

North Carolina ZONE TEAM



in
TUPELO



WEDNESDAY, AUGUST 5, 2015

NCS ZONE TEAM NEWSLETTER — ISSUE 2

WEDNESDAY, AUGUST 5 ITINERARY

6-6:30am—Breakfast in the lobby
6:40am — Vans for morning warm-up
7:00-7:30am — Morning warm-up
9am – Prelims begin
12noon — approximate end of morning session
12-1:00pm — Lunch at hotel
3:30pm—vans depart hotel for finals and parade
4:00-5:15pm — Finals warm up
4:45pm — Athlete's Parade
5:30pm — Finals Begin

WEDNESDAY EVENT ORDER

5-6	11-12 200m Free
7-8	13-14 200m Free
9-10	15-18 200m Free
11-12	11-12 50m Breast
13-14	13-14 200m Breast
15-16	15-18 200m Breast
17-18	11-12 100m Fly
19-20	13-14 100m Fly
21-22	15-18 100m Fly

400m Medley Relays will swim in Finals.

Reminders:

- 1— Black caps for prelims; Pink caps for finals.
- 2— Black t-shirts with pink Elvis are today's shirt.
- 3 - Stay hydrated today. Bring water bottles and drink water and Gatorade frequently.
- 4—Get stickers from your coach when you swim a best time or achieve a top-8 finish. Place the stickers on your bag tags.
- 5—MOJO AWARD will be awarded at the end of today's meet based on doing something outstanding.
- 6—Bring your "A-GAME" in the morning and motivate your teammates whenever you swim. Cheer for everyone!

TOP SWIMS TUESDAY

11-12 Girls 400m Free

1st—Amanda Ray-4:33.71 –New NCS Record
 12th —Isabell Pennington-4:47.66
 15th—Caroline Pape-4:50.31

11-12 Boys 400m Free

4th—Jake Thakur-4:34.46
 5th—Christopher Ghim-4:35.26
 12th—Tommy Tobul-4:41.94

13-14 Girls 800m Free

3rd—Faith Hefner-9:13.07
 8th—Amanda Hoffman-9:27.48

13-14 Boys 1500m Free

1st—Ross Dant-16:07.52 (NCS Record; Meet Record and Junior National QT.
 2nd— Cothalee Watko-16:52.18
 4th—Ethan Knorr-16:59.67

15-18 Boys 1500m Free

3rd—Alan Hudgens-16:43.69
 9th—Matthew Jaynes-17:05.26

NCS athletes had a great first night of swimming with 10 out of 13 swims being best times. NCS had two pending LSC records set and one Junior National qualifying time posted by Ross Dant. Dant and teammate Amanda Ray were victorious in the 1500m Free and 400m Free, respectively and were the first winners of the NCS MOJO AWARD. Team North Carolina has burst out of the gate with a tremendous first day of swimming.

Head Coach John Fedena is urging all athletes to continue to arrive in the morning ready to put themselves in the position to get into the top-8 finishers. In addition, we want to cheer on all swimmers in their quest for best times at this meet.

The Athlete's Parade will occur between finals warm-up and the start of the finals competition. Exact plans for the parade will be communicated at Wednesday's lunch.

Morning warm-ups for the 11-12's and 13-14's will be in lane 3 from 7-7:30am. The 15-18's will try to get in lane 1 or 7 and control the lane.

Those finishing in the Top-8 will get to sign one of the NCS Thomas Trains, to be awarded to the male and female swimmers who have the most signatures on the train by the end of the meet.

400 Medley Relays will be swum at the end of finals on Wednesday. Relay personnel will be designated by early afternoon on Wednesday if not sooner. After finals dinner will be at Ryan's Steakhouse near the team hotel.



NCS Co-Team Captains
Caroline Forsyth and Sam Jones



Elvis impersonator entertained a standing room only crowd of athletes at tonight's athlete's social. It was all that and a plate of catfish!



Amazing final 100m of Dant's 1500m swim completed in 1:02.9.



The NCS Staff Taking Care of Business one day at a time!

Page 2 has swims as they are planned for the Wednesday preliminaries.

Wednesday Preliminary Events

Event 5—11-12 Girls 200m Free

Mia Nordstrom
Caroline Pape
Amanda Ray

Event 6 — 11-12 Boys 200m Free

Wesley Barnett
Christopher Ghim
Baylor Nelson
Jake Thakur
Tommy Tobul

Event 7 — 13-14 Girls 200m Free

Sophia Clayton-Luce
Amy Dragelin
Madison Duracinsky
Faith Hefner
Amanda Hoffman
Dakota Topp

Event 8 — 13-14 Boys 200m Free

Ross Dant
Michael Ivy
John Walker
Cothalee Watko

Event 9 — 15-18 Girls 200m Free

Diana Dale
Sinclair Larson
Sadie Schumann
Emma Wennborg

Event 10 — 15-18 Boys 200m Free

Robbie Epler
William Gambill
Matthew Jaynes
Sam Jones
Joshua Rigsbee

Event 11 — 11-12 Girls 50m Breast

Isabella Gaskey

Event 12 — 11-12 Boys 50m Breast

Stephen Kim
Jackson Nowacek

Event 13 — 13-14 Girls 200m Breast

Madelyn Flickinger
Emme Nelson

Event 14 — 13-14 Boys 200m Breast

Scott Lyons
Tren Oliver

Event 15 — 15-18 Girls 200m Breast

Caroline Forsyth
Stephanie Grandin

Event 16 — 15-18 Boys 200m Breast

Danny Dilks
Robert Hudgens

Event 17 — 11-12 Girls 100m Fly

Elan Booker
Sophie Boulware
Mia Nordstrom
Caroline Pape
Amanda Ray

Event 18 — 11-12 Boys 100m Fly

Timothy Connery
Stephen Kim
Baylor Nelson
Jackson Nowacek
Jake Thakur

Event 19 — 13-14 Girls 100m Fly

Sophia Clayton-Luce
Madison Duracinsky
Faith Hefner
Amanda Hoffman
Emme Nelson

Event 20 — 13-14 Boys 100m Fly

Thomas Hamlet
Scott Lyons
Tren Oliver
Cothalee Watko

Event 21 — 15-18 Girls 100m Fly

Caroline Forsyth
Stephanie Grandin
Sinclair Larson
Anne Whitsel

Event 22 — 15-18 Boys 100m Fly

Robbie Epler
Sam Jones
Benjamin Riggs
Joshua Rigsbee

