

What is Nashville Aquatic Club?



NAC is a year round competitive swim program that has been operating in the Middle Tennessee area since 1975. The team is comprised of six practice groups ranging from the entry-level swimmer to the National Championships qualifier. The Nashville Aquatic Club aims to develop the character, skills, and desire necessary for each child to maximize his or her potential. Through swimming, we aim to develop physical fitness, self-discipline, and self-esteem, which will assist children in maximizing their personal, intellectual, and athletic potential.

In which group will my child swim?



Each group is tailored primarily by ability level, but also takes into account the swimmer's age, strength, fitness, physiological development, and consistency. The following is an general outline of our practice groups and the expectations for each:
Green Group: This group is our introductory training group where swimmers primarily learn proper technique in the four competitive strokes, as well as basic skills such as streamlining and diving. Swimmers in this group are encouraged to attend 2-3 practices per week and participate in NAC Friday Fun Meets and a few selected swim meets hosted in Middle Tennessee.

White Group: The focus in this group shifts from simply performing the strokes legally to swimming with greater efficiency. This is accomplished through repetition of skills. More advanced competitive skills will be introduced such as turns and underwater kicking. Swimmers in this group are encouraged to attend 3-4 practices per week and participate in NAC Friday Fun Meets and swim meets hosted in Middle Tennessee.

Red Group: In this group, swimmers will continue their technical development with advanced stroke concepts and racing skills. At this level, athletes will be introduced to basic training principals. These swimmers are encouraged to attend 4-5 practices a week in order to benefit fully from the seasonal progression of the group and participate in all scheduled swim meets.

Blue Group: This is the highest level of our age group program. Swimmers in this group continue their stroke technique education, while focusing more on conditioning and consistent training. Blue Group swimmers are encouraged to attend 5-6 practices a week in order to benefit both physically and mentally from the emphasis of the group and participate in all scheduled swim meets.

Senior 1: This is the first of our two senior groups where swimmers should commit to attend 6+ practices a week. Swimmers at this stage have made a commitment to the sport and are ready for a higher level of training and competition.

Senior 2: This is our most advanced group where swimmers should commit to every workout offered. Swimmers at this level have developed the skills needed for competition at the regional and national level.

Do I need to be an elite swimmer to join Nashville Aquatic Club?

No. Elite swimmers are the result of knowledgeable coaching, proper technical development, and consistent training. NAC has a long history of providing Middle Tennessee area swimmers with a full service program which will allow them to realize their ambitions and goals in the sport. Every swimmer, no matter the level, started at the beginning where they learned the basic fundamentals of swimming and a general love for the sport. NAC provides each of its athletes the opportunity to start from the very basics and advance to the most elite level. No matter what your child's current ability level, you can rest assured that there is a place for them within the NAC program.



How do I determine if Nashville Aquatic Club is right for me?

First, visit our website at www.swimnac.com. There you will find information about the club's past, present, and outlook for the future. Second, talk to a current NAC parent! Members currently involved in the program are a very useful and informative resource to find out more about the team. Third, contact one of the NAC coaches by calling the NAC office at (615) 321-3510. Inquire about our FREE trial period. This is a great way to see if year round swimming is something your child is interested in pursuing.

Where are practices offered?

Practices are offered at four convenient locations in the Middle Tennessee area. Nashville Aquatic Club training sites include the Brentwood Family YMCA and the Williamson County Indoor Sports Complex, the Maryland Farms YMCA, as well as the Centennial Sportsplex located on 25th Avenue in Nashville.

Does my child need to give up other sports to swim with NAC?

No. NAC realizes that young children enjoy participating in a variety of sports and activities. Most people are under the impression that if you swim year round that you do not have enough time to participate in other sports and activities. This is not the case at all. Many of our swimmers are also very involved in other activities and have found a nice balance that allows them to experience it all. In addition, NAC does not want your child to turn away from swimming because it is the only activity in which they participate.



How many swim meets are offered and where are they held?

Swim meets are a great chance for your child to grow in the sport of swimming. Swimmers not only learn about race strategy and stroke technique at meets, but they also end up gaining self-confidence and experience. In addition, competitions are fun! They serve as a reward for your swimmer's hard work and an excellent test of their skills acquired during practice. There is at least one swim meet offered a month and more often there are at least two. Most of the meets that NAC attends are in the Middle Tennessee area. Others are held in surrounding areas such as Knoxville, Memphis, Chattanooga, Auburn, and Louisville.

What are the benefits of year round swimming?

NAC recognizes that each of our swimmers must learn good stroke technique at every stage of their long-term development. Nashville Aquatic Club believes that swimming correctly needs to be taught before athletes move on to training. We also find that swimmers who learn better stroke technique, will inherently swim faster and smarter races. Naturally, year round swimming



will improve swimming ability, but it will also carry over to other aspects of an athlete's life. Swimmers tend to take the listening, discipline, organization, work-ethic, time management, and goal setting skills they learn in our program with them to the classroom and thereafter to the real world. In addition, swimmers learn to handle successes and failures, which in turn creates superior sportsmanship and self-confidence.

What are some of NAC's achievements?

NAC has been crowned Southeastern LSC Champions a total of 32 times. The Southeastern LSC (or league) is comprised of more than seventy teams from Tennessee, Alabama, and the panhandle of Florida. NAC has also been recognized by USA Swimming as a Gold Medal Club (USA Swimming's Highest Award for member clubs) in 2002, 2003, 2004, 2005, 2006, and 2007. Currently we are the only team in the Middle Tennessee area that has ever been recognized as a USA Swimming Gold Medal Club. Additionally, NAC has consistently ranked in the Top 25 in USA Swimming's Virtual Club Championships, a system of ranking over 2800 swim clubs from across the United States. NAC has produced Olympians, Olympic Trial qualifiers, National Championships qualifiers, Sectional and Southeastern champions, Tennessee High School State Champions, as well as National Age Group record holders. We recognize that it is the depth of a team, not a few exceptional swimmers that the program successful. Our depth is something that we attribute to the ability to keep kids interested in the sport and consistently improving over their entire career.

What are Participation Points?

Parent Volunteer or Participation Points are a system by which NAC members can all play a role in providing our athletes with the very best atmosphere in which to enjoy the sport. NAC has a very strong reputation throughout the country for hosting some of the largest and best swim meets. Our meets bring to Nashville teams from across all 50 states and occasionally Canada. By hosting many of the biggest meets of the year, NAC members are spared from the costs of hotels, restaurants, etc.. that go along with traveling to two, three, or four day meets. Additionally, by working at swim meets, you can be much closer to the action and feel a very important part of providing your child with a positive competitive experience. Many of our members actually go above and beyond their points requirements because they enjoy sharing in the full success of the program.