



Park Village Porpoise's Swim Team Handbook

Summer 2011

PRACTICE TIMES

May 23rd-June 10th

Evening Practice (Mon—Fri)

4:30-5:15 11 & up
 5:15-6:00 9-10
 6:00-6:45 7-8
 6:45-7:15 6 & under

June 13th-July 19th

Morning Practice (M, T, Th, F)

8:00-9:00 6—10
 9:00-10:00 11 & up

Evening Practice (M, W, Th)

4:30-5:15 11 & up
 5:15-6:00 9-10
 6:00-6:45 7-8
 6:45-7:15 6 & under

There will be NO practice on:

- Memorial Day — May 30th
- 4th of July — July 4th

Beginning June 13, there will be NO practice Tuesday evening, Wednesday mornings or Friday evening. The coaching staff requests that you pick either morning or afternoon practice times. There is no need to come to more than one practice per day, but swimmers are welcome to attend both sessions.

2011 Meet Schedule

June 7 HOME 5:00pm
 Inter-Squad Meet
 June 14 HOME Medfield
 June 21 AWAY The Reserve
 June 28 AWAY Devereaux
 July 5 HOME Kildaire
 July 12 HOME MacGregor Downs
 July 16 AWAY Saturday (optional)
 Cary City Meet
 July 19 AWAY Regency Park

From the Swim Committee & Our Coaches

Welcome to the Park Village Swim Team! We look forward to sharing our summer with you. Our coaching staff hopes to make this a fun and exciting summer for all of our swimmers. Their goal is to create a positive environment for our swimmers to improve their swimming ability while enjoying themselves. They hope this will lead to a feeling of personal and team accomplishment. The coaches and our swim committee are all extremely enthusiastic about this year's swim season.

Our Coaching Staff:

Co-Head Coach: Madison Keesling
e-mail: KEESLINGM10@students.ecu.edu
phone: 919-805-0692

Madison Keesling will be returning to our team this summer as a co-head coach. Madison is a graduate of GHHS and a rising sophomore at ECU majoring in Exercise Science. In addition to coaching our team she will be participating in a physical therapy internship this summer to further her goal of pursuing a career in physical therapy when she completes college. A previous Park Village Porpoise Madison has been swimming for ten years. Madison joined our team last year as an assistant coach and prior to that was an assistant coach for the Wellsley

Waves and enjoys giving swim lessons. Beyond swimming Madison is a varsity cheerleader for ECU, a nationally competitive jump roper and an in-door/out-door track athlete.

Co-head Coach: Ryan Mahoney

Email: MAHONEYR09@students.ecu.edu
Phone: 919-244-0144

Ryan Mahoney is also returning to the team this summer as a co-head coach. A rising junior at ECU majoring in business, Ryan began his swimming career at age 5. He swam for a number of local year-round clubs and earned numerous Top 16 national rankings, set 4 state records, was a Junior National Qualifier, Regional Champion in multiple strokes and a 5 time Cary City swimming champion. He has a wealth of swimming knowledge and readily shares that information with our swimmers. While swimming was an early love for Ryan, he was an all-round athlete participating on varsity football, basketball and track teams when he attended GHHS. Ryan is currently playing varsity football for ECU.

Both coaches are looking forward to coming back this summer and helping our swimmers achieve new personal achievements in the pool.

Swim Team Committee Members

Name	Phone	Email
Tracey Asbill	919-362-0928	twasbill@nc.rr.com
Sarah VanLuvender	919-621-3014	Sarah.vanluvender@att.net
Laura Schmithorst	919-363-8131	lschmithorst@nc.rr.com
Liz Owens	919-363-2335	lizowens@bellsouth.net
Ann Lattro	919-387-4613	aelattro@bellsouth.net

Swimmer Qualifications

The Park Village swim team is open to all neighborhood children ages 5-18. The age group you swim with is determined by your age on June 1st. Additionally, residents must be in good standing with the PV HOA to participate.

It is highly recommended that your child has completed formal swimming lessons before joining the swim team. Children that are comfortable being in the water as a result of lessons will be safer and more likely to succeed in a group environment. Swim team participation should not be considered a substitute of formal swim lessons.

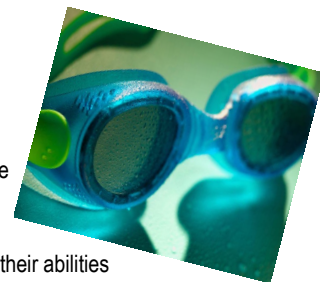
Entrance and Safety Guidelines

Swimmers must meet these minimum requirements by the end of the second week of practice in order to remain on the team.

- ☞ Ages 6 & under must be able to swim 15 yards unassisted.
- ☞ Ages 7-10 must be able to swim 25 yards.
- ☞ Ages 11-18- Must be able to swim 50 yards.

The coaching staff will be evaluating swimmers during the first two weeks of practice to determine swim team readiness.

Their decision will be based on observations of the swimmer at practice and their abilities during the inter-squad meet during this two week period. It is the coaches' discretion to decide if a child meets the requirements listed above. If at the end of the two weeks the coaches determine that a child is not ready for swim team the parents will receive a refund less \$25.00. If you have questions or concerns about your child's status, talk with the coaches at an appropriate time outside of practice.



Registration Information

Registration meeting will be held on May 1, 2011 at the Clubhouse. Fees are \$85 each for the first two swimmers, \$75 for the third, and \$65 for the fourth and subsequent swimmers from the same family. The registration fee covers coaching salaries, TSA dues, concession supplies, swim team equipment, printing expenses, and awards/trophies.

The following must be completed and/or turned in at Registration before the swimmer's application will be accepted:



- ☞ A completed registration form for each swimmer joining the team
- ☞ A check (or exact change) to cover swim team fees
- ☞ Signing up for a volunteer position at a **minimum of 4** regular season meets.
- ☞ Separate check for \$150 Volunteer Fee. This check will not be cashed unless volunteer obligations are not met by the swimmers family.

Checks should be made payable to **Park Village Swim Team.**

We also have a variety of committees needing volunteers. The different committees include planning team social outings, helping with Tuesday "before the meet" activities, and helping plan special snacks after practice on Wednesdays. We will also need parents willing to shop for concessions

and help with the End of the Year Banquet. While it is not a requirement, we strongly encourage you to become involved with a committee. Our goal is to make swim team a very desirable club activity and fun for swimmers of all ages. We want to encourage our swimmers to get to know the others in their age group as well as others on the team!

Refunds less \$25.00 are available for first time swimmers if the coaching staff determines that they have not met the safety guidelines listed above by the end of the second week of practice. Refunds less \$25.00 are also available for first time swimmers who choose not to continue with the team at the end of the two week trial period. Refunds will be issued after the first two weeks of practice.

Meet Absences

We will again be using the **Coaches Notebook** to help the coaches keep track of who will or will not be swimming in a meet. Located in the **Coaches' Notebook** each week will be a swim team roster with the next scheduled meet listed at the top. By the end of the Thursday afternoon practice a parent or the swimmer must sign "yes" or "no" beside their name indicating whether they will be attending this meet. **Swimmers who do not register to swim by the Thursday deadline will not be eligible to swim as a main event swimmer for that meet.** Additionally,

if you will be late or need to leave the meet early please write this down **in advance** in the Coaches' Notebook so they can adjust the line-up accordingly.

If you sign the weekly roster indicating that you will be attending the swim meet but later find out you will not be able to come you must let the coaches know as soon as possible.

The coaches will be filling out the line-ups over the weekend. Once line-ups are determined numerous forms must be completed, copied, and distributed to Meet Officials for

both teams. As such, it is very time consuming to make last minute changes to all of the necessary forms. If a child is a no show, arrives late, or leaves a meet early without informing the coaching staff, it can affect not only the individual events that that swimmer was placed in but also can put relays, which other children are part of, in jeopardy.

If you fail to show up without informing one of the coaches, you will NOT be entered in any main events or relays at the next meet.

Weather Policy

Rain alone is not grounds for delaying or re-scheduling a swim meet. Please show up at the meet at the proper time even if it seems that weather may in some way impact the event. If at all possible, a meet will be run on the scheduled night for these reasons:

- ☞ Inconvenience to the host club and staff to reschedule the following night.
- ☞ Difficulty getting swimmers and workers back due to conflict with other activities.

The presence of **lightning and/or thunder results in a 20 minute delay** from the last occurrence. Decisions made by the two TSA representatives concerning delays or rescheduling depends on the following:

- ◆ When, during the meet, the storms occur
- ◆ Current weather information available for the remainder of the evening

Practice Attendance

Practices are important as they help swimmers improve their stroke techniques and times. They also promote teamwork and help to foster friendships within the community. **Swimmers must practice with their own age group.** With prior approval from the Coaches for a swimmer to practice with older swimmers.

During the morning practice the team can use all 6 lanes which helps cut down on the number of swimmers per lane. This will in

Inter-Squad Meet & Time Trials

This year we will once again hold a practice swim meet. This meet is scheduled for **Tuesday June 7th at 5:00pm** at the pool. It is being held to accomplish the following things:

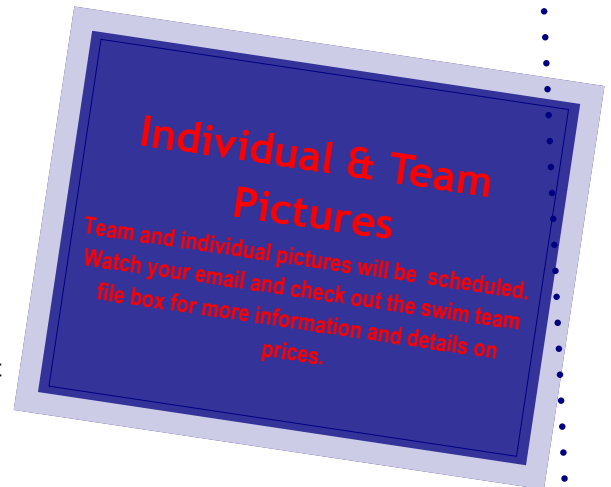
- ☞ To give 1st time swimmers exposure to the meet format
- ☞ To provide parent volunteers a chance to become comfortable with their responsibilities
- ☞ To record times for each swimmer which will then be used by the coaches to determine the line-up for the first regular season meet



The Mock Meet is considered a real meet for our purposes which means swimmers must sign the Mock Meet page in the Coaches' Notebook indicating whether or not they plan to attend. The deadline for this is Thursday, June 2nd.

Every family that has a swimmer participating in the Mock Meet will be assigned a volunteer position and a shift to work that night. The Volunteer Coordinator will e-mail this information to you prior to the day of the meet.

If your swimmer cannot attend it is your responsibility to make arrangements with the coaches to get times for your child



turn increase each child's opportunity for repetition, skill development and growth. In the afternoon we only have 3 lanes to use and they can quickly become very crowded. Please try to make the morning practice if at all possible.

Beginning June 13th there will be no practice on Tuesday evenings, Wednesday mornings or Friday evenings.

Communications

Parent-Coach Communications:

Coaches are on deck during practice for the swimmers. This is not the appropriate time to be addressing concerns. If you do have a swim team concern, please contact the coaches by email or telephone. You may choose to set a mutually convenient time to meet face-to-face. There is very little time available in between practices to discuss in depth issues. If you are not able to fully resolve an issue, please contact a swim team committee member.



Swim Committee-Parents:

- E-mail will be our primary source of communication so please check it daily for any team news.
- Check the Coaches' Notebook often to register for or sign out for the upcoming meet, to see times from the previous meet, or to register for a weekly mini-clinic.
- Check your family's folder in the Family File Box to pick up ribbons or paperwork that needs your attention.



Meet Education

- Swimmers may participate in individual main events for their own age group only. A coach may determine a swimmer can “swim-up” (swim in a higher age group) to complete a relay team.
- A. Swimmers ages are determined by his/her age on June 1st of the current TSA swim season. Swimmers do not change age groups during the TSA swim season. The age groups, distances, and strokes for individual main events are as follows:
 1. 6 & under, 15 yards, freestyle, backstroke, breast stroke
 2. 7 & 8, 1 length of the pool, free style, backstroke, breast stroke, butterfly
 3. 9 & 10, 1 length of the pool, free style, backstroke, breast stroke, butterfly
 4. 11 & 12, 2 lengths of the pool, free style, backstroke, breast stroke, butterfly
 5. 13 & 14, 2 lengths of the pool, free style, backstroke, breast stroke, butterfly
 6. 15 to 18, 2 lengths of the pool, free style, backstroke, breast stroke, butterfly

Boys and girls swim in separate events.

- B. Rope finish lines shall be established for 6 and under events. All other age groups will swim from wall to wall, regardless of pool length. For 6 and under only, each lane will have a “kid catcher”, an older swimmer who will be in the water to encourage and assist the child in exiting the pool.
- C. Swimmers in the 6 and under age group may swim in up to 2 individual main events. Swimmers in all other age groups may swim in up to 3 individual main events. Main events earn points for the team. All swimmers not swimming in main events will swim in a “heat event”.
- D. There shall be a medley relay event and a free style relay main event separately for boys and girls in each age group, except 6 and under. Participation in relay is not included in the number of individual main events a swimmer may enter. A swimmer may participate in one medley relay event and one free style relay main event. Each swimmer in a relay will swim the same distance as swimmers in the individual main

- events for the age group. Remember that it may be necessary to have a child “swim up” to complete a relay in an older age group. This is a decision that the coaches will make if it becomes necessary. The swimmer who has been moved up for a relay will then have to swim the distance required for the older age group.
- E. Events shall be swum, alternating between boys and girls and starting with the youngest boys’ age group swimming in the event, in the following order:
 1. Medley Relay
 2. Free Style
 3. Backstroke
 4. Breast Stroke
 5. Butterfly
 6. Free Style Relay
- F. Meets will start promptly at 6pm on Tuesday evenings. The inclement weather date will be the Wednesday immediate following, starting at 6pm, unless an alternate day can be mutually agreed upon the two TSA representatives.

Meet Scoring

As TSA participants the Porpoises will swim in six dual meets (the Inter-Squad meet is not an official TSA meet) during the season 3 divisional and 3 non-divisional meets. Three of the six meets will be held at Park Village, and three of the meets will be held at our competitor’s pool.

Ribbons for 1st through 6th place are awarded to main event swimmers. They will be placed in the child’s folder located in the

Swim Team File Box and can be picked up the next day at practice. On the evening of the swim meet heat winner ribbons are given to the first place swimmers for every heat. “Participation” ribbons are given to all swimmers for every heat event the participant is in during the swim meet. Our team philosophy is to encourage our swimmers to have fun and make individual improvements; we do not emphasize ribbons and

scoring.

MAIN EVENT SWIMMERS:

The swimmers in the main events will be chosen at the coaches’ discretion. Their decision will be based mostly on the swimmer’s times and stroke legality. However, practice attendance, performance, and attitude at meets and practices are also taken into consideration.

	Free & Medley Relays	Individual Strokes
1 st place	5 points	5 points
2 nd place	0 points	3 points
3 rd place	0 points	1 point
Any tie finishes – split the points		
Scoring is done for main events only		

Rules for Practices & Meets

It is important that our swimmers are aware that the pool rules apply to all swimmers at all times. Pool rules are in effect to maintain safety. Only swim team members participating in practice will be allowed inside the pool area before the pool opens at 10:00am. Swim meets and practices are not a babysitting service; if your child is not 12 years old or older pool rules require that a parent or guardian be present. The coaches will be working with your child during practice but are not responsible for their care before or after practice. No swimming of any kind, either in the baby pool or main pool, is permitted prior to the official opening time of 10:00am. NOTE: before the official opening of the pool, no life guard

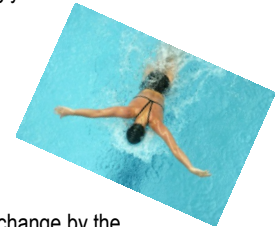
is on duty; therefore it is a matter of safety and liability. If you have any questions concerning basic pool safety rules, please contact a lifeguard or the pool manager.

- ☞ All swimmers must be on time for their scheduled practice and meet warm-ups.
- ☞ Disruptive conduct of any kind (including profanity, unsportsmanlike conduct, refusing to participate, lack of cooperation, etc.) will result in dismissal from practice or a swim meet. If necessary one of the coaches will contact the parents by phone or e-mail to discuss the incident that occurred. When making the initial contact with

the parents the coach may also request a meeting at the pool to further discuss the matter.

The coaches base their "swimmer entries" on overall team strategy. If you end up swimming an event that you normally don't swim, there is a viable reason for the coaching staff's decision.

During any actual swim meet, swimmers are responsible for staying in their designated age group area at all times. If a swimmer needs to leave this area for any reason, they must inform the "Kid Pusher" before doing so. Failure to comply with the rules may result in missing your event.



Cary City Meet (Cary Invitational)

The Cary City Meet is an annual gathering of approximately 20-plus Cary/Apex area swim teams at one pool. This year it is scheduled for July 16th at the Cary Swim Club. It is open to any registered swimmer who wants to participate.

- ☞ Swimmers in the 7 and ups age groups may swim up to 3 individual events and 2 relays; race distances will be the same as they typically swim during a dual meet (for example 7-8's swim 25 yards, while 11 and ups swim 50 yards).
- ☞ Swimmers in the 6 and under age group may only sign up to swim the freestyle and backstroke events. Additionally, the length of

these races will be 25 yards and not the 15 yards they swim during the regular season meets.

Each event a swimmer participates in will cost around \$3 per swimmer (the final cost is not available as we put this book to print). The swim team will cover the cost for relay teams.

The day is split in half, 10 and under swim in the morning and 11 and up swim in the afternoon. Entry forms will be distributed as soon as more information becomes available from Scottish Hill. Watch your email, the swim team file box and the web site for the exact date.

Keep in mind that relays will be chosen by the coaching staff. The composition and order of relays

are subject to change by the coaching staff during the course of the meet as situations may necessitate doing so. Any special circumstances, which call for partial participation in the Cary City Meet, should be discussed with the coaching staff well in advance of the event.

Please consider signing up. The Cary City Meet is another opportunity to get best times and engage in friendly competition with a wide-range of swimmers.

If you have a swimmer participating in the Cary City Meet you will be expected to volunteer to help with some aspect of the Meet

Please arrive 30 minutes prior to warm up time.

Dual Meets

Dual meets are a lot of fun, but can be confusing to a new swimmer. Here are some things that might be helpful to a new swimmer.

Warm-ups are as follows:

- 5:00 pm for home meets
- 5:30 pm for away meets

Please be on time as dual meets begin promptly at 6:00pm, and it is essential that each swimmer properly warm up. When you get to the pool, the first thing you want to do is look for the Coaches. They will check in the

swimmer and put a number, in marker, on your arms. After that, report to your age group area. The coaches will let you know when you can enter the pool and when the warm-ups will begin.

Parents need to be sure to bring lawn chairs to sit on. Pool chairs go fast at home and away meets. Other items to bring include: towels, goggles, caps, t-shirts, drinks, snacks, games, cards and/or other small items to keep your swimmer occupied in between their

events. Most pools have concessions stands in case you don't have time to pack dinner. It is usually between 9:30p and 10:00p before all events have been swum and the meet is officially over.



Volunteer Policy

The Park Village swim team is a parent-run volunteer organization. As such, **each participant's family is required to volunteer at a minimum of four regular season meets**. You must sign up for these volunteer positions at the time of registration in order for your child's application to be complete. Having enough volunteers is vital for a swim meet to run smoothly and efficiently so if you cannot fulfill the four volunteer requirements please do not sign your child up for the team. This year we will again require a volunteer fee of \$150.00 per family. Volunteer Fee checks will only be cashed if obligations are not met by the family.

In the event that you cannot be at a meet for which you signed up to work, **you are**

responsible for finding a suitable replacement. Once you find a replacement you will need to contact the Volunteer Coordinator, to let them know about the change. At that time they will help you get rescheduled to volunteer at another meet.

If you simply fail to show up when you are scheduled to work at a meet and you do not find a replacement, then your swimmer(s) will not be eligible to swim in any main events or relays at the next meet. When volunteering you must stay until all of your job responsibilities have been completed. Before leaving, you must see the Volunteer Coordinator to return materials and get checked out for it to count as a volunteered meet



Swim Lessons

Madison and Ryan will be available to give private swim lessons at the pool this summer. You can talk with them outside of practice to schedule a lesson or contact them using the following information:

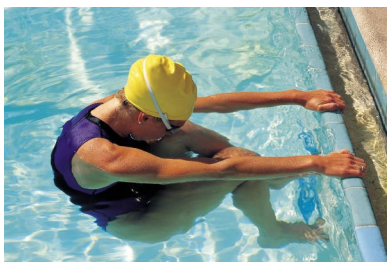
Madison Keesling

e-mail: KEESLINGM10@students.ecu.edu
phone: 919-805-0692

Ryan Mahoney

Email: MAHONEYR09@students.ecu.edu
Phone: 919-244-0144

This activity is outside swim and prices are set exclusively by the coaches.



Clinics

This year the coaches will be offering clinics at various times throughout the season, please watch your email for specific dates and times. These clinics are in addition to swim practice and will cost \$3.00 per swimmer to participate. These clinics will give swimmers additional practice in specific skills (ie, strokes, starts, turns, etc.) These clinics

Be a Better Swimmer

Ways to measure improvement

- Best times
- Stroke has become legal
- Finish strong
- Swimmer tried something new that the coach suggested
- Dive improvement
- Swimmer gave 100% effort

Ways to be a Team Swimmer

- Put the team's need first (remember there is no I in TEAM)
- Swim how and when your coaches ask you to
- Offer support to a younger or newer swimmer
- Accept compliments graciously
- Show team spirit throughout meets
- Be a gracious winner
- Keep cheering positive
- Acknowledge your teammate's improvements
- Support and include every swimmer on your team

ics are only open to members of the swim team and you will need to register ahead of time to attend. You will find the sign-up sheets in the Coaches' Notebook.

If you still feel your child needs extra help you may want to talk with a coach about scheduling a private lesson for an additional fee.

Volunteer Positions

TSA Rep: Represents the Park Village swim team on the TSA Board of Directors. Attends monthly meetings with Reps from other teams to make decisions about the upcoming swim season. Resolves disputes and answers questions that come up during a meet. Sets up a meeting with volunteers before the start of the meet to introduce the Meet Officials. Signs the score sheet with the opposing team's TSA Rep at the conclusion of each meet. Reports meet results to the TSA via their website after Home Meets.

Volunteer Coordinator: Organizes and ensures all Meet Volunteer positions are filled prior to the meet each week. E-mails or posts reminders for the Meet Volunteer positions prior to the meet. Prepares materials for volunteers and collects them when the meet is over. Responsible for checking in and checking out volunteers that are working at the meet.

Announcer: Communicates information to swimmers, officials and observers over a public address system. Calls swimmers to the Clerk of Course for each event. Announces scores. Welcomes the visiting team to our pool and announces the names of the Meet Officials. Helps get meet started with the playing of the National Anthem.

Kid Pushers: One for boys, one for girls in the 6&unders, 7-8, 9-10, and 11-12 age groups. Help supervise swimmers in their designated gathering area. Line up swimmers when their event is first called by the Announcer and escort them to the Clerk of Course. Stay with them until they are placed in their lanes for the event.

Clerk of Course: One for girls, one for boys. Gets swimmers to proper starting blocks for their events. Hands off Event Sheets to the Runner, who delivers the sheets to the Recorder. Responsible for double checking that the correct children, as indicated by the Event Slips, are in the proper lanes.

Starter: Must attend a preseason clinic. Furnished by the Home team. Has complete control of swimmers delivered to the starting blocks by the Clerk of Course. Remains stationary, poolside, at the starting end of the pool. Prior to the main event ensures that judges and timers are ready. Announces the sex, distance, and stroke being swum. Directs swimmers to "Take your mark," and then operates the starting device to begin the race. Also responsible for calling false starts.

Place Judges: Six judges are needed for each meet- three from each team. Responsible for determining first through sixth place at the conclusion of a Main Event race. Handle any disputes regarding a swimmer's placement. First place judge also records the time for the event winner and gives that information to the Recorder.

Recorder: Records the placement of the swimmers and the winning time in the Main Event as specified by the Place Judges. Hands the results to the Runner who takes the information to the Scorer's Table.

Runners: One Runner takes the Event Slips from the Clerk of Course to the Recorder. The other Runner carries the Event Slips from the Recorder to the Scorer's Table. If any disqualification slips are written by the Stroke and Turn Judges the Runners must pick them up as well and take them directly to the Scorer's Table. This is a very mobile position.

Stroke and Turn Judge: Must attend a preseason clinic. Each team provides one judge. Judges determine whether proper strokes, turns, and finishes are executed correctly by the Main Event swimmers. If a swimmer commits an infraction the Judge will immediately raise his/her hand. A yellow disqualification sheet detailing the event, lane, and reason for the disqualification will then be filled out. A Runner will pick up the sheet from the Stroke and Turn Judge and take it directly to the Scorer's table.

Timers: 2 timers per lane. Each group of timers is responsible for recording the swimmer's time in their lane. During heats it may be necessary to move over to a different lane and time if there is a Park Village swimmer in that lane.

Heat Ribbon Distributors: Hand out heat winner and participant ribbons to swimmers who are not swimming in the Main Events. We will need two people for this job.

Ribbon Writers/Filer: Three people total. Two individuals take the place information from the Scorer and record it onto the ribbons. The "Filer" then places the ribbons in each child's folder.

Set up/Clean up: Prior to the meet this group is responsible for setting up the tents, chairs, table outside the fence for swimmer check-in, ribbon writing and scorer's tables, spectator seating, Clerk of Course area, Coaches' chairs, concession stand tables and coolers, announcer system, starting system, lane ropes, and the neighborhood sign informing the community that the pool will be closing early.

At the end of the meet all of these items will need to be put back in their proper place and any trash left around will need to be picked up.

Concessions: Workers monitor concession table during home swim meets. Concession sales are a fundraiser for the team.



Volunteer Services

AWAY SWIM MEET INFORMATION

Directions to The Reserve - 101 Edgemore Road, Cary

Tuesday June 21 , 2011

Directions to The Reserve from Park Village Drive:

Park Village Drive to Davis Drive turning left onto Davis Drive. Turn left onto High House Road. Turn right onto NC 55. Take the 3rd left (EDGEMORE AVE.) You will make a u-turn when you enter the subdivision to get into the pool area.

Directions to Devereaux - 500 Wakehurst Drive, Cary

Tuesday June 28 , 2011

Directions to Devereaux from Park Village Drive:

Park Village Drive to Jenks Carpenter Road turning left on to Jenks Carpenter Road. Make first right onto Watch Run Drive. The pool will be immediately ahead of you as you enter the subdivision.

Directions to Regency Park - 101 Killingsworth Drive, Cary

Tuesday July 19, 2011

Directions to Regency Park from Park Village Drive:

Park Village Drive to Davis Drive turning right onto Davis Drive. Davis Drive becomes North Salem Street. Turn left onto Center Street. Center Street becomes Ten-Ten Road. Turn left onto Penny Road. Take first left onto Killingsworth Drive. The pool is immediately on your left as you enter the subdivision.

Directions to Cary Swim Club - 536 Walnut Street, Cary

Saturday July , 2011

Directions to Cary Swim Club from Park Village Drive:

Park Village Drive to Davis Drive tuning left onto Davis Drive. Turn right onto High House Road. Turn left onto Old Apex Road. Old Apex Road becomes West Chatham Street. Turn right onto South Academy Street. Turn left onto Kildaire Farm Road. Take first left onto Walnut Street. The pool will be on your right.



PARKING FOR SWIM MEETS:

To make sure emergency vehicles can navigate our neighborhood in the event they are needed please park **ONLY** in the parking area at the pool or along the POOL SIDE of PARK VILLAGE DRIVE.



Meet Concessions



There will be food available to purchase at all home meets. A portion of the registration fee will go toward the purchase of concession stand supplies. The proceeds from these sales support other swim team activities.

Typical menu items include, cheese pizza, hot dogs, Chick-Fil-A sandwiches, baked potatoes, nachos & cheese, soft drinks, water and a variety of candy and snack items



Mark Your Calendar

End of Season Party

Friday July 22nd

6:00p—8:30p

Bond Park Senior Center



Year-Round Swimming

There are many opportunities for swimmers to become involved in swimming all year long. Each program in the area has its advantages and disadvantages depending on what someone is looking for. Swimmers desiring to increase their comfort, speed and technique in the water should highly consider joining a year-round program. Registration usually begins in July with the season starting in early September. In no particular order, below are the websites for the programs in the Wake County area:

www.marlinsofraleigh.com

www.newwaveswimteam.org

www.ymcatriangle.org

www.swimrsa.org

<http://www.triangleaquatics.org>

A HUGE Thank You to our Sponsors

These local businesses are generously supporting our swim team activities. When you are visiting them please let them know how much we appreciate their backing!



alliance dentistry™

Timothy C. Raczka, D.D.S. • Maureen M. Raczka, D.D.S.

202 Davis Grove Circle • Suite 102 • Cary NC 27519
919 363 3100 • AllianceDentistryNC.com

Erin Wilson
Director

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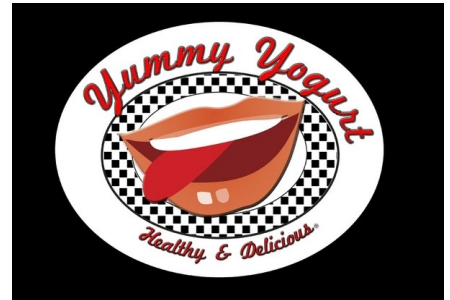
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