



## NORTH SHORE SWIM CLUB

The North Shore Swim Club (NSSC) is designed to meet the individual needs of the area's competitive swimmers. In addition to individualized and group training, NSSC offers challenges, competitive opportunities, healthy lifestyle and encouragement for every swimmer in the program from novice to national competitor.

The experience of the NSSC Coaching Staff provides a strong base for each athlete to develop strength, character and the necessary skills to perform to their maximum potential, while still maintaining a positive, fun and challenging atmosphere. The North Shore Swim Club is a fully sanctioned USS program. The program offers a year round commitment which includes long and short course training, advanced skill development and participation in New England, Regional and National meets.

The success of the NSSC program is a direct result of a philosophy which provides for the careful development of the age group and senior swimmer. The club maintains a small ratio of swimmers to coaches to ensure the highest quality training and development of each individual swimmer. Those swimmers who compete at more advance levels of training and competition will be in an atmosphere that will allow them to reach their maximum potential. The NSSC program is designed to provide a challenging and fun environment in a quality competitive setting. The program has a lot to offer and provides the best in swimming.

Our web site at [northshoreswimclub.com](http://northshoreswimclub.com) is maintained up-to-the-minute with the latest information and details so parents and swimmers stay informed 24 hours a day, 7 days a week.

***“Excellence in Developing Potential Through Swimming”***



## TEAM STRUCTURE

### PRETEAM PROGRAM

The Developmental Program is for children ages 5-8 where they develop the basic skills to proceed to the Junior program—including learning the basics of freestyle and backstroke. Program meets once or twice a week for 30 minutes per session with a low ratio of swimmer to coach.

### JUNIOR PROGRAM

For ages 6-10 years of age that are interested in developing the skills necessary to compete in the sport of swimming. They learn refinement of the freestyle and backstroke and the developmental stages of the breast stroke and butterfly. Practices are 2-3 times a week for up to an hour each session.

### AGE GROUP PROGRAM

For ages 9-13, our Age Group Program is a 2 tier program (Age Group 2 and Age Group 1) that is an excellent progression to the Senior Level. The refinement of the four competitive strokes and starts and turns are taught. The training prepares them for USS competition and the senior level program. Emphasis will be on good sportsmanship and teamwork. Practices range from 3-5 times per week based on the swimmer's desired commitment and program level.

### SENIOR PROGRAMS

The senior team is comprised of swimmers who have usually contributed several years of background training. These swimmers made the commitment to aspire to top flight swimming locally and nationally. These experienced swimmers will be exposed to coaching that is oriented toward conditioning, advanced training concepts, and goal setting. The two tier senior program provides the training necessary for



## THE COLLEGE FACTOR

The coaching staff of the North Shore Swim Club has long been associated with the highest level of competitive achievement. The coaching staff has a rich heritage of helping young athletes attain personal and team goals while building toward age group, senior, collegiate and national success. NSSC takes great pride in helping in any way possible to ensure the college future of each and every swimmer in the program.

## THE NSSC FAMILY

NSSC is a family oriented program. Parents work hard with the coaches and team administration to provide support for one of the finest swim clubs in the Northeast. The strength of this unique organization, together with the excellence of the coaching staff and support of the swim communities, has resulted in a highly successful and competitive program. Many of our former swimmers come back to assist our coaching staff.

## JOINING THE TEAM

All swimmers are encouraged to become members of NSSC. Schedules, practice days, times, dates and fee's and more information is available by contacting Dan Warner or Tony Padvaiskas at (978) 283-4456 or the club web site at: [northshoreswimclub.com](http://northshoreswimclub.com).

### FACILITIES

Salem State College (Salem, Ma.)

8 lane/25 yard pool (short course)

Hanscom Airforce Base (Bedford, Ma.)

6 lane/50 meter pool (long course)

6 lane/25 yard pool (short course)

Gordon College (Wenham, Ma.)

6 lane/25 yard pool (short course)

JCC of the North Shore (Marblehead Ma)

6 lane 25 Yard (Short course)

Minuteman Technical School (Lexington, Ma.)

6 Lane/25 yard pool (short course).





## COACHING STAFF

The North Shore Swim Club coaching staff is highly experienced, professional and successful. The coaching staff provides each swimmer with careful development and steady progression through the stages of competitive swimming in a positive environment.

### Dan Warner

NSSC Head Coach and Club Administrator, Level 5 ASCA Certification and over 27 years of coaching experience. Dan was the 1990 New England "Age Group Coach of the Year" and has coached over 400 YMCA national qualifiers including 5 national champions, 30 Junior National qualifiers, 4 Senior National qualifiers and 1 Olympic trial qualifier as well as many local USS and high school champions.

### Tony Padvaikas

NSSC co-founder and Head Coach, is a level 4 ASCA certified coach. Tony has 13 years of experience. He is head coach of the 2000-01 State Champion St. John's Prep, Danvers. Tony has coached numerous YMCA and USS Regional and National qualifiers, in addition to many High School State Champions. Tony was named the Boston Globe "Swim Coach" of the year 2000-01.

### Facility Coaches

NSSC employs highly qualified facility coaches, ranging from educators to former division 1 college swimmers. All assistants exemplify NSSC's philosophy of "Excellence through Swimming".



North Shore Swim Club Inc.  
19 Fenley Road  
Gloucester, Ma. 01930



**UNITED STATES  
SWIMMING**



**Nationally Recognized USA  
Swim Club Program**

**Training  
at**

**Salem State College, Gordon College,  
Hanscom Airforce Base, JCC of the North  
Shore & Minuteman Technical School**

**EXCELLENCE IN SWIMMING**

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