

GO NCA!!!! Please read all the way through.....whew...

Location: Coronado High School. Please be on time!!!! 818 6th St Coronado, Ca 92118.

Theme: Saturday we want everyone to wear their JO t shirt that you will receive at the meet. The theme for the day is Rock and Roll, if you have any blow up guitars etc, bring them to the meet. On Sunday, those of you who have tie-dyed shirts, we want you to wear them!!! If you don't have a tie dyed t-shirt, wear your 2010 JO t-shirt. The theme for Sunday is 60's hippie theme. We will give you some NCA spirit swag at the meet. Let's come with the most spirit!!! At Zones they have a spirit award. Let's pretend there is one here too and we want it more than anyone else!!! You all have secret psyches....you need to be cheering for them during their races!!! You will get your secret psyches at workout tonight. Relay only swimmers will be someone's secret psyche but they will not have one of their own, as they most likely will not be at the meet the entire time.

Tarps: We need a volunteer who is willing to be the meet a little early on Friday to secure a spot for our team. We need at least 3-4 tarps taken to the meet. I do believe they are under the bleachers at the JCC.

Timing and additional jobs: Timing: We have lanes 4 and 5 both Sat and Sun. There are 2 timing chairs in each lane. We also have another job each day. Runner Sat am and Sun pm, Head timer Sat pm, T-shirt, program and silent auction table Sat am and Marshall on Sun pm. These jobs will all be posted at the team tarp. Please sign up for a job each day that your child is swimming. All Friday night swimmers need to provide their own timers and lap counters.

Warm-ups:

Fri: **Check in first.** In the water at 4:00 pm for warm-up.

Sat: **Check in first**, 7:30 team meeting, then behind the blocks at 7:55 am. for warm-ups.

Sun: 7:15 am in the water, **check in after warm-ups unless you are early enough to do it before 7:15 am.**

Team meeting is 8:20 am. Please be on time for all warm-ups and team meetings.

Please do not scratch down any events until you talk with your coach!!!! You may swim a total of 6 events with a limit of 3/day. This is a team effort meet!!!!

If you are swimming a distance event, please have another athlete available to count for you. You will need your own lap counters.

Estimated timeline: There is usually a 2-hour break before finals start. **Do not leave the meet until you check out with a coach.**

Sat 12:30 end of prelims Finals will ***probably*** start at 2:30 pm and last until 5:10 pm.

Sun 12:30 end of prelims Finals will ***probably*** start at 2:30 pm and last until 6:00pm.

All relay only swimmers need to be at the meet both days at 3:00 pm. You will be able to relax, watch the meet, warm up and then swim your relay. Relays are at the end of the meet both days. Please come by the coach's table to check in with us and get your t-shirt. Check in with us on both days for relays.

All swimmers in individual events: **DO NOT** leave the meet until you check out with your coaches. Check to see if you are in a relay that afternoon. If finals do in fact start at 2:30 each day, all swimmers in individual events need to be at the team warm up at 1:30 pm. This does not include swimmers only in relays.

These are the NCA relays as of 2-16-10. All 13/14 800 free relay swimmers need to confirm via e-mail with me that you will be there to set the tone for the rest of the meet!!! Relays on Sat/Sun can change subject to performance at JO's. 13/14 yr old relays will be determined by the Senior coaches. **Please do not leave the meet without checking with the coaching staff to make sure you know if you are in relays. Check with us even if you are not listed on the relays!** Relays are \$4.00 each. All relay only swimmers need to add \$10.00 to their relay fees. I'd like to have all the relay money by 2-20-10. Please pay Sue at the meet or put it in an envelope in the pool mailbox. If for some reason you end up not swimming a relay, come up to us and you will be reimbursed at the meet. Thanks for your cooperation and understanding. If there is information that you know about a relay that we don't know, by all means share it with us! With a team this size, it is an honor to be on a relay. We have enough fast swimmers to field 3-4 relays in many of the age groups. That is a testament to

all your hard work! It's too bad we can only put in 2 relays at JO's. Please do not ask or care if you are on the A or B relay as again it is an honor to be on any relay team. Teams are subject to change. Relay only swimmers will need to be at the meet in the afternoons on Saturday and Sunday. This is an approximate timeline. We will call you if there is a change. Please give us a daytime number if the number on your account is not a good number to call.

Suits: Age groups swimmers (not including the seniors) are not allowed to wear the FS Pro or the LZR swimsuit. You may wear Aquablades record breakers or jammers or FS11 record breakers or jammers. No knee suits allowed. Otherwise you can still wear your NCA navy swimsuit. You do not need to buy a new suit for this competition!

NCA relays (Not necessarily in swimmer's order)

10/U boys Sat

Marcelo Machado, Noah Owen, Tyler Sande, Steven Abrahamson, Mikael Thomson, Cooper Stewart, Jordan Dinerman, Ian Molloy. Zachary Schmitt is an alternate.

10/U boys Sun

Mikael T, Tyler S, Steven A, Marcelo M, Zachary S, Cooper S, Ian M, Noah O. Jordan is an alternate.

10/U girls Sat

Alix Leslie, Jessica Pentlarge, Mia Thomas, Talia Rakotz, Carlie Stipe, Emily Ekaireb, Bella Souza, Kate Barry. Alternate: Marlana Arganda

10/U girls Sun

Jessica P, Marlana Arganda, Talia R, Alix L, Carlie S, Bella S, Emily E, Kate B. Alternate: No alternate!!! Don't break anything or get sick!! ☺

11/12 boys Sat

Brendan Barry, Paul Hedlin, Josh Parmenter, Darren Chow, Aaron Chow, Alessandro Thomson, Nima Bullock, Nick Iftimie. Alternate Tim Yen.

11/12 boys Sun

Josh P, Aaron C, Nick I, Brendan B, Darren C, Tim Y, Alessandro T, Paul H. Alternate Nima Bullock

11/12 girls Sat

Brittany Kahn, Cora McClelland, Tara Makarowski, Karli Thuen, Beryl Lewis, Sarah Abrahamson, Sarah Ekaireb, Lindsay Ladman. Alternate: Jordan Rich

11/12 girls Sun

Brittany K, Sarah A, Karli T, Tara M, Lindsay L, Jordan R, Cora Mc, Beryl L. Alternate: Sarah Ekaireb

13/14 boys Fri

Scott Clausen, Jason O'Brien, Sean Gartland, Thomas Machado, Austin Aleman, Chris Evangelista, Neil Franka, Chase Ladman. Alternate: All other 13/14 boys

13/14 boys Sat

Thomas M, Sean G, Jason O, Scott C, Neil F, Collin E, Matthew C, Austin A or Chris E. Alternates: All other 13/14 boys plus one that is already listed above.

13/14 boys Sun

Jason O, Austin A, Neil F, Scott C, Sean G, Matthew C, Chase L, Thomas M. Alternates: All other 13/14 boys.

13/14 girls Fri

Margaret Guo, Annabel Tomes, Gretchen Horbol, Ariel Jordan, Kelsey Kafka, Deniesse Vankat, Katya Rakotz, Shane Knight. Alternates: All other 13/14 girls

13/14 girls Sat

Gretchen H, Ariel J, Annabel T, Margaret G, Katya R, Shannon E, Deniesse V or Kelsey K, Shane K.
Alternates: All other 13/14 girls plus one already listed above.

13/14 girls Sun

Annabel T, Kelsey K, Gretchen H, Margaret G, Ariel J, Elise W, Deniesse V, Shane K. Alternates: All other 13/14 girls.

Please understand that the relays as listed above can change.

Remember, above all please display the highest level of sportsmanship. In all situations!!!

The next attachment has the jobs and timelines on it.