



Welcome to the #1 Team in Texas --- Nitro Swimming!! Home of the 2010 Long Course TAGS (Texas Age Group Swimming) Champions!!

We're glad you have made Nitro your swimming choice, and we hope you make it your swim home for years to come.

We offer more swim options than anyone, and we can do that because we "own" our water –all of our indoor 28,000 sq ft Nitro Swim Center belongs to us, the Nitro Swimming program. All 23 lanes in our main competitive full size Olympic pool and the 4 additional lanes in our 20 yards long lessons pool are here for Nitro to do what we need to do to bring you the highest quality swim instruction environment anywhere.

If our once a week "TF" (Technique & Fitness) group is what works best for you right now, then choose one of those among the several time slots available Monday through Saturday. If your swimmer is just starting out and is a little wary about swimming "year 'round" with the best team around, then Intro to Nitro might be the best choice to get them started with us.

For the more serious competitive swimmer, we have all types of groups with various commitment and age levels, and we're confident we can accommodate whatever it is you need.

Here are a few key points to know:

1. Returning Nitro USA Swimmers are to register with the same group level they participated in last season unless a group move was approved by a Nitro USA Swimming Coach. If questions on that, email Coach Kristyn at Kristyn@nitroswim.com.
2. All new swimmers to Nitro's USA team must complete a new swimmer evaluation, correctly performing all four competitive strokes for a distance of at least 25 yards. Evaluations are held every Saturday at the Nitro Swim Center. No appointment is needed, just come in at the assigned time, and register with the front desk. Saturday Aug 21st we will conduct evaluations at 12:45PM. Beginning Aug 28th, and for the rest of the Saturdays for the school year, new swimmer evaluations will be at 12:15PM. Once the evaluation is completed, one of our Nitro coaches will discuss options with you and point you in the right direction. You will then need to go online and [register](#) your swimmer.
3. Your Nitro account will become activated after you complete your registration and it is approved by our team manager. Spots will only be

confirmed once your swimmer's registration and birth certificate have been received by our team manager. You can submit a birth certificate or passport any of the following ways: 1. Drop it off at the front desk, 2. fax it to the office at 259-7990, or 3. scan it and email a copy to Denell@nitroswim.com.

4. Returning Nitro USA ("year 'round") swimmers who were/still are registered through USA Swimming for 2009-2010, will begin practices week of Aug 23rd.
5. All new swimmers to Nitro's "year 'round" programs will begin their practices the following week on September 1.
6. For the Intro to Nitro, Bronze, and Technique & Fitness (TF) groups, the following equipment is needed: Kickboard, good pair of competitive swim fins, quality pair of goggles, and a swim suit (preferably competitive style, one piece suit for the females). For the higher level groups, more equipment is needed, and if you have any questions on that, feel free to email the specific group coach.
7. Some of our groups have already reached their cap limit, and we have closed registration to those particular days/time slots. If you are totally stuck and out of options, give us a chance to get creative with a possible solution to make a schedule that works for you. Email us and we'll give it our best shot.
8. Once again, we want to thank you for making Nitro Swimming your choice this season, and we will work hard to be sure that you realize you made the right decision.
9. I will be sending out notes periodically with information about the season, practice protocol, what is expected on the pool deck, what the swimmers and parents can expect, etc., once we get rolling.
10. Lastly, every start of the season brings its own set of unique challenges, and there is a good probability that we may have missed on a few evaluations or some group estimates. We generally get the first week or two under our belts, and then we make the necessary adjustments. So we thank you in advance for your understanding and patience. Be nice to our front desk staff, often times they are operating at a disadvantage of not knowing what the USA Coaching staff has communicated to our member families, and they are also carrying out our policies. They are here to help all of us, so be kind.
11. Thanks for becoming a part of Nitro Swimming! Welcome Aboard. Mike and Tracy Koleber.