



## 2021-2022 CLUB INFORMATION

**Kachemak Swim Club**  
PO Box 578  
Homer, Alaska 99603  
[www.kachemakswim.org](http://www.kachemakswim.org)  
[kachemakswimclub@gmail.com](mailto:kachemakswimclub@gmail.com)

**Mission:** To provide a healthy, challenging, and safe team-oriented instructional environment for athletes to pursue excellence.

**Motto:** TEAM - Together Everyone Achieves More

### Introduction

KSC is a year-round developmental and competitive swim team composed of United States Swimming (USAS) athlete members, ages 5-18, ranging from entry level to state champions swimmers. We provide a supervised aquatics program for the Homer area youth that emphasizes ongoing technique development and to equip our athletes with confidence in the water, vigorous health, lifelong skills, and competitive success.

### Organization

KSC is a non-profit organization recognized by the IRS. Governed by bylaws adopted by the membership, the daily affairs are directed by the head coach as overseen by a seven-member board of directors elected at the annual spring general membership meeting. Typically meeting monthly, the BOD welcomes members to attend board meetings with questions, concerns, or simply out of general interest. Meeting dates and location are on our website. There are also two general membership meetings each year, usually in October and in May, which all members are encouraged to attend.

### Coaches and Board of Directors

If you have any questions, please feel free to contact the head coach or a board member listed below:

#### Coach(s)

Caleb Miller, Head Coach	299-7692	<a href="mailto:millerc0408@gmail.com">millerc0408@gmail.com</a>
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#### Board of Directors

Kristin Fry, President/Swim Team Registrar	719.313.6333	<a href="mailto:seanandkristin@fryhomestead.com">seanandkristin@fryhomestead.com</a>
Susan Darr, Vice President/Novice Program Registrar	299.3120	<a href="mailto:smot06@hotmail.com">smot06@hotmail.com</a>
Sonja Nelson, Treasurer	399.4283	<a href="mailto:Simplynails.sn@gmail.com">Simplynails.sn@gmail.com</a>
Jessie Goodrich, Secretary/Meet Director	299.5823	<a href="mailto:stumptownfarm@gmail.com">stumptownfarm@gmail.com</a>
Stephen Overdorf, Member/Gaming	435.7630	<a href="mailto:overdorfs@gmail.com">overdorfs@gmail.com</a>
Colleen Carroll, Member/Aqua-Thon	299.3953	<a href="mailto:cmecarroll@hotmail.com">cmecarroll@hotmail.com</a>

## Finances

Club expenses include coaches' salaries; officials and staff training; equipment; administrative expenses such as accounting, taxes, and insurance; pool rental; lifeguard fees; awards; USAS fees; and travel costs associated with away meets. We periodically have fundraisers to supplement our treasury. The spring Aqua-Thon is KSC's top yearly fundraiser involving swimmers receiving pledges for lengths they swim. KSC also receives a number of contributions from businesses and civic organizations. You will receive information on fundraisers as they are scheduled.

## Financial and Volunteer Obligations

USA Swimming (USAS): \$86.00 annual athlete membership is required for all club swimmers. This fee covers athletes from September 1 of the current year through December 31 of the following calendar year; it sanctions swimmers to compete and insures them against injury during practices and meets. Novice program swimmers will have USA Swimming (USAS): \$20.00 annual flex athlete membership which also insures them against injury during practices.

*\*The fee may be reduced to \$5 if the family demonstrates income eligibility for free school lunch.*

## Monthly Club Dues & Session Dates

Dues are based on practice-group placement and are to be paid by the first of each month the swimmer will be active. It is the parent's responsibility to inform the volunteer Registrar, at least 10 days in advance, of upcoming long-term absences or if their swimmer will end the session/season early (**PLEASE NOTE: swimmers participating in ANY practice during a month are responsible for the full month's dues**). Families will be expected to pay for invoiced dues if they fail to inform the Registrar of absences before the month in question begins. Notification should be via e-mail. Payment of club dues and equipment or meet fees must be paid regularly for continued participation by swimmers. Parents will be notified of any outstanding debts. If payment owed has exceeded \$200, the swimmer will not be allowed to participate in practice or meets until the account is current or a payment plan has been arranged.

## Dues

Kings	\$75.00
Dream	\$90.00
Believe	\$110.00
Achieve	\$150.00
Perform	\$190.00

*\*Swimmers from families who demonstrate income eligibility for free school lunch and who attend 80% of a month's practices qualify for a 50% reduction in monthly dues. Please contact our Registrar with any questions regarding financial aid. Applications and inquiries are confidential.*

**\*Dues may be changed by a majority vote of the membership present at the General Membership meeting.**

## Session Dates 2021-2022

**Session 1:** September 20, 2021 - December 18, 2021

**Session 2:** January 10, 2022 – May 13, 2022

**Session 3:** May 16, 2022 - July 31, 2022

**Volunteer Commitment**

KSC relies on volunteerism; families are expected to help for a minimum of 20 hours per season (10 hours if the only swimmer is a Kings) or buy out their volunteer commitment at a rate of \$15 for each unworked hour. Contact the volunteer coordinator to sign up as a volunteer and/or to log your hours.

**Aqua-Thon**

*Aqua-Thon Coordinator*  
*Colleen Carroll 299.3953*

In the Spring, KSC sponsors the annual Aqua-Thon, which is the largest and most important fundraiser for the swim club. This fundraiser directly supports the swimmers by providing travel assistance, scholarships, equipment, and supplementing other program fees. KSC has one of the lowest amounts for financial obligation at \$150 (\$75 for Kings) per swimmer.

All swimmers on the roster for two months or more during the swim season (September-May) participate in this fun, team-building fundraiser. Festive music and great team spirit prevail as the swimmers strive to swim the most lengths, with most levels swimming between 100 and 200 lengths of the pool. Pledges from sponsors are by lump sum or the number of lengths attained. Following the big swim, a buffet of pizzas, fruit, and other treats await the swimmers. Did I mention prizes? Yes, there are prizes too!

Aqua-Thon revenues will be allocated as follows:

- The per-swimmer minimum and 50% of the amount by individual swimmers exceeding the minimum go into the General Fund to pay for equipment, pool time, and other operating expenses.
- The other 50% of funds raised above the \$150/swimmer obligation become part of that swimmer's individual travel account, which may be used for championship meets in or out of Alaska.
- Swimmers participating in the annual Aqua-thon will automatically retain funds in their individual travel accounts from one year to the next. Graduating seniors or swimmers leaving the club, who have residual individual travel funds, may request that they be transferred to a sibling. Otherwise, those funds will revert to the General Fund.

**Equipment and Uniforms**

Your swimmer needs a swimsuit, goggles, swim cap, and water bottle for practice. Although the pool and KSC supply several other pieces of equipment, the more advanced swimmers may be asked to purchase certain training aids for individual use. A team suit and team cap are required for meets unless stated otherwise by the head coach. All equipment can be purchased through our "Kachemak Swim Club Store" team store on SwimOutlet.com.

**Meets & Travel Costs**

*Meet Director*  
*Jessie Goodrich 299.5823*

Meet fees vary depending upon the meet, the number of events entered, and the mode of travel. Once the team's meet entry/payment has been sent to the host team, meet fees are non-refundable.

KSC swimmers have the opportunity to compete in and out of Alaska at the following levels:

**Local Age Group Meets:** All members of KSC are eligible to compete in these meets with the approval of their coach and parents. These meets are held in Homer, Soldotna, Kenai, and Seward. Occasionally swimmers will have the opportunity to compete in Anchorage at this level. There are no required qualifying times. Parents are responsible for transportation to and from these meets and for the swimmer's conduct and safety when off the pool deck.

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

Alaska Age Group Championships in February; Alaska Junior Olympics in April; and Alaska Long Course Championships in July. These meets have qualifying time standards. Other qualifying criteria may apply regarding practice attendance, fitness to compete, attitude, and coach's approval. Supervision of swimmers during travel, as well as on and off the pool deck, is organized by KSC parents.

**Out-of-State Championships:** KSC aspires to attend championship meets outside of Alaska and historically has been able to achieve this goal. These include meets in Washington, Oregon, and California. Entry criteria are similar to Alaska State Championships. Making time standards for these meets requires maximum motivation and dedication. Qualifiers must have a strong practice history and approval of the coach.

Transportation to destinations other than the Kenai Peninsula and Anchorage is by the most economical commercial mode. The team travels together, utilizing group fares whenever possible. Parents provide food and transportation as required. For out-of-state travel, swimmers, coaches, and appropriate chaperones stay together in hotels as arranged by the KSC travel coordinator. Cars and vans are rented for ground transportation, and all swimmers share in this expense.

### **Team Structure**

KSC provides different team levels, all working toward a common goal of excellence and success in swimming.

### **KINGS**

Kings acts as a bridge between KSC's Novice program and its competitive program. Swimmers will continue refining their stroke technique while being introduced to competitive swimming. Swimmers will focus on developing skills needed to be successful in the sport (starts, turns, finishes).

#### **Age**

- Swimmers are generally between the ages of 6 and 12

#### **Prerequisites**

- Swimmers will need to have completed KSC's Novice Program or be able to demonstrate legal stroke technique for all four strokes for no less than 12 yards.
- Swimmer can safely complete a 45 minute training session.

#### **Goals**

- Swim 100 individual medley (IM) with correct turns and stroke transitions.
- Swim 100 freestyle with proper start and flip turns.

#### **Attendance**

- Swimmers should plan on attending 2-3 practices a week.

#### **Practice Schedule**

- Tuesday, Thursday 4:30-5:30 PM; Friday 4:00-5:00 PM

**DREAM**

Dream continues to build stroke technique work, while introducing the reading and comprehension of a written practice. Swimmers in this group will prepare to swim a 200 Free and 200 IM and possibly the 500 free.

**Age**

- Swimmers are generally between the ages of 9 and 12

**Prerequisites**

- Swim 100 individual medley (IM) with correct turns and stroke transitions.
- Swim 100 freestyle with proper start and flip turns.

**Goals**

- Swim 200 individual medley (IM) with refined stroke technique and correct turns.
- Swim 200 freestyle with proper start and flip turns.
- Achieve two 9-10 “BB” USA Swimming Age group motivational times in different strokes.

**Attendance**

- Swimmers should plan on attending 3-4 practices a week.

**Practice Schedule**

- Tuesday, Thursday 4:15-5:45 PM; Friday 4:00-5:30 PM

**BELIEVE**

Believe swimmers have proven to be ready for more training oriented practices, while still committing to the development of proper stroke techniques, starts, and turns. Swimmers will be encouraged to increase the number of training sessions they are attending, and emphasis will be placed on swimming longer events.

**Age**

- Swimmers are generally between the ages of 11 and 14

**Prerequisites**

- Swim 200 individual medley (IM) with refined stroke technique and correct turns.
- Swim 200 freestyle with proper start and flip turns.
- Achieve two 9-10 “BB” USA Swimming Age group motivational times in different strokes

**Goals**

- Swim 100 yards of each stroke with refined technique and proper turn and underwater sequences.
- Compete in 500 Freestyle and 400 individual medley (IM).
- Achieve two 11-12 “BB” USA Swimming Age group motivational times in different strokes.

**Attendance**

- Swimmers should plan on attending 4-5 practices a week.

**Practice Schedule**

- Monday-Friday 6:30-8:00 AM

## **ACHIEVE**

Achieve is designed to serve as a bridge between the Age Group and Senior groups. The Achieve group is designed to introduce swimmers to the level of training required to excel at the senior level. Swimmers will be expected to maintain a minimum level of 5 practices per week. Coaches reserve the right to recommend that swimmers, who are consistently unable to maintain the practice standards, transfer to another group. Technique must be sound so injury does not occur with added yardage.

### **Age**

- Swimmers are generally between the ages of 13 and 18

### **Prerequisites**

- Swim 100 yards of each stroke with refined technique and proper turn and underwater sequences.
- Compete in 500 Freestyle and 400 individual medley (IM).
- Achieve two 11-12 “BB” USA Swimming Age group motivational times in different strokes.

### **Goals**

- Swim 200 yards of each stroke with refined technique and proper turn and underwater sequences.
- Compete in 1650 Freestyle and 400 individual medley (IM).
- Achieve two 13-14 “A” USA Swimming Age group motivational times in different strokes.

### **Attendance**

- Swimmers should plan on attending 5-6 practices a week. Swimmers moving to performance should plan on attending one double a week.

### **Practice Schedule**

- Monday-Friday 6:30-8:30 AM

## **PERFORM**

Swimmers must commit to attending a minimum of 6 practices each week. All swimmers in perform should be preparing themselves for performance at the top of the state and national level. The standards of commitment and competition will apply throughout the year as our swimmers develop into positive leaders and teammates for their fellow KSC swimmers. Swimmers in this group should have already qualified for State Senior Champs. Entry into the group is by coach recommendation.

### **Age**

- Swimmers are generally over the age of 13

### **Prerequisites**

- Swim 200 yards of each stroke with refined technique and proper turn and underwater sequences.
- Compete in 1650 Freestyle and 400 individual medley (IM).
- Achieve two 13-14 “A” USA Swimming Age group motivational times in different strokes.

### **Goals**

- Achieve times that would qualify them for senior/national level events (Zones, sectionals, futures, etc...).

### **Attendance**

- Swimmers should plan on attending all practices offered for their group.

### **Practice Schedule**

- Monday-Friday 6:30-8:30 AM
- Monday, Wednesday 4:15-6:15 PM

## Kachemak Swim Club Discipline Policy

Membership in Kachemak Swim Club is a privilege and swimmers are expected to demonstrate leadership and behavior that furthers the KSC Swimmer Code of Conduct. The purpose of the KSC Discipline Policy is to set standards and expectations to create a safe and productive environment for athletes to learn and grow. KSC staff will act in the best interests of the swimmers and program in all behavior and potential discipline situations to determine the appropriate course of action based on the information available.

The discipline policy works closely in conjunction with more specific policy documents including:

1. USA Swimming's Minor Athlete Abuse Prevention Policy (MAAPP)
2. Swimmer Code of Conduct
3. Parent Code of Conduct
4. Coach Code of Conduct
5. KSC Mission Statement

USA Swimming Safe Sport Model Policies and Guidelines will serve as KSC policy in all situations not covered by this document or above listed documents.

Team practice is a group activity and it is important that the coach's time is not occupied with disruptive or insubordinate behavior. Reasons which would result in disciplinary action are defined as activity expressly forbidden in the **Swimmer Code of Conduct**. Violations of Kachemak Swim Club's Code of Conduct will result in disciplinary action up to and including removal from the team. Actions taken by the KSC coaching staff may include but are not limited to:

1. **Verbal reprimand:** This is a verbal reprimand by coaching staff and restorative action by the swimmer. (i.e. apology to victim, repair of damage, and/or expulsion from that day's activity for the remainder of the day.)
2. **Written warning:** A written warning from coaching staff detailing the infraction and future consequences pertaining to continued occurrences.
3. **Suspension from club activities:** Suspension will be from all club activities for an indeterminate time and a written warning from coaching staff detailing the infraction and future consequences pertaining to continued occurrences.
4. **Dismissal from club:** Dismissal from all club activities for the season. A refund of all unused dues and a written warning from Head Coach detailing the infraction and any possible actions present and/or future that may be taken by the dismissed member and/or by the club.

Coaching staff is responsible for determining if the offense warrants moving the offending party to the next discipline level for evaluation. In all situations where the coaching staff is unsure, athlete should be placed in the next level for evaluation. Coaching staff is required to take action as quickly as reasonably possible and offending parties should be removed from the current practice or activity if there is a possibility of the offending action continuing. Suspensions or other loss of team privileges will be determined by Head Coach in conjunction with BOD and/or higher level enforcement agencies.

## **Kachemak Swim Club Volunteer Commitment**

*Volunteer Coordinator  
Colleen Carroll 299.3953*

As a non-profit organization, we are very dependent upon the support of the community, business organizations, and especially you, the parents. We are very lucky to have a talented and diverse membership, and there are many ways that people can put their individual interests and expertise to work for our program. Everyone has something to offer, many hands make light work, and we appreciate your commitment to keep our swim club running smoothly.

As a parent driven organization, we rely on volunteerism. This gives you an opportunity to take a more active role in your child's swimming. Let us know where your contribution and energy will be most helpful in maintaining a quality swim program for our kids and consider the different ways you can help out. Some jobs are simply for a day, while others take more time; all of these jobs are rewarding. You are a very important part of our team and any helping hand is greatly appreciated. Before swim meets, we will send out a request for the type of help we need. Be on the lookout for this so you can sign up for job. These are great opportunities to fulfill your volunteer hour requirement.

Each family is expected to contribute in some way, so please help us ensure that your volunteer time is an enjoyable experience. Families have a minimum of 20 volunteer hours per season (10 hours for a Novice swimmer). If you have not met your volunteer commitment hours by the end of the season, you will be expected to buy out your remaining hours at a rate of \$15 for each unworked hour.

To ensure your volunteer efforts are properly recorded it will be the family's responsibility to e-mail or contact the volunteer coordinator regarding the volunteer activity you participated in and also the time spent at the activity.

Please complete the parent agreement form, on the back of this page, and check at least one of the groups listed that you are interested in helping with. Submit this form with your swimmer's registration packet make sure all your contact information is on the form. The leader of that group will contact you with specific volunteer opportunities or our volunteer coordinator will contact you. One form per family is required.

Thank you so much!

KSC needs you!



## Many Hands Make Light Work

### JOBS FOR THE DAY

- **Time at a swim meet:** Swim meets require a Head Timer along with at least 2 Timers per lane to ensure accurate time for races. Most pools have 6 or 8 lanes, so we need 12 or 16 volunteers to help out at every home or away swim meet. This job is easy and only requires the use of thumbs. It is much closer to the action of the swim meet and is often much more comfortable than sitting in the hot and humid bleachers. It also comes with the added perk of free food from the hospitality room.
- **Work Concessions/Hospitality:** At every swim meet there is a concession stand and a room for all volunteers to eat and relax during breaks. We need a few people to help take money, distribute food, and keep all the food stocked. If you would rather enjoy the quiet, usually cooler atmosphere, a little way away from the pool, this job is for you.
- **Donate food for Concessions/Hospitality:** Even if you can't attend a swim meet, we can use your help collecting food donations. Both swimmers and fans get hungry during the meet, if you have a famous recipe or are making a Costco run the week before a swim meet, offer to pick something up. Proceeds from the concessions benefit the team.
- **Announcer:** If public speaking is your thing, we could use your abilities at our swim meet. Having an announcer adds to the excitement of the swim meet and keeps the spectators informed. A coach or official will tell you what you are expected to say. It is also a good way to practice your stand-up comedy routine.
- **A Helping Hand Before and After:** Before every swim meet we need help setting up timing equipment, moving chairs, making printouts, and readying the pool for the competition. This happens the night before our swim meet. If you can help the night before the meet, we would greatly appreciate it. After every swim meet we need help taking down timing equipment, moving chairs, and cleaning up the pool area. If you can help after the meet we would greatly appreciate it.

### JOBS FOR THE SEASON OR MORE

- **\*Board of Directors Member:** Our swim club is run by a Parent Board. They keep everything running smoothly behind the scenes. From ordering gear, organizing fund raisers, handling finances, and voting on decisions, you can be part of the team running the club. The board meets once a month, but duties often extend outside the meetings.
- **\*Meet Director:** Works with head coach to publish event list, procure AK Swimming sanctions, invite other clubs, and submit post-meet report to board and to AK Swimming. Also works with Meet Committee to ensure all volunteer positions are filled prior to the meet.
- **\*Safety Officer/Meet Marshall:** Required by USA Swimming, this position is responsible for incident reports, safety rules, and emergency procedures.
- **\*Officials:** For every race to be fair, there needs to be rules and officials to enforce those rules. It can be a tough job to disqualify swimmers for swimming incorrectly, but it is a crucial job for helping them learn and keeping the playing field level. Includes Head Referee, Starter, and at least 4 Stroke and Turn Judges. Head Referee also recruits and trains parents to be officials. You will learn more than you ever thought possible about swimming if you decide to become an official. You will be trained to do this job, so don't worry if you don't know the rules yet.

- **\*Computer Hy-Tek/Timing System Operators:** This is a big job that requires more than one person but once you know the system it is not too complicated. This job involves working with the touch pads, starting system, and scoreboard so that swimmers' times are accurately collected and displayed. This is a key job for making swim meets run smoothly. If you are handy with technology and work well under pressure, we could use your help with this!
- **\*Head Timer:** Identifies 12 other timers and distributes stopwatches, clipboards, pencils and timers sheets.
- **\*Hospitality Coordinator:** Organizes food donations that feed meet volunteers. Works with other hospitality volunteers.
- **\*Concessions Coordinator:** Organizes food donations, then sells food and swim shop items during a meet. Works with other concession volunteers.
- **\*Awards Coordinator:** Responsible for maintaining stock of awards, ordering more as needed, and processing ribbons as results become available during the meet.
- **\*Registration Coordinator:** Ensures all families, coaches, officials and the club itself are properly registered with AK/USA Swimming. Also maintains distribution lists of active KSC swimmers.
- **\*Fundraising/Sponsorship Coordinator:** These volunteers work on developing fundraising opportunities for KSC, which may include: soliciting sponsorship from local businesses.
- **\*Volunteer Coordinator:** Advertises volunteer opportunities and recruits parents to fill voids, where help is needed. They also track family volunteer hours to ensure a 20 hour minimum commitment (10 hours for Novice swimmers).
- **\*Aqua-Thon Coordinator:** Enlists committee to help organize our biggest fundraising event of the year. Duties may include, ordering prizes, decorating bulletin boards, tallying pledges and helping with the overall organizing of the event. Plans event day as a celebration and coordinates with Treasurer to ensure accurate accounting.
- **\*Hospitality:** These volunteers assist in providing and organizing food and refreshments for KSC events to include: banquets, swim meets, team parties, Aqua-Thon.
- **\*Public Relations:** These volunteers assist in publicizing KSC as a club as well as the events we host. Specific duties may include: monthly e-newsletters, updating the KSC bulletin board, advertising in local newspapers, and attending local activity fairs on behalf of KSC.
- **\*Spirit Committee:** These volunteers assist and support our fabulous coaches in planning parties and activities for our swimmers. They may help with baking cupcakes, taking pictures, decorating for parties and helping with awards for various club activities.
- **\*Team Newsletter/Swimmer of the Month Coordinator:** Develops and distributes a periodical update with KSC news, swimmers of the month, and coach information.

*Positions with \* indicate jobs of sufficient commitment that 20 hour family minimum is automatically met so long as the job is satisfactorily completed.*