

2010

Shepherd's Vineyard Killer Whales Handbook



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!
Whenever 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, nearly 10,000 swimmers in the Triangle will be 'making waves' at TSA swim meets.

That's a LOT of laps!!!

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GOING GREEN – *The SVST Red Book printing again saved several hundred sheets of paper by removing directions to away meets and tables for recording your swimmer's times from the print edition. Information on finding directions and tracking swimmer times can be found on page 18.*

Coaching Staff

Maya Ress 462-3261
Head Coach (all ages) ressmaya@gmail.com

Eric Kaufman 345-9102
Assistant Coach emk0209@gmail.com

Brett Scott 522-9251
Assistant Coach bascott@email.unc.edu

Kristin White 434-1894
Assistant Coach kwhite16@nc.rr.com

Pre-Swim Team Development Program

Sarah Otvos Johnson 606-6564
Coach sotvos@gmail.com

Information on assistant coaches was not finalized at time of print. You may find this information on svkw.com.

Swim Lessons

Coaches are available to give private 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 10)	Evening (starting May 17)
6 & Under	10:30–11:00 AM	5:15–5:45 PM
7 & 8	9:30–10:20 AM	5:45–6:25 PM
9 & 10	9:30–10:20 AM	6:25–7:15 PM
11 & up	8:30–9:30 AM	7:15–8:15 PM
Pre-Swim	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 & Individual Pictures)

The Red & White Meet is scheduled for **Tuesday, June 8 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. Individual photos will be from 3:30 PM to 4:30 PM. Team photo lineup will begin at 4:30 PM, and warm-ups will begin when the team photo is completed.

In the event of rain, the meet will be held on **Sunday, June 13 at 5:00 PM**. Team photo lineup will begin at 3:30 PM. Warm-ups will begin when the team photo is completed.

Additional opportunities for individual pictures at morning and evening practices 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 3.

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 Sunday, April 25. 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 25, please contact Vincent DeCaro at 362-7673 or at decaro@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 12th, but will incur a \$10 processing fee. A late registration fee of \$10 will be assessed after May 17th (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 11th.

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 2010 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:

6 & Under	15 yards - free, back, breast
7 & 8	1 length of pool - free, back, breast, and fly
9 & 10	1 length of pool - free, back, breast, and fly
11 & 12	2 lengths of pool - free, back, breast, and fly
13 & 14	2 lengths of pool - free, back, breast, and fly
15 to 18	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:

	<u>Free & Medley Relays</u>	<u>Individual Strokes</u>
1st place	5 points	5 points
2nd place	0 points	3 points
3rd place	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 12 and under swimmers 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 **four 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.

Concessions And Snack Bar

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 12-pack cans of soda or juice, or a 24-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 8 th	A-L bring drinks; M-Z bring snacks
Tuesday, June 15 th	A-L bring snacks; M-Z bring drinks
Tuesday, July 6 th	A-L bring drinks; M-Z bring snacks
Tuesday, July 20 th	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 11th. We encourage everyone to participate in this fun and rewarding event. 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

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Raleigh, NC 27609

Office (919) 876-7864
Fax (919) 872-6769
Cell (919) 614-8778
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.

2010 Board Members

Chairperson	387-3326
Tracey Lovejoy-Johnson	lovejoyjohns329@bellsouth.net
<hr/>	
TSA Representative	462-8186
John Nunnally	jnunnally@rl-law.com
<hr/>	
Treasurer	362-7673
Vincent DeCaro	decaro@nc.rr.com
<hr/>	
Volunteer Coordinator	363-8710
Jessica Matthews	jessicamatthews@nc.rr.com
<hr/>	
Communications	462-0429
Leslie Bilbro	bilbro@bellsouth.net
<hr/>	
SVST Coach	462-3261
Maya Ress	ressmaya@gmail.com

Pool Hours

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

May 17 through June 9 (end traditional school year)

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

June 10 through August 24

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

August 25 (start of traditional school year) through Labor Day

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

June 8 (Tues)	Red/White Meet (& Picture Day)
June 13 (Sun)	<i>Red/White Rain Date</i>
June 15 (Tues)	Lochmere
June 22 (Tues)	@ Abbington
June 29 (Tues)	@ Sunset Ridge
July 6 (Tues)	Springdale
July 13 (Tues)	@ Dutchman Downs
July 20 (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, at the pool, and distributed via e-mail.

May 29	Flip Turns (11 and over only)
June 5	Starts
June 12	Stroke (TBA)
June 19	Stroke (TBA)
June 26	Stroke (TBA)

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!

Spirit Wear Store Days and Times	
Thursday, June 3	5:30 PM – 8:00 PM
Tuesday, June 8 (Red/White)	5:30 PM – 8:00 PM
Tuesday, June 15 (Home Meet)	5:00 PM – 9:00 PM
Tuesday, July 6 (Home Meet)	5:00 PM – 9:00 PM
Tuesday, July 20 (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:

<http://www.marlinsofraleigh.com/>
<http://www.newwaveswimteam.org/>
<http://www.swimrsa.org/main.php>
<http://www.ymcatriangle.org>

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:

Latex	\$4.50
Silicone	\$13.50

Pick one up at the Spirit Wear Store, from svkw.com, or contact Nikki Langlois at 363-7063 or nlanglois7@hotmail.com.

Maps/Directions For Away Meets

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

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.

June 22	Abbington	101 Kellyridge Drive Apex, NC 27502	
June 29	Sunset Ridge	215 Kingsport Drive Holly Springs, NC 27540	577-1112
July 13	Dutchman Downs	8204 Belgium Street Raleigh, NC 27606	362-6705

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.

RAGSDALE LIGGETT	
PROFESSIONAL LIMITED LIABILITY COMPANY	
LAWYERS	
JOHN M. NUNNALLY	
POST OFFICE BOX 31507 RALEIGH, NC 27622 2840 PLAZA PLACE, SUITE 400 RALEIGH, NC 27612	TELEPHONE (919) 787-5200 DIRECT DIAL (919) 881-2220 FACSIMILE (919) 783-8991 E-MAIL: 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 ressmaya@gmail.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.

	Bob Robinson Co-Owner TSS Photography of Raleigh-Durham
Sports Schools Events Portraits Corporate	3010 New Yarmouth Way Apex, NC 27502 (919) 387-3980 <i>Office</i> (919) 608-0604 <i>Mobile</i> <i>brobinson@tssphotography.com</i>
<i>Contact us to schedule photos for your organization!</i>	www.tssphotography.com/raleighdurham

2010 Meet Officials and Volunteer Coordinators

TSA Representative	John Nunnally	462-8186
Meet Manager	Mimi Francis	303-4604
Starter	Bill Rizk	387-8145
Clerks of Course	Bob Bolton	418-1150
	Mike Julian	303-7186
	Chris Kucker	267-4875
	Beth Chapman	303-4726
Recorder	Carly Perin	602-5827
Scorer	OPEN	OPEN
Stroke & Turn Judges	Kellie Totten	363-2619
	Barbara Justason	303-2621
Timers	Tom Rankin	303-5555
Place Judges	Mike Scott	319-1632
Kid Pushers	Teresa Klose	303-5238
Ribbons	Deb Julian	303-7186
Announcer	Rebecca Allen	363-3712
Registration	Vincent DeCaro	362-7673
Swimwear Coordinator	Caroline Silver	859-0050
Concession Stand	Dru Hale	219-9815
Spirit Wear	Nikki Langlois	383-7063
Volunteer Coordinator	Jessica Matthews	363-8710
Social Committee	Karie Garner	362-1916
Times Entry	Leslie Bilbro	462-0429
Hospitality	JoAnn Miller	362-5869
Team Photographers	Darian Poliachik	387-8816
Banquet	Lisa Kawaguchi	468-7024
Web Site	Bob Poliachik	387-8816
Apex Herald	OPEN	OPEN

Calendar of Events

May	17 th (Mon)	Evening practices begin
	19 th (Wed)	New Parents' Meeting (7 pm) – <i>attend 1</i>
	20 th (Thu)	New Parents' Meeting (7 pm) – <i>attend 1</i>
	27 th (Thu)	SVST Chick-fil-A Night (Beaver Creek)
	29 th (Sat)	Clinic – Flip Turns
June	3 rd (Thu)	Pasta Pig Out
	5 th (Sat)	Clinic – Starts
	8 th (Tue)	Red/White Meet + Picture Day (incl. Team Photo)
	10 th (Thu)	Morning practices begin
	12 th (Sat)	Clinic – Stroke
	13 th (Sun)	<i>Rain Date –Red/White Meet + Tm/Ind Photos</i>
	15 th (Tue)	MEET - Lochmere
	18 th (Fri)	"Flick 'N Float" Movie Night
	19 th (Sat)	Clinic – Stroke
	22 nd (Tue)	MEET @ Abbington
	25 th (Fri)	Family Bingo Night
	26 th (Sat)	Clinic – Stroke
	29 th (Tue)	MEET @ Sunset Ridge
July	6 th (Tue)	MEET - Springdale
	11 th (Sun)	Southern Wake Invitational (SWIM)
	13 th (Tue)	MEET @ Dutchman Downs
	15 th (Thu)	Ice Cream Social
	20 th (Tue)	MEET - Scottish Hills
	21 st (Wed)	Banquet at Hope Chapel

