



SUMMER SWIM SEASON 2023

THE SHARK BITE

Nansemond Swim Club Swim Team Information for Parents and Swimmers

Swim Team Organizers and Coaches:

Joy Andrus

Team Mom
757.725.2520 cell
nscsharks@gmail.com

Jessica Spencer

Team Mom

Ken Hirlinger

Head coach
703.728.4414 cell

Delaney Wright

Assistant Coach

Katelyn Bryant

Assistant Coach



PRACTICE SCHEDULE

Mon-Fri, May 31-July 15

5:15-6:00 6&Under and Beginners

5:45-7:00 Ages 6-10

6:45-8:00 Ages 11-18

The first 15 minutes of practice will be used for dry-land training. Swimmers should report coaches at the front pavillion with shorts and t-shirt on over their swim suits.

REGISTRATION

Register for the Nansemond Sharks online from May 15, 2023 to June 16th.

Swimmers must be members of Nansemond Swim Club to join the swim team.

Swimmers must be able to swim the length of the pool without stopping to be eligible for the swim team.

Registration Fees:

\$75 first swimmer

\$70 second swimmer in same family

\$65 third swimmer in same family

FREE fourth child in the same family

This does not include optional add-ons such as team suits, caps or t-shirts. These items will be for sale at Team Check-in & Registration at the beginning of the season.

Registration fees cover the costs of coaches salaries, league fees, team parties and awards.



**PAYABLE BY CASH, VEMNO
(@NSCSHARKS) OR CHECK. MAKE
CHECKS TO NANSEMOND SWIM CLUB.**

MEET SCHEDULE

Saturday, June 17th @ 9:00 a.m

HOME MEET, NSC vs. SMITHFIELD

Warm-ups at 8:00 a.m.

Wednesday, June 21st @ 6:00 p.m.

AWAY MEET, NSC vs. MARLIN

1964 Dock Landing Road, Chesapeake

Warmups at 5:15 p.m.

Saturday, June 24th @ 9:00 a.m.

HOME MEET, NSC vs. TSUNAMI

Warm-ups at 8:00 a.m.

Saturday, July 1st @ 9:00 a.m.

AWAY MEET, NSC vs. Barracuda

5301 Sports Club Run, Suffolk

Warm-ups at 8:30 a.m.

Saturday, July 8th @ 9:00 a.m.

Home Exhibition Meet

Parents vs. Swimmers Hot Dog

Cookout afterwards

Saturday, July 15th @ 8:00 a.m.

ALL-STAR MEET* @ NSC

*All-Star Swimmers will be announced by coaches on Monday, July 11th

PRO-TIP

Swim Meets can be long and hot. Don't forget to pack snacks, water, chairs and extra towels for your swimmers to stay cool and hydrated.



MEET CHECK-IN-TIME

SWIMMERS SHOULD REPORT TO COACHES UPON ARRIVAL AND BEFORE DEPARTURE. SWIMMERS WILL BE MARKED WITH EVENT NUMBERS AT CHECK-IN, BEFORE WARM-UPS. PLEASE ARRIVE ON TIME.

Saturday Meets

-Check in at 7:45 a.m.

-Meet starts at 9:00 a.m.

Wednesday Meets:

-Check in at 4:45 p.m.

-Meet starts at 6:00 p.m.



ALL HANDS ON DECK

Each swim meet requires a minimum of 24 parent volunteers per team. Meets are more likely to start and finish on time if parents are on deck and ready to man their post. A Parent Volunteer sign up sheet will be available at Swim Team Check-in/Registration. Thanks for doing your part mom and dad!

SPEEDO TEAM SUITS

NSC Team Suits are solid blue Speedo Super Pro Back for female swimmers with matching Speedo Jammers for male swimmers. Suits will be available for purchase at Team Registration & Check-in.

\$58 Female Super Pro Back Suits

\$45 Male Jammer Suits



SHARKS SWIM CAPS

Coaches strongly encourage all female swimmers wear a swim cap for practice and meets. Silicone Team caps are available for sale. **\$12 per cap**

SHARKS T-SHIRT

Show off your team spirit and help raise funds for the swim team by purchasing a Sharks T-shirt. Shirts are available in sizes Youth S-L and Adult S-3XL. Super soft!

\$20 per t-shirt



SHARKY STICKER

Slap one on your water bottle, lap top, car or cooler.

\$3 per each



COACH RECOMMENDED GEAR

Our coaches HIGHLY recommend the following gear for practice: Please consider purchasing these items for your swimmers

- Swim fins such as Sporti Floating Fins from Swimoutlet.com
- Leak-proof goggles such as Speedo Vanquishers



FUN FRIDAY PRACTICES

Shark Attack Mac and Cheese

Night: Friday, June 16th for swimmers and their siblings. After Practice, we will practice team cheers and eat Mac & Cheese.

Bigs and Littles Relay Races

Friday, June 23th. All Age-groups combined at 5:30 p.m..

Pajama Jammie Jam:

Friday, June 23rd. Wear your PJs to practice and earn a popcorn and a gatorade.

Sharks and Minnow with

Coaches: Friday, June 30th. Coaches will lead the way.

End of the Season Awards and

BBQ Party: Sunday, July 22nd @ 5:00. All family members are welcome to attend awards ceremony and cookout.

NSC COACHING STAFF



CORPORATE SPONSORSHIP

Join us in thanking our Corporate Sponsor from the 2022 Swim Season. Sponsors help us pay our lane-usage fees, purchase new equipment for the team and host special Fun Friday team treats. Please remember to patronize our local team sponsors.



Please consider sponsoring the Nansemond Sharks in 2023!



NANSEMOND SWIM CLUB SHARKS SWIM TEAM

CORPORATE SPONSORSHIP FORM

NANSEMOND SWIM
CLUB

8907 ECLIPSE DRIVE
SUFFOLK VA 23433

Please sponsor our swim team.
Complete the form below and mail along
with your sponsorship level check to the
address below.

SPONSORSHIP: (PLEASE CIRCLE)

- ✓ **GOLD SPONSOR \$250.00**
- ✓ **SILVER SPONSOR \$150.00**
- ✓ **BRONZE SPONSOR \$100.00**



Sponsors receive the following benefits:

- **Announcement of your sponsorship during home meets**
- **Recognition on our website (www.nansemondswimclub.com)**
- **If you have a business banner, we will display it on our pool fence**

1.SPONSOR (COMPANY/FAMILY NAME):

2.WHO CONTACTED YOU?

3.MAILING ADDRESS:

4.EMAIL ADDRESS:

5.PHONE NUMBER:

Thank you from all the swimmers and swim parents!

If you have any questions, please contact Joy Andrus at
nscsharks@gmail.com or 757.725.2520.

Please make checks payable to: Nansemond Swim Club

Investing in our
youth through
positive
sportsmanship