



Welcome to the King Farm Pre-Team!



Welcome to the 2015 King Farm Swim Team. The following information gives a general overview of what to expect on the Pre-Team. Please visit the KFST web site (www.kingfarmswimteam.com) for additional information. The first time joining the team can be a little overwhelming, so please don't hesitate to contact the coaches or the KFST Board. You can find their emails by clicking the "Coaches" link at the top left corner of the web page.

Pre-Team

Our Pre-Team swimmers are our beginners! Pre-Team is a wonderful opportunity for our younger swimmers to continue to develop their swimming skills while being part of a team.

Registration

It is recommended that all Pre-Team members register at www.kingfarmswimteam.com before the Pre-Team evaluation on June 7th. This helps the coaches organize the evaluations and helps them to begin to get to know the swimmers. If you are unsure whether your child will successfully complete the evaluation, please pay the registration fee by check and we will not cash the checks until after the evaluations are complete. If your child is not prepared for pre-team, we will return your check to you.

All registration forms and fees **MUST** be completed by the beginning of the first practice on June 8th. Your child cannot practice until he/she is registered, a release is completed, and the application fee is paid. The costs to register for 2015 are: first child in your family is \$175, the second is \$150, the third is \$125, and all subsequent children in your family are \$105 each. Checks should be made payable to "King Farm Swim Team". A board member will be available at the Pre-Team evaluations to collect checks. Because of liability issues, **YOUR SWIMMER MUST BE REGISTERED AND A RELEASE MUST BE SIGNED BY YOU BEFORE YOUR CHILD CAN PRACTICE WITH THE TEAM.**

Pre-Team Evaluation

If your child is interested in joining Pre-Team, all new pre-team swimmers must attend the pre-team evaluations on June 7th from 10-11AM at the Saddle Ridge Pool. During the evaluation the pre-team coaches will ask them to swim a combined stroke (kicking while moving their arms) for 5 yards, submerge (put their face in the water) for 5 - 10 seconds, and do a front float. If your child has passed "Strokers 1" at the Rockville pool, this is probably their group!

Pre-Team Practice Times

Pre-Team swimmers practice separately from the Regular Team. Practices start June 8th. June 8th - June 15th pre-team practice is in the afternoon only from 4:30-5:00. Beginning June 16th through July 16th the pre-team swimmers can attend practice from 10 - 10:30 a.m. or 4:30-5:00 p.m. (some evenings excluded due to meets)

and other events – see practice calendar for details on www.kingfarmswimteam.com). Please bring water, sun block, towel and goggles to practice.

Kick Board Races

Pre-team members are invited to participate in fun kick board races at each Home “B” meet. The pre-team member will swim the length of the pool with a pre-team assistant coach and get a ribbon upon completion. This is an exciting way for pre-team members to participate in swim meets. “B” Meets begin at 6:15 p.m. (arrive earlier per coach’s instructions for warm-ups). Home B Meets this season are on June 24th, July 1st, and July 8th at the Saddle Ridge Pool.

Pre-Team Mini-Meet

On July 16th, the pre-team will host a mini-meet. This meet is for King Farm swimmers only and is conducted like a regular swim meet. The mini-meet gives pre-teamers and other 8 and unders the opportunity to swim in all swimming events and is a special event for our young swimmers.

The coaches will need to know which swimmers are participating in the pre-team mini-meet. For this meet, you will need to log into the website and go to the CALENDAR. Click on the event’s homepage and press the “attend this event” button. Then indicate YES or NO for each child.

Pre-Team Social Activities

Each week after a pre-team afternoon practice there will be a short social activity planned for the pre-team. This activity gives the pre-team swimmers a chance to have some fun with their fellow pre-team members and coaches. Parents get weekly updates on all planned activities via email.

Team Suits

Team suits are available at Aardvark in Wintergreen Plaza, 831-D Rockville Pike (301) 309-3660. Ask Aardvark staff for correct King Farm suit and they will discount the cost. Any racing style suit may be worn for practice – save your team suit for meets. Pre-team is encouraged to wait on suit purchases until after evaluations! Suits are optional for pre-team swimmers.

Weather

Pool closures for weather and other issues are at the discretion of the pool staff, not the coaches! We will attempt to e-mail, SMS, and update the website as early as possible in case of pool closures. If the weather is questionable, please check the website before leaving home for practice.