



NCS TIKI TIME NEWSLETTER

#NCSWIKIWIKI

MONDAY - JULY 29, 2019

ALOHA (AH-LO-HAH)

Hawaiian word for "Hello"
"Goodbye" or "Love"



THE HELPFUL HAWAIIAN'S
WORD OF THE DAY

TUESDAY'S ITINERARY

7:30-8:00AM—Breakfast at the Hotel
8:15-9:45AM—Warm-up for those not in the meet on Tuesday, lunch provided, then leave to cheer on distance swimmers at 12:30pm.
11:30AM—Distance swimmers depart for warm-up, will be given a box lunch.
1:00PM—Competition Begins
5:01PM—Session Ends
5:15PM—Wal-Mart Run (at conclusion of session)
6:15PM—DINNER
TBD—TEAM MEETING
9:00PM—Room Check by Coaches/Chaperones
9:30PM—LIGHTS OUT

TUESDAY EVENTS

11-12 Girls/Boys 400m FREE
13-18 Girls 800m FREE
13-18 Boys 1500m FREE
11-12 Mixed Medley Relay
13-14 Mixed Medley Relay
15-18 Mixed Medley Relay

WELCOME TO CARY FOR THE 2019 SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIP MEET

For the 48-member NCS Team assembled for the 40th Annual Southern Zone Age Group Championship Meet, the next 5 days will offer each of our swimmers a spectacular swimming event and will include some of the top competitors in the nation at the age group level. The NCS Zone Team staff led by Head Coach Scott Stephens and Zone Team Manager Amy Faulk will hit the ground swimming on Monday beginning with a team workout/warm-up at the Triangle Aquatic Center in Cary where the competition will begin on Tuesday, July 30.

Every day throughout the competition, swimmers will receive a newsletter in the morning highlighting the events to come, the results from the previous day's swimming, the updated team score and reminders and notices of daily importance. We'll also be posting information on the NCS website throughout the event so folks who can't be at the meet can follow along.

Photos will be posted on social media:

#NCSwikiwiki—post photos using this hashtag

Twitter — NCS ZONE TEAM @team_ncs

Instagram — nc.swim

Facebook — North Carolina Swimming—@swimnc

In addition to the Head Coach and Team Manager, the 2019 NCS ZONE COACHING STAFF includes the following coaches:

11-12 Girls: Katherine Holian
11-12 Boys: Eli Danson
13-14 Girls: Chantal Woodard
13-14 Boys: Cole Dutton
15-18 Girls: Cliff Gordon
15-18 Boys: Austin Goldstein

Good luck to all participants! E Komo Mai!