

KILDAIRE FARMS KILLER WHALES 2019 SWIM TEAM HANDBOOK

WELCOME!

The Kildaire Farms Pool Committee welcomes you to the Killer Whales! If you are a returning team family, we're glad to have you back. If you're new to the team, we look forward to getting to know you and your swimmers. Our goal is for the handbook to contain all of the information you will need in order to participate on the team, but please feel free to contact any of us regarding any questions or concerns you may have, or visit www.kfswimteam.com for details.

Brian Long (Chairman)- 919-465-7379
Jason Williams - 919-468-9881
Tammie Smoot - 919-388-9987
Rachel Love- 919-280-8957
Scott Riley- 919-272-0129

COACHING STAFF

We are very excited to welcome back our amazing, highly experienced coaching staff.

Head coach, CAROL REDFIELD - Since 2010 she's been teaching JROTC at Cleveland HS in Clayton. In high school she was



recruited to swim at the US Military Academy at West Point. She swam all four years at West Point and was the captain of the team her senior year. By the time she graduated, she had three individual Academy records and was an All-American three of her four years. Upon graduation she was commissioned as a second lieutenant, and then served on active duty for 20 years. After her retirement from the US Army, she's coached the summer swim team at the Kraft Family YMCA and coached adults who were competing in their first triathlons. Additionally she is a certified Group Fitness instructor and also teaches spin classes, water aerobics and boot camps for the YMCA. She loves swimming and running and has completed three Ironmans. Her two favorite people in the world are her daughter Maggie, 20 years old and currently a sophomore at West Point as a swimmer, and Trey, 17 years old and a senior at Holly Springs HS where he is a varsity letter winner in track, cross country and swimming.

Assistant coach, JORDAN MINTZ - Currently a scholarship swimmer at Gardner Webb in Charlotte and former NC high school State Champion 4A in the 100 breast stroke. He's also been a swim instructor at Campbell University for their summer swim program and is qualified to teach private lessons.



Assistant coach, ANDREW MINTZ -Drew is finishing up his freshman year at Gardner Webb where he was recruited for swimming. He was the Conference Champion in the 200 freestyle and runner up in the 100 freestyle. He's also been involved in swim lessons at Campbell University and privately at local pools.

KILDAIRE FARMS SWIM TEAM

IMPORTANT DATES TO REMEMBER

Sunday, May 5th	Team welcome back potluck 5:30-7:30- KF Clubhouse
Monday, May 20th	First day of practice (See times on page 3)
Monday, May 27th	Memorial Day- no practice
Tuesday, June 4th	Swim Team Picture Day; Intra-Squad Swim Meet at Kildaire Farms
Friday, June 7th	“Dive-in Theater” movie night at pool
Tuesday, June 11th	swim meet #1 – home vs. Carpenter Village
Saturday, June 15th	Margaritaville Party at the Pool (Adults only 7-10pm)
Tuesday, June 19th	swim meet #2 – away at Twelve Oaks
Tuesday, June 25th	swim meet #3 – Home vs. Weldon Ridge
Tuesday, July 2nd	swim meet #4 – Home vs. Devereaux- Senior Night
Thursday, July 4th	No practice- KF pool party
Friday, July 5th	No practice
Tuesday, July 9th	swim meet #5 -away at Garner
Saturday, July 13th	Cary City Swim Meet at Cary Swim Club
Tuesday, July 16th	swim meet #6 – Away vs. Glenridge
Friday, July 26th	End-of-Season Awards Celebration at KF Clubhouse (6:30-8:30 pm)

Away Meet Locations: Please arrive no later than 5:15pm

REGISTRATION AND FEES

Swimmer registration is done online -- visit www.kfswimteam.com and click the "Start Registration" link. The non-refundable registration fee is \$99 for each swimmer, payable online by credit card or at the club office by check. New this year, the registration fee includes the home meet concession fee, team t-shirt and cap.

COMMUNICATIONS

IN ADDITION TO THE TEAM WEB SITE (WWW.KFSWIMTEAM.COM), INFORMATION OF INTEREST TO SWIM TEAM FAMILIES WILL BE DISTRIBUTED VIA ONE OR MORE OF THE FOLLOWING CHANNELS: THE TEAM BULLETIN BOARD, THE TEAM EMAIL LIST, AND FAMILY FOLDERS.

The **Swim Team Bulletin Board** is located on the wall between the snack bar and the men's locker room. Individual swimmer times will be posted weekly following each meet, and information about major team events will be prominently displayed on this bulletin board.

SWIM TEAM PARENTS WILL AUTOMATICALLY BE ENROLLED IN THE **SWIM TEAM EMAIL LIST**. THE COACHING STAFF AND THE TEAM ADMINISTRATION WILL REGULARLY USE THIS LIST TO COMMUNICATE IMPORTANT INFORMATION ABOUT TEAM EVENTS. IT IS ESPECIALLY USEFUL FOR ANNOUNCING LATE-BREAKING NEWS SUCH AS WEATHER-RELATED CANCELLATIONS. ANY MEMBER OF THE LIST CAN DISTRIBUTE ANNOUNCEMENTS TO ALL THE OTHER MEMBERS BY SENDING A MESSAGE TO KILDAIRE-FARMS-SWIM-TEAM@GOOGLEGROUPS.COM. NOTE THAT YOUR EMAIL ADDRESS WILL NOT BE VISIBLE TO OTHER MEMBERS UNLESS YOU POST A MESSAGE, AND MESSAGE CONTENTS AND MEMBER EMAIL ADDRESSES WILL **NEVER** BE VISIBLE TO OUTSIDERS. ONLY KILDAIRE FARMS SWIMMERS, PARENTS AND STAFF WILL BE PERMITTED TO JOIN THE LIST. SEE [HTTP://GROUPS.GOOGLE.COM/GROUP/KILDAIRE-FARMS-SWIM-TEAM/](http://GROUPS.GOOGLE.COM/GROUP/KILDAIRE-FARMS-SWIM-TEAM/) FOR MORE DETAILS.

Each family on the team will be assigned its own **Family Swim Team Folder** which will be used to distribute ribbons and other physical items for delivery to specific individuals. These folders can be found in file boxes that will be available on the wooden deck near the concession stand during team practices and stored in the lifeguard office at other times. The coaching staff will also have a folder of its own in the first file box, in case you need to leave something for the coaches.

Parents will need to confirm in advance on the team web site whether their child will be present or absent at each meet. To do this, log into your account, click on the "Events" tab and then on the "Attend This Event" button for the desired meet. **It is important to complete this information by the Sunday afternoon prior to each Tuesday meet**, so that the coaches have adequate time to plan their meet event entries.

Parents can communicate with the coaches by sending email, calling on the telephone, leaving notes in the coaches' folder or speaking with them before or after practice. Please don't interrupt the coaches during practice, as this takes away from our swimmers' instructional time.

Join the **Kildaire Farm Swim Team Facebook** page for helpful information, updates, as well as information about buying/trading team suits with other members.

TEAM PHOTOGRAPHS

Team photos will be taken on **Tuesday June 4th** at the Intra-Squad Meet. Individual sittings will begin at 4:30 pm and group photos of the entire team will be taken around 5:30 pm. Individual pictures will resume after the group shot to accommodate those who may have arrived later. Look for more information about this in email and on the bulletin board. Information packets will be distributed in advance, as payment will be required at the time the pictures are taken.

SWIMSUITS, CAPS AND SHIRTS

Please keep in mind that a suit will not last for multiple seasons if it is worn to the pool frequently, so please consider using other suits for practices and saving the team suit for use in meets.

Swimsuit fitting will be one of the services available as part of **The Swim Team Welcome Day Potluck** on **Sunday, May 5th** from 5:30 to 7:30 at the KF Clubhouse. Please keep in mind that team photos will be taken at the Intra-Squad Meet (see below), and we strongly encourage swimmers to wear their team suits to this event.

All swim team members are required to wear a team swim cap during the meets. All registered swimmers will receive a team cap.

Our team will be wearing the TYR - ALLIANCE T-SPLICE - Black & White suit/jammer. This is the same suit we have worn for the past 5 seasons. You can purchase your suit by simply ordering from one of these online retailers: Amazon.com, SwimOutlet.com, TYR.com

Join the **Kildaire Farm Swim Team Facebook** page for information about buying/ trading team suits with other members.

2019 Team T-shirts will be provided at no additional cost for each swimmer who registers by **May 28th**. Additional team T-shirts for other family members are available for \$15. Contact Scott Riley, the Swim Team Apparel chairperson for details.

PRACTICE SCHEDULE

Attendance at practice is highly encouraged for all swimmers and is a prerequisite for competing in Main Events during swim meets. It is at practice where swimmers receive the instruction necessary to become proficient and strong swimmers. Our younger swimmers are especially inspired when the older swimmers model good sportsmanship and leadership during practice.

Practices are offered on the following schedule.

Dates	11-18	7-10	6 & Under
Weekdays, May 20th – July 20th	7:00-8:00 PM	6:00-7:00 PM	5:30-6:00 PM

Note that part of each practice may be devoted to “dry-land” exercises

There will be some Saturday clinics. Dates TBD.

However, there are no practices during the following times:

- The afternoon of a swim meet or the Intra-Squad Meet (Tuesdays starting June 4th)
- Memorial Day (May 27th)
- July 4th/5th

Swimmers should arrive 15 minutes before the start of practice to stretch and get their caps and goggles on. Parents, please review the Parent Behavior Guidelines on page 9 regarding behavior during practices.

INTRA-SQUAD MEET

The Intra-Squad Meet will be held on **Tuesday, June 4th** at the Kildaire Farms pool at approximately 6:00 pm (depending on when team and individual photographs are finished). This meet has several purposes. It provides an opportunity for new swimmers to experience swim meet conditions and provides the coaches with timing data so that swimmers can be placed in the appropriate heats for the first official swim meet. It also gives parents an opportunity to see their child’s progress, to encourage and support the team, and to familiarize themselves with the volunteer positions needed for each swim meet prior to an official meet.

REGULAR SEASON MEETS

This year, Kildaire Farms will compete in Division 7 of the Southern League of the Tarheel Swimming Association (www.tsanc.org). Our TSA season consists of six dual swim meets, split evenly into three home meets and three away meets as described in the table to the right. Away swim meets will require personal transportation. Away meet addresses will be posted on the Swim Team Bulletin Board a few days in advance. All six meets will be held on Tuesday evenings, weather permitting. Warm-ups for the home team begin at 5:00 pm and warm-ups for the visiting team begin at 5:30 pm. Swimmers should plan to be at the pool at least 15 minutes before our team's designated warm-up time: 4:45 for home meets, and 5:15 for away meets.

June 11	Home vs. Carpenter Village
June 18	Away at Twelve Oaks
June 25	Home vs. Weldon Ridge
July 2	Home vs. Devereaux
July 9	Away at Garner
July 16	Away at Glenridge

SPECIAL MEETS

The **Cary City Invitational Swim Meet** on **Saturday, July 13th** is an exciting traditional competition featuring many TSA Southern League swim teams at one pool. This year, it will be hosted by Cary Swim Club located at 808 Tanglewood Drive Cary. This is an open meet, which means that any registered swimmer may sign up to participate. It is also a very long competition: the meet lasts the entire day, with 10-and-under swimmers competing in the morning session and 11-and-up swimmers competing in the afternoon. A tent will be set up for the Kildaire Farms Swim Team and you will need to bring the necessary items for a normal swim meet, plus sunscreen, snacks and anything that will make your stay more comfortable. More information on this meet will follow.

TEAM ACTIVITIES

In addition to the events listed on page 2 of this handbook, there may be additional team activities planned by the coaches or parents throughout the season. Please watch the bulletin board and check your email for details.

END-OF-SEASON AWARDS CELEBRATION

The End-of-Season Awards Celebration will be held on the evening of **Friday, July 26th** at the Kildaire Farms Clubhouse. Please mark your calendar and plan to attend this event to recognize every swimmer who contributed to the success of the season. The Awards Celebration is a pot-luck dinner, so please plan on bringing the requested type of dish. Information about what to bring will be distributed via the email list in the week before the event.

In addition to the food and a slide-show retrospective of the season, the celebration will include the presentation of the following awards:

- **Participant Pins** – Given to each swimmer who participated on the team. If this is your child's first year on the team, they will receive a medal on a ribbon. Pins are given for each subsequent year of participation.
- **Most Improved Swimmer Awards** – Awarded to one boy and one girl per age group based on exceptional individual improvement over the summer, as determined by the coaches.
- **High Point Awards** – Given to the boy and girl in each age group who earned the most points in individual events over the course of the season's six dual meets.
- **Coaches' Awards** – Presented to one swimmer in each age group who has been especially cooperative and helpful to the coaches, tried his or her best, and displayed good sportsmanship and an excellent attitude.

PARENT VOLUNTEERS

Nikki Pitts, Parent Volunteer Coordinator, 919-454-3946

Each family is required to work a minimum of two full meets per swimmer. (Example: you have two children swimming, so please sign up for a minimum of four volunteer sessions). **Volunteering to be a committee chairperson (see next page) counts as one session.** Sign up for meet jobs via your www.kfswimteam.com account by clicking on the “Events” tab and then on the “Job signup” button for the desired meet.

Below is an explanation of each volunteer position that we need to fill for every meet:

- **Clerk of Course** – This individual helps the swimmers line up as the coaches have assigned them. If a swimmer in the main heat swims out of his or her heat or in the wrong lane, he or she is automatically disqualified. Each team must provide one clerk of course per meet.
- **Assistant Clerk of Course** – An scribe who works with both Clerks of Course to track and record any deviations from the original swimmer assignments (scratches, substitutions, changes to heat or lane assignments)
- **Announcer** – The only requirement is a good voice and a thorough understanding of the order of events. We need one announcer per home swim meet.
- **Place Judges** – There are six place judges for each meet and they only judge the main heats. The judges determine the 1st through 6th place swimmers and handle any disputes about how the swimmers place. Each team provides three place judges per meet.
- **Timers** – There will be two timers per lane. Each group of timers is responsible for recording the swimmers’ time. Since half the lanes in the pool will be assigned to each team, the number of timers we must provide for each meet will equal the number of lanes in the pool. Our home pool has 6 lanes, but other pools we swim at may have 8 or even 10 lanes.
- **Recorder** – This official records the places in the main heat and submits the record to the official scoring table. We need one recorder for each home meet.
- **Heat Ribbon Distributors** – These individuals hand out heat winner and participant ribbons to the swimmers who did not swim in the main heats. We need two volunteers for each home meet.
- **Ribbon Writers** – These individuals take the place information from the scorer and record it onto the ribbons. We need two volunteers per home meet.
- **Runner** – These volunteers watch the stroke and turn judges and deliver disqualification slips and main heat sheets to the scorers’ table. We need two volunteers for each swim meet.
- **Scorer** – These volunteers are responsible for recording the swimmers’ times, placements, disqualifications and keeping a running tally of points per team. We need two scorers per swim meet.
- **Starter** – Very Important Position. This individual starts the races by running the starter equipment. We need one starter per home meet.
- **Stroke and Turn Judges** – The judges watch the swimmers and determine if they are properly swimming each stroke. The judges are required to attend an annual Stroke and Turn Clinic. Each team will provide one stroke and turn judge per meet.
- **Parent Supervisors/Kid Pushers** – Involves chaperoning a specific age group at the meets and getting the swimmers to the Clerk of Course when called. We need six parent supervisors per meet.
- **Concession Sales** – These volunteers staff the concession table during the home swim meets. The concession sales are a fundraiser for the team. We need two volunteers per home meet.
- **Raffle Ticket Sales** – This job requires promoting sales of raffle tickets to spectators during home swim meets and conducting the winning drawings.
- **Hospitality** – This individual works with the concession stand to provide ice water to all volunteers during the swim meet. We need one volunteer per home meet.

SWIM MEET TIPS FOR SWIMMERS AND THEIR PARENTS

- ❖ Swim meets start promptly at 6:00 pm and generally last until 9:00-10:30 pm. The 6-and-under swimmers can leave after the breaststroke (just after the midpoint of the meet) since they do not swim in the butterfly or relay events. As you leave the meet, *please* clean your area, whether at our pool or at a visiting pool. Clean-up is everyone's responsibility. It only takes a few people to get the job done quickly.
- ❖ If a swim meet is postponed or halted on Tuesday night, TSA rules require the meet to resume following evening, at the same location and time. (However, if the breaststroke event has been completed, the meet will be declared complete on Tuesday night.) Please let the coaches know if you cannot make the rescheduled Wednesday meet. If you were scheduled to volunteer in some capacity during the meet, you also need to notify the Volunteer Coordinator that you will be unable to assist during the rescheduled meet.
- ❖ Swimmers should always be at the appropriate pool at the assigned time each Tuesday afternoon of a meet. Warm-ups for the home team begin at 5:00 pm and warm-ups for the visiting team begin at 5:30 pm. Although this arrangement is standard practice, it may be reversed for some meets. Our coaches will inform you if there is a change. **In any case, swimmers should plan to be at the pool at least 15 minutes before our team's designated warm-up time: 4:45 for home meets, and 5:15 for away meets.**
- ❖ Each member of the team is assigned a unique swimmer number. These numbers make it easier for the timers to record times accurately. If you can, **please write your swimmer's number on his or her shoulders in black marker before each meet.** You can find their numbers on the timing charts on the Swim Team Bulletin Board.
- ❖ You may want to bring lawn chairs with you to both the home and away meets. Some pools do not have enough pool furniture to accommodate all the attendees at a typical swim meet.
- ❖ Label all of your child(ren)'s swim items.
- ❖ Swimmers should sit in the **team area by age group** to build team unity. This also allows those assisting the Clerk of Course to locate swimmers, thereby making the meet run more efficiently. In particular, younger swimmers need to stay with the other members of their age group so that their group's Kid Pusher can ensure that they get to the starting blocks on time. Kid Pushers will not be responsible for locating children who do not sit with their group; such swimmers are responsible for getting themselves to the blocks on time.
- ❖ Please bear in mind that when we visit other pools, we are their guests, and we should behave accordingly. Likewise, when we have home meets, let's all try to be polite and gracious hosts. Remember that all of us (swimmers, coaches and parents) are representatives of Kildaire Farms wherever we go.
- ❖ For home meets, please consider walking to the pool, car-pooling or anything else that will reduce our use of parking spaces. Our parking facilities are very limited and we want to leave as many spaces as possible for use by the visiting team.
- ❖ Please note that TSA rules prohibit smoking and consuming alcohol at any TSA swim meet.
- ❖ Swim meet concession sales are a major source of revenue for the swim team. Kildaire Farms will host the concession stand during the intra-squad meet and the three home swim meets. Hot dogs, hamburgers, pizza and other items will be available for sale. A sign-up sheet will be posted a week in advance and families are asked to contribute items for resale. In addition, two volunteers will be needed to work at each of the home meets.

Things that swimmers should bring to meets:

- Sweatshirt, sweatpants or warm jacket -- it gets chilly sitting around in a wet bathing suit.
- At least two towels; perhaps a blanket or extra towel to sit on
- Goggles (helpful to have a spare)
- Team Swim cap
- Flip-flops or Crocs
- Water bottle
- Cards, music, games, book, etc. – meets are long and kids need something to help pass the time
- Money for the snack bar
- Healthy snacks: Power bars, fruit, string cheese, goldfish

PARKING AT HOME SWIM MEETS

When we hold one of our three annual home meets, it is important that we act as good hosts to the other team. The visiting team arrives after the home team, so we don't want to leave our guests high and dry without a legal place to park. **Our goal should always be to leave the regular parking lot (the one stretching from the pool to the tennis courts, marked as "A" in the map below) completely empty so that the visiting team can use it.** This will give them approximately 70 parking spots. Even that won't be enough for most teams, so we should also leave **the parking lot near the clubhouse ("B" below, with approximately 40-45 spaces) as empty as possible.**

By now you're no doubt thinking "where are WE going to park if we have to leave both parking lots for the other team?" The primary answer to that question is the big grassy field between the clay tennis courts and the tennis parking lot off Two Creeks Road (area "C" below). This area is routinely used for parking during tennis tournaments as well as swim meets. The best way to drive onto this field is from Brownfield Court at its north end. Please fill in at the south end first so that you don't block other people arriving later. Another cache of 8-10 parking spots can be found off Pebble Creek Drive just past the KF clubhouse (area "D").

In a pinch, you can try parking along the pool side of Pebble Creek Drive itself. However, be forewarned that this is not strictly legal and may cause disgruntled residents on the other side of Pebble Creek to call the police, so definitely do not park on the inside edge of the road! Our experience is that the homeowners won't call the police unless people intrude on their side of the road, so please stick to the outside edge of the loop if you have to resort to this option at all. When there are cars parked on both sides of the loop, there is not enough room for emergency vehicles to pass, and the police will start threatening to have cars towed once they are called. Again, we haven't had problems with the police when cars are parked only along the outside edge of Pebble Creek Drive, but there are no guarantees, so please avoid this if you can.

Because we will not have the usual convenience of nearby parking on meet days, we will set up an additional drop-off zone at the back gate to the pool (near the clubhouse) starting at 4:30 on each meet day. You can pull through the traffic circle in the clubhouse parking lot to drop your swimmers off at the gate (area "E" in map).



SWIM MEET EVENTS AND SCORING PROCEDURES

1. TEAM MEMBERS SWIM THE FOLLOWING DISTANCES:

- 6 and under: 15 yards (finish line marked by a rope – Kid-Catchers are used)
- 7 to 10: 25 yards (or meters)
- 11 to 18: 50 yards (or meters)

2. Team members swim the following strokes in the order listed from the youngest to the oldest swimmers. A swimmer's age group is defined by his or her age as of June 1st of the current season. Boys swim before girls in the same age bracket:

- 6 and under: freestyle, backstroke, breaststroke
- 7 and up: medley relay, freestyle, backstroke, breaststroke, butterfly, freestyle relay

The medley relay begins the meet and the freestyle relay ends the meet.

3. Swimmers who are 6 and under may swim a maximum of 2 individual main events and will be encouraged to swim in one of the heats of the third stroke. Swimmers 7-18 may swim a maximum of 3 individual main events and will also be encouraged to swim in one of the heats of the fourth stroke. Swimmers may also participate in one or both of their age group's relay races; relay events do not count against the individual-event limits. Swimmers' times will be recorded in all heats, with results being used by the coaches to help determine who will swim the main events the following weeks.

4. All team members swim in every meet. However, if a meet is delayed or interrupted for any reason (thunderstorm, etc.), the teams' TSA representatives may decide, in the interest of time, to swim only main events.

5. Only the main event is scored and earns points toward winning a meet. The main event swimmers are the 3 fastest timed swimmers for each stroke in each bracket. Scoring for all individual events is as follows:

- First place: 5 points
- Second place: 3 points
- Third place: 1 point

In relay events, only 5 points are awarded, all of which go to the first place team.

In case of a tie, the place points are added together and the points are evenly split. For example, a tie for first place in an individual event earns 4 points each (5 points for first place plus 3 points for second, divided by the 2 swimmers). A tie in a relay event earns 2.5 points per team.

Although the main event is the only heat that earns points, all heats are important because coaches, swimmers and parents will all want to see how every swimmer improves his or her times from week to week. Coaches will use this timing information to select their event lineups for subsequent meets.

5. Ribbons are awarded for 1st through 6th places in all main events (including relays). Every heat winner and participant also receives a ribbon.

6. If a swimmer false-starts twice, he or she will be disqualified from the event. If a swimmer is disqualified for any reason, he/she will receive a participant ribbon, but will not score or receive a place ribbon.

7. At the end of the meet, any swimmers from either team who have swum a "perfect meet" will be recognized by the meet announcer. To swim a perfect meet, a swimmer must earn the maximum possible number of individual event points. Children in the 6-and-under age group, who can race in only two main events, are publicly lauded as "double winners" if they win both of their events. Swimmers in all other age groups are eligible to compete in up to three main events and must therefore become "triple winners" in order to achieve this special level of recognition.

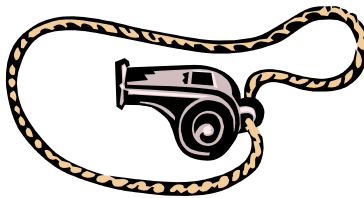
SWIMMER BEHAVIOR GUIDELINES

Successful swimmers. . .

- ✓ Listen to their coaches
- ✓ Work hard at practice
- ✓ Attend as many practices as possible
- ✓ Always want to improve
- ✓ Think of the team first
- ✓ Treat their teammates, coaches and opponents with respect
- ✓ Ask questions
- ✓ Cheer for their teammates at swim meets
- ✓ Are motivated from within to work hard
- ✓ Are open-minded to new ideas
- ✓ Enjoy themselves in all aspects of life

Tips from the Coaches

- ❑ **Practice** – It is strongly recommended that swimmers attend at least one practice daily. Regular attendance is the key to improvement and overall success. It is mandatory that you attend a practice on Monday in order to participate in the next day's swim meet. The coach prepares the line-up for the swim meet based on Monday's attendance.
- ❑ **Weekly meets** – Please try to attend every meet. We depend on all of our swimmers each week. It is preferable that you stay for the entire meet to support your team. If you must leave a swim meet early, please see the coach before you leave to determine if you are needed for a relay team. Remember, if you are unable to attend a meet, please let the coaches know, in writing, as soon as you can.
- ❑ **Special meets** – Encourage all swimmers to represent our team at the Cary City Meet. The meet provides a great opportunity to measure the progress of each swimmer on a larger scale over the season as well.
- ❑ **Eating habits** – Monday night supper should be high in carbohydrates, such as meat and potatoes, spaghetti, macaroni and other pasta and wheat dishes. Tuesday evening supper should be light and healthy. Snacks eaten during the meet should be light, such as fruit, crackers, popsicles and juice. Juice or water is the drink of choice. Carbonated drinks are strongly discouraged.





COACH'S EXPECTATIONS



- Listen, Listen, Listen!!! This means when a coach is speaking, all swimmers must stay quiet and remain courteous at all times.
- Be on time. Early is on time, on time is late. Swimmers, please arrive at least 15 minutes before practice starts to stretch out and prepare to enter the pool. For example, if practice starts at 8 a.m., arrive at 7:45 a.m. and be ready to swim at 8 a.m. An 8 a.m. practice time does not mean you should wait until 8:00 to show up.
- Go to practice. In joining this team, you have made a commitment that should not be broken. The coaches understand there are other obligations, such as being involved with a year-round swim team, religious activities, academic requirements, family emergencies, sickness, job commitments, vacations, etc. Swimmers will not be penalized for any of these reasons; however they are encouraged to attend as many practices as possible.
- Respect!!! Swimmers must respect their teammates, other teams, other pools and their coaches. Being disrespectful to anyone is not tolerated! If a swimmer is being disrespectful he or she will be issued a warning. If it continues, further disciplinary action may be required.
- Stay motivated and positive. An excellent attitude leads to excellent swimming. The coaches will do everything to make sure the team remains positive at all times. In addition, coaches expect all swimmers to motivate each other and display leadership to one another.
- Practice good habits only. Habits are contagious, good and bad; therefore the coaches expect only good habits to be displayed. If everyone swims with great technique then there is no room for bad habits. Remember, "Perfect practice makes perfect."
- Give every practice and meet your all. As coaches, we expect 100% at practice and meets. Giving more than 100% will separate the good swimmers from the awesome swimmers.
- HAVE FUN!!! In order to have fun, you need to fulfill all the expectations previously mentioned. If you come to practice (on time), show respect, stay positive, always give over 100% at practice and meets and swim with good habits, it is guaranteed you will have fun. You will be rewarded with fast times if all of our expectations are met.



PARENT BEHAVIOR GUIDELINES

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The fun your children have and the progress they make depends to a great extent on this triangular relationship. It is with this in mind that we ask you to read and pledge your agreement to the following parent guidelines. These guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as a swimmer, *while having fun!*

1. The Coach is the Coach! When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and oftentimes insurmountable, confusion. If you have a problem, concern, or complaint, please contact a member of the Pool Committee, and refrain from complaining to other parents. If you *must* talk to the coach regarding your child, please do so before or after practice, not during practice and especially not during a meet.

2. The Coaches and only the Coaches decide lineups and swimmer positions for meets. Many factors go into deciding meet line ups, including but not limited to: swimmer times; practice attendance; attitude; and team morale. None of these factors has precedence; rather it is the whole package that determines swimmer placement.

3. The Coaches need to run practices. All swimmers will benefit if the coaches can run practices without external interruptions. Some of the youngest swimmers may easily become distracted by the presence of their parents, so be prepared to move a little farther away from the action if your child is constantly doing things that interrupt his or her focus on the team practice. Examples of this behavior include frequently leaving the pool to seek parental comforting, trying to draw mom or dad into the water to assist the child, or simply horsing around to seek attention. Please give the coaches the first opportunity to handle any such misbehavior; they will not hesitate to ask you for additional help if they need it.

4. Have FUN! Remember, the Kildaire Farms Killer Whales are part of a summer league, and as such we foster a relaxed, social environment for beginning as well as experienced swimmers. We provide many opportunities over the swim season for socializing and getting to know other parents and swimmers. Take advantage of these occasions for family fun!

The Ten Commandments for Parents of Athletic Children

Edited and reprinted from *The Young Athlete* by Bill Burgess

1.	Make sure your child knows that -- win or lose, scared or heroic -- you love him/her, appreciate their efforts, and are not disappointed in them.
2	Try your best to be completely honest about your child's athletic ability, his/her competitive attitude, their sportsmanship, and their actual skill level.
3	Be helpful, but don't coach him/her on the way to the pool or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4	Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve his/her swimming skills and attitudes. Help him/her to develop the feel for competing, for trying hard, for having fun.
5	Try not to relive your athletic life through your child.
6	Don't compete with the coach.
7	Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.
8	Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
9	Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10	Make a point of understanding courage, and the fact that it is relative. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.

SWIM TEAM COMMITTEE CHAIRPERSON POSITIONS FOR THIS SEASON

If you are interested in becoming more involved and supporting the Kildaire Farms Swim Team, please consider chairing one of the following committees during this Swim Team season or the next. **Remember, chairing one of these committees counts as one of your required volunteer obligations.** *[... spot available]* denotes a committee still in need of a chair or co-chair for this season.

JOB	DESCRIPTION	VOLUNTEER(S)	TELEPHONE
Cary City Meet Coordinator	Attend the pre-event meeting several days before the meet; make tent rental arrangements; organize team spirit activities at meet	Diane Sowers	919-460-9175
Coaches' Appreciation Gifts	Collect funds from team families to be used for gifts to the coaches at the end-of-season awards celebration.	<i>[This spot available]</i>	
Concession Stand Sales, Ice Cream	Organize concession stand/bake sales and ice cream socials during the home meets	Kerri-Ann Ruthven	919-6248416
End-of-Season Party	Organize the end-of-season awards celebration	Tammie Smoot	919-388-9987
End-of-Season Slideshow	Take photos during the season; compile and set to music for display during awards celebration	<i>[This spot available]</i>	
Fundraising	Investigate possible money making opportunities for the swim team (e.g.: used book sale, car wash, raffles, etc.)	<i>[This spot available]</i>	
Head Timer	Prepare timing sheets, enter times into computer, post times every week	Jeremy Dott	202-262-5317
Parent Volunteer Coordinator	Coordinate sign up for various positions needed to run a successful swim meet (Very Important Position)	Nikki Pitts	919-454-3946
Recreational Activities	Coordinate team recreational events (examples: lock-in, movie day, group trip to Wet'n Wild Emerald Pointe, etc.)	Tammie Smoot	919-388-9987
Ribbons	Maintain inventory of KF ribbons used at home swim meets and order new ones when necessary	Katie Johns	919-238-9369
Swim Team Apparel	Coordinate ordering and sizing of swimsuits, team t-shirts and swim caps with parents and vendors	Abra Rearte (suits) Scott Riley (t-shirts)	832-566-7168 919-272-0129
Team Pictures	Investigate options available and organize the photo session for team and individual photographs	Linda van Voorhis Olson	919-618-2464
Trophies/Medals	Coordinate ordering of trophies/medals for swim team members for distribution at the end of season awards celebration.	Abra Rearte	832-566-7168
TSA Rep	Attend TSA meetings in off-season; coordinate operation of dual meets with other teams' Reps during season	Amanda Vanega Tammie Smoot	919-413-7425 919-388-9987

