



Team Handbook 2015

Dates to put on your calendar:

Thursday, May 28th - Morning swim practice begins, 9:30-12:30, by age group, details TBD

Thursday, June 4th -Home Swim Meet – Hills of Walden @ Kearney (*to be held at Clayview*)

Thursday, June 11th - - Away Swim Meet – Kearney @ Riss Lake

Wednesday, June 17th - Picture Day 8:00am @ William Jewell, **group picture 8:30**

Thursday, June 18th - No meet, BYE Week

Thursday, June 25th – Away Swim Meet –Kearney @ Brooke Tree

Tuesday, June 30th - Home Swim Meet–Thousands Oaks @ Kearney (*to be held at Clayview*)

Thursday, July 9th - Away Swim Meet - Kearney@ Walnut Creek

Tuesday, July 14th –Home Swim Meet – Sherwood @ Kearney (*to be held at Clayview*)

Monday, July 20st - Conference Prelims @ The Springs

Tuesday, July 21nd - Conference Prelims @ The Springs

Wednesday, July 22nd - Conference Finals @ The Springs

KEARNEY SWIM TEAM GENERAL INFORMATION

The Kearney Swim Team (KST) is a summer league swim team that competes in the Northland Conference. KST joined the Northland Swim Conference in January 1998. We have our practices during the summer in the mornings, Monday thru Friday at the Mabee Center pool on the William Jewell campus in Liberty. We are dedicated to the training and nurturing of young swimmers in the Kearney area. We accept swimmers age 6 through 18 yrs of age (as of June 1, 2015). A swimmer must be able to swim the length of the pool (25 meters) unassisted.

Check out our website: kearneyswimteam.org for more information.

We compete against 10 other teams located in the northland.

NORTHLAND CONFERENCE TEAMS

Brooktree Barracudas
Clayview Kahoona
Riss Lake Riptides
Kearney Purple Wave

New Mark Stingrays
Old Pike Sharks
Hills of Walden Hurricanes
Thousand Oaks Otters

Walnut Creek Creekers
Coves Crocodiles
Sherwood Dolphins

MISSOURI VALLEY SWIMMING

Missouri Valley Swimming is affiliated with USA Swimming and is the governing body for competitive swimming within the Missouri Valley LSC. We provide information and services to over 60 swim teams and clubs consisting of more than 5,000 athletes and 500 non-athlete members. Their website contains news items, online forms, contact information, time standards, records, meet schedules, and results of meets held within the Missouri Valley area. Check it out at www.missourivalleyswimming.com.

As the National Governing Body for the sport of swimming in the United States, USA Swimming is a 300,000-member service organization that promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport through clubs, events and education. Our membership is comprised of swimmers from the age group level to the Olympic Team, as well as coaches and volunteers. USA Swimming is responsible for selecting and training teams for international competition including the Olympic Games, and strives to serve the sport through its core objectives: Build the base, Promote the sport, Achieve competitive success.



www.usaswimming.org

PRACTICE

Practice will begin Thursday May 28th. .

Swim practice will be determined by age group and ability level. The practices will be from 9:30-12:30 at the Mabee Center, William Jewell, Liberty. The exact schedule will be determined once registration is completed. All swimmers new to the team will be evaluated the first few days of practice to determine which practice is right for them.

PRACTICE PROCEDURES

Only swim team members are allowed on the pool deck during practices. The Mabee Center pool is not big enough for parents and other observers. Due to basketball camps being held in the gym at the same time, there is limited space on the observation deck for parents. There is a grassy area outside the Mabee Center where parents and siblings may play.

CANCELED PRACTICES

With the Mabee Center being indoors, the chance for canceled practices due to thunderstorms is very slim. If a practice needs to be canceled, an email will go out or text messages will be sent to cell phones.

KST REGISTRATION/MEDICAL RELEASE FORM, USA SWIMMING FORM

All swimmers must have a signed KST registration form on file and a signed USA Swimming/MO Valley registration form on file with MO Valley before they can swim at practice or in a meet. These forms can only be signed by a parent or legal guardian. The KST registration/medical release form asks for emergency contact information and permission to seek medical aid for your child if necessary. Please take a few minutes to double check this information. USA Swimming provides insurance for the team.

SWIM MEET JOBS

If your child competes in the swim meets there are responsibilities that parents must understand. At each swim meet there are between 70 and 90 parent volunteer jobs. These jobs range from timing the swimmers, keeping score, ribbon writing, and becoming an official such as a stroke and turn judge. Without these jobs filled there would be no meets. There are 6 meets, 12 halves, **each family is required to work at least 4 halves**. Parents can begin signing up for these jobs at registration. All volunteer workers **must** check in a half hour before a meet whether they are working the first half or the second half of the meet. If the parents of a swimmer do not comply with these requirements then the swimmer may not be allowed to participate in future swim meets. This is a parent led swim team and requires the participation of all its members, parents and swimmers to be successful.

REFUNDS

Refunds may be requested on or before May 15th and are subject to a \$40.00 penalty. The USA Swimming fee cannot be refunded since the fee is sent to USA Swimming ASAP and it is not ours to return.

CLAYVIEW

This season we will be hosting our home meets at the Clayview Country Club, 7990 N Farley Ave, Kansas City, MO 64158 (please see the calendar). There will be some special guidelines swimmers and spectators must follow. These guidelines will be sent by email at a later date.

POOL LOCATIONS: (See website for written directions)

SWIM MEET PROCEDURES

All swim meets begin at 6pm and must be completed by 10pm. Swimmers should be at all meets by 4:30pm for warm ups. Parent volunteers should check in ½ hour prior to their start time to receive job instruction. Parents and/or swimmers should check with Coach Long as to what their swimmer is swimming. Swimmers are entered into events the day before each swim meet. **If your swimmer is not swimming in 1 or more meets please sign the sheet on the bulletin board at the Kearney pool so your child will not be entered into any events for those meets. If your swimmer is not going to compete in any meets please let Coach Long and Andrea Morrison know.**

Swimmer's times for all our meets will be available at the pool the following day and also sent to the Kearney Courier for publication. They will also be posted on the website.

Swimmers and their parents must listen carefully for the announcement of their events during the meets. When your swimmer's event is called your swimmer should report immediately to the Clerk of the Course. If your child does not report to the Clerk of the Course when their event is called the event will be held without that swimmer - the meet has a time limit and it is not fair to the other swimmers.

The order of events at a swim meet are as follows: (Boys then Girls, Youngest to Oldest for each event)

- Medley Relay
- Freestyle
- Butterfly
- Backstroke
- Individual Medley
- Breaststroke
- Freestyle Relay

CONFERENCE CHAMPIONSHIP

The Championship meet will be held this year at The Springs Aquatic Center at Tiffany Hills Park. It is scheduled for July 20nd through 22th. To compete in an individual event a swimmer must have competed in at least 3 of our dual meets and have a qualifying time.

TEAM PICTURES

Dice Photography will be coming **Wednesday, June 19th at 8:00 am** to take pictures of the team. Individual pictures will be taken first, followed by a **group picture at 8:30**. There will be different packages to choose from. Please have your swimmer wear a team suit or a solid colored purple or black suit. Dice Photography's phone number is 781-2956.

AWARDS PICNIC AND SWIM PARTY

The picnic will be held in July after the season. Exact date and details will be announced later.

SWIM SUIT ORDERS

ONE order will be placed following registration. Please place orders at sign-ups. Late orders can be made through Swim Things, (816) 224-2600. Payment is required at time of order.

SWEATSHIRT/T-SHIRTS/SWIM CAPS/GOGGLES

Two orders will be placed. The first order will be placed following registration and the second order placed no later than June 1st. Place orders at sign-ups or see Tina Taylor at the pool. Payment is required at the time of order. The first order should be ready to pick up the first week of practice.

BOARD MEMBERS

President	Andrea Morrison	816-507-8036	kearneyswim@yahoo.com
Vice-President	Staci Bonderer		
Treasurer	Sara Woods		
Spiritwear	Tina Taylor		
Computer	Dawn Holt		
Hospitality	Diane Sloan		
Conference Reps	Dawn Holt		
	Lee Wolfe		
Stroke & Turn Leader	Lee Wolfe		
Coach	Nate Long		
Assistant Coach	TBA		

THANKS FOR JOINING US! IT WILL BE A GREAT SEASON!!

Kearneyswimteam.org