



# Northern Dutchess Aquatic Club

USA Swimming Club P.O. Box 440 Red Hook, New York 12571  
Head Coach: Kevin Storrs

Dear Swimmer(s) and Family

We hope you are enjoying your last few weeks of summer vacation. We are writing to let you know our start date and to inform you of a few changes to the team this year. Please take the time to read this letter carefully

NDAC practice will begin the week of September 10<sup>th</sup> all groups except group 1a(pre-team). Group 1a will start one week later. The Practice time will remain the same as last year.

As you may know, the team will no longer have open registration. We have tried to avoid this because we hate to turn any willing swimmer away, however, the team is getting too large to put it off any longer. As a result, we are adding **a minimum USA meet and practice requirements**. The chart below outlines the new policy by practice group.

Group	Practice	ESSL Meets	USA Meets
1	2 / week Recommend	Expected at all Meets Must swim at least 3	Not Required
2	2 / week Required	Expected at all Meets Must swim at least 3	Not Required
3	3 / week Required	Expected at all Meets Must swim at least 3	2 Meets required 1 must be before Jan 1 <sup>st</sup>
4	4 / week Required	Expected at all Meets Must swim at least 3	2 Meets required 1 must be before Jan 1 <sup>st</sup>

Please note, the pre-team swimmers have no meet or practice requirement until their coach feels they are ready to join group 1. Also, groups 3 & 4 practice requirement is one day less on any week without a Saturday practice.

Our membership fees have increase this season do to a significant increase in pool rental fees(33%). We have tried to keep the price as low as possible. Please fill out the form and return it with your first payment by mail **before** the first practice. **Please note: to receive the early bird discount you must be paid in full by September 7<sup>th</sup>**. If you do not plan to pay in full, please follow the standard payment plan (see: Fee and Payment Policies, enclosed)

The NDAC Parent Board needs your help. Please fill out and return the Parental Form with your payment. We expect some turnover on the board this year. Please consider becoming a member of the board.

We plan to have tryouts the first week of practice on Tuesday and Thursday at 4:45pm. If you know anyone that would like to swim for NDAC please let them know about the tryout. It is not necessary to tryout if you were on the team last year and you have already pre-registered.(if you received this letter you have pre-registered). We have just over 100 swimmers that have pre-registered so space limited. Yvonne's and Kevin's groups have very limited space. Most of the available spots are in the 9-10 boys, and 8 & under girls and boys. New swimmers are required to swim at least 25yds on their front and back to tryout.

If you have decided not to swim with us this season, please email Nancy Pope at [npope@hvc.rr.com](mailto:npope@hvc.rr.com) or through the team web-site ASAP. We need to know the number of available spots before tryouts. Your deposit is refundable only if we let us know by September 1, 2007.

We look forward to an exciting new season.

Swimmingly,

NDAC Board of Directors