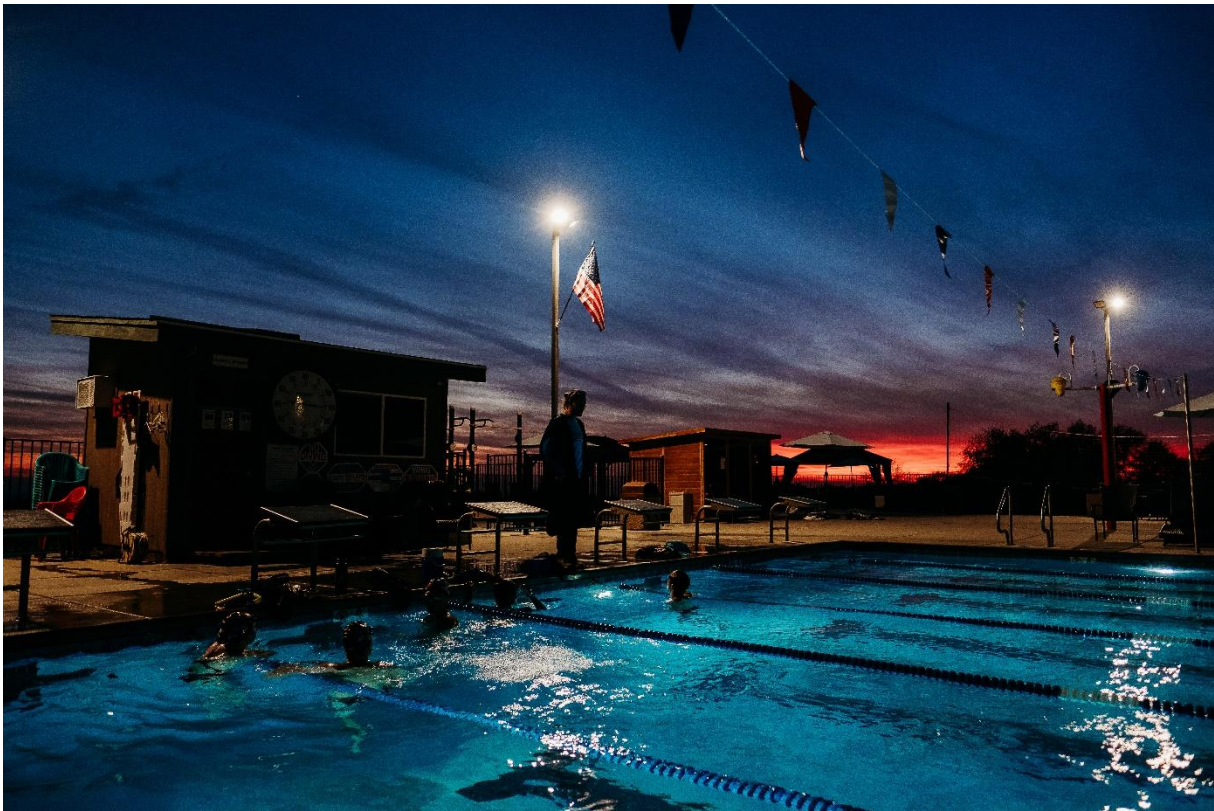


Come Swim With Us!

Northern Sierra Swimming – California Capital Aquatics

Sadly, summer is quickly coming to a close, and with it comes the end of summer swim team. Does your athlete love the water? Do they want to keep conditioning for other sports? Or just want to make new friends, and try out something new? Fortunately, Northern Sierra Swimming is here to continue their swimming journey. With lots of nice weather ahead your athletes don't need to hang up their suit just yet. And they may be surprised how much they enjoy winter swimming too!

Northern Sierra Swimming (NSS) is a USA swimming club team partnered with California Capital Aquatics (CCA). The team provides local training at The Auburn Racquet Club, in Auburn CA, and the Memorial Park Pool, in Grass Valley. With a team motto of "Friendship, Character, Performance" athletes of all ages and abilities are welcome.



Is my swimmer ready for year-round?

NSS offers a variety of training options. Swimmers interested can reach out to Coach Daryn for placement. The team is comprised of a wide variety of ages and abilities.

What if we can't come every day?

Many swim families enjoy the flexibility of having multiple practices per week. Sometimes picking a family day to skip or coming only on certain days. As a swimmer moves up the age groups the

recommended attendance for improvement increases. But team members often participate in other school sports throughout the year.



Is year-round swimming too serious?

No. Swim practice can be hard! But just like summer team it is fun too. The practices are age appropriate and build skill and stamina. Kids enjoy time together out of the pool with Halloween parties, tie-dying, a variety of optional group activities including potlucks and hot chocolate parties. With small group instruction the kids quickly gain new skills. Optional swim meets allow families to choose how involved they want to be.

How do we join the team?

All swimmers are welcome regardless of ability (must be able to swim the length of the pool and be eager to learn). To place your swimmer in the correct group a try-out is required. Current try-out information can be found on the website: NorthernSierraSwimming.org

Questions?

Email Coach Daryn: CoachGlasgow@gmail.com

We hope to see you at the pool soon!

