



One Team One KING

SEPT 2011

We welcome
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here *

One Team One King
Newsletter

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A big KING sized welcome to all new swimmers, returning swimmers and their families!

Join us Sunday, 25th September, at Newport Hills for the 'Back To Swim Breakfast'. Breakfast will be served between 7.30-10.30AM.

What's Happening:
Meet & greet Coaches, Booster Board members, pool reps, fellow Team members and families.

'Back to Swim Breakfast'

Practice for all Groups will be at Newport Hills (instead of evening practices):

National/Senior/Power: 8.30-9.30AM

Regional/Age Group: 9:30-11AM

Developmental/Novice Clinic: 11AM-Noon

This will be a great opportunity for our younger swimmers to interact in the

water with our Senior and National Swimmers.

Sylvia's Swimwear will be on site from **(7:30 to 10:30am)** for fittings (they will have limited merchandise to purchase). The online team store will be open soon **(September 21 to October 5th)** so you can get your sizing for your order. Check out the KING website for the most up to date info.

See you Sunday!

KING Community Service

Summer Food Drive

KING's summer food drive, at the July Invitational KCAC, collected 259lbs of



food and \$133 for the Northwest Harvest food bank. Special thanks to all those families who donated.

Many thanks to parent volunteer Punniya Poole!

Northwest Harvest calculated that 1.3 pounds of food or 22 cents served one person one meal.

Northwest Harvest is a non-profit organization.

northwest HARVEST
northwestHARVEST.org
HUNGER STOPS HERE.

Welcome to KING



Welcome new KING swimmers and parents!

Congratulations! You have survived your first few weeks of being a swimming family. What comes next?

Meet Sign-up sheets

Meet sign-up sheets (on the website) are due ASAP. Remember mark off meets you will NOT attend. Visit [Pacific Northwest Swimming Meet Operations page](#) to find the schedule for Short Course season meets. Under Order of Events you will find the times (AM/PM) your child would swim—if they enter that meet.

The Thunderbolt family travel meet in Oregon is coming up. Hotel negotiated deals are up on the website but feel free to plan based on your families preferences.

Communication

The KING Aquatic Club website is the chief communication tool for parents and swimmers. Make sure to sign-in to see all the information available.

Coaches will do their best to get info to the site and send an email out if there is a sudden change in group or pool schedules. Most pools follow their areas school closures in times of bad weather.

Pool Representatives

Pool reps (parent volunteers) are your go-to for questions on the *dry* side such as caps, apparel (coming soon on the website), meet info, social events, volunteering questions, etc. Questions relating to schedules and/or practice/swimming i.e. ‘wet’ questions should be addressed to your Coach.

Look to the [last page](#) of this newsletter for your pool reps contact info.



KING Traditions: Birthdays

Birthday swimmers have the honor and option of doing a birthday swim at the end of practice. They are welcome to bring a treat (healthy choices preferred but I don't see many turn down cookies, cupcakes, donuts...) to celebrate. Just make sure you bring enough for everyone in the pool that day and that the swimmers clean up.

KING Traditions: Boo!!

Yep, it's that time of year again. Boo time. It's a fun KING tradition of boo-ing other swimmers. The kids can make a festive/seasonal label or ribbon for their "boo" friend to hang on his/her backpack and then a small gift to sneak into their bag. Gifts can be simply candy, key chains, ducks, goggles, swimming trinkets, homemade treats, small gift cards, gag gifts, etc. They can be as simple or as elaborate as you want.



Volunteer Hours

Requirements

Families with their highest-level swimmer in the Age Group, Regional, Power, Senior or National groups must accumulate a minimum of 24 service hours per family during the swim year.

Families with their highest-level swimmer in the Novice group must accumulate a minimum of 12 service hours per family during the swim year September to August).

Families with their highest-level swimmer in the Developmental group are not required to accumulate any service hours until their swimmer moves up to the next group.

Volunteer Opportunities:

Watch for volunteer opportunities coming up. Your child does not have to be swimming at these meets for you to sign up. In fact, for parents with younger kids, it's a relief to time when they are not swimming so you don't miss any races. KING will be involved in meets through to July so there will be **plenty** of opportunities to fulfill your service hours.

To sign up for these meets, go the specific meet page on the website and click on the upper right hand corner button that says, "Job Sign Up." Job sign up typically becomes enabled a week to a few days before each meet. Remember, "many hands make light work". We really need your help to make meets and the team run smoothly. Most important, your children appreciate seeing you involved.

KING hosted meets and events depend upon the support of our families. Families working together, sharing the labor required to run team events and KING hosted meets, ensure a more rewarding and successful swimming experience for our children and their families. We have many activities that require family participation and could not be run without your help.

Look for the next newsletter and to the website for upcoming volunteering opportunities.



Mark your Calendars!

Oct 21 ~ 23, 2011

Thunderbolt Swimming Fall Open

October 28, 2011

Halloween Mini Meet Kent Meridian (KM) High School

18 November 2011

Mini Meet Kent Meridian (KM) High School

9-11 December 2011

Pacific Northwest Swimming 14&Under Champs KCAC



KING Awards Banquet 2010 –2011 (*from King website*)



The 2011 King Aquatic Club Awards Banquet was held July 8th with lots of food and lively conversation at Grace Community Church in Auburn!



The well attended safari "KING-sized" themed evening kicked off with a great pasta dinner and swim year in review slide show that was played on two large viewing screens. The master of ceremonies for the evening was Coach **Ash Milad**.

Following the dinner, KING Boosters President **Jeremy Berry** conducted official business with a membership vote on nominated board officers. President Berry then introduced and thanked key people who helped KING throughout the 2010-11 swim season. Also, introduced and thanked were the KING coaching staff.

The **keynote speaker** of the night, **Tom Malchow** was introduced. Malchow is a swimmer from the United States, who won a gold medal at the 2000 Summer Olympics, a silver medal at the 1996 Summer Olympics, and a captain of the U.S. Men's Swimming Team at the 2004 Summer Olympics.



After the speech Malchow took questions from the swimmers in the audience.

Next, the swimmers who earned KING team records, PNS records, and USA Swimming top 10 rankings were introduced.

Afterward, the swimmers in attendance introduced themselves on stage.

The swimmers who are graduating were introduced and recognized by each of their respective coaches. The evening concluded with the slide show honoring the KING graduating seniors.

A big congratulations to **Sylvia Nist** who organized this very successful and entertaining event.



KING Booster Moment of the Month

Shout out goes to -

Klara Oh and Estelle Kim. They hosted a party for Senior group girls. They had some fun, took pictures, had dinner, and brainstormed ideas to increase the intensity and goals of the group.

Watch out world!

One Team One KING



Send your best moments to
grainnehed@comcast.net



Swimmer Tips & Tricks

The swim cap.



Why wear a swim cap?

- It shouts out -you are KING!
- It reduces drag in the water caused by loose hair i.e. it makes you swim faster.
- It protects your hair from chlorinated water.
- It keeps your hair out of your face while swimming.

- It prevents your hair from becoming entangled in your goggle straps.
- It helps swimmers and timers to organize younger swimmers in their lanes.
- It insulates your head while swimming, as most body heat is lost through the head (ask the triathletes and open water swimmers amongst us).
- It makes a fashion statement.
- It coordinates with your swimsuit.
- It helps your parents find you, in the sea of KING swimmers, to take photos and video.
- Hair stays in the cap not in the pool filters.
- Coaches want you to wear the KING cap.

Taking care of your cap

Rinse your cap with non chlorinated water after use. Wipe the inside and outside of the cap with your towel. Sprinkle a light dusting of baby powder inside to keep the sides of the cap from sticking together. Keep your hair free of clips or barrettes while wearing your cap.



Our Team



Swimmers and Parents

Remember
NO CELLPHONE USE
or
CAMERAS
in the
LOCKER ROOMS!



The newsletter wants your photos.
Send them to grainnehed@comcast.net



KING Aquatic Club Boosters

Contacts

King Aquatic Club Boosters Association

PO Box 1763 ♦ Kent, WA 98035-1763

President (2012) **Jeremy Berry** [Email](#)

Secretary (2012) **Vickie Callson** [Email](#)

Treasurer (2011) **Mark Reed**

Member At Large: Dir of Member Services (2011) **Monica Feigert** [Email](#)

Member At Large: Director of Volunteers (2012) **Amy Eha** [Email](#)

Member At Large (2012) **Gráinne Hed** [Email](#)

Member At Large (2012) **Beau Raines** [Email](#)

Pool Representative (Covington/Tahoma) **Andrea Kalenius** [Email](#)

Pool Representative (Federal Way - KCAC) **Shalynn Simpson** [Email](#)

Pool Representative (Federal Way - KCAC) **Jennifer Kabacy** [Email](#)

Pool Representative (Des Moines - Mount Ranier) **Jennefer Henson** [Email](#)

Pool Representative (Fife) **Annette Kennedy** [Email](#)

Pool Representative (Kent) **Robin Monahan** [Email](#)

Pool Representative (KING North) **Heather Murphy Raines** [Email](#)

Meet Concessions (Hospitality & Snack Bar) **Theresa Moffatt** [Email](#)

Meet Referee & Officials Coordinator **George Luksetich** [Email](#)

Member sign in required at the KING website to access the following emails:

Service Hours Coordinator **Lesley Hogan**

Swim-A-Thon Co-Coordinator **Crista Haugen**

Swim-A-Thon Co-Coordinator **Tara Vagen**

Photography Coordinator **Bret Lindblom**

Newsletter Coordinator **Gráinne Hed** [Email](#)

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Positive, Constructive, Comments Always Appreciated.

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