

Hello NAAC Families –

The big weekend is here – the BLUE & GOLD Relay Carnival is Saturday. Looking forward to seeing some serious Navy team spirit. Who will it be? Will GOLD Captain Stephanie Downing ('15) lead her team to victory or will Blue Captain Paxton Paganelli ('15) be able to guide his swimmers to success? Captain Paxton has asked for fog machines and strobe lights for the introduction of the Blue team - all request have been denied due to air quality control issues. No matter the outcome – this promises to be a fun time.

Now, if there is something to break out the fog machines and strobe lights for it would be the Sept. 30th General Membership Meeting at 6:30pm. Please make sure you have marked your calendars. **There will be no practice for any groups except the Seniors** who will swim early that night. Come hear about some of the exciting initiatives the Club, the Coaches and the Board have been working on. It's a great time to meet Board members, Coaches and new members.

Parking Pass Update – All applications should be in by now. We are working on getting the passes processed and out to you as soon as we can. Again, thank you for your patience. Hopefully, by this time tomorrow we will have an update.

Please welcome an addition to our coaching staff, Kristin Watson. Kristin is a former NBAC/Collegiate swimmer and has coached the Cape St. Claire Swim Team for the past several years. She will be helping Coach Catherine in the Novice B Lite group. Looking forward to having her join us on deck.

Kelly DeVito will be presenting “Nutritional Guidelines for Swimmers” to Senior swimmers and parents tonight at 7:10pm in the classroom. She will be hosting another presentation for the Junior Group swimmers and parents next Thursday night (Oct 2) at 6:30pm in the classroom. Please plan on attending.

Here is what you need to know:

Practice Schedule:

Senior Group:

9/25: 7:15pm “Nutritional Guidelines for Swimmers” Lecture – Lejeune Classroom - Parents welcome and encouraged to attend. Kelly DeVito – Nutritionist - will present. No dry land. Swim 8-10pm.

9/26: No Practice

9/27: Blue and Gold Meet – 11am-4pm

9/28: 7-10am (dry land 9:15-10am, Senior Breakfast 10am in classroom)

9/29: 5:45pm – 6:25pm dry land, 6:30-8:30pm swim

9/30: 6:30-8:30pm practice and General Membership Meeting 6:30pm

10/1: 8:00-10:00pm

10/2: 7:00 dry land, 8-10 swim

10/3: No practice
10/4: 6:00- 7:45am
10/5: 7:00-10:00am

Junior Group:

Normal practice 9/25 – 9/26
9/27: Blue and Gold Meet – 11am – 4pm
9/28: 7:00- 9:00am
9/29: No practice
9/30: No practice General Membership Meeting 6:30pm
10/2: Nutrition Talk Classroom, 6:30pm – practice after
10/3: Normal practice
10/4: No practice
10/5: 8:00-10:00am

Age Group:

Normal practice 9/25 – 9/26
9/27: Blue and Gold Meet 11:00am – 4:00pm
9/28: 8:30- 10:00am
9/29: Normal practice
9/30: No practice General Membership Meeting 6:30pm
10/1: No practice
10/2-10/3: Normal practice
10/4-10/5: No practice

Novice A:

Normal practice 9/25 – 9/26
9/27: Blue and Gold Meet 11:00am – 4:00pm
9/29: Normal practice
9/30: General Membership Meeting 6:30pm
10/1: Normal practice
10/3: Practice at Lejeune 6:30 – 7:30pm
10/4 -10/5 **RAC Columbus Day Classic** (9 &10 year olds only)

Novice B:

Only updates: 9/27 Blue and Gold Meet 11-4:00pm and no practice on 9/30 due to General Membership meeting

Meets:

NBAC Fall FASTival

Oct 31 – Nov 2

Age Group, Junior Group, Senior Group

Entries have been sent. We will post entries to website after the York Meet.

Bill Schmidt Memorial Meet (York Meet – for Sr, Jr, and AG)

Oct 10-12, 2014

All information is posted to the website. If you need Hotel reservations please check previous newsletters.

Novice A Only:

RAC Columbus Day Classic

October 4, 2014 - October 5, 2014

Meet available to Novice A 9 & 10 year olds ONLY.

CAA Early Season Meet

October 18, 2014

Entries are posted – if you have any questions please contact your Lead Coach

Meet available to Novice A 7 & 8 year olds ONLY.

That's all for now –

Thanks

Coach Hilary