

2021 Team ND Zone TEAM

WELCOME! ... CONGRATULATIONS! on qualifying for the 2021 ND Zone TEAM

The TEAM ND Coaching staff is excited for you and your opportunity to represent North Dakota swimming at our upcoming Championships in Westmont, Illinois

We would like to share our expectations as you prepare for the ZONE meet

- Swimmers, coaches, officials and parents are now a part of TEAM ND ... things may operate differently than home club Teams ... it is OK for things to be different ... we want swimmers, coaches, officials and parents to represent North Dakota, their club Teams and home towns in a positive way so that TEAM ND shines while at Zones
- TEAM ND Swimmers are expected to attend ALL warm-up sessions daily and stay for the duration of their daily swimming session, hang out with teammates, make friends, cheer on each other, swim FAST and have FUN!!!
- TEAM ND is based upon having swimmers at the meet, working together as a TEAM, supporting each other, cheering for each and getting experience at the ZONE level of competition so that swimmers, coaches, officials and parents can grow in their swimming to be the BEST they can be
- Appropriate behavior will be required of swimmers, coaches, officials and parents while representing TEAM ND (GREAT care should be taken to protect the reputation of TEAM ND) carelessness may result in swimmers, coaches, officials and parents being removed from TEAM ND or being asked to leave the venue
- Plan to arrive 20-30 minutes prior to the start of warm-ups and stay until the end of the session
- TEAM ND relays are a privilege and participation is based upon following directions and being a part of TEAM ND ... arrival to team practice, pictures, team events, warm-ups, staying for the duration of swimming sessions, cheering on teammates and of course swimming FAST
- Swimmers will be sitting with TEAM ND during the competition and will need permission to leave the team area (visiting with parents will be limited) ... we will be supporting our NEW teammates and cheering each other on
- Masks will be REQUIRED of swimmers, coaches, officials, administrators and parents at ALL times while in the aquatics center ... this mandate is a REQUIREMENT in order for TEAM ND, its swimmers, coaches, officials and parents to participate
- We will NEED TIMERS from TEAM ND from parents, friends and family while participating at ZONES
- Parents are not allowed on the pool deck (unless serving as: coach, Team ND Staff, Official or timer)

Additional INFORMATION will be presented at our meeting on Sunday

Looking forward to a FUN! week & a GREAT! TEAM ND experience in the windy city

**Respectfully...TEAM ND Coaching Staff (Pat, Krista, Anneliese and Cam)
Questions: Pat Anderson / TEAM ND - Head Coach / 701-261-9144 text**