

2006
Shepherd's Vineyard
Killer Whales
Handbook



Hotline: 363-4411

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Message from the Coaching Staff

Welcome back Shepherd's Vineyard families! And for new members to the team, welcome and thank you for joining the Shepherd's Vineyard Swim Team Family! We are glad to have you as a Killer Whale for the 2006 swim season. We would like to share with you our mission statement for the swim team:

The mission of the Shepherd's Vineyard Swim Team is to foster a strong community of young people focused on spirit, sportsmanship, and commitment through competitive swimming.

Many of you who have been swimming with us for years are aware of the strong tradition of our swim team, and if you are new to our family, we hope that you find our team to be all that you expected, and more.

Sarah Otvos will be returning in a new role as head coach this season. She has coached and taught swim lessons at Shepherd's Vineyard for a total of 6 years, 2 of which were spent as head 6 & Under Coach. She also swam for the team for seven years. Sarah has spent the past year working as a Kindergarten teacher at Aversboro Elementary in Garner, where she worked as a media specialist last year. She enjoys teaching and all of the joys and challenges that go along with it. Coach Sarah looks forward to leading the team, whom she considers her "extended family", through a successful season of team unity and personal growth, and hopes to create an inviting atmosphere for all who wish to participate.

The Shepherd's Vineyard Swim Team continues to grow, as do the needs of our swimmers. We are very fortunate this season to have 8 diverse and eager coaches to serve the team. Erica Tillman (formerly Erica Northcutt!) will be returning as Sr. Assistant coach. Our 3 Jr. Assistant coaches will be Eric Kaufman, Grant Meiburg, and Sarah Maass (previously a 6-and-under assistant). Sarah Stokes will return in a new position as Stroke & Turn specialist, and Dee Skerry and Skye McFarland will assist with 6 & Unders. We are excited to have such a fun and fresh staff, all of whom are past and/or current swimmers on the team. Yes, we do confuse our "Sarahs" from time to time.

Coaching Staff

Contact information and coach biographies will be made available soon on the svkw.com Web site.

Sarah Otvos	Head Coach (all ages)
Erica Tillman	Sr. Assistant Coach
Eric Kaufman	Jr. Assistant Coach
Grant Meiburg	Jr. Assistant Coach
Sarah Maass	Jr. Assistant Coach
Sarah Stokes	Stroke & Turn Specialist
Dee Skerry	6 & Under Assistant
Skye McFarland	6 & Under Assistant

Go Killer Whales!

Practice Times (Mon thru Fri)

Age Group	May 22 – June 9	June 12 – End of Season	
	Evening	Morning	Evening
6 & Under	5:15–5:45 PM	10:30–11:00 AM	5:45–6:15 PM
7 & 8	5:45–6:25 PM	8:40–9:30 AM	6:15–6:55 PM
9 & 10	6:25–7:15 PM	8:40–9:30 AM	6:55–7:45 PM
11 & up	7:15–8:15 PM	9:30–10:30 AM	7:45–8:45 PM

Beginning the week of June 12th, there will be NO practice Tuesday evenings or Wednesday mornings. The coaching staff requests that you pick either morning or afternoon practice times. There is no need to come to more than one practice per day or more than 4 practices per week. **WE HAVE MORE LANES AVAILABLE AT THE MORNING PRACTICES SO WHENEVER POSSIBLE, PLEASE TRY TO ATTEND THESE. ALSO, PLEASE SEND YOUR SWIMMER TO THE AGE APPROPRIATE PRACTICE UNLESS PRE-ARRANGED WITH THE HEAD COACH.**

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## Swim Lessons

Typically, coaches are available to give swim lessons at the pool. This is a great opportunity to get focused attention on improving specific strokes, dives, and turns. Please give them a call if your swimmer needs that little bit of extra attention. Please check the Web site for their contact information.

## **Swimmer Qualifications**

It is highly recommended that your child has completed formal swimming lessons before joining the swim team. Children that are comfortable being in the water as a result of lessons will be safer and more adept to succeed in a group environment. If your child is under the age of 4, please consider their ability level and comfort in the water. Swim lessons at this age are advised instead of joining the swim team. Please discuss with the coaching staff before signing up if you have questions.

### **Entrance and safety guidelines:**

6&U must be able to swim 15 yards

7-10 must be able to swim 25 yards

11-18 must be able to swim 50 yards

In order to participate in a dual meet, each swimmer must be able to swim the minimum distance stated above without assistance. Holding onto the ropes ***repeatedly*** and exhibiting inability to swim unassisted is not acceptable for safety reasons. The swimmer's progress in practice is taken into consideration. It is the coaches' discretion to decide a swimmer's eligibility to participate in a dual meet.

If you have any questions or concerns about your child's status then talk with the coaches. The coaching staff will make every effort to help your child be ready for competition. These guidelines are established for the safety of the swimmers. Please let the coaches know about any special circumstances that may make meeting the above standard difficult.

## **Registering Your Swimmers**

Registration Day is April 30. Fees are \$75 for the first swimmer and \$50 for each additional swimmer from the same family. **Parents must complete registration and volunteer forms before swimmers may begin practice with the team.** Returned checks will be assessed a \$10 fee. To register AFTER April 30, please contact Kelley Stephens at [kelleystephens@nc.rr.com](mailto:kelleystephens@nc.rr.com) or call 362-1011. Suits may be purchased through Maya Ress at [mayaress@nc.rr.com](mailto:mayaress@nc.rr.com).

**Refunds are available to first time swimmers through 6/9/06 (Friday after the Red/White meet), and will also incur a \$10 processing fee. Because the team has to absorb a number of fixed costs regardless of enrollment, no refunds will be honored after this date.**

## **Dual Meets**

Dual meets are a lot of fun, but can be confusing to a new swimmer. Here are some things that might be helpful to a newcomer.

**Warm-ups are as follows: 5:00pm for home meets  
5:30pm for away meets**

When you get to the pool, the first thing you need to do is look for the “number lady” by the pool entrance. She will put a number in marker on your arms. After that is accomplished, see one of the coaches to let them know you are there and report to your age group area. The coaches will let you know when you can enter the pool and when warm-ups will begin.

Parents: be sure to bring lawn chairs. Pool chairs go fast at home and away! Other items to bring include: towels, caps, T-shirts, drinks, snacks, sweats (it can get chilly when the sun goes down), games, cards and/or other small items to keep your swimmer occupied in between their events. Most pools have concessions in case you don't have time to pack dinner. Our meets can be lengthy due to the large number of swimmers on our team (and on our opponents' teams). Our main objective is to let every swimmer have the opportunity to swim an event. Please be patient and try to understand that our first and primary goal this swim season is to let the swimmers have fun and allow them to participate in each meet.

## **Meet Absences**

A very important sheet is the ***list of meets that your child will not attend or must leave early***. Located on the bulletin board at the pool, please place your child's name under the meet(s) that your child is unable to attend. The coaches need this information by the ***Sunday prior to the scheduled meet***. In the past we have struggled with meet attendance. The scoring system of competitive swimming is based on individual events. Each swimmer is entered in the events prior to the actual start of the meet. Numerous forms are completed, copied, and distributed to meet officials of both involved teams. The coach's line-ups are building blocks. If your child is a no show or leaves early, it affects not only the individual events that the swimmer was placed in, but also can put relays, which other children are part of, in jeopardy. Thus, failure to sign up on this sheet may result in disqualification in the next meet (as well as causing other swimmers to become teary-eyed).

## **Weather Policy**

Rain alone is not grounds for delaying or rescheduling a meet. Please show up at the meet at the proper time even if it seems that weather may in some way impact the event. If at all possible, a meet will be run on the scheduled night for these reasons:

- Inconvenience to the host club and staff to reschedule the following night.
- Difficulty getting swimmers and workers back due to conflict with other activities. (This results in massive changes in the lineup and a possible change in the outcomes of the meet.)

The presence of lightning and/or thunder results in a 20-minute delay from the last occurrence. Decisions on delays or rescheduling, which are made by the two TSA representatives, are based on the following:

- When, during the meet, the storms occur, and
- Current weather information available for the remainder of the evening.

***WEATHER HOTLINE:  
363-4411***

## **Red & White Meet**

The Red & White meet is scheduled for Tuesday, June 6th at 6:00 PM at the pool. Warm-ups will start at 5:00 PM. This is an intrasquad meet, the Red Team vs. the White Team. Times will be recorded and used to determine line-ups for the first dual meet. **It is imperative that you sign the absentee board if you are unable to attend this meet.**

## **Meet Information**

- A. Swimmers may participate in individual main events for their own age group only. A swimmer's age is determined by his or her age on June 1 of the current TSA swim season. Swimmers do not change age groups during the TSA swim season. The age groups, distances, and strokes for individual main events shall be as follows, separately for boys and girls:
- |                    |                                                 |
|--------------------|-------------------------------------------------|
| <b>6 &amp; U</b>   | 15 yards - free, back, breast                   |
| <b>7 &amp; 8</b>   | 1 length of pool - free, back, breast, and fly  |
| <b>9 &amp; 10</b>  | 1 length of pool - free, back, breast, and fly  |
| <b>11 &amp; 12</b> | 2 lengths of pool - free, back, breast, and fly |
| <b>13 &amp; 14</b> | 2 lengths of pool - free, back, breast, and fly |
| <b>15 to 18</b>    | 2 lengths of pool - free, back, breast, and fly |
- B. Rope finish lines shall be established for 6-and-under events. All other age groups shall swim from wall to wall, regardless of pool length.
- C. Swimmers in the 6-and-under age group may swim in up to 2 individual main events. Swimmers in all other age groups may swim in up to 3 individual main events.
- D. There shall be a medley relay event and a free style relay main event separately for boys and girls in each age group, except for 6-and-under. Participation in relay shall not be included in the number of individual main events a swimmer may enter. A swimmer may participate in one medley relay event and one freestyle relay main event. Each swimmer in a relay will swim the same distance as swimmers in the individual main events for the age group.
- E. Events shall be swum, alternating between boys and girls and starting with the youngest boys' age group swimming in the event, in the following order:
1. Medley Relay
  2. Free Stroke
  3. Backstroke
  4. Breast Stroke
  5. Butterfly
  6. Free Style Relay
- F. Meets will start at 6:00 PM on Tuesday evenings (except for the week of July 4). The inclement weather date will be the immediate following Wednesday, starting at 6:00 PM, unless an alternate day can be mutually agreed upon by the two TSA representatives.

## **Meet Scoring**

Six dual meets are scheduled during the season – 5 divisional and 1 non-divisional. Three of the six meets will be held at Shepherd's Vineyard, and three of the meets will be held at other pools.

***A dual meet consists of the following components:***

|                  | <b><u>Free &amp;<br/>Medley<br/>Relays</u></b> | <b><u>Individual<br/>Strokes</u></b> |
|------------------|------------------------------------------------|--------------------------------------|
| <b>1st place</b> | 5 points                                       | 5 points                             |
| <b>2nd place</b> | 0 points                                       | 3 points                             |
| <b>3rd place</b> | 0 points                                       | 1 point                              |

Any tie finishes - split the points

***Scoring is done for main events only.***

Ribbons for 1st through 6th place are distributed for main event swimmers/relay swimmers after the meet at practice. On the evening of the swim meets, heat winner ribbons are given to the first place swimmer for every heat. "Participation" ribbons are given to all swimmers 12 and under for freestyle, or for another event if freestyle is not swum. "Personal Best" ribbons will be awarded for swimmers 12 and under at practice. Note that our team philosophy is to encourage our swimmers to have fun, make individual improvements, and we do not emphasize ribbons and scoring.

## **Main Event Swimmers**

The swimmers in the main events will be chosen at the "coach's discretion." The decision will be based mostly on the swimmers' times. Consistency of times, performance at meets and practices, legality of stroke, and attitude will also be taken into consideration. The coaches and the swim team value the swimmers in every heat.

## **Rules for Practices and Meets**

It is important that our children as swim team members are aware that the pool rules apply to all swimmers at all time. Pool rules are in effect to maintain our safety. Only scheduled practicing swimmers will be allowed inside the fenced area before the pool is opened at 10:30 AM. Swimmers waiting for the next scheduled practice should remain outside the gate until their practice time starts. **All** swimmers must leave the fenced area after their scheduled practice time is over. *There will be no exceptions made.* **Also, swimming of any kind, either in the baby pool or main pool, is not permitted prior to the official opening time of 10:30 AM.** NOTE: before the official opening of the pool, no guard is on duty; therefore it is a matter of safety and liability. If you have any questions concerning basic pool safety rules, please contact a lifeguard or the pool manager.

- All swimmers must be on time for their scheduled practice and meet warm-ups.
- Disruptive conduct of any kind (profanity, un-sportsmanlike conduct, refusing to participate, lack of cooperation, etc.) will result in dismissal from practice or a swim meet.

Among other viable reasons, coaches base their "swimmer entries" on an overall team strategy. This may result in a swimmer being entered in an event they don't normally swim.

During meets, swimmers are responsible for staying in their designated age group areas at all times. If a swimmer needs to leave this area for any reason, they must inform the Kid Pusher for his/her age group before doing so. Failure to comply with this rule may result in missing your event.

## **Volunteer Policy**

Competitive swimming is an involved sport that requires a tremendous amount of parental support. It requires 50+ parent volunteers to operate a home meet (less for an away meet). You are asked to sign up at registration for positions such as timers, lane judges, and setup/cleanup. By broadening our base of volunteers, we hope to ask each family to serve only three times throughout the season. These positions require little, if any swim team experience. If you cannot fulfill a commitment, please find a suitable replacement. Simply failing to show up at a meet causes havoc. Please respect that volunteer coordinators in charge of these functions have busy lives too.

## **Invitational Meet**

The SVST board and coaches are planning on participating in an invitational meet this season, and are evaluating a couple of different options. When a decision is made, it will be announced at practices and advertised both at the pool and on the Killer Whales Web site.

### **What is an invitational meet?**

Invitational meets are an opportunity to gather several Triangle-area swim clubs at one pool. For all swim clubs invited, registration is open to all team members. Typically these events are structured as follows:

- Each swimmer may swim in up to 3 individual events and 2 relays (6-and-unders may only swim 2 individual events)
- ***Six-and-unders have to swim the entire 25 yards.***
- The day is split into halves; 10-and-unders typically swim in the morning while 11-and-ups swim in the afternoon.

The coaches hope that every swimmer will participate and support the team. SVST typically finishes well and has a reputation for having the most spirit. Shepherd's Vineyard received the Team Spirit Award at the Cary City meet, which is given for displaying exemplary enthusiasm and support for one another, the past two seasons. We hope to show similar passion this year! The team rents a large tent and a good time will be had by all. Bring all the things you would typically bring to a regular dual meet. There will be poster-making sessions during the week leading up to the meet to get everyone pumped and ready to race.

As with all meets, relays will be chosen by the coaching staff. The composition and order of relays are subject to change by the coaching staff during the course of the meet as situations may necessitate doing so. Any special circumstances which call for partial participation in the invitational meet should be discussed in writing with the coaching staff well in advance. Those who attend their entire session will be given preference for relays in situations when warranted.

Please plan on signing up! These meets are a great opportunity to get best times and engage in friendly competition with a wide-range of swimmers. Let's work together to continue strong involvement in this community-building endeavor.

## **Parent/Coach Communications**

***Coaches are on deck during practice for the swimmers. This is not the appropriate time to be addressing concerns. According to established rules of our facility, anyone not in the water for practice may not even be on deck in the mornings until the pool is officially opened. This is a safety and insurance rule.***

- 1) If you do have a swim team concern, please contact Head Coach Sarah Otvos by email or telephone. You may choose to set a mutually convenient time to meet face to face. There is very little time available in between practices to discuss in depth issues.
- 2) If not fully resolved, please contact a board member.

### **Board Members**

|                           |                                                                                |          |
|---------------------------|--------------------------------------------------------------------------------|----------|
| <b>Chairperson</b>        | Yvonne Stewart<br><a href="mailto:ymstewart@nc.rr.com">ymstewart@nc.rr.com</a> | 387-1969 |
| <b>TSA Representative</b> | Mike Kaufman                                                                   | 303-3639 |
| <b>Treasurer</b>          | Kelley Stephens                                                                | 362-1011 |
| <b>Communications</b>     | Bob Robinson                                                                   | 387-5841 |
| <b>Fundraising</b>        | Mary Jane Lewis                                                                | 387-1353 |
| <b>Chair Elect</b>        | Mike Wilkes                                                                    | 363-6538 |
| <b>Volunteers</b>         | Tracey Lovejoy-Johnson                                                         | 387-3326 |

## Pool Hours

### **May through June 9 (School Ends)**

Monday-Friday 1:00pm-4:00pm **(unguarded, SWIM AT OWN RISK) For use only by adults and children accompanied by adults**

Monday-Friday 4:00pm-8:30pm  
Saturday 10:30am-9:00pm  
Sunday 12:00pm-8:00pm

### **June 10 through August (Beginning of School)**

Monday-Saturday 10:30am-9:00pm  
Sunday 12:00pm-8:00pm

### **August (after school starts)**

Monday-Friday 1:00pm-4:00pm **(unguarded, SWIM AT OWN RISK) For use only by adults and children accompanied by adults**

Monday-Friday 4:00pm-8:00pm  
Saturday 10:30am-9:00pm  
Sunday 12:00pm-8:00pm

## **Meet Concessions**

Please watch for announcements at the pool (and possibly the [svkw.com](http://svkw.com) Web site) regarding concession options at home meets. As of this printing, the board is still exploring several options.

## **Meet Schedule**

*All meets are on Tuesday except for the week of July 4*

|             |                |
|-------------|----------------|
| June 6      | Red and White  |
| June 13     | Prestonwood    |
| June 20     | Lochmere       |
| June 27     | Scottish Hills |
| Wed. July 5 | @ Triangle     |
| July 11     | @ Cary         |
| July 18     | @ Wellsley     |

*Postponed meets will be made up the following day (i.e. Wednesday for a Tuesday meet) unless a different date is chosen by the TSA reps of both teams*

## **Special Clinics**

Please watch for signs and email announcements of clinics held by our coaches as well as the year round swim teams in our area.

## **Meet Officials and Volunteer Coordinators**

|                                                |                             |                      |
|------------------------------------------------|-----------------------------|----------------------|
| <b>TSA Representative</b>                      | Mike Kaufman                | 303-3639             |
| <b>Meet Manager</b>                            | OPEN                        |                      |
| <b>Starter</b>                                 | Tom Stephens<br>Bill Rizk   | 362-1011<br>387-8145 |
| <b>Clerk of Course</b>                         | Drew Rowe<br>Bobby Nichols  | 362-0436<br>387-6925 |
| <b>Recorder</b>                                | Nancy Stokes                | 387-7155             |
| <b>Scorer</b>                                  | Kelly Warneke               | 362-1089             |
| <b>Stroke &amp; Turn Judges</b>                | Kellie Totten<br>Matt Shade | 363-2619<br>362-9436 |
| <b>Head Timer</b>                              | Tom Rankin                  | 303-5555             |
| <b>Head Place Judge</b>                        | Mike Scott                  | 319-1632             |
| <b>Head Kid Pusher</b>                         | Doug Kline                  | 387-8424             |
| <b>Ribbons</b>                                 | Crista Davis                | 363-9743             |
| <b>Announcer</b>                               | Rebecca Allen               | 363-3712             |
| <b>Registration</b>                            | Kelley Stephens             | 362-1011             |
| <b>Swim Suits</b>                              | Maya Ress                   | 462-3261             |
| <b>Fund Raising</b>                            | Mary Jane Lewis             | 387-1353             |
| <b>Bake Sales</b>                              | Barb Smiechowski            | 363-5161             |
| <b>Spirit Wear</b>                             | Lynn Dessenberger           | 387-0839             |
| <b>Handbook</b>                                | Bob Robinson                | 387-5841             |
| <b>Apex Herald</b>                             | Angela Hughes               | 362-8683             |
| <b>Social Committee</b>                        | OPEN                        |                      |
| <b>Times Entry</b>                             | OPEN                        |                      |
| <b>Killer Whales Web Site &amp; IT Support</b> | Bob Poliachik               | 387-8816             |
| <b>Hospitality</b>                             | JoAnn Miller                | 362-5869             |

<http://www.svkw.com>

***If you see a slot labeled "OPEN" and are interested in contributing your time, please contact Yvonne Stewart.***

## **Killer Whales Web Site**

Check out our Web site at  
<http://www.svkw.com>

Bob Poliachik of ***Polygraphics*** has generously donated his time and resources to maintain the Killer Whales Web site again this season.

If you need any thank you notes, invitations, announcements, or other similar items, please contact Darian and Bob. Their designs are original and unique.

Visit [www.polygraphics.com](http://www.polygraphics.com) or call 418-9636

## **Be a Better Swimmer!**

### Ways to Measure Improvement

- Best Times
- Stroke has become legal
- Finish was strong
- Swimmer tried something new that the coach suggested
- Stroke has gotten more efficient/smooth
- Dive improvement
- Swimmer gave 100% effort

### Ways to be a Team Swimmer

- Put the team's need first. There is no "I" in team.
- Swim how/when your coaches ask you to swim
- Offer support to a younger or newer swimmer
- Accept compliments graciously
- Show team spirit throughout meets
- Be a gracious winner
- Keep cheering positively
- Acknowledge your teammate's improvements
- Support and include every swimmer on your team

## **Expectations for the Season**

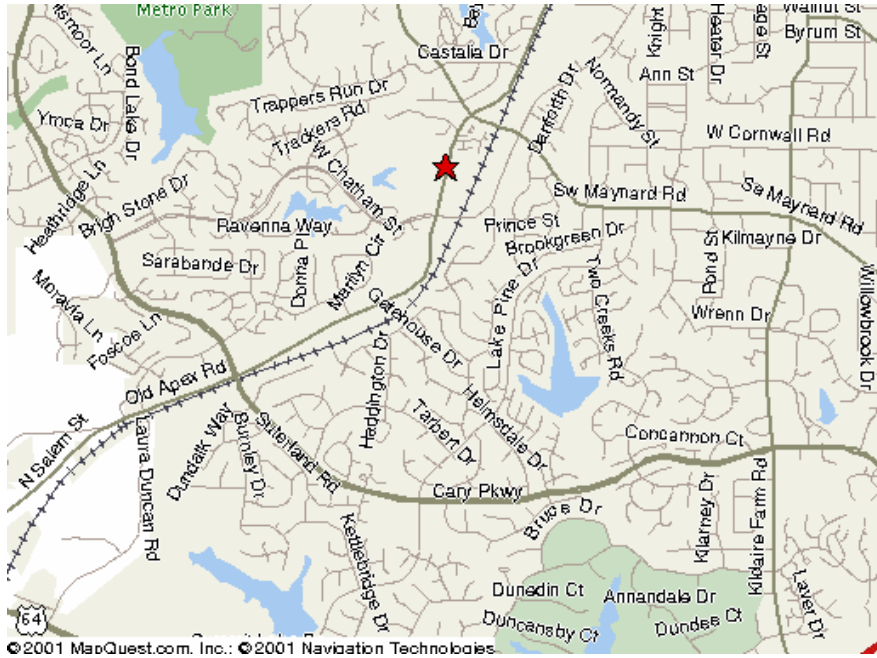
This section will specifically address how much improvement should be expected in a swimmer over the 9 weeks the kids are with the swim team.

Practice frequency is very important to a swimmer's progress. Swimming requires repetition, attention to detail, and a desire to succeed and learn. We recommend that each swimmer attend at least 3 practices a week, weather permitting. There are 8 practices available each week (4 morning sessions and 4 evening sessions). A swimmer does not have to attend both practices per day, but we have two sessions a day on Mondays, Thursdays, and Fridays to maximize schedule flexibility. Many families have vacation plans and we totally understand that. Please remember that if your swimmer doesn't attend practice for a week (as an example), she/he will likely need extra time to return to their previous abilities.

We will continue the practice of having a high number of coaches on deck during all the practices. Our goal is to provide positive feedback to every swimmer. Keep in mind that the amount of attention received by each swimmer depends on the number of swimmers attending each session. We recommend attending the morning sessions, because we have 8 lanes available. However, in the evening, we only have 4 lanes. This makes coaching the swimmers individually more difficult, but something we still strive for.

We urge you to consider talking with the coaching staff if you feel as though your child could benefit from private lessons. The only way to truly understand each other is to communicate. If you feel that your child is not achieving the level of excellence you feel he/she deserves, please contact Head Coach Sarah Otvos.

**Triangle Swim Club (July 5 Meet)**  
**1336 Old Apex Road**  
**Cary, NC 27513**



**Directions:**

From Cary (Kildare Farm Road and Cary Parkway intersection), turn right on Cary Parkway (going towards the YMCA and Preston). At the intersection of Cary Parkway and Old Apex Road, turn right at the light. There will be a Food Lion on your left after you turn. Stay on Old Apex Road and cross over Chatham St. The pool will be on your left approximately 0.2 miles past Chatham St.

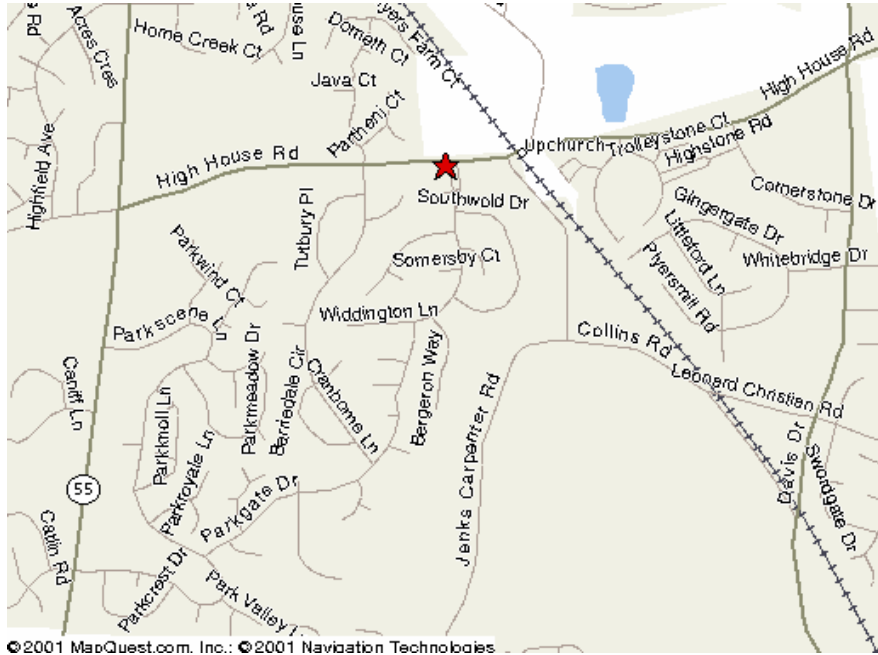
**Cary Swim Club (July 11 Meet)  
536 Walnut St  
Cary, NC 27511**



**Directions:**

- Take Lake Pine all the way to Maynard Rd.
- Turn right onto Maynard.
- Turn left at Kildaire Farm Rd.
- Turn right onto Walnut St.
- Turn right when at the DQ (DQ is on the left), pool is on the right.  
Look for large, brown Gazebo.

**Wellsley Swim Club (July 18 Meet)**  
**100 Widdington Lane**  
**Cary, NC 27519**  
**(919) 362-9965**



**Directions:**

Located in west Cary, along High House Road between Davis Drive and Hwy 55. Enter Wellsley on Widdington Lane.

## **Show Your Killer Whales Spirit!!**

We will have some new, exciting Killer Whales items to offer this year! In addition to the schedule below, we hope to have Spirit Wear section (including an order form) added to the [svkw.com](http://svkw.com) site soon.

| <b>Spirit Wear Store Days and Times</b>                      |                    |
|--------------------------------------------------------------|--------------------|
| <b>Monday, May 22</b>                                        | 5:00 PM – 8:00 PM  |
| <b>Thursday, May 25</b>                                      | 5:00 PM – 8:00 PM  |
| <b>Tuesday, May 30</b>                                       | 5:00 PM – 8:00 PM  |
| <b>Thursday, June 1</b>                                      | 5:00 PM – 8:00 PM  |
| <b>Tuesday, June 6</b><br><b><i>Red &amp; White Meet</i></b> | 5:00 PM – 9:00 PM  |
| <b>Monday, June 12</b>                                       | 9:00 AM – 12:00 PM |
| <b>Tuesday, June 13</b><br><b><i>Home Meet</i></b>           | 5:00 PM – 9:00 PM  |
| <b>Tuesday, June 20</b><br><b><i>Home Meet</i></b>           | 5:00 PM – 9:00 PM  |
| <b>Tuesday, June 27</b><br><b><i>Home Meet</i></b>           | 5:00 PM – 9:00 PM  |

***Swim caps will also be available for purchase at Away meets.***

## **Frequently Asked Questions**

Visit the Killer Whales web site for Coach Sarah's responses to frequently asked questions. We plan to keep this updated. ***Also, if you have questions or comments about your swimmer or the swim team, please email them to Coach Sarah Otvos. She will respond by email or call if requested.***

<http://www.svkw.com>

## **Bake Sale Provides Culinary Delights For Meet Watchers and Swimmers!**

We ask that all parents participate in this swim fundraiser. All proceeds go to support our swimmers. Please bring goodies that do not melt and can easily be handled, such as brownies, bar cookies, cupcakes, homemade rice crispy treats, bagels, donuts, trail mixes, etc. Chilled fruit such as melon slices and grapes are also great! Pre-packaged goods have not been as popular as the homemade ones. These items should be placed in a Zip-lock bag or wrapped in plastic wrap with approximately 2-3 items. Each package will be sold for 50 cents. Please deliver items before 6:00 pm, if possible. Please contribute based on the following schedule:

**June 6: Red/White: Swimmers ages, 6 & U**

**June 13: Prestonwood: Swimmers ages, 11-14**

**June 20: Lochmere: Swimmers ages, 15-18**

**June 27: Scottish Hills: Swimmers ages, 7-10**

**Questions?** Call Barb Smiechowski @ 363-5161

## **Parking at Home Meets**

As a courtesy to the **visiting** team's families and swimmers, will be reserving the swimming pool parking lot for their use. We receive a great deal of positive feedback on this each season. The library parking lot is available for parking during swim meets. Please be aware of Apex City parking rules when parking along the streets.

| Name: |      |          |      |      |        |     |
|-------|------|----------|------|------|--------|-----|
| Date  | Meet | Distance | Time |      |        |     |
|       |      |          | Free | Back | Breast | Fly |
|       |      |          |      |      |        |     |
|       |      |          |      |      |        |     |
|       |      |          |      |      |        |     |
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| Name: |      |          |      |      |        |     |
|-------|------|----------|------|------|--------|-----|
| Date  | Meet | Distance | Time |      |        |     |
|       |      |          | Free | Back | Breast | Fly |
|       |      |          |      |      |        |     |
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## Year Round Swimming

There are many opportunities for swimmers to become involved in swimming all year long. Each program in the area has its advantages and disadvantages depending on what someone is looking for. Swimmers desiring to increase their comfort, speed and technique in the water should highly consider joining a year-round program. Registrations usually begin in July with the season starting in early September.

Here are the websites of the programs in Wake County (not in any order):

<http://www.marlinsofraleigh.com/>

<http://www.newwaveswimteam.org/>

<http://www.ymcatriangle.org>

<http://www.swimrsa.org/main.php>

## Team Suits

Prices this season are as follows:

|                    |         |
|--------------------|---------|
| <b>Female Suit</b> | \$43.00 |
| <b>Male Jammer</b> | \$29.00 |

If you have questions or need to purchase a suit, contact Maya Ress at 462-3261 or [mayaress@nc.rr.com](mailto:mayaress@nc.rr.com).

## Team Caps

SV Red Swim Caps:

|                 |      |
|-----------------|------|
| <b>Latex</b>    | \$4  |
| <b>Silicone</b> | \$13 |

Contact Lynn Dessenberger at 387-0839

## **Important Dates to Remember**

| <b>Date</b>    | <b>Item</b>                                |
|----------------|--------------------------------------------|
| <b>May 22</b>  | First day of practice                      |
| <b>June 6</b>  | Free pizza at Red/White Meet               |
| <b>June 12</b> | First day of morning practices             |
| <b>July 23</b> | Banquet at Apex UMC<br>(start around 5 PM) |

Information on SVKW social events will be posted at the pool and on the [svkw.com](http://svkw.com) Web site.



### **Did You Know?**

**TSA estimates that on any given Tuesday this season, more than 8,400 kids in the Triangle will be ‘making waves’ at TSA swim meets.**

**That’s a LOT of laps!!!**

## **"The 411"**

There are numerous ways to get information about the Killer Whales:

- a) Web site <http://www.svkw.com>
- b) Coach Sarah Otvos' e-mail [sarahotvos@hotmail.com](mailto:sarahotvos@hotmail.com)
- c) Coach Sarah Otvos' phone 606-6564
- d) Hotline 363-4411
- e) Handbook
- f) Swim Team Board see page 12

***To ensure you have the latest information regarding Killer Whales activities, please provide an email address during registration that is checked at least once a day. You will be getting important information from Coach Sarah Otvos and/or the Board on a regular basis, including details on clinics, meets, cancellations due to weather, and social events.***

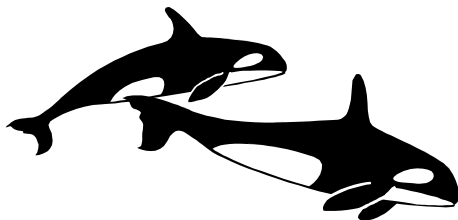
***New Parent? Have a question? Call  
Yvonne at 387-1969***

### **"Mini Meet"**

For the past several years we have done a fun activity for young swimmers who are not on the swim team. This has been a fun activity to reward the siblings who have to attend those long hot evening meets with their older siblings. We hope to continue this tradition in 2006. Look for details at the pool and on the [svkw.com](http://svkw.com) Web site. At this meet, we put a rope out (like we do for the 6-and-under swimmers at dual meets) and any and all flotation devices are allowed. All participants will be given a ribbon after finishing their race. We will hold one race in the morning, and one in the evening. Please come out and enjoy the fun, and don't forget your cameras!

## Calendar of Events

| <u>Month</u> | <u>Date</u>            | <u>Event</u>                              |
|--------------|------------------------|-------------------------------------------|
| May          | 22 <sup>nd</sup> (Mon) | Evening practices begin                   |
| June         | 6 <sup>th</sup> (Tue)  | <b>Red/White Meet</b><br>Free Pizza Night |
|              | 12 <sup>th</sup> (Mon) | Morning practices begin                   |
|              | 13 <sup>th</sup> (Tue) | <b>Prestonwood</b>                        |
|              | 19 <sup>th</sup> (Mon) | Team Picture Day<br>(tentative)           |
|              | 20 <sup>th</sup> (Tue) | <b>Lochmere</b>                           |
|              | 26 <sup>th</sup> (Mon) | Team Picture Day<br>(makeups)             |
| July         | 27 <sup>th</sup> (Tue) | <b>Scottish Hills</b>                     |
|              | 5 <sup>th</sup> (Wed)  | @ Triangle Swim Club                      |
|              | 11 <sup>th</sup> (Tue) | @ Cary Swim Club                          |
|              | 18 <sup>th</sup> (Tue) | @ Wellsley                                |
|              | 23 <sup>rd</sup> (Sun) | Banquet at Apex UMC                       |



## **Shepherd's Vineyard Swim Team Mission Statement**

To foster a strong community of young people focused on spirit, sportsmanship, and commitment through competitive swimming.

We are the Killer Whales  
and we know we are the BEST!  
With our hands behind our backs, we will challenge  
all the REST!

We always go the EXTRA mile!  
Whatever we do, we do in STYLE!  
We are the Shepherd's Vineyard  
Killer Whales!

LET'S GO!!