



Do you do anything more than swim laps?

NSC is a lot more than laps, starts & turns. Yes swimmers will be expected to practice their strokes and swim laps but we also have a lot of fun. Meets are competitive and often very exciting. More than anything else it is a great group of kids, parents, and coaches that have a great time together.

Do I have to be a good swimmer?

Being good is certainly helpful but enthusiasm, potential and willingness to listen are important factors too. Our team has swimmers of almost every ability. However, because we only have the pool for a limited number of hours and our coaches can only effectively work with a certain number of swimmers; we do have to use some discretion in accepting new swimmers.

Do I have to compete against kids a lot older than me?

No. All of our competitions are age-group specific. There are five groupings: 8 & under, 9/10, 11/12, 13/14, and 15 & over.

How old does a swimmer have to be to join NSC?

NSC is looking for swimmers ages 5 to 18 who want to learn more about individual and team accomplishment while participating in the sport of competitive swimming.

How many Swimmers are on NSC?

Because there is a limitation on the number of swimmers we can accept on NSC, we try to limit each age-group level to 12 boys and 12 girls. That means the team size is typically around 96-108 swimmers.

Are there Try Outs to join NSC?

Yes. At try outs swimmers will be asked to get in the pool. Description of Team Levels can be found here: <http://www.newingtonswimming.com/teamlevels.htm>.

I don't live in Newington, can I still join?

Yes. Since NSC falls under the Newington Parks and Rec umbrella there is a limitation to the number of out of town swimmers that can join NSC. The number of new swimmers that can join NSC each year is based on the number of returning swimmers from the previous year. If the number of swimmers trying out for NSC exceeds the number of slots available to make the team, there will have to be cuts at tryouts. If there are cuts, the number of out of town swimmers joining NSC cannot exceed 10%. If there are no cuts then there will not be a restriction on the number of out of town swimmers allowed to join NSC.

What are next steps if my swimmer does not make the team?

First of all, we are very sorry we are not able to accept everyone. Pool constraints dictate that we limit the number of swimmers in the water. When a lane becomes too crowded, swimmers are not able to complete an effective workout and the coach's attention is pulled in too many directions. If your swimmer does not make the team because he/she needs to continue to develop his/her strokes, here are some options:

- **The Newington Parks and Rec:** offers either group or private lessons to help teach the competitive strokes to swimmers interested in swim team.
- **Independent teachers:** teachers who will provide one on one instruction at a variety of other locations.
- **Connecticut Swimming** offers a list of other swim teams in the State of Connecticut. Some are able to offer more individualized attention due to the smaller size of their team. <http://ctswim.org/>

Do I have to attend every practice?

Swimmers are encouraged to attend as many practices as possible for their assigned team (Red, Bronze, Silver, Gold and Platinum). Missing practices here or there is fine. If swimmers are not quite ready to commit to the full schedule they can come to the minimum two practices per week.

Will I need to buy a team suit? Anything else?

- **Suits** Team suits are strongly encouraged for meets to promote team spirit and present a unified appearance. We also recommend that swimmers have a practice suit to preserve the quality of the team suit.
- **Team Swim Caps** – We would like all swimmers to have a team swim cap that they wear at meets. The caps can be personalized with last names which helps timers, officials, and even coaches identify swimmers. Parents also find it helpful for when they watch from the stands at meets and in photos.
- **Other Apparel** – Some swimmers and their families like sweatshirts, jackets, tee-shirts and other apparel to help show team unity. The purchase of this gear is completely optional.

There will be a night scheduled for the ordering of team suits, caps and other team apparel.

How do swimmers advance to the next level/team?

A swimmer's level is determined by age, ability, and commitment. Each level/team has swimmers that joined NSC just for fun as well as highly competitive individuals. Coaches will determine the right level for each swimmer. Swimmers are encouraged to focus on listening and improving - the rest will come.

Will parents be asked to volunteer?

Yes. Swim meets cannot happen without parent volunteers. Everyone will need to volunteer to time at USA meets. A signup post will be put online for each meet.

How do I know if practice is cancelled due to bad weather?

When Newington School is canceled due to weather, there is no practice. Also, if Newington Parks and Rec cancels their evening activities, NSC does not have practice. There are a number of ways to get cancellation information: You can check the Newington P&R cancellation hotline at 860-665-8686. We also make use of a message board and our web site whenever possible.

Here are some other links:

Newington Park and Rec - <http://newingtonct.gov/content/78/118/138/6686.aspx>

WFSB (Channel 3) - <http://www.wfsb.com/category/211195/school-closings>

WVIT - <http://www.nbcconnecticut.com/weather/school-closings/>

What is USA Swimming?

USA Swimming Meets allow swimmers to compete with others from teams across the State.

This gives your child the ability to swim with swimmers at the same level as they are.

More information on USA swimming can be found on <https://ctswim.org/> and

<http://usaswimming.org>.