



# The Tupelo Times

## A North Carolina Swimming Publication

### ISSUE 1. JULY 25, 2022



## NCS ZONE TEAM SELECTED

On July 17, the 2022 NCS Zone Team was selected and the following NCS athletes comprise this year's squad.

### 11-12 GIRLS-Coach Vavina Lapham-Char Bus

- Brock, Yari (NCAC) - Cary Bus
- Chia, Keira (TAC) - Cary Bus
- Delmar, June (SWIMMAC) - Char Bus
- He, Carolin (TAC) - Cary Bus
- Liu, Reina (GCY) - Get on in Char
- O'Malley, Fiona (WAVE) — Cary Bus
- Plaza, Karina (ATOM) - Char Bus
- Zuleger, Skylar (TYDE) - Char Bus

### 11-12 BOYS-Coach Darian Turner-Char Bus

- Cagle, Griffin (SWIMMAC) - Char Bus
- Guy, William (TEAM) - Char Bus
- Liu, Kevin (TAC) - Cary Bus
- Peterson, Theodore (MSA) - Char Bus
- Shall, Drennan (SWIMMAC) - Char Bus
- Sweet, Eli (SWIMMAC) - Char Bus
- Van Olst, Jr., Jason (WAVE) - Cary Bus
- Williams, John (SWIMMAC) - Char Bus
- Zhang, Chuanxi (NCAC) - Cary Bus

### 13-14 GIRLS-Coach Katie Quillen-Char Bus

- Champion, Maria (SWIMMAC) - Char Bus
- Collins, Daisy (NCAC) - Cary Bus
- Crane, Taylor (TAC) - Cary Bus
- Howard, Georgia (SWIMMAC) - Char Bus
- Klein, Taylor (SWIMMAC) - Char Bus
- Schmitz, Madison (MOR) - Cary Bus
- Talwar, Tara (TAC) - Cary Bus
- Winardi, Madison (MSA) - Char Bus

### 13-14 BOYS-Coach Jack Eichenlaub-Cary Bus

- Alzate, Santiago (SWIMMAC) - Char Bus
- Brock, Benjamin (NCAC) - Cary Bus
- James, Kaleb (MOR) - Cary Bus
- March, Jackson (TAC) - Cary Bus
- Rice, Michael (SWIMMAC) - Char Bus
- Smelzer, Albert (SWIMGSA) - Get on in Char
- Townsend, Alex (MOR) - Cary Bus
- Tuescher, Thomas (TAC) - Cary Bus

### 15-18 GIRLS-Coach Lorin Collins-Char Bus

- Goodwin, Taylor (WNCY) - Char Bus
- LePage, Charlotte (SWIMMAC) - Char Bus
- Martin, Sydney (TAC) - Cary Bus
- Mast, Alexis (MOR) - Cary Bus
- Miller, Sam (MOR) - Cary Bus
- Nugent, Nina (MOR) - Cary Bus
- Ormondroyd, Tia (TAC) - Cary Bus
- Takei, Kamiko (TAC) - Cary Bus

### 15-18 BOYS-Coach Kevin Donnelly-Cary Bus

- Brienza, Maxon (MAC) - Char Bus
- Countie, Kyle (MOR) - Cary Bus
- Glassner, George (SWIMMAC) - Char Bus
- Hassell, Frank (MOR) - Cary Bus
- Holtham, Isaac (LT) - Char Bus
- Lindsay, Robert (LT) - Char Bus
- Short, Harrison (SWIMMAC) - Char Bus
- Wickerham, Connor (SWIMMAC) - Char Bus

## BUS DEPARTURE SCHEDULE

Raleigh Group-31 passengers  
 5:30AM: Arrive at TAC Parking Lot  
 6:00AM: Bus Departs

Charlotte Group-31 passengers  
 7:45AM: Arrive at Concord Mills (behind Burger King)  
 8:15AM: Buses Unite and both depart!

## TEAM APPAREL/SWIM BAG

Team apparel and swim bags will await swimmers at the bus departure sites. We will stop for a light lunch around Atlanta. Pack your swimsuit, goggles, caps, and towel. We will be heading right to the pool for a swim upon arrival in Tupelo. Dinner will follow the swim session, then we will go to the hotel for check-in and our first team meeting.

## COACH DEPARTURE SITES

Coaches/Chaperones on Raleigh bus:  
 Watson, Donnelly, Eichenlaub (coaches)  
 Kelly Townsend, and Robin Smelzer (chaperones)

Coaches/Chaperones on Charlotte bus:  
 Faulk, Turner, Quillen, Collins (coaches)  
 Rebekah Allen, Matthew Shall, and Taylor Goodwin (chaperones)

## RELAY SWIMMERS

Relays at this meet will be decided by the coaching staff and will be based on past performance as well as current performance at this meet. Athletes will be informed of who will be swimming on relays each day at the end of prelims. All parties are asked to trust in the coaches decision based on observation at the meet and what data we have when making the final decision.

**This is our general timeline for Tuesday. We will add more specifics and discuss them with everyone at our first TEAM MEETING Monday evening at the hotel after dinner and getting checked in.**

**TUESDAY's SCHEDULE (DAY ONE)**

**7:00-10:30am:** Open Warm-ups (NCS athletes not swimming Tuesday will warm-up during this time)  
**10:00am:** General Meeting – Mandatory for a coach and a team captain to attend at the BancorpSouth Room. The meeting is for:  
 ♦ Submission of LSC entry fees  
 ♦ Submission of Code of Conduct forms  
 ♦ Submission of LSC Zone Team Selection Process  
 ♦ Selection/Announcement of Meet Committee/Technical Jury  
 ♦ Parade procedures, awards protocol, specific meet-related issues  
 ♦ Positive check-ins due for 11-12 400m Free, 13-18 800/1500m Free no later than 15mins after meeting.

**11:00am-12:45pm:** GENERAL WARM-UPS (additional 5 lanes available in warm-up pool).

**11:15am:** TEAM PHOTO AT POOL-wear tuxedo t-shirt

LANE	1 <sup>st</sup> WARM-UP 11:00-11:30AM	2 <sup>nd</sup> WARM-UP 11:30AM-12NOON	3 <sup>rd</sup> WARM-UP 12N-12:30PM
1			
2	GEORGIA	MISSISSIPPI	KENTUCKY
3	SOUTH TEXAS	BORDER	<b>NORTH CAROLINA</b>
4	FLORIDA	NORTH TEXAS	SOUTH CAROLINA
5	GULF	FLORIDA GOLD COAST	WEST TEXAS
6	LOUISIANA	SOUTHEASTERN	WEST VIRGINIA
7			
8	DISABILITY	DISABILITY	DISABILITY

**12:30-12:45PM:** SPECIFIC WARM-UPS  
 Lanes 1,2,7,8 – PACE LANES  
 Lanes 3 & 6 – ONE-WAY STARTS  
 Lanes 4,5 – GENERAL WARM-UP

**1:00PM:** COMPETITION BEGINS (Timelines available at the General Meeting)

GIRLS #	TUESDAY ORDER OF EVENTS	BOYS #
1	11-12 400M Freestyle*	2
3	13-18W 800M Free*/13-18M 1500M Free	4
5	11-12 200M MIXED Freestyle Relays	5
6	13-14 200M MIXED Freestyle Relays	6
7	15-18 200M MIXED Freestyle Relays	7

\*The 400, 800 & 1500 Free will be swim fastest to slowest, alternating girls, then boys.

**5:50-8:30PM:** The parade will be held on Tuesday evening at the BancorpSouth Arena. Swimmers will line up at 5:50PM. A pasta Dinner & a DJ will follow the parade. Theme: Rollin Out The Red Carpet.