

## Summer Swim Team Handbook 2021: Begins June 2!



**Head Coach:** Olivia Crawford

**Assistant Coaches:** Justis Bacon & Carter Piagentini

**Board Members:** Sara Finnegan, Jessica Bacon, Bobbi Cram, & Tracy Russell

**Practices: Monday & Wednesday**

4-5pm: All Beginners, ages 8 and under, and ages 9-10

4-6pm: Experienced Swimmers-ages 11 and over

**Friday**

4-5pm: All Beginners, ages 8 and under, and ages 9-10

5-6pm: Experienced Swimmers-ages 11 and over

**Fees:** **Program Sign-up:** \$80/member or \$131/non-member. *Family discounts on third child registered in the same category (member or non-member).* Payable to the City of Knoxville.

**Team Swim Caps:** \$12.00 each. Payable to Knoxville Swim Team. \*See board member or Coach Olivia for a cap.

**Swim Gear:** Elsmores Swim Shop is a ONE STOP SHOP for all your swim apparel needs. A link to our super cool custom team suits will be sent in an email to you or you can type in the link. Swimmers are encouraged to have cap, goggles, one-piece training suit and competition suit (girls), training jammers and competition jammers (boys).

TEAM STORE LINK → <https://elsmoreswim.com/teams/iowa/clubs/knoxville-swim-team.html>

**Requirements:** Swimmers who have been in Level 2 of the American Red Cross' Learn-to-Swim program are eligible to participate in swim team. *The Code of Conduct (found on the last page) must be signed by each swimmer and returned to Olivia before the trial week ends.*

**Free Trial:** Swimmers who have **NEVER** been on swim team are eligible to participate in the free trial week if they are unsure about fully committing to the swim team program. You must sign up for the trial week at the front desk by June 1st. If your child decides to continue with the program, payment is due June 11th.

## Meet Schedule:

6/22/21 @ Knoxville

6/29/21 @ Marshalltown

7/6/21 @ Grinnell (Outdoor Pool)

7/17/21 CONFERENCE @ Marshalltown (Saturday)

## Swim Team Program Communication

**Contacts:** In order to stay up to date on all the swim team information, please email us at the address listed below, and tell us to add you to our email list.

- Coach Olivia's Email: kswimteam@hotmail.com
- Coach Olivia's Cell Phone: 641-217-0202.
- Knoxville Recreation Center: 641-828-0580
- Board Members: stingrayswimboard@outlook.com

**File Folders:** Each swimmer will have their own file folder that will contain notes to parents and ribbons from swim meets. Each swim family is responsible for checking their folder before practice if it is sitting out in the lobby.

**Website:** The swim team has a website that will contain all notes, information, schedules, results, and deadlines for the season. Copies of all swim team information will be posted on the website. [www.knoxvilleswimteam.weebly.com](http://www.knoxvilleswimteam.weebly.com).

Please follow us on Facebook by searching "Knoxville Stingrays Swim Team".

## Swim Team Program Information

**Season Notes:** Summer swim team is a fun way for kids to stay active over the summer! However, we fully understand that families are also busy with have vacations, county and state fair activities, family events, and other sports. Just join us when you can!

### Sign Up for

**Meets:** If you are attending the swim meets, please sign your child's name and age on the "meet sign-up sheet" posted on the table in the lobby of the Recreation Center on Friday before a Tuesday meet. Swim meets are NOT required. Ribbons are awarded 1<sup>st</sup>-6<sup>th</sup> place at regular swim meets. At the Conference meet, medals will be awarded 1<sup>st</sup>-3<sup>rd</sup> place, then ribbons 4<sup>th</sup>-8<sup>th</sup> place.

Swim meet warm ups usually begin between 4-5pm. Meets will start between 5:30-6pm on Tuesdays. The coach will email swim meet information out to parents beforehand with specific times. The end of the season meet is the Conference swim meet, which is on a Saturday. The Conference meet is a Saturday full of swimming; this meet will run approximately 10am-4pm. All swimmers are able to participate!

**Home Meets:** When our facility host meets, we require each family to provide a concession stand donation AND a worker during the meet. There will be a volunteer sign-up sheet posted on the table in the lobby. Please sign up to help! Jobs include; timers, clerks of course volunteers, concession stand workers, lane sheet runner, camp area monitor, starter, whistle referee, and stroke judges. These jobs will be explained to you if you are new to swim team. Thank you for your help!

**Events:** Each swimmer will have the opportunity to swim between 2-4 events (2 individuals and 2 relays **OR** 3 individuals and 1 relay). Swimmers will choose events by talking to coach Olivia. If no events are chosen before the sign-up deadline, the coach will choose events. Events will be emailed to parents on Friday night prior to the Tuesday meet. No changes in events will be permitted to the events unless you see an error made by the coach in the meet events. Errors to watch for: your child was not included in the meet, your child is listed as the wrong age, or your child is not in 2 or 3 individual events.

**Rules and Reminders:**

- The wading pool, sauna, and hot tub are CLOSED during swim meets and practices.
- Swimmers must bring a water bottle to practice each day.
- The blocks and swim team room are off limits to swimmers who are practicing outside of swim team time.
- Parents can observe practice from the window in the lobby. If parents need to speak with a coach, please feel free to do so before or after practice. You may also text or call Olivia anytime if you have questions or concerns.

**Weather Conditions**

If lightning strikes in the area, the pool will be closed for 30 minutes after the last seen lightning strike.

## Summer 2021 Season Schedule

### Week 1:

- ☐ June 1: Registration Deadline
- ☐ June 2: Practice 4-6pm (Trial Week Begins)
- ☐ June 4: NO PRACTICE due to Lifeguard course

### Week 2

- ☐ June 7: Practice 4-6pm
- ☐ June 9: Practice 4-6pm
- ☐ June 11: Practice 4-6pm (Trial Week Ends, Payment Due)

### Week 3

- ☐ June 14: Practice 4-6pm
- ☐ June 15: NO SWIM MEET
- ☐ June 16: Practice 4-6pm
- ☐ June 18: Practice 4-6pm (Meet sign ups due by 6pm)

### Week 4

- ☐ June 21: Practice 4-6pm
- ☐ June 22: SWIM MEET @ KNOXVILLE
- ☐ June 23: Practice 4-6pm
- ☐ June 25: Practice 4-6pm (Swim meet sign ups due by 6pm)
- ☐ June 26: Saturday Practice 8-9am ALL Ages

### Week 5

- ☐ June 28: Practice 4-6pm
- ☐ June 29: SWIM MEET @ MARSHALLTOWN
- ☐ June 30: Practice 4-6pm (Meet sign ups due by 6pm for 7/6 & 7/17 meet)
- ☐ July 2: Practice 4-6pm

### Week 6:

- ☐ July 5: NO PRACTICE
- ☐ July 6: SWIM MEET @ GRINNELL (Outdoors)
- ☐ July 7: Practice 4-6pm
- ☐ July 9: Practice 4-6pm

Week 7:

- ☐ July 12: Practice 4-6pm
- ☐ **July 13: No Swim Meet**
- ☐ July 14: Practice 4-6pm
- ☐ July 16: Practice 4-6pm
- ☐ July 17: CONFERENCE @ MARSHALLTOWN

Winter 2021-2022 swim season begins November 1, 2021!

**Knoxville Recreation Center  
Code of Conduct for Knoxville Stingray Swim Team Participants**

**I pledge to be responsible for my words and actions while participating in swim team activities and to follow the rules of the Knoxville Recreation Center and Knoxville Swim Team. I also pledge to adhere to the following code of conduct:**

- I will not engage in unsportsmanlike conduct with coaches, parents, other swimmers, or officials.
- I will not engage in behavior that causes danger to others.
- I will not use inappropriate words or behaviors in the locker rooms, pool areas, or other swim facilities.
- I will notify a coach right away if I feel another swimmer has broken the code of conduct.

**I also agree to accept the consequences if I fail to follow the code of conduct. I understand that the following actions will be taken depending on the severity of the violation:**

1. Verbal warning to swimmer.
2. Email or phone call to parent.
3. Suspension from practice and/or competition.
4. Suspension from the current swim team season. No refund will be issued.

\_\_\_\_\_  
Swimmer Signature

\_\_\_\_\_  
Parent Signature

**Coach Use Only**

<b>Swimmer Incident Documentation</b>		
<b>Date</b>	<b>Description of Incident</b>	<b>Actions Taken by Coaches</b>
		Verbal Email/Phone Temp. Suspension Season Suspension
		Verbal Email/Phone Temp. Suspension Season Suspension
		Verbal Email/Phone Temp. Suspension Season Suspension
		Verbal Email/Phone Temp. Suspension Season Suspension