

Parent Meeting 8/1/24 NHS Swim

Calendar - [Click Here](#)

Swimtopia App and Website nhs.swimtopia.com

Practice:

- Swimmers should attend practice every day. Daily attendance is expected and will be taken. Please try and schedule appointments and activities around practice time if possible.
- 4:15 we are in the water. Swimmers need to have a suit, snack, water, tennis shoes, towel, goggles every day with them.
- See Parent Athlete Agreement

Sports You: 4XL9-F4Fz

Purchases:

- With joining the team: all swimmers will get a practice cap, competitive cap, and team shirt.
- Mandatory:
 - Athletic Fee \$60 (check made out to NHS Athletics, or cash)
 - Suit Female \$65, Male Jammer \$55, Male brief \$55
 - Online <https://rockhillsc.csiepay.com/> (click on NHS Swim Team)
- Fins - \$25 need shoe size
- Additional Apparel will be offered, please see form and email for more details

Fundraiser: socks

Grades:

- All students are expected to maintain a 2.5 GPA or higher. Pass at least 3 classes prior to their season. If students are struggling with a course, we have academic tutors before school 5 days a week that can assist with all subject matter.
- All students now have to pass 6 classes each year to progress to the next grade level.
- If you have a swimmer that is interested in tutoring services, please let me know.
- If you have a swimmer that is interested in volunteering as a tutor, please let me know.

Community Service: Please just tell us where to be and when!

All programs are encouraged to participate in community service. Please RSVP using nhs.swimtopia.com

Sock and t-Shirt Drive? Miracle Park?

Volunteers:

- Volunteers for meets are essential and expected

- Swimtopia will be our sign-up genius
- Need:
 - Copy of state Qualifying times, laminated and kids can attach to swim bags
 - Video at the end of the year?
 - Senior night coordinator? (At Cross-town)
 - Region Meet
 - State meet Dinners - Split Meet again
 - Food for Meets

Stroke and Turn Judges and Starters

Parent Volunteers: [Here](#) is a document you can share with your parents (potential swim officials). This document explains how your parents can become high school stroke and turn officials, as well as the process for becoming a starter and deck referee. Please share this with your USA officials, too. There's some reciprocity for USA swim officials, but only a little. For example, even though I'm a USA Swimming Referee (meet referee, starter, and stroke/turn), I still have to retake the NFHS swim officials exam each year.

Rule Changes: There are no significant changes to the high school swimming rules for the 2024 season.

Swim Team Officials Expectations:

Host Teams:

- A deck referee or starter (assigned by R. Compton)
- 2 stroke and turn officials

Visiting Teams:

- 1 stroke and turn official (for a tri- or quad meet)
- 2 stroke and turn officials (for dual meets)

Helpful Documents:

- [How to become an official \(to be shared with your parents\):](#)
<https://tinyurl.com/SCHSLAreas2Officials>
- [Assignments of the Deck Referee and Starter \(and their contact information\):](#)
<https://tinyurl.com/SCHSLArea2SwimAssignments>
- [List of Approved Stroke and Turn Officials \(updated frequently\):](#)
<https://tinyurl.com/SCHSLArea2SwimOfficials>

Fees for Parent Volunteers: The parent volunteers who serve as deck referees or starters have to pay \$40.00 (\$20 to become an NFHS official and \$20 to the state association). These fees are out of my control, and I too have to pay them, along with taking the certification test each year). Teams might want to consider reimbursing the parent who serves in this role for you.

Who is Charged the \$40?

- Anyone who serves as a Deck Referee or Starter (even if they are a USA Swimming Deck Referee and/or starter).
- Any parent who wishes to work as a stroke and turn at the State Championship meet (even if they are a USA Swimming Stroke and Turn official).

Who is Not Charged the \$40?

- Any parent who wants to serve as a stroke and turn official during one of the regular season high school meets.
- USA Swimming Officials who ONLY want to serve as a stroke and turn official during one of the regular season high school meets.

State Cuts:

The 2024 cut times have been updated, and they can be found here: <https://schsl.org/archives/11430>

State Meet

The SCHSL hasn't shared the specific dates for each classification and gender's state championship meet.

All I know at this time is that there will be 8 state championship meets: We are in Division 5A.2

- 3A Boys (which includes 1A and 2A too)
- 3A Girls (which includes 1A and 2A too)
- 4A Boys
- 4A Girls
- 5A.1 Boys
- 5A.1 Girls
- 5A.2 Boys
- 5A.2 Girls

The possible dates are 10/12 (3 meets), 10/15 (3 meets), and 10/17 (2 meets), and all will be at USC in Columbia. I do know that they do not plan on having boys and girls from the same classification on the same day (i.e. 4A boys and 4A girls will be on different days).

Northwestern Swimming

August 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 - Teacher	3
				Parent Meeting 6:00 at the Rock Hill Aquatic Center		
4	5	6 - Teacher	7 Teacher WD	8 - First Day	9	10
	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	Practice 4:00 - 6:45 Dryland @ Rock Hill Aquatic Center.	Practice FCA 4:00 - 6:00 @ Rock Hill Aquatic Center	Practice 4 - 5:45 Swim Dry Land till 6:30 Captain Speeches	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	
11	12	13	14	15	16	17
	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center Captains Announced	Mock Meet:@ NOW Start time 5:45	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	Practice 4 - 5:45 Swim Dry Land till 6:30	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	
18	19	20 - Home Meet	21	22	23	24
	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center. Team photos 4:45	RWA/ YRK/ CAT @ NOW 6:00pm Team Photos	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	Practice 4:00 - 4:45, Dryland 4:45 - 6:00	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	
25	26	27 - Home meet	28 Trojan Club Meeting 6:30	29	30 1/2 day	31
	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	YRK/ NFD/ ILD, SOP @ NOW 6:00pm	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	Practice 4:00 - 4:45, Dryland 4:45 - 6:00	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	

Northwestern
Swimming

September 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Labor Day	ILD/RWA/ CAT/ NOW @ RKH 6:00pm	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	Practice 4:00 - 4:45, Dryland 4:45 - 6:00	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	Upstate Invite @ FMAC Bus at 7:00 am
8	9	10	11	12	13	14
	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	YRK/NFD/NOW @ CLO 5:30	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	PRactice Dryland 4:15-5:45 Not at the Pool	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	
15	16	17	18	19	20	21
	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	Practice 4:00 - 4:45, Dryland 4:45 - 6:00	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	NOW/ILD @ FOM 6:00pm	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	
22	23	24	25	26	27 1/2 day	28
	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	Practice 4:00 - 4:45, Dryland 4:45 - 6:00	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	Crosstown Throwdown @NOW 6:00 pm	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	
29	30					
	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center					

Northwestern Swimming

October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	Practice 4:00 - 6:30 @ Rock Hill Aquatic Center	Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	Practice 4:00 - 6:30 @ Rock Hill Aquatic Center	Practice 4:00-4:45 Shave Down and Region Dinner	Region Meet Morning @ RHAC
6	7	8	9	10	11 - No school	12
	STATE TEAM ONLY: Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	STATE TEAM ONLY: Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	STATE TEAM ONLY: Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	STATE TEAM ONLY: Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	STATE TEAM ONLY: Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	State meet
13	14 - Teacher WD	15	16	17	18	19
	STATE TEAM ONLY: Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	State Meet	STATE TEAM ONLY: Practice 4:00 - 6:00 @ Rock Hill Aquatic Center	State Meet		
22	23	24	25	26	27	28