

FREQUENTLY ASKED QUESTIONS

WHEN ARE PRACTICES?

Red Team

Mon 5:30-6:15 or 6:15-7:00 (you will be assigned a session) / Tues & Thurs 5:30-6:15

Bronze Team

Tues & Thurs 5:30-6:30 / Fri 5:30-7:00

Silver Team

Mon & Fri 5:30-7:00 / Tues & Thurs 6:30-8:00

Gold Team

Mon & Fri 5:30-7:00 / Tues & Thurs 6:30-8:30

WHAT TEAM AM I ASSIGNED TO?

New swimmers will try-out on September 7th and 8th from 5:30 to 6:30.

Team assignments will be made by September 13, 2010.

Returning swimmers join new swimmers at practice on September 20th starting on the same team they were on as last year.

WHAT SHOULD I BRING TO PRACTICE?

Bring a bathing suit and a towel to practice. Goggles to help keep the chlorine out of your eyes. Girls should wear a bathing cap if their hair is long enough to get in their eyes. The local sporting goods stores have a good selection.

WHY CAN'T PARENTS BE ON THE POOL DECK?

Parents are welcome to watch practices from the balcony. Due to insurance regulations only coaches, swim team members and board members are allowed on the pool deck. The door to the balcony is located just to the right of the restrooms across from the cafeteria. It should be unlocked during practice. If it is not any custodian will unlock it for you.

WHO MONITORS THE LOCKER ROOMS?

All parents/guardians are responsible for monitoring their own children while they are in the locker rooms. Newington SC, INC does not take responsibility for swimmers off the pool deck. We recommend that all swimmers lock their belongings in a locker or bring them on the pool deck.

HOW DO I GET INFORMATION ABOUT MEETS, MEETINGS, ETC.?

Each family will have a folder for newsletters, flyers, etc. The folder will be in a bin located outside the pool deck door during practice hours. We also have a bulletin board in the hall by the entrance to the locker rooms. Meet schedules and other notices will be posted there and you can always check our website at www.newingtonswimming.com.

MANDATORY SWIMMER AND PARENT MEETING and U.S.S. INFORMATION SEPTEMBER 17th 6:00pm NEWINGTON HIGH SCHOOL CAFETERIA

We'll hear from the Coaches about the practices, the season and the meets.