

Swim Team Handbook



Go Sea Lions!

Summer 2007

GREETINGS FROM THE SWIM TEAM COMMITTEE COORDINATORS

Last year was incredible from a participation standpoint and team record. We started the season with 240 swimmers, a record for Scottish Hills. We also achieved a 5-1 season, being undefeated in the conference. This was our best record since 1983! We also took 3rd place in the Cary City Meet for the second straight year.

Thank you to all of our parents and swimmers for making it such a record breaking year. We could NOT have accomplished such a season without your commitment to have your swimmers at practice and at every meet.

As coordinators, this is our 19th and final year of having a swimmer on the team at Scottish Hills. With 3 of our former swimmers getting married this year, we're certainly feeling very nostalgic. Swim team nostalgia has a real benefit. As we worked on our slide shows for these weddings, pictures of their swimming days helped to fill each presentation. The experiences of the swimmers will stay with them for a lifetime!

Last year we included this paragraph in the handbook...

"It's extremely rewarding and gratifying to see the little ones grow from being scared to jump in and swim 15 yards, to jumping up and down with excitement, waiting to swim in their last 15-18 relay for Scottish Hills. As you wipe that little tear out of your eye during their last 50 yards, you'll be thinking about their first 15 yards and realize that life is but "a vapor that appears for a little time and then vanishes away." Cherish each moment!"

Having lost Drew Howard in the off-season, this quote from James 4:14 seems even more appropriate this year than it did last.

Since we have no guarantee for tomorrow, let's make this the most memorable season ever. Our WON-LOSS record won't determine that. It will be determined by our APPROACH to the season.

In the words of Kathryn and Emily Howard, as they described their brother:

"He never cared if he was the best swimmer; he was simply the swimmer who had the most fun."

Have fun!

Ken & Karen George

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Tarheel Swimming Association (TSA)

Scottish Hills Swim Team is a member of the Tarheel Swim Association (TSA). The TSA was established to "promote and encourage competitive and recreational summer swimming for Wake County youth." The association now numbers more than 50 competing clubs. These clubs have been placed into two divisions (Northern League and Southern League) enabling the scheduling of opponents as geographically close to our home pool as possible. The Sea Lions swim in the Southern Wake League. We are a Division 2 team, and will swim the other teams in Division 2 as well as higher and lower level teams.

Our swim meets follow TSA rules for swimming, meet management, judging, etc. Mike Lamb is our TSA representative, Mike and our coaches have TSA rule books and are prepared to answer any questions you may have during the season concerning TSA regulations.

Introducing our Coaching Staff – 2007

Our Head Coach, **Brian Post**, has been attending Appalachian State University for the last 3 years where he is majoring in History and Secondary Education, with plans to be a high school teacher and coach one day. Brian has been an assistant coach in 3 previous seasons and is a Scottish Hills “home-grown” swimmer. He brings experience and determination to unite the team through activities and camaraderie which only come through hard work and play together.

David Rojas is returning as our assistant head coach. He has just completed his Sophomore year at NC State, where he is majoring in Civil Engineering. He was an All American swimmer at Cary High School. He was also a captain of the MOR swim team and his final 2 seasons with them was awarded the MOR MVP award. He suffered a head injury his Sophomore year of High School in the State competition, hitting the wall while doing the backstroke. His rehab took 5 months and he has not swam competitively for a year. David spent 13 years as a year round swimmer. During the summer months, he swam against us both at Kildaire Farms and Cary Swim Club during the last 15 seasons

Kate Hipps is our 3rd returning coach. She just finished her first year at NC State. In High School she lettered for the cross country, track, and swim teams and was Academic All conference. Besides Scottish Hills, Kate also swam year round for 2 years. She has also been a swimming instructor over the past year.

We have three part time coaches who have joined the Scottish Hills staff for the first time this year. Each of them brings their love for the sport as well as their love for children to their positions. **Phillip Lamb**, **Christine Oliver** and **Alex Schnoor** are also all home-grown Sea Lions.

Please call or email the coaching staff directly to inform them of planned absences, sickness on meet days, etc.

Greetings from the Coaches

Hey Sea Lions! We hope that you are as excited about the 2007 swim season as we are! We have a great coaching staff, and we are looking forward to a great season full of fun and fast swimming. Please feel free to come to us with any questions, comments, or concerns you may have. We will be more than willing to speak with you individually before or after practice, and do not hesitate to contact us away from the pool if you need to do so. Our email addresses and phone numbers are listed on the back of this handbook. If we don't answer the cell phone, just leave us a message with your return number. Once again, we are looking forward to a great season!

TIPS FROM THE COACHES

Meets: Please try to attend every meet. We depend on all of our swimmers each week. If you are unable to attend a meet, please let the coaches know as soon as you can. We encourage all swimmers to represent our team at the Cary City Meet. The City Meet provides a great opportunity to measure the progress of each swimmer on a larger scale over the season as well. One of our goals is to show that our team has spirit!!! Always keep good sportsmanship in mind, whether we win or lose; remember that you are a team.

Eating Habits: Monday night dinner should be high in carbohydrates, such as meat and potatoes, spaghetti, macaroni, and other pasta and wheat dishes. We are planning Pasta-Pump-ups at the pool that will feature, of course, PASTA! Tuesday evening supper should be light and healthy. Snacks eaten during the meet should be light, such as fruit, crackers, popsicles and juice. Juice or water is the drink of choice. Carbonated drinks are strongly discouraged.

Arrival Times: For **HOME MEETS**, be at the pool, on deck and ready to warm up, at **4:45 p.m.** For **AWAY MEETS**, be at their pool, on deck, and ready to warm up, at **5:00 p.m.** This is to be sure that we are all there to warm up when the visiting pool says that we can enter the water. Often times, this is the best cheering time of the whole meet.

What to Bring to Meets: Several towels per swimmer, warm clothes (sweats), goggles, your best manners, sportsmanship and **TEAM SPIRIT!**

Meet Day Activities: We are planning morning activities and crafts at the pool or a trip to the Galaxy Theatre on hot days following practice. Our goal is to promote team spirit and allow the swimmers to restrict their day's activities and stay out of the sun. Everyone needs to rest and to be ready physically and mentally for the meet.

Friday Activities: The Team will have snacks after each Friday morning practice. Debbie Tomasko has agreed to work with volunteers who sign up on the BB for this.

Saturday Practices: These practices will help swimmers to improve their endurance. Less time will be spent on strokes and technique and more on just swimming longer distances. It is a great opportunity to improve stamina.

Younger Swimmers: Also a note to parents about practices. If your child isn't old enough to be at the pool alone, then don't leave them alone for practice with the coaches. We might have a tummy ache or scratch or scrape to deal with. The coaches can't take time away from practice with all the other swimmers to be a "parent" when a little one needs their mommy or daddy. It'll also give the swimmer a better experience knowing mom or dad is nearby if they need them. If you carpool, then have a babysitter or other parent be the one there to take care of your child. Thanks for your cooperation.

SCOTTISH HILLS SEA LIONS 2007 MEET SCHEDULE

Date	Location	Opponent
June 5	Home	Time Trials
June 12	Home	Prestonwood
June 19	Home	Lochmere
June 26	Home	Wellsley
July 3	Away	Kildaire Farms
July 7	Away	Cary City Meet
July 10	Away	Shepherd's Vineyard
July 17	Away	Cary Swim Club
July 19	Home	Year End Awards

Directions from Scottish Hills to Away Meets (From SHRC)

Kildaire Farms (July 3rd)

162 Pebble Creek Drive, Cary
467-0121

Drive up to Lake Pine Dr. from the pool, take a left and proceed to the 4-Way Stop sign. Take a right on Two Creeks Road and you'll see signs for Kildaire Farms Racquet and Swim Club on your right. If you turn right there, you will find limited parking at the pool. Another parking alternative is to turn into the parking lot by the tennis courts, which is a few hundred feet BEFORE the pool. Please do not park on the street or on the edge of the neighbors lawns or your car is likely to be ticketed and towed.

Shepherd's Vineyard (July 10th)

2000 Shepherd's Vineyard Dr., Cary
363-7072

Right from the pool parking lot, right onto Lake Pine Dr. from Tarbert. Go through the intersection with Cary Parkway and cross over Highway 64. Lake Pine Dr. becomes Old Raleigh Rd. Slow down and make a right onto Shepherd's Vineyard Drive. The pool is ahead on the left. You can make a left into the pool circle and parking lot. Chimney Hill Dr. is just beyond the pool, but you can take a left on Chimney Hill Dr. and another left onto Carriage Ridge Way and enter the pool parking lot from the back side.

Cary (July 7th & 17th)

536 Walnut St., Cary
469-8084

This pool is beside Cary High School on Walnut St. just across from the Dairy Queen. From our pool, it's probably easiest to head toward Lake Pine and take a left. Proceed to Maynard Rd. and take a right. Turn left on Kildaire Farm Rd. and go all the way to Cary Elementary, turning right on Walnut St. Follow Walnut until you see pass the tennis courts on the left. You'll turn right just before Christ the King Lutheran church on Tanglewood Dr. The pool is on the right. Don't look for the Gazebo as a land mark. They tore it down.

SWIM MEET CONCESSIONS SALES

Concession sales are one of the major sources of revenue for the team each year and have traditionally been very successful. The success is a reflection of the hard work and donations of all the volunteer parents. Hot dogs, hamburgers, and other items will be available for sale at the concession table.

Each swim team family should contribute at least one 2-liter drink, or snack items (salty, sweet or fruity) for the Time Trials and Home Meets to the concession area for resale. Please wrap the snack items for individual sale. A total of 12-15 wrapped items is a suggested number. The following schedule, based on last name, has been established for parent donations this season:

Date	Last Name	What To Bring
June 5	A – L	One 2-liter soft drink
	M - Z	Snack or fruit
June 12	A – L	Snack or fruit
	M - Z	One 2-liter soft drink
June 19	A – L	One 2-liter soft drink
	M - Z	Snack or fruit
June 26	A – L	Snack or fruit
	M - Z	One 2-liter soft drink

AFTER MEET CLEAN-UP

While the Swim Team Committee takes care of preparing the pool and the deck before each home meet through its Setup subcommittee, there are only 4 or 5 folks designated to clean-up after the meet. Their job centers around getting equipment and barricades away. It is NOT to pick up after the home and visiting teams. We want EVERY Sea Lion to pick up around the pool area and move chairs back to proper places with instructions from the Life Guards who know where everything goes.

HELPFUL HINTS FOR SWIMMERS AND THEIR PARENTS

- 1 Please let the coaches know by the Thursday prior to the next meet if your child will miss a meet or will arrive late for a meet. We have a sheet on the Sea Lions' bulletin board to sign if you know you will miss a meet. Also, if a meet is postponed from Tuesday to Wednesday, let the coaches know if you cannot make the rescheduled Wednesday meet.
- 2 Encourage your child about the good points of his/her swimming, rather than dwelling on weaknesses. Positive encouragement means a lot to your child's success.
- 3 **READ THE TEAM BULLETIN BOARD REGULARLY!!!!** Check your family team file. The swim team's website address is: www.scottishhills.org/swimteam. Every attempt will be made to keep you informed of swim team happenings but you must check the bulletin board to make sure you don't miss anything. Verify information through swimteam@scottishhills.org
- 4 Swimmers should always be at the appropriate pool 15 minutes before the assigned time each Tuesday afternoon of a meet. Warm-ups for the home team begin at 5:00 p.m. and warm-ups for the visiting team begin at 5:30 p.m. Although this arrangement is standard practice, it may be reversed at some pools.
- 5 Swim meets run from 6:00 p.m. until about 10:00 - 10:30 p.m. The 6 & U swimmers can leave after the breaststroke since they do not swim in relays or the butterfly. That will usually be an hour or more before the end of the meet.
- 6 Take lawn chairs with you to all away meets, as some pools do not have enough pool furniture. You may want to bring chairs to the home meets too, since we often run out as well.
- 7 Children swim the following distances:

6 and under:	15 yards (finish line marked by a rope)
7-8:	25 yards
9-10:	25 yards
11-12:	50 yards
13-14:	50 yards
15-18:	50 yards
- 8 Kid-Catchers are used for 6 and under since 15 yards is only a little over half the length of the pool. Two catchers should be in each lane. One will take the swimmer to the side while the other waits for the next heat to swim.
- 9 Children swim the following strokes in the order listed from the youngest to the oldest swimmers. Boys before girls in same age bracket.
6 and under: freestyle, backstroke, breaststroke
7 and up: medley relay, freestyle, backstroke, breaststroke and free relay

- 10 The medley relay begins the meet, and the freestyle relay ends the meet.
- 11 Only the main event is scored and earns points toward winning a meet. The main event swimmers are the 3 or 4 fastest timed swimmers for each stroke in each bracket. Scoring for all the events except relays is as follows:

First place:	5 points
Second place:	3 points
Third place:	1 point

- 12 Only the first place relay team earns points. The winning team earns 5 points.
- 13 In case of a tie, the place points are added together and the points are evenly split. For example, a tie for first place in an individual event earns 4 points each (5 points for first plus 3 points for second, divided by the 2 swimmers). A tie in a relay event earns 2.5 points per team.
- 14 Although the main heat is the only heat that earns points, all heats are important. Six and under (6 & U) swimmers may swim a maximum of 2 main heats; all other swimmers may swim a maximum of 3 main heats. Swimmers' times will be recorded in all heats, with results being used to help determine who will swim in the main heats the following week.
- 15 Ribbons are awarded for the following:

Main event:	First through Sixth place
Heat winner:	Ages 10 and under
Participant:	Ages 10 and under
Relays:	First through Sixth place

All of the place winner ribbons will be put in the family folder by the office. You may pick them up the afternoon after the meet. Heat winner ribbons are handed out on the side of the pool as the swimmer gets out. Participant ribbons are given out at a table near the end of the pool where the swimmer climbs out. Children wanting the ribbon can go to the table after swimming in a non-main event heat and get the ribbon, or wait until just before they leave for the night and pick theirs up.

- 16 If a swimmer false-starts twice, he or she will be disqualified from that event. If a swimmer is disqualified, he/she will receive a participant ribbon, but may not score or receive a place ribbon.
- 17 All swimmers swim in every meet. However, if a meet is delayed or interrupted for any reason (i.e., thunderstorms), the teams' TSA representatives may decide, in the interest of time, to swim only main events.
- 18 If a swim meet is postponed on Tuesday night, the TSA reps may decide to resume the meet where it stopped on the following evening, at the same location and time. If the individual breaststroke has been completed, a decision can be made to declare the meet complete on Tuesday night.

- 19 Please let the Swim Committee chairperson for whom you are working know if you cannot come back for a rescheduled Wednesday meet.
- 20 Some parents and swimmers like to keep a record of times. This helps in tracking individual time improvements. The coaches also keep records of times. Meet results will be posted online by Thursday, after each meet.
- 21 Avoid letting your child(ren) eat too many sweets at a meet as the “instant energy” may actually zap their strength.
- 22 Instruct your swimmers to report to the Clerk of Course in a timely and calm manner. This allows those assisting the Clerk of Course to locate swimmers, thereby making the meet run more efficiently. For relays, even if your child is NOT listed on the heat sheet, have him/her report in case there are absences. They might be able to fill in.
- 23 Clean-up is everyone's responsibility. Before you leave, please clean your area, whether at our pool or at a visiting pool. At home meets, take 10 minutes to help move chairs back into place and pick up any remaining litter.
- 24 We use the web and email for all of our communications. Folders are used for ribbons, since we can't email them.
- 25 Parents, please do not disturb the coaches during practice, between practices or at swim meets. The coaches concentrate on improving your child's technique, and maintaining a safe environment. Save your questions/concerns until after practice is complete. Immediate concerns should be addressed to Swim Team Coordinators.
- 26 A Scottish Hills Sea Lion must show respect to the coaches, to each other, and to the visiting team. If your child's behavior is inappropriate at any time, the coordinators or the coaches will discuss the situation with you. If the behavioral problem cannot be resolved, your child may be asked to leave the team.
- 27 For safety, it is necessary that each swimmer be able to swim un-aided their competition distance by the end of Time Trials Week. Refunds will be given to those who are unable to accomplish this. Being on the team is NOT a substitute for swim lessons, but a chance to improve competitiveness in the strokes.

CHARACTERISTICS OF SUCCESSFUL SWIMMERS—A COACH'S VIEW

A Successful Swimmer:

- ❖ Works hard at practice
- ❖ Attends as many practices as possible
- ❖ Listens to the coaches at all times
- ❖ Thinks of the team first
- ❖ Asks questions to improve
- ❖ Embraces new ideas
- ❖ Treats teammates, coaches, opponents, and parents with respect
- ❖ Most of all: **Tries to have fun!**

HOW TO EVALUATE YOUR SWIMMER'S SEASON

Your child is a Scottish Hills Sea Lion! A major goal for this year is to teach your swimmer(s) how to be a technically sound swimmer. We also hope to develop the traits of team responsibility, pride, and sportsmanship. Motivation, physical conditioning, and skill will develop on an individual basis. Any time evaluation must be made based on the previous individual performance, not where the swimmer finished against all others. Stroke skills will be taught and developed. The coaches will inform your swimmer of areas of improvement.

You may want to keep track of your swimmer's times. This can be helpful in tracking time improvements each week. Remember, however, that times may be affected due to various reasons. If you are concerned, please schedule a time to talk with the coaches.

Time improvements are an important tool to determine the success of the season. Success is also determined by growth in the areas of sportsmanship, knowledge, responsibility, and fun.

AWARDS FOR SWIMMERS

A variety of awards will be given, both during the season and at season's end. It is the policy of the Scottish Hills Swim Team that participation in 3 of the 6 regular-season meets is required in order to qualify for a trophy.

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|------------------------|--|
| Personal Best Ribbons: | Given to any swimmer who posted at the previous meet his or her best time in any stroke. This begins with the 3 rd meet. |
| Participant Ribbon: | Given at each home meet to every swimmer 10 and under in every heat other than main heats, regardless of order of finish. Each swimmer will need to visit the "ribbon" person after they climb out of the pool, if they would like one. |
| Heat Winner Ribbons: | Given at each meet to the winner of each heat other than main heats for swimmers 10 and under. |
| Trophies: | To become eligible for a trophy, swimmers must participate in at least three meets. Participation in a single meet is defined as follows: <ol style="list-style-type: none">1) Swimming at least two of the four individual events.2) Swimming in assigned relays (relays are put together before a meet. If a swimmer cannot swim in a relay they need to notify the coaching staff prior to the meet) |

- Most Improved:** Medal presented at the Awards Party to one or more swimmers who have demonstrated the most individual improvement through their times and stroke technique. The award recipients will be chosen by the coaches.
- High Point Earners:** Medal presented at the Awards Party to the boy and girl in each age group who contributed the most points toward the team scores during the season.
- Most Determined:** Medal presented at the Awards Party to one or more swimmers who have stood out because of their hard work and dedication both at practice and the meets. The coaches will choose award recipients.
- Coaches' Award:** Engraved Plaque presented at the Award's Party to the individual swimmer who has been especially cooperative and helpful to the coaches, tried his or her best all season both at practice and the meets, and displayed good sportsmanship and a super attitude. The swimmer's name will be displayed on a Pool plaque kept in the trophy case in the main shelter.
- CCM Award** Engraved Plaque presented to those swimmers who performed above and beyond expectation at the Cary City Meet.
- Senior Awards:** It has been customary for the Club to recognize, by a modest scholarship, swimmers who actively participate on the SHRC swim team through their junior and senior high school years. A swimmer must meet the following qualifications in order to be eligible for swim team awards their senior year.
- ◆ Swimmers must participate in at least three meets through their junior and senior years of high school.
 - ◆ Participation in a single meet is defined as follows:
 - 1) Swimming at least two of the four individual events.
 - 2) Swimming in assigned relays (relays are put together before a meet. If a swimmer cannot swim in a relay they need to notify the coaching staff prior to the meet)

DREW HOWARD AWARD

Drew Howard taught himself to swim in the Scottish Hills' pool before he was two years old. He watched his sisters practice on the swim team and eagerly anticipated joining as well. He joined at age four, his first year of eligibility. Warm ups, practices, Fun Fridays, and meets were all the same to Drew. He loved the social stimulation combined with the exercise. He loved racing those he knew; he was competitive only with friends, not with opposing team members.

This award is for the Sea Lions Team members, one boy and one girl, who show love in competing and in swimming. Whether he won or lost, Drew added a special energy and attitude to his team with tireless gusto. In what became his final season of swimming two months before his unexpected death, Drew was most proud of the award he received at the 2006 end-of-season banquet: **“Most Likely to become Amputating Doctors”** which he shared with two buddies.

He never cared if he was the best swimmer; he was simply the swimmer who had the most fun.

AFTER-SEASON AWARDS PARTY

The awards party is planned for Thursday, July 19th at 6:00 pm. Please check the swim team bulletin board and website for more information. This is an absolute "must" for wrapping up the season, as recognition is paid to every swimmer who contributed to the success of the season. Our plan is for a free potluck picnic, just as we started the season. Your admission ticket will be a completed “Swim Season Evaluation Form”, available online.

SWIMSUITS

The team suit chosen for the 2006 and 2007 swim seasons (suits are typically used for two years) is Speedo Rising Sun – Kelly Green. As much as possible, we ask swimmers to wear team suits at meets. **For the suits to remain in good condition for the swim season, we strongly suggest that suits be worn only to time trials and meets for the first year of the suit. The second season, the same is true until the season is over.** To keep the colors bright, get wet in the showers BEFORE entering the pool. This keeps the pool chemicals from being as concentrated in the fabric. After the meet, take a warm soapy shower IN THE SUIT before removing and rinsing it in the shower. This is much neater than trying to wash it out in a sink. If you wear it home, the same care is suggested.

TEAM PICTURES

Watch the newsletter for the date and time of our team picture in the near future. You will be able to place an order for the group picture as well as have individual swimmer pictures taken at this scheduled time. Our target day right now is June 7th, the day after time trials, but we may need to change it or offer a make-up for individual shots. Again, watch the website and newsletter.

SCOTTISH HILLS SEA LIONS HISTORY

The first Scottish Hills Sea Lions swim team was organized by Roger Bieberich and began training under John Castranio the first full week that the pool was open. Initially, 58 children signed up for the team; but due to the conflict of football and vacations, some children dropped out during the four weeks of practice. An inter-squad meet was held on 8/31/78, with about 40 children participating. Special “inaugural swim meet” ribbons were presented to all swimmers.

The swim team joined the TSA in 1979. Paula Zaring, a club member, was our first coach and was assisted by Betty Baker. We were placed in the lowest division, but the final won-lost record was 0-7. We knew we had a good thing started as we saw super spirit developing in our swimmers.

For the 1980 season, Larry Malloy was head coach with Matt Knight assisting. We were division champions with a 4-3 record. Things were looking up. In 1981, Shay Cole was hired as head coach and Matt Knight again served as the assistant coach. We won our division championship with a 7-0 record.

In 1982 we attained a second consecutive 7-0 record, our third division championship and a team roster of over 120 swimmers. A third coach, Tracy Cole, was hired to work with the 6 and under.

Shay, Matt and Tracy returned in 1983 and again led us to a 7-0 season record and another division championship.

Phyllis Blanton was head coach in 1984 and was assisted by Tracy Cole. Our 6 and under coach was Dawn Bodenheimer and her assistant was Terry Maness. We were again division champions with a 4-2 record.

In 1985, Shay Cole returned as head coach and was assisted by Heather Stroupe. Our 6 and under coach was Sharon Butler. Having moved up a division proved to be a challenge. Our record was 2-4.

In 1986 we were placed in Division II. Our record improved some with a 3-3 season. Our coaching staff was headed by Dave Cowell with assistants Carrie Knittel and Eva O'Neill. Our 6 and under coach was Lisa Brown. Highlights of the season included wins against Division I teams Northbrook and Triangle.

In 1987 Hunt Reifschneider, assisted by Pat Olsen coached the team. Mark Irwin and Michelle Turner were the 6 and under coaches. We ended the Division II season with a 0-6 record.

Pat Olsen returned in 1988 as head coach. Mark Brenner assisted her. Our 6 and under coaches were Mark Irwin and Milly Hodges. The season ended 4-2.

Pat Olsen, with Jeff Morgan assisting, again coached our 1989 team. Milly Hodges was the 6 and under coach assisted by Kara Davis. Jeff, Milly and Kara swam for the Sea Lions in addition to coaching. Our record was 2-4.

Our 1990 season was headed up by coach Jodi Gore. She came to us with 3 years of high school coaching experience as well as 3 years of summer league coaching experience. Sharon Butler assisted. Our 6 and under coaches were Milly Hodges and Kara Davis. We ended the season 0-6, but the scores did not reflect the fabulous effort put forth by the team all year.

Our 1991 season was a great season. All four coaches from 1990 returned and we had a 5-1 record.

Our 1992 season started off cold and rainy, but we didn't let that dampen our spirits. Head Coach Craig Strong, and assistant coach Jeff Morgan, and 6 and under coach Milly Hodges and assistant Kara Davis led us to a 2-4 record.

The 1993 season was managed by Ann Leary and Beth Rhame. Head Coach was Millie Hodges with Michael Sheek as assistant coach. Tanya White and Cori Oppenheim were the coaches for the 6 and under. With approximately 165 swimmers on our team, more help was needed so Mitzi Pederson was hired to assist wherever she was needed. We ended the season with a 1-5 record.

In 1994 we were moved to Division 8. The season was again managed by Ann Leary and Beth Rhame. Tanya, Michael, and Cori returned to the coaching staff and we added Julie Bahrman as our fourth coach. Hopes were high for a great season. The team ended up with a 3-3 record, with the highlight of the season coming in the last meet. A victory by our 15-18 girls in the freestyle relay (the last event of the night) gave us a 3-point win over Manchester, which was at the time undefeated in our division. Spectators circled the pool three-deep to watch the race, and the entire team and coaches "hit the water" when the final results were announced.

The 1995 season was preceded by a fire that on April 22nd destroyed the pool clubhouse. Reconstruction began soon afterwards and the team was able to use the pool for practice by May 30th. Tammy and Bruce Harvey served as parent Co-Chairs. Jeff Morgan was the head coach as well as assistant pool manager. Julie Bahrman returned to assist him and Willem Koetse was hired as the 6 and under coach. After two early, close losses to clubs a division above us, the team closed with 4 straight victories to win the

division championship. The division title was not decided until the last couple of events against Oxford Hunt in the last meet of the season.

For the 1996 season, our coaches were Matt Ellenburg, Julie Bahrman, and Ashley McVeigh. Tammy and Bruce Harvey remained as parent Co-Chairs. Our regular season record in Division II against a very competitive schedule ended at 3-3, with one of the victories against Division I foe Kildaire Farms. The highlight of the 1996 season was Scottish Hills hosting the Cary City Invitational. Over 1000 swimmers descended on SHRC the day after Hurricane Bertha passed through the area. The Sea Lions sent the second largest team to the meet and finished in a strong third place in the final standings behind perennial powers Lochmere and Triangle.

The 1997 Sea Lions' season actually began in April with a month of "unofficial" practices at Saint Mary's College's indoor pool attracting 30-40 swimmers per session. Tammy and Bruce Harvey served their third year as parent Co-Chair. Head coach Matt Ellenburg and assistant coaches Ashley McVeigh, Matt McFarland, and Josh Brown helped a record 150 swimmers endure early-season cold temperatures and a difficult non-division schedule to post a 4-2 record (2-1 in Division II). The key meet of the year against divisional rival Cary Swim Club was not decided until the 15-18 freestyle relays.

The 1998 Sea Lion's season was managed by Al and Susan Parks. The Head Coaching responsibilities were shared by Matthew McFarland, Nathan George, and David Leach. The Assistant Coaches were Julie Symons and Kari Powers. The Highlight of the 1998 season was the Cary City Meet, hosted once again by SHRC. Dan McFarland and Bruce Harvey, along with many parent volunteers, were instrumental in coordinating this event. More than 1,000 swimmers took part. We ended the 1998 season with a loss against Shepherd's Vineyard. As a result, we stayed in Division II for 1999.

The 1999 team was co-chaired by Jeff and Cindy Kager. Head Coach was Nathan George. Assistant Head Coach was Kimberly Gaffney, and Assistant Coaches were Julie Symons and Kari Powers. The season got off on a rough start because we only had one (1) day of practice prior to the Time Trials. Our overall record was 2-4, with two of the meets decided by less than 20 points! We had approximately 150 swimmers. Spirit Wear was re-introduced, and was a big hit.

The 2000 team was once again co-managed by Jeff and Cindy Kager. Head Coach was Julie Symons, Assistant Head Coach was Kari Powers, and Assistant Coaches were Justin Johnson and Chris Doughtie. The competition was once again very strong. Again, we finished 2-4. Our concessions operation was very successful. The highlight of the season came on July 15, when SHRC hosted the Cary City Invitational Swim Meet. The SHRC Sea Lions finished in 7th place overall. 110 Sea Lions swam in this meet, which included 1,265 other swimmers from 21 different clubs.

The 2001 team which was co-chaired by Mark & Cathy Hipps was the largest team to date...220 swimmers w/ 44 six & unders. Julie Symons & Kari Powers returned to lead this large Sea Lions team with Alison Parks joining the coaching staff as Asst. Coach. We remained in Division II w/ a record of 3-3 for the season. The highlight of the season was a 1-point win over Division I, MacGregor Downs. Our 13-14 girls & 15-18 boys freestyle relays came from behind to win their heats and capture the win for the Meet. The Sea Lions took home the 5th Place trophy at the Cary City Meet out of 22 teams.

The 2002 team was again co-chaired by Mark and Cathy Hipps. Our coaching staff was led by Brian Benfer with Caroline Curran as Assistant Head Coach and Alison Parks and Magda Jenc as Assistant Coaches. We had 211 swimmers that lead us to a winning season of 4-2. The highlight of the season was on July 13th, when SHRC once again hosted the Cary City Invitational Swim Meet. In addition to successfully hosting such a large function, our Sea Lions finished a respectable 8th place out of over 20 other clubs.

The 2003 team was co-chaired by Mike and Amy Lamb. Our head coach was Cameron Moccari. Magda Jenc served as Assistant Head Coach with Lauren Kager and Brian Post completing our coaching staff. Our team of just over 200 swimmers worked hard and competed in a tough schedule. They led the team to a winning season of 4-2 which placed SHRC second out of four for our division one standing team.

The 2004 season was once again co-chaired by Mike and Amy Lamb. All four coaches from the 2003 season returned to lead our 200 + member team. Cameron Moccari served as Head Coach, Magda Jenc as Assistant Head Coach with Lauren Kager and Brian Post completing our coaching staff. Our Sea Lions ended the season with a 3-3 record. The Cary City Meet was hosted by SHRC on July 13th with our Sea Lions winning the 4th place trophy out of the 28 teams that participated.

The 2005 season was co-chaired by Peter and Donna Howard. Head Coach was again Cameron Moccari, with Magda Jenc as Assistant Head Coach. Kate Hipps and Casey Hyman were assistant coaches. We finished our dual meet season 2-4, but soared to finish 3rd at the Cary City Meet, certainly a high mark of achievement! We had 4 events where we placed first in the CCM. Early in the day, our 9-10 Girls took first place in the Medley Relay. The team consisted of Brennan Textor, Stephanie Calleja, Caroline Mitchell and Laura Schnoor. Soon after Olivia Hair took 1st place in the Girls 6 & Under Breaststroke. Near the end of the morning session, the 9-10 Boys took first place in the Free Relay. Benjamin Miller, Patrick O-Mara, Arden Emery and Matthew Long comprised this team. At the end of the early session, SHRC was 2nd overall. In the afternoon session, Melinda George took first place in the 15-18 Girls Breaststroke. Eight team records in all were broken in 2005.

The 2006 season was co-chaired by Ken and Karen George. Head Coach was Brian Post, assisted by David Rojas, Kate Hipps and Matt Merry. We began the season with a record 240 swimmers. It's tough to pick a highlight of the season because there were so many magic moments that helped us to achieve a 5-1 record, undefeated in Division 1, the Conference Title and a 2nd straight year of 3rd at Cary City Meet. After winning the expected first 2 meets that were Division 2 teams, the first hint of magic was at Shepherd's Vineyard when after splitting the medley-relays we won an extra free-relay to steal a win by only 7 points. Later at Wellsley, thanks to strong Butterfly finishes, we won by 63. Our last meet of the season was with arch rival Cary. We pulled out an 11 point victory! We were 3-0 in the conference while every other team was 1-2, a 3 way tie for 2nd. (or last, depending on whether you're a Sea Lion or not!)

2007 SWIM TEAM COACHES AND COMMITTEE MEMBERS

Head Coach	Brian Post CoachBrian@scottishhills.org	210-6114
Coach	David Rojas CoachDavid@scottishhills.org	306-7154
Coach	Kate Hipps CoachKate@scottishhills.org	649-9371
Assistant Coach	Phillip Lamb CoachPhillip@scottishhills.org	931-8541
Assistant Coach	Christine Oliver CoachChristine@scottishhills.org	812-4670
Assistant Coach	Alex Schnoor CoachAlex@scottishhills.org	363-5458
Swim Team Coordinators	Ken & Karen George SwimTeam@scottishhills.org Ken (cell) 272-8051 Karen (cell) 271-7272	460-1978
Pool Manager	Roland Flory Pool: 469-8106 Home: 469-2443	
Concessions	Carole Oliver	362-4298
Spirit Wear	Renee Mitchell	468-0227
	Leanne Rosenberg	467-4534
<u>TSA Representative</u>	<u>Mike Lamb</u>	<u>380-1448</u>
Stroke & Turn Judge	Sandy Daussin	362-9421
Head Starter	Ken George	272-8051
Head Place Judge	Holly Confroy	363-9996
Head Kid Pusher	Heidi Baird	469-0795
Ribbons	Mindy Speice	460-8162
Set-Up	Mark Hipps	467-3657
Head Announcer	Dan McFarland	469-5730
Head Scorers	Don Sparrow/ Rosemary Unger	460-0413
Meet Data Entry	John Merry/Bob McGoogan	467-0469
Records	Rosemary Unger	460-0413
Monday Night Pasta Pump-ups	Karen George	460-1978
Friday Snacks	Debbie Tomasko	387-1401
Team Pictures	Ken George	460-1978