Cary Park Sea Dragons

Welcome Sea Dragons!

Vol. 13, No. 5, Monday, June 7, 2021

www.caryparkswimteam.com

Follow Us On Twitter! Visit Our Website! Email Us At!

Sea Dragons vs Seven Oaks (Away Meet at Home)

WHO **Team Red vs Team Black (Virtual vs Seven Oaks)**

WHEN **Saturday, June 12**

6:45 am - Set Up Volunteers arrive

7:00 am - Parking and Crossing Guard Volunteers arrive.

7:15 am - Dragon Tamers report; Swimmers arrive.

7:30 am - Cary Park Sea Dragon Warm-Ups

7:40 am - Judges/Timers/Clerks/TSA Reps Meeting

WHERE Cary Park Swim Club - 5353 Cary Glen Blvd, Cary, NC 27519

PARKING Carpool or walk when possible. Park on side streets. Do not block intersections or driveways. Do not park on Cary Glen Blvd or around the circle.

EVENT SPECIFICS Normal order of events, 100 IM optional after back, with Coaches' Relay before Fly

Get Ready for a Sea Dragons Swim Meet!

SWIM MEET - Commit Yes/No for your Swimmer(s) by **June 10, 2021**

For the appropriate swim meet, click on the right, Click on the Pink Edit Commitment button to go in and Commit your swimmer(s) to Yes or No to attend. Please Select one option or the other, so that Coaches know the status for your swimmer(s).

What to Bring:

Swimmers should arrive in their swimsuits (red or black swimsuit preferred) and bring a bag containing:

- Goggles and BLACK Sea Dragon Cap (or other non-team affiliated swim cap)
- Mask and ziplock bag for the mask (consider bringing more than one mask because they tend to get wet)
- Plenty of dry towels
- Plenty to drink
- Healthy snack
- Sweatshirt
- Out of Water Entertainment - not to be shared with others outside of your household
- Lawn chair and umbrella or canopy if desired

Seating Map - this is where you and your swimmers can sit to help spread everyone out. Find it at the bottom of the Meet Schedule Tab on the Website or on the Event Page under Meet #1.

LABELING YOUR SWIMMERS:

Left Arm - Last Name

Right Arm - Swimmer Number (click on Swimmer Number to see list)
This is a way for us to quickly capture manual times if we have any technical difficulties with timing.

COACH'S CORNER!

Hey Sea Dragons!

What an amazing job all of you did at Time Trials! The coaches and I were really happy to see everyone get up and race extremely fast. I hope it was a lot of fun for all of you like it was for the coaches. It was great to be back in the competitive spirits with you all, but even better to see the sportsmanship between the swimmers. Only one more week of only afternoon practices until we switch to having morning AND afternoons!! Please sign-up for Saturday's meet (6/12) against Seven Oaks (virtually) and make sure you leave a comment if your child has a preference on what they want to swim! Hope to see you all at practice this week!
Go Sea Dragons!

Coach Chris

LESSONS!

Cary Park Sea Dragon Swim Team Coaches are available for private or semi-private lessons among siblings. Lessons for swim team members are $30/half hour, and for non swim team members for $35/half hour. Information can be found here. Requests for lessons can be submitted in the Lessons Book at the front desk.

SEA DRAGONS OF THE WEEK

Mini Girl	***Grace Wilson***
Mini Boy	***Grant Pedraza***
6&U Girl	***Clara Aponte***
6&U Boy	***Adam Okiishi***
7-8 Girl	***Annabelle Hahn***
7-8 Boy	***Eric Liu***
9-10 Girl	***Evelyn Hertel***
9-10 Boy	***Elliott Parr***
11-12 Girl	***Zarah Kanorwala***
11-12 Boy	***Bradley Weaver***
13-14 Girl	***Sydney Asermely***
13-14 Boy	***Nick Morizio***
15+ Girl or	***Libby Moore***
15+ Boy	***Cambell Drinnan***

TIE DYE MONDAY JUNE 7!

MONDAY, JUNE 7 - 5PM-7:30PM - Create a tie dye shirt and wear it to a meet for Spirit points! Bring a white shirt if you didn't pre-order one! :-)

SEA DRAGONS CALENDAR

Sea Dragons, be sure to save the dates!! (Swim Meet dates highlighted in yellow)

Monday June 7	Craft Monday - Tie Dye Tshirts https://docs.google.com/forms/d/1m8GmgLpeaS57l-KmjDNUBoQ13JCp3UKPJ2ruf6Lchwk/edit
Saturday June 12	"Away" Meet Seven Oaks at Home - Red vs Black
Saturday June 19	Pie the Coaches
Monday June 21	Craft Monday - Lightning Bug Jars Save your empty Jars for this!
Tuesday June 22	Home Meet Riverwood/SV - Red vs Black
Monday June 28	Craft Monday - Rubber Band Boats
Monday July 5	Craft Monday - Dream Catchers!
Tuesday July 6	Home Meet University Club - Red vs Black
Tuesday July 13	Home Meet Sunset Ridge - Red vs Black
Saturday July 17	"Away" Meet Apex - Red vs Black
July 24 or 25	Anticipated TSA Championships
Sunday July 25? TBD	Awards Banquet - TBD

* Rain dates for dual meets generally follows the next (Wednesday) evening or the next (Sunday) morning, starting at the same time as the original meet date.

** Mini Sea Dragon Swim Meet has not yet been confirmed - dates TBA

Sea Dragons swim in the Tarheel Swimming Association. More info can be found here: https://tsa.swimtopia.com/

Sea Dragons Practice Schedules

Morning Practices are about to start!!

Morning Practices (June 14-July 23rd) - tentative schedule

MONDAY THROUGH FRIDAY MORNINGS - begins on **Monday, June 14th**. (Practice groups & times may be subject to change)

Ages	Practice Time
7 - 8	8:00 - 9:00am*
9 - 10	8:00 - 9:00am*
11 - 12	9:00 - 10:00am
13 & Up	9:00 - 10:00 am
Mini Sea Dragons	10:00 - 10:30am
6 & Unders	10:00 - 10:45am

* Wednesday mornings following Tuesday night swim meets, the 7-10 year olds will practice at **9AM** with the 11&Ups.

Sea Dragons *Spirit Wear* and Gear 2021

Time to purchase your 2021 SPIRIT WEAR! Show your support of the Red or Black Team at the intrasquad meets this summer. So, if you have been assigned to the Red Team, order a red shirt. If you have been assigned to the Black Team, order a black shirt. Parents, feel free to order one for yourself to support your Red or Black Team.

Red or Black Team List

Place your Order HERE by June 7!

$12 RED or BLACK Dry-fit T-shirts
$12 Tank (no sponsors on the back)
$25 Hat
$20 Visors
$10 Silicone Sea Dragon Swim Cap

Our 2021 ***Team Suit*** information is here. Swimmers who need team suits may purchase new swimsuits from **All American Swim** located at Maynard Crossing Shopping Center (1231 NW Maynard Rd, Cary, NC 27513), 919-439-8678, Hours M-Th 10a-6p, and Sat 10a-4p. If you have your suit from last year, you can use that again this year. You are also welcome to wear any red or black suit.

CARY PARK
SEA DRAGONS

Safety

Thank you for following our safety guidelines, each and every practice!

- **2021 Cary Park Swim Team Safety Protocols at this time remain similar (to 2020) for the safety of our young swimmers.** We are re-evaluating this policy, and will announce any changes when we are able.
  For now, ALL swimmers must follow these safety guidelines given that the majority of children are not age-eligible for vaccines.
- All Swimmers should wear masks when entering or exiting the pool, in any situations where social distancing is not possible, and during dryland if able.
- During any drylands, remember to maintain 6 feet distancing, and continue to wear face masks/facial coverings if able.
- Everyone 12 and up must fob in and out of the pool per club rules.
- Don't come to Cary Park Pool if you believe you may have come in contact with or contracted COVID-19, or if you believe you may be symptomatic with COVID symptoms.

A Huge Thank You To Our 2021 Sponsors!

**Check back soon, still adding our sponsors!*

And it's not too late to be a sponsor!! Email

suswimmers@gmail.com for more information!!

CAROLINA
orthodontics & children's dentistry

Legacy Wealth Strategies
Tax-Efficient Financial Planning, Investments, and Insurance.

College Swimming Guide

MADISON OAKS
WEALTH PARTNERS

501
EST. 2016
PHARMACY

nc da
NORTH CAROLINA DERMATOLOGY ASSOCIATES

People's COFFEE

Vanderwall ORTHODONTICS

SIYOUNG PARK , CPA, PLLC

FINNER

Follow Us On Twitter! Visit Our Website! Email Us At!