

Dear NHS Swimming and Diving Parents –

Monday, August 21, 2023 at 6:00pm the Northwest Swimming and Diving Team will have their annual ice cream social to kick off the 2023-2024 season. All parents and athletes are invited. The event will be in the Northwest High School Student Union (Cafeteria). The highlights of the meeting will be as follows:

1. Coach Pottorff introduction
2. Swimming expectations
  - The importance of communication
    - Remind 101
    - Team newsletter
    - Canvas
  - Required Equipment
    - Junior Varsity and Varsity
      - Swimsuit
      - Goggles
      - Towel
      - Cap (optional)
    - Varsity Only
      - Fins
      - Paddles
      - Buoy
  - The importance of practice
    - Practice is at the NISD Aquatic Center
    - Varsity practice begins at 6:45 am
    - JV practice ends at 4:30 pm
    - What to do if your child is sick
    - What to do if your child is injured
  - The importance of meets
    - Must ride the bus to **and** from every meet
    - What to do if your child can't go to a meet
    - Food for meets
  - Team Pictures – 10/6/2023
3. Explanation of the purpose behind the NHS Swimming and Diving Booster Club
  - Booster Club meetings will be the 1<sup>st</sup> Monday of every month
4. Time for Questions and Answers
5. Time to meet with and join the booster club

I look forward to meeting everyone on Monday, August 21, 2023 at 6:00pm.

Kristi Pottorff  
Northwest High School Head Swimming and Diving Coach