

NVSL New Team Rep Training



“So We Know What Division We’re
In, Now What?”

Companion Document to the “New Team Rep’s Guide” for
the 2026 season

2026 Season

Background

- Who's brand new?
- NVSL organizational structure
- What are your burning questions/greatest perceived challenges?
- Initiatives this year: SwimTopia, Website refresh

The Ten Week Sprint

- Can seem like a Full-Time Job if you are constantly scrambling – Be prepared!
- Can be incredibly stressful at 1:00am – Share the load!
- Can test the nerves of even the most dedicated volunteers
- Can make an August vacation your best yet!
- Can increase your computer skills!
- Can increase your waistline with diet of hotdogs and hamburgers, breakfast burritos, and other amazing concession food!
- **CAN BE ONE OF THE MOST REWARDING THINGS YOU DO FOR KIDS!**

The Ten Week Sprint

- There are many similarities between teams, but many variations on the theme
- Understand your team's traditions and look for constructive improvements each year – don't reinvent the wheel
- Ensure that policies are understood by all coaches and families
- Find your core volunteer group and expand by assigning responsibilities; understand in most situations, summer swim team carries more value than any other activity families will participate in
- Communication – Examples: Constant Contact/GroupMe/SwimTopia/Website
- NVSL Instagram and X accounts

The Ten Week Sprint Begins With Preparation, Communication, Delegation

- Calendar - set it up with “To-Do’s” and follow it
- Apparel/Pictures – Suits, Spirit Wear
- Area Coordinators: Officials, Social, Concessions, Ref, Table Chief, Head Timer, etc.
- NVSL meetings – Seeding, Rules, Team Rep, NVSL “U”, Clinics, Division, SwimTopia accounts updated
- Check Colorado Starting System, Watches, and Flags
- Rules, Policies, Procedures, and Safety: HOA Rules/Insurance, Swim-Up Rules, Scratch Rules, B-Meet Rules, Swim-off Policies, Absences, Weather, Team Records, Sponsorships
- Coach Training – NVSL Clinic, SafeSport, Concussion

EVERYONE IN THE LOOP!

The Things That Sneak Up on You

- Registration/Suit Try-Ons
- New: Participant Waiver and Team Rep Acknowledgement
- Ordering of Supplies
- Division Meeting Prior to Season
- Officials Clinics – get everyone scheduled
- Coach training requirements
- Community awareness of pool closing for swim team events
- Meet-Related: Directions to Meets, PA System, National Anthem, Starting System, Absences, Scratches (forms!/NS), Backstroke flags
- First Meet Sheet Exchange - SwimTopia meet entries in Meet Maestro
- Relay Carnival Week
- Work with Coach to ensure Divisionals seeding process is understood and straightforward
- Ordering End of Season Awards/Planning Awards Night
- From “0 to 60 and 60 to 0” in no time!

Don't Forget:

- Sportsmanship & Safety
 - We all represent our swimmers, families, communities, division, League
 - Stand up for your swimmers, and especially to cheer them on! (“I love to watch you swim”)
 - Ensure you and your coaches know the rules
 - Common sense approach (e.g., equitable team areas)
 - Handle challenging situations with respect
- Focus on time improvement and then learning to race! (what each swimmer has control over is what she does/how he improves, not the competition). Teach **CONTROLLING THE CONTROLLABLES**
- Take a deep breath and ENJOY the Season!

Reach Out and Ask Questions

Many Team Reps and NVSL Officials have been through the same situations, and experience is reliable!

- Ask your predecessor if possible
- Ask your Division peers
- NVSL Chat Group
- Ask your Division Coordinator (DC)
- Ask an NVSL Officer/Board Member
- asknvsl@gmail.com – Chris and Amy review emails
- Ask Chris: chriscln@verizon.net

