

# 2009

## Shepherd's Vineyard Killer Whales Handbook



[www.svkw.com](http://www.svkw.com)

Hotline: 363-4411

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 it in STYLE!  
We are the Shepherd's Vineyard  
Killer Whales!

LET'S GO!!



### Did You Know?

TSA estimates that on any given Tuesday this season, more than **9,300** kids in the Triangle will be 'making waves' at TSA swim meets.

*That's a LOT of laps!!!*

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**GOING GREEN** - *This year's Red Book printing saved 600 sheets of paper by removing directions to away meets and tables for recording your swimmer's times from the print edition. Details on how to access directions and track swimmer times can be found on page 18.*

## Coaching Staff

<b>Maya Ress</b> <i>Head Coach (all ages)</i>	462-3261 mayaress@nc.rr.com
<b>Eric Kaufman</b> <i>Assistant Coach</i>	345-9102 emk0209@ecu.edu
<b>Grant Meiburg</b> <i>Assistant Coach</i>	413-1573 grant.meiburg@gmail.com
<b>Bradley Noreen</b> <i>Assistant Coach</i>	218-5410 bnoreen@email.unc.edu
<b>Brett Scott</b> <i>Assistant Coach</i>	522-9251

## Pre-Swim Team Development Program

<b>Sarah Otvos Johnson</b> Coach	606-6564 sotvos@gmail.com
<b>Katy Bula</b> Coach	602-3851 kcb721@gmail.com
<b>Kristin White</b> Coach	434-1894

## 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.

***Go Killer Whales!***

## **The Pre-Swim Developmental Program**

In order to enhance the development of our younger swimmers, Shepherd's Vineyard will continue the program we started last year for our Killer Whales team. The Pre-Swim Developmental Program is designed for those "six and under" swimmers who are not quite ready to swim in meets. This could be for a variety of reasons, including lack of confidence (swimming in deep water, for instance), lack of independence, lack of endurance, lack of strength, or any combination of the above.

**The goal of this group is to develop inexperienced swimmers in focused sessions and have them join the swim team at some point during this season.**

The pre-swim team should not be thought of as "swim lessons." Swimmers will not participate in meets until the coaches determine they are ready to "move up" to the swim team, in that they can meet the qualifications outlined on page 7 for at least one stroke.

Practice sessions will be offered three mornings and three nights per week. Practice times will be 5:15-5:45 PM for evening practices and 10:00-10:30 AM for morning sessions.

### **Qualifications**

There is no age requirement, but swimmers must be able to understand and follow coaches' directions (as well as apply those directions in their swimming). All decisions will be made at the coaches' discretion.

### **NOTES**

- The first week of practice, the pre-swim team and swim team will practice together for evaluations.
- The refund policy will be the same as the swim team.
- If you have a child participating in the pre-swim team, but no other swimmers on the swim team, you will **not** have to fulfill volunteer positions until such time as your swimmer joins the team for meets.

## Practice Times (Monday - Friday)

Age Group	Morning (starting June 11)	Evening (starting May 18)
<b>6 &amp; Under</b>	10:30–11:00 AM	5:15–5:45 PM
<b>7 &amp; 8</b>	9:30–10:20 AM	5:45–6:25 PM
<b>9 &amp; 10</b>	9:30–10:20 AM	6:25–7:15 PM
<b>11 &amp; up</b>	8:30–9:30 AM	7:15–8:15 PM
<b>Pre-Swim</b>	10:00–10:30 AM <i>Mon, Thu, Fri</i>	5:15–5:45 PM <i>Mon, Wed, Thu</i>

On meet weeks, there will be NO practice on Tuesday evenings (meet nights) or Wednesday mornings following meets. The coaching staff requests that you pick either morning or afternoon practice times. There is no need to attend 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.**

## Red & White Meet (Preceded by Team Photo)

The Red & White Meet is scheduled for **Tuesday, June 9 at 6:00 PM** at the pool. This is an intrasquad meet. Times will be recorded and used to determine line-ups for the first dual meet. Team photo lineup will begin at 4:30 PM. Warm-ups will begin when the team photo is completed.

In the event of rain, the meet will be held on **Sunday, June 14 at 5:00 PM**. Team photo lineup will begin at 3:30 PM. Warm-ups will begin when the team photo is completed.

Individual pictures will be held at several morning and evening practices. Dates will be posted at the pool and published in the weekly newsletters.

**It is imperative that you sign the absentee board if you are unable to attend this meet.**

## Swimmer Qualifications

For safety reasons, TSA takes a strong stance on swimmer qualifications, especially in the 6-and-under age group. Therefore, the board has asked our coaching staff to more stringently follow these guidelines:

- Swimmers will only be able to swim a stroke in a meet if they show some proficiency during practice.
- A stroke must be “legal” to participate in a main event.
- To allow for scheduled practices to be focused on improving technique and times, coaches will ask those who are not proficient in any stroke to participate in the **Pre-swim Developmental Team**. Details are provided on page 4.

It is highly recommended that your child has completed formal swimming lessons before joining the swim team at any level. 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 **without holding the ropes**
- 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. They will make every reasonable 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 26. 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.** To register AFTER April 26, please contact Michael Davis at 363-9743 or at mikedavis00@nc.rr.com.

Suits may be purchased at registration through Caroline Silver (you'll save shipping charges from Augusta Swim). Again, we will be using the Speedo Quantum Splice in black/red. As in the past, a "suit swap" will be available, with details available at registration.

Registration fees are refundable for first time swimmers through June 12<sup>th</sup>, but will incur a \$10 processing fee. A late registration fee of \$10 will be assessed after May 18<sup>th</sup> (new swimmers excluded). Returned checks will be charged \$10. Because the team has to absorb a number of fixed costs regardless of enrollment, no refunds will be honored after June 12<sup>th</sup>.

## **Dual Meets**

Dual meets are a lot of fun, but can be confusing to a new swimmer. Here are some helpful tips for newcomers.

**Warm-ups are at 5:00 PM for home meets and at 5:30 PM for away meets.**

**Getting Started:** All swimmers must have their number (which remains the same all season and is available on the line-up sheets) written on both arms with a marker. First, check in with the coaches, then visit the line-up sheets (posted at home meets at the diving boards and near the swimmer area at away meets) to find out the events in which your swimmer(s) will be participating. Swimmers should then report for warm-ups. If it is not yet time, they can wait in their age group's section (at home meets, on the pool deck near the diving boards).

**Tips for Parents:** Be sure to bring lawn chairs or bag chairs, as 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 between 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. 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 each swim season is to let the swimmers have fun and allow them to participate in each meet.

## 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 appears likely that weather may impact the event. Every attempt is made to run a meet on the scheduled day because of inconvenience to the host club and staff to reschedule (usually on the following night), and the difficulty in getting swimmers and workers back due to conflict with other activities. This results in massive changes in the lineup – and possibly the outcome!

The TSA Rules and Regulations state, “Unless the host pool has a written policy that is more stringent, swimmers will not be allowed in the water for a minimum of 30 minutes after the last flash of lightning or clap of thunder.” Furthermore, “A meet may not be delayed or interrupted for more than **60** minutes due to inclement weather. If the meet is interrupted more than once during an evening because of inclement weather, the meet will be stopped.”

**As per 2009 TSA rules, all meet participants, officials, and spectators are encouraged to clear the pool, decks, pavilions and other non-substantial structures until the storm threat is gone. It is strongly recommended to go to your car if it is parked nearby.**

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

## Meet Absences

If your swimmer(s) must miss a meet or leave early, please sign them out on the **meet absences list**, which is located on the bulletin board at the pool. Please place your child’s name under the meet(s) affected. The coaches need this information by the ***Sunday prior to the scheduled meet***. If you find out late that your child cannot attend, please contact a coach as soon as possible.

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 without signing out, 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.** Failure to sign out properly may result in disqualification for the next meet (and may cause other swimmers to become teary-eyed).

## 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; Under</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 freestyle 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. Freestyle
  3. Backstroke
  4. Breaststroke
  5. Butterfly
  6. Freestyle Relay
- F. Meets will start at 6:00 PM on Tuesday evenings (except when affected by July 4 holiday). The inclement weather date will be the next day 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 – three divisional and three non-divisional. Three of the six meets will be held at Shepherd's Vineyard Swim Club, and three of the meets will be held at other pools.

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

	<b>Free &amp; Medley <u>Relays</u></b>	<b>Individual <u>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

Ribbons for 1st through 6th place are distributed for main event swimmers/relay swimmers after the meet at practice. On the evening of the meets, "Heat Winner" ribbons are given to the first place 10-and-under swimmer for heats held after main event. "Participation" ribbons are given to all swimmers 10-and-under for freestyle, or for another event if freestyle is not swum. Each 10-and-under child will get one participation ribbon per meet. "Personal Best" ribbons will be awarded to swimmers in all age groups 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.

Ribbons are distributed to certain age levels as the past has demonstrated that there are many older swimmers that do not want them. However, if you have a child that would like to receive ribbons such as PERSONAL BEST for 13 & over, please let the coaches know and we will provide them.

## Main Event Swimmers

The swimmers in the main events will be chosen at the coach's discretion. The decision will be based primarily on the swimmers' times and stroke legality. Consistency of times, performance at meets and practices, 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, which are in effect to maintain our safety, apply to all swimmers at all times.

### **WHEN THE POOL IS NOT OPEN...**

- Only scheduled practicing swimmers are allowed inside the fenced area
- 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.*
- **Swimming of any kind, either in the baby pool or main pool, is not permitted prior to the official opening time.** Before the pool opens, no lifeguard 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.

### **FOR ALL PRACTICES AND MEETS...**

- Swimmers must be on time for scheduled practices and meet warm-ups.
- Disruptive conduct of any kind (profanity, unsportsmanlike conduct, refusing to participate, lack of cooperation, etc.) will result in dismissal from the practice or swim meet.

Among other viable reasons, coaches base their "swimmer entries" on an overall team strategy, which 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 **70+** parent volunteers to operate a home meet (less for an away meet). At registration you will sign up for positions such as timer, lane judge, 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.

## **NEW THIS SEASON!**

### **Concessions And Snack Bar Replace 'Bake Sale'**

**This year the bake sale, concessions and snack bar will be combined, and all run by the swim team during meets.** There will be ice cream and smoothies at every home meet! We are also working to have different food options available for our hungry swimmers and all their fans.

The pool is not going to have their concession stand open, which gives us the opportunity for additional fundraising. We are asking parents to help with snacks and drinks.

We have four home meets and we are asking each family to **bring ONE item to each meet** for the swim team to sell to raise money for the team.

Depending on your family's last name please bring either a snack/bake sale item OR a drink. For snacks, please bring your homemade bake sale item to sell or you can bring a prepackaged store bought snack (i.e. fruit roll-ups, granola bars or Rice Krispies treats). For drinks, please bring two 1-liter bottles of soda or juice, or a 12-pack of water. Below are the home swim meet dates and what items you need to bring depending on the letter of your last name (example: last name Jones falls in the A-L category and the last name Smith falls in the M-Z category). Thank you and we appreciate your willingness to help out.

Tuesday, June 9 <sup>th</sup>	A-L bring drinks; M-Z bring snacks
Tuesday, June 16 <sup>th</sup>	A-L bring snacks; M-Z bring drinks
Tuesday, June 30 <sup>th</sup>	A-L bring drinks; M-Z bring snacks
Tuesday, July 21 <sup>st</sup>	A-L bring snacks; M-Z bring drinks

**Questions? Call Dru Hale at 219-9815**

### **Parking at Home Meets**

As a courtesy to the **visiting** team's families and swimmers, the swimming pool parking lot will be reserved 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 – observe setback rules near intersections (2 car lengths minimum) and do not park in front of fire hydrants. Cars found to be in violation may be towed.

## Invitational Meets

The SVST board and coaches are planning on attending the Southern Wake Invitational Meet (SWIM) on July 12<sup>th</sup>. We will also plan on attending The Cary City Invitational swim meet, scheduled for July 18<sup>th</sup>, if invited. We encourage everyone to participate in these fun and rewarding events. Shepherd's Vineyard expects to continue our great tradition of strong attendance and fantastic spirit at invitational meets.

Invitational meets bring together 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.

Shepherd's Vineyard 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 with the coaching staff well in advance.

Please sign up! These meets are a great opportunity to get best times and engage in friendly competition with a wide range of swimmers. We hope to continue our strong involvement in these community-building endeavors.

ELIZABETH G CHAPMAN

*State-Certified Real Estate Appraiser # A5503*

### ***The Glenn Group***

1300 Paddock Drive,  
Bldg G, Suite 100  
Raleigh, NC 27609

Office (919) 876-7864  
Fax (919) 872-6769  
Cell (919) 614-8778  
[bethchapman8@nc.rr.com](mailto:bethchapman8@nc.rr.com)

## 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 Maya Ress by e-mail. She will work with you to set a mutually convenient time to meet face-to-face or to discuss matters further via telephone. There is very little time available in between practices to discuss issues in private or in depth, so it is recommended that concerns be handled at a time other than surrounding practices and meets.
- 2) If your concern is not fully resolved, please contact a board member.

### 2009 Board Members

<b>Chairperson</b>	387-3326
Tracey Lovejoy-Johnson	traceylovejoy@downtownraleigh.org
<b>TSA Representative</b>	462-8186
John Nunnally	jnunnally@rl-law.com
<b>Treasurer</b>	363-9743
Michael Davis	mikedavis00@nc.rr.com
<b>Volunteer Coordinator</b>	363-3940
Robin Boudwin	robin@balddog.com
<b>Communications</b>	462-8186
Alicia Nunnally	alicianunnally@nc.rr.com
<b>Red Book</b>	387-5841
Bob Robinson	bobrobapex@gmail.com
<b>Banquet</b>	462-0429
Leslie Bilbro	bilbro@bellsouth.net
<b>Spirit Wear</b>	387-5742
Amy Chegash	achegash@nc.rr.com
<b>Board Member</b>	387-8145
Bill Rizk	nrizk@qualcomm.com

## Pool Hours

*Subject to change, as managed by The Pool at Shepherd's Vineyard  
(latest information is available at [www.shepherdsvineyardpool.com](http://www.shepherdsvineyardpool.com))*

### **May 18 through June 10 (end traditional school year)**

Monday-Friday	1:00pm - 4:00pm ( <b>unguarded, SWIM AT OWN RISK – for use only by adults and children accompanied by adults</b> )
Monday-Thursday	4:00pm - 8:00pm
Friday	4:00pm - 9:00pm
Saturday	10:30am - 9:00pm
Sunday	12:00pm - 8:00pm

### **June 11 through August 23**

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

### **August 24 (start of traditional school year) through Labor Day**

Monday-Friday	1:00pm-4:00pm ( <b>unguarded, SWIM AT OWN RISK – for use only by adults and children accompanied by adults</b> )
Monday-Thursday	4:00pm – 8:00pm
Friday	4:00pm - 9:00pm
Saturday	10:30am - 9:00pm
Sunday	12:00pm - 8:00pm

### Frequently Asked Questions

Visit the Killer Whales web site for answers to frequently asked questions. *If you have questions or comments about your swimmer or the swim team, please email them to Coach Maya Ress. She will respond by email or call if requested.*

<http://www.svkw.com>

## Meet Schedule

<b>June 9</b> (Tues)	Red/White Meet (& team picture)
<b>June 14</b> (Sun)	<i>Red/White Rain Date</i>
<b>June 16</b> (Tues)	Wellsley
<b>June 23</b> (Tues)	@ Cary Swim Club
<b>June 30</b> (Tues)	Greystone
<b>July 7</b> (Tues)	@ Prestonwood
<b>July 14</b> (Tues)	@ Lochmere
<b>July 21</b> (Tues)	Scottish Hills

*Postponed meets are typically made up the following day (i.e. Wednesday for a Tuesday meet). Dates are chosen by TSA representatives based on several factors, including the weather forecast and coach/staff/swimmer availability.*

## Special Clinics


This year the Killer Whales will conduct clinics to enhance swimmer performance. Times and additional details will be available on [svkw.com](http://svkw.com), at the pool, and distributed via e-mail.

<b>May 30</b>	Flip Turns (11 and over only)
<b>June 6</b>	Starts
<b>June 13</b>	Stroke (TBA)
<b>June 20</b>	Stroke (TBA)
<b>June 27</b>	Stroke (TBA)

**Margaret Sibert Feldman**  
Masters in Education  
National Board Certified Teacher

**Tutoring Services**  
K- 12

Writing and Reading  
College Essays and SAT Prep  
Homework Help and Study Skills  
Cell 202.550.6929  
Home 919.372.7193  
[margfeld@aol.com](mailto:margfeld@aol.com)



## **Be a Better Swimmer!**

### **Ways to Measure Improvement**

- New best times
- Stroke has become legal
- Strong finish
- 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

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

Visit the Spirit Wear Store on the dates below to pick up the latest in Killer Whales merchandise!

<b>Spirit Wear Store Days and Times</b>	
<b>Thursday, June 4</b>	5:30 PM – 8:00 PM
<b>Tuesday, June 9</b> (Red/White)	5:30 PM – 8:00 PM
<b>Tuesday, June 16</b> (Home Meet)	5:00 PM – 9:00 PM
<b>Tuesday, June 30</b> (Home Meet)	5:00 PM – 9:00 PM
<b>Tuesday, July 21</b> (Home Meet)	5:00 PM – 9:00 PM

***Swim caps will also be available at away meets.***

## 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.

The websites of the programs in Wake County (in no particular order):

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

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

<http://www.ymcatriangle.org>

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

## Team Suits

Our swimsuit supplier is Augusta Swim Supply. Our swimsuit style will continue to be the Speedo Quantum Splice (Black w/Red). They will be sold at registration for \$42 for female suits and \$27 for male jammers. Speedo has made some changes in the sizing in the girls' suits (they made new youth sizing to accommodate smaller girls). It would be beneficial to have your swimmer come with you to registration to ensure a proper sizing.

Orders are being coordinated through Caroline Silver, whose information is on the volunteers page. She will place an order shortly after registration. To save on shipping, make sure your order is included! If you miss the team order you can still obtain your suit from Augusta by contacting them at 888-799-SWIM.

## Team Caps

### **SV Red Swim Caps:**

<b>Latex</b>	\$4.50
<b>Silicone</b>	\$13.50

Pick one up at the Spirit Wear Store, from [svkw.com](http://svkw.com), or contact Amy Chegash at 387-5742 or [achegash@nc.rr.com](mailto:achegash@nc.rr.com).

## Maps/Directions For Away Meets

Directions to away meet venues are available at the TSA Web Site ([www.tsanc.org](http://www.tsanc.org)). The Shepherd's Vineyard page is at...

[http://www.tsanc.org/src/club.php?club\\_id=42](http://www.tsanc.org/src/club.php?club_id=42)

To access directions for the away meets, click on the opponent then scroll to the bottom of the page. There are links for a map and an interactive map for each team. Directions to away meets will also be available on the Killer Whales web site.

For those with GPS in their cars or on their phones, addresses to our away meets are provided below.

<b>June 23</b>	<b>Cary Swim Club</b>	536 Walnut Street Cary, NC 27511	469-8084
<b>July 7</b>	<b>Prestonwood</b>	300 Prestonwood Parkway Cary, NC 27513	467-9279
<b>July 14</b>	<b>Lochmere</b>	502 East Lochmere Drive Cary, NC 27511	859-2152

## Keeping Track of Swimmer Times

The Killer Whales web site provides a tool to look up swimmer times from each meet. If you would like to use the tables we've provided in the past in the Red Book, visit our web site and download the table for printing.

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FACSIMILE (919) 783-8991  
E-MAIL: [jnunnally@rl-law.com](mailto:jnunnally@rl-law.com)

## "The 411"

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

- Web Site www.svkw.com
- TSA Web Site www.tsanc.org
- Coach Maya's e-mail mayaress@nc.rr.com
- Hotline 363-4411
- This Handbook (also available online)
- Swim Team Board see page 13 for contact information

***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. This will ensure you receive our weekly newsletter with details on clinics, meets, cancellations due to weather, and social events.***

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## The SV Killer Whales Hall of Fame

The SVST Swimmer Hall of Fame encourages continuous, full career, swimmer participation. It rewards extended and continuous service with emphasis on the high school years where attrition is most typical. The program also aims to raise awareness of the long standing Killer Whale tradition and to provide motivation and incentive to younger swimmers to make a long term commitment to the team. A Shepherd's Vineyard swimmer is automatically in the Hall of Fame if they have 5 or more years of service, which include all 4 high school years. Ten years or more on the team earns a special designation. There is also a provision whereby a swimmer can be nominated by any club member and voted in by the board.

**We encourage you to visit the plaque listing the members of the Hall of Fame. It is located at the Shepherd's Vineyard Swim Club near the concession stand.**

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## **2009 Meet Officials and Volunteer Coordinators**

<b>TSA Representative</b>	John Nunnally	462-8186
<b>Meet Manager</b>	Mimi Francis	303-4604
<b>Starter</b>	Bill Rizk	387-8145
<b>Clerks of Course</b>	Bob Bolton	418-1150
	Jessica Matthews	363-8710
	Chris Kucker	267-4875
	Yvonne Stewart	387-1969
<b>Recorder</b>	Carly Perin	602-5827
<b>Scorer</b>	<b>OPEN</b>	<b>OPEN</b>
<b>Stroke &amp; Turn Judges</b>	Kellie Totten	363-2619
	Barbara Justason	303-2621
<b>Timers</b>	Tom Rankin	303-5555
<b>Place Judges</b>	Mike Scott	319-1632
<b>Kid Pushers</b>	Beth DeCaro	362-7673
<b>Ribbons</b>	Deb Julian	303-7186
<b>Announcer</b>	Rebecca Allen	363-3712
<b>Registration</b>	Michael Davis	363-9743
<b>Swimwear Coordinator</b>	Caroline Silver	859-0050
<b>Concession Stand</b>	Dru Hale	219-9815
<b>Spirit Wear</b>	Amy Chegash	387-5742
<b>Volunteer Coordinator</b>	Robin Boudwin	363-3940
<b>Social Committee</b>	Karie Garner	362-1916
<b>Times Entry</b>	Bill Rizk	387-8145
<b>Hospitality</b>	JoAnn Miller	362-5869
<b>Team Photographers</b>	Darian Poliachik	387-8816
	Bob Robinson	387-5841
<b>Banquet</b>	Leslie Bilbro	462-0429
<b>Web Site</b>	Bob Poliachik	387-8816
<b>Apex Herald</b>	Angela Hughes	362-8683

## Calendar of Events

<b>May</b>	18 <sup>th</sup> (Mon)	Evening practices begin
	20 <sup>th</sup> (Wed)	New Parents' Meeting (7 pm) – <i>attend 1</i>
	21 <sup>st</sup> (Thu)	New Parents' Meeting (7 pm) – <i>attend 1</i>
	30 <sup>th</sup> (Sat)	<b>Clinic</b> – Flip Turns
<b>June</b>	4 <sup>th</sup> (Thu)	Pasta Pig Out
	6 <sup>th</sup> (Sat)	<b>Clinic</b> – Starts
	8 <sup>th</sup> (Mon)	SVST Night at Chili's (Beaver Creek)
	9 <sup>th</sup> (Tue)	<b>Red/White Meet + Team Photo</b>
	11 <sup>th</sup> (Thu)	Morning practices begin
	13 <sup>th</sup> (Sat)	<b>Clinic</b> – Stroke
	14 <sup>th</sup> (Sun)	<i>Rain Date –Red/White Meet + Team Photo</i>
	16 <sup>th</sup> (Tue)	<b>MEET - Wellsley</b>
	19 <sup>th</sup> (Fri)	"Flick 'N Float" Movie Night
	20 <sup>th</sup> (Sat)	<b>Clinic</b> – Stroke
	23 <sup>rd</sup> (Tue)	<b>MEET - @ Cary Swim Club</b>
	26 <sup>th</sup> (Fri)	Family Bingo Night
	27 <sup>th</sup> (Sat)	<b>Clinic</b> – Stroke
30 <sup>th</sup> (Tue)	<b>MEET - Greystone</b>	
<b>July</b>	7 <sup>th</sup> (Tue)	<b>MEET - @ Prestonwood</b>
	12 <sup>th</sup> (Sun)	<b>Southern Wake Invitational (SWIM)</b>
	14 <sup>th</sup> (Tue)	<b>MEET - @ Lochmere</b>
	16 <sup>th</sup> (Thu)	Ice Cream Social
	18 <sup>th</sup> (Sat)	<b>Cary City Invitational</b>
	21 <sup>st</sup> (Tue)	<b>MEET - Scottish Hills</b>
	23 <sup>rd</sup> (Thu)	Banquet at Hope Chapel

