

NEWSLETTER

JULY 2025



ARE YOU INTERESTED IN KSC'S SUMMER SWIM CAMP?

Kachemak Swim Club is hosting a fun and skill-building Summer Swim Camp, and we'd love to know if your swimmer wants to join us! Our camp offers focused instruction, team spirit, and plenty of water fun. Details including times, and registration info will be shared soon.

If you're interested in learning more or would like to reserve a spot, please let us know! email Deanna at kachemakswimclub@gmail.com



UPCOMING EVENTS

Alaska Swimming Summer Champs
ANCHORAGE - Bartlett Pool
July 25th - July 27th

Last Day of Summer Practice
Thursday, July 31st

2025 Summer Swim Camp
August 4th - August 6th



MONTHLY TIPS FOR SWIMMERS

HYDRATION, HYDRATION, HYDRATION!

Just because swimmers are in water doesn't mean they can skip drinking it! Dehydration can lead to fatigue, cramps, and decreased performance.

- Bring a full water bottle to every practice—and drink from it regularly. (No Glass)
- Add a slice of lemon or a splash of sports drink for taste if that helps.

JULY BIRTHDAYS

Sean Johnson
Chloe Kiesel
Alice Speakman



WELCOME TO THE BOARD OF DIRECTORS

We would like to extend a warm welcome to our newest KSC Board Member, Colette Choate!

We're excited to have Colette join our leadership team and look forward to the energy, insight, and dedication she brings to the Kachemak Swim Club community.

SWIMMING TERMINOLOGY 101

TECHNIQUE TERMS

- **Streamline:** Fundamental body position in swimming. Done after a dive and off every turn.
- **Stroke Rate:** Number of strokes you take per unit of time.
- **Flip Turn:** Physically doing a somersault at the wall to change direction (freestyle and backstroke only).
- **Open Turn:** Used to change direction at the wall for breaststroke and butterfly after touching with two hands.
- **Transition Turn:** In IM swimming, transition turns are between strokes (butterfly to backstroke, backstroke to breaststroke and breaststroke to freestyle).
- **Short Course Yards (SCY):** 25-yard pool
- **Short Course Meters (SCM):** 25-meter pool
- **Long Course Meters (LCM):** 50-meter pool (Olympic-sized pool)
- **FR:** Freestyle
- **FLY or FL:** Butterfly
- **BK:** Backstroke
- **BR:** Breaststroke
- **IM:** Individual Medley



JULY 2025

COACHES CORNER

WITH COACH JAIME ROTH



2025 AK SWIMMING SUMMER CHAMPS QUALIFIERS

Way to go, swimmers! Your hard work, dedication, and determination have paid off, and we're excited to cheer you on at Champs!

GO KINGS!

- Avery Briscoe
- Jeremiah Overdorf
- Elias Sundheim
- Benjamin Overdorf
- Anika Sundheim
- Finn Brewer
- Cassidy Carroll
- Jody Goodrich
- Hamish Bartlett
- Taylor Dickerson
- Lorelai Kinney
- Maggie Maurer

POST-PRACTICE RECOVERY

Did you know? Eating *within 30 minutes* of practice helps repair muscles, boost our immune system, and reverse muscle breakdown! Good recovery snacks will be mostly carbs with a little protein like chocolate milk, banana with yogurt, smoothie, a peanut butter sandwich, a low-sugar granola bar, etc! Pack something extra in your bag or the car to make sure you get that recovery snack when it's most beneficial.

PARENT EDUCATION OPPORTUNITY

I am excited to announce that we will be having a visitor in the month of July, Mark Hesse. He will be supporting me in training our swimmers on the latest in swimming technique and dryland exercises for injury prevention. Mark Hesse has coached at every level, including Olympians, for 44 years. He is the Team Services Advisor for USA Swimming and he is assigned to our state to provide support to Alaska clubs. If we have enough interest, he will be available to parents for a Q&A and to share from his experience on how we support our swimmers to swim safely, successfully, and to keep them in the sport!

SAVE THE DATE: JULY 30, 5:00 PM
MORE INFO TO COME!

KSC MONTHLY BOOK CLUB



Title: Eat Right, Swim Faster
By: Abbey Knox

Eat Right, Swim Faster is the ultimate nutrition resource for competitive swimmers of all ages.

It is a smartly written book of highly practical and very accessible information for swimmers interested in what food can do for them in their pursuit of maximum performance in the water.

WHY BECOME A USA SWIMMING OFFICIAL?

Becoming a USA Swimming official offers numerous benefits, including guaranteed poolside seating at meets, a deeper understanding of the sport, and opportunities to travel. It also allows parents to become more involved in their child's swimming journey and contribute to the success of the team. Furthermore, officiating provides a unique perspective on how swim meets are run and the responsibilities of each official.

ADVANTAGES

- Officials are right on deck, close to the action, observing swimmers and ensuring fair play
- Through training and experience, officials gain a comprehensive understanding of stroke technique, rules, and meet operations.
- USA Swimming relies on volunteers, and becoming an official is a great way to give back to the sport.
- Some officials may have the chance to travel to different meets and experience various locations.
- Officials often form close bonds with other officials, coaches, and athletes, fostering a strong sense of community.
- You don't need prior swimming experience to become an official. Training and mentorship are provided.
- KSC will reimburse you for all USA Swimming required training costs associated.
- Becoming an Official will fulfill all of your seasonal service hours.



BASIC STEPS

Register as an apprentice official. Once your training is completed, you will register and pay membership dues as a full official.

- Complete the [Foundations of Officiating and Stroke & Turn Certification](#) courses.
- [Complete a Level 2 Background Check](#)
- [Complete Athlete Protection Training](#)
- [Complete Concussion Protocol Training](#)
- Complete on-deck sessions shadowing a certified official