

September 24 and 25, 2025

ZSC Parent Meeting

Coaching Staff



Eric Meyer

Head Club Coach

Lead Coach – Senior HP



Greg Orphanides

Head Age Group Coach

Lead Coach – Senior 1 and Junior 2



Aleks Fansler

Performance Development
Coordinator

Lead Coach – Junior 1



Tom Addington

Lead Coach – Momentum 1

Coaching Staff



Cora Walrond

Lead Coach – Momentum 2



Mary Bouyett

Lead Coach – Evolution 1



Elyse Heiser

Lead Coach – Evolution 2 and Senior 2



Mackenzie Berger

Lead Coach – Foundation

Board of Directors

- Kyla Ellender – President
- Norman Bineyard – Vice President
- Nataliya Kostova – Treasurer
- Brent Mosby – Secretary
- Mike Dollens
- Clint Durham
- Kate Huber
- Diane Newton
- Chris Wetnight

Safe Sport Guidelines

- Separation of Adults and Minors
- NO PARENTS ON DECK
- No parents on deck at swim meets unless volunteering

Safe Sport

- USA Swimming (719) 866-4578 Deal with a Safe Sport Concern
- U.S. Center for Safe Sport to make a report. Use the [online reporting form](#), call (720) 524-5640, or find more information at www.uscenterforsafesport.org
- Safe Sport Best Practice Guidelines
- ZSC's Grievance Procedure
- ZSC's Disciplinary Procedures
- ZSC's Minor Athlete Abuse Prevention Policy (updated Aug 2021)
- ZSC's Safe Sport Club Coordinator: Eric Meyer



Swimming Lingo

- Short Course – 25 yard pool – August – March Season
- Long Course – 50 meter pool – April – July Season
- Senior Swimmers – 15 yrs and Up
- Age Group Swimmers – 14 yrs and Under
- Heat Sheets – List of Events/Heat/Lane Numbers for a meet
- Psych Sheet – List of swimmers in order of qualifying times

Swim Gear and Practice

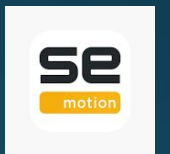
- Swimmers are encouraged to attend practice as often as possible.
 - The more you come, the sooner you build friendships, endurance, and technique
 - Until you reach the highest level of Evolution, Momentum, Junior, and Senior, there are no requirements
 - Details can be found on [Squad Descriptions](#)
- Any tight fitting one piece suit (girls) or jammers/briefs (boys) are suitable for practice
- ZSC Swim Cap – one free when you join – ask coaches for replacement and get billed
- Wear sneakers, shorts, and t-shirts over suit for dryland before practice
- Remind swimmers to make sure they leave with towels, goggles, caps, etc

Meet Procedures

- Click on [Events](#) → Meet Name → Edit CommMeet Fee Structuresitment to Commit or Decline a meet
 - Progression of meets - Friday night races, 2 day, 3 day meets
 - Meet Letters
 - We take care of your meet fees with the host club and bill your Team Unify account
- Event/Heat/Lane information - always have sharpies in your swim bag!
- On-Deck ready to swim 15 minutes before “warm up” begins
- Kids need to pay attention at meets, listen to coaches, line up with cap, and goggles
 - Disqualifications/how officials communicate with kiddos
 - Swimmers check in with coaches after each race
- Parents/Spectators
 - Admission fee or rolled in to meet fees
 - Bleachers are hard and stands are often hot and crowded
 - Meets last up to 4 hours (plus warmups)
 - BUT - it's a GREAT time to get to know other swim parents and cheer for all the kids!
 - Often, you can also bring a camp chair and camp out in the hallways/outside.

Swimming Apps

- Meet Mobile
 - Used at Swim Meets to follow Heat Sheets and Results
 - ~ \$7 for a year subscription
- USA Swimming
 - Track your swimmer's current registration status
 - Official swim times
- Sports Engine Motion
 - Linked to our online swim system (Team Unify)



Championship Meets

- Progression of Qualifications
 - Divisionals
 - State
 - Zones (14 and under)
 - Sectionals (15 and older)
 - Junior Nationals (15 and older)

Time Standards

AGE GROUP (Spring Championships)						STATE: March 17-19, 2023		DIVISIONALS: March 3-5 , 2023					
2022 - 2023 Spring Championship Standards													
Girls						Events	Boys						
LCM		SCM		SCY		9 & Under	SCY		SCM		LCM		
State	Divisional	State	Divisional	State	Divisional		State	Divisional	State	Divisional	State	Divisional	
36.99	44.09	35.99	42.99	32.69	38.89	50 Free	32.19	38.09	35.39	41.99	36.89	43.59	
1:23.79	1:41.89	1:20.89	1:38.99	1:13.59	1:29.59	100 Free	1:12.69	1:27.79	1:19.99	1:36.99	1:23.09	1:40.19	
3:03.89	3:44.79	2:59.19	3:40.09	2:42.89	3:19.19	200 Free	2:35.69	3:06.69	2:51.29	3:26.29	2:56.89	3:32.39	
44.89	54.89	42.19	51.99	38.39	46.99	50 Back	38.69	47.59	42.59	52.69	44.99	55.29	
1:37.09	1:59.19	1:31.39	1:52.69	1:23.09	1:41.99	100 Back	1:22.39	1:39.79	1:30.59	1:50.29	1:34.89	1:54.99	
49.69	1:00.49	47.89	58.89	43.59	53.19	50 Breast	42.89	52.09	47.19	57.59	49.99	59.69	
1:49.89	2:14.79	1:44.79	2:10.49	1:35.29	1:58.09	100 Breast	1:35.59	1:52.19	1:45.09	2:03.89	1:48.89	2:09.39	
42.89	53.39	41.79	52.39	37.99	47.39	50 Fly	37.09	45.69	40.79	50.49	42.19	51.79	
1:41.09	2:09.19	1:37.89	2:05.99	1:28.99	1:53.99	100 Fly	1:27.39	1:51.39	1:36.09	1:48.99	1:41.19	2:06.89	
3:25.79	4:09.39	3:17.99	4:01.09	2:59.99	3:38.19	200 IM	2:58.39	3:35.49	3:16.19	3:58.09	3:20.99	4:04.89	
2:36.29		2:27.99		2:15.19		200 Free Relay	2:20.29		2:33.69		2:46.59		
3:02.39		2:48.29		2:33.69		200 Medley Relay	2:43.39		2:58.59		3:16.29		
LCM		SCM		SCY		10	SCY		SCM		LCM		
State	Divisional	State	Divisional	State	Divisional		State	Divisional	State	Divisional	State	Divisional	
35.59	44.09	34.49	42.99	31.39	38.89	50 Free	31.19	38.09	34.29	41.99	35.69	43.59	
1:20.19	1:41.89	1:17.49	1:38.99	1:10.49	1:29.59	100 Free	1:09.69	1:27.79	1:16.69	1:36.99	1:20.29	1:40.19	
2:55.59	3:44.79	2:51.19	3:40.09	2:35.59	3:19.19	200 Free	2:32.09	3:06.69	2:47.29	3:26.29	2:52.79	3:32.39	
42.89	54.89	40.39	51.99	36.69	46.99	50 Back	36.99	47.59	40.69	52.69	42.49	55.29	
1:32.69	1:59.19	1:27.19	1:52.69	1:19.29	1:41.99	100 Back	1:19.89	1:39.79	1:27.89	1:50.29	1:33.29	1:54.99	
48.19	1:00.49	45.89	58.89	41.69	53.19	50 Breast	42.39	52.09	46.59	57.59	49.99	59.69	
1:44.99	2:14.79	1:41.09	2:10.49	1:31.89	1:58.09	100 Breast	1:33.09	1:52.19	1:42.39	2:03.89	1:48.89	2:09.39	
40.79	53.39	39.79	52.39	36.19	47.39	50 Fly	35.89	45.69	39.49	50.49	41.59	51.79	
1:37.79	2:09.19	1:32.49	2:05.99	1:24.09	1:53.99	100 Fly	1:24.19	1:51.39	1:32.59	1:48.99	1:41.19	2:06.89	
3:17.09	4:09.39	3:09.59	4:01.09	2:52.39	3:38.19	200 IM	2:51.99	3:35.49	3:09.19	3:58.09	3:20.99	4:04.89	
2:36.29		2:27.99		2:15.19		200 Free Relay	2:20.29		2:33.69		2:46.59		
3:02.39		2:48.29		2:33.69		200 Medley Relay	2:43.39		2:58.59		3:16.29		

Officiating

- Needed to ensure fairness and to make sure meets run efficiently
- A Rewarding way to learn more about the sport, while providing the best view in the house
- Stroke and Turn
 - On-Deck looking to make sure strokes and turns are legal
- Administrative
 - In the pool office, approving heat sheets and processing results
- We teach you everything! No experience or prior knowledge needed

Volunteer Requirements

- All Families with Year Round Swimmers are required to work 2 volunteer session between now and July 2026
- All Families who only have Seasonal Swimmers: If they return for a second season are required to work 1 volunteer session between now and July 2026
- We rely on the fact that many families do more than 1 session and do multiple meets
- Regular Season meets require approximately 60-90 volunteers per meet. Friday Night Races need about 15 volunteers
- Great way to give back to youth sports

Questions?

- My swimmer complains the temperature of the pool is too cold -
 - On 9/16, the temp of the big pool increased from 78.2 to 80.4 degrees
 - Temp of dive well increased from 84 to 85 degrees
- Can we access meeting slides if we miss the meeting?
 - They will be posted on our website under News indefinitely
- What is the expectation for practice attendance?
 - Recommend you look at practice expectations under [Squad Descriptions](#) on our website