

May 2017

## Hello New Cedar Creek Swim Team Members,

Welcome to the family and welcome to the best swim team in Gwinnett County. I don't just say that, I truly believe that the Cedar Creek swim team is the best. We have the BEST coaches and staff and we are happy that you found us and are a part of this great team!

I remember our first year of swim team-- we were so lost and had no idea what we were doing. And that was when we only had two of our kids swimming (We now have four of our five swimming.). Heat Sheets? Sharpies? I am supposed to write what on where? Bring a chair? Anyways, there is a lot of info, but once you know the info and have someone walk you through it, you will be an old pro. Hopefully this letter will help with some of that info and always ask a seasoned swim parent if you have any



questions-- we have all been that new swim parent before and remember it well.

Swim meets can be a bit overwhelming and I am hoping this info will be helpful. What to bring to swim meets?

### 1. 2+ Towels

Your swimmer should have a towel to dry off with and a towel to sit on the ground with the team. I have found it helpful if they bring a bag or backpack to help keep up with their stuff (goggles, swim cap). They can also bring something to play with, a deck of cards, coloring book or something like that to keep them occupied while they wait. This is a fun time where they visit and hang out with their friends. I would recommend NO ELECTRONICS. As you can imagine everything gets pretty wet with lots of children coming and going-- just play it safe and keep it at home.





## 2. Food

As you can imagine kids like to eat. I have found that it is super helpful to bring a cooler with food like watermelon, grapes, cheese sticks, yogurt tubes, granola bars, sandwiches, etc.... and bring a lot. Normally my four swimmers will eat a whole watermelon, 2 lbs. of grapes, a sandwich, a whole bag of pretzels, a granola bar or two, cheese stick and a yogurt tube and STILL ask for money for the concession stand.

There will be a concession stand at all the meets. What's available will change from meet to meet-- but you can expect chips, candy, drinks, some kind of food like hamburgers or pizza. At home meets we will normally have hot dogs, hamburgers, baked potatoes, chips, some kind of fruit, muffins, lots of candy and drinks.

## 3. Chairs

You will want to bring a camping chair for yourself

and anyone else who is watching (But, not your swimmers. Swimmers sit with the team.) These chairs will be set up along the edge of the pool and will be 3-4 rows deep. There is an away side and a home side-- at a home meet we will line up on the side by the tennis courts. If you don't mind getting a little (or a lot) wet, the front row is a great spot. I have found it super helpful to bring a trash bag per chair-- that way if it rains (which it almost always rains on Thursday nights) you can cover your chair with the trash bag and not have to sit in a wet chair for the remainder of the meet.

## 4. Dollar Bills

Your kids will probably use these to purchase Air Heads and Starburst, but you will use these to buy heat sheets (\$2) at the concession stand. Heat sheets are packets of paper that have a listing of all 82 events detailing heats and lanes in which the swimmers swim. I have found with multiple children swimming that a highlighter is helpful to highlight which events my children are swimming so I don't accidentally miss them swimming.







## 5. Sharpie

Your children will probably use Sharpies to draw bubbles on each other, but you will use a black Sharpie to mark your child. This helps make sure they are in the right place at the right time. (This is where it's nice to have your heat sheet highlighted so you don't miss anything when you are writing on your child.). Mark the back of their right shoulder with their last name and age. Mark their forearm or their thigh like this:

E | H | L {E-Event / H-Heat / L-Lane}  
4 | 2 | 2

\* If you need help--ask a seasoned swimmer family and they will be happy to show you.

## 6. Umbrella

Just for that rainstorm that always happens on Thursday.

## 7. Warm-ups

Home meets: Stingrays warm up in the pool first, at 5:00.

Away meets: Stingrays warm up in the pool second, at 5:30.

## 8. When do I do my volunteer position?

First shift: Be prepared for a 6:00 pm – approximately 7:30/8:00 pm shift (event 38).

Second shift: Be prepared any time after 7:30 pm until the end of the meet (10:00ish).

## 9. Wear Purple & SMILE :)

Summer swim is F-U-N! It can be a lot getting yourself and your kids to the pool. Packing a cooler, loading up all of your stuff and getting it there, know that every parent goes through the same thing-- but it's worth it. Seeing your child swim their first unassisted lap or their relay team win a blue ribbon or cheering on the state ranked high school swimmers-- it's fun! Can it be a bit overwhelming and crazy? ABSOLUTELY! But it is what you make it-- and our family chooses to look at it as an adventure and to embrace the crazy for the six week season.





Other Helpful Info:

### 10. What if I cannot make a meet?

Please see the electronic form available on the website for any anticipated missed meets. A notice of five days is best so we do not enter your child into a meet they cannot attend. If we do not have ample notice, another child may miss an opportunity to swim where your child had been scheduled. In addition, be prepared to tell us what parent

volunteer you invited to do your assigned job should you have to switch for that particular meet. Please do not leave us to find your replacement at the last minute!

### 11. What happens if it is raining or there is a prediction of a storm?

Go to all meets, even in inclement weather. Often meets are simply delayed rather than canceled. Please stay in the area (ex: your car). Remember to sign up for our team texts through Remind and never assume a meet is cancelled and leave. *Always* check with a coach.

### 12. Ribbons

Each child will earn a ribbon for the race that they swim (unless they get disqualified). These will be available on Fun Friday starting at 11 AM after meets. They will have the swimmer's name, event and their time on the back. The kids always love to see how many blue, green, white and purple ribbons they earned from the night before.

### 13. How can I tell if my child is a candidate for the County Championship swim meet in July?

Feel free to check the Gwinnett County Swim League website for a listing of the top swimmers in each event. This is updated following each meet. Remember, the top 50 swimmers available for the county meet qualify for the Championship at Georgia Tech in July. If you still have a doubt, ask a coach towards the latter part of the season.



Welcome to the family!

### The Walkers

Adam, Jessica, Sara Kate (11), Ethan (10), Anna Ruth (7), Samuel (6) & Nolan (16 mo.)



# HEAT SHEET PAGE EXAMPLE

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HY-TEK's MEET MANAGER 6.0 - 0:21 AM 6/27/2016 Page 4

EC at CC - 6/27/2016

## Meet Program - Single Dual Meet

<b>Heat 2 (#33 Girls 15-18 50 Yard Freestyle)</b>			
1	Rayford, Anna J	16 EC-GA	42.33
2	Kobe, Lauren L	15 CC-GA	33.95
3	Locke, Tonianne N	16 EC-GA	37.56
4	Goggins, Autumn D	15 EC-GA	43.59

<b>Heat 3 of 4 Finals</b>			
1	Hunt, India L	15 EC-GA	36.89
2	Orr, Kelley C	15 CC-GA	32.01
3	Roberts, Elizabeth M	16 EC-GA	35.97
4	Thomas, Katie M	17 CC-GA	32.25

<b>Heat 4 of 4 Finals</b>			
1	Berry, Aliyah C	17 EC-GA	32.41
2	Larkin, Savannah M	17 CC-GA	28.09
3	Cranston, Jenelle V	16 EC-GA	30.81
4	White, Aubrey B	17 CC-GA	31.39

### #34 Boys 15-18 50 Yard Freestyle

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 3 Finals</b>			
1	Slinn, Owen T	15 EC-GA	38.89
2	McFarland, Andrew T	15 EC-GA	32.39
3	Cartwright, Corbin M	16 EC-GA	37.32

<b>Heat 2 of 3 Finals</b>			
1	McKinsey, Ethan M	16 EC-GA	28.59
2	Lightner, Jeremy A	16 CC-GA	30.12
3	Buzzy, Michael O	18 EC-GA	28.39
4	Newman, Dawson L	16 EC-GA	31.04

<b>Heat 3 of 3 Finals</b>			
1	Koschella, Benjamin J	16 EC-GA	27.99
2	Stoffle, Aidan F	15 CC-GA	24.77
3	Jones, Christopher Q	17 EC-GA	26.69
4	Schroder, Alex M	17 CC-GA	28.38

### #35 Girls 8 & Under 100 Yard Freestyle Relay

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	EC-GA	B	3:22.13
	Barker, Sarah E 8	Girum, Gabriela 7	
	Girum, Deborah 6	Alarcon, Kylie P 7	
2	CC-GA	A	2:15.00
	Boyer, Zara G 8	Cruz, Natalia R 7	
	Walker, Anna Ruth R 6	Showalter, Maddy R 6	
3	EC-GA	A	1:46.32
	Walling, Emma G 8	McCalla, Kaila M 5	
	Mulugeta, Ephraiah G 8	Richie, Dakota L 7	

### #36 Boys 8 & Under 100 Yard Freestyle Relay

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	EC-GA	B	1:56.52
	Pemberton, Brandon E 7	Lee, Kaden T 7	
	Pemberton, Nathan E 6	Zboran, Patrick G 7	
2	CC-GA	A	1:39.80
	Smart, Jerold M 8	Mares, Salem J 8	
	Sears, James P 7	Beene, Nathaniel L 8	
3	EC-GA	A	1:18.59
	Delk, Chance E 8	St. Val, Rodney D 7	
	McGahagin, Joshua T 7	McCalla, Nicholas J 8	
4	EC-GA	C	2:33.83
	Mekbibe, Yaphet K 7	Tekleworld, Grum Y 7	
	Aziz, Ajahi K 8	Ayreault, Arthur B 6	

### #37 Girls 10 & Under 100 Yard IM

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 2 Finals</b>			
1	Burd, Larisa J	9 CC-GA	NT
2	Showalter, Lily G	10 CC-GA	1:50.71
3	Yussuf, Nia R	9 EC-GA	NT
<b>Heat 2 of 2 Finals</b>			
1	Tilahun, Blain W	9 EC-GA	2:35.95
2	Merritt, Anna M	10 CC-GA	1:29.86
3	Dozier, Ashley M	9 EC-GA	2:06.88
4	Dunn, Allison R	10 CC-GA	1:50.53

### #38 Boys 10 & Under 100 Yard IM

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 2 Finals</b>			
1	Felder, Kadar N	9 EC-GA	NT
2	Crutz, RJ J	10 CC-GA	NT
3	Cunningham, Nicholas A	9 EC-GA	NT
<b>Heat 2 of 2 Finals</b>			
1	Gerum, Nile	10 EC-GA	2:23.23
2	Scalzi, Matt A	10 CC-GA	1:12.97
3	Amare, Nahom M	10 EC-GA	2:09.61
4	Mares, Gabe S	10 CC-GA	NT

### #39 Girls 11-12 100 Yard IM

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 2 Finals</b>			
1	Yussuf, Tolina A	11 EC-GA	2:06.06
2	Dunn, Rebecca A	11 CC-GA	1:49.76
3	Delk, Tori M	12 EC-GA	1:37.75
4	Mayhan, Ceci N	11 CC-GA	NT
<b>Heat 2 of 2 Finals</b>			
1	Zboran, Abigail R	11 EC-GA	1:24.10
2	Stoffle, Samantha E	11 CC-GA	1:12.43
3	Zboran, Emily R	12 EC-GA	1:23.36
4	McCord, Gigi G	11 CC-GA	1:19.94

### #40 Boys 11-12 100 Yard IM

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 2 Finals</b>			
2	McFarland, Colby L	12 EC-GA	1:51.06
3	Stephens, John E	12 EC-GA	NT
<b>Heat 2 of 2 Finals</b>			
1	McCalla, Nathan L	11 EC-GA	1:51.06
2	Wen, Joshua	12 CC-GA	1:12.04
3	McKinsey, Morgan T	12 EC-GA	1:50.84
4	Beene, Nikolas J	11 CC-GA	1:23.23

### #41 Girls 13-14 100 Yard IM

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 2 Finals</b>			
1	Smart, Sy-Ann C	13 CC-GA	1:46.29
2	Wright, Melissa K	14 CC-GA	1:45.04
3	Heard, Tayler S	14 EC-GA	2:04.88
<b>Heat 2 of 2 Finals</b>			
1	Newman, Chloe R	13 EC-GA	1:46.89
2	Ghulam, Sarah M	13 CC-GA	1:27.50
3	Swain, Evan W	13 EC-GA	1:12.22
4	Whitlock, Annie A	13 CC-GA	1:29.47

### #42 Boys 13-14 100 Yard IM

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 2 Finals</b>			
2	Goggins, Keane V	14 EC-GA	2:26.57
3	St. Val, Roody N	14 EC-GA	1:39.95
<b>Heat 2 of 2 Finals</b>			
2	Scalzi, Christopher D	13 CC-GA	1:03.74
3	Donnelly, Mike A	14 EC-GA	1:06.87
4	Reason, Brett D	13 CC-GA	1:06.72

### #43 Girls 15-18 100 Yard IM

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 2 Finals</b>			
1	Alarcon, Heather R	17 EC-GA	1:32.02
2	Kobe, Lauren L	15 CC-GA	1:31.09
3	Cranston, Jenelle V	16 EC-GA	1:22.91
4	Roberts, Elizabeth M	16 EC-GA	X1:38.23
<b>Heat 2 of 2 Finals</b>			
1	Koschella, Alice A	18 EC-GA	1:16.70
2	Goza, Natalie J	17 CC-GA	1:10.88
3	Swain, Clarke T	15 EC-GA	1:12.39
4	Griffin, Lex L	16 CC-GA	1:19.75

### #44 Boys 15-18 100 Yard IM

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 2 Finals</b>			
2	McKinsey, Ethan M	16 EC-GA	1:15.02
3	Slinn, Owen T	15 EC-GA	1:44.89
<b>Heat 2 of 2 Finals</b>			
1	Bell, Brandon W	15 EC-GA	1:13.68
2	Stoffle, Aidan F	15 CC-GA	57.18
3	Taylor, Dominic K	18 EC-GA	1:10.02
4	Schroder, Alex M	17 CC-GA	1:23.75

### #45 Girls 8 & Under 50 Yard Freestyle

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Mulugeta, Ephraiah G	8 EC-GA	1:05.32
2	Showalter, Maddy R	6 CC-GA	NT
3	Richie, Dakota L	7 EC-GA	53.23
4	Barker, Sarah E	8 EC-GA	1:41.67

### #46 Boys 8 & Under 50 Yard Freestyle

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 2 Finals</b>			
1	Lee, Kaden T	7 EC-GA	2:04.52
2	Sears, James P	7 CC-GA	1:10.85
3	Pemberton, Brandon E	7 EC-GA	1:02.11

### #47 Girls 9-10 50 Yard Freestyle

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 2 Finals</b>			
1	McGahagin, Joshua T	7 EC-GA	42.70
2	Beene, Nathaniel L	8 CC-GA	49.89
3	McCalla, Nicholas J	8 EC-GA	39.19
4	Mares, Salem J	8 CC-GA	54.48