

# NC ZONE RANGERS

**2014 ZONE  
SWIM TEAM**

FRIDAY, AUGUST 1, 2014

2014 North Carolina Zone Team

ISSUE FIVE

San Antonio, Texas

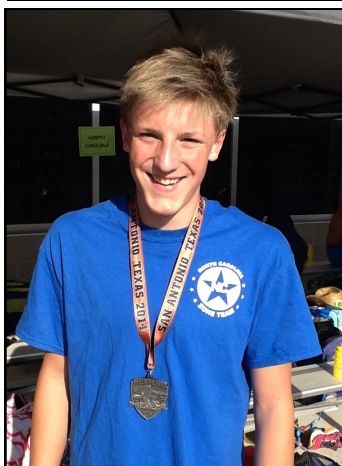
## Arens, Duckworth take Gold; Healy, Rauch, get Silver

Friday night produced two new Zone Champions, two silver medalists and two bronze medalists. **Abby Arens (12)** won the 100m Breast (1:13.89) and achieved the Winter Junior National cut along the way. **Ben Duckworth (12)** repeated his efforts from the 50m Breast by winning the 100m Breast (1:12.89). 14-year old boys, **Jacob Rauch (1:09.27)** and **John Healy (59.94)** took Silver medals in the 100m Breast and 100m Back, respectively. **Caroline Crouse (12)** took the bronze in the 100m Breast (1:18.43) and **Connor Blandford, 15**, finished 3rd in the 100m Back (:59.83).

NCS had 20 swims in tonight's finals session which began with the annual athlete's parade and concluded with the 200m Medley relays. Last year NCS finished in 4th place with 641 points. The same four teams were in the top-4 last year in the same finish order. Score last year is in parenthesis below:

### TEAM SCORES AFTER FRIDAY FINALS

- 1— GEORGIA 744 (962)
- 2 — FLORIDA 627 (870)
- 3 — SOUTHEASTERN 527 (790)
- 4 — NORTH CAROLINA 442 (641)
- 5 — FLORIDA GOLD COAST 364 (294)
- 6 — KENTUCKY 217 (590)
- 7 — SOUTH TEXAS 201 (364)
- 8 — SOUTH CAROLINA 92 (112)
- 9 — LOUISIANA 90 (72)
- 10 — NORTH TEXAS 44 (51)
- 11 — MISSISSIPPI 23 (17)
- 12 — BORDER 17 (0)
- 13 — WEST TEXAS 13 (0)



## NCS Zone Team Saturday Schedule

### Saturday Schedule—August 2, 2014

- 6:30am:** Wake-up Calls to all rooms
- 6:30-7:15am:** Breakfast in the lobby.
- 7:15am:** Vans depart. Orange t-shirts.
- 7:45am-8:45am:** Warm-ups in indoor 50M pool.
- 9:00am:** Meet starts.
- 9:15am:** Late van will leave from hotel with additional 13 and over athletes who are

only swimming the 200m Fly.

- 12N:** Three vans depart back to hotel.
- 12:30pm:** Lunch served at the hotel.
- 1:00pm:** Remaining two vans return.
- 4:00pm:** ALL vans depart for pool.
- 4:30pm:** Warm-ups begin.
- 5:30pm:** Finals begin.
- TBApm:** Dinner out tonight after finals.

# Friday Finals Swims

## EVENT 49 — 11-12 Girls 100m Back

5th—Isabel Pennington 1:09.14p

7th—Alina Stout 1:10.09

## EVENT 50 — 11-12 Boys 100m Back

5th—Michael Moore 1:07.20

8th—Jake Thakur 1:08.91p

## EVENT 51 — 13-14 Girls 100m Back

4th—Kat Morrison 1:05.82

## EVENT 52 — 13-14 Boys 100m Back

2nd—John Healy :59.94

## EVENT 53 — 15-18 Girls 100m Back

8th—Mia Morrell 1:06.93

## EVENT 54 — 15-18 Boys 100m Back

3rd—Connor Blandford :59.83

8th—Nathan Greeley 1:01.21p

## EVENT 55 — 11-12 Girls 100m Breast

1st—Abby Arens 1:13.89 [Winter JR]

3rd—Caroline Crouse 1:18.43

8th—Maddy Flickinger 1:20.61

## EVENT 56 — 11-12 Boys 100m Breast

1st—Ben Duckworth 1:12.89

## EVENT 57 — 13-14 Girls 100m Breast

5th—Caroline Forsyth 1:15.50p

## EVENT 58 — 13-14 Boys 100m Breast

2nd—Jacob Rauch 1:09.27

## EVENT 59 — 15-18 Girls 100m Breast

8th—Meagan Johnson 1:16.77p

## EVENT 61 — 11-12 Girls 100m Free

4th—Darcy Hall 1:00.62

## EVENT 63 — 13-14 Girls 400m Free

5th—Ana Pozder 4:29.37

6th—Sophia Cherkez 4:30.21

## EVENT 65 — 15-18 Girls 400m Free

7th—Ashlyn Butkowski 4:31.10p



# Friday Night Relays

11-12 Girls 200m Medley Relay — Event 67 — <b>THIRD</b>			11-12 Boys 200m Medley Relay — Event 68 — <b>FIFTH</b>		
Athletes	50 Split	Run Time	Athletes	50 Split	Run Time
Back—Pennington, Isabel	33.25		Back—Moore, Michael	32.53	
Breast—Arens, Abby	35.84	1:09.09	Breast—Duckworth, Ben	34.31	1:06.84
Fly—Stout, Alina	29.63	1:38.62	Fly—Whipple, Zackary	29.53	1:36.37
Free—Hall, Darcy	28.63	2:07.25	Free—Vlahos, Luke	28.76	2:05.13
13-14 Girls 200m Medley Relay — Event 69 — <b>FOURTH</b>			13-14 Boys 200m Medley Relay — Event 70 — <b>SECOND</b>		
Athletes	50 Split	Run Time	Athletes	50 Split	Run Time
Back—Morrison, Kat	30.68		Back—Healy, John	28.57	
Breast—Forsyth, Caroline	34.96	1:05.64	Breast—Rauch, Jacob	30.97	59.54
Fly—Carter, Olivia	29.05	1:34.69	Fly—Pigg, Hunter	26.95	1:26.49
Free—Lowe, Heidi	27.20	2:01.89	Free—Burhans, Tucker	23.98	1:50.47
15-18 Girls 200m Medley Relay — Event 71 — <b>NINTH</b>			15-18 Boys 200m Medley Relay — Event 72 — <b>FOURTH</b>		
Athletes	50 Split	Run Time	Athletes	50 Split	Run Time
Back—Morrell, Mia	31.49		Back—Greeley, Nathan	28.42	
Breast—Johnson, Meagan	35.98	1:07.47	Breast—Blandford, Connor	31.24	59.66
Fly—Ward, Cassie	29.94	1:37.41	Fly—Wohl, Michael	26.20	1:25.86
Free—Quintero, Dominique	27.33	2:04.74	Free—McGugan, Henry	23.76	1:49.62

# The Fine Art of Trading

## Rules of Saturday Swap Night

*Or "How to support my team in the face of temptation and STILL MAKE OUT LIKE A BANG-DIT."*

BY Coach Alex Black

First, a little background...

In 1990, Coach Alex was a 15-18 on the Zone Team and Coach Jonathan was Team Manager. Trading was not a big deal. Every team gave their swimmer ONE and only ONE T-Shirt, so not many kids were interested in trading away the only reminder of their experience. As a matter of fact there wasn't any trading, until close to the end of the final evening session on Saturday. Near the end of this session, it became clear to all swimmers which Zone Team would claim the title and everyone wanted to trade for the winning team's apparel. That year the title would go to us, Team North Carolina, and everyone wanted a piece of the glory. Some kids traded and others did not. I still have my "ZONE RANGERS" shirt, and I'm glad I held onto it.

### Rule Number 1- KNOW THYSELF

- ♦ **Determine which shirt you love the most and LEAVE IT IN YOUR ROOM.** By doing this, you have invested it in the bank and you will not be tempted to trade it in a hasty decision you will later regret.
- ♦ **Determine which items have TRADE VALUE.** This and your favorite shirt may be one and the same. Your team bag has an immediate value because there is no team logo on it. So any kid can make it their own (which also means it can be stolen). It is my belief our hottest shirts to trade will be the Blues and the Greens. They are designed so well and professionally they look like one of those \$50 shirts that are made onsite at many of our state meets back home. But the other shirts are "very Texas" and that may be an appeal in itself.
- ♦ **Determine which shirts you WANT TO GET.** You've probably already noticed the shirts on other teams, but the

week isn't over yet so you still don't know what else is out there, so...

**Because you won't REALLY know what the hot items are until then, don't make ANY trades until Saturday Night!** It is rarely a good idea to let a deal go down until you have actually gotten a feel for the supply and demand. The only exception to this rule I have witnessed was last year. On the second night of the trip, Levente Bathory was approached by a swimmer from Louisiana. That swimmer REALLY wanted our Team Bag (without the logo) and he offered Levente a Tech Suit (perfectly sized) and EVERY SHIRT the kid had for the rest of the week. GOOD TRADE.

You will be absolutely stunned by the sight you will see on Saturday Night. It will look like a crowd of homeless zombies, slowly trudging lap after lap around the pool holding a shirt up in the air. These are the suckers. They look pitiful and desperate. Some of them will even have shirts from Zone Meets as far back as 6 years ago. As soon as you step off of the van and onto the pool deck, THEY WILL ATTACK YOU. I'm not kidding. They've either already made a few trades and are feeling confident (they have the upper hand), or they are starved and have yet to make a trade (desperate, and with not much to offer). **Do NOT GIVE IN TO THE TEMPTATION AND EXCITEMENT TO TRADE.** If you are approached upon entry, don't be rude. Ask them what they are looking to trade. Humor them, raise their expectations and then LET THEM DO THE HARD WORK FOR YOU.

**Example:** Weak Trader – "Wanna Trade?"

NC Zone Ranger – "What do you have?"  
The weak trader shows all their stuff. "I'll trade a shirt for a shirt"

NC Zone Ranger – "Someone else already offered me TWO Shirts for one of mine. Top that by bringing me THREE SHIRTS and we'll talk."

Even if the weak trader doesn't think they want to do this they will tell their friends, "Man, you better have a lot of stuff ready to trade for anything from North Carolina." And someone else will.

### Rule Number 2-STAY IN THE TEAM AREA

- ♦ **You are here on business, so take care of it.** A lot of money has been spent by both North Carolina Swimming and your families to get you to this meet and to perform. That makes this a business trip. You are here to swim fast and support your teammates in swimming fast. Don't abandon them by wandering off in search of trades.
- ♦ **Make them come to you.** In your team area, you have home field advantage. An 11-12 will be extremely intimidated trying to trade with another 11-12 who is surrounded by 15-18's.
- ♦ **Play "Hard to Get."** Again, act like you may be interested, but turn them away. Don't even BEGIN to really trade until half way through the evening. Once you finally announce you are open for trade, THEY WILL BE CLAMORING FOR THE GOODS.
- ♦ **Use a "Body Guard."** 13-14's should have a 15-18 to cover their back, and 11-12's can use ANYONE OLDER. Before you rush into a decision, look over your shoulder at the older teammate. They will help in more ways than one.

**Keep your stuff safe, because it WILL BE STOLEN, FOR MORE TRADE WARES.**

**Have fun and GO, ZONE RANGERS!!!**

