

Very Important Cove Practice Information

1. No NCA swimmer will be allowed to practice with us at the cove unless they wear a yellow NCA cove cap. Caps will be for sale at cove for \$4.00 **No exceptions** will be made!
2. No NCA swimmer under the age of 13 will be allowed to practice with us unless an adult who is responsible for them is present at the beach. We are such a large group swimming in an area that poses a lot of risks that we will not make any exceptions to this rule. We are fully aware that many of you take Jr. Lifeguards and are very accomplished swimmers, or are accustomed to being dropped off at the beach unsupervised. If your parent is not able to be present, then prior arrangements need to be made with another adult. All swimmers, 13 and older may be dropped off. Please arrange for proper pick up times, as there will not be any late supervision. If you are 12 and younger, you will not be allowed to swim without a supervising adult present. Thank you for your cooperation. Only NCA swimmers will be allowed to participate on these supervised swims. Thanks for your understanding.

NCA La Jolla Cove Practice Information

North Coast Aquatics will hold optional practices at the La Jolla Cove on Monday August 23rd, Tuesday August 24th and Thursday August 26th. Practices will be at the cove for all levels. The cove practices will end with a family beach party on Thursday Aug 26th. Please see separate flyer. **There will not be any NCA cove practices Wed. Aug 25th or Fri. Aug 27st.**

Practice Details:

WHO: Practice is for all NCA USA registered swimmers. Please, no guests. All swimmers will be taken out in small-supervised groups on ocean swims. Confident ocean swimming adults are needed for these sessions. Please volunteer for the days you are available by calling 760-720-1494 leave Sue a message or e mail me at allswim@aol.com Parents are allowed to wear fins and wet suits. All swimmers need a current 2010 USA swim card in order to participate.

WEAR: All NCA swimmers will be required to wear special yellow NCA swim cove caps while they are swimming with us at the cove. Caps are \$4.00 and will be available for purchase at the cove. If you do not wear a yellow NCA cap, you will not be allowed to swim with our group. This is required for safety reasons. No wet suits, fins, masks or snorkels will be allowed on the supervised swims. Please do not bring boogie boards or water toys, as they are not allowed at the cove.

SUPERVISION: All 12/U NCA swimmers need to be properly supervised by an adult. The children will not be allowed to swim with our group unless an adult is present. We will only supervise your child while they are swimming with us in our group. When they are safely returned to the shore, they will no longer be our responsibility. Activity on the beach, rocks, caves, etc. will not be supervised by the adults in the water. If your child wants to explore on their own, they need your permission. The rocks are sharp and the caves can be dangerous. Please use your best judgement. All swimmers 13 and older will be allowed to swim without an adult present. Please make arrangements for proper pick up time, as you will be on your own after your swim.

WHEN: August 23rd, 24th and 26th 4:00 - until their swim is over. We will begin when all the adult help arrives. Parking is a challenge! The children will be taken out in small groups. You may take your child home at any time after the swim. Please do not pressure your child into going out more than they want to. This is a gradual learning experience for many children. If your child is not in the first heat of swimmers, please be patient and wait for the 2nd wave!! On Thursday we do a simulation of the actual rough water competition. The 12/U will swim the 300 yard course, the 13/0 will do the mile course and the Gatorman swimmers will swim a 2 mile course.

EXPECT: Seaweed, fish, rocks, fish, more seaweed, cold water, salt water, snorkelers, scuba divers and more fish!! All NCA swimmers will gain valuable ocean swimming experience this week.

WHERE: The La Jolla Cove. We will meet on the grass area above and overlooking the cove. Please be considerate of other people on the beach. We are a big group and tend to disrupt people who have settled in before us. Parking at the cove is always a challenge...Good Luck! We are at the Cove, not the Shores! Please do not meet on the beach or on the level of the lifeguards. They have asked us to move to the grass area above the cove. See you there!!!!