



ZEBULON SWIM TEAM 2018

The Zebulon Swim Team participates in the Tarheel Swimming Association (TSA). All swimmers are members of the Zebulon Country Club (ZCC) or Weaver's Pond Subdivision HOA. The Swim Team is a separate non-profit financial group from the swimming pools. The 2 pools provide practice and swim meet facilities. In return, we provide the swimming pools with exposure in Wake

County to grow the swimming pool's membership since one must be a member one of the swimming pool to be on the swim team. For more info about TSA please visit [www. TSANC.org](http://www.TSANC.org)

ZST COMMITTEE

Chair - Barnanne Creech	919-291-9288	bwcreech@icloud.com
Treasurer - Michelle Pait		mwpait@nc.rr.com
Secretary		
Coach Liaison – Tina Pendleton		capmapzap@gmail.com
Volunteer Coordinator		
Concessions		
Fundraising		
TSA Representative – Forrest “Chip” Schwengels		fvschwengels@gmail.com
Weaver's Pond Parent – Geoge Bulgin		george.bulgin@yahoo.com
ZCC Swimming Pool Parent – Donna Kerr		dvkerr67@gmail.com
ZCC General Manager – Sam Wood		smwood9516@gmail.com

COACHING STAFF

Head Coach

Julia Wrenn - 919 455 6150 - juliawrenn14@gmail.com

Returning from her freshman year at Appalachian State University, Julia Wrenn returns this year as a coach not a swimmer. This will be her 11th year with the Zebulon Dolphins

Assistant Coach

Isabella (Bella) Leahy – 919 395 4115 leahyisabella@gmail.com

This 10th year returning Zebulon Dolphin is excited to come back this season as an assistant coach. She has 10 years of swimming experience, plus 2 years of experience as a captain of the team at East Wake High School, the school at which she is completing her sophomore year.

GOALS AND OBJECTIVES

Goals:

- To represent the town of Zebulon, ZCC and Weaver's Pond in TSA and in our community.
- To provide an opportunity for competitive swimming.
- To enhance physical fitness and safety of our youth.
- To develop social, emotional, ethical & moral character in our youth.
- To provide an opportunity to learn, improve and refine swimming skills.
- To inspire swimmers to set and reach goals & advance to higher levels of swimming.
- To participate in and enjoy swimming for fun and as a means to lifetime fitness.

Objectives:

- To win as many swim meets as possible with combined points.
- To share our swim meet results with 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, diving starts, and proper finishes.
- To reward swimmers for effort (most improved, most spirited, most points earned , etc.)

Necessary Equipment

- **Team t-shirts & swim caps** - included in Swim Team fee
- **TEAM swim suit** - one piece girls – boys jammers (recommended, not required)
- **Good fitting goggles** - like TYR or Speedo (see ZST website)

Swim suit fittings Wednesday May 23rd 6:00-7:30pm at ZCC

PRACTICES – Wear caps and goggles!

Morning practice 7:45-8:45am for all age groups when noted on calendar

Evening practice

6&Under	6:15-7:00pm
Ages 7-10	7:00-8:00pm
Ages 11-18	8:00-9:00pm

IMPORTANT TEAM AND MEET INFORMATION

TIME TRIALS

Tuesday June 5th 6:00pm- mandatory time trials & mini-officials' clinic

A swimmer not at practice who has not notified their age-group coach or head coach, will not be placed on main/heat sheets for the June 11 swim meet. After that, meet times determine placement for the next week's main events. Swimmers may notify the Head Coach to challenge their time.

Weather Problems

- Rain, Thunder, or lightning at **8:45am** = no morning practice.
- Rain, Thunder, or lightning at **6:00pm** = no evening practice entire evening.
- Rain, Thunder, or lightning at **4:45pm** on swim meet night = **GO to meet location ON TIME.**

Swim Meet Expectations

- each **Tuesday** beginning **June 12** (3 home - 3 away)
- **HOME** swimmers **At Weaver's Pond no later than 4:45pm** for warm-ups
- **Away** swimmers **At the away facility no later than 5:15pm** for warm-ups
- **Be at swim meet location on time even if it is raining, thundering or lightening!!!!**
TSA reps will meet and decide what to do. If raining only, the meet usually is held. If postponed, it will be held **the next day - WEDNESDAY** at the **same time**.
- **Caps, goggles, team suit and tee-shirt** are highly recommended.
- Swimmers offered opportunity to pray the Lord's Prayer before the meet.
- Swimmers **will shake hands with the other team** to show good sportsmanship.
- Swimmers need to **bring water, fruit, crackers**, etc. to eat between events.

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, one leg each 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 swims 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**.
- **Swimmers can 'swim up'** an age division in a **relay** if no swimmer that age is available.
- We enter the **FASTEST 2 or 3 swimmers** in **main events or individual events per age division**. (Place Ribbons given out at Wed. practice.)
- All others swim a HEAT (no points awarded) for individual swims & get **participation ribbons**
- **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 and no points or ribbons are awarded for disqualifications.



MEET OFFICIALS (ALSO KNOWN AS PARENTS)

Parents run the meets!

No parents = NO MEET!

Home meets require a minimum of **26 parents**

Away meets require a minimum of **23 parents**

Each swim family is required to provide 1 parent(s) volunteer for all 6 swim meets. Please see the position list from TSA including brief descriptions. You may take different jobs at each meet so this is a great opportunity to learn something new! 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. Find clinic dates 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.
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REQUIRED OFFICIALS

HOME	VISITORS
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DUTIES AND RESPONSIBILITIES

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.
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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.
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1	1	CLERK OF COURSE - Get swimmers to proper starting blocks for their events and get event slips to the recorder.
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1-2	1-2	RIBBON WRITERS - Complete award ribbons and distribute to the swimmers.
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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.
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1	1	STROKE AND TURN JUDGE - Judges whether proper stroke, turn and finish are executed by the swimmers during the meet.
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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.
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3-5		CONCESSIONS – set-up & operate concession stand, including hot dogs, nachos, drinks & candy.
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2-3		HEAT RIBBONS – distribute heat winner & participant ribbons to swimmers not in main events.
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21-26	13-16	Total people required to operate meet.
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Main Event Scoring

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



SWIMMER RESPONSIBILITIES

I _____ understand that **it is my responsibility** to follow all team rules and help us achieve our goals of being good community representatives, improving our swimming techniques and times, developing socially, and enhancing our swimming experience

SWIMMERS' CODE OF CONDUCT:

- Maintain a **COOPERATIVE attitude** at all times.
- **Attend as many practices** as possible
- **Be on time** for practices and meets, **with all necessary equipment**.
- **Show respect** to coaches, pool staff, parents, other team members, opponents and visitors **at all times**.
- **Present myself**, my team and my pool in a **positive manner**.
- **Sit in the areas designated** for the team and their age group during swim meets.
- **Display good sportsmanship** at all times, regardless of the outcome of a meet.

I understand that **unsportsmanlike behavior will not be allowed at any time** and that this includes inappropriate language, gestures, and/or physical behavior toward another person, as well as insubordination to coaches, staff, spectators or meet officials.

DISCIPLINE

I understand that if I do not abide by the rules listed above, I will be disciplined as follows :

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, swimmer sent home, and swim team personnel will meet with parents and swimmer before 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.**

I have read and understand all information contained under Swimmer Responsibilities

Swimmer

Date

Parent or Guardian of Swimmer

Date

PARENT RESPONSIBILITIES



I _____ understand that **I am responsible** for showing a supportive attitude toward all aspects of swimming since I am a role model for my (and other) child(ren). To that end, I will

PARENT'S CODE OF CONDUCT:

- See that my **swimmer(s) come prepared to swim** (with necessary equipment)
- **Ensure** that my **swimmer(s) arrive(s) on time and are picked up on time.**
- Make **every effort** to have your swimmer **attend** as many **practices & meets** as possible

NOTE: If my swimmer must **miss practice or a meet, will be late or need to leave early, I will call and/or email the HEAD COACH ASAP and no later than Thursday before the Tuesday Swim Meet.** Coaches need to know if a swimmer is not available for a meet so event sheets are completed correctly!

- **Weekly** use the **Sign up Genius** for practice times so we provide the correct coach to swimmer ratios.
- **Volunteer** as a **Meet Official for all 6** meets
- **Complete** the **Safe Sport Training mandated by TSA** for all those who work with swimmers.
- **Review TSA Meet Official Job Descriptions** to identify which jobs I'm willing to do.
- **Read** weekly **Swim Team E-mails** for details on meet locations & assignments.
- **Check** Swim Team **Website & Facebook** site **regularly**
- Help with **ZST fundraising** efforts by **linking to Amazon Smile – Zebulon Swim Team**
- Applaud **all good efforts** and good swims of all swimmers.
- **Allow the coaches to coach** without interference. Save discussions with coaches for before or after practice.
- **Give your swimmer lots of 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 coaches, meet officials, and swimmers with dignity and respect.**
- **Encourage & support your child(ren) in following team rules** as well as rules of honesty, fair play and good sportsmanship.

I have read and understand all information contained under Parent Responsibilities

Parent or Guardian of Swimmer

Date