

2017 KWPR Swim Team Information

Meet Schedule for GOLD Division

Week 1- June 1st

Week 2- June 8th

Week 3- June 15th

Week 4- June 22nd

Week 5- June 28th

Divisionals

Saturday, July 15th

Championships Away @Westside Aquatic Complex
Saturday, July 22nd 2700 W. Blue Ridge Drive, Greenville, SC 29611

Classics Away @Westside Aquatic Complex
Sunday, July 23rd 2700 W. Blue Ridge Drive, Greenville, SC 29611

Practice Schedule

Our first practice will be Monday MAY 15, from 4:30-5:30 pm at Knollwood Pool (125 Gail Drive, Mauldin, SC 29662). Subsequent practices will be at the same time and location unless otherwise communicated, until school is out. The first practice will be on land; all other practices please be prepared to swim! We are currently working on the summer practice schedule for once school is out; however tentative practices are listed below (and Planter's Row swimmers are welcome to practice at Knollwood):

Planter's Row:

M, T, W and Th 8:30-9:30am

Knollwood:

M, T, W, and Th 10-11 am, Friday fun day/ribbons- typically 10am but communicated after meet!

M, T, and W 6:30 – 7:30 pm

Contact information

Coaches:

Michelle Carpenter – 704-4068 – michellecarpenter79@yahoo.com

SAIL and Assistant SAIL Reps:

Knollwood - Sally Anderson - 630-4284 - swimmersmom@bellsouth.net

Planter's Row - George Dowling – 905-0077 – dowling927@bellsouth.net

KWPR Swim Website: www.SwimMauldin.com

KWPR Swim Team email: kwprbarracudas@yahoo.com

Training/Certification

All parents must be certified in timing. We ask that you also get certified in runner and records & ribbons if possible. We are in need of Stroke and Turn Judges, a Starter, and a Referee this year. As an added incentive for those never before certified in these positions, once you

attend training and are certified in these areas, we will return 20% of swim fees paid for one swimmer to you. (Should both parents become certified in these areas, we will return this fee for up to 2 swimmers.) Contact the SAIL reps for more information.

2017 Training Schedule

Stroke & Turn, Starter, Referee

Tuesday, April 25, 6 – 9 pm
Saturday, April 29, 9 am – 12 n
Saturday, May 6, 9 am – 12 n
Tuesday, May 9, 6 – 9 pm
Saturday, May 13, 9 am – 12 n
Thursday, May 18, 6 – 9 pm
Saturday, April 30, 1 – 4 pm

Clerk of Course

Computers (Setting Up and Running Meets)

Saturday, April 29, 9 – 11 am
Saturday, May 6, 9 – 11 am
Thursday, May 18, 6 – 8 pm

All training classes will be held at First Baptist Church, 847 Cleveland St, Greenville 29601.

For timer, runner, and records & ribbons, go to: <http://certification.swimsail.org/> to study material and take online certification test.

MEETS

What to expect

- kids, chairs and towels everywhere!
- parents cheering on all the kids from around the pool
- kids in the tent area with friends, hanging out playing games, waiting for their events
- food (dinner and snacks) and drinks available at concessions, or pack a picnic
- new friends and a great time for kids and parents alike, as we get to know each other thru the season!

What to bring

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|--|---|
| -towels | -water bottle |
| -goggles | -money for concessions |
| -swim cap | -games, headphones, etc (though remember:
stuff gets wet!) |
| -clothing (may occasionally need a
sweatshirt for evenings) | -sun block |
| -chair | -bug spray |
| -dinner/healthy snacks | |

Events

Coaches determine which events a swimmer will swim in. Each swimmer may participate in up to 3 individual events plus relays. Events are as follows:

Ages 8 & under and 9/10 (Boys & Girls)	Ages 11/12, 13/14, 15-18 (Boys & Girls)
100 m Medley Relay	200 m Medley Relay
25 m Freestyle (short free)	50 m Freestyle (short free)
100 m Individual Medley	100 m Individual Medley
25 m Breaststroke	50 m Breaststroke
50 m Freestyle (long free)	100 m Freestyle (long free)
25 m Backstroke	50 m Backstroke
25 m Butterfly	50 m Butterfly
100 m Free Relay	200 m Free Relay

Other information

Swimmers and Parent Volunteers must inform coach or SAIL rep at least 1 week in advance if they are **unable** to attend a meet. For purposes of entries and coordination with the other swim team, we need to know if you will miss a meet NO LATER than NOON on the MONDAY before that meet. Illness is of course unavoidable, and we will deal with unplanned absences when they happen.

Meets start at 6 pm (except for Divisionals). Warm up times are typically at 5:35pm for away meets and 5:15pm for home meets. Therefore, try to arrive by 5pm for home meets and 5:15 for away meets to get parked and settled.

After Thursday morning practice, when a meet is scheduled, swimmers must stay out of sun for remainder of day up until time of meet.

Swimmers are responsible for reporting to their event on time. Kids need to pay attention in the designated "tent area" (where team sits) and be listening for their event and name to be called. The tent parent and coaches will have the heat sheets (which lists all swimmers and events in order) and other heat sheets will be posted for parents and swimmers to check in what events a swimmer will participate.

Swimmers must stay with their team in the designated tent area during the meet when not swimming. They should not wander far or be sitting on the pool deck.

Do not leave the meet without checking with a coach, tent parent, or SAIL Rep first! Your child may be scheduled for a relay event at the end of the meet.

Coaches, Referees, and SAIL Reps have the authority to dismiss a swimmer, parent, or spectator from a meet for unruly behavior, failure to comply, or disrespect.

Swimmers are responsible for cleaning up the team area at both home and away meets.

And..... many nights after a long, crazy meet, what could be better than a slushy drink or ice cream! Many Thursday nights we meet at Sonic (typically in Mauldin) to hang out and decompress- all invited!!!

Weather

We probably said it before, but it will always thunderstorm on Thursday evening ☺. That said, we rarely cancel meets or practices in advance. Swim meets (and practices) can and will take place in the rain, but there will be a storm delay in the event of lightning and thunder. Typically this means we try to wait out the quick summer storms to get a meet in because they are very hard to reschedule and rarely made up if they are cancelled.

Occasionally we have a cool rainy morning or a morning thunderstorm that may interfere with swim practice. Please check your email in the morning for information in these cases.

Swimsuits

Team swimsuits are not required to purchase, but are encouraged for team unity. Parents will order the swimsuits directly off of the website: <http://www.kiefer.com/teams/KWPR> You will first need to create an account on the website. Once you do, and you ensure you are on the Team Page (KWPR), you should see the three team suits (one girls suit, and two boys suits). Prices with team discount (shown in red) are \$22.91 for girls suit and \$16.96 for the boys suit (not including tax and S&H). IF the price does NOT come up with red the team discount, try to logout and log back in again.

Concessions for Home Meets

For our home meets, we ask families to help provide items to be sold at the concessions stand during the meet. Typically this means bringing water, ice and/or a snack/dessert type item with you to the home meets. Look for an email during the week of the home meet to see what each of us is asked to bring.

Divisionals

This is our last meet as a team for the season where all the teams in Gold division come together for one last hurrah. Points are scored for the team based on the number of swimmers that swim (Splash Points) and the placements of the swimmer (Quality Points). Typically this day can run approx. 8am-2pm. More information about Divisionals (as well as championships and classics) will be forthcoming as we reach the end of the season.

Special Events

Typically coaches and SAIL reps will try to organize a few special events or outings during the season. In addition, many fun activities take place during the week leading up to Divisionals, including Spirit Week and a "Pasta Pump" dinner toward the end of that week for families and swimmers. Please check your email regularly during swim season!!

And... THANK YOU!

For your decision to participate in Knollwood/Planter's Row Swim Team this season! We are looking forward to another GREAT season! If there are areas that are in need of improvement, or you have questions or concerns at any time, please don't hesitate to talk to a coach or a SAIL rep. We are always looking to better organize and strengthen KWPR for the sake of all our families!

Your KWPR SAIL Reps and Coaches