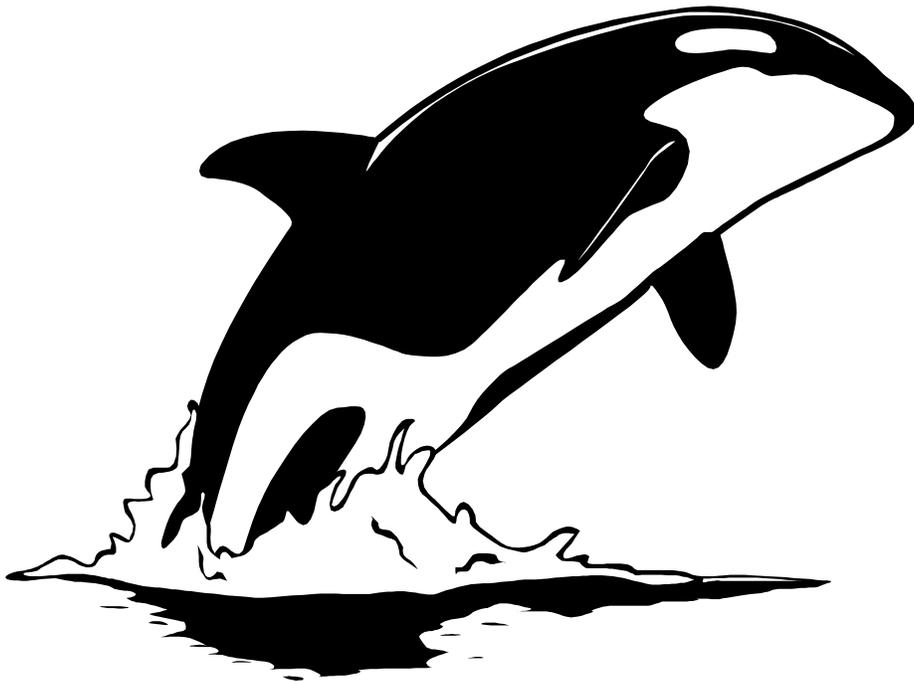


# 2019

## Shepherd's Vineyard Killer Whales Handbook



[www.svkw.com](http://www.svkw.com)

We are the **Killer Whales**  
and we know we are the **BEST!**  
With our hands behind our backs,  
we will challenge all the **REST!**

We always go the **EXTRA** mile!  
Whenever we do, we do it in  
**STYLE!**

We are the Shepherds Vineyard  
Killer Whales!

**LET'S GO!!**



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## **Coaching Staff**

**Margaret Geiger**

***Head Coach***

mgeiger92@gmail.com

**Matt Zeleskey**

***Assistant Coach***

MJZeleske@gmail.com

**Emma DeCaro**

***Assistant Coach***

Edeca552@live.kutztown.  
edu

**Carter Bilbro**

***Assistant Coach***

[cw152@gmail.com](mailto:cw152@gmail.com)

**Meg Giuliano**

***Assistant Coach***

Migiuliano18@gmail.com

## **Swim Lessons**

Coaches are available to give private swim lessons at the pool. This is a great opportunity to get focused attention on improving specific strokes, dives, and turns. Please contact them if your swimmer needs that little bit of extra attention.

## Practice Times

	<b>Morning</b> (starting June 13)	<b>Evening</b> (starting May 13)
<b>6 &amp; Under</b>	10:30–11:00 AM	5:30–6:00 PM (M-F)
<b>7 &amp; 8</b>	9:30–10:20 AM	6:00–6:40 PM (M-F)
<b>9 &amp; 10</b>	9:30–10:20 AM	6:40–7:20 PM(M-F)
<b>11 &amp; 12</b>	8:30–9:30 AM	7:20–8:05 PM (M-Th) 7:20–8:15 PM (F)
<b>13 &amp; up</b>	8:30–9:30 AM	8:05–8:50 PM (M-Th) 7:20–8:15 PM (F)
<b>ATTENTION:</b>  Friday Evening Practices end June 7 <sup>th</sup> Saturday Morning Practices begin June 22 <sup>nd</sup>		

**There are more lanes available in the morning so please try to attend morning practices if you are able. Please attend the practice for your age group unless otherwise discussed with your coach.**

**On meet weeks, there will be NO practice on Tuesday evenings (meet nights) or Wednesday mornings following meets. The coaching staff requests that you pick either morning or afternoon practice times for a day. There is no need to attend more than one practice per day or more than 4 practices per week unless you desire.**

## **Red/White Meet** **Team Photo**

The Red & White Meet is scheduled for **Tuesday, June 4 at 6:00 PM** at the pool. This is an intra-squad meet. Times will be recorded and used to determine line-ups for the first dual meet. This is a great time for new families to learn the ropes and see what a meet will look like. Every effort should be made to attend this meet.

Team photos will be taken prior to the meet. More information concerning photos will be available closer to the meet date. Warm-ups will begin when the team photo is complete. In the event of rain, the meet will be held on **Sunday, June 9 at 5:00 PM** (team photos will be taken before the meet).

**It is imperative that you sign out of this meet online or sign the absentee board if you are unable to attend this meet.**

## **Individual Photos**

Announcements regarding dates and details for individual pictures will be sent out via email.

\*We are requesting the parents do not shoot their own photos over the photographer's shoulder at the time of the photo shoot. This can be distracting to both the swimmer and the photographer.

**Evan Pike Photography**  
**[www.evanpikephotography.com](http://www.evanpikephotography.com)**

**Owner**  
**Evan Pike**

Cary, NC 27518  
(p) 919-606-8711

## **Swimmer Qualifications**

For safety reasons, TSA takes a strong stance on swimmer qualifications, especially in the 6-and-under age group. Therefore, the board has asked our coaching staff to more stringently follow these guidelines:

- Swimmers will only be able to swim a stroke in a meet if they show some proficiency during practice.
- A stroke must be “legal” to participate in a main event.
- To allow for scheduled practices to be focused on improving technique and times, coaches will ask those who are not proficient in any stroke to consider swim lessons.

It is highly recommended that your child has completed formal swimming lessons before joining the swim team at any level. Children that are comfortable being in the water as a result of lessons will be safer and more adept to succeed in a group environment. If your child is under the age of 4, please consider their ability level and comfort in the water. Swim lessons at this age are advised instead of joining the swim team. Please discuss with the coaching staff before signing up if you have questions.

### **Entrance and Safety Guidelines**

- 6&U must be able to swim 15 yards **unassisted**
- 7-10 must be able to swim 25 yards
- 11-18 must be able to swim 50 yards

In order to participate in a dual meet, each swimmer must be able to swim the minimum distance stated above without assistance. Holding onto the ropes repeatedly and exhibiting inability to swim unassisted is not acceptable for safety reasons. The swimmer’s progress in practice is taken into consideration. It is the coaches’ discretion to decide a swimmer’s eligibility to participate in a dual meet.

If you have any questions or concerns about your child's status then talk with the coaches. They will make every reasonable effort to help your child be ready for competition. These guidelines are established for the safety of the swimmers. Please let the coaches know about any special circumstances that may make meeting the above standard difficult.

## **Registering Your Swimmers**

Fees are \$90 for the first swimmer and \$60 for each additional swimmer from the same family. **Parents must complete the registration process before swimmers may begin practice with the team.**

**\*Online Registration is required.** See our website for information and click on the Registration tab.

Registration fees are refundable for first time swimmers through June 13<sup>th</sup>, but will incur a \$10 processing fee. A late registration fee of \$10 will be assessed after May 13<sup>th</sup>. Returned checks will be charged \$20. Because the team has to absorb a number of fixed costs regardless of enrollment, no refunds will be honored after June 13<sup>th</sup>.

**Your registration process is complete IF:**

- **You have registered for the team ONLINE, created a family account and paid your swim team dues.**
- **You have signed up for your required volunteer slots (see section "Volunteer")**
- **You have JOINED the SV POOL and paid your MEMBERSHIP fees.**

## **Dual Meets**

Dual meets are a lot of fun, but can be confusing to a new swimmer. Here are some helpful tips for newcomers.

**Warm-ups are at 5:00 PM for home meets and at 5:30 PM for away meets.**

**Getting Started:** All swimmers must have their number (which remains the same all season and is available on the line-up sheets) written on both arms with a marker. First, check in with the coaches, then visit the line-up sheets (posted at home meets at the diving boards and near the swimmer area at away meets) to find out the events in which your swimmer(s) will be participating. Swimmers should then report for warm-ups. If it is not yet time, they can wait in their age group's section (at home meets, on the pool deck near the diving boards).

**Tips for Parents:** Be sure to bring lawn chairs or bag chairs, as pool chairs go fast at home and away! Other items to bring include towels, caps, T-shirts, drinks, snacks, sweats (it can get chilly when the sun goes down), games, cards and/or other small items to keep your swimmer occupied between events. Most pools have concessions in case you don't have time to

pack dinner. Our meets can be lengthy due to the large number of swimmers. Our main objective is to let every swimmer have the opportunity to swim an event. Please be patient and try to understand that our first and primary goal each swim season is to let the swimmers have fun and allow them to participate in each meet.

## **Weather Policy**

Rain alone is not grounds for delaying or rescheduling a meet. Please show up at the meet at the proper time even if it appears likely that weather may impact the event. Every attempt is made to run a meet on the scheduled day because of inconvenience to the host club and staff to reschedule (usually on the following night), and the difficulty in getting swimmers and workers back due to conflict with other activities. This results in massive changes in the lineup – and possibly the outcome!

The TSA Rules and Regulations state, “Unless the host pool has a written policy that is more stringent, swimmers will not be allowed in the water for a minimum of 30 minutes after the last flash of lightning or clap of thunder.” Furthermore, “A meet may not be delayed or interrupted for more than **60** minutes due to inclement weather. If the meet is interrupted more than once during an evening because of inclement weather, the meet will be stopped.”

**As per 2012 TSA rules, all meet participants, officials, and spectators are encouraged to clear the pool, decks, pavilions and other non-substantial structures until the storm threat is gone. It is strongly recommended to go to your car if it is parked nearby.**

### ***Check “ Rained Out” for Weather Updates***

***Text messages will be sent by our coaches if a weather delay occurs. To receive text messages on your mobile device, follow either of the below directions:***

***Enter this web address and follow the steps...***

[https://www.rainedout.net/team\\_page.php?a=ee8a9f379db36698effc](https://www.rainedout.net/team_page.php?a=ee8a9f379db36698effc)

**OR**

***Text SVST2019 to 84483. You should receive a confirmation text.***

## **Meet Absences**

If your swimmer(s) must miss a meet or leave early, please sign them out using your online family account. The coaches need this information by the ***Sunday prior to the scheduled meet***. If you find out late that your child cannot attend, please contact a coach as soon as possible.

The scoring system of competitive swimming is based on individual events. Each swimmer is entered in the events prior to the actual start of the meet. Numerous forms are completed, copied, and distributed to meet officials of both involved teams. The coach's line-ups are building blocks. **If your child is a no-show or leaves early without signing out, it affects not only the individual events that the swimmer was placed in, but also can put relays, which other children are part of, in jeopardy.** Failure to sign out properly may result in disqualification for the next meet (and may cause other swimmers to become teary-eyed).

## **Meet Scoring**

Six dual meets are scheduled during the season – three divisional and three non-divisional. Three of the six meets will be held at Shepherd's Vineyard Swim Club, and three of the meets will be held at other pools.

***A dual meet consists of the following components:***

	<b><u>Free &amp; Medley Relays</u></b>	<b><u>Individual Strokes</u></b>
<b>1st place</b>	5 points	5 points
<b>2nd place</b>	0 points	3 points
<b>3rd place</b>	0 points	1 point

Any tie finishes - split the points

***Scoring is done for main events only.  
(see "Main Event Swimmers")***

## Meet Information

A. Swimmers may participate in individual main events for their own age group only. A swimmer's age is determined by his or her age on June 1 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 shall be as follows, separately for boys and girls:

<b>6 &amp; Under</b>	15 yards - free, back, breast
<b>7 &amp; 8</b>	1 length of pool - free, back, breast, and fly
<b>9 &amp; 10</b>	1 length of pool - free, back, breast, and fly
<b>11 &amp; 12</b>	2 lengths of pool - free, back, breast, and fly
<b>13 &amp; 14</b>	2 lengths of pool - free, back, breast, and fly
<b>15 to 18</b>	2 lengths of pool - free, back, breast, and fly

B. Rope finish lines shall be established for 6-and-under events. All other age groups shall swim from wall to wall, regardless of pool length.

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.

D. There shall be a medley relay event and a freestyle relay main event separately for boys and girls in each age group, except for 6-and-under. Participation in relay shall not be included in the number of individual main events a swimmer may enter. A swimmer may participate in one medley relay event and one freestyle relay main event. Each swimmer in a relay will swim the same distance as swimmers in the individual main events for the 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. Freestyle
3. Backstroke
4. Breaststroke
5. Butterfly
6. Freestyle Relay

F. Meets will start at 6:00 PM on Tuesday evenings (except when affected by July 4 holiday). The inclement weather date will be the next day starting at 6:00 PM, unless an alternate day can be mutually agreed upon by the two TSA representatives.

## **Ribbons**

Ribbons for 1st through 6th place are distributed for main event swimmers/relay swimmers after the meet at practice. On the evening of the meets, "Heat Winner" ribbons are given to the first place 10-and-under swimmer for heats held after main event. "Participation" ribbons are given to all swimmers 10-and-under for freestyle, or for another event if freestyle is not swum. Each 10-and-under child will get one participation ribbon per meet. "Personal Best" ribbons will be awarded to 12 and under swimmers at practice some time during the week following the meet. Note that our team philosophy is to encourage our swimmers to have fun, make individual improvements, and we do not emphasize ribbons and scoring.

Ribbons can be collected by asking a coach or a lifeguard to check the "Family Ribbon Box." Ribbons are sorted by family and placed in hanging folders according to the family name.

Ribbons are distributed to certain age levels as the past has demonstrated that there are many older swimmers that do not want them.

\*However, if you have a child that would like to receive ribbons such as PERSONAL BEST for 13 & over, please let the coaches know and we will provide them.

## **Main Event Swimmers**

The swimmers in the main events will be chosen at the coach's discretion. The decision will be based primarily on the swimmers' times and stroke legality. Consistency of times, performance at meets and practices, and attitude will also be taken into consideration. The coaches and the swim team value the swimmers in every heat.

## Rules for Practices and Meets

It is important that our children as swim team members are aware that the pool rules, which are in effect to maintain our safety, apply to all swimmers at all times.

### **WHEN THE POOL IS NOT OPEN...**

- Only scheduled practicing swimmers are allowed on the lower pool deck.
- Swimmers waiting for the next scheduled practice should remain on the "upper level" (under the shelter or near the upper level picnic area).
- Parents and siblings should remain on the "upper level."
- **Swimming of any kind, either in the baby pool or main pool, is not permitted prior to the official opening time.** Before the pool opens, no lifeguard 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.

### **FOR ALL PRACTICES AND MEETS...**

- Swimmers must be on time for scheduled practices and meet warm-ups.
- Disruptive conduct of any kind (profanity, unsportsmanlike conduct, refusing to participate, lack of cooperation, etc.) will result in dismissal from the practice or swim meet.

Among other viable reasons, coaches base their "swimmer entries" on an overall team strategy, which may result in a swimmer being entered in an event they don't normally swim.

During meets, swimmers are responsible for staying in their designated age group areas at all times. If a swimmer needs to leave this area for any reason, they must inform the Kid Pusher for his/her age group before doing so. Failure to comply with this rule may result in missing your event.

## Volunteer Policy

Competitive swimming is an involved sport that requires a tremendous amount of parental support. It requires **70+** parent volunteers to operate a home meet (less for an away meet). We ask each family to sign up for **positions totaling 8 credits**. These positions require little, if any swim team experience. If you cannot fulfill a commitment, please find a suitable replacement or contact our volunteer coordinator. Simply failing to show up at a meet causes havoc. Please respect that the volunteer coordinators in charge of these functions have busy lives too. If you are the parent of a six and under swimmer please remember you are required to fulfill your volunteer obligation for the full allotted time, despite six and unders early departure at meets.

## **Volunteer Continued**

Likewise, if you do not have a six and under swimmer, please consider signing up for full night or second half positions. Six and Under Kid Pushers are for six and under parents only.

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## **Concessions - Snack Bar**

The pool snack bar will be open during home meets. We also plan to offer hot food for sale (such as pizza and Chick-fil-A) for our hungry swimmers and fans. There will also be ice cream and smoothies for sale at every home meet!

### **Parking at Home Meets**

As a courtesy to the **visiting** team's families and swimmers, the swimming pool parking lot will be reserved for their use. We receive a great deal of positive feedback on this each season. **The library parking lot is not available for parking during swim meets.** Please be aware of Apex City parking rules when parking along the streets – observe setback rules near intersections (2 car lengths minimum) and do not park in front of fire hydrants. Cars found to be in violation may be towed.

## **Parent/Coach Communications**

***Coaches are on deck during practice for the swimmers. This is not the appropriate time to be addressing concerns. According to established rules of our facility, anyone not in the water for practice***

**may not even be on deck in the mornings until the pool is officially opened. This is a safety and insurance rule.**

- 1) If you do have a swim team concern, please contact Head Coach Margaret Geiger by e-mail. She will work with you to set a mutually convenient time to meet face-to-face or to discuss matters further via telephone. There is very little time available in between practices to discuss issues in private or in depth, so it is recommended that concerns be handled at a time other than surrounding practices and meets.
  
- 2) If your concern is not fully resolved, please contact a board member.

### **Frequently Asked Questions**

Visit the Killer Whales web site for answers to frequently asked questions.

***If you have questions or comments about your swimmer or the swim team, please email them to Coach Margaret Geiger. She will respond by email or call if requested.***

<http://www.svkw.com>

## 2019 Swim Team Board

<b>Co-Chairperson</b> Lesley Kohler	kohlerlb@gmail.com
<b>Co-Chairperson</b> Jamie Sharpe	runsharpe3@gmail.com
<b>Treasurer</b> Carrie Telke	90madgrad@gmail.com
<b>TSA Representative</b> Jon White	jcw918@yahoo.com
<b>Social Events Coordinator</b> Rachel Levesque	rachel.levesque@gmail.com
<b>Starter</b> John Strunk	John.strunk@gmail.com
<b>Swimsuit Coordinator</b> Lesley Bradley	lesleygayle@yahoo.com
<b>Volunteer Coordinator</b> Meredith Schaller	mee4w@yahoo.com
<b>Spiritwear Coordinator</b> MaryAnn Kearns	kearns.maryann@gmail.com
<b>Margaret Geiger</b> Head Coach	mgeiger92@gmail.com

## **Meet Schedule**

<b>June 4</b> (Tues)	Red/White Meet (& team picture)
<b>June 9</b> (Sun)	<i>Red/White Rain Date</i>
<b>June 11</b> (Tues)	University Club (Home)
<b>June 18</b> (Tues)	Seven Oaks (Away)
<b>June 25</b> (Tues)	Cary Park (Away)
<b>July 2</b> (Tues)	MedField (Away)
<b>July 9</b> (Tues)	Sunset Ridge (Home/Senior Night)
<b>July 16</b> (Tues)	Apex (Home)

### **Cary City Swim Meet Optional July 13 at Cary Swim Club**

*Postponed meets are typically made up the following day (i.e. Wednesday for a Tuesday meet). Dates are chosen by TSA representatives based on several factors, including the weather forecast and coach/staff/swimmer availability.*

## **Special Clinics**

This year the Killer Whales will conduct Saturday morning clinics to enhance swimmer performance. Times and additional details will be available on [svkw.com](http://svkw.com), at the pool, and distributed via e-mail.

<b>May</b>	18	Turns Clinic *ages 9 and up 9:30-10:30
<b>May</b>	25	Starts Clinic *ages 8 and under 9:30-10:30

- June** 1 Starts Clinic \* ages 9 and up  
**June** 8 Breaststroke Clinic  
\*ages 9 and up 9:00-9:45 \*ages 8 and under 9:45-10:30  
**June** 15 Butterfly Clinic all ages  
\*ages 9 and up 9:00-9:45 \*8 and under 9:45-10:30

## **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. Registrations usually begin in July with the season starting in early September.

The websites of the programs in Wake County:

<http://www.marlinsofraleigh.com>

<http://www.newwaveswimteam.org>

<http://www.swimrsa.org>

<http://www.tactitans.org>

<http://www.ymcatriangle.org>

## **Show Your Killer Whales Spirit!!**

Visit the Spirit Wear Store to pick up the latest in Killer Whales merchandise!

Available at all home meets and some practices as well. Specific dates and times will be announced. Contact MaryAnn Kearns for spirit wear information.

## **Team Suits**

Our swimsuit style is the same as last year. The suit is made by TYR and called the TYR Phoenix Splice (Black w/Red). They will be sold online during the registration process. The cost is \$54 for female suits and \$39 for male jammers. TYR sizing may feel different than Speedo, so we encourage your swimmer to try on a TYR suit prior to ordering, if you are unsure about size. We will have size samples at Open House. Alternatively, to determine size, your swimmer may try on any TYR suit sold in places like Dicks Sporting Goods, Omega Sports or the Swim Shop at TAC. Make sure the suit you try on is a TYR suit and is 94 percent polyester and 6 percent spandex.

Online orders beginning mid-April will be coordinated through Lesley Bradley, whose information is on the Board page. If you miss the team order you can still obtain your suit from Augusta by contacting them at 888-799-SWIM.

\* If you do not wish to purchase a team suit, please wear a solid black suit.

## **Team Caps**

Per TSA guidelines, caps worn must be a Shepherd's Vineyard team cap, or solid black, solid red or solid white. Team caps may be purchased via the Spirit Wear store (information above).

## Maps/Directions For Away Meets

Directions to away meet venues are available at the TSA Web Site (www.tsanc.org). The Shepherd's Vineyard page is:

[http://www.tsanc.org/src/club.php?club\\_id=42](http://www.tsanc.org/src/club.php?club_id=42)

To access directions for the away meets, click on the opponent then scroll to the bottom of the page. There are links for a map and an interactive map for each team. Directions to away meets will also be available on the Killer Whales web site.

Addresses to our away meets are provided below:

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### **University Club**

4200 Hillsborough Street  
Raleigh, NC 27606

### **Seven Oaks**

2500 Howard Rd  
Raleigh, NC 27613

### **Cary Park**

5353 Cary Glen Blvd  
Cary, NC 27519

### **Medfield**

1401 Baker Rd  
Raleigh, NC 27607

### **Sunset Ridge**

215 Kingsport Drive  
Holly Springs, NC 27540

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## **Keeping Track of Swimmer Times**

This year, your family account on the TSA Swim Team Manager website will keep track of your times. Log on as you did during registration to check your swimmer's times at any point during the season. Please allow a few days after a meet, as it may take some time to load the information onto the website.

### **"The 411"**

- Team Web Site                      [www.svkw.com](http://www.svkw.com)
- Pool Web Site                      [www.shepherdsvineyardpool.com](http://www.shepherdsvineyardpool.com)
- TSA Web Site                      [www.tsanc.org](http://www.tsanc.org)
- Coach Margaret's e-mail        [mgeiger92@gmail.com](mailto:mgeiger92@gmail.com)
- Rained Out                         Text SVST2018 to 84483
- Swim Team Board                 see page 17 for contact information

***To ensure you have the latest information regarding Killer Whales activities, please provide a frequently checked valid email on your family account. This will ensure you receive our weekly newsletter with details on clinics, meets, cancellations due to weather, and social events.***

## **The SV Killer Whales Hall of Fame**

The SVST Swimmer Hall of Fame encourages continuous, full career, swimmer participation. It rewards extended and continuous service with emphasis on the high school years where attrition is most typical. The program also aims to raise awareness of the long standing Killer Whale tradition and to provide motivation and incentive to younger swimmers to make a long term commitment to the team. A Shepherd's Vineyard swimmer is automatically in the Hall of Fame if they have 5 or more years of service, which include all 4 high school years. Ten years or more on the team earns a special designation. There is also a provision whereby a swimmer can be nominated by any club member and voted in by the board.

**We encourage you to visit the plaque listing the members of the Hall of Fame. It is located at the Shepherd's Vineyard Swim Club near the concession stand.**



## 2019 Meet Officials and Volunteer Coordinators

<b>Announcer</b>	<b>Margaret Feldman</b>	<b>margfeld@aol.com</b>
<b>Cary City Meet</b>	MarAnna Mckone	marannauva@msn.com
<b>Clerk (s) of Course</b>	Bob Bolton	bbolton@tsmsouth.com
<b>Clerk(s) of Course</b>	Richard Nuss	thecarman@hotmail.com
<b>Clerk(s) of Course</b>	Mike Julian	debjulian1@gmail.com
<b>Concession Stand</b>	Jen Austin	jenxaustin@gmail.com
<b>Kid Pusher</b>	Erica Allen	erica_allen8@hotmail.com
<b>Meet Set Up</b>	Tom Gemperlein	Absolutebackflows@gmail.com
<b>Place Judges</b>		
<b>Place Judges</b>		
<b>Place Judges</b>	Mitch Armbruster	marmbruster@smithlaw.com
<b>Place Judges</b>	Kate Helmedeg	katehelmedeg@hotmail.com
<b>Place Judges</b>	Todd Joyce	Tjoyce65@gmail.com
<b>Recorder</b>		
<b>Ribbons- Meets Coordinator</b>	Meredith Nance	mhnance@nc.rr.com
<b>Ribbons -Personal Best</b>	Wendy Zalatan	thezalatans@yahoo.com
<b>Scorer</b>	Jennie Cramer	mjcramernc@gmail.com
<b>Scorer</b>		
<b>Scorer</b>	Tommy Williamson	Williamson.tc@gmail.com
<b>Starter</b>	John Strunk	john.stunk@gmail.com
<b>Stroke &amp; Turn</b>	Sarah Guiliano	Sguiliano4@gmail.com
<b>Stroke &amp; Turn</b>	Cherie Shepherd	mom2colby@yahoo.com
<b>Stroke &amp; Turn</b>	Scott Clark	lars0522@yahoo.com
<b>TSA Rep.</b>	Jon White	Jcw918@yahoo.com
<b>Time Entry</b>	Leslie Bilbro	bilbro@bellsouth.net
<b>Time Entry</b>	Maya Ress	ressmaya@gmail.com
<b>Volunteer Coordinator</b>	Meredith Schaller	Mee4w@yahoo.com
<b>Website</b>	Dwayne Nance	mdnance@nc.rr.com
<b>Red Book</b>	Jamie Sharpe	runsharpe32gmail.com
<b>Head Timer</b>	Leslie Bilbro	bilbro@bellsouth.net
<b>Spirit Wear</b>	MaryAnn Kearns	maryannkearns@me.com
<b>Spirit/Social</b>	Rachel Levesque	Rachel.levesque@gmail.com
<b>Swimwear Coordinator</b>	Lesley Bradley	lesleygayle@yahoo.com
<b>Website</b>	Dwayne Nance	mdnance@nc.rr.com
<b>Team Photographer</b>	Greg Adas	gregcarrieadas@gmail.com
<b>Team Photographer</b>	Danelle Louder	danny.louder@gmail.com

## **Shepherd's Vineyard 2019 Calendar of Events**

### **MAY:**

- 13 Evening Practice Begins!**
- 16 Welcome Back Spirit Night 6-8pm**
- 30 Big Whale/Little Whale 6-7PM**

### **JUNE:**

- 4 Picture Day and Red/White Meet**
- 9 Rain date for Red/White Meet and Pictures**
- 10 Pasta Pump Up 6-8PM**
- 11 Home Meet – University Club**
- 13 Morning practice begins**
- 18 Away Meet – Seven Oaks**
- 20 Ice Cream Social 6-8PM**
- 25 Away Meet –Cary Park**
- 27 BINGO Night 6-7PM**
- 28 Scavenger Hunt/Movie Night 7-8PM/8-10:30PM**

### **JULY:**

- 2 Away Meet – Medfield**

- 9 Swim Team Breakfast 8:30-11AM**
- 9 Home Meet-Sunset Ridge/Senior Night**
- 13 Cary City Meet (Optional)**
- 16 Home Meet – Apex Breakers/Senior Night**
- 20 TSA Champs**
- 23 Awards Banquet**
- 26 Coach Appreciation Luncheon (Coaches ONLY) 12-1PM**



**GO KILLER  
WHALES**