

Kentridge Girls Swim & Dive

2018 Schedule & Important Information

Tryout Schedule:

- August 20-24 @ Fairwood Golf & Country Club, 9-11am (no dry land practices yet)
- Friday, August 24 – Green & Gold Meet/Time Trials during practice time

Tryout Information:

- *BEFORE GETTING IN THE WATER:* Swimmers must be registered AND cleared on FamilyID
 - Recent physical (within 2 years—usually Freshmen and Juniors)
 - Paid ASB
 - Registered on FamilyID (Google “Kentridge Athletics” and click on first link)
- Space for 30 swimmers, 5 divers
- By the Green & Gold meet, swimmers must be able to...
 - Swim 500 yards non-stop freestyle
 - Swim a 50 freestyle under 0:50
 - Swim a 100 freestyle under 1:50
 - Basic abilities in backstroke, breaststroke, and butterfly
- If more than 30 swimmers meet the requirements, the top 30 freestyle times from the Green & Gold meet will be selected

Regular Practices (beginning Monday, August 27):

- 3:15-5:15pm at Lindbergh Pool (divers from 3:15-4:45)
- Bus will be provided from Kentridge (Route 48), swimmers must find transportation home
- 10 practices required before first swim meet on 9/11

2018 Fundraiser:

- September 29: Clothing/Textile Drive
- Goal: 10 black bags of clothes/textiles per girl... Start clearing out your closets now!

Swim & Dive Retreat: Saturday, August 25!

- At Black Diamond Camps in Auburn
- Meet at KR at 7:15am; we'll carpool to Black Diamond Camps and eat all three meals there
- Ending time TBD (likely until 8 or 9pm)
- Activities, games, and team bonding!

Updated information can be found at npslathletics.org > KR > Girls Swim & Dive.

Contact Information:

Head Coach: Flannery Allen
Flannery.Allen@kent.k12.wa.us

Assistant Coach: Mike Smith
mikeyskates40@gmail.com

Dive Coach: Casey Stoflet
Casey.Stoflet@kent.k12.wa.us

Regular Season Swim Meets:

Date	Event	Notes
9/11	Tahoma @ KR, 3:15pm	Home
9/18	Kentlake @ KR, 3:15pm	Home
9/25	KR @ Kennedy Catholic, 3:00pm	Away - City of Tukwila Pool
9/27	KR @ Curtis, 3:30pm	Away - Curtis Aquatic Center
10/2	Mount Rainier @ KR, 3:15pm	Home
10/4	KR @ Hazen, 3:00pm	Away - Hazen Pool
10/9	KR @ Kent Meridian, 3:15pm	Away - Kent Meridian Pool
10/11	KR @ Kentwood, 3:15pm	Away - Kent Meridian Pool
10/12	Lindbergh @ KR, 3:15pm	Home, non-league meet; senior meet

Post Season (if qualified)

Date	Event
10/19	NPSL League Dive Meet @Auburn
10/20	NPSL League Swim Meet @ Hazen
10/25	WCD 3 Dive Meet @ Curtis
10/26-27	WCD 3 Swim Meet @ Curtis
11/9-10	WIAA 4A State Swim & Dive @KCAC

Girls Swim & Dive Varsity Time Standards:

200 Freestyle – 2:34:00

200 IM – 2:49:00

50 Free – 29.50

100 Fly – 1:20.00

100 Free – 1:04.50

500 Free – 6:50.00

100 Back – 1:20.00

100 Breast – 1:30.00

In order to earn a varsity letter for 2018 Swim & Dive:

- **SWIMMERS** must, at minimum, achieve **THREE** varsity time standards, OR qualify for post season.
- **DIVERS** must, at minimum, qualify for **AND** compete in the NPSL League Swim Meet.

Team Rules/Procedures

School Policies:

- You must complete a minimum of ten (10) practices before you can compete.
- Grades – You must have a 2.0 GPA from 2nd semester last year, or a 2.0 cumulative GPA in order to turn out for the team. To compete, at any given time during the season, you must be passing 4 of your 6 classes.
- Display positive sportsmanship at all times. You represent KR and the KR way. Stay classy and positive.
- Any and all injuries need to be immediately reported to a coach so that appropriate medical treatment can be given and/or emergency procedures can be enacted. If a swimmer is injured, and wants to continue with practice, they need to bring a doctor's note letting the coaches know what physical limitations they have, and what alternate exercise they can do.
- Concussions: Athletes must be cleared by a physician (given the "okay") to return to practice if they ever receive a concussion during a practice or meet.
- All practices are mandatory for all athletes, unless otherwise told by a coach.

Attendance:

- You are responsible for letting a COACH (not a captain or teammate) know beforehand if you will be late or are unable to attend a practice. Please communicate in a timely fashion with Flannery, Casey, or Mike (email is always best).
- If you miss practice the day before a meet, you will not be permitted to swim **varsity** events.
- If you miss four of your six classes during the school day, whether or not they are excused, you may not attend practice or compete in a meet.
- If we notice that an athlete has an exceeding number of excused OR unexcused absences, the coaches will have a discussion with her to ensure that the athlete will be able to continue as part of the team.

Transportation:

- For practices and home meets, there will be a bus or carpool from KR to the pool only. Please arrange for transportation home afterward.
- Swimmers must ride the bus to AND from away meets to allow the team to debrief. If there is any reason the swimmer cannot ride the bus back, the parent must communicate with the coaches before the meet.

Coach Rules: The "Big Three"

- **#1). Athletes must present positive sportsmanship at all times.** This includes in the locker room, at school, and via social media/text, and towards both other teams and our own teammates.
- **#2). Complete ALL sets to the best of your ability.** If you're physically unable to complete a set, listen to your body and communicate with a coach. Otherwise, good pain = gain!
- **#3). Safety always comes first.**

"Three Strikes" Policy:

Our goal is that our team is a positive, encouraging, and safe place for all of our athletes to practice, grow, and enjoy swimming and diving as well as have a great time with their teammates. If a swimmer is not complying with the above "Big Three" rules, the coaches will communicate with the swimmers in the following way:

- **Strike One:** Coach/athlete warning conversation at practice
- **Strike Two:** Coach, athlete AND parent/guardian conference, scheduled outside of practice time
- **Strike Three:** The athlete will be asked to leave the team. (This is the last resort and will not be utilized unless the safety and wellbeing of the team is compromised.)

Kentridge Swim & Dive – Parent Tips to Support Your Swimmer/Diver

- **Help your daughter with sleep and nutrition during the season.** Ensure she is staying well hydrated and eating enough wholesome, nutrient-dense foods to support two hours of daily, strenuous exercise. Keep healthy snacks around instead of packaged, salty/sugary/oily ones, so that she can reach for something that will fuel her instead of weigh her down in the pool. Also, remind her to get a solid 8-10 hours of sleep each night. Getting proper nutrition and sleep can be very challenging with a full schedule, but remind your daughter frequently that prioritizing health can support and even improve both athleticism and academics.
- **Support your daughter's relationships with her teammates.** Keep an eye on her interactions with her friends, and encourage them to stay positive in their actions and words toward each other and other team members. Model proper relationships around your daughter by monitoring your own language regarding other swimmers and parents. If you notice that your daughter is engaging in unkind behavior, have a conversation with her about why it is inappropriate. If you suspect your daughter is being treated unkindly by other swimmers, please tell a coach immediately so we can help resolve the situation. We know how easy it is for rumors, gossip, and ugly words about teammates to be spread. Remind your daughter that if she needs to vent (because we all do sometimes), she should do it in a private place with someone she trusts, and then let it go instead of holding on to it.
- **Be supportive and help your daughter to stay positive.** Practices and swim meets can be challenging and exhausting! You know your daughter better than anyone—if she is discouraged, help guide her toward things that will get her going again. Whether that's a conversation with you, a friend/teammate, or a coach, or a cup of hot chocolate, you are your daughter's best cheerleader. When she has bad practices or races—because they will happen—help her to focus on the hard work she's putting in, rather than the end results. We all have “off” days and even “off” seasons. Encourage her to keep up the hard work, even when she doesn't see progress, because results WILL come from her effort!