



NCS Aqua-Zette

June 7, 2015

Issue 2015-1

On the Web!

- Visit us at www.ncswim.org

A Note from the General Chair

First, let me thank all of North Carolina Swimming for allowing me the opportunity to serve as General Chair. With the appointment of our past General Chair, John Roy, to the position of Southern Zone Director-Coach in October 2014, I, as the Administrative Vice Chair was appointed to fill the position. My duties and responsibilities to date have been relatively simple due to John's past leadership and the manner in which the rest of the NCS BOD operates on a daily basis. And I "Thank all y'all!" for that. I am an official on many weekends and an engineer during the week. I reside in Charlotte with my wife Lisa (of almost 33 years!) and have two daughters, Ashton and Kristina and a grand-daughter Emma. I was never a swimmer but volunteered to be a timer at my second meet and was recruited to become an official shortly thereafter. Although we don't currently have a child swimming, Lisa and I continue to volunteer in order to give back to a sport and activity that was a great experience for our children and has provided a lot fun along the way. We have and continue to meet great people on deck, and many of those friendships exist away from the pool.

Second, I'd like to challenge each of you to recruit a new volunteer. Whether as a timer, marshal, hospitality helper or official, swim meets require the help of many volunteers to be successful. There is no experience necessary, just the willingness to learn something new. The athletes would sure appreciate it!

Dave Olack



Swim meets can only be successful with the help of volunteers.

NCS Championship Meets

- June 5th - 7th, Southern Zone Open Water Championships, hosted by the Sandhills Sandsharks an North Carolina Swimming at Seven Lakes, NC
- July 16th - 19th, Age Group Long Course Championships, hosted by SwimGSA at the Greensboro Aquatic Center, Greensboro, NC
- July 23rd - 26th, Senior Long Course Championships, hosted by Greensboro Community YMCA at the Greensboro Aquatic Center, Greensboro, NC

Carolina Crown Swim Challenge

The inaugural Carolina Crown went great, with a HUGE thanks to Jonathan Watson for all his efforts behind the scenes! It was so much fun to have the Carolina's together for some really exciting late April racing! We at SCS look forward to next year in Greensboro!"

Kile Zeller, SCS Development Director

The Inaugural Carolina Crown Swim Challenge meet was held April 25, 2015, in Greenville, SC and hosted by NCS and SCS. The events were chosen by the Head Coaches of each squad (Emeralds, Rubies and Sapphires). Each of the 105 athlete participants were randomly assigned to one of the three squads. Team Emerald was the winner of the meet and an award given to each team member. In addition, meet sponsor Speedo supplied each athlete with a Speedo streamline jacket. Each athlete also received a meet t-shirt and swim cap for their participation. THANK YOU to both the host facility Westside Park & Aquatic Club and all the volunteer officials from both South and North Carolina that came out to support the event. (See photos on page 4)

In Memory

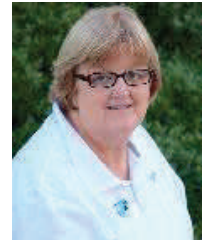
John S. "Skip" Queen, June 1, 2015

North Carolina Swimming sadly acknowledges the recent passing of Skip Queen, a long-time official, volunteer and friend from the High Point area. Please keep Skip and his family in your thoughts and prayers!



Why I Coach? By Kathy McKee

When I was as young as 10 years old I knew that I wanted to become a swim coach. I fell in love with swimming and have a true passion for the sport. I enjoy teaching young athletes as well as giving back to the sport that has given so much to me. I had an age group coach that helped develop my love for swimming and he played a special part in me becoming a coach.



I coach for a number of reasons. To me the most significant are teaching life lessons to young people such as teamwork, goal setting, problem solving, perseverance, dreaming big by setting goals and working hard to reach those goals. The best thing about my job is watching children that I have coached continue on in his/her swimming career and then grow and mature into special young people. The biggest thrill for me is to hear from swimmers who I have coached in the past well after their swimming career has finished.

My first team as a swimmer: Chapel Hill Swim Club

My favorite event: 400 IM

My first coaching position was with: Chapel Hill Swim Club

My favorite drill for my athletes: "almost catch-up" Free

My favorite book: This is tough to narrow down.

Fiction – The Thorn Birds; Any of John Wooden's books, Particularly Coach Wooden's Pyramid of Success: Building Blocks for a Better Life, and for Children Inch and Miles: The Journey to Success.

My favorite TV show: I don't watch much TV but when I do it's Carolina Tar Heel Basketball

My role model growing up was: Robert Gilligan. Robert was one of my many Age Group Coaches. He taught me to love swimming and taught me many life skills. He is the reason I wanted to become a swim coach.

Kathy is currently the Age Group Vice-Chair for North Carolina Swimming

"Motivation is when your dreams put on work clothes."

Ben Franklin

NCS Facility News

- The GAC recently completed \$590,000 in enhancements to the facility:

The West side (nearest High Point Rd.) exterior wall was bumped out 8' and over 60' long at the dive well end glass wall and expanded 10'-8" from the corner of the dive well north for 80' creating an additional 1,056 sq ft of deck space.

\$130,000 of the project funds went toward the In-deck Paddock Evacuator system for the Dive Well. We will no longer need the portable evacuator benches or fans. The GAC facility managers

are very pleased with the results of this project and the ability to ensure good air quality while hosting the largest of events. Future plans exist to continue the west deck expansion across the remaining length of the competition pool, in addition to additional enhancements of the dive tower and to our ancillary room space for multi-use, including hospitality.



- The Mecklenburg County Aquatic Center officially closed on June 1st for renovations that have been planned since 2008. The \$8.6M scope of work includes: Renovated lobby and fitness rooms, new family locker rooms, filtration system, bleachers, and more. The facility originally opened in 1991.
- Plans continue to move forward with SwimMAC Carolina and a developer for a new aquatic facility in Mooresville, NC. The proposed location will be part of a larger development planned to be a mix of retail, restaurants, residential and office spaces in a waterfront setting on Lake Norman and will include a Hilton DoubleTree hotel adjacent to the aquatic center.

Look Ahead Calendar

- July 30 - August 3, USA Swimming Junior Nationals, San Antonio, TX
- July 30 - August 3, USA Swimming Legends Meet, at the Greensboro Aquatic Center, Greensboro, NC
- August 3 - 7, YMCA Long Course Nationals, Indianapolis, IN
- August 6 - 10, USA Swimming Long Course Nationals, San Antonio, TX
- September 27 - October 4, United States Aquatic Sports Convention, Kansas City, MO
- October 10, NCS Awards Banquet, Talley Student Union, NC State University, Raleigh, NC
- October 10 - 11, NCS Fall HOD Meetings

Visit the NCS Home Page Swimming Calendar for more details!

Carolina Crown Swim Challenge Photos

