

Kachemak Swim Club
P.O. Box 578
Homer, AK 99603

www.kachemakswim.org

Mission Statement:

To provide a healthy, challenging environment for athletes to strive to become the best that they can be while always emphasizing the importance of TEAM WORK!

MOTTO: (TEAM) Together Everyone Achieves More

CURRENT INFORMATION: KSC is a year round developmental and competitive swim team composed of approximately 60 United States Swimming Members. The swimmers, ages 5-18 years of age, range from entry level to state champions. We look forward to an exciting 2007-08 season with a talented and enthusiastic group of coaches and swimmers. KSC functions only with a high level of family participation. The attitude and cooperation of the parents is a reflection of the whole team. This includes assisting with home high school meets for the Mariner Swim Team in exchange for a discount on our pool use. Additionally, we will be hosting three home meets for KSC.

ORGANIZATION: KSC is a non-profit organization recognized by the IRS. Governed by bylaws adopted by the membership, the daily affairs of the organization are conducted by a seven member, elected, Board of Directors. The Board usually meets on the second Tuesday of each month at 7:00pm. Locale may change, so be attentive to the KSC activities board in the pool lobby, where you will find notes and minutes from past meetings. Elections are held at the annual spring banquet in May.

The annual fall 2007 Membership Meeting will be held sometime in September at the beginning of our monthly Board of Directors Meeting. We welcome everyone with questions, concerns, and suggestions at every meeting. We ask parents to take an active role in the development of the club and your swimmer(s).

FINANCES: Club expenses include coaches' salaries, employment taxes, insurance, weekend pool rental, equipment, and travel costs associated with out-of-town meets. We periodically have fund-raisers throughout the year to supplement our treasury. Swim-A-Thon is KSC's top yearly fund-raiser involving swimmers receiving pledges for lengths they swim. This event is generally held in March/April. All swimmers are obligated once they are on the roster for two (2) months during the regular swim season (Sept. to May), even if the event itself has passed. You will receive information on other fund-raisers as they are scheduled.

FINANCIAL OBLIGATIONS:

\$61 Annual USA Membership.

Monthly Club Dues vary depending on Team Level Placement. All fees are due at the beginning of each month.

\$100 per swimmer Swim-A-Thon fund-raising obligation conducted in the spring. Families may pay out-of-pocket or raise funds through pledges or donations. Swimmers are considered obligated once they are on the roster for two (2) months during the regular swim season September through May even if Swim-A-Thon itself has passed or if they leave the team prior to Swim-A-Thon. DOLPHINS ARE EXEMPT.

\$100 per family Volunteer Commitment OR four volunteer activities. (See KSC Parent Volunteer Agreement for Volunteer Tasks) DOLPHINS EXEMPT but are welcome and encouraged to participate in any activity to become familiar with the club's workings.

Meets & Travel: During the year KSC swimmers have the opportunity to compete at several levels around the State and Lower 48.

Local Age Group Meets: All members of KSC are eligible to compete in these meets with the approval of their Coach and Parents. The meets are held in Homer, Soldotna, Kenai, and Seward. Occasionally swimmers will have the opportunity to compete in Anchorage at this level also. Parents are responsible for transportation to and from these meets, and for the swimmer's conduct and safety off the pool deck.

State Championships: Alaska Swimming provides four major championships during the year: Alaska Age Group

Championships in December; Region XVI Senior Championships in January; Alaska Junior Olympics in April; and Alaska Long Course Championships in July. All of these meets have time standards, which must be met by the entry deadline in order to participate. Other qualifying criteria may apply to specific meets, regarding practice attendance, fitness to compete, attitude and coach's approval. For travel beyond Anchorage, travel arrangements are made by the Head Coach and paid for by the parents. Supervision of swimmers during travel, on and off the pool deck, is provided by KSC. Swimmers accumulate travel funds through the Swim-A-Thon fundraiser in the spring.

Out-of-State Championships: There are opportunities for KSC swimmers to attend championship meets in the Lower 48. These include the Washington Open in Seattle, in February; Region XII Age Group Championships in Seattle, in March; and Far Western Championships in the San Francisco area, in April. Entry criteria are similar to Alaska State championships. Making time standards for these meets requires maximum motivation and dedication.

TEAM RULES:

Be on Time.
Bring a Positive Attitude.
Support teammates with Enthusiasm.
Set Good Examples for younger and newer teammates.
Be Courteous and Respectful to coaches and fellow swimmers.
Be Attentive to coaches at all times. Ears above water during instruction!
Drills/Sets begin and end at the wall.
Leave a 5-second gap between swimmers to avoid collision.
"Circle Swim" down the right side of the lane unless otherwise instructed.
Know my events and report to the blocks on time at meets.
Check in with my coach before and after my meets.
Show good sportsmanship. "Win with Style, Lose with Grace".
Wear my KSC cap and suit for meets.
Ask questions. There are no "stupid questions"!
Remember that the coaches are here for you. Feel free to come forward with questions or concerns.

Kachemak Swim Club Swim-A-Thon Obligation And Travel Policy

Definition:

SWIM-A-THON is the fundraising event for KSC which involves and benefits every member. It is the foundation for the success of swimming across the country and a small percentage of monies earned go directly to USS. Swim-A-Thon is our major source of income outside of dues and is the means by which we keep our program progressing. It is an opportunity to support and be proud of the club you represent.

Purpose: A large portion of the funds are used for coaches' travel, coaches' education, training equipment, administrative expenses, Swim-A-thon incentive awards, annual banquet awards, bookkeeper, USS fees, official's training, pool rental, and various other expenses.

Current Policy:

\$100 Swim a thon obligation for every member. (DOLPHIN KIDS EXEMPT)

If not fulfilled the family will be billed.

Swimmer is considered obligated once they are on the roster for two months of the swimming season (Sept. - May.) even if the Swim-A-Thon event itself has passed. 48% of monies raised above the \$100 obligation will go into the general fund.

<u>Fees: Dolphin:</u>	\$45.00
Novice:	\$55.00
Age Group:	\$65.00
Junior:	\$75.00
Senior:	\$85.00

It is the responsibility of the parent to make payments with the payment coupons at the first of the month. Please also make sure that your swimmer's name is on the coupon, and if your last name is different from your swimmer's, please include both names on the coupon so we can make

sure the correct account is credited. We will email bill or paper bill at the end of each month. If your account is not current at that time your swimmer will be considered 1 month behind on payment of their dues and will not be allowed into the pool until the account is current.

Equipment: Your swimmer needs a team suit, team cap, goggles and water bottle for practice. They are available from our Swim Shop at the following prices:

Female Suits:\$50.00
Male Suits:\$30.00
Team Caps (reg):\$ 4.00
Team Caps (silicone)\$10.00
Swedish Goggles\$ 4.00
Vanquisher Goggles Adult:\$14.00
Youth Goggles: \$11.00
KSC Water Bottle:\$ 5.00
T-Shirts\$15.00

PLEASE LABEL EVERYTHING!!!

If you have any questions after reading this, or at any time during the coming year, please feel free to call the Head Coach or any Board Member listed below:

Head Coach:

Thaddeus Gunther 299-2888

Board Members:

Kate McNulty, President 235-6474

dmcnulty@ptialaska.net

Lisa Fellows, Vice President 235-2835

Becky Ginter, Member 235-5622

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Beth Flynn, Secretary 235-2510

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Tara Schmidt, Treasurer 235-2847

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Betsie Brennand, Member

235-6111

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Diane Sadler, Member

235-2803

TEN COMMANDMENTS FOR PARENTS OF ATHLETIC CHILDREN

Make sure your child knows that, win or lose, scared or heroic you love him/her, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.

Try your best to be completely honest about your child's athletic ability, his/her competitive attitude, their sportsmanship, and their actual skill level.

Be helpful, but don't coach him/her on the way to the pool or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pet talks and often-critical instruction.

Teach them to enjoy the thrill of competition, to be "out there trying" to be working to improve his/her swimming skills and attitudes. (Help him/her to develop the feel for competing, for trying hard, and for HAVING FUN.)

Try not to re-live your athletic life through your child in a way that creates pressure; you've lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that swimsuit who needs a lot of understanding, especially when their world turns bad. (If he/she is comfortable with you, win or lose, he/she is on their way to maximum achievement and enjoyment.)

Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.

Don't compare skill, courage, or attitudes of your child with other members of the team.

Get to know the coach so you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.

Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.

Make a point of understanding courage, and the fact that it's a relative. Some of us can climb mountains, or aren't afraid to fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.