BOD member

