

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

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 out-standing.

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.



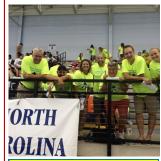
NCS Co-Team Captains Caroline Forsyth and Sam Jones



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.



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

<u>Event 12 — 11-12 Boys 50m Breast</u> 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

<u>Event 15 — 15-18 Girls 200m Breast</u> Caroline Forsyth Stephanie Grandin

<u>Event 16 – 15-18 Boys 200m Breast</u> 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





