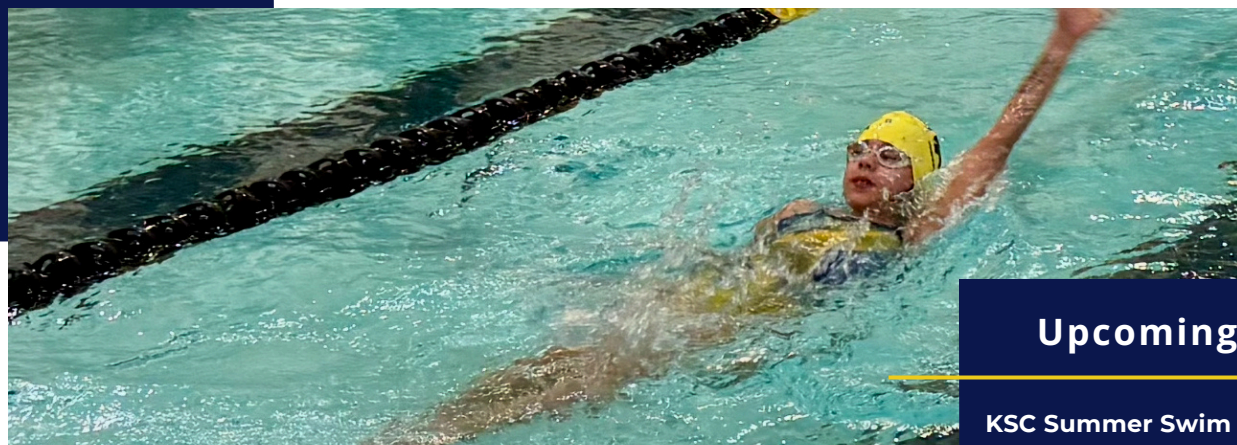


NEWSLETTER

KACHEMAK SWIM CLUB



2025 KSC SUMMER SWIM CAMP

How is this different from regular practice?

- It is twice as long for the younger swimmers and 30 minutes longer for most age-group swimmers, so we will be having more breaks, time for snacks, etc.
- Swimmers will be divided into groups of 3-6 and rotating through several stations and working with all of our coaches each day. This allows our coaches and swimmers to connect and learn from each other in different ways than the norm.
- There will be a heavy focus on two basic swimming techniques, an early vertical forearm catch in freestyle, and engaging our ribcage and core in all our strokes to achieve the ultimate body position (sharing and practicing drills we learned this week from our guest coach, Mark Hesse).

These are team-wide areas where I think we could improve and increase efficiency and injury prevention. We also will be working on starts, turns, kicking, etc.

Everything we do will be tailored to fit the needs of the swimmers enrolled.

Spots are limited, Register [HERE](#)

August Birthdays

Marina Co
Christina Reutov
Hamish Bartlett
Elias Sundhiem



DAILY SCHEDULE:

9:15 Arrive at Pool

9:30 Stretching, Discussion, and Instruction for Stations

9:50-10:50 : Break into small groups and cycle through stations

10:50-11:00: Snack and break

11:00-11:30 relays, games, fun

11:30 AM: *Please pick up no later than this time- if allowed to walk/ride/depart on their own please let me know, so everyone is accounted for at departure time.*

Upcoming Events

KSC Summer Swim Camp

We're excited to have you join us for our fun-filled Summer Swim Camp happening August 4th-6th at the Kate Kuhns Aquatic Center from 9:30 - 11:30 AM

2025-2026 Team Registration

Returning Swimmers Registration opens on Monday, August 11th

New Swimmers Registration opens on Friday, August 22nd

NO PRACTICE FRIDAY, AUG. 29TH





2025 AK SUMMER CHAMPIONSHIPS



INSPIRED BY THE EFFORTS OF ALL OF OUR TEAM MEMBERS

By Coach Jaime

It's been awhile since the Kachemak Swim Club ranked in the middle (6th out of 10) at a State championship swim meet (we are often low on the list because we are one of the smaller teams and in competitive swimming, team-size matters)! This was most swimmers first time competing in an olympic-sized pool, and they looked right at home. Coaching athletes gives me lots of opportunities for mistakes, reflection, regrets, and regrouping. This meet felt practically perfect, and I'm going to relish it!

CONGRATULATIONS!

Jeremiah Overdorf
Anika Sundheim
Hamish Bartlett
Cassidy Carroll
Elias Sundheim
Finn Brewer
Benjamin Overdorf
Adela Handley-Camacho
Lorelei Kinney
Torrin Bartlett



TEAM SCORES & RANKING

1. Chugiak Aquatics Club	6191.5
2. Northern Lights Swim Club	3109.5
3. Aurora Swim Team	1686
4. Wasilla Waves Swim Club	1429.5
5. Aquatic Foundation of AK	893.5
6. Kachemak Swim Club	652
7. Midnight Sun Swim Team	449
8. Stingray Swim Team	367
9. Peninsula Piranhas Swim Team	359
10. Craig Waverunners Swim Club	122



KACHEMAK SWIM CLUB

2025 Fall Practice Schedule

Returning Swimmers: Registration Opens August 11th

New Swimmers: Registration Opens August 22nd

SMOLT

Tuesday & Thursday

Early Group 3:10–4:10 PM

Late Group 4:10–5:10 PM

Start Date: September 2

DREAM

Monday, Wednesday, Thursday
& Friday

4:30–5:30 PM

Start Date: August 25

(No practice Friday, August 29)

DISCOVER

Monday, Wednesday & Friday

Early Group 3:10–4:10 PM

Late Group 4:10–5:10 PM

Friday Both Groups 4:00–5:00
PM

Start Date: September 3

BELIEVE

Monday - Friday

4:30–6:00 PM

Start Date: August 25

(No practice Friday, August 29)

CHALLENGE

Tuesday, Thursday & Friday

4:30–5:30 PM

Start Date: August 26

(No practice Friday, August 29)

***Swimmers participating on the HHS Swim Team, please wait to register for KSC until the high school season is over.*