

ZEBULON SWIM TEAM 2019

The Zebulon Swim Team is a member of the Wake County Tarheel Swimming Association (TSA). The Zebulon Swim Team is a team of swimmers from the Zebulon Country Club (ZCC) & Weaver's Pond HOA. We are a separate non-profit financial group from the swimming pool. The swimming pool provides the team with facilities to practice and pay team dues to the Tarheel Swimming Association. In return, we provide the swimming pool with exposure in Wake County to build up the swimming pool membership base because you must be a member of swimming pool to be on the swim team. For more info about TSA visit... [www. TSANC.org](http://www.TSANC.org)

ZEBULON SWIM TEAM COMMITTEE

Barnanne Creech – Chair 919-291-9288 bwcreech@icloud.com
Forrest Schwengels - TSA Rep - fvschwengels@gmail.com
Michelle Pait - Treasurer - mwpait@nc.rr.com
Tina Pendleton - Coach Liaison - capmapzap@gmail.com
Missy Sawyer - Meet Volunteer Coordinator - missysawyer@hotmail.com
George Bulgin - george.bulgin@yahoo.com
Sam Wood - smwood9516@gmail.com

COACHING STAFF 2019

Head Coach - Braham Glasgow - (740 438 8122)

Braham, who usually goes by Coach or Glasgow, is a science teacher at East Wake High School. This year, he was the head coach for the Men and Women's Swim Team, as well as a coach for the Men and Women's Soccer Programs. He spent the majority of his summers growing up participating on his local swim team and during high school he worked as a lifeguard and swim instructor, teaching children the basics of swimming. He is very excited for the season, and looks forward to working with all the swimmers this summer!

Assistant Coach - Bella Leahy

Isabella (Bella) Leahy is incredibly excited to be the Assistant Coach of the Zebulon Swim Team again this summer! She has one year of assistant coaching experience with the Zebulon Dolphins and eleven years of swimming experience between the Zebulon Dolphins, year round at Lifetime Athletic, and the team at East Wake High School. She has been a captain on her high school team for the past three years and attended regionals in 2018. She has received many awards from Zebulon Dolphins such as most points received for her gender and age group on multiple occasions, and has attended the TSA conference at the end of the summer season. If you don't find Bella at the pool you might find her singing in her high school honors choir or volunteering around the community through BETA club or Zebulon Youth Council.

ZEBULON SWIM TEAM

2019

GOALS AND OBJECTIVES

Goals:

- To represent ZCC & Weaver's Pond in TSA and in the Zebulon community.
- To provide an opportunity for competitive swimming.
- To provide an opportunity to enhance physical fitness.
- To provide an opportunity to enhance social development.
- To provide an opportunity to learn, improve and refine swimming skills.
- To provide inspiration for swimmers to advance to higher levels of swimming.
- To provide an opportunity to participate and enjoy swimming as a fun activity/lifetime sport.

Objectives:

- To win as many swim meets as possible with combined points.
- To send our swim meet results to the local news media after each meet.
- To practice good sportsmanship skills, before, during and after the swim meet.
- To provide encouragement, feedback and praise at each practice.
- To teach strokes, flip turns, and diving starts and proper finishes.
- To reward swimmer for efforts (most improved times, most spirited, most points earned for team, etc.)

IMPORTANT TEAM AND MEET INFORMATION

Necessary Equipment

- Team t-shirts & swim caps (provided by Zebulon Swim Team)
- **TEAM** swim suit - one piece for girls – jammers for boys (recommended, not required)
- Good fitting goggles - purchase good quality goggles like TYR or Speedo (see ZST website)

Swim suit fittings will be at ZCC on THURSDAY May 23rd 6:30-8pm

Swim Meets

- held each Tuesday beginning June 11
- meets begin at **6:00pm**
- 3 meets at home - 3 meets away
- **HOME** meets swimmers **need to be at Weaver's Pond by 4:45pm** for warm-ups
- **Away** meets swimmers **need to be at the away facility by 5:15** for warm-ups
- Caps, goggles, team suit and tee-shirt are highly recommended.
- Swimmers will be given an opportunity to pray the Lord's Prayer before the meet.
- Swimmers are expected to participate in the sportsmanship handshake with the other team after the swim meet.
- Swimmers need to bring water and fruit, crackers, ect. to eat between events.
- **If it is raining or thundering/lightening at 4:45pm on a scheduled swim meet night please still GO to the swim meet location.** TSA representatives from each club must meet and decide about what to do. If it is just raining, the meet will more than likely be held as scheduled. If the meet is rescheduled, it will be on WEDNESDAY (the next day) at the same time.

Age Division and Events - *Age as of June 1*

- **6 & Under** - 15 yard course (3/4 of pool length)
Individual events only - FREESTYLE, BACKSTROKE AND BREASTSTROKE
- **7-8, 9-10** – 25 yard course (1 length of pool)
Medley Relay - 4 swimmers each swimming one leg of backstroke, breaststroke, butterfly & freestyle
Individual events - FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY
Freestyle Relay – 4 swimmers each swimming one 25 yard leg of freestyle
- **11-12, 13-14 and 15-18** – 50 yard course (2 lengths of pool)
Medley Relay - 4 swimmers each swimming one leg of backstroke, breaststroke, butterfly & freestyle
Individual events - FREESTYLE, BACKSTROKE , BREASTSTROKE, BUTTERFLY

Freestyle Relay – 4 swimmers each swimming one 50 yard leg of freestyle

Main Events and Heats

- We can enter 2 or 3 relay teams in a relay event per age division.
- A swimmer can 'swim up' an age division in a relay if no other person that age is available to swim.
- We can enter the **FASTEST** 2 or 3 swimmers in main events for individual events per age division. (These swimmers will receive a place ribbon given out at Wed. practice.)
- All other swimmers in that age division swim in what is called a HEAT (no points awarded) for their individual swims. These swimmers will receive a participation ribbon and the winner receives a heat winner ribbon after exiting the water.
- 6 and under can swim 2 individual main events.
- 7-18 can swim 3 individual main events.
- Disqualification occurs when proper rules for starts, turns, stroke techniques or finishes are not performed. No points or ribbons are awarded for disqualifications.

Main Event Scoring

- 1st place relay = 5 points
- 1st place individual = 5 points
- 2nd place individual = 3 points
- 3rd place individual = 1 point

PRACTICES AND TIME TRAILS

Morning practice 9:00-10:00/TBD for all age groups when noted on calendar.

Evening practice times (see calendar for location of practice):

6&U	6:15-7:00
7-10	7:00-8:00
11-18	8:00-9:00

- Caps and goggles should be worn during practice.
- **Thursday June 6th is a mandatory for time trials & mini-officials' clinic beginning at 6:00pm.** If you cannot attend you must notify your age-group coach and/or the Head Coach in advance to schedule your timing. If a swimmer is not at practice and has not notified either their age-group coach or the head coach, they will not be placed on the main/heat sheets for the first Tuesday swim meet. Times from each meet will then determine placement for the next week's main events. If the swimmer wants to challenge their last time, they should notify Head Coach to be retimed when time permits.
- **Reading MONDAY emails & checking the ZST website are mandatory for parents!** Parents are to review your swim meet job(s) and receive directions to the away clubs facility.
- **Text messages will be sent to inform you of any last minute weather situations.**

Weather Problems

- If it is raining or thundering/lightning at **8:45am** there will be no morning practice.
- If it is raining or thundering/lightning at **6:00pm** there will be no evening practice for the entire evening.
- If it is raining or thundering/lightning at **4:45pm** on a schedule swim meet night please still **GO to the meet location**. TSA representatives from each club must meet and

decide about what to do. If it is just raining the meet will more than likely be held as scheduled.

MEET OFFICIALS (ALSO KNOWN AS PARENTS)

Parents run the meets!

No parents = NO MEET!

Home meet require a minimum of 26 parents

Away meets require a minimum of 23 parents

Each swim family is **required** to provide a parent(s) for a minimum of 3 swim meets. Please refer to the list of positions provided by TSA. It includes a brief description of the responsibilities for each position. You don't have to do the same thing at each meet. If you'd like to learn something new – this is a great opportunity!

If you'd like to be a Starter or Stroke and Turn Judge you need to attend a mandatory clinic held by TSA in May to help you understand your job. The clinic dates are on the TSA website (www.tsanc.org) or on the ZST calendar.

REQUIRED OFFICIALS

HOME	VISITORS	DUTIES AND RESPONSIBILITIES
1	1	SCORERS - Records place finishes from the event and disqualification slips and scores on the score sheet.
1	0	RECORDER - Records place finishes and winning time on event slip from place judge positions and may adjust for disqualifications.
0	1	6th PLACE JUDGE - Stands in sixth place finisher's lane. (May hand out participant ribbons in heats for 10 and under)
1	0	5th PLACE JUDGE - Stands in fifth place finisher's lane. (May hand out heat winner ribbons in heats for 10 and under)
0	1	4th PLACE JUDGE - Stands in fourth place finisher's lane. Also, judges second place for the second relay when two events are combined.
1	0	3rd PLACE JUDGE - Stands in third place finisher's lane. Also, judges second place for the first relay when two events are combined.
0	1	2nd PLACE JUDGE - Stands in second place finisher's lane. Also, judges first place and obtains finish time for the second relay when two events are combined.
1	0	1st PLACE JUDGE - Stands in first place finisher's lane and obtains the finish time for first place.
1	0	STARTER/ANNOUNCER - Calls swimmers to the clerk of course for each event; starts each event with an appropriate starting device; asks whether judges and timers are ready; announces gender, distance and stroke; directs "Take your mark."; pauses to ensure no early start; gives starting signal and calls false start if needed; announces scores.
1	1	RUNNERS - One from each stroke and turn judge to the recorder with disqualification slips. Two other runners that alternate from the recorder to the scorers with event slips with places recorded and any disqualification slips.
2	2	KID PUSHERS - One or two from each team, per age and gender group, to gather up the swimmers to be brought to the clerk of course when the event is first called by the announcer. Once gathered then bring the swimmers, in event order, to the benches in their lane positions.
1	1	CLERK OF COURSE - Get swimmers to proper starting blocks for their events and get event slips to the recorder.
1-2	1-2	RIBBON WRITERS - Complete award ribbons and distribute to the swimmers.

REQUIRED OFFICIALS

HOME	VISITORS	DUTIES AND RESPONSIBILITIES
1	1	TSA REPRESENTATIVE - Represents the swim club on the TSA board of directors. Works as the representative of the TSA at the season's dual meets. Resolves or takes to the TSA board any events of question. Sets up officials meeting before the dual meets.
1	1	STROKE AND TURN JUDGE - Judges whether proper stroke, turn and finish are executed by the swimmers during the meet.
4	2-4	TEAM TIMERS - Will be positioned on side of pool to obtain unofficial times for their own team's swimmers during the meet.
3-5		CONCESSIONS – set-up & operate concession stand, including hot dogs, nachos, drinks & candy.
2-3		HEAT RIBBONS – distribute heat winner & participant ribbons to swimmers not in main events.
21-26	13-16	Total people required to operate meet.

SWIMMER RESPONSIBILITIES

Swimmers are responsible for maintaining a COOPERATIVE attitude at all practices, meets and swimming events.

SWIMMERS' CODE OF CONDUCT:

- All swim team members will abide by these team rules which will help us meet our goals and objectives with respect to being good community representatives, improving our swimming techniques and times, developing socially and enhancing our swimming experience.
- All swim team members will be on time for practices and meets, with all necessary equipment.
- All swim team members will show respect to the coaches, pool staff, parents, other team members, and opponents and visitors at all times.
- All swim team members will represent themselves, the team and their pool in a positive manner.
- All swim team members will sit in the areas designated for the team and their age groups during swim meets.
- All swim team members will show good sportsmanship at all times whether at practice or at meets, regardless of the outcome of a meet.
- Unsportsmanlike behavior will not be allowed at any time; this includes inappropriate language, gestures, and physical behavior toward another person, as well as insubordination to coaches, staff or meet officials.

DISCIPLINE

Swim team members who do not abide by the above listed rules will be disciplined in the following manner:

First infraction	Swimmer will be spoken to
Second infraction	Parent will be notified and swimmer will sit out of practice
Third infraction	Parent will be notified and swimmer sent home. Appropriate swim team personnel will meet with parents and swimmer before the swimmer can return to practice.

If problems continue or a major infraction occurs, the swimmer will be removed from the team. No refund of fees will be made if a swimmer is removed from the team due to behavior issues.

PARENT RESPONSIBILITIES

Parents are responsible for providing a supportive attitude toward all aspects of swimming. Parents serve as role models and their attitudes are often emulated by their children. Please use the following as a guideline with regard to the Zebulon Swim Team.

PARENTS SHOULD:

- See that your swimmer(s) come prepared to swim.
- See that your swimmer(s) arrive at the stated time and are picked up at the stated time. ***If practice is not at your member pool, swimmers will only be allowed in the pool during practice time.***
- **If your swimmer is going to miss several practices or a swim meet, please email the HEAD COACH no later than the Thursday prior to the absence on Tuesday from Swim Meet.** This also applies if your swimmer will be late to a meet or need to leave a meet early. It is important that the coaches know if a swimmer isn't going to be at a meet, so that event sheets can be completed correctly. **In the event of an unplanned absence, please notify either swimmer's age-group coach or the head coach by phone ASAP.**
- Applaud all good efforts and good swims of all swimmers.
- Allow the coaches to coach without interference. If you need to discuss an issue with your child's coach, please do so either prior to or after practice.
- See that your swimmer received ample positive encouragement and hugs regardless of the outcome of his/her event.
- Allow your child(ren) to swim without negative pressure.
- Support the coaches in what they want the swimmers to learn.
- Treat the coaches with dignity and respect.
- Treat the meet officials and volunteers with dignity and respect.
- Help your child(ren) adhere to the written and unwritten rules of honesty, fair play and good sportsmanship.