

# Welcome to the Boys & Girls Club of Greater Nashua Pride Swim Team!

We are happy to announce the opening of the 2023-2024 Boys & Girls Club of Greater Nashua fall/winter swimming season! Each swimmer will have the option of choosing their own individual swimming path. Pride swimming is part of both the Boys & Girls Club league and NHSA (New Hampshire Swimming Association) which gives the opportunity to provide you with three different paths based on your desired commitment.

<b>Option 1</b>	<b>Option 2</b>	<b>Option 3</b>
October 2, 2023 to February 9, 2024 (16 Weeks)	October 2, 2023 to March 17, 2024 (24 Weeks)	October 2, 2023 to April 14, 2024 (28 Weeks)
Practice at least 2 days/week	Practice at least 2 days/week	Practice at least 2 days/week
Participate in 5 of the Boys & Girls Club dual meets	Participate in 5 of the Boys & Girls Club dual meets	Participate 5 Boys & Girls Club dual meets
Participate in the Boys & Girls Club sectional Championship meet	Participate in the Boys & Girls Club sectional championship meet	Participate in the Boys & Girls Club sectional championship meet
Participate in 1 Pride swimming Fundraiser	Attend NHSA championships	Attend 2 USA meets and all championship meets
	Participate in 1 Pride swimming fundraiser	Attend NHSA championships
		Attend Boys & Girls Club nationals in St. Petersburg, FL
		Participate in all Pride swimming fundraisers

This is a competitive swim program so swimmers joining the team are expected to actively participate in the teams schedule meets. Those not making the meet commitment will be moved to an option that better fits their commitment level.

The coaching staff will be assigning swimmers to a practice group. Once tryouts are completed, there may be some modifications to assignments. Swimmers must attend practice times assigned.

### **Tryouts for returning team members:**

Returning team member tryouts and signups will be conducted on Tuesday, September 19, 6:30pm-7:30pm.

## Tryouts for new team members:

Tryouts for new team members will be conducted on Thursday, September 21, from 6:30pm – 7:30pm. Swimmers trying out for the team must be able to swim freestyle and backstroke and participate in a 30-minute swim trial practice.

## Team registration deadline and fees:

Swimmers must be registered as a Boys & Girls Club of Greater Nashua member prior to trying out. This entails paying the annual membership fee (\$40) to become a Boys & Girls Club of Greater Nashua member and filling out the necessary membership form which can be found at the front office of the Club.

Swimmers cannot participate in practice until they are registered and paid the fee for the option they choose to participate in, applied for a scholarship/financial aid, or are on a payment plan.

Team registration cost are on a stepped fee schedule based on the pool time each group receives as age and ability increases. The swim team registration fee includes the following: pool time, meet fees based on the option chosen, coaching, team swim suit, team cap, and T-shirt. Please note: if option 2 or 3, is chosen, individuals are responsible for all USA meet fees.

**It should be noted that the goal of this team is to give every available swimmer the opportunity to participate in a quality swim program, regardless of income. Therefore, there are scholarships, financial aid, and payment plan options available.** For those wishing to apply for scholarships/financial aid, please complete the financial aid form available at the Boys & Girls Club front office and notify Coach Jenelle you are applying for a scholarship/financial aid.

Option	Cost
1	\$400
2	\$500
3	\$600

Checks for swim team registration should be made payable to: BGCGN or Boys & Girls Club of Greater Nashua. Please write Pride Swim and your child's name on the memo line.

## Refund Policy:

A partial refund of 80% for the team registration costs will be given up thru Friday, October 27, 2023 after Monday, October 30, 2023 no refunds will be given.

## Practice Information:

Practices are held weekly and are organized according to ability level from beginner level, through intermediate and advanced. This year we have implemented 3 practice groups. Swimmers are expected to bring the following equipment with them to ALL practices.

- Competitive Swimsuit
- Cap
- Goggles
- Water bottle

Swimmers in the Mufasa Group should have additional equipment.

- Fins

Dryland will be held for all swimmers who are assigned to the Mufasa Groups. Dryland Training will start the first week in October. Days and time will be determined after all registrations have been received. Swimmers in these groups should come to practice with the additional gear.

- Sneakers
- T-shirt
- Snacks
- Water bottle

## Practices schedule:

Groups	Monday	Tuesday	Thursay	Friday	Saturday
<b>Simba (12 &amp; Under)</b>	6:30pm-7:30pm	6:30-7:30pm swim	6:30-7:30pm swim		
<b>Mufasa (13 &amp; Over)</b>	7:30pm-9:00pm swim	7:30pm- 9:00pm swim	7:30pm-9:00pm swim		7:00-8:30am swim

\*\*There will be no Friday Practices throughout the fall. Friday Practices may be added after October depending on attendance and training needs.

## Coaching Staff:

Jenelle Dolan – Head Coach

Any questions or concerns can be addressed to Jenelle at [prideswim@bgcn.com](mailto:prideswim@bgcn.com) or Senior Director of Club Operations, Ashley Fudala, at [afudala@bgcn.com](mailto:afudala@bgcn.com).