

Hello Team,

Now is a good time to remind you all to head over and take a look at the SSC [Meet Calendar](#) for additional upcoming Home and Away meets after the championship meet block! We have added some opportunities to the calendar to opt in to! Now is a good time to start reviewing your IMX scores (athletes 14 & Under) to see what events you still need to swim or which events you can improve your imx score in the most! Questions? Set up a call with Coach Kyle!

CHAMPIONSHIP MEETS:

NCAP Invite - All Meet Info & Entries are final.

HAUP Eagle Invite - Meet information & entries are posted (See above link to the meet update) *This is a Prelims/Finals meet.* This means if you are in the top finishers of swimmers in the preliminary sessions, you are expected to return for Finals. All SSC Swimmers should be participating in FINALS if you qualify for them. Also, if you are an alternate, you should be present as well. Coaches will advise swimmers and parents if they make finals or “scratch” into them.

Coach Kyle

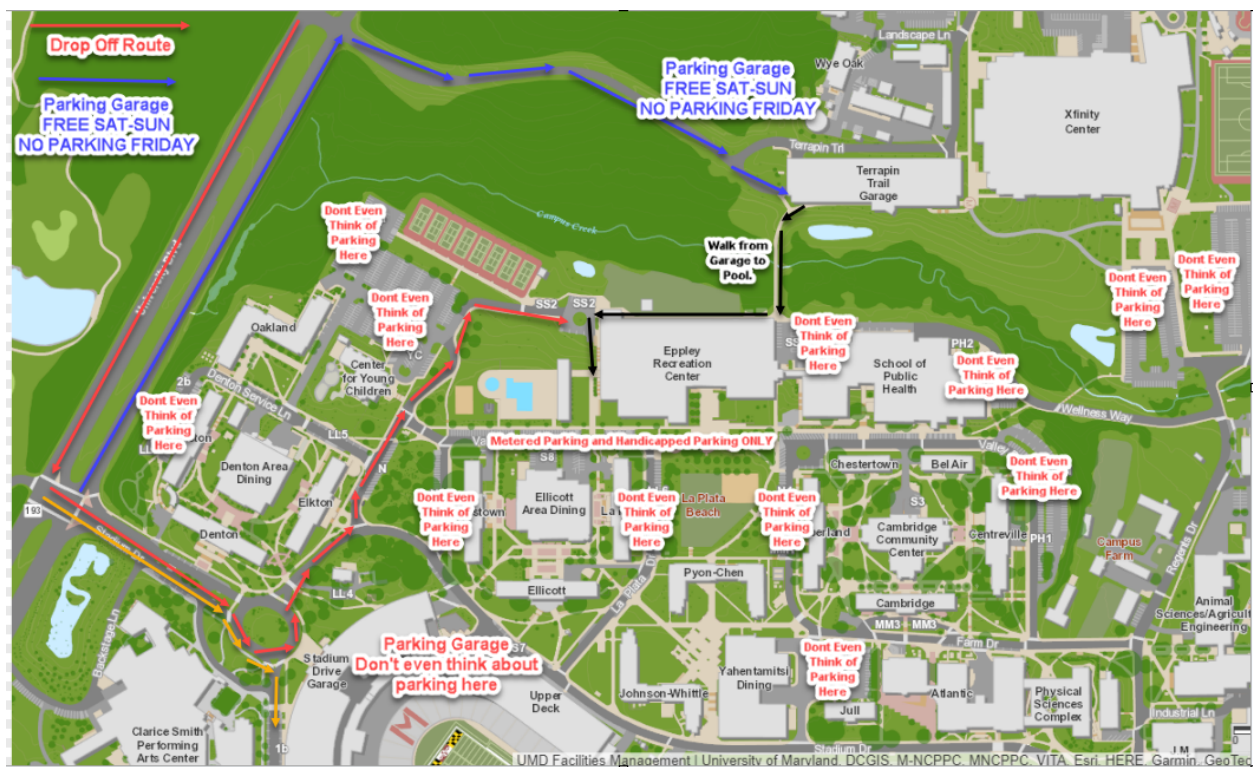
2023 NCAP Invitational

Meet Information & Entries: [Click Here](#)
Qualifying Athletes Only

2023 NCAP Team Remind: <https://www.remind.com/join/23ncapssc>

Travel arrangements have been/are being coordinated by Brian Pfisterer.
Please contact Brian if you have not already spoke to confirm your travel arrangements!

Parking/Access:



Estimated Timelines:

Day	Session	Pool	Warm up	Start	End
Thursday	Girls	Finals	4:30pm	5:35pm	8:42pm
Thursday	Boys	Dive	4:30pm	5:35pm	8:27pm
Friday	Boys	Finals	7:15am	8:30am	12:04pm
Friday	Girls	Dive	7:15am	8:30am	11:55pm
Friday	B 11-12, G 10U	Finals	12:15pm	1:35pm	3:45pm
Friday	G 11-12, B 10U	Dive	12:15pm	1:35pm	4:09pm
Friday	FINALs	FINALs	4:40pm	5:45pm	8:09pm
Saturday	Girls	Finals	7:15am	8:30am	12:47pm
Saturday	Boys	Dive	7:15am	8:30am	1:06pm
Saturday	G 11-12, B 10U	Finals	1:00pm	2:00pm	4:29pm
Saturday	B 11-12, G 10U	Dive	1:00pm	2:00pm	4:22pm
Saturday	FINALs	FINALs	4:40pm	5:45pm	8:56pm
Sunday	Boys	Finals	7:15am	8:30am	12:20pm
Sunday	Girls	Dive	7:15am	8:30am	12:22pm
Sunday	B 11-12, G 10U	Finals	1:00pm	2:00pm	3:41pm
Sunday	G 11-12, B 10U	Dive	1:00pm	2:00pm	3:53pm
Sunday	FINALs	FINALs	4:40pm	5:30pm	7:41pm

SSC Intrasquad Post-Meet Time Trial

December 6th @ Sachem High School East

Interested SSC Athletes must Opt In

Athletes limited to 1 event

All event requests due by December 3rd

2023 HAUP Eagle Invite

Meet Information & Entries: [Click Here](#)

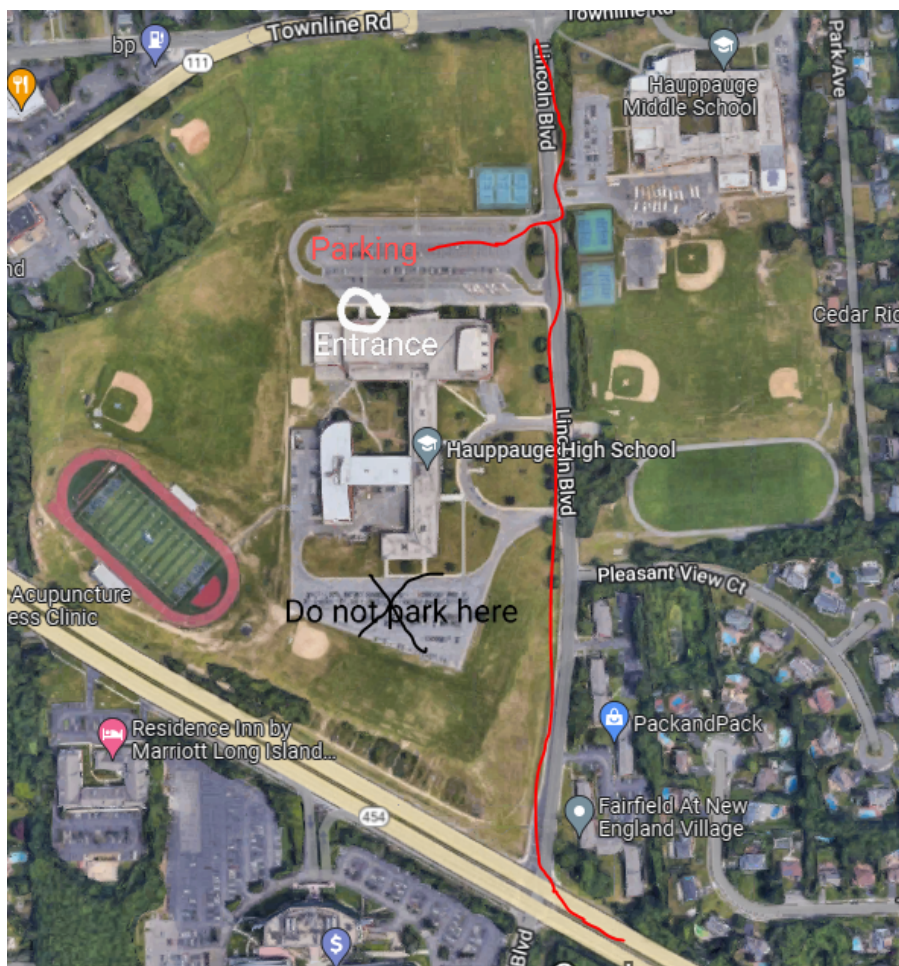
NEW SESSIONS TIMELINE:

The session schedule for the Eagle Invite is as follows:

Session	Format	Times	Age Groups
Session 1 Thursday	Timed Finals	4:30pm Warmup 5:00pm Start	8 & Under
Session 2 Friday	Timed Finals	2:45pm Warmup 3:30pm Start	Open
Session 3 Friday	Timed Finals	5:30pm Warmup 6:15pm Start	12 & Under
Session 4 Saturday	Prelims	7:30am Warmup 8:30am Start	Open
Session 5+6 Combined Saturday	Prelims	11:00am Warmup 12:00pm Start	11-12, 9-10
Session 7 Saturday	Finals	4pm Warmup 5pm Start	Open, 11-12, 9-10
Session 8 Sunday	Prelims	7:30am Warmup 8:30am Start	Open
Session 9+10 Combined Sunday	Prelims	11:00am Warmup 12:00pm Start	11-12, 9-10
Session 11 Sunday	Finals	4pm Warmup 5pm Start	Open, 11-12, 9-10

Please remind everyone coming on Friday to wait until the school buses pull out before entering the building. An assigned warm-up schedule will be forthcoming.

Parking/Access:



SSC Reindeer Games (HOME MEET)

Meet Information & Entries: [Click Here](#)

This is a HOME MEET and will be hosted at NCAC. Please note that all Developmental through Senior SSC athletes are AUTOMATICALLY entered into this meet. If you cannot attend this meet for any reason, please let us know ASAP so that we can remove you from the meet without charge!!!

SSC Meet Entry Protocols Explained

Please remember that you can and should insert notes when submitting your entries through your accounts on SachemSwimClub.com. When doing so, please indicate which days/sessions you are available for. **Leaving no notes will result in automatic enrollment in every session for up to 3 events each session per individual.** Please also indicate whether your swimmer has requested to swim less than the standard 3 events or if they have any specific goals or plans for said meet. If you are not managing that correctly, you may be paying for additional entries and leaving coaches

wondering if you're showing up to a specific session or not! Parents are responsible to SSC for payment for all entries on away meets. These are charged to your account and due the 1st of the month after the meet.

If you are having trouble interpreting the SSC Meet Calendar, please send SSCCoachKyle@gmail.com an email requesting a phone call to review and manage your entries. You can also send this information via email if you experience any trouble with your account.

When doing entries, please be reminded of your swimmers IMX (14&Unders as of January 2024) and event completion requirements for training group move up consideration. You can review some of the Training [Group Standards](#) on our website!

Please also review your swimmers times at the links below to determine which events may be a good idea to try, which have not been completed, and which may be close to future meet qualifying times!

SSC Top Time Report

[Top Times Report - LCM - 07.30.23](#)

[Top Times Report - SCY - 11.12.23](#)

[*If you are not on the Top Times Reports or some of your times are not appearing, please notify us ASAP*](#)