

Intro and Team Philosophy

Introduction

The purpose of this handbook is two-fold: to explain to new members just what the North County Aquatics' (NCA) is and to outline various policies that affect all swimmers. All families should read it so that they may become familiar with important facts and rules of NCA.

NCA'S Background

NCA formed early in the 1980's by combining the Paso Robles Swim Club and the Atascadero Swim Club to be more competitive as a USA Swimming and Southern California Swimming team. Today NCA boasts a national caliber program while continuing to offer recreational activities such as swimming lessons and adult lap swimming. NCA is a non-profit organization. NCA currently swims in the Paso Robles Municipal Pool, a 6 lane, twenty-five yard pool with adjacent diving wells.

NCA Vision

North County Aquatics is committed to a tradition of team excellence. Each individual swimmer is an important part of this continued tradition. While continuing this tradition, NCA provides an atmosphere that builds character, instills discipline, provides leadership, enhances self-esteem, promotes physical fitness, and teaches teamwork.

NCA Mission

To create an environment in which every swimmer is given the opportunity to reach his or her full potential while at the same time promoting the development of life long skills and values.

Lifetime Values

Swimming is a lifelong sport that instills self-discipline, teambuilding, organization, and time management. Swimming is a sport you can enjoy your entire life as it results in very few injuries and is a low impact sport.

USA Swimming

NCA is affiliated with [United States Swimming](#) and is governed by all rules and regulations thereof. USA Swimming is the National Governing Body for amateur competitive swimming in the United States. NCA is a club member of USA Swimming. Membership benefits include USA Swimming Rules and Regulations, membership certificate and certificate of insurance. Clubs joining USA Swimming have liability insurance coverage for approved insured activities.

There are hundreds of USA swim teams throughout the United States and each team is assigned a specific section to compete within. We are part of the Coastal Section which is managed by [Southern California Swimming](#). Most of the meets that we compete in are with teams assigned within our own Coastal Section. NCA attends regular competitions with three other teams in our area: SLO Seahawks, Puma Aquatics and Santa Maria Swim Club.