



Interested in swimming?  
Meeting new friends?  
A healthier lifestyle?

**Don't Miss Newington Swim Club  
2010-2011 Season  
Registration and Try-outs!**

**When:** Tuesday, September 7  
**OR**  
Wednesday, September 8  
**Where:** Newington High School Pool  
**Time:** 5:30-6:30  
**What to bring:**

- Bathing Suit & Towel
- Registration Paperwork and a Copy of the Swimmer's Birth Certificate for the Club to Keep on File
- A Great Attitude!

*Newington Swim Club is looking for swimmers ages 6 to 18 who want to learn more about individual and team accomplishment while participating in the sport of competitive swimming!*

**Head Coach Mark Greaves will be available to answer any questions you might have during all try-out sessions.**

**Contact Info**

Email: NSCwaves@comcast.net  
Mark Greaves, Head Coach: 860-940-5114  
Mike Karanian, President: 860-665-8208  
Joanne Boucher, Membership: 860-666-1959

There will be a **MANDATORY PARENT AND SWIMMER MEETING** to be held on Friday, September 17<sup>th</sup> at 6:00 p.m. for those swimmers selected for the team. Payment for this year's upcoming season can be made in 2 payments (½ of fees due at first practice and second ½ of fees due at end of October before first swim meet.)

A proud tradition of teaching and training young people for over 40 years has made Newington Swim Club one of the most successful clubs in the greater Hartford area.

Website: [www.newingtonswimming.com](http://www.newingtonswimming.com)

The club is a member of the Central Connecticut Winter Swim League (CCWSL), swimming against towns such as Manchester, West Hartford and Windsor. NSC is registered with United States Swimming and all swimmers are encouraged to also compete in optional USS meets. The season will run until approximately the end of February.

**NEW SWIMMERS MUST ATTEND A TRY-OUT SESSION ON SEPTEMBER 7 or 8 to try out for placement on the team. Team level criteria will be available at try-outs. Practices will begin September 20 following the MANADATORY PARENT INFORMATIONAL MEETING on Friday, September 17.**

**PRACTICES:** Held at the Newington High School Pool. Times are tentatively:

Mon & Fri – 5:30-7:00 ☞ Tues & Thurs – 5:30-8:30 ☞ Sat: 10:30-

Noon

Specific times will be assigned appropriate for each level. These times will be available at the

**Mark Graves, Head Coach**, started swimming at age 6 for the Southington YMCA and then Southington High School. He has been a swim coach for the past 18 years. In 1996 he led St. Paul High School in Bristol to its first ever conference championship. He has also coached USS/Age Group teams in Bristol and Newington. This will be Mark's 13<sup>th</sup> season with NSC.

**Fees:** Following are the fees for the 2010-2011 season (same as last year) **Payable in 2 installments!**

**Red Level: \$245      Bronze Level: \$245      Silver and Gold: \$310      3<sup>rd</sup>+  
Child in Family: \$90 ea.  
High School Swim Team Members: Boys - \$135, Girls - \$175**

***NEW THIS YEAR! The swim club cannot run without ample parent volunteers to assist with various duties. To ensure parent volunteerism remains fair for all families, NSC will collect a mandatory \$50 volunteer deposit from each family (to be issued as a separate check) that will be returned upon fulfillment of volunteering obligations.***

**Red Team** is designed for entry-level (age 8 & under) swimmers with limited experience. Red Level swimmers must be able to swim the length of the pool (25 yards). Members will be instructed in the four competitive strokes, starts and turns. The atmosphere is low-key and relaxed, allowing each child to have fun while learning. Members will compete in all CCWSL meets during the season. Practice sessions will be 45 minutes long, 3 days per week.

**Bronze Team** is designed for age 9 & over entry-level swimmers with limited experience. Bronze Level swimmers will be instructed in the four competitive strokes, starts and turns. The main goal of this team level is to prepare swimmers for the Silver/Gold Team. Members will compete in all CCWSL meets with USS meets encouraged. Practice sessions will be 1 hour long, 2 days per week.

**Silver/Gold Team** focuses on distance and individual medley training, along with stroke mechanics and dry land homework that includes stretching, ab work and flexibility training. The program requires a swimmers dedication, which includes goal setting, outstanding practice attendance and cooperation. Members are expected to have all the qualities of a leader and use those qualities to lead by example. Members will compete in all CCWSL meets and are strongly encouraged to compete in optional USS meets. Practice sessions will be 1½-2 hours, 3-5 days per week.