

KFST 2015 Swim Season - Visit us at www.kingfarmswimteam.com

Join us on Facebook: KING FARM SCREAMIN' GEESE

Team Suits: 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 of the suit as well. 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!

Practice: Wear racing suit, cap, goggles, and sunscreen to practice - bring a towel & bottle of water too!

Website: Be sure to log into your family account and go through the verification process for your e-mail addresses at www.kingfarmswimteam.com.

Meet Signups: The coaches need to know which kids are in town & available for each meet. Please log into the website and go to the CALENDAR. All of our meets are listed on the general calendar. Click on each meet's event homepage and press the "attend this event" button. Then indicate for each meet YES or NO for each child. ALL REGULAR TEAM SWIMMERS MUST DO THIS FOR EACH MEET! PRE-TEAM ONLY HAS TO DO THIS FOR 7/16/14 MINI-MEET. If a swimmer does not COMMIT to the meet, he/she will not be entered to swim. Coaches will choose the events for each swimmer.
No deck entries!

Volunteers: KFST is run on volunteer power - please follow the "job signup" link on the EVENTS listed on the calendar and sign up to work at a meet or other event. Family volunteering will be carefully monitored so that full participation is verified.

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, 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.

2015 Schedule Highlights

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| 5/26 | First day of Practice for REGULAR team * | |
| 5/25 | KFST serves community picnic 12-2 | * Beginning 5/26 to 6/5, practices in afternoon only. 13-18 yr. olds 4:30 to 5:30, 9-12 yr. olds 6:15-7:15, 8 & Unders 5:30-6:15. |
| 6/6 | Time Trials - REGULAR TEAM 9:00 a.m. | |
| 6/7 | Pre-Team Evaluations - 10-11 a.m. | |
| 6/8 | First day of practice PRE-TEAM*** | * From 6/8 to 6/12, afternoon practices only: Pre-team 4:30-5:00, 10 & Unders 5:00-6:00, 11-18 yr. olds 6:00-7:00 |
| 6/13 | "A Meet - HOME vs. Daleview | ** Beginning 6/15, choose between am or pm practices: 11-18 yr. olds 8:00-9:00am or 6:00-7:00pm, 10 & Unders 9:00-10:00am or 5:00-6:00 pm. |
| 6/16 | Morning Practices Begin ** | *** Pre-team practices from 6/8 - 7/17 from either 10:00-10:30 am or 4:30-5:00 pm (some evenings excluded due to meets & other events - see practice calendar for details) |
| 6/17 | "B" Meet - AWAY at Washingtonian Woods | |
| 6/20 | "A Meet - AWAY at Old Georgetown | |
| 6/21 | "A" Division Relay Carnival TBD | |
| 6/24 | "B" Meet - HOME vs Tanterra | |
| 6/26 | Team Pictures - no afternoon practice | |
| 6/27 | "A" Meet -HOME vs Potomac Glen | |
| 7/1 | "B" Meet - HOME vs Potomac Glen | |
| 7/4 | "A" Meet - AWAY at Westleigh | "A" Meets begin at 9:00 a.m. (arrive earlier per coach's instructions for warm-ups) |
| 7/5 | Rain date "A" Divisional Relay Carnival | |
| 7/7 | Coaches' Invitational Long Course RMSC | |
| 7/8 | "B" Meet - HOME vs Woodley Gardens | "B" Meets begin at 6:15 p.m. (arrive earlier per coach's instructions for warm-ups). Pre-Team kick-board races at all HOME "B" Meets. |
| 7/11 | "A" Meet - HOME vs Kentlands | |
| 7/12 | "B" Relay Carnival TBD | |
| 7/15 | "B" Meet - AWAY at Manor Woods | |
| 7/16 | KFST Mini Meet & Pre-Team Awards (5:30) | |
| 7/18 | "A" Divisionals & Team Banquet & Awards | |