



MARCH 2025

KACHEMAK SWIM CLUB

NEWSLETTER

TEAMWORK - EXCELLENCE - GROWTH



WHAT ARE USA SWIMMING TIME STANDARDS

Every time you hit the pool, the clock is ticking. Are you faster today than yesterday? Are you stronger? The time standards sets varying marks for swimmers aged 18 and under based on relative speed within the corresponding age group. The standards range from B to AAAA to give swimmers benchmarks for goal-setting and track improvement. USA Swimming collects every time swum in a sanctioned USA Swimming meet so that you don't have to. There are a number of ways to search for your time. It can be done by age group, gender, season, date and more.

Order Time Standard Tags

[CLICK HERE](#) ➤



TIMES SEARCH

[CLICK HERE](#) ➤

TIME STANDARDS

[CLICK HERE](#) ➤



IMPORTANT DATES

KSC SWIM-A-THON

MARCH 21ST

4:00PM - SWIMMERS ARRIVE

4:15PM - TEAM PHOTO

4:40PM - ALL START

6:45PM - END

7:00PM - CLEAN UP

PIZZA PARTY AFTER SWIM



HOW TO CHECK YOUR EARNED VOLUNTEER HOURS

KSC has a mandatory participation policy of 20 service hours per year-per family. All families are responsible for monitoring their earned service hours. Accounts deficient in service hours will be charged \$15 per hour at the end of the season, June 1st.

- Login to your account at www.kachemakswim.org
- Click on My Account
- Click on Account Info
- Scroll right on the tabs and select Service Hours

Please contact Deanna Johnson at kachemakswimclub@gmail.com if your service hours are not accurate.

KACHEMAKSWIMCLUB@GMAIL.COM

KACHEMAK SWIM CLUB

COACHES CORNER

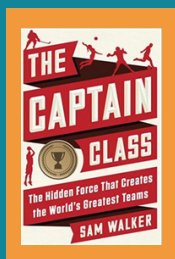
WITH COACH JAIME ROTH

NUTRITION FOR SWIMMERS

Did you know that our swimmers most likely burn over 500 calories/hour during practice? So that's over 1000 calories burned for our Achieve swimmers. Healthy eating for swimmers doesn't just mean a healthy balance of colors and macronutrients, it also means consuming enough calories to build muscle.

Dieting can be dangerous for swimmers and counter-productive to swimming fast! The Female Athlete Triad is a condition that is increasingly common in active teen girls and is a combination of the following: energy imbalance with or without an eating disorder, menstrual disturbances and decreased bone mineral density, possibly leading to osteoporosis. Because swimmers tend to not engage in weight-bearing exercise they can be even more prone to osteoporosis. The best way I know to help prevent this condition among our swimmers is to talk about the importance of healthy and hearty eating and by incorporating dryland exercises. It's not my job to micromanage what anyone eats, but hope that some awareness and communication about nutrition will help encourage our swimmers to make healthy choices today and beyond.

KSC Monthly Book Club



The Captain Class by Sam Walker

This was one of my favorite reads this summer. A sports researcher digs in deep to uncover the common variables of the most successful sports teams and it might surprise you!

2025 AK SWIMMING AGE GROUPS CHAMPIONSHIPS

Anika Sundheim, 9
50 fly- 18th 100 free- 13th
100 IM- 14th 50 back- 14th
200 IM- 7th 100 breast- 7th
50 breast- 7th

Benjamin Overdorf, 11
50 back- 15th 100 free- 9th
50 free- 12th 500 free- 15th
50 fly- 8th 100 back- 11th

Finn Brewer, 12
100 free- 6th 100 IM- 10th
50 breast- 6th 50 free- 8th
100 Breast- 4th

Elias Sundheim, 13
200 back- 3rd 100 free- 14th
200 IM- 12th 50 free- 16th
500 free- 11th 200 free- 12th
100 back- 9th

Jeremiah Overdorf, 13
100 free- 4th 200 IM- 8th
50 free-10th 500 free- 4th
200 free- 6th 100 back- 10th



2025 SWIM - A - THON

Kachemak Swim Club



WEEK 3 TOTALS

Sean Johnson	\$1,703.00
Jeremiah Overdorf	\$1,333.20
Benjamin Overdorf	\$1,333.15
Laurel Lyn Handley-Camacho	\$1,330.00
Adela Rae Handley-Camacho	\$1,135.00
Brady Werts	\$681.00
Maggie Maurer	\$576.00
Avery Briscoe	\$350.00
Lincoln Weisser	\$290.00
Xander Roth	\$132.00
Wilder Roth	\$132.00
Torrin Bartlett	\$25.00

Total Raised **\$9,020.35**

Thank you all so much for your
fundraising efforts.

Let's get fundraising, KINGS!!

Stretch those muscles, and tighten those goggles; our annual Swim-A-Thon is in full swing! As one of our MAJOR FUNDRAISERS, we set a goal of \$23,000. We have reached the halfway point of our fundraiser and are at 40% of our goal.

The SAT is a family event; where parents help count laps and keep track of times, athletes swim laps to raise money, and family and friends pledge money to help support USA swimming and KSC. We hope that everyone is able to get the whole family involved, as the event will have food, music, swimming, raffles, and many other prizes.

We can only achieve it if everybody pitches in - and supports OUR Swim-A-Thon. Any pledge amount is very much appreciated! You will be surprised at how generous people will be when they find out that it's for such a great cause!

We can't wait to see YOU on Friday, March 21st at the pool!!

Swim-A-Thon Volunteer Opportunities

1. Announcer
2. Snacks, fruits and veggies
3. Pizza
4. Hand out prizes
5. Hand out certificates
6. Photographer
7. Set up and clean up

