



North Swim 2022

“It’s still a fluid situation.”



Board Members

- Introduction of Current Members
 - Secretary: Megan Hubbard
 - Treasurer: Nici Garcia
 - Volunteer Coordinator: Emily Hall
 - Members-at-Large: Kristyn Hoy, Elizabeth Stevens, Meredith Day, Lauren Lawrence
- Current Vacant Positions
 - President and Vice-President

Communication/Contact Information

Remind.com Notifications: Text @swimnorth to 81010

Google Classroom Code: [vmlv5uh](#)

Coach Lawson: lawsoncm@staffordschools.net, 540-317-1872

Coach Valverde: valverdemi@staffordschools.net, 757-287-2625

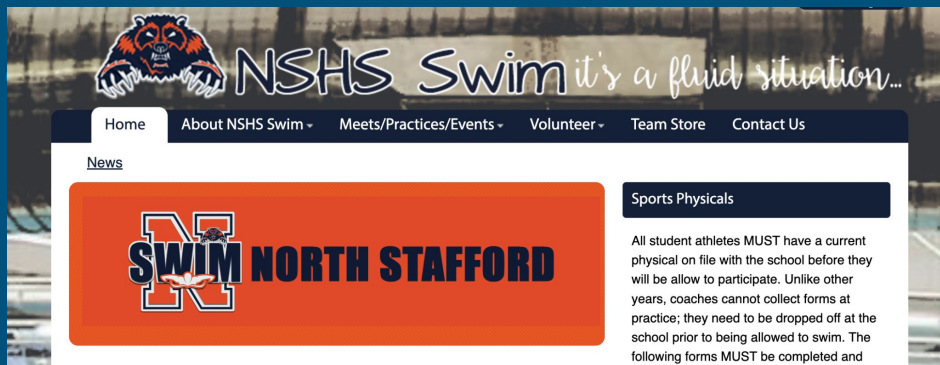
Coach Zedanova: zedanovad@staffordschools.net, 202-758-9217

Swim Board: nshsswim@gmail.com

Physical, paperwork etc

- All paperwork, especially your physical form and permission form must be complete and turned in before you enter the pool.
- **Schedule your physical ASAP if you haven't already.**
 - [Physical Form](#)
 - [Student Code of Conduct](#)
- Season Fees: \$80
 - [Register and Pay Here](#)
- Parent Volunteers
 - Parents are expected to volunteer at swim meets in which their child(ren) participate.
- Interested in Officiating? [Click here for more Information](#)

Website



We have a NEW team website. All team and season information can be found in one location. Please be sure to bookmark our site and refer to it frequently. Registration, Team Calendar, Spirit Orders, Volunteer Jobs and more can be found here:

<https://nshs.swimtopia.com/>

Dates to remember

- Full swim season: **11/07/2021 - 2/17/2023**
 - Tryouts: 11/7-11/10
 - ○ Winter Break practices dates and times: TBA

<u>MEET</u>	<u>DATE(S)</u>	<u>POOL LOCATION</u>
Regular Dual	Nov-29 Dec-3,16 Jan-6,10,20	Jeff Rouse Center
Relay Carnival	January 3rd	Jeff Rouse Center
ST Scrimmage	January 24th	Jeff Rouse Center
Senior Night	January 10th (Back up 1/20)	Jeff Rouse Center
Districts	January 27th	Jeff Rouse Center
Regionals	February 7th	Jeff Rouse Center
STATE	February 17th	Hampton, VA

Practice Design

- **PLEASE PLEASE PLEASE ARRIVE ON TIME**

- 2:00pm-3:00pm Study and Travel
- 3:00pm-3:45pm OTAs
 - Team Meetings
 - Stretching
 - Strength and Conditioning
- 3:45pm-4:45pm Splash Time

Every moment in the pool is a chance to get better.

STUDENT-Athletes

- Be safe and get an A
- No Missing work
- Wolverine Hour and OTAs

PART TIME ATHLETE
FULL TIME STUDENT

-VAL

Every moment in the classroom is a chance to get better.



STUDENT-Athletes

- Remember, we have access to your gradebooks!!



Health and Nutrition

- Carbonated Drinks?-No
- Energy Drinks?-NOOO!!
- Vaping?-Can't believe it has to be said but, NOOOOOOOOOO VAPING!!!!
- Don't make us create a dietary menu

Party Time

- Team Spaghetti Suppers
 - 5:30pm-8:00pm
 - 80 Northampton Blvd
 - Dates: Mondays 12/12, 1/9, 1/23
 - You better watch out, you better not cry...cuz..ya know...
- End of Season Party/Awards Banquet/Roast
 - Date/Time/Location: TBA
 - We are open to suggestions and recommendations

Other items

- Captains
 - Interested? Come see Coach Lawson
 - Captain Interviews will begin in October
- Fundraisers
- Team Building
- Community Service
- Winter Training (TBA)

Q & A

