# MOR

**REPORT**

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MOR
MARLINS OF RALEIGH
**SWIM TEAM**


**"DEVELOPING CHAMPION ATHLETES AND CITIZENS THROUGH COMMITMENT TO EXCELLENCE IN SWIMMING"**

## MOR TO HOST NATIONAL POWERS AT ATLANTIC QUAD MEET THIS WEEKEND!

We are excited to host the Atlantic Quad Meet Nov. 15-17 at Pullen Aquatic Center. This year's meet includes YOTA from Raleigh, NCAC from Chapel Hill, Riptide from Minnesota and the Virginia Gators from Roanoke, Va. It should be a very competitive meet with some of the top high school recruits in the US competing. We want to be gracious hosts for the teams that are traveling a long way to compete in our meet so plan to attend and enjoy getting to know swimmers from these visiting teams. Please remind your swimmers to pick up and dispose of the trash in their areas. Wear t-shirts in the following order: Friday white, Saturday grey and Sunday black. Wear silver caps which will be available at the heat sheet table.
**Warm ups**:13-Over Warmups have been split into 2 sessions so be on time or you won't be able to warmup. **Friday** 3:15 PM, **Sat./Sun AM** 7:10 AM, Sat PM 5:15pm. 12 and under **Sat.** 12:30PM **Sun** 1:15 PM Bring a healthy snack to eat on Friday and Saturday.
**Parking:** The main lot in front of Pullen Aquatic Center will have a parking attendant supplied by MOR This lot is for coaches, officials, MOR Meet Volunteers and COR Aquatic Employees. Please treat the attendant with respect. Please note: Any disturbances at the parking attendant will have your swimmer ejected from the swim meet. Please make sure that you keep the flow of traffic moving- there is absolutely no drop off in the main lot and there is NO STOPPING and dropping off along the street to the stairs. You must park and you and your swimmer MUST walk over to the pool. Parking in other lots for spectators on the Pullen complex are directed by attendants employed by the City of Raleigh. Please give yourself ample time to park and get to warm ups on time. Overflow Parking is also available and directed by the City of Raleigh on Sat./Sun Gov. Morehead School for the blind across from the Pullen park complex. The Reynolds Deck on NCSU campus (Cates Ave) is also available and a short walk through the park. **Deck/Balcony/Spectators:**
There are bleachers in the balcony area of the pool for spectators. Chairs are not allowed in the balcony area directly behind the blocks. SPECTATORS ARE NOT ALLOWED ON THE POOL DECK AT ANY TIME DURING WARM UPS OR THE MEET> Please note this is a Safe Sport violation. Swimmers of parents arguing or in violation of this policy will be scratched from the meet. **Please Note**: There is a restroom for coaches and officials ONLY off the pool deck and lobby area that will be marked as such. This restroom can NOT be used by swimmers or spectators during the course of the meet. Restrooms are available upstairs in the balcony area for parents/adults.
**PHOTOGRAPHY:** USA Swimming Rules state there is NO photography behind the blocks. Light Concessions will be available as well as Heat sheets for purchase for the entire weekend. All American Swim Supply will be on hand Saturday and Sunday.
**VOLUNTEERS/HOSPITALITY**. All volunteer spots are filled at this point. Thank you in advance for your help. Each family on Friday and Saturday is

asked to bring a case of bottled water OR a 12 pack of canned soda and a snack for the hospitality room. Some MOR apparel will be on sale at the meet. Please make sure to bring cash or check (no checks for under $10. **College Commitment Picture**: Saturday at 8:10am we will take our annual college commitment picture for all high school seniors who have committed to swim in college. Wear your college Tshirt for the picture on Sat. AM.

## SWIM-A- THON

The 2019-2020 MOR Swim-A-Thon is underway- If you have not already gone in and set up your SAT account, please do so. You can earn money towards your dues, raise money for MOR and the Food Bank- Stop Hunger! We need all of you to take part and raise our Goal of $50,000. This week's Raffle winners for those who have earned money are Louisa Wendt and Lila Needham. Congratulations and keep up the good work.

## POINSETTIA ORDER DEADLINE EXTENDED TO NOV. 24

The MOR Poinsettia Order Deadline has been extended to Sunday Nov. 24. Many thanks to Keri for arranging for pickup and delivery on about Dec. 3rd. This fundraiser helps to pay down your dues and pays for MOR lane rent. For more information contact Marlinsfinances@gmail.com

## SAFE SPORT CERTIFICATION

In an effort to educate our parents, MOR is embarking on USA Swimming's Safe Sport Certification process. In order to be recognized as a Safe Sport Certified Club, MOR has to complete certain requirements which include athlete/parent education as well as Safe Sport Policies. We want to educate our families and to that end, we need all MOR swimmers between the ages of 13 and 17 and parents with swimmers of any age to take the online Safe Sport Class. Links to both these classes can be found under the Safe Sport tab of the website. Click on "Safe Sport" and then "Links" and then either "Safe Sport Training for Parents" or "Safe Sport Training for Athletes". Swimmers ages 18 and Older are required to take a separate Athlete Protection Course. There is no charge for the courses. Please complete these requirements by Oct 30, 2019.

## DEADLINES

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| Sun. 11/24 | Poinsettia Orders Due |
| | Jr. National Meet entry |
| Mon. 11/18 | Arctic Blast entry |

## CHAMPIONSHIP COUNTDOWN

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|---|---|
| Nov. 15-17 | MOR Atlantic Invite Meet-Pullen 13-O A, 12-U BB+ |
| Nov. 23-24 | Yota Turkey Meet-Ncsu 13-O BB below, 12-U BC |
| Dec. 3 | Poinsettia Delivery/Pickup. |
| Dec. 6-8 | Atom Invite-Charlotte 13-O 1 AA |
| Dec. 7-8 | MOR Arctic Blast Meet-13-O A and below, 12-U B/C |
| Dec. 10-14 | USA Swimming Jr. Nationals-Atlanta |
| Dec. 13-15 | Fall States-Hillsborough |
| Jan. 10-12 | CAT Meet-Hillsborough-,13-O below Sr. Sectional |
| | ***Yota 9-12 Meet-NCSU*** |
| Jan. 18-19 | MOR Snowflake 8-U Meet-Ravenscroft |
| | MOR Distance Day-Ravenscroft |
| Jan. 18-20 | Nova LC Meet-Richmond-***1 Sectional Cut*** |
| Feb. 7-9 | MOR SC Qualifier-Goldsboro |
| Feb. 13-16 | AG Champs-***Greensboro*** |
| Feb. 20-23 | NC Sr. Champs-Charlotte |
| Mar. 6-8 | MOR B/C States-Pullen |
| March 5-8 | Sr. Sectionals-4 Sr. Sectional cuts |
| March 12-15 | AG Sectionals-Atlanta |
| Mar. 27-29 | Tarheel States-Cary |
| April 2-9 | Olympic Training Center Camp-Colorado Springs |
| June 21-28 | US Olympic Trials-Omaha |