



# Summer Swim Team Information

<http://www.teamunify.com/inksc>

## When does the swim team practice?

April 25 <sup>th</sup> – June 3 <sup>rd</sup> KCC Indoor Pool				
High School	Monday – Thursday	5:15 – 7:30 PM	Friday	4:30 – 6:00 PM
Gold	Monday - Thursday	5:30 – 7:30 PM	Friday	4:30 – 6:00 PM
Silver	Monday - Thursday	5:30 – 7:00 PM	Friday	4:30 – 6:00 PM
Bronze	Monday - Thursday	4:45 – 5:45 PM	Friday	4:30 – 6:00 PM
Sparks	Monday - Thursday	4:45 – 5:30 PM		

June 6 <sup>th</sup> – July 22 <sup>nd</sup> Outdoor Pool				
	Morning Practice		Evening practice/workout	
High School	Monday - Friday	7:30 – 9:50 AM	Monday, Tuesday, and Thursday	7:30 – 8:45 PM
Gold	Monday - Friday	7:45 – 9:50 AM	Monday, Tuesday, and Thursday	7:30 – 8:45 PM
Silver	Monday - Friday	8:15 – 9:50 AM	Monday, Tuesday, and Thursday	7:30 – 8:45 PM
Bronze	Monday - Friday	8:45 – 9:45 AM	Tuesday and Thursday	6:45 – 7:30 PM
Sparks	Monday - Friday	9:45 – 10:30 AM	No evening practice	

Saturday morning workouts for Gold, High School groups are scheduled week by week. See your coach for details.

## Summer Practice Cancellations

High School practice group will complete a white board workout on MAPSC meet days. Please note that the final MAPSC schedule has not yet been released. Dates are tentative and subject to change.

June 8 <sup>th</sup>	Inner squad meet at Knollwood
June 15 <sup>th</sup>	Week One - MAPSC meet location TBA
June 22 <sup>nd</sup>	Week Two - MAPSC meet location TBA
June 29 <sup>th</sup>	Week Three - MAPSC meet location TBA
July 6 <sup>th</sup>	Week Four - MAPSC meet location TBA
July 13 <sup>th</sup>	Week Five - MAPSC meet location TBA
July 20 <sup>th</sup>	MAPSC Championship Meet location TBA

Knollwood Swim Club (KSC) is a competitive swim team that participates in local swim meets (MAPSC League) and travel (USA Swimming sanctioned) meets. Participants must be able to complete 25 yards of each of the four competitive swimming strokes (Backstroke, Breaststroke, Butterfly, and Freestyle). Team members have the opportunity to participate in any swim meet that Knollwood Swim Club attends. Swim meet participation is optional; however, participation is encouraged once a swimmer is deemed meet-ready by the coaching staff. All KSC team members must be registered with USA Swimming.

### **Training Group Criteria**

All registered swimmers will be placed into the highest group they qualify for based on their previous swimming performance. Any swimmer who achieves the minimum performance standard in at least three different events will have the opportunity to join the next developmental level or training group. Please see Coach Nathan with any questions.

**Sparks** – Participants must have knowledge of the four competitive strokes. All participants must be able to complete one length of the pool in each of the four competitive strokes (Butterfly, Backstroke, Breaststroke, and Freestyle). Stroke technique is emphasized during practice. Participants are encouraged to participate in local MAPSC league swim meets. Participants are allowed to attend two practices a week.

**Bronze** – Participants must be able to swim all four strokes legally per USA Swimming rules. Participants usually have at least one year of swim team experience.

**Silver** – Participants 11 years and older or those who have met the minimum time standard in three different events. Swimmers with at least two seasons of swim team experience. Swimmers must have a legal swim in all strokes and IM events.

**Gold** – Participant 13 years and older or those who have met the minimum time standard in three different events. Swimmers with at least three seasons of swim team experience.

**High School** – All participant 15 years and older or those who have met the minimum time standard in at least three different events.

## General Information

**All Groups** – It is important that all swimmers are punctual. All swimmers are expected to be on the pool deck dressed for swimming five minutes prior to the start of practice. Important announcements are often made at the beginning of practice. If you need to leave a practice early please share this with your coach when you report to practice. Attendance is not mandatory, however, if you wish to experience technique and conditioning improvement the following minimum guidelines are strongly recommended:

High School – 7 practices a week

Gold – 4 practices a week or 5 practices a week (swimmers with AA time standards)

Silver – 3 or 4 practices a week

Bronze – 3 practices a week

Sparks – 2 practices a week

**High School** - Practice will start with a dryland warm-up and training session. Swimmers are expected to be dressed and ready for practice five minutes early. The High School group will focus on reinforcing quality practice habits using both technical and conditioning sets. The high school group is a training group most of practice time will involve conditioning sets with periodic test sets.

**Gold** - Practice will start with a dryland warm-up and training session. Swimmers are expected to be dressed and ready for practice five minutes early. The Gold group will have an approximate 50/50 balance between technique and conditioning sets.

**Silver** - Practice will start with a dryland warm-up. Swimmers are expected to be dressed and ready for practice five minutes early. Workouts are technique based. Swimmers are introduced to basic training concepts and new drills for further stroke development.

**Bronze** – Practice will start with a dryland warm-up. Swimmers are expected to be dressed and ready for practice five minutes early. Workouts are based on stroke development. Swimmers will work on body position and drill comprehension. Group members will also be introduced to technical rules of competitive swimming.

**Sparks** – Swimmers are allowed to attend up to two practices a week. Spark practice is an introduction to swim team and competitive swimming. Swimmers will develop a foundation that allows for successful long-term swim training. Sparks focus on one stroke each week. Sparks are also exposed to some basic rules of competitive swimming.

**How will I be able to reach my swimmer in case of an emergency?**

A phone will always be within reach of the swimmers. Please call the athletic reception desk should an emergency arise and you need to contact your swimmer.

**KCC Athletic Desk (574) 277-1541**

Your swimmer will have access to call home from practice if the need should arise.

**Fee Schedule**

High School	\$90 billed monthly
Gold	\$85 billed monthly
Silver	\$75 billed monthly
Bronze	\$65 billed monthly
Sparks	\$55 billed monthly

**Swimmer Season Fee\*** \$85 one time, each swimmer

	1 <sup>st</sup> Swimmer	2 <sup>nd</sup> Swimmer	3 <sup>rd</sup> Swimmer
High School	\$90	\$81	\$63
Gold	\$85	\$76.50	\$59.50
Silver	\$75	\$67.50	\$52.50
Bronze	\$65	\$58.50	\$45.50
Sparks	\$55	\$49.50	\$38.50

**USA Swimming Seasonal Membership (required for new athletes) - \$35.50**

When registering please bring all paperwork from your online registration and one check totaling **\$120.50 for each new athlete** (season fee and USA Swimming membership) payable to **"Knollwood Swim Club"**. Swimmers who currently hold a USA Swimming membership (winter season) need to bring registration paperwork and a **\$85** check made payable to "Knollwood Swim Club" to cover the season fee.

\*Swimmer season fee covers: one team t-shirt, one team swim cap, swim team committee fees, coaches' travel and education, team administrative expenses, awards, league fees (MAPSC and NCISC), Indiana Swimming fee, and other miscellaneous fees owed by the Knollwood Swim Club. All swimmers are required to be in good standing when entering a competition. Graduated family rates apply at all level.