



Do you do anything more than swim laps?

NSC is a lot more than laps. Or starts & turns. Yes you will be expected to practice your strokes and swim laps but we also have a lot of fun. There are games of Shark and Chicken. We usually have a couple of team outings to places like Bowl-O-Rama, the Newington Skate Center, and LaserQuest. Meets are competitive and often very exciting. More than anything else it is a great group of kids (and parents) – and coaches that have a great time together.

Do I have to attend every practice?

You are encouraged to attend as many practices as possible for your assigned team (Red, White, Bronze, Silver, and Gold). Missing practices here or there is fine. If you are not quite ready to commit to the full schedule you can come to the minimum two practices per week.

Do I have to be a good swimmer?

Being good is certainly helpful but enthusiasm, potential and willingness to listen are important factors too. Our team has swimmers of almost every ability. However, because we only have the pool for a limited number of hours and our coaches can only effectively work with a certain number of swimmers, we do have to use some discretion in accepting new swimmers.

Do I have to compete against kids a lot older than me?

No. All of our competitions are are-group specific. There are five groupings: 8 & under, 9/10, 11/12, 13/14, and 15 & over.

I don't live in Newington, can I still join?

Yes. Swimmers from towns that do not offer a program (Berlin & New Britain) are allowed to join. Sorry we can not accept swimmers from towns with their own teams (Wethersfield, West Hartford, Farmington).

How do I advance to the next level/team?

Your level is determined by you age, ability, and commitment. Each level/team has swimmers that joined NSC just for fun as well as highly competitive individuals. Your coaches will determine the right level for you. Focus on listening and improving - the rest will come.

How do I know if practice is cancelled do to bad weather?

NSC follows the Parks & Recreation cancellations. You can check the hotline at 665-8686. We also make use of a message board and our web site whenever possible. Signup for the email notifications on the web site.

What is USS?

NSC offers a higher level of competition beyond our CCWSL meets. USS meets allow swimmers to compete with others from teams across the state. These meets focus more on individual achievement than team scoring. We attend a limited number of USS meets on weekends when we do not have CCWSL meets. There are additional entry fees for these meets.