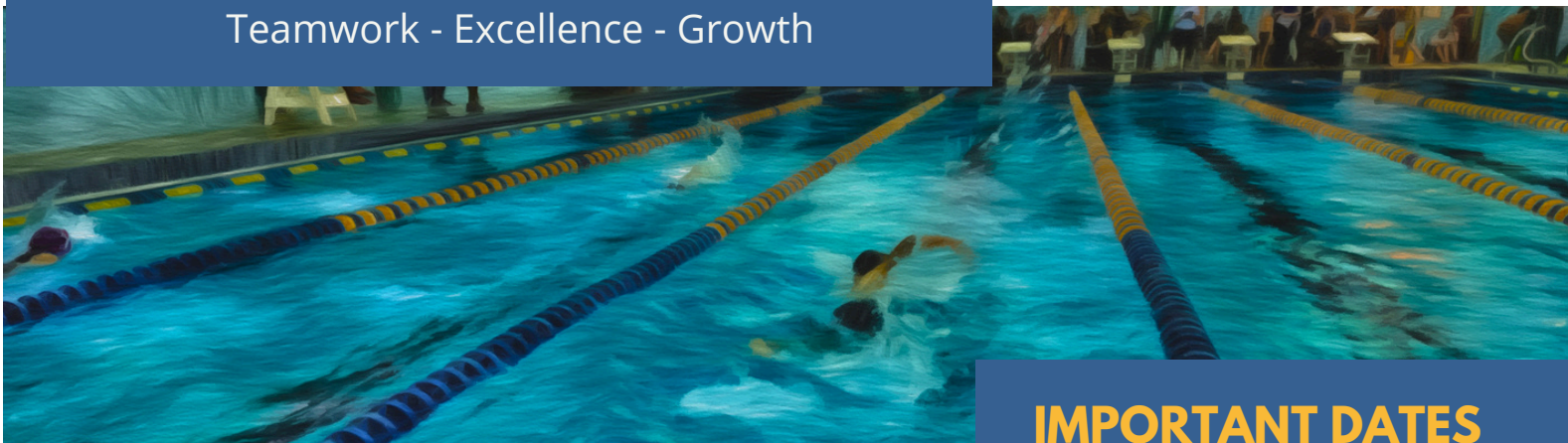


# KACHEMAK SWIM CLUB NEWSLETTER

Teamwork - Excellence - Growth



## SWIM-A-THON KICKOFF MEETING AND FUN SWIM

It's that time of year again for KSC's biggest fundraiser of the year. Swim-A-Thon packets will be handed out and there will be a quick Kick-Off Meeting with Coach Jaime. Parents the meeting starts at 5:30pm, so please plan to be there.

Coaches, Smolts, Discover, Challenge, Dream, Believe and Achieve swim groups will have a blast!

## VOLUNTEERING

Because we're a non-profit, we need the support of the community, business organizations, and you, the parents. Thanks to our talented and diverse membership, people can put their individual interests and expertise to work for our program in many ways. There's something for everyone, and many hands make light work, so we appreciate your commitment to keep our swim club running smoothly. Consider what you can do to help and let us know where your contribution will be most helpful.

## IMPORTANT DATES

### Swim-A-Thon Kickoff and Fun Swim

Thursday, February 6th

### Last Chance Meet-Soldotna

Friday, February 7th  
(Age Group Qualifiers Only)

### 2025 AKSI Age Group Champs-Fairbanks

February 14th - February 16th

### 2025 Soldotna Invite- Soldotna

February 28th & March 1st

### NO PRACTICE

Friday, February 28th

## REVIEW AND UPDATE ACCOUNT INFORMATION



Each year, it is a good idea to review and update all account and member information on SportsEngine Motion (Formerly TeamUnify). Please log in to your KSC account and review the following to ensure that it is correct.

- Contact information
- Payment Method
- Member D.O.B
- Email Address
- Sign all Agreements
- Mobile/SMS for Text Updates
- USA Swimming Premium Athlete Registration
- Shirt and Pant Size

KACHEMAK SWIM CLUB

# COACHES CORNER

With Coach Jaime Roth



## KEEPING SWIM MEETS SCREEN-FREE

During swim meets, I have been implementing a screen-free on deck policy, and I think it's helped create connection and camaraderie. I appreciate the positive attitude our swimmers have demonstrated in this regard.

In terms of screen use with kids, I am absolutely non-judgmental about it and have no issue with any swimmer, including my own children, using screens at any other time and in any place during competitions (the bleachers during meets are fine). The use of technology for vital communication is not a problem at any time.

I have received positive feedback about this from other coaches and parents as well.

Thanks for your support and if you have any questions or concerns, please don't hesitate to contact me.

## HELPFUL APPS FOR PARENTS



**SportsEngine**  
Motion App

With SportsEngine Motion, parents can access their members' information, attendance, billing, organization updates, events, videos and more all from one location, keeping them better connected with their organization.



**MeetMobile App**

The essential swimming app for swimmers, coaches, meet hosts and fans, Meet Mobile provides real-time meet results and standings from anywhere, at any time. Individual and team scores? Yep. You get those too.

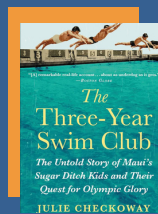


## Congratulations

### 2025 AK Swimming Age Groups Qualifiers

Elias Sundheim  
Jeremiah Overdorf  
Finn Brewer  
Anika Sundheim  
Benjamin Overdorf  
Sean Johnson  
Taylor Dickerson

## KSC Monthly Book Club



### The Three-Year Swim Club by Julie Checkoway

In 1937, a schoolteacher on the island of Maui challenged a group of poverty-stricken sugar plantation kids to swim upstream against the current of their circumstance. The goal? To become Olympians. They were the Three-Year Swim Club. This is their story.



### Pool Panic by Jake Maddox

Jenny has always loved swimming, so this year she's finally decided to join the swim team. Jenny cruises through the pool during practice, but when she sees the crowd of spectators at her first meet, she freezes up. Can Jenny overcome her fears and help lead her team to victory? This fast-paced sports story is a winning read for any young athlete!





# USA SWIMMING SAFE SPORT

*Promoting safer sport environments across the U.S.*



## PREVENT

USAS will help you proactively take steps to prevent abuse, showing how power imbalances and culture dynamics affect the prevalence of abuse, and highlighting ways to build inclusion and team cohesion.

## RECOGNIZE

USAS will introduce signs and forms of sexual, physical, and emotional abuse and misconduct, how they may appear in your environment, and how to recognize warning signs.

## RESPOND

USAS will show you how to properly react and follow through on disclosures of abuse, how to intervene in situations where abuse may be evident, and laws that guide abuse reporting.

## Keeping Athletes Safe in Swimming

### What is USA Swimming's Safe Sport program?

USA Swimming's Safe Sport program is a comprehensive abuse prevention program that takes a multi-layered approach to keeping kids safe. It includes required policies and best practice guidelines, mandatory screening, training and education and monitoring, supervision, and mandatory reporting. These measures are based on expert analysis of child safety and are among the most robust safeguards found in any youth-serving organization. There are numerous recourses available for coaches, athletes, parents, and other members of USA Swimming.

### Parents Guide to Misconduct in Sport

This is the parent training for the Safe Sport Recognition Program. Provided by the U.S. Center for SafeSport and designed for parents of youth athletes at any age, this free course educates parents on recognizing, responding to, and preventing abuse and misconduct in their child's sport setting. Featured are voices and perspectives of experts and advocates, with sound guidance on fostering positive and safe sport experiences for children both on field and at home. Parents will come away equipped with information and tactics to minimize risks of harm to their children.

### Volunteer Hours

KSC will apply 2 hours of volunteer time to your account for parents that complete the SafeSports Parent's Guide course. Parents taking the course will need to be logged into their own account and connected to their child registered on the team in order for the system to give the club credit. Email your certificate of completion to [kachemakswimclub@gmail.com](mailto:kachemakswimclub@gmail.com).

