



One Team One KING

NOVEMBER 2011



“Power, Passion, Performance”

INSIDE THIS ISSUE:

Swimmer Opportunities	2
Volunteer info	3
Bullying - Be Part of the Solution	4
Moment of the month	8
Tips & Tricks	8
Nutrition	8
Our Team photos	9
Contacts	11



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Coaches Chat

Challenge Meet Survival Guide

Challenge meets are usually the first “official” meets your swimmer will attend. This is an exciting time for your swimmers as it is the first time for many to compete against swimmers on other teams. It is a time to apply lessons learned in practice to competition against the clock and other swimmers. This guide is designed to help families know what to expect when they get to a meet and to assist families preparing for the challenge meet experience.

How do I enter my swimmer in a challenge meet?

Coaches will use the meet availability sheet to determine if your child is available to swim. Event selection will also be determined by the coach based on the individual needs of the athlete.



By Ken Spencer

When should I arrive?

It’s best to show up at least 15 -20 minutes before warm up. This will ensure the following:

- You have somewhere to park. This is often a problem at swim meets (in some cases this will require 30 minutes before warm up).
- You get a decent seat. It’s no fun sitting by the locker rooms.
- Your swimmers will have time to get changed and prepared so they can get into the pool on time. This is critical as warm ups can be a bit of a zoo.

[Continued on page 6](#)

KING Community Service

[Continued on page 2](#)

Winter Clothing Drive

The KM / Covington Winter Clothing Drive is in full swing. The deadline for this drive is Thanksgiving. Please join us by donating NEW or GENTLY used winter clothing to KING at **KM** and **Covington** pools. Your donations will help those in need in our community facing what is expected to be a **COLD** winter. **Brrrr!**

KING is cooperating with



KING Community Service *Continued from page 1*

Community service

- Feels good
- Strengthens our community
- Teaches responsibility
- Tolerance
- Job Skills
- Makes a difference in people's lives



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Kent Mountain View Academy (Kent School District) on this project. KING swimmers Brittney Figaro (6th Grade), Annelise Hed (5th Grade), and Ryan Figaro (3rd Grade) are volunteering on this project. They have boxes for your donations at **KM** and **Covington** pools.

Fife Holiday Challenge!

Coach Dave, Coach John and pool Rep Annette's Challenge to KING swimmers in Fife has been met by swimmers and their families donating over 200 food items so far!

Pool Rep Annette says "As you know the economy is not in the best shape and we have a lot of families in our area who are struggling just to put food on the table."

The *Challenge* is to make this an easier holiday for families in need. Donate



non-perishable food for the Fife/Milton food bank. Bring your donations to the pool in boxes or bags and make sure it is labeled with your child's first and last name and leave it in coach Dave's office. Don't leave it in

the front of the pool. The food will be counted and delivered to the food bank. The family that donates the **most** items between now and December 16th will win a gift basket full of goodies (some swim items also!)



"We are a community, lets pull together as a community and fill the food bank full of great food!"



Swimmer Opportunities

Many High School students need Community Service hours. Volunteer with KING. Help with food and clothing drives. If you have an idea for a community service project we want to hear about it.

The KING newsletter would love swimmer contributions...

- Articles
- what keeps you motivated
- photos
- Cartoons
- funny observations



Think about it.

Creativity encouraged.

Volunteer Hours—Requirements

Service Hours Requirement

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 July).

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.

Families with their **ONLY** swimmer(s) in the College/Adult Program are not required to accumulate any service hours.

Check out the [October newsletter](#) (pages 3,4&5) for open Volunteer Positions.

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 they could not be run without your help.

We cannot say enough about how kids love to see their family involved in their 'thing'.

Volunteer.

For your children it's not about the hours.

The kids just want you.

Join the Team!



Mark your Calendars!

- **NOW!**
Swimathon
Contact:
Tara Vagen tqvagen@comcast.net
Crista Haugen cristae@q.com
- 18 November 2011
Mini Meet Kent Meridian (KM)
- 9-11 December 2011
Pacific Northwest Swimming
14 & Under Champs
KCAC
- 15-18 December, 2011
Washington State SR Champs
KCAC
KING Hosted





Bullying - Be Part of the Solution

If you are being bullied:

- **Ignore**
- **Say “Stop It!”**
- **Make a Joke**
- **Get help!**

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Contact: Gráinne Hed
grainnehed@comcast.net



Part of the problem or part of the solution?

Have you ever nodded your head in agreement when one of your friends made a mean comment about someone? Have you ever laughed when someone made fun of another kid who fell down? In every situation, you are either part of the problem or you are part of the solution. By nodding or laughing in agreement, you have chosen to be part of the problem. By using some of the options in this article, you are choosing to be part of the solution.

In America, 80% of kids report having been bullied or harassed either at school, in their neighborhood, or while participating on a sports team. Keep in mind, people are people, and every mean thing that is said or done isn't bullying. It might be stupid, but it isn't bullying. We all have bad days right? Sometimes we do and say dumb things when we are having bad days. Whether kids do or say things as part of bullying or because they have had a bad day, we want you to have the skills to deal with these situations. Here are some options if someone does or says something mean to you:

Ignore: A mean comment like 'OMG your new haircut makes you look like a guy' can be hurtful. One way to deal with it is to ignore the person and walk away. Many times this is effective because the other kid wants to get a reaction from you and when you don't react, he/she will just

leave you alone. It is also possible the kid is having a bad day and will apologize later.

Say “stop it!”: If the last few times you have gone into the locker room, the same kid laughs and makes comments about you, tell the kid to *stop it*. Sometimes kids just want to push your buttons and to see how much you will put up with. Often times, if you just tell the kid to knock it off, he/she will do just that because you have made it clear that you won't put up with their actions.

Make a joke: Let's say while you were getting on the blocks you slipped and fell off. The next time your team was gathered to hear directions from the coach, all the kids were laughing and pointing at you. This is the perfect time to smile, laugh, and make a joke like 'yeah, I hope someone caught that on tape because America's Funniest videos might like this one'. It is important to learn to laugh at yourself because life is way too short to take everything so seriously. Other kids enjoy being around kids who can laugh at



Bullying - be Part of the Solution *Continued*



themselves. In the end you might get some new friends because other kids will view you as a person with a good sense of humor.

Get help: If you have tried to deal with another kid who you feel is treating you poorly, at some point you will decide to tell an adult because you want help. It is important when you tell your coach, teacher, principal, or parent that you give details. It is very helpful to tell the adult specifically what was said or done and who else witnessed it. Keep in mind, it isn't tattling or being a snitch when you tell an adult what is happening to you. Adults are in this world to help guide you through tough times. Believe it or not, adults have all been treated poorly or bullied before too, so they can understand how you are feeling and know what help to give.

The Bystander

Have you ever heard people making fun of another kid and thought to yourself, *'I feel bad for that kid, but I'd rather have them making fun of that kid than me so I'm not going to get involved'*? Probably all of us have been in that situation before. Next time, stop and think...Am I being part of the problem or part of the solution here? If you want to be part of the solution as a bystander, here are some options:

Distract: Be a distraction by starting a new conversation with either side – the one being teased or

the one doing the teasing. Kids can typically be distracted easily, so this option works well.

Intervene: There are two ways to do this and both can be hard. 1) Go to the person being teased or bullied and start a private conversation with that person or get that person to physically leave the lunchroom, locker room, or location, or 2) Tell the other kid(s) to knock it off. This option is usually most successful when you have bigger numbers. Keep in mind, there are more kids in your school, on your block, or on your swim team that are kind and want to be part of the solution than the other way around.

Get Help: Depending upon the seriousness of the situation, you will at some point decide an adult needs to get involved. Once again, this is the right thing to do. You are being part of the solution, not the problem by getting a coach, parent, teacher or principal involved.

One final thing to think about is to treat other people the way you want to be treated. If you are a positive role model, other kids will follow your lead which will lead to your neighborhood, school, and team being friendly and fun places to be. Remember, **be part of the solution, not the problem!**

By
Judy Beliveau
KING Parent

If you are a Bystander:

- **Distract**
- **Intervene**
- **Get Help!**
- **Be part of the Solution!**

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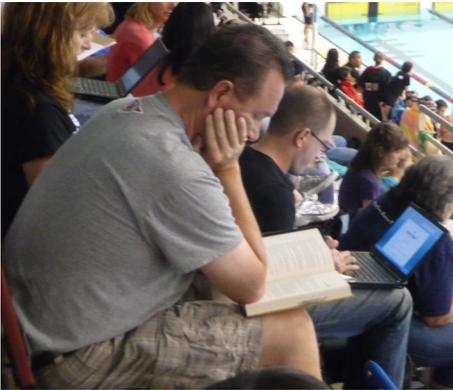
Coaches chat - Meet Survival

Continued from front page



What do I do at the meet?

If nothing else, you'll have lots of time. Challenge meet sessions will go up to 4 hours. Bring a book, laptop, knitting,



scrimshaw or anything else that can occupy you for the 3 hours and fifty minutes your child is not swimming. Some parents use this time to get to know others on the team, while others take the opportunity to list all of the reasons they love their King coaches.

A better alternative (with the possible exceptions of the aforementioned list) is to get involved with the meet and volunteer. Becoming an official or timer is a great way see a meet and get positively involved with the swimmers. If King is hosting the meet the options get even better. Concession, running the timing



system, and a host of other jobs are available and will be critical to the success of the event.

****King is running several meets this year. Volunteer information can be found on the King website****

What should my swimmer do when they are not swimming?

The swimmer's biggest responsibility during meets is to swim to the best of his/her ability. Practice is the biggest single factor in this equation, but on race day each swimmer must be responsible for getting themselves lined up for the correct event in the correct heat and lane. Nothing is more frustrating to a coach than having a swimmer ready to get a best time and then having them miss their event. Athletes miss events for a number of reasons, but in a highly scientific study conducted by the King research staff the top reasons for missing events were:

- Not paying attention
- In the bathroom
- At the snack bar
- In the stands with Mom/Dad

While coaches may assist the younger athletes, it is each swimmer's responsibility to get lined up with enough time to prepare to race (caps & goggles on).

Also important for a swimmers success is staying hydrated. Most sports drinks are fine for this purpose. Dilute them by ½ with water and avoid carbonated beverages.

For food, stick with light snacks from home. Granola, sports bars, crackers, fruits and veggies are all excellent choices to keep energy up. While many meets do have some healthy fair, the norm is a buffet of sugared snacks, candy and treats covered in glaze, cheese, or sprinkles that have less nutritional value than your average pile of firewood. Most swimmers bring their own food with them.

When swimmers are not racing or eating they tend to relax and socialize. Card games, reading, and occasionally, homework are all good ways to stay loose.

While ipods, games and other electronics are popular, it's important to put them away when swimmers are racing as they sometimes disappear when left out. While this does not happen often, it is not unheard of.

I want to be the perfect swim parent. How do I talk to my swimmer at a meet if they don't swim well?

Excellent question! After a race your swimmer will immediately go to his/her coach for feedback. The coach will go over what the athlete did well and then give feedback on how to improve future



performance. After a conference with the coach your swimmer may want to talk with you.

When your child swims well:

This is easy. A "good job" or letting them know you're proud of them is just fine. In reality not a lot needs to be said. They know they've done well and, are usually quite pleased with themselves. Rewards or payments for performance are not recommended and can actually be harmful long term.

When your child does not swim well:

This is easy. Tell them "nice try" and let them know that you're proud of them. They just came from a coach who let them know what they need to do to improve. As a group, the King coaches are an honest lot, and tend to be so with

Coaches chat - Meet Survival

Continued from page 6



swimmers about sub par performance. What swimmers need from parents is unconditional support and acceptance.

What else do I need to know?

Dress for the pool temperature. Take a building kept at 80 degrees and full of water, then add 400 people and shut them in for 10 hours a day. It gets hot in the pool. You will not want your ski jacket. You'll notice most of the coaches and officials in shorts. There's a reason for it.

Bring a sharpie or other permanent marker. They're useful for writing your swimmer's events on their hands or arms. This way they have instant access to all event, heat and lane information. After event, heat, and lane information has been recorded on your swimmer, please take away the marker. Nothing good happens when 10 year olds have sharpies for 3 hours at a time.

If your swimmer is in the Regional group, it's time to move past this stage completely.



Make sure your swimmer brings extra clothes and towels. Believe it or not, everything gets wet.

You heard it here first. This is really a swimmer's responsibility, but the younger swimmers may need a little help for the first few meets.

Above all else, Challenge meets need to be a fun, productive experience for your swimmers. Meets are opportunities for your swimmer to show off all of the work and practice he/she put in during the weeks preceding the meet. If you have any other questions, please feel free to contact your coach.

-Ken



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grainnehed@comcast.net

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KING Boosters - Moment of the Month.



'Shout Out' goes to ...

Michael Chwaluk KM (Age Group).

Michael read about the Winter Clothing Drive in the October newsletter. He cleaned out his closet of the gently used clothes he had outgrown. He was the first person in with his donations!

When it was mentioned to the coordinator at Kent Mountain View Academy he was very impressed with Michael's kindness.

One person can make a difference.

You rock Michael!



Swimmer Tips (& Tricks)

Check List for Meets

Many swimmers have found some of these suggestions useful.

- Extra cap, goggles & swimsuit
- Extra towels
- Warm clothing (eg. deck coat / bathrobe / sweats / hat)
- Cozy boots or socks
- Healthy snacks
- Water/ diluted juices or sports drinks
- Fold up chairs
- Music
- Cell phone
- Books/ Homework/ Puzzles
- Electronic games
- Important Phone Numbers
- Toiletries / Shampoos / Hair Combs, Tampons, Deodorant
- Medications (check with coaches)
- Underwear
- Last but not least— friends!



Nutrition



Garret Weber Gale Breakfast Porridge

Ingredients:

- 1 cup cream of wheat
- 1 cup oatmeal
- 3 1/2 cups chocolate milk
- 1 banana

Directions:

1. Heat milk in a pot.
 2. Add the cream of wheat to the pot and stir in.
 3. Add the oats to the pot and stir in.
 4. Cook on medium heat until a bit of the liquid cooks off and you get your desired consistency.
 5. Serve as much of the porridge in a bowl as you want.
 6. Cut banana slices on top.
- Note: Whatever you don't eat will keep for two days in the refrigerator.

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&itemId=3806&mid=8712>

Our Team



Thunderbolt
Fall Open
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Beaverton Oregon



One Team One KING



Submit your
November
Mini-meet photos
to
grainehed@comcast.net



Bring your donations of
New or Gently Used
Winter Clothing
to the
November Mini-meet



October 2011 Mini-Meet



KING Aquatic Club Boosters

King Aquatic Club Boosters Association

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Ken Spencer

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2010-2011 Board of Directors

Position (term expires)	Name	Contact
President (2012)	Jeremy Berry	Email
Secretary (2012)	Vickie Callson	Email
Treasurer (2013)	Mark Reed	Email
Member At Large: Dir of Volunteers (2012)	Amy Eha	Email
Member At Large: Dir of Member Services (2012)	Grainne Hed	Email
Member At Large (2012)	Beau Raines	Email
Member At Large (2013)	-vacant-	

2010-2011 Pool Representatives

Position	Name	Contact
Pool Representative (Covington/Tahoma)	Andrea Kalenius	Email
Pool Representative (Federal Way - KCAC)	Shalynn Simpson	Email
Pool Representative (Des Moines - Mount Rainier)	Jennifer Kabacy	Email
Pool Representative (Fife)	Jennefer Henson	Email
Pool Representative (Kent)	Lenore Wentler	Email
Pool Representative (KING North - Bellevue/ Seattle/Mercer Island)	Debra Meyerson	Email
	Robin Monahan	Email
	Heather Murphy	Email
	Raines	

2010-2011 Booster Committee Coordinators

Position	Name	Contact
Meet Director	Julia Hansen	Email
Meet Concessions (Hospitality & Snack Bar)	Theresa Moffatt	Email
Meet Referee & Officials Coordinator	George Luksetich	Email
Mini Meet Coordinator		
Service Hours Coordinator	Lesley Hogan	Email
Swim-A-Thon Coordinator	-open-	Email
Photography Coordinator	Wilson DeFiesta	Email

Positive, Constructive, Comments Always Appreciated
Newsletter Coordinator Grainne Hed [Email](#)

Visit the KING website. Sign in and explore!