



APRIL 2025

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KACHEMAK SWIM CLUB

NEWSLETTER



UPCOMING EVENTS

South Central Area Championships

Seward, Alaska
April 4th & 5th



Swim-A-Thon Pledges Due

Last day to turn in all Swim-A-Thon money.
Monday, April 14th by 5pm



Alaska Swimming State Championships

Anchorage, Alaska
April 24th - 27th



SafeSport Ready App

RECOGNIZE ABUSE IN SPORT AND RESPOND

From morning swim practice or afternoons spent on the soccer field, the SafeSport Ready mobile app helps parents of youth athletes and other adults understand what abuse in sport is and how to address it.

MISSING IMPORTANT EMAILS ABOUT SCHEDULING?

Setup text messaging for your account



- Sign in to your KSC account at www.kachemakswim.org
- Click on "My Account".
- Update Mobile/SMS number and provider.
- When you receive a text message, use the code provided to verify in TeamUnify. (link does not work)
- You are now setup to receive text messages.

2025 SWIM-A-THON UPDATE

KSC had 33 swimmers participate in this year's Swim-A-Thon and together they swam 4,717 lengths of the pool, totaling 67 miles! To date, we have raised \$17,169.10 with 14 days remaining to collect pledges.

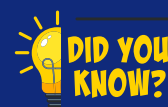


NEW KSC MERCHANDISE COMING SOON!

New KSC merchandise is on order and will arrive soon. T-shirts, knit hats, swim caps..



Swimming FUN FACTS



SWIMMERS SWEAT IN THE POOL

Swimmers lose just as much sweat in the pool as any other athlete loses on land. There is, however, not enough research to tell us how much sweat swimmers actually lose in the water.

OLDEST STROKE IS THE BREASTSTROKE

Swimming dates back to 2500BCE and can be seen in ancient Egyptian drawings. The breaststroke goes back to the Stone Ages, but it wasn't until 1904 when it was swam competitively at the Olympics.

SWIMMERS USE NEARLY EVERY MUSCLE IN THEIR BODIES

Some people question whether swimming is a real sport; but did you know it's one of the most intense sports out there? The reason is because swimming is a full body exercise. You name the muscle, swimming probably uses it.

KACHEMAK SWIM CLUB

COACHES CORNER

WITH COACH JAIME ROTH

ALASKA SWIMMING STATE CHAMPIONSHIPS

Every spring, during the last weekend of April, Anchorage hosts the Alaska Swimming Championships for qualifying swimmers 18 and under. The meet lasts from Friday - Sunday, and includes Thursday if you are swimming the 1650 freestyle (we have 2 swimmers qualified in this event this year).

The qualifying times for this meet can be found on the Alaska Swimming website under 'Time Standards' and are posted at the pool. These times are even faster than the qualifying times for our Age Group Championships in February. The last chance to achieve times for this event will be in Seward on April 4th and 5th.

At the moment KSC swimmers who have qualifying times for this meet are:

Cassidy Carroll
Katie Hallam
Jeremiah Overdorf
Avery Briscoe
Anika Sundheim

STORYTIME WITH COACH JAIME

After the last swim meet in Soldotna, I was driving home with my family, and my husband brought up my son's very slow-to-the-surface streamlines, which were hard to miss even for a football-loving guy who knows nothing about the sport of swimming. I took this opportunity to educate my athletic spouse that in the breaststroke, he had to surface how he did because of the depth of his dive, or he would have been disqualified. I also acknowledged that in the freestyle, he did need to kick more aggressively to the surface, but as kindly as possible, told my husband that I had already talked about it with him on deck, and that "backseat coaching" is not health for parent-child relationships. I let him know that we work on this skill often at practice and would continue to do so.

Once we leave the pool, even I try not to coach our children and just be encouraging. My husband was caught a bit off-guard and I could tell he was processing what I was saying. I managed to include the boys in the conversation and skillfully changed the subject to something positive he had done, all while not annoying my husband. I felt quite proud of myself.

The following week, my son was practicing his piano, and I gave him some brief feedback about how I thought he could improve, and I heard my husband chuckling from the other room. He remembered my advice to him, and was quick to turn it back on me! Let's just say it got me thinking. I still generally believe that a parent's role should be primarily supportive, but I do understand when you have something helpful to share, it seems obvious to do so. In my opinion, it is very important to "read the room" or "read the car" and determine if the constructive criticism will be well-received. Please remember, that if you must give feedback, try to keep it as brief as possible.

HELPFUL LINKS FROM USA SWIMMING

I have included two articles posted to USA Swimming that has to do with parenting swimmers/athletes and I hope you find them helpful.

[How to help your swimmer have a great mindset](#)

[Successful swim parenting 101](#)

KSC MOVIE CLUB



THE SWIMMERS by Sally El-Hosaini

This movie follows the life story of teenage sisters and Syrian refugees Yusra and Sarah Mardini. When escaping from Syria across the Aegean Sea to Greece, they swam alongside their sinking dingy to keep the boat afloat and save the life of 18 refugees. Yusra overcomes obstacles to compete in the 2016 Olympics in Rio. The Swimmers is available on Netflix.



SAFE POOLS HAVE RULES



KSC POOL RULES

In order for our swimmers to participate safely and to keep the pool and our gear in good condition, we must follow the pool rules.

- Please shower before entering the pool.
- No Roughhousing: Avoid pushing, shoving, hitting, kicking, chasing others, screaming, etc.
- No running anywhere in the pool complex. This includes the pool deck (upper and lower), locker rooms, and entry areas.
- There is no climbing on any structures in the pool area. This includes the bleachers when retracted, railings, the lockers themselves, or diving boards when not otherwise in use.
- Siblings and other children, who are not swimming, must stay on the upper deck area and away from the pool deck and be with a parent/guardian.
- No electronics on the lower pool deck or at practice. This includes phones, iPads, video games, etc. Please store these in your swim bag until practice is over.
- Swimmers are to stay on the pool deck/upper deck or in the locker room (if preparing for or getting dressed after lessons). All other areas are off limits! Areas off limits include: the top of the bleachers, the pool manager office, gear room, catacombs, high school locker rooms, the lobby (if swimmer is alone) and behind the front desk area in the lobby.
- Please do not litter. Clean up your belongings and throw away your trash.
- Restrooms: If you are not an athlete with KSC, please use the lobby restrooms.

KSC LOCKER ROOMS



USA Swimming emphasizes the importance of regularly and randomly monitoring locker rooms and changing areas to ensure compliance with policies. At KSC, Locker Room Monitors will be assigned accordingly, after completing a USA Swimming Background Check.

We discourage parents from entering the locker rooms unless it is truly necessary. In those instances, it should only be a same-sex parent entering the locker room. If an athlete needs assistance with his or her uniform or gear (for example, a child under the age of five) then the same-sex parent may enter to help the athlete but not delay in the locker room. Non same-sex parents may use the locking restrooms in the lobby to assist your swimmer.

- **Be Respectful:** Treat others with courtesy and avoid disruptive behavior. Do not comment on other people.
- **Privacy:** Be mindful of others' privacy and avoid engaging in overly personal conversations or behaviors. Keep eyes and hands to yourself. *No one should be touching each other at anytime.*
- **No Roughhousing:** Avoid any behaviors that could cause harm or be disruptive to others.
- **Photo and Video:** Use of cell phones and other mobile recording devices are strictly prohibited in the locker rooms. This applies to cell phones/iPads even if the person is not using for photo or video.
- **Locker Usage:** Put your belongings in a locker, and don't clutter the locker room floors with personal items. Items left behind will be put in lost and found. Do not touch anything that does not belong to you.

**IF YOU SEE SOMETHING
SAY SOMETHING**