

Nebraska Aquatics

Welcome!

Nebraska Aquatics

Meet our coaches



Our goal as coaches is to help your swimmer be successful in the pool, as well as out of the pool.

Nebraska Aquatics

Swimmer expectations:

- **Be on time and help with lane ropes**
- **focused**
- **Respectful of self and others**
- **Have their equipment**
- **give 100% effort in the pool.**

Nebraska Aquatics

NA Board of Directors:

**Mike Kamm
Sarah Breakfield
Brian Crawford
Scott Lubash
PJ Murray**

Looking for 2x new directors for 2024 season

Nebraska Aquatics

Swimmers will be assigned to one of 4 swim groups, based on their technique, age, and endurance level

Nebraska Aquatics

minimum requirements for each group:

Gray group: practice time: 1 hour: 3x a week

Red group: practice time: 1 ½ hours: 3-4x a week

Black and White: group practice time: 2 hours: 4-5x a week

NA

- **Practice times are on the Nebraska Aquatics website**
- **Please be sure to double check that you are going to the correct pool and at the correct time.**
- **Please arrive to the pool 10 minutes before practice time.**
- **Make sure there is a coach at the pool before you leave your swimmer.**
- **Please let coaches know if you will be gone for an extended period of time**

NA Practices

Today September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 No Gray 6pm Soutl	29 6pm Soutl	30 6pm Linco	31 No Gray 8pm North	Sep 1 6pm Linco	2
3	4 Labor D	5 6pm Soutl	6 7pm Linco	7 No Gray 7pm Linco	8 6pm Soutl	9
10	11 No Gray 7pm Linco	12 8pm Soutl	13 7pm Linco	14 No Gray 7pm Soutl	15 6pm Linco	16
17	18 No Gray 7pm Linco	19 8pm Soutl	20 7pm Linco	21 No Gray 7pm Linco	22 6pm Linco	23
24	25 No Gray 7pm Linco	26 6pm Soutl	27 7pm Linco	28 No Gray 7pm Linco	29 6pm Linco	30

Events shown in time zone: Central Time - Chicago



Short course season August 14th-March 10th

2023/2024 Swim Meets:

New swimmer Night Aug. 21
Parent Meeting Aug. 22
HLA September Splash, Sept 23-24
ACE River Races, Sept 30-Oct 1
GNST Splasharama, Oct 7
Swim Omaha SwimFest, Oct 13-14
LSS Spooky Splash, Oct 21-22
Jim Devine.....
MAC Fall Meet, Nov 10-11
Goggle Gobble, Nov 18-19
NA Fast and Frigid, Dec. 3
CBSC Holiday Classic Dec. 16-17
LSS Winterfest, Jan 27-28
GNST Splasharama, Feb. 17
D2 Champ Challenge (HLA), Mar 1-3
MW Champs, Mar 8-10
2024 Speedo Sectionals

High school swimmers:

- **2 meets before season+ Championships**

Year round swimmers:

- **3- meets + Championships: gray**
 - **4 meets + championships: red**
 - **5 meets+ championships: black**
- And white**

We would like all swimmers to sign up for our meet.

<https://www.gomotionapp.com/team/mwna/page/events#/team-events/upcoming>

Nebraska Aquatics

- **You will get an e-mail to accept or decline a swim meet.**
- **Please pay attention to the due dates and if your swimmer can swim in that swim meet.**
- **If you can only swim 1 of the 2 days, or you would like to swim certain events, please put in the note section.**
- **Coaches will pick your events**
- **Swimmers should always talk to the coach before and after their event**

Nebraska Aquatics

No times meets: everyone is eligible to swim

Time standard meets: you must meet the time standard set for this meet for your events

DESCRIPTION

Greater Omaha Aquatics Leopardsharks Get'em Challenge Meet

Fremont Y Dillon Family Aquatic Center

All Ages

Sub MW Championship Long Course Automatic Qual Times



Time Standards

National Age Group Motivational Times

B Min BB Min A Min AA Min AAA Min AAAA Min

11-12 Girls

33.59 *	31.29 *	28.99 *	27.79 *	26.59 *	25.49 *	50 Y Free
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free
2:40.39 *	2:28.99 *	2:17.49 *	2:11.79 *	2:05.99 *	2:00.29 *	200 Y Free
7:08.79 *	6:38.19 *	6:07.59 *	5:52.19 *	5:36.89 *	5:21.59 *	500 Y Free
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free
24:53.99	23:07.29	21:20.59	20:27.19	19:33.89	18:40.49	1650 Y Free
38.09 *	35.39 *	32.69 *	31.29 *	29.99 *	28.59 *	50 Y Back
1:24.79 *	1:18.09 *	1:11.39 *	1:08.09 *	1:04.69 *	1:01.39 *	100 Y Back
2:56.59	2:43.99	2:31.39	2:25.09	2:18.79	2:12.49	200 Y Back
42.99 *	39.99	36.89	35.39	33.79 *	32.29	50 Y Breast
1:34.09 *	1:27.19 *	1:20.19 *	1:16.69 *	1:13.19 *	1:09.79 *	100 Y Breast
3:20.89 *	3:06.59 *	2:52.19 *	2:45.09 *	2:37.89 *	2:30.69 *	200 Y Breast
36.49 *	33.89 *	31.29 *	29.99 *	28.69 *	27.39 *	50 Y Fly
1:24.39 *	1:17.59 *	1:10.89 *	1:07.49 *	1:04.19 *	1:00.79 *	100 Y Fly
2:59.99 *	2:47.19 *	2:34.29 *	2:27.89 *	2:21.39 *	2:14.99 *	200 Y Fly
1:24.09 *	1:18.09 *	1:12.09 *	1:09.09 *	1:06.09 *	1:03.09 *	100 Y IM
3:00.19 *	2:47.29 *	2:34.49 *	2:27.99 *	2:21.59 *	2:15.19 *	200 Y IM
6:24.19	5:56.79	5:29.29	5:15.59	5:01.89	4:48.19	400 Y IM

2023 MW Short Course Cuts

Boys

	10 & U	10-U Sec	11-12	11-12 Sec	13-14	13-14 Sec	15 & O/SR	15-0/SR Sec
50 Free	00:33.69=	00:38.09	00:28.89=	00:32.59	00:25.59=	00:27.79	00:23.29=	00:26.39
100 Free	01:15.79=	01:27.79	01:04.09=	01:10.99	00:55.89=	01:00.89	00:50.79=	00:57.89
200 Free	02:47.49=	03:06.69	02:21.59=	02:34.59	02:03.79=	02:12.79	01:53.09=	02:06.79
500 Free			06:25.79=	No B	05:42.09=	No B	05:14.19=	05:17.69
1000 Free			13:11.59=	No B	11:42.69=	No B	11:17.89=	No B
1650 Free			21:55.09=	No B	19:35.89=	No B	19:00.39=	No B
50 Back	00:40.39=	00:47.49	00:34.59=	00:37.89	NTS		NTS	
100 Back	01:28.59=	01:39.79	01:14.49=	01:22.19	01:05.29=	01:06.39	00:58.89=	01:03.19
200 Back			02:39.69=	02:51.99	02:23.19=	02:25.09	02:12.99=	02:17.49
50 Breast	00:46.59=	00:52.09	00:39.39=	00:42.89	NTS		NTS	
100 Breast	01:41.69=	01:53.39	01:24.49=	01:31.39	01:14.59=	01:15.49	01:06.89=	01:11.09
200 Breast			03:00.19=	03:14.09	02:43.99=	02:43.99	02:34.49=	02:36.19
50 Fly	00:40.29=	00:45.69	00:33.09=	00:37.09	NTS		NTS	
100 Fly	01:37.09=	01:51.39	01:16.09=	01:22.89	01:04.89=	01:06.09	00:57.09=	01:02.69
200 Fly			02:40.79=	02:53.19	02:26.89=	02:26.89	02:20.49=	02:20.49
100 IM	01:28.19=	01:38.79	01:14.69=	01:20.89				
200 IM	03:12.99=	03:35.49	02:42.09=	02:57.29	02:20.59=	02:28.49	02:07.19=	02:20.89
400 IM			05:46.39=	No B	05:15.29=	No B	04:58.39=	No B

Nebraska Aquatics

What do you need?:

- **Goggles:** have an extra pair in bag: may also want meet goggles
- **Suits:** have a couple of practice suits, along with a suit only for meets.

NA

- **Meet suits need to fit snug, it should be smaller than your practice suits. No wrinkles or extra material!**
- **Tech suits need to be Fina approved. Swimmers 12 and under may the stitching On the outside of the suit.**



Nebraska Aquatics

- **Cap:** have an extra in your bag in case of a rip
- **Towel**
- **Hair ties**
- **Water bottle by lane during practice**
- **Pull buoy**

Nebraska AA Aquatics

Pull buoy: Gray and Red



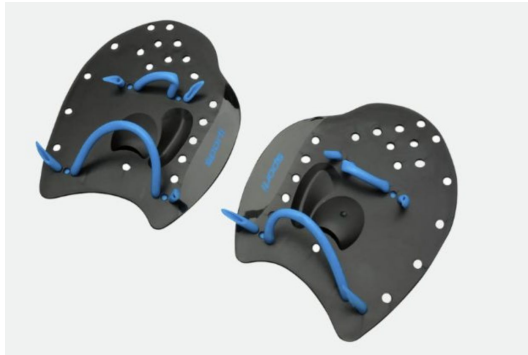
Pull buoy: Black and White



**Drill a hole, Insert tube and tie
May buy exercise tube with handles
and cut**

Nebraska Aquatics

- **paddles for the Red group and above**



We like the sporti swim paddles, because it's raised in the middle to match your palm. Look at size chart on website.

<https://www.swimoutlet.com/products/sporti-power-swim-paddles-22381>

Nebraska Aquatics

Goals!

Help your swimmer make goals.

**Goals can be as easy as, I will swim a new event at a meet
Or more specific: I want to make championship time in 100 fly
Standards/zones/sectional cuts/jr. national**

Make sure that they are achievable and have a plan to achieve.

https://docs.google.com/document/d/1HFSgXLrJB56t_FtCG6DG03nDl0fs0oQOL9rt-mtvdrE/edit

Nebraska Aquatics

Rest vs taper:

workouts decrease in time and volume with high intensity

May not go the entire practice time; please check with coaches

Rest will be for most of the swimmeets. We will rest a few days before the meet.

Taper will be for bigger meets or championship meets. Taper may last a week to a week and a half

Please let coaches know if you are doing other activities/lifting

NA

Apparel Orders

- **NA Silicone caps - available for \$11.00**
- **NA Towles - 10 left \$40.00**
- **Apparel store will open again soon**
- **Cap orders will open again soon**



NA

Family Fee/Fundraiser

\$200 family fee in October

Eileens fundraiser will offset the cost of your fee

- **3lbs tube \$20.00 each**
- **\$8.00 to your account**
- **Start on 9/4 turn in on 9/22**





Other Important Dates

Roca Farms Team Event

- **Oct 7th - more details to come**

Sunday December 3rd - Lincoln Southeast HS

- **look for more information**
- **Need parents help**

Nebraska Aquatics

Questions