



NCZONE RANGERS

2014 ZONE

MONDAY, JULY 28, 2014

SWIM TEAM

2014 North Carolina Zone Team

San Antonio, Texas

North Carolina Team Arrives in Texas

The North Carolina Zone Team left North Carolina on two flights today—one departing Raleigh-Durham at approximately 11am and a second flight left Charlotte Douglas at around 12:50pm. Unbeknownst to the Raleigh flight that had a connection in Houston, the Charlotte flight was diverted to Houston as well and the team united for the last leg of the journey into San Antonio on the same plane! Upon arriving in San Antonio, a few coaches and chaperones secured the five vans that will be used for transporting the athletes from the hotel to the pool each day

and then went back and picked up the remaining athletes, coaches and chaperones who were waiting near the baggage claim. From the airport the athletes were driven to the hotel for check-in and a brief meeting and then it was off to the pool for the first warm-up of the week. After an hour of warming up, the team left for the Riverwalk area in downtown San Antonio. After a brief walking tour, the athletes were given a choice of dinner between Fuddrucker's, Subway and Jimmy Johns. Then it was back to the hotel for a quick meeting and then lights out.

Day One was chock-full of moving from place to place. The facility at the NISD Aquatic Center is first-rate. Stadium seating is great to see on both sides of the 50m pool and several pools in the same complex are fantastic leading up to the competition which starts on Tuesday at 1pm.

Please read the article below on the Tuesday timeline so you will know what is occurring at all parts of the day.

NCS Zone Team Tuesday Schedule

Tuesday Schedule—July 29, 2014

8:00am: Wake-up Calls to all rooms

8:00-9:00am: Breakfast in the lobby.

8:15am: Coach Mike takes Amy, Jonathan, Mia Morrell and Henry McGugan (captains) over to pool for General Meeting.

9:00am: General Meeting at pool.

9:45am: Vans (3) depart hotel with all swimmers who are not swimming in the 11-12 400 Free, 13-18 800m Girls Free or the 13-18 Boys 1500 Free. **Plus** all the 13-14 and 15-18 coaches and two chaperones.

10:30-11:30am: Non-swimming athletes warm-up.

10:45am: Last group of swimmers who are competing today depart. Coach Alex and Chaperone Anne will be driving two van load over to the pool. See the list to right of today's swimmers. All remaining chaperones and 11-12 coaches should depart at this time.

11:45-12:45am: Today's swimmers in the meet, warm-up at the pool.

1:00pm: The meet begins.

4:21pm: The meet ends. An athlete social follows the meet at around 4:30pm.

5:30pm: Depart the pool for a grocery store run. You need to be sure to pack grocery money with the best swimsuit you have when you are ready to swim.

6:30pm: ALL Return to hotel.

7:15pm: TEAM MEETING at the hotel.

10pm: Lights out.

WEAR PINK SHIRTS TO POOL TODAY. You will receive all t-shirts and a backpack from the coaches today if you have not received anything yet.

Chase starts will be used. Girls will start at end where we started warm-ups on Monday. Boys will start at the opposite (scoreboard end).

SWIMMING ON TUESDAY

11-12 Girls 400 Free (5 heats)

- Amanda Ray (12th seed)
- Isabel Pennington (13th seed)
- Abby Arens (15th seed)

11-12 Boys 400 Free (5 heats)

- Zackary Whipple (9th seed)
- Michael Moore (10th seed)
- Zac Cairns (14th seed)

13-14 Girls 800 Free (5 heats)

- Ashlyn Butkowski (15) - 5th seed
- Ana Pozder (14) - 1st seed
- Anna Durak (14) - 4th seed
- Sophia Cherkez (14) - 5th seed
- Erin McCullagh (15) - 8th seed
- Meagan Johnson (16) - 12th seed

13-18 Boys 1500m Free (5 heats)

- Gavin McCulloch (17) - 5th seed
- Davis Payne (14) - 3rd seed
- Cothalee Watko (13) - 8th seed
- Jordan Ren (14) - 11th seed