

North Carolina ZONE TEAM



in
TUPELO



TUESDAY, AUGUST 4, 2015

NCS ZONE TEAM NEWSLETTER — ISSUE ONE.



Swimmers from across North Carolina converged in Raleigh and Charlotte yesterday to catch a flight to Nashville from which the team boarded vans and SUVs enroute to Tupelo, Mississippi, the host city of the 2015 Southern Zone Swimming Championships. Arriving at the swim facility between 7:30-8:00pm, the team had a short warm-up before heading to the team hotel for dinner and a meeting.



Facebook postings will be continued throughout the meet. "The NC Zone Team" group site is open to all requesting to be a member. In addition, we plan to publish a daily newsletter and will tweet headliner results as they occur.



The Zone Meet hosts annually up to 15 LSCs. North Carolina has been fielding a team to this event since 1980 and has won the meet five times.

Zone Team members should review the reminders and itinerary daily so you will be prepared and on time to all meals, transportation and meetings.

NCS nominated 15-18 swimmers Caroline Forsyth and Sam Jones as Team Captains for the 2015 team.



The team was reminded that we are representing North Carolina at all times and to be sure to keep the hotel clean and act accordingly in all public places. Apparel distribution will occur on Tuesday. Swimmers are to wear 2nd yellow shirt on Tuesday.

TUESDAY, AUGUST 4 ITINERARY

- 7:00-8:00am**—Breakfast in the lobby
- 8:00am** — Vans for athletes not swimming on Tuesday, Team Captains and Coaches depart for pool.
- 8:15-9:45am**— warm-up for those not swimming Tuesday
- 9:00-10:00am**—Head Coach, Captains meeting
- 11:30am**—vans depart hotel with those swimming on Tuesday
- 12:00noon**—lunch for those not swimming
- 12-12:45pm** — warm-ups for those in 11-12 400, 13-18W 800m; 13-18M 1500m. (LANE 3)
- 12:30pm**—vans depart hotel with those not swimming on Tuesday to cheer.
- 1:00pm**—Meet Starts
- 2 hrs after meet concludes**—Rock and Roll Dinner and Dance at the Summit Center, 852 North Gloster Street, Tupelo, MS.

TUESDAY EVENT ORDER

- 1 11-12 Girls 400m Free
- 2 11-12 Boys 400m Free
- 3 13-18 Girls 800m Free
- 4 13-18 Boys 1500m Free

Reminders:

- 1— Black caps for prelims; Pink caps for finals.
- 2— Pick up team bags from the coach of your age group.
- 3 - Our team area will be in SECTION 4. Please be sure to watch after your belongings and keep all valuables zipped up in your team bag.
- 4—No cell phones are allowed in locker rooms at anytime.
- 5—No handmade signs are allowed to be hung in the aquatic center.
- 6—Positive check-in for Tuesday events is by the end of the General Meeting; heats in these events will be swum fastest to slowest alternating girls then boys.
- 7—Results are being posted at the Shock-wave Aquatics website—www.shockwaveaquatics.com.
- 8—An Elvis impersonator and a DJ will be present at the Tuesday evening social event which we will be attending as our dinner option. The food and beverages served are compliments of the host team.