

Cary Park Sea Dragons

Welcome Sea Dragons!

Vol. 13, No. 6, Sunday, June 13, 2021

www.caryparkswimteam.com

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Sea Dragons - HERE WE GO!!



Our season will really start to fly now! ***Morning practices start Monday, June 14***, in addition to our afternoon practices! And stay tuned for more meet info on the way!

Tuesday, June 22 - HOME - Shepherds Vineyard

Tuesday, July 6 - HOME - University Club

Tuesday, July 13 - HOME - Sunset Ridge

Saturday, July 17 - AWAY (but home) - Apex

Saturday or Sunday, July 24 or July 25 - TSA Champs

- ***Commit Yes/No for each of your Swimmers BEFORE that meet's deadline!***
Let Coaches know ahead of time if plans change, especially for relays, and changes in advance are easier to handle!
- Be sure to ***Look ahead and Plan for 12 points Volunteering PER family*** to ensure your swimmer(s)' eligibility to participate! We depend on EVERY Family to make this happen for our swimmers! **6 points must already be committed to by June 25** to continue swimmer(s)' eligibility on the swim team.

Updated Sea Dragons Practice [Schedules](#)

AFTERNOON PRACTICES - June 14-July 22 - Mondays, Wednesdays, Thursdays
NO Tuesday Afternoon Practices as swim meets have started officially as of June 15.

Ages	Practice Time
13 & Up	4:30 - 5:30 pm
11 - 12	4:30 - 5:30pm
6 & Unders	5:30 - 6:15pm
7 - 8	5:30 - 6:30pm
Mini-Sea Dragons	6:15 - 6:45pm
9 - 10	6:30 - 7:30pm

MORNING PRACTICES - June 14-July 23 - Mondays through Fridays

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.

SATURDAY MORNING practices continue on this schedule - May 22-July 24* (*if TSA Champs is on Sunday, July 25)

*A & B groups for 6&U and 7-8s on Saturday morning, please sign up [here](#).

Saturday Practices All Season	
Age Group	Practice Time
6& Unders Group A	8:00-8:30
7-8s Group A	8:00-8:30
6 & Unders Group B	8:30-9:00
7-8s Group B	8:30-9:00
9-10s	9:00-9:30
11-12s	9:30-10:00
13 & Ups	10:00-10:30
*** Parents, please bring chairs to sit outside of the pool area if needed	
*** Masks are required for swimmers, coaches, Jr. Coaches	
*** Parents/siblings sitting in family groups can remove masks once seated	
*** Please wear masks when socializing up close with other families	

COACH'S CORNER!

Hey Sea Dragons!

AWESOME JOB on all your swims at our first meet against Seven Oaks (virtually). I was so happy to see all the laughs and smiling faces, even on a cold morning! You all have been working extremely hard, so great job! The coaches and I have been enjoying this season so far and it is going by SO FAST. Our next meet is *Tuesday, June 22nd*, so get ready to bring the SPEED AGAIN! Remember, what we do in practice reflects what we do in a meet, so let's keep up the amazing practices and **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 on vs Seven Oaks

We hope ALL our Swimmers had a Blast Saturday morning! Loved watching each and everyone of you swim! #CPSDProud #SummerSwimRocks

NEW POOL RECORD - Congrats!!

Elle Vanderwall - 9-10 25 yd Free - 13.13 - ties with Lily Ann Willis, set in 2017

MOST IMPROVED - Caught you speeding!

Riya Acharya - 7-8 Back

Johannes Aponte - 7-8 Breast

David Baldyga - 7-8 Fly

Clara Bendz - 7-8 Breast

Laura Bendz - 9-10 Free

Rishi Chaudhuri - 7-8 Breast

Adeline Crawford - 7-8 Breast

Avery Hicks - 7-8 Back

Caleb Hodges - 7-8 Breast

Riya Karandikar - 9-10 Free

Arjun Kumar - 13-14 Back

Maeve Lareau - 7-8 Breast

Graham McLeod - 7-8 Back

Reagan Noble - 7-8 Breast

Cameron Parr - 11-12 Breast

Elliott Parr - 9-10 Breast

Mila Patel - 9-10 Free

Noura Tawfik - 9-10 Fly

Keshav Villegas - 6&U Back

Bryan Zhang - 9-10 Free

Dual Meet Results vs Seven Oaks will be announced once the Marlins have swam their meet!



SEA DRAGONS OF THE WEEK

Mini Girl	<i>Audrey Crawford</i>
Mini Boy	<i>Rishaan Gupta</i>
6&U Girl	<i>Jackie Mathai</i>
6&U Boy	<i>Johannes Aponte</i>
7-8 Girl	<i>Reagan Noble</i>
7-8 Boy	<i>Alonzo Roye</i>
9-10 Girl	<i>Laura Bendz</i>
9-10 Boy	<i>Stuart Pedraza</i>
11-12 Girl	<i>Addison Hicks</i>
11-12 Boy	<i>Ayan Chowdhary</i>
13-14 Girl	<i>Camila Demarco</i>
13-14 Boy	<i>Ryan Hahn</i>
15+ Girl	<i>Makena Kovac</i>
15+ Boy	<i>Pranav Nemani</i>

PARENT SEA DRAGON OF THE WEEK

Raphael Aponte - first time head timer, and volunteered to help more as needed!

SEA DRAGONS CALENDAR

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

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
Thursday, June 24	11 & Up Party -
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
Thursday July 22	Awards Banquet 6pm-7:30pm
July 24 or 25	Anticipated TSA Championships
Sunday July 25	Rain Date Awards Banquet 8:30am-10am

* 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 Dragon Social

Pie the Coaches

Saturday, June 19, 2021 - Some fun with our amazing Coaches and Donuts for (Sea) Dragons too!

Modified Saturday, June 19 Practice Schedule:

8AM-8:45AM - 10 & Unders

8:45-9:45AM - Pie the Coaches

9:45-10:30AM - 11 & Ups

Craft Monday

Monday, June 21 - Remember to bring your jars for a neat Lightning Bug creation!

11 & Ups Party

Thursday, June 24 - To be confirmed, so stay tuned - Info coming!!

Awards Banquet

Thursday, July 22 - 6PM-7:30PM - Cary Park Swim Club

Rain Date - Sunday, July 25 - 8AM-10:00AM

More details to come!



Upcoming Swim Meet Notes

* Reminder - **Commit your Swimmer(s) Yes/No** before registration deadlines to help our Coaches plan appropriately!

* Wear your Team Red or Team Black Spirit Wear! We want to see it!

* Huge Thanks to **North Carolina Dermatology Associates** and **Coolibar** who are excited to sponsor a **sun protective clothing raffle basket** for one lucky winner. Coolibar offers sun protective clothing, hats, and swimwear to provide the highest UV protection available to keep you cool, comfortable, and sun safe.

Coolibar's mission is to "Keep the world safe from sun damage, to protect those who suffer from a sun-related medical condition and to prevent everyone else from developing one."

Good luck to the 2021 Cary Park Sea Dragons! (from NCDA and Coolibar)

Raffle to be held at our June 22 swim meet. Learn more about protecting your skin against the UV rays which can cause skin cancer at www.ncdaskin.com !!

2021 Swim Team Picture

Swim Team Picture - Ordering info TBA - Stay tuned!

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!

Sea Dragons, our season and activities are even better with the help of our Sponsors!! Let's show our appreciation by supporting them!
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People's
COFFEE



Vanderwall
ORTHODONTICS

SIYOUNG PARK, CPA, PLLC



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