

Northgate Swimming 2026



Meeting Agenda

- Welcome
- Coaching Staff
- Parent/Admin roles
- Program overview
- Season overview
- Season Calendar – meet & practice schedule
- Supporting your swimmers
- Transportation and away meets
- Attendance policy / commitment
- Apparel
- Contributions



NHS Swim Team Coaching Staff

Jeff Mellinger – Head Coach – mellingerj@mdusd.org

- 13th year as NHS Head Coach, 27th year Forest Park Swim Team, 3rd year Grown Up Swim League Bay Area Director, 3 years Concord High School, 3 years Ygnacio Valley, 5 years Terrapins, 1 year Valley Vista Swim Team. Former Ygnacio Valley HS Warrior swimmer, Current Walnut Creek Masters Swimmer

Lucia Benavente – Asst. Coach – benaventel@mdusd.org

-- Lucia is a math teacher Northgate and in her 2nd year coaching here. She grew up swimming at Forest Park and will be entering her third year as an assistant coach there. After a year off, she is excited to be back coaching at Northgate!

Joe Truong – Asst. Coach - I am a Marine Corps Veteran and a Generator technician but my real passion is coaching. In addition to my background as a Marine Corps Veteran, I swam competitively throughout my youth at Forest Park and continue to participate in open water events and grown up swim league.

Key Parent/Admin Support

- Amy Bartolotta - Team Manager/Parent
- Jessyca Emelson - Team Manager/Parent
- Doug Mohrland - Team Booster Rep
- Ben Ballard - NHS Athletic Director
- Tyler Rosecrans - VP of Athletics
- Kelly Cooper - NHS Principal
- 11 additional parents with lead jobs



Parent Partnership, Role/Expectations & Support, VOLUNTEERS

- Northgate Swimming is committed to providing the best high school experience for your swimmer
 - Partnership with Coaching Staff; volunteer for jobs, support program at meets, in the community, at home with your student
 - Volunteer jobs:
 - Starter (s)
 - Desk Personnel
 - Sign up Genius/Job Coordinator
 - Car Pool Coordinator
 - Pasta Feed DAL
 - Pasta Feed NCS
 - Senior-Appreciation
 - Awards Banquet
 - Emails/Forms
 - Home meet timers
- Listed under our Signup Genius
- | |
|-----------------|
| Tess Wendler |
| Amy Bartolotta |
| Mara Still |
| Team Captains |
| Team Captains |
| Senior Parents |
| Lacy Rasmussen |
| Jessyca Emelson |
| Everyone ☺ |

Swimming Program Overview:

The ABC's of NHS Swim

- **ACADEMIC FOCUS**

- Keep School the #1 priority
- Avoid unexcused absences/tardies, they lead to detention and missed meets!
- Make plan for how to do your homework **and** get to practices

- **BE CONSISTENT**

- With your communication
- With your effort/positive attitude
- With your attendance

- **COMMITMENT**

- To *keeping* the Broncos a force at all levels: DAL, NCS, CIF
- To supporting your teammates in and out of the pool
- To setting high personal goals to push yourself to success
- To being a valued member of greater Northgate Community



Season Overview

Early Season:

- Goal sheets! Turn them in ASAP! They are vital to knowing your best events & best times.
 - Practice focus will be the improvement and refinement of stroke technique; general base-building aerobic-based workouts; turn and dive work.

Mid Season:

- Focus will move to improving conditioning and high-aerobic/anaerobic sets.
 - More swim meets means more chances to challenge yourself

End of Season:

- Focus will be on racing at the championship meets
 - Fine tuning racing techniques and tactics, starts, turns and finishes
 - Utilize Shave and Taper for fastest possible swims

Season Calendar

- First Day **Monday, February 9** “Registration” Drop In 5:00-6:30 **Library**(hand in paper work, handle payments (if needed), purchase N Stickers) We will not get in the water.
- FIRST DAY IN THE POOL **Tuesday February 10**. We will have a meeting first.
- Swim team practice **3:40-5:10pm** Monday – Friday. Morning practices **TBD**
- With practice starting **15-20** minutes after school gets out, it's imperative that swimmers bring their gear to school in the morning and store it in their locker. When school lets out, swimmers should go to the locker room or upper bathrooms and change immediately to be ready to get in **right at 3:40**.
- Most meets will start at 4pm.

Meet Schedule

Date	Opponent	Location	Early Release Time	Pool Arrival Time	Meet Start Time
Friday Feb 20	Time Trials With Clayton Valley	Northgate	2:16	Immediately	4:00
Saturday Feb 28	Carondelet/DLS Pentathlon	Northgate	No School	7:20	9:00
Friday March 6	Acalanes	Northgate	2:16	Immediately	4:00
Friday March 13	DLS Invitational VARSITY Trials	De La Salle	9:30	10:00	12:00
Sat March 14	DLS Invitational JV/Var Finals	De La Salle	No School	8:00	9:00
Friday March 20	Campolindo	Campolindo	2:16	3:00	4:00
Friday March 27	Las Lomas	Northgate	2:16	Immediately	4:00
Wed, April 1	Berean/Concord/MD (senior day)	Northgate	2:16	Immediately	4:00
Friday April 17	Miramonte	Miramonte	2:16	3:00	4:00
Friday April 24	College Park	CP	2:16	3:00	4:00
Thursday April 30	DAL Varsity Trial	Campolindo	12:03	TBD	2:30
Saturday May 2	DAL Varsity Finals	Campolindo	No School	TBD	9:00
Saturday May 2	DAL JV Championships	Campolindo	No School	TBD	2:00?
Friday May 8	NCS Trials	TBD	No School	TBD	10:30
Saturday May 9	NCS Finals	TBD	No School	TBD	TBD
Friday May 15	State Trials	Clovis	No School	TBD	TBD
Saturday May 16	State Finals	Clovis	No School	TBD	TBD
Thursday May 21	Awards Banquet	Church Of Jesus Christ & Latter Day Saints Northgate Road			

How to support your swimmers

- Please support anyway that you can!
- Help your swimmer with time management, being an academic athlete can be challenging!
- Please encourage your swimmer to contact us with team issues
- If there are personal or medical issues involving your swimmer, please let us know as soon as possible
- Come cheer them on!
- **Support the team by volunteering to help time during meets.** We can't swim without timers, and you get front row seats!



Transportation and Meets

Transportation:

- We **not** take a bus at all this year. Parent drivers will be needed to transport *all* swimmers to: De La Salle (day 1), Campolindo, Miramonte, College Park, DAL Varsity Trials at Campolindo
- *There will be a Sign OUT Book on the pool deck. If you will be missing a meet, please sign out at LEAST 1 week in advance. Forgetting to sign out is NOT an excuse to miss a meet!*
- We have 4 home dual meets. Each grade will be responsible ONCE for COMPLETE set up **and TAKEDOWN**. This is non-negotiable. It is **not** ok to show up **after** set up/leave and dump the takedown on others. Failure to participate will have consequences.
- **If for some reason swimmers must leave a meet before completion we need to be informed BEFORE the day of the meet. There will be consequences for not swimming all your scheduled events.**

Early Release: (all early release is conducted through sportsnet and the attendance office)

All students will be released at the end of 5th period for dual meets. Students **MUST go to 4 periods to be eligible to swim at that day's dual meet. THIS IS NON-NEGOTIABLE.**

Please be sure to wear only competition-legal suits at meets. Suits with ties or zippers are not allowed at any meets during races.

Attendance and Commitment

- We do not have the coaching numbers to teach beginning swimming. Some experience is necessary.
- We want all student athletes to be well rounded citizens, but we also need a high level of commitment to the swim team and fellow student athletes to help the program grow and improve.
- We do our best to work with the swimmers and their circumstances
- Communication and planning ahead will help everyone involved.
- Swimmers expected to inform coaches directly on attendance issues and will agree to and sign the attendance policy.
- Swimmers are on the honor system to mark the attendance sheet each day for themselves **ONLY**.
- Failure to follow the expectations outlined in the signed attendance policy may result in reduced events at swim meets. If it continues, suspension or removal from the team is possible.

Apparel & Uniforms

Athletes will receive a hoodie and T-shirt.
Athletes new to team will receive a suit.

All registration links & forms can be found
on the Swimming page on
www.northgatebroncos.org
Please look under both Forms and Links

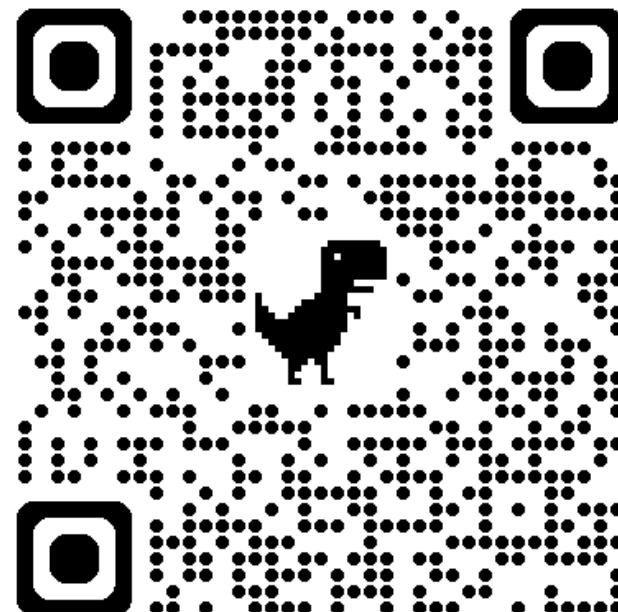
We need the Clothing Sizes and Suit Sizes to be submitted by the 5th. Contact form includes shirt and sweatshirt sizes.

**Shirt and Sweatshirt sizes should be submitted by the 5th for earliest delivery.
All other forms need to be completed for the Feb 9th registration in the library
(anytime between 5-6:30).**

Clothing Sizes:



**Parkas/ Personalized
Caps/Suit orders:**



Team Contribution Breakdown

Northgate Swim Team

1) NHS Swim Team Contribution \$350

We budget for suits, apparel, assistant coach salaries, food for swimmers, touchpads, laneropes, flags, cage covers, timing system upgrades, and future needs.

2) Bronco Booster Membership \$115

Check Payable to "Bronco Boosters"

Link will be added to Swimming
Website for contribution payment.

