

# North Swim 2023

"It's still a fluid situation."

## Board Members

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- 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

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Remind.com Notifications: Text @swimnorth to 81010

Google Classroom Code: [l6sssims](#)

Coach Lawson: [lawsoncm@staffordschools.net](mailto:lawsoncm@staffordschools.net), 540-317-1872

Coach Kennedy: [kennedyv@staffordschools.net](mailto:kennedyv@staffordschools.net), 518-894-0405

Coach Ramirez: [ramirezgarceaa@staffordschools.net](mailto:ramirezgarceaa@staffordschools.net), 540-903-4371

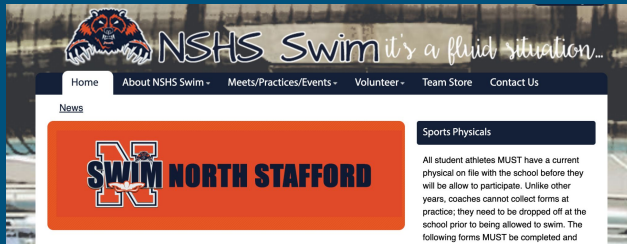
Swim Board: [nshsswim@gmail.com](mailto:nshsswim@gmail.com)

## Physical, paperwork etc

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- 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: **11/06/2023 - 2/16/2024**
  - Tryouts: 11/6-11/10 (Potential Obstacles are Election day and Veterans Day)
  - Winter Break practices dates and times: 1hr mornings during Winter Break

<u>MEET</u>	<u>DATE(S)</u>	<u>POOL LOCATION</u>
Regular Dual	Dec-5, 14   Jan-4, 9, 11, 19	Jeff Rouse Center
Relay Carnival	Winter Break	Jeff Rouse Center
ST Scrimmage	11/28	Jeff Rouse Center
Senior Night	TBA	Jeff Rouse Center
Districts	January 26th	Jeff Rouse Center
Regionals	February 6th	PWCS Aquatic Center
STATE	February 16th (Class 6)	Hampton, VA

## Practice Design

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- **PLEASE PLEASE PLEASE ARRIVE ON TIME**

- 2:00pm-3:00pm Study and Travel (NO BUSES)
- 3:00pm-3:50pm OTAs
  - Team Meetings
  - Stretching
  - Strength and Conditioning
- 4:00pm-5:00pm Splash Time
- Pickup by 5:15pm

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

## STUDENT-Athletes

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- 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

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- Remember, we have access to your gradebooks!!



## Health and Nutrition

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- 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

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- Team Spaghetti Suppers
  - 5:30pm-8:00pm
  - 80 Northampton Blvd
  - Dates: TBA
  - 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

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- Captains
- Fundraisers
- Team Building
- Community Service
- Winter Training
  - 1 hour morning practices at Jeff Rouse
  - Far less monotonous than the regular season practices

## Q & A

