

KSC SWIM/DIVE
Parent Guidebook



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HEAD DIVE COACH: John Scholtz johnscholtz1@msn.com

KSC SWIM TEAM REPS: Melissa Krissinger and Tara Chester

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KARAKUNG SWIM CLUB SWIM TEAM INFO

I. JV/VARSITY SWIM TEAM

PRACTICE SCHEDULE:

Tuesday after Memorial Day- new members evaluations

Wednesday after Memorial Day until school is out:

Current High Schoolers: 3:00-4:00

Current Middle Schoolers: 4:00-5:00

Current Elementary Schoolers: 5:00-6:00

When school is out: Monday- Thursday

White Group 8:15-9:00am

Blue Group 9:00-10:00 am

Red Group 10:00-11:00am

(Swimmers are assigned a color groups by the coaches)

Friday - BUDDY PRACTICE 9:00-10:00- 12 & Under

9:30-11:00- 13 & Over

SWIM MEETS : VARSITY - Saturday mornings

JV - Wednesday nights

II. MINI SWIM TEAM

EVALUATIONS – 8 year olds - Tuesday after Memorial Day

4:30-5:30pm

Younger than 8 years old- First day of Mini Team Practice (the Monday after the last day of school)

PRACTICE SCHEDULE: Practice begins the Monday after the last day of school 11:00-11:30am, 11:30-12:00pm

(Swimmers are assigned a practice time)

MINI MEET (8 and unders) 2nd SUNDAY in mid JULY

III. DIVE TEAM

PRACTICE SCHEDULE:

Tuesday after Memorial Day until school is out 4:00-5:00 and 5:00-6:00

(Divers assigned a practice time by the dive coaches)

When school is out: 8:30-9:30am, 9:30-10:30am

(Divers are assigned practice time by the coaches)

DIVE MEETS: Tuesday nights

IV. SPECIAL EVENTS

PASTA DINNER – Friday evening before our First Varsity Meet – ALL JV/VARSITY swimmers are invited. Parents sign up to donate different items, pastas, salads, drinks etc.

PANCAKE BREAKFAST/TEAM PICTURES – Parent Volunteers needed to donate, serve and make the pancakes.

SWIM/DIVE team pictures are also taken during this event. Individual or family pictures are also taken. This is always the Friday before the Mini Meet because this is the last day of Mini-team practice.

DORNEY PARK TRIP -Mid July on a Monday (usually the Monday after the Mini-meet)- Not a requirement, just a fun day for swimmers and divers. Families can buy discounted group tickets through our swim team, but families must provide their own transportation and adult supervision. There is no bus to and from Dorney.

AWARDS NIGHT- Awards night is usually the Wednesday evening after the last Varsity swim meet. Swimmers and divers gather together at the pool for a night of pizza, snacks, and dancing with a

DJ. The coaches will hand out age group awards and even some “funny awards.” Parents are invited to attend.

V. PARENT JOBS

JOB	DESCRIPTION	Varsity/JV or both	NEED EXPERIENCE or TRAINING?
Ready Bench	Line up swimmers before their event	Both	NO
Timers	Stand behind lanes and time each swimmer	Both	NO
Meet Announcer	Announce each event/swimmer's names	Both	YES
Place Judge	Record the order in which swimmers finish each race	Both	YES
Scorers	Keep score of the meet	Both	YES
Turn Judge	Watch to make sure swimmers perform legal starts and turns	Varsity	YES
Stroke Judge	Watch to make sure swimmers perform legal strokes	Varsity	YES

Runner	Writes down times from each lane and delivers times to scorer's table	Both	NO
50/50 Ticket Sales	Walk around and sell 50/50 tickets	Both	NO

Frequently Asked Questions:

1. Can you sign up for swim and dive?

YES

2. What are the requirements for the mini team?

Children ages 4-8 can be on the mini-team AS LONG AS they can swim 1 lap unassisted with rotary arms and are not afraid to go under water and put their face in the water. Children should also be able to float on their back and swim one lap of backstroke. If your child is afraid of the water, they are not ready for the mini team. On the first day of mini team practice, the coaches will evaluate all swimmers who are signed up for mini team, and will talk to families on an individual basis if a swimmer does not seem ready to be on the team. If this is the case, your swimmer is welcome to enroll in our group or private swim lessons. The mini team is meant to be a stepping stone up from group lessons where we can build on the swimmers working knowledge of freestyle and backstroke.

3. What are the requirements for JV/Varsity swim team?

Children must be able to swim 4 laps of freestyle with rotary arms without stopping or putting feet on the bottom. Swimmers should also have a working knowledge of breaststroke and butterfly.

4. Will my child swim in both JV and Varsity swim meets?

- JV meets are only for swimmers ages 12 and younger. The coaches make every effort to put every swimmer 12 and younger into the JV meets.
- Varsity meets have events in the following age groups: 8 and under, 10 and under, 12 and under, 14 and under, 18 and under. Because there are limited events and only one heat per event, not all swimmers will be able to compete in every Varsity meet each weekend. However, our coaches make every effort to get as many swimmers into the meet, while still working to create a competitive line-up.

5. Will my child swim in Championships?

Championships take place the Saturday after the last Varsity meet (toward the end of July). Not all swimmers will swim in Championships. Each team is only permitted to enter 2 swimmers per event in this meet. The coaches will notify your child if they will be swimming in Championships.

6. Is there a team suit and Spirit Wear?

Yes! We do have a team suit, although it is not mandatory to buy it. The team suits can be purchased at C & M Sporting Goods in the Manoa Shopping Center. We usually change the team suit every two years. Spirit Wear can be purchased toward the

beginning of the season. This is also optional. A link will be emailed when the Spirit Wear online store is open.

7. Can I help out and get involved?

Absolutely!! We always welcome new parent volunteers. June and July are jam-packed with lots of swim and dive team events and it takes a lot of teamwork to make all of these events successful and fun for our kids! Reach out to Tara Chester or Melissa Krissinger at karakung.swim@gmail.com if you are interested in volunteering in some way!



GO KARAKUNG!!