



NCAP Welcome Packet: 2023-2024 Season -September 15th, 2023-

Contents:

- Admin Team Contacts
- USA Swimming Registration
- Important Policies:
 - Withdrawal
 - Meet Fee Process
 - Speedo Sponsorship Requirements
 - Social Media & Communication
 - Family Code of Conduct
 - Swimmer Code of Conduct
 - Service Hour Requirement
- Helpful Resources:
 - Officials Incentive Program
 - 23-24 Team Outfitting
 - Social Media Highlights
 - Nutrition/Mental Health Services Partnerships

2023-2024 Admin Team Contacts

- NCAP's main locations (AU, HA, GP, TY, MM, CM, DS, WEST), will welcome almost 1400 competitive athletes this season, along with over 1200 developmental and learn to swim athletes. Including our franchise sites (North, Burke, Alexandria), NCAP is comprised of over 3000 swimmers. We are proud to have such a large NCAP community across the DMV!
 - Due to our expansive program, we have several administrative contacts for our families to reach out to when they need assistance. Please review our team below and when to contact them:
 - **Billing/USAS** Contact: Karyn McCannon, Director of Operations (kmccannon@nationscapitalswimming.com)
 - When to contact: payment issues, meet fee charges, SafeSport issues, USAS registration, financial aid applications, travel meet questions
 - **Membership** Contact: Spencer Ugast Griffin, Director of Communications & Athlete Services (sugast@nationscapitalswimming.com)
 - When to contact: team withdrawals, account pause (injury/illness), team concerns, transfer requests, travel outfitting
 - **Site Administrators**:
 - When to contact: Team Unify account updates, day-to-day questions, team outfitting (will direct you to the right contact)



- *When to contact your coach: practice/meet scheduling questions*
- Andy Rosenthal (arosenthal@nationscapitalswimming.com)
 - Sites: Holton Arms, Georgetown Prep, American University, Marymount, Tysons
- Nicole Linn (nlinn@nationscapitalswimming.com)
 - Sites: Claude Moore, Dulles South, Freedom Center, Vint Hill, Warrenton
- **Additional Contacts:**
 - Accounting/IT: John Firestein (jfirestein@nationscapitalswimming.com)
 - CEO/Owner: Thomas Ugast (tugast@nationscapitalswimming.com)
 - Social Media/Website Content: Taylor Whittington (socialmedia@nationscapitalswimming.com)

2023-2024 USA Swimming Registration (action required for NEW athletes)

Information on 2023-2024 USAS Membership:

USA Swimming registration is separate from the NCAP team registration. All athletes training and competing with NCAP must be registered with USA Swimming in order to obtain insurance coverage. The registration season begins on SEPTEMBER 1st.

NCAP will be responsible for renewing all competitive athletes who were registered with us last season, or who have attached to our team prior to 9/1, there is no action required on your end. Athletes who are new to USA Swimming, expired and did not renew in 2023, or have transferred to NCAP with an attach date after 9/1, please see instructions below. Please be patient as we work through the new processes in place this season with USA Swimming bulk registration- if your athlete was registered last season, their registration is good through 12/31/2023, and they do not need to be immediately renewed.

Questions about USA Swimming registration or USA Swimming account creation should be directed to our club registrar, Karyn McCannon (kmccannon@nationscapitalswimming.com)

NEW Athlete Instructions- ACTION REQUIRED:

- **Families that are responsible for registering their athlete:** athletes who are new to USA Swimming, athletes who have expired and did not renew in 2023, or athletes that transferred to NCAP with an attach date after 9/1.
 - *A credit for the cost of the registration fee (\$98) will be added to your Team Unify account by 12/31/23.*



Please read all the steps below carefully and fill out the information completely. The process is as follows- create a PARENT/FAMILY ACCOUNT, then add athletes, then process registration.

1. Click the link- If you, the PARENT, have never created a USA Swimming account (after 9/1/2022), you are a NEW USER- please select "Create a Log in"
 - Email, username and password will be required.
 - You will receive a verification email from PingOne or USA Swimming. If you do not receive one promptly, please check your spam folder
2. If you (the PARENT) have never had a USA Swimming membership, select NO. If you (the PARENT) have ever had a USA Swimming membership, select YES (if you were an athlete, official, coach at any time).
 - Follow the steps to either fill in the information, or link to your PARENT USA Swimming membership.
 - DO NOT SELECT YES IF ONLY YOUR ATHLETE HAS A MEMBERSHIP. You will connect athlete members to your parent account in a subsequent step.
3. Add family members to your account.
 - If your athlete has NEVER been registered with USA Swimming previously, Select NEW MEMBER, add your athlete information, and proceed through the steps to add the athlete.
4. It is important that all information is correct and up to date. Make sure to add all parent/guardian information on the contacts page.

If you already created your USA Swimming Account- THE REGISTRATION LINK WILL BRING YOU TO A PAGE TO LOG IN WITH YOUR NEW ACCOUNT INFO AND WILL THEN LIST POTOMAC VALLEY SWIMMING AND NATION'S CAPITAL SWIM CLUB.

Select PREMIUM Athlete membership FOR YOUR ATHLETE. **Parents do not need their own membership unless they are an official/coach/etc.**

- This is the membership our competitive athletes must compete in order to train with NCAP year round. It will allow athletes to attend all meets for their groups and provide insurance during practices.
- Process the payment for \$98 and return to your dashboard (again, this will be credited to your Team Unify account).

Helpful Information:

- If your athlete is 17 (or older)- in the 30 days PRIOR to their 18th Birthday, you should remove them from your family, and have them create their own USA Swimming account with their own email.
 - This will allow them to complete their required Athlete Protection Training (APT) prior to turning 18 and will ensure they remain in good standing.
 - You must remove them from your family before they can create their own account, or an error will occur!
 - *The payment must be paid by credit/debit card.*



- IF YOUR ATHLETE IS A TRANSFER TO NCAP:
 - Complete the transfer process, and do not process a registration payment!
 - Click on "view" next to your athlete, then "general information". CLUB TRANSFER will be an option there- select "NCAP-PV" as your new team.
- Additional Resources:
 - [Creating an account as a PARENT ONLY \(not a coach or an official\)](#)
 - [Setting up my USA Swimming account if you were previously a SWIMS member](#)

2023-2024 Important Policies

WITHDRAWAL POLICY-

- Expectation: When registering for the NCAP competitive program, we expect athletes to commit to the entire season (*11-months or 9-months depending on the group*). However, we understand that an athlete may not be able to complete the full season for a variety of reasons. Our refund policy is as follows:
 - Refunds: NCAP can only guarantee reimbursement for dues payment(s) if an athlete has an injury or illness preventing them from swimming OR an athlete's family is relocating out of the DMV area.
 - *Documentation is required for reimbursement.*
 - Canceling Membership: If an athlete decides to withdraw for any reason other than those listed previously, NCAP will review on a case-by-case basis.

MEET FEE PROCESS-

- NCAP Families are responsible for all entry fees associated with meets in which their athletes are entered (see exception below). Please review the entry fees in the meet announcement prior to committing your athlete for competition.
 - Processing charges: NCAP will process meet fee charges through Team Unify up to 7 days prior to or following the competition.
 - *NCAP will cover credit card fees, only the entry fees incurred will be charged.*
 - Meet exceptions: athlete entries will be covered by NCAP for ONE of the following meets.
 - Turkey Claus Showdown @ UMD (11/30/23-12/3/23)
 - Icebreaker Invitational @ the WARF (12/1/23-12/3/23)
 - RAYS Nutcracker @ Jeff Rouse (11/30/23-12/3/23)
 - NCAP Invitational @ UMD (12/7/23-12/10/23)
 - Candy Cane Mini Meet @ Freedom Center (12/17/23)

SPEEDO SPONSORSHIP REQUIREMENTS-



- NCAP is a Speedo sponsored team. Our athletes have an obligation to represent Speedo at high-level meets. Therefore, athletes are required to wear Speedo suits at the following meets:
 - NCAP Invitational meet
 - PVS Championship meets
 - Eastern Zone meets
 - NCSA meets
 - National meets

***If your athlete is competing at the level of meets listed above and Speedo suits do not fit them properly, please contact Tom Ugast (tugast@nationscapitalswimming.com). To be exempt from this policy, athletes must be professionally fitted and granted an exception from Speedo.*

As a member of the Nation's Capital Swim Club (NCAP), you agree to adhere to the following team policies and rules. NCAP reserves the right to discipline our athletes at any time. This may include, but is not limited to probation, suspension, dismissal, etc. These policies are intended to promote a positive swimming environment for all our families.

SOCIAL MEDIA & COMMUNICATION POLICY-

Nation's Capital Swim Club recognizes the prevalence of electronic communication and social media in today's world. As one of the top teams in the nation, our coaches and athletes have the responsibility to always represent our team and themselves in a positive manner. Inappropriate material found by anyone can and will affect the perception of the athlete and our team.

Since our athletes use social media as their primary source of communication, the Club has established a policy for acceptable use of social media and electronic communication by our coaches and athletes. This policy is essential for NCAP to provide a safe and positive environment for all athletes, officials, parents, and coaches.

All NCAP participants agree to be filmed and photographed by the host club's approved photographer(s) and videographer(s) and to grant the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results, or featured on the host club or NCAP website or social media or in public broadcast of the event via television or webcast.

[Parents and guardians of minor swimmers who do not want their swimmers to participate in interviews or have individual pictures featured on any media should inform Karyn McCannon via email at \[kmccannon@nationscapitalswimming.com\]\(mailto:kmccannon@nationscapitalswimming.com\).](#)

- **Acceptable Use Policy:**

Every NCAP athlete must exhibit ethical and responsible conduct in all online communications and activities and respect the rights and privacy of other NCAP, PVS, and USA Swimming athletes, coaches, officials, and parents. NCAP prohibits cyberbullying or cyberstalking of any athlete, coach, or official by any means or method, including but not limited to the use of **Texting, Facebook, Twitter, YouTube, Instagram, Snapchat,**



Tik-Tok, Group Messaging Apps, etc.

Cyberbullying and Cyberstalking are unacceptable and will not be tolerated. Any instances of online communication using discriminatory, sexist, racist, homophobic, or otherwise inappropriate language will result in consequences.

****Warning:** If your athlete uses any Social Media platforms, but *especially Tik-Tok*, please ensure you are aware of their activity. During previous seasons, various athletes contributed to negative and/or inappropriate content towards other NCAP members (team, teammates, coaches, etc.) through comments and/or posts via Tik-Tok, more than any other platform.

- Acceptable Communication Policy:

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding "Minor Athlete Abuse Prevention Policy (MAAPP2.0)"

For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

- drugs or alcohol use;
- sexually oriented conversation; sexually explicit language; sexual activity
- the adult's personal life, social activities, relationship or family issues, or personal problems
- inappropriate or sexually explicit pictures
- *Note: any communication concerning an athlete's personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional.*

-Coaches may have personal social media pages, but they are not permitted to have any athlete member of the club join their personal page as a "friend." A coach should not accept any "friend" request from an athlete. In addition, the coach should remind the athlete that this is not permitted.

-The Club has official social media pages that athletes and their parents can "friend" for information and updates on team-related matters.

-Coaches are encouraged to set their pages to "private" in order to prevent athletes from accessing the coach's personal information.

FAMILY CODE OF CONDUCT-

Nation's Capital Swim Club has established a Code of Conduct for our families. It is intended to help facilitate a nurturing environment for our swimmers and supportive environment for our coaching staff. As parents/guardians, it is **absolutely essential** to give our coaching staff the respect and authority they deserve in order to run their group. By working together in a partnership with them, our club can successfully help your swimmer achieve their full potential.



- Set the right example for our children by always showing respect and common courtesies to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help NCAP achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
- Our swimmers do not benefit from mixed messages in coaching during practices or meets. Please provide them with active listening and encourage them to focus on remaining positive outside the pool.
- Trust and support your swimmer's and coach's decisions around goal setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child and instead meet them where they are at all times.
- As our swimmer's experience transitions and growth common in their adolescent years, no one can control when and where they will swim their best times. What we can control is the work and dedication they bring to practice. Results will come, so please manage your expectations for best times throughout the year.
- We are proud of the caliber of coaches at NCAP. Please respect them as professionals and allow them to coach your child without interference during workouts and meets. This includes not being present on deck during practice or competitions unless you are working at the meet.
 - Support our coaches as they strive to do what is best for each NCAP swimmer.
 - We encourage you to handle minor grievances between swimmers with the involved NCAP families first. If unsuccessfully resolved, please contact your swimmer's coach.
 - For all other matters, please direct any concerns you may have in private and with respect, first to your swimmer's coach or Head Site Coach; then, if not satisfied, to the main office (sugast@nationscapitalswimming.com).
- We, at NCAP acknowledge, respect and support every person's identity regarding race, identity, sexual orientation, gender identity and all experiences. Parents who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.

Important Reminders:

- ***Parents/guardians are prohibited from contacting a meet director or entering a meet without the coach's consent.***
- ***Parents/guardians must refrain from taking pictures or videotaping at practices.***
 - ***Photos/videos are prohibited by anyone other than a coach or hired professional for training purposes only.***
- ***Know your role: Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents – Parent.***
- ***Get involved. ...be an official, help time, plan a group social. Find something you enjoy!***



SWIMMER CODE OF CONDUCT-

When representing Nation's Capital Swim Club, athletes are expected to behave in an exemplary manner. The reputation of NCAP, as well as the other athletes with you, is dependent on your behavior. NCAP swimmers must always follow the directions of the coaching staff— disrespectful attitudes will not be tolerated from any swimmer.

- Any inappropriate use of cell phones, social media, or other devices is prohibited, especially in private areas such as the locker room or hotel room and will not be tolerated. **Cell phones cannot be used in the locker room at any time.**
- Swimmers will be respectful of teammates' feelings and personal space. Any athletes who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will result in consequences.
- At NCAP, we respect each other always. We will not tolerate any harassment or inappropriate language towards another athlete based on age, gender, race, ethnicity, culture or religion.
- At NCAP, we value each and every swimmer and appreciate each swimmer's contribution. We will not tolerate any behavior that exploits sexual orientation, gender expression, gender identity, genetics, mental or physical disability.
- At NCAP, our swimmers honor others. Swimmers will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- As a member of NCAP, you are expected to follow the rules of sportsmanship. Any unsportsmanlike conduct towards swimmers, coaches, parents, other teams, or officials at any time is unacceptable and will result in consequences.
- NCAP does not tolerate bullying. Any bullying or allegations of bullying of any athlete will be investigated and disciplinary action will be at the discretion of the NCAP staff, and potentially the PVS and USA Swimming SafeSport Committee.
- Any act of dishonesty or theft in connection with any swimmer will be investigated by the NCAP staff and appropriate actions taken.
- Any non-consensual physical contact, obscene language or gesture, or other threatening language is not acceptable.
- The consumption of alcohol, the use of tobacco, or use of any non-prescribed drugs or illegal substances of any kind will not be tolerated and will result in an appearance with NCAP staff.
- Athletes must obey all of USA Swimming's rules and codes of conduct.

SERVICE HOUR REQUIREMENT-

The Nation's Capital Swim Club greatly appreciates the service hours that our families put in on a yearly basis. It takes a lot of volunteers to run the swim meets and make these events possible for our swimmers. Therefore, we have a service hours requirement to help make meets we run and attend more successful. We expect all our families to lend a helping hand in our efforts to continually support our swimmers.



**Accounts failing to meet the required hours will be charged \$150.00 per family.
This does not apply to swimmers in groups that do not compete.**

Hour requirements for **April 1, 2023 - March 31, 2024**

The hour requirements are based upon each swim session being approximately 3-4 hours.
Below are the number of hours each account agrees to perform based upon the number of swimmers in their household.

<u>Number of Swimmers</u>	<u>Returning Swimmers</u>	<u>New Swimmers</u>
1 Swimmer	8 Hours	6 Hours
2 Swimmers	11 Hours	9 Hours
3 Swimmers	14 Hours	12 Hours
4+ Swimmers	17 Hours	15 Hours

Returning Swimmers have a different requirement compared to New Swimmers since they had the opportunity to complete hours during the Long Course Season.

Obtaining Service Hours:

1. Sign Up!

Service Hour sign-ups will be done through Sign-up Genius and other potential programs for the meets. PVSWIM.org has a list of all the meets and by selecting the name of the meet, you will be taken to the meet information with the link to sign up once they have it posted.. Signs-ups are typically available 1 week before the meet. The Team that is hosting the meet is in charge of the sign up. This means we (NCAP) do not always make them or are in charge of organizing them. Coaches will send out Volunteer Links as soon as they receive them from the Meet Directors.

2. Check in

To ensure you receive your hours, you must ALWAYS check in at the event. It is the only way we know you have been to the event and volunteered. There will be sign-in sheets at every meet for volunteers.

- Write your name legibly (Best if the name matches the Account name in Team Unify)
- Put your team as NCAP and List Your Site as well

Be sure to take a picture of the check in once you have filled it out for proof later on.

3. Submit Hours

After performing the service, please submit your hours through the NCAP Volunteer Form. This helps us track hours and credit your account. Once you fill out the google form, you will then need to submit your proof of service.



4. Proof of Service

After completing the google form, please submit proof of service by emailing documentation to Volunteer@nationscapitalswimming.com.

Any of the following can qualify as Proof of Service:

- Picture of Timer Sign-in Sheet
- Screenshot of Sign up Genius or Sign up list online
- Picture of you performing the Service... Smile!

Once your hours have been placed on your account you will receive an email from the Volunteer Email confirming that your hours have been confirmed. Please note though that it could take up to 2 weeks to get hours posted to your account (or longer) depending on how many meets are taking place and how many hours are being submitted by all NCAP families.

**** IF you forget to document proof of service we understand and will look to other uploaded images of timer sign-ins to verify your service as long as the Google Form is completed.**

5. Track your hours in your account

You can log into your account on teamunify and see your service hours.

Go to: My Account - My Invoices/ Payments - Service Hours

THANK YOU FOR YOUR SERVICE!

Please understand we have a large number of hours to enter annually, and it takes time to accurately record them. Most hours are updated within 2-4 weeks of the event. We want to make sure you receive credit so please visit the Service Hours Submission page to submit volunteer Hours after completion.

2023-2024 Helpful Resources

NCAP OFFICIALS' INCENTIVE PROGRAM-

Officials registered with Nation's Capital Swim Club may receive funds to be used towards competition dues for the next season, based on the number of sessions they complete. This program is run in conjunction with our Service Hours requirement. Details on the program are below:

- Nation's Capital Swim Club already pays for the registration and background check fees for NEW, FIRST-TIME officials.
 - Officials should register with USA Swimming, and pay the registration fee. The NCAP Officials chair will confirm your first-year status. Background check reimbursement requests should be sent to kmccannon@nationscapitalswimming.com with the confirmation report showing a PASSING status.
- **Certified Officials will earn \$20 PER SESSION COMPLETED at PVS sanctioned meets to be used towards dues for the 2024-2025 season.**
 - *A credit will be applied to your account in May 2024.*



PROGRAM DETAILS:

- Officials must be affiliated with NCAP.
 - Officials with athletes on multiple teams are not eligible for this program unless they have their team affiliation listed as NCAP for the entire season.
- Officials must become certified to participate.
 - Officials who complete apprentice sessions but do not certify are not eligible. Apprentice sessions will count towards the incentive, but only after certification.
- Officials must complete sessions during at least ONE (1) NCAP club hosted meet.
 - This includes the 4 mini meets, the NCAP Invitational, and the Elite Qualifier Long Course meet that NCAP hosts as a club.
 - Officials who do not volunteer for least one session at an NCAP club hosted meet will not be eligible for this program.
 - PVS meets hosted by NCAP do not count towards this specific requirement.
- Sessions must be completed at PVS Sanctioned meets.
 - High School, College, YMCA, PVS-approved or PVS-observed meets do not count towards this incentive program.
 - Sessions **MUST** be recorded in OTS (Officials Tracking System)*. Sessions not recorded by the Meet Referee are not eligible. Please make sure your record is accurate.
- Sessions must be completed between April 1, 2023 and March 31, 2024.

SUBMISSION PROCESS

- In April 2024, an email will be sent to all NCAP registered officials. All officials will need to send a screenshot of their OTS Officials History to Karyn McCannon (kmccannon@nationscapitalswimming.com) to confirm meet participation and that all requirements have been met. Credits will be applied to accounts prior to the 2024-2025 NCAP registration period.
- All submissions are due prior to April 30, 2024. Officials who do not provide their OTS record may not be eligible for the credit.
- OTS reporting may be able to supply information through the PVS Officials Committee, but it does not provide details on specific meets worked that fulfill program requirements. Self-submission is required.

BECOMING AN OFFICIAL IS EASY!

Potomac Valley Swimming (PVS) has some of the best and most comprehensive training programs in all of USA Swimming. Our officials are routinely selected for high level meets, including Futures, Junior Nationals, the US Open, World Championship Trials, and Olympic Trials!

We have THREE introductory positions to certify at- Stroke & Turn Official, Computer Operator, and Electronic Timing System (ETS) Operator. Information on each position is below. Clinics for the Table positions (Computer Operator, ETS Operator) are online and self-paced. Your summer league Stroke & Turn clinic may count as a PVS clinic- our officials volunteer in the Summer too! (Check with your League Officials coordinator directly to see if the clinic will count for dual certification).



Officials are a great group of people to know- we like to have fun, share our experiences, and have a good time- all while sharing our love of swimming. Many officials start while their children are young and continue well after they have grown and left the sport.

[How to become a Stroke & Turn Official](#)

[How to become a Computer Operator](#)

[How to become an Electronic Timing System \(ETS\) Operator](#)

23-24 TEAM OUTFITTING INFO-

- Items below are what is included in the package this season for each athlete.
 - *Athlete ages were determined as of August 30th, 2023.*
- Outfitting packages will be ready for pick up at your site in early October. You will receive confirmation by email as soon as it's available.
 - Digital coupons will be sent at the same time that packages are available for pick up.
 - *Coupons must be used by December 23, 2023.*
- Package Items by athlete group:
 - New 12 & Under: Aquablade Racing Suit, 3 T-shirts, Hoodie, Mesh Bag, Car Magnet, Silicone Cap
 - Returning 12 & Under: Aquablade Racing Suit, 3 T-shirts, Silicone Cap, \$35 Sport Fair Coupon
 - New 13 & Over: 3 T-shirts, Hoodie, Mesh Bag, Car Magnet, Silicone Cap, \$60 Sport Fair Coupon
 - Returning 13 & Over: 3 T-shirts, Silicone Cap, \$80 Sport Fair Coupon

SOCIAL MEDIA HIGHLIGHTS-

- NCAP is adding a social media highlight this season called "Coach of the Month" and we are looking for athlete submissions to nominate their coach to be featured!
 - Please have your athlete submit the form here: <https://forms.gle/tjZ1NSbX54cnfz797>
- NCAP love to feature more athlete pictures and videos this season! Feel free to send content to our Social Media manager directly by emailing socialmedia@nationscapitalswimming.com.
 - Please include the athlete names (or group name if large number of athletes), training location/group, any relevant information we can share when posting!

NUTRITION SERVICES PARTNER-

As a part of our club mission, we have partnered with Culina Health this season, one of the largest nutrition practices in the country. Nutrition plays an important role in our swimmers' performance but also an important role in creating healthy habits for our swimmers and families that would benefit them for life.

- Culina health is a nutrition platform with over 60 Registered Dietitians (RDs) that offers evidence-based, insurance-covered, inclusive virtual nutrition care. Their Registered Dietitians are trained in sports and exercise nutrition, healthy eating habits, eating disorders, as well as many other health conditions.
- Culina Health is covered by most major insurance and has affordable membership options for those without insurance coverage or limited insurance coverage.



- What makes Culina Health different:
 - It offers personalized nutrition
 - Culina Health takes insurance and offers affordable membership options for those not covered
 - They always have immediate availability conveniently done via tele health
- **To sign up please, click on the [link](#) and book your appointment with a Registered Dietitian.**

MENTAL HEALTH SERVICES PARTNER-

NCAP is dedicated to supporting mental wellness amongst our athlete population, so our club is continuing to partner with Elite Performance Psychology.

Elite Performance is a group of mental skills specialists and licensed mental health professionals who provide performance enhancement and mental health services to athletes and performers. With a range of experience working with individuals, teams and organizations including The Detroit Lions, Baltimore Orioles, and The University of Maryland, our providers are ready to meet your needs at all competitive levels. More information and their website on how to book a session are included below.

- Sport performance psychology services might include topics such as: goal-setting, confidence, focus, self-talk, motivation, performance anxiety, injury recovery and return to play.
- Clinical mental health concerns may include but are not limited to: depression, anxiety, grief/loss, stress management, and relationship/communication concerns.
- Elite Performance offers 1 to 1 services, team workshops, topic-driven support groups, and public speaking/educational speaking engagements.
- 1 to 1 services are conducted through telehealth, and group workshops can be conducted in-person or virtually, as discussed between the organization and provider.
- They are an out-of-network provider meaning they do not accept insurance, but we are able to provide superbills to clients for possible insurance reimbursement.
- **Please feel free to review their clinician bios and find further clinician contact information on their website at www.eliteperformancepsychology.com.**