



SEPTEMBER 2025

KACHEMAK SWIM CLUB

NEWSLETTER



UPCOMING EVENTS

SMOLT

Practice Starts on September 2nd

DISCOVER

Practice Starts on September 3rd

FALL NOVICE PROGRAM

Session Starts on September 15th

HOMER HIGH SCHOOL SWIM & DIVE INVITE

Kate Kuhns Aquatic Center
September 6th, 10am-1pm

LET'S SUPPORT AND
CHEER ON OUR HHS
SWIMMERS!!



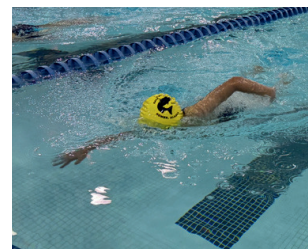
Timers needed: Volunteer [HERE](#)

WELCOME BACK, KSC SWIMMERS!

We are so excited to see everyone back at the pool for another great season! As we dive in, please make sure your swimmer comes prepared for each practice.

Important Items to Bring:

- Water bottle (no glass, please)
- Practice suit
- Goggles
- Swim cap
- Healthy snack for after practice



Let's start the season strong by being prepared, staying hydrated, and fueling up with good nutrition! Go Kings!

WELCOME SMOLT SWIMMERS

We're so excited to welcome our newest Smolt swimmers to the Kachemak Swim Club family! This is the beginning of an exciting journey in the pool—learning new skills, making friends, and having fun while becoming stronger, more confident swimmers.

HELPFUL LINKS

- [KSC Website](#)
- [2025-2026 Team Practice Schedule](#)
- [2025-2026 Meets and Events](#)
- [KSC Parent & Swimmer Handbook](#)
- [Nutrition](#)
- [USA Swimming Website](#)
- [USA Swimming Help](#)
- [USA Swimming Safe Sport](#)



NEED GEAR FOR THE SEASON?

The Swim Shop has everything you need; team suit, goggles, swim cap, team t-shirt, and even a sticker for your water bottle!

Find it all conveniently in the pool lobby.



MUST HAVE APPS FOR PARENTS



SportsEngine Mobile 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.



Meet Mobile Swim 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.

SEPTEMBER BIRTHDAYS!!



Emrie Wahl - Runa Larson
Vivian McCarter - Zane Poirier

kachemakswimclub@gmail.com

COACHES CORNER

WITH COACH JAIME ROTH

WELCOME TO OUR 2025-2026 SEASON

For some of you, this is the beginning of your competitive journey. For many of you, this is the beginning of another cycle that you have become familiar with. Regardless, this is the time to start anew, and I'd like to take a moment and set out my vision and overall goal for this season. We are a competitive team, and my goals are primarily centered around how to mentally and physically prepare our swimmers so that they can successfully attend as many swim meets as possible!

Our coaches plan with our swim meets in mind. When swimmers compete, they get a chance to demonstrate and celebrate their progress. **This competitive season culminates in April, with our Southcentral Area Championships (OPEN TO ALL) at the beginning of April, and our Alaska State Swimming Championships at the end of April (open to qualifiers only).** If you have an Age Group swimmer (14 and under), we also have Age Group Champs the middle of February (open to qualifiers only). The more swim meets we compete in, the more chance we have of obtaining our qualifying times for our Championship meets. Remember, we do have one championship meet that is OPEN TO ALL, no matter your times, the South Central Area Championships. This meet will most likely be held in Kenai or Soldotna, and I would love to see as many of you there as possible!

Thank you so much for your dedication to the sport and to our swim community. If you have questions, I am available in person at the pool after practice ends at 6:00, or you can call, email or text me during daytime hours.



"Facilitating some underwater filming on the last day of summer practice was the perfect definition of controlled chaos! Thank you to videographer, Reid Brewer."

- Jaime Roth, Head Coach

"Summer Champs was a great meet in so many ways. I was proud of the performances, behaviors, and attitudes of everyone involved. Go Kings!"

- Stephen Overdorf, Club President

"Swim Camp! IT was a joy seeing the variety of motivations and the satisfaction of incremental improvement. The kindness and camaraderie displayed by the whole team was delightful. Fun was had by all!"

- Rebecca Hardy, Coach

SOME OF OUR FAVORITE SUMMER MEMORIES

"Cheering for my team at Summer Champs in Anchorage."

Torrin Bartlett, Believe

"My favorite memory was participating in multiple relays at Summer Champs."

- Jeremiah Overdorf, Achieve

Summer Camp, coaching all the groups I normally don't get to see and experience their work ethic willingness and silliness. I was reminded of what a club should be and what ours could be."

- Tirzah Hardy, Coach

"Rotating Stations at Summer Swim Camp."

Wilder Roth, Discover

"Swimming the 400 Meter Freestyle at Summer Champs."

Benjamin Overdorf, Believe

"Graduating to Dream and the tower game at swim camp, it was really fun and creative."

- Ellowyn Hanson, Dream

"I loved getting to coach kids that wanted to keep improving over the summer."

— Dana Jaworski, Coach

"Getting 2nd Place in the 200 Freestyle at Summer Champs."

Hamish Bartlett, Believe