

# Kentwood MS Girl's Swim & Dive Season Packet 2019

## Important Contact Information

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## Team Info and Calendar:

<https://www.teamunify.com/team/mikac/page/middle-school/ms-girls-swim--dive>

## Expectations for Swimmers

- Show up at the pool and meets prepared to swim - suit, goggles, and mindset.
- Be ready to swim at *the start of practice*.
- Pool decks are no-phone zones. Put it away and practice or cheer on your teammates.
- Treat your teammates and other teams with respect and maintain a positive attitude.
- Be a leader in and out of the water.
- Maintain good grades beyond the academic standards of the district.
- Seek academic help and manage your time appropriately to recover poor grades.
- Notify coach of an upcoming absence in a timely manner (the moment you become aware of the conflict).

## Expectations for Parents

- Work together with your swimmer to get them to practice early so that they are *ready to swim at the start of practice*.
- Promptly pick up the swimmer after practice.
- Provide nutritional, emotional, and spiritual support.
- Provide encouragement, and encourage good sportsmanship both verbally and by example.
- Take an interest in the team, get to know other parents.
- Occasionally volunteer to time at home swim meets. (If schedule allows.)
- Support the coaches.

## Meet Procedure

- Swimmers are expected to dress well on the day of a meet - Sunday second-best:
  - Nice shirt & slacks; a tie is not required but encouraged.
  - No t-shirts, sweatpants, or grungy clothes.
  - Team gear is acceptable to wear (i.e. team t-shirt)
- Home Meets - Pinewood will walk over to the High School after school. Crestwood and Valleywood will take the activity bus to the High School. Parents are responsible for picking up swimmers after the meet.
- Away Meets - Swimmers are dismissed early and picked up from their respective schools.
  - Parents will be given an ETA via the Remind app when the bus is enroute.
  - The bus will drop off swimmers at Pinewood after the meet.
  - Legal guardians may take swimmers from the meet with a written note given to the coach at the end of the meet.
- Ineligible swimmers due to injury or academics are expected to attend and support their teammates.

## Team Policies

**Required Forms:** As an athlete, you are not eligible to participate in any sport until the following items have been completed and turned in:

1. Signed Acknowledgement of commitment to abide by the Athletic Code.
2. Physical Examination card filled out and signed by register physician after April 15th of the previous school year. This exam is good for the following school year.
3. Injury Consent Waiver, Eligibility Requirements, Athletic Code and Financial Responsibility Forms signed.
4. Pay to participate fee has been paid.

**Attendance:** it is mandatory, however, there are some exceptions if the swimmer or their parent inform coach in a timely manner via remind or email:

- Practice (With written notice to coach; three strikes and you're out.)
  - If you miss school due to illness you are excused.
  - If you have a concert or other engagement that is part of a grade you are excused.
  - If you have a meet or competition with another scholastic or swim team.
  - Swimmers that swim with a club team must train with the team in at least  $\frac{1}{2}$  of that week's practices and cannot skip Mondays and Wednesdays . i.e. in weeks we have 5 practices club swimmers are expected to attend 3; in weeks where we have 4 practices, 2; in weeks where we have 3, 2. The club coaches and I have agreed that it is important to swim as a team and your future HS teammates.

- Meets (With written notice to coach more than a day in advance; one strike and you're out.)
  - If you miss school due to illness you are excused. (message coach in the morning)
  - If you have a concert or other engagement that is part of a grade you are excused.

**Quitting the Team:** Athletes have 2 weeks to decide whether or not they are willing to commit to the team. If, at the end of the 2 week grace period, they decide they do not want to participate they must NOTIFY THE COACH IN PERSON and via email. An athlete who quits after ordering a suit or team gear will not get their money refunded, but may pick up any items that they paid for.

**Skipping Class/Tardies/Academic Probation & School Suspension:** Athletes are kept to the academic and citizenship standards outlined in the athletic code of conduct and their individual school's academic standards.

**Use of Alcohol/Drugs/Tobacco Products/Vaping:** Zero tolerance - immediate removal from the team.

**Injuries:** Some injuries may require an athlete to consult a doctor. If this is the case, the coaches must have written permission from a doctor before an athlete can resume physical activities. You will not be allowed to participate in meets unless you are demonstrating full participation in all practices.

## Team/Athlete Expenses

**Initial Team Expenses:** (required to participate)

1. Pay to Play: \$60 (reduced lunch - \$30 | free lunch - \$0) to school secretary
2. Team Swim Suit: ~ \$16 - This will allow for a nice suit that doesn't wear out after a few meets. ([order online](#))
3. Team Shirts: \$15
4. Team Cap: \$5

**Misc. Equipment Expenses:** (recommended)

1. Practice suits: 2 suits are recommended. [www.swimoutlet.com](http://www.swimoutlet.com) is one of the affordable places to get suits. Please get sized at a local swim store before buying online.
2. Goggles: 2 are recommend as well. Sometimes they can last for a season and sometimes they break after a week. Speedo "Vanquishers" are usually a reliable comfortable pair.
3. Shammy: Great for divers to dry between dives.
4. Spirit Gear: For parents or extra gear for the athletes you may order multiple shirts with the team shirt order.



<b>Team Kit Payment Form</b>						Totals
ATHLETE NAME:						
<b>Team Cap \$5</b> (required)						
<b>Team T-Shirts \$15 ea</b> Adult Sizes, please indicate how many of each size. <b>PARENTS CAN GET THEM TOO!</b>						
	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	
<b>Total Amount Owed:</b>						

Pay with cash by Monday, October 21.

TEAM SUITS CAN BE ORDERED ONLINE AT [WWW.KENTWOODAQUATICSCLUB.COM](http://WWW.KENTWOODAQUATICSCLUB.COM) IN THE FALCON PRIDE STORE.

Swimmers should also have a separate well-fitting practice suit.