

NASA SUMMER SEASON PARENT INFORMATION – APRIL 23RD, 2015

NASA Club Motto: Be Positive!! Have Fun!!

TRAINING GROUP DUES STRUCTURE

Club/Training Group	3 Installments/Seasonal Fee	2 nd Child/Seasonal Fee
Developmental/Alpha	\$55/\$150	\$35/\$90
Developmental/Beta	\$60/\$165	\$40/\$105
Developmental/Delta	\$65/\$180	\$45/\$120
Little Dipper/Blue	\$75/\$210	\$55/\$150
Pre Big Dipper/Star S	\$90/\$255	\$70/\$195
Little Dipper/Gold	\$95/\$270	\$75/\$210
Big Dipper/Star S	\$100/\$285	\$80/\$225
Pre Big Dipper/Star Z	\$105/\$300	\$85/\$240
Big Dipper/Star Z	\$115/\$330	\$90/\$255
Senior Group	\$25/week	\$25/week
Elite Group	\$30/week	\$30/week
National Group	\$30/week	\$30/week

ADMINISTRATIVE NOTES

- ❖ Official Registration Nights for the 2014-15 Summer Season are as follows:
 - ALL Members – Monday, May 4th
- ❖ ANY FEES SHOULD BE PAID DIRECTLY TO WENDY BERNTH OR TO THE NASA BOX!
Coaching Staff will not accept monies!
- ❖ Anyone paying Seasonal Fees must pay in full by May 4th. Otherwise, the installment plan will be implemented. Seasonal Payment is not available to Senior/Elite/National Group members.
- ❖ The USA Registration fee of \$35.50 will also be due at Registration Night for ALL swimmers.
 - If your swimmer is a member of a school lunch program, and can provide documentation, then the USA Registration fee will only be \$5.50. This is a service provided by USA Swimming outreach program.
- ❖ Families will need to purchase a NASA Team Suit and Cap before the swimmer's first meet of the season. These can be purchased from Wendy Bernth.
- ❖ In addition to training dues, families will be responsible for fees associated with their swimmer's attendance at swim meets. These fees will be billed separately and should be paid before the swimmer attends the meet!
- ❖ Fundraising opportunities will be made available to offset any of the above listed fees. Funds can be applied to meet fees as well.
- ❖ Star Z (incoming 6th graders-8th) will be required to purchase their own practice equipment. Star S Big Dippers (K-5th) will have the option of buying their own equipment.
 - TYR Kickboard
 - TYR Flex-fins
 - TYR Pull Buoy
 - FINIS Center Mount Snorkel

TRAINING GROUP STRUCTURE

Group	Skill Requirements	Weekly Attendance Requirement
Alpha	K-3 rd Grade Developmental Swimmers	No Attendance Requirement
Beta	4 th -5 th Grade Developmental Swimmers	No Attendance Requirement
Blue	K-5 th Grade Little Dippers with "C" cuts	3 Practices of 4
Star S	K-5 th Grade Pre Big Dippers & Big Dippers with "B" cut and above * K-3 rd Swimmers must have Head Coach Approval	Pre Big Dippers – 4 Practices of 5 K-5 th Big Dippers – 4 Practices of 5
Delta	6 th -8 th Grade Developmental Swimmers	No Attendance Requirement
Gold	6 th -8 th Grade Little Dippers with "C" cuts	3 Practices of 4
Star Z	Incoming 6 th -8 th Grade Pre Big Dippers & Big Dippers with "B" cut and above	Pre Big Dippers – 4 Practices of 5 Big Dippers – 5 Practices of 6
Senior	Incoming Freshman + High School Swimmers	All Practices are Required
Elite	Incoming Freshman + High School Swimmers with 13-14 AGS cut	All Practices are Required
National	Incoming Freshman + High School Swimmers with Sectional cut	All Practices are Required

TRAINING GROUP NOTES

- ❖ All training group placements are assigned by the Coaching Staff for the best interest of the LONG TERM development of the swimmer.
- ❖ Next year's (2015-16) school grade and training/meet performance will determine the swimmer's training group placement for the summer season.
- ❖ If a swimmer cannot meet the number of required practices, the swimmer may be moved down to another group so these requirements can be made. This is due to the training philosophy of the club and obtaining the maximum benefit of the training program.
- ❖ Based on the training group assigned, there will be opportunities for swimmers to compete in swim meets. These meets are chosen for each group based on the available competition level of the training group(s) involved. Please plan to attend the meets scheduled per training group!
- ❖ Time standards achieved during a swim meet will be based on the age of the swimmer on the FIRST day of each swim meet. "C" cut time standards are derived at by adding 6-seconds per 50 to the "B" cut time standard for each event.
- ❖ Group movement will occur at the discretion of the coaching staff. The Head Age Group or Senior coach will discuss with the parents the options available to the swimmer based on the time standards achieved.
- ❖ If a swimmer does move to a higher training group during the season, the family will be responsible for the fees associated with moving to the higher group. These arrangements can be made with Wendy Bernth.
- ❖ The Coaching Staff will review the training group assignments at the conclusion of the summer season and make the appropriate changes to the groups prior to the start of the winter season.

PRACTICE SCHEDULE (April-July)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National	6:30-8am 4-6:30pm	5:30-8am 4-6:30pm	5:30-8am 4-5:45pm	5:30-8am 4-6:30pm	4-6:30pm	7-10am
Elite	4-6:30pm	5:30-8am 4-6:30pm	5:30-8am 4-5:45pm	5:30-8am 4-6:30pm	4-6:30pm	7-10am
Senior	4-6:30pm	4-6:30pm	5:30-8am 4-6pm	4-6:30pm	4-6:30pm	7-9:30am
Star Z	4-6:15pm	6:15-8am 4-6:15pm	4-6:15pm	6:15-8am 4-6:15pm	4-6:15pm	7-9:15am
Gold		4-5:45pm	4-5:45pm	4-5:45pm	4-5:45pm	
Delta	4-5:15pm		4-5:15pm		4-5:15pm	
Star S	6:30-8pm	6:30-8pm	6:30-8pm	6:30-8pm	6:30-8pm	7-9:15am*** With head coach permission
Blue		6:30-7:45pm	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm	
Beta	6:15-7:15pm or 7-8pm***		6:15-7:15pm or 7-8pm***		6:15-7:15pm or 7-8pm***	
Alpha	6:15-7pm		6:15-7pm		6:15-7pm	

*****Note: Beta Practice Time will be determined based on group size at the beginning of season*****

PRACTICE SCHEDULE NOTES

- ❖ This is only a guideline, as times and dates may change due to various reasons. However, each installment period an updated training schedule will be posted on the website when club fees are due. Please follow the monthly schedule carefully!!!
- ❖ The time listed above is when practice begins and each group should be on deck at that time or you will not practice. However, **NO ONE** needs to be in the locker room more than 5-10 minutes before the start of training.

MORNING PRACTICE NOTES

- ❖ All Saturday AM training sessions are approximate times. Please check the MONTHLY schedule to ensure the correct times for training for each group!
- ❖ All Star S/Z Saturday AM training sessions will be for Big Dippers only and cannot be used to replace a missed practice!
 - Star Z swimmers will be expected to attend Saturday practices as it will be considered a normal training day for the group!
 - 5th Grade Star S swimmers should try to attend Saturday practices as possible! Any other Star S swimmers interested in attending should have permission from their group coach and the Star Z coach prior to attendance!
- ❖ The Star Z Group will have weekday morning training available from April until approximately the end of June for those who wish to exercise this option. However, the following conditions apply:
 - Must be a Big Dipper who is consistently meeting the weekly attendance requirements.
 - Must have all "C's" or above on the prior report card or current grade check.
 - 6th Graders may attend once each week on Tuesdays.
 - 7th-8th Graders may attend twice each week on Tuesdays and Thursdays.

SWIM INVITATIONALS & PARENT VOLUNTEERS

We require that each parent as a part of the NASA Club, volunteer to work at meets, which includes our traditional summer fund-raising invitational. For those just joining the program, it is **REQUIRED** that you attend our Level IV timers clinic to help introduce this part of the program and to learn a very simple but valuable skill. This will be held on Monday, May 4th from 6:30 – 7:15 p.m. in the NHS pool lobby.

We will then assign families to time for one session of an away meet at some time during the season so we demonstrate our support for other teams as they host their own meets. You will be informed of this in advance and prior to the meet. Regardless, please help us run efficient meets, specifically the NASA Meets – “Off the Blocks” Meet and the Summer Invitational.

OFFICIALS INFORMATION

For those who are interested in becoming a Level II or III official, NASA has an incentive program available. When you complete your certification process prior to beginning as an official, NASA will purchase an official's shirt for you free of charge to wear when you are officiating. Other incentives exist so please ask if interested. Regardless, for those willing to learn more about becoming an official then let Coach Keller or Mike Weber know so we can keep you informed of upcoming training sessions!

NASA WEBSITE/COMMUNICATION

The PRIMARY source for communicating information will be the website: www.nasaswimming.org

Each member family must participate in a short training to have full access to the website. This training can be found on the website and once completed then log in instructions will be provided. Please complete the training prior to Monday, May 4th!

On the NASA website, parents will be able to declare their swimmer's availability for upcoming swim meets, sign up for volunteer jobs for home swim meets, check/print practice and meet schedules, read information posted on the Coaching Staff's pages, and obtain any other information on our aquatic programs at Northridge! At minimum, parents should log in and check the website WEEKLY to stay up to date!

The NASA Board and/or Coaching Staff will utilize EMAIL to send out information in addition to the NASA website. Please make sure that all email addresses are correct for your account. Any last minute changes, including practice schedule changes and cancellations, will be sent out via email from the NASA website.