

Team Structure

NTN offers eight levels of professional technique instruction and training. The placement of each swimmer within the team structure will be the responsibility of the head coach. Each new swimmer will be placed in the practice group best suited for him or her, so that he or she may enjoy some degree of success in a relatively short time

Bronze 1: The Bronze group is for Novice swimmers (B/C level) all 8 & under years of age. To be in this group, swimmers will focus on starts, finishes, legal strokes, and "fun" racing.

Bronze 2: The Bronze group is for Novice swimmers (B/C level) mostly 9+ years of age. To be in this group, swimmers will focus on starts, finishes, legal strokes, legal turns, and "fun" racing.

Copper: The Copper group is for swimmers age 6-14 & legal in all 4 strokes

Silver 1: The Silver group is for the Novice swimmer (B/C level) 10 & under. To be in this group, swimmers should be able to swim all four strokes legally with the appropriate turns.

Silver 2: The Silver group is for the Novice swimmer (B/C level) 11 & over. To be in this group, swimmers should be able to swim all four strokes legally with the appropriate turns.

Gold 1: The Gold group is for the first level of Age Group swimming (BB, A, A+ swimmers). It is for swimmers age 11 or younger.

Gold 2: The Gold group is for the first level of Age Group swimming (BB, A, A+ swimmers). It is for swimmers age 11 and older.

Platinum: The Platinum group is for the second level of Age Group swimming (BB, A, A+ swimmers). It is for swimmers between 10 to 14 years of age.

Senior Prep: The Senior Prep group is for the swimmer transitioning from Age Group swimming to Senior swimming. It is for swimmers between 13 to 15 years of age

Senior II: The Senior 2 Group is for the High School swimmer looking for something to complement the High School training program. It is for swimmers between 14 to 18 years of age.

Senior Group: The Senior group is for the more advanced swimmer, between the ages of 14 -18. The goal of this group is to excel in USA Swimming and High School Swimming.

National Group: The National group is for the most advanced swimmer, that are 14 years of age or older. The goal of this group is to excel to the highest levels of USA Swimming and High School Swimming.

<i>GROUP</i>	<i>POOL TIME</i>
<i>Copper</i>	6:45pm-7:45pm M-T-TH
<i>Bronze 1</i> <i>Bronze 2</i>	4:30-5:30 M/W - 5:30-6:30 F 4:30-5:30 T/TH - 5:30-6:30 F
<i>Silver 1</i> <i>Silver 2</i>	5:50pm-6:15pm Dryland M/W 6:15-7:30pm Swim M/W 6:30-7:30pm F 5:50pm-6:15pm Dryland T/TH 6:15pm-7:30pm Swim T/TH 6:30-7:30pm Swim F
<i>Gold 1 & 2</i>	5:45-6:15pm Dryland M-F 6:15-7:45pm Swim M-F
<i>Platinum Group</i>	4:15-6:15 Swim M-F 6:15-6:45 Dryland M-TH
<i>Senior 2 Group</i>	6:00am-7:30am Swim M-T-TH-F
<i>Senior Prep</i>	3:45-4:15pm Dryland M-F 4:15-6:15pm Swim M-F
<i>National Group</i> <i>Senior Group</i>	3:45-4:15pm Dryland M-TH 4:15-6:15pm Swim M-F



Fall 2010

Visit our club website at
www.ntnadadores.com or the
 Aquatics Center website at
www.cisdaquatics.com

Carroll I.S.D. Aquatics Center
 1501 W. Southlake Blvd.
 Southlake, Texas 76092
 (817) 949-8200 Ext. 0

WELCOME TO THE NORTH TEXAS NADADORES

North Texas Nadadores is a year round age-group competitive swimming team offering instruction, training, and competition to young people of all ages and abilities. NTN has been in existence since September of 2002. NTN is a member of USA Swimming, the Texas Swim Association and North Texas Swimming.

Our program is designed and administered by professional coaches interested in developing successful, self-reliant individuals as well as outstanding swimmers. To this end, the following team objectives have been created.

1. To provide opportunities for social and emotional development as well as cultural and educational growth.
2. To provide a comprehensive program capable of developing and training a swimmer from a novice to an Olympic qualifier.
3. To motivate young people to continually strive to achieve their maximum potential.
4. To instill the values of goal setting, hard work, self-discipline and sportsmanship.
5. To promote the philosophy of team unity, sacrifice and dedication as the instrument for achieving individual goals and objectives.

A swimmer can join the team anytime during the year, provided there is space available. NTN conducts new swimmer placement sessions on Mondays and Thursdays at 5:30pm

COACHING STAFF

Bill Christensen: Coach Bill has been the Head Coach for NTN for over six years. During this time, NTN has continued to improve and grow. Previously, Coach Bill was the Head Coach of the Lobo Aquatic Club. There, he had several Junior National Championship qualifiers and Top 16 National Swimmers. He has coached numerous State record holders. Bill was the Head Age Group Coach for the King Aquatic Club in Washington for eight years. Bill graduated with a BS in Economics and swam for the University of Oregon. Bill is an ASCA Level 4 Coach.

Heather Maher: Coach Heather has been with NTN for seven years and is also the head age group coach. During this time, Coach Heather has coached several Top 16 swimmers and TAGS Champions. Prior to NTN, she was Head Coach for NTAC and coached Irving Swimmers. She holds an American Swimming Association Level 3 certification and is a graduate of the University of Houston..

Stuart Smith: Coach Stuart has been coaching with NTN for over 4 years. Coach Stuart has coached NTN Swimmers to TOP 16 and State Championship levels. Prior to NTN, Coach Stuart coached for Longhorn Aquatics, Dynamo Swim Club and Wal-Mart Swim Club. He attended the University of Texas where he was an NCAA Division I All-American Swimmer and received a Degree in Liberal Arts. In the 1984 Olympic Trials, he was a Semi-Finalist in the 100 Meter Breaststroke. Coach Stuart is an ASCA Level 4 coach.

Tyler Applegate: Coach Tyler is starting his second year with NTN. Originally, Coach Tyler is from San Antonio, Texas. In high school, he was All Region for 4 years and Honorable Mention All State for 3 years. In college, Coach Tyler was All Region for 3 years and 1st Team All America. He was Head Coach for the Summer League for Stone Mountain Stingrays for 3 years. He was Head Coach for Trinity Water Polo for 1 year.

Dru Murphy: Coach Dru graduated from Wagner University in New York. She will be assisting with dryland and some practice groups.

Daniel Balint: Coach Balint has coached age group and high school swimmers in Tulsa OK. He was an All-American with University of Arkansas. He will be coaching Bronze 1 & Silver 1.

Jessica Miles: Coach Jessica is a transplanted Australian with a varied swimming career. Jessica has swam in Singapore, Australia and Grapevine. In college, Jessica swam for TCU. Jessica is happy to be part of NTN.

Sarah Crouch: Coach Sarah has over 10 years coaching experience. She swam competitively throughout college. Sarah is an ASCA level 2 coach. Sarah also is the assistant swim school coordinator and private lesson instructor.

Fees

\$57.00/swimmer annual USA registration fee

Current Quarterly dues structure

<i>Group</i>	<i>Qtr 1</i>	<i>Qtr 2&3</i>	<i>Qtr 4</i>
National Group	\$220	\$260	\$290
Senior Group	\$220	\$260	\$290
Sr Prep	\$220	\$260	\$260
Senior 2	\$170	\$200	\$200
Platinum	\$220	\$260	\$260
Gold 1 & 2	\$190	\$230	\$230
Silver 1&2	\$170	\$200	\$65/mo
Bronze 1& 2	\$140	\$170	\$55/mo
Copper	\$140	\$170	\$55/mo

*Qtr 1: Aug/Sep/Oct; Qtr 2: Nov/Dec/Jan;

Qtr 3: Feb/Mar/Apr; Qtr 4: May/Jun/Jul

*Non-Residents pay a 10% surcharge and CISD Fulltime Employees receive a 10% discount.

*Annual payments receive an 8% discount.

*\$30 discount quarterly/\$10 discount monthly for each subsequent swimmer.

*\$700 quarterly Family Cap.