

Kinn Creek Dolphins



2010

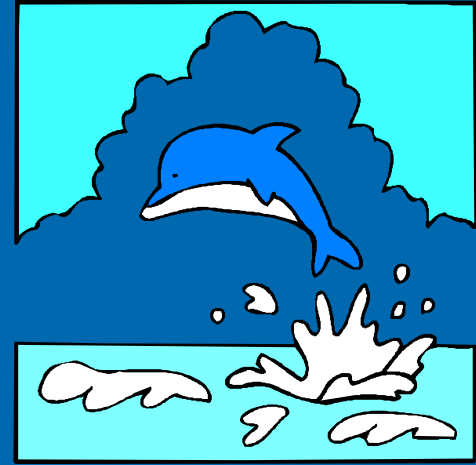
PHILOSOPHY

Besides benefits to physical conditioning, health, and safety of our swimmers, our team develops a sense of self-discipline and commitment that is essential for the achievement of all aspects of a child's life.

Most of all, it provides a wholesome and enjoyable summer recreational activity for the youth and parents of our community.

Our goals are to:

- provide a quality environment that teaches self-discipline, self-reliance, and self-confidence—forming a positive self-image.
- nurture the development of each swimmer, recognizing that every swimmer is different and is encouraged to strive to be the best he or she can be.
- provide a "team" experience that teaches cooperative teamwork.
- provide parents a means to take an active role in the development of their children in a team and community environment.
- demonstrate a strong sense of community involvement and support.
- reward and recognize the efforts of ALL swimmers.



- Have FUN in all team activities!





Skill Requirement

No competitive swimming experience is required.

However, the minimum skill requirement is the ability to swim unassisted, one length of the pool (25 meters) in either freestyle or backstroke for ages 8 & under, or (50 meters) for ages 9 & over.

Assessments will be conducted during the first two weeks of practice.

Parent/Family Responsibilities

Parents are the foundation
for the success of the team.



Volunteer Duties

Each HOME meet requires over 25 volunteers.

Each family is required to volunteer their time to work **3** scheduled meets.

If you are unable to fulfill a swim meet volunteer duty, you previously signed up for, YOU must “switch” with another parent to secure a replacement for your duty. YOU must also notify the Meet Coordinators.

Team Activities

Ice Cream Social

Chick-Fil-A

Gus's Pizza Spirit

Pancake Breakfast

Popsicle Practice

Kiln Creek Parade

Moe's Spirit Night

Team Pictures

Awards and Team Party

COMMUNICATIONS



Parent/Coach Communication

To ensure coaches' focus remains on the safety and instruction of the swimmers, please do not interrupt coaches during practices or swim meets. Parents are asked instead to talk to the coach after practice or meets. Any issues can be brought to any member of the board (phone/e-mail); by team e-mail via the web page; or by placing a note in the designated folder located in front of the swimmer folders.

Swimmer Folders

All meet ribbons, team activity fliers, volunteer reminders, and announcements will be posted in these folders.

Vacation slips – Please go to the website “Forms” page to fill out a vacation/unavailability slip. On the “Forms” page this can be done electronically or by paper.

Family e-mail List

An e-mail list will be developed for team communications.

Team Web Page – www.kcswimteam.net

2011 Kiln Creek Swim Team Board

President & Parent/Coach Liaison: Nanette Stewart

Treasurer: Teresa Hass

Secretary: Cindy Kimmel

GPSA Representative: Ellen Bollinger-Tinneney

Meet Coordinators: Sandra di Gangi & Pam Schwalenberg

Concessions: Shantell Naotala & Elissa Warner

Social Coordinators: Hazel Bruce & Wendy Hamilton

Awards & Recognition: Manu Underwood

Sponsors & Fundraising: Nancy Rose

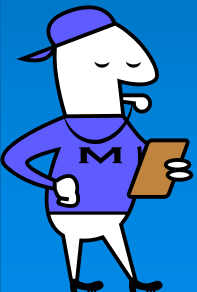
Webmaster: Pat Uniszkievicz

Statistics: Steve Uniszkievicz

Coaches

Head Coach: GraceAnne Beatovich

GraceAnne is a rising senior at Franciscan University of Steubenville, where she is studying Communication Arts. GraceAnne swam for 12 years on various summer leagues and year round teams. She was a member of the Kiln Creek swim team from 2001-2009 and swam for a local USA Swimming team for 8 years. GraceAnne was an Assistant Coach for Kiln Creek in 2008 and taught swim lessons for several years.





Coach: Hannah Cooper

Hannah was the Assistant Swim Coach for the YMCA Barracudas from 2008-2010. For the past 5 years, she has been a life guard, and a public and private swim instructor for the Victory YMCA. Hannah swam for 12 years on various local swim teams, among them SEVA, and Warwick and Woodside High.



Assistant Coach: Daniel Marlowe

Daniel swam for 11 years on local USA Swimming teams, rising to the level National Prep. He was the Grafton High School Swim Team Captain for the 2010/2011 season. Daniel is a swim instructor at the Victory YMCA and has been a substitute coach for Kiln Creek.

Practices

May 31st – June 16th :

3:30 p.m. or 4:30 p.m. (any age group)

June 17th – August 5th (summer break):

7:00am (any age)

8:00am (11 & Over)

9:00am (10 & Under)

*On Fridays, there is **NO** 9 a.m. practice session.

*Practices **WILL BE HELD** on meet days!

*Practice sessions are 1 hour for all age groups, **EXCEPT** 6 & under—their practice sessions are 40 minutes.

PARENTS ARE ASKED NOT TO INTERFERE WITH COACHES OR SWIMMERS DURING PRACTICE SESSIONS OR MEETS.

STROKES

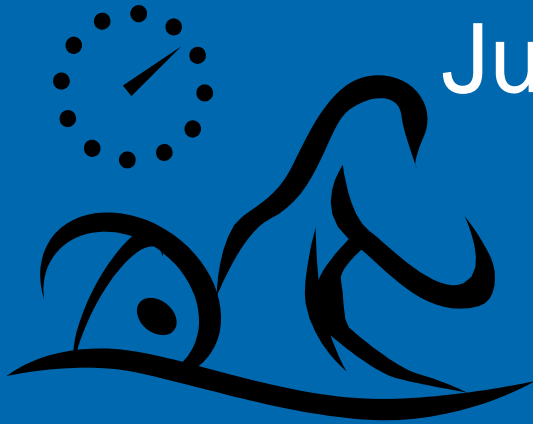
- Freestyle
 - Ages 6 & under
- Backstroke
 - Ages 6 & under
- Breaststroke
 - Ages 7 & 8
- Butterfly
 - Ages 7 & 8
- Individual Medley – Back, Breast, Fly and Free
 - Ages 9 & 10

Ages 8 & under swim one length of the pool (a.k.a. a 25)

Ages 9 & up swim both lengths of the pool (a.k.a. a 50)

Mock Meet (Time Trials)

June 20th - 5:00 p.m.



The purpose of our Mock Meet (or time trial) is to establish times for each swimmer on all four basic strokes and to familiarize team members and families with the manner in which swim meets are conducted. The time trial and full “dress rehearsal” Mock Meet will take place at the Kiln Creek Pool. This event is **MANDATORY** for all swimmers and parents.

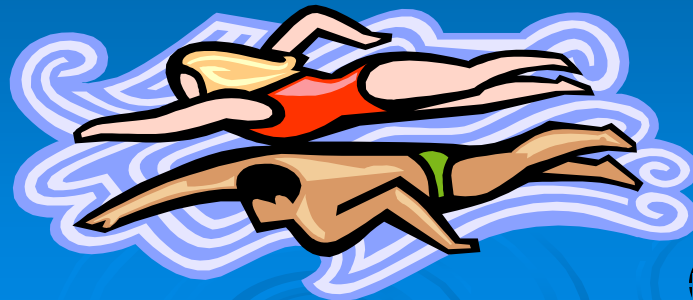
Swim Meets



What are “A” and “B” meets?

There are two types of swim meets: “A” and “B” meets. Scores from “A” meets are counted toward the team’s standing in the GPSA League. “B” meets are additional “exhibition” meets, geared to help swimmers improve their times. “B” meets will not count toward the team-standing in the GPSA league. Some swimmers will swim more events at “B” meets, while others will swim more at “A” meets.

BUT...ALL swimmers will swim at least 1 event at all meets!



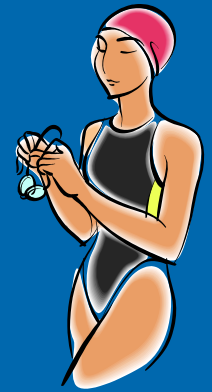
For “A” meets, each team is limited to only two swimmers per event, for purposes of scoring. Usually, it is the top two swimmers for each stroke and age group—as determined by the Head Coach.



The remaining two lanes (where available) may be used as “exhibition” lanes for swimmers from either team. A swimmer’s time in an exhibition lane will be recorded for stats; however, their place cannot be counted. Exhibition lanes are typically the two “outside” lanes (lanes 5 & 6 at the Kiln Creek pool).



GPSA rules state that any one swimmer can participate in no more than three (3) scored individual events, and one relay event. The exception is: “For a team with less than 64 swimmers on the official roster, swimmers in age/gender groups which have 3 or less swimmers in that bracket, would be allowed to compete in 4 individual events and one relay event (not including exhibition).”



Additional “exhibition heats” may be added to each age group/stroke. These heats, conducted after the scoring heat, may use all lanes. Exhibition lanes and additional heats are intended to give all swimmers the opportunity to improve their individual stroke times and maximize individual participation during meets. Exhibition heats are scheduled at the discretion of the participating teams and may be limited by GPSA rules. These are non-scoring heats.



Ribbons

In accordance with GPSA rules, designated place ribbons will be awarded for 1st, 2nd, and 3rd places of all individual scoring events. For relay events, only the 1st place relay team will be awarded place ribbons. All other finishers and exhibition swimmers will receive “participation” ribbons without a place designated.

“I wanted a rainbow ribbon.”



Mini-City Championship Meet

(a.k.a. Mini Meet)

Each year, GPSA hosts a Mini-City Meet toward the end of the swim season. This meet takes place prior to, and in anticipation of, the City Championship Meet (or City Meet). This event is for those swimmers who have not yet achieved qualifying times for the City Championship Meet during the regular meet season. This allows swimmers one final opportunity to become eligible to swim in the City Championship meet. There is a nominal fee per event, per swimmer, **BUT** this fee will be paid by the swim team, **NOT** by the family.

**The 2011 Mini Meet
is July 23rd
at Fort Eustis
from 8 a.m. to 5 p.m.**

Annual City Championship Meet

(a.k.a. “City Meet”)

At the end of the regular swim season, and after the Mini Meet, GPSA sponsors the City Championship Meet. To qualify for this meet, swimmers must meet minimum GPSA qualifying times for their competitive stroke during previous meets. Specific details on this meet will be provided to qualifying swimmers and their parents prior to the meet. All swimmers who meet their times are encouraged to swim in this meet. There is a nominal fee per event, per swimmer, **BUT** this fee will be paid by the swim team, **NOT** by the family.

**The 2011 City Meet
is August 6th
at Fort Eustis
from 8 a.m. to 5 p.m.**



Questions?

