



CKA

CENTRAL KENTUCKY AQUATICS



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Russell Springs, KY • Somerset, KY • Danville, KY



AGENDA

1. Introduction
2. Team Policies
3. Operation Structure
4. Coaching Philosophy
5. 2022 Season in Review
6. 2023 Season Preview
7. Practice Facilities/Schedules
8. Short Course Schedule
9. Team/Registration Fees
10. Fundraising
11. Volunteering
12. Social Events
13. APPS & Website
14. CKA Education
15. Swim Lesson Program

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Who Is Central Kentucky Aquatics?



- ESTABLISHED: 1983
- ORIGINAL LOCATION: CAMPBELLSVILLE

Mission Statement

Our mission is to offer a safe environment that empowers young athletes to achieve their greatest potential as an individual and athlete.

Vision Statement

CKA strives to develop elite level swimmers by fostering a positive, safe environment for accountability, effort, teamwork, and leadership. Through our courage and relentless effort, we aspire to be champions in swimming and life. Our athlete protection policies and guidelines are established to offer a safe, welcoming environment for all participants. We pursue the development of not just a swim team, but a swim family.

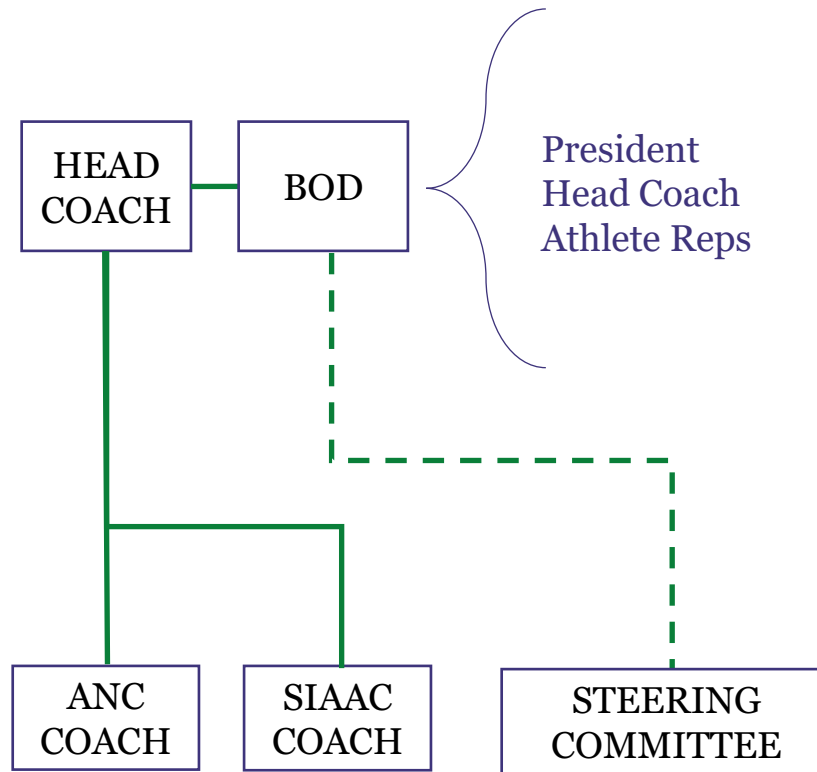
COURAGE, KINDRED, ASPIRE

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OPERATION STRUCTURE



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Somerset, KY



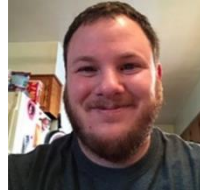
Danville, KY



STEERING COMMITTEE



Joseph Phillips
President/RC Site Coach



Sam Gaddie
Head Coach



Valerie Reynolds
Somerset Site Coach



Jacob Phillips
Athlete Rep – ANC



Julane Hamon
Registrar



Marie Petkus
Volunteer Coordinator



Lesley Wiglesworth
Fundraising Coordinator



Emma Phillips
Athlete Rep - Danville



Amanda Coffman
Social Coordinator



Brandy Cornett
Somerset Parent Rep

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TEAM POLICY – SAFE SPORT & GENERAL

SAFE SPORT

1st SAFE SPORT RECOGNIZED CLUB IN KY

POLICIES

- [Minor Athlete Abuse Prevention Policy \(MAAP\)](#)
- Anti-Bullying Policy
- Locker Room Monitoring Policy
- Photography Policy
- Travel Policy
- Pre-employment Screening Policy
- Code of Conduct



GENERAL POLICIES

USA LEVEL 1 RECOGNIZED CLUB

POLICIES

- CKA By-Laws
- CKA Constitution
- CKA Mission Statement
- CKA Vision Statement
- CKA Liability Release
- CKA Photo Release
- CKA Grievance Policy
- [CKA MAAP Permission Forms](#)



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SET. DIRECT. PROTECT.

LOCKER ROOM CONDUCT



SAFE SPORT

RESPECT OTHERS

- Do not engage in horseplay.
- Don't touch other people's stuff.
- Respect your and other people's privacy.

RESPECT THE RULES

- Voice, camera and video recording devices, including a cell phone, are not allowed.
- Adults should never change in the locker room with or be alone in a locker room with a minor athlete.
- The locker room will be supervised and regularly monitored.

REPORTING MISCONDUCT

- Report misconduct or rule violations to the club head coach and facility management.
- Report abuse to local law enforcement, USA Swimming and the U.S. Center for SafeSport.
- usaswimming.org/report
- uscenterforsafesport.org



usaswimming.org/protect



SAFE SPORT



NO CELLPHONES



NO CAMERAS

OR OTHER RECORDING DEVICES BEHIND THE BLOCKS!

Report concerns to: Meet Administration
usaswimming.org/protect or
uscenterforsafesport.org



NO CELLPHONES



NO CAMERAS
OR OTHER RECORDING DEVICES
IN THE LOCKER ROOMS!



Thanks for supporting USA Swimming Safe Sport!
usaswimming.org/protect

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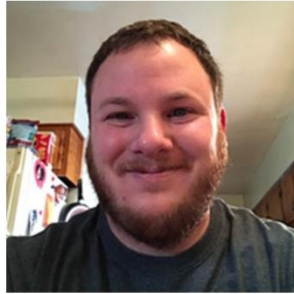
Somerset, KY



Danville, KY



COACHING STAFF



Sam Gaddie

Head Coach

Sam Gaddie began his coaching career at the High School level in his hometown, Memphis, TN. As his interest and abilities in coaching grew he simultaneously held positions as the Head Coach for three separate high school teams, an assistant coach for the Bluff City Blue Fins (a Summer League team), and an assistant coach for Memphis Thunder Aquatic Club's Senior training group.

In his time with Thunder, the team was able to consistently grow and send swimmers to all levels of collegiate swimming.

In 2014, Sam moved forward in his career as a Head Age Group Coach for the Rappahannock Stingrays in Fredericksburg, VA. While with the Rays, Sam coached several age group swimmers and relays to National Top 16 rankings and Virginia Swimming LSC records.

In 2015, Sam moved to Buffalo, NY to work with the Buffalo Area Aquatic Club as their new Head Coach. During his time in Buffalo, over 50 team records were broken for BAAC, and for the 1st time in the team's history swimmers were able to represent BAAC at the Futures Championship Meet.

In 2019, Sam became the head coach for the Jackson Swim Team in Jackson, TN. He worked to build the Shark's program in size and strength until the Spring of 2020 when the pandemic began.

In the Fall of 2020, Sam became the Head Coach for the Aberdeen Swim Club in Aberdeen, SD. During his time with the Aberdeen Stingrays the team finished 3rd overall in the State during both the Short and Long Course seasons, while helping swimmers to break Team Records, State Records, and achieve qualifying times for Sectional, Future and Junior National level meet.



Valerie Reynolds

Somerset Head Site Coach

Valerie comes to Central Kentucky Aquatics with 2 years of high school coaching experience and 9 years of swimming experience as an athlete. She has a passion for the sport, and have always dreamed of coaching at this level. She is married and works as a 4th grade math teacher. She loves spending time with her students and swimmers, and pushing them to be their best!



Joseph Phillips

Russell Springs Head Site Coach

Joseph has been with Central Kentucky Aquatics as a parent since 2014. He worked with the team and became an official in 2016. He helped on deck as a volunteer coach for several years when the team was relocated to Russell Springs. Joseph has served as the Russell Springs Head Site Coach since 2021.

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COACHING PHILOSOPHY

- An environment that is enjoyed and challenging at every level is best for engaging athletes in reaching their potential. Swimmers require engagement, feedback and criticism on a daily basis. They can get the most out of themselves as they learn and grow to be accountable for the work they're doing. This accountability can be fostered by having athletes train using sets that require them to keep track of their performance and by responding to questions about their sets while they are in progress. By having swimmers take notice of specific actions (body positioning, stroke counts, breathing patterns, etc.), this type of training keeps them mentally and physically engaged while training.
- Athletes perform their best when they learn skills first, and then maintain those learned skills through increasingly difficult challenges such as increased distances and decreased intervals in training and competition. The important part of each phase of increased difficulty is that a swimmer's newly learned skills are maintained at a high level. For example: If a swimmer begins a season with the goal of getting better at their Underwater Dolphin Kicking in competition, then our goal will be to first develop that skill without much strain and plenty of rest. As the athlete becomes more familiar with the skill, sets can be designed to challenge how long that swimmer can maintain the skill by increasing the distances at which they are performing it or decreasing the interval in which their repeated attempts are on. Both of these effectively reduce the amount of rest between skill attempts, and this process can be repeated over the course of a training season until the swimmer is performing high quality Underwater Dolphin Kicks at race quality and distance in competition

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PRACTICE GROUPS: BRONZE

Designed to Teach Fundamentals of Each Competitive Stroke

Development to Successful Completion of the 100 IM in Competition



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PRACTICE GROUPS: SILVER

Focus on the Growth of Athletes Learning More Advanced Skills

Advanced Stroke Techniques

Introduction to Aerobic/Anaerobic Training

Goal Setting

Practice Etiquette



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PRACTICE GROUPS: GOLD

Continuation of More Advanced Stroke Techniques

Pushing Their Limits on Regular Basis to Exceed Them

Focus on Development & Pursuit of Their Individual Goals



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SEASON PROGRESSION

SHORT COURSE

PHASE 1:	STROKE BASELINE & FOUNDATION	SEPT
PHASE 2:	INCREASED SPEED & ENDURANCE	OCT – NOV
PHASE 3:	MAXIMIZE ENDURANCE & SPEED	DEC – JAN
PHASE 4:	STROKE FINE TUNING & CHAMPIONSHIP PREP	FEB - MAR

LONG COURSE

PHASE 1:	BREAK	EARLY APRIL
PHASE 2:	EMPHASIZE GOOD SWIM HABITS	APR - MAY
PHASE 3:	MAXIMIZE ENDURANCE & SPEED	MAY - JUNE
PHASE 4:	STROKE FINE TUNING & CHAMPIONSHIP PREP	JULY

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SHORT COURSE SEASON SCHEDULE

**PRACTICE
SCHEDULE**

**SWIM MEET
SCHEDULE**

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CKA PRACTICE FACILITIES

1. Russell County High School Natatorium Complex (Russell Springs)
2. Russell Springs City Pool (Summer Only) (Russell Springs)
3. Somerset Independent Alumni & Aquatic Center (Somerset)
4. Boles Natatorium (Danville)
5. McDowell Wellness Center (Danville)
6. Lebanon Aquatic Center (Not Active) (Lebanon)



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RCHS NATATORIUM

Course: 25 YARDS

Lanes: 8

Seating: ~400



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BOLES NATATORIUM

Course: 25 Yards

Lanes: 6



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McDOWELL WELLNESS CENTER

Course: 25 Yards

Lanes: 3



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SOMERSET AQUATIC CENTER (SAC)

Course: 25 YARDS

Lanes: 4



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RUSSELL SPRINGS CITY POOL

Course: 25 METERS

Lanes: 6



SUMMER USE ONLY
(MAY-JULY)

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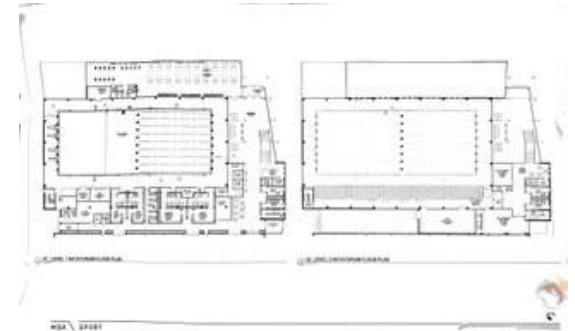
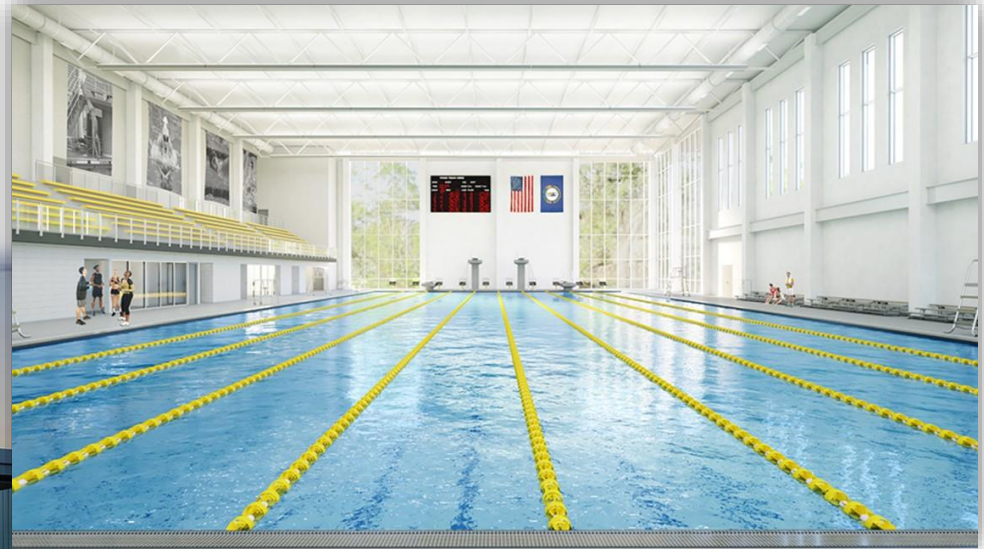


Danville, KY



NEW CENTRE AQUATIC CENTER

Course: 50 Meter (Movable Bulkhead)
Lanes: 10



COMING 2023/2024

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2022 SEASON REVIEW

	SOMERSET	DANVILLE	RUSSELL SPRINGS	TOTAL
BRONZE	3	9	1	13
SILVER	3	10	2	15
GOLD	2	26	11	39
TOTAL	8	45	13	67

21 Swimmers Qualified for KYLSC State Championship

Luke Hamon – 13-14 50 Free LCM State Champion

3 Swimmers Achieved Sectional Cuts

Avg. Time Improvement for All Active Swimmers: 5.4%

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2022 Season Review



EVENT
230
Luke Hamon
2022 KY 13 & Over LCM State Championship
5:53 PM, Sat, Jul 23, 2022

Men 13-14 50 Meter Free
1st FINALS 25.19 PRELIMS 26.06
Points Scored: 20
COMPLETED -0.87
Share



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2023 Season Preview

	SOMERSET	DANVILLE	RUSSELL SPRINGS	TOTAL
BRONZE	3	8	2	17
SILVER	--	10	2	12
GOLD	5	21	3	25
TOTAL	8	39	7	54

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CKA FEE SCHEDULE



Central Kentucky Aquatics Team Fees, Fundraising, & Volunteering



Practice Group	Annual Training Fee	Equivalent 8 Monthly Payments	Annual Fundraising	Annual CKA Club Fee	Annual USA/KY Registration on Sept. 1**	2022-23 Total Team Fees
GOLD	\$1200	\$150	\$250 per swimmer \$375 max per family	\$80	\$95	\$1625
GOLD (Somerset only)*	\$1000	\$125	\$250 per swimmer \$375 max per family	\$80	\$95	\$1425
SILVER	\$1040	\$130	\$250 per swimmer \$375 max per family	\$80	\$95	\$1465
SILVER (Somerset only)*	\$880	\$110	\$250 per swimmer \$375 max per family	\$80	\$95	\$1305
BRONZE	\$800	\$100	\$250 per swimmer \$375 max per family	\$80	\$95	\$1225

REVISED: 8/15/2022

*Somerset Gold and Silver Groups are priced differently due to limited access to pool rental time.

**This fee will be paid directly to USA/KY Swimming when registering with them. This will cover your swimmer's insurance.

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CKA Annual Club Fee

CKA Annual Club Fee: \$80



- TEAM REGISTRATION
- TEAM WEBSITE/ADMINISTRATION
- 2 TEAM T-SHIRTS
- 1 TEAM CAP
- CAR DECAL/MAGNET



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Central Kentucky Aquatics - Team Registration



<https://www.teamunify.com/team/kycka/page/team-registration>

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USA/KY Swimming Registration

Registration Fee: \$95



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Fundraising

Fundraising

Each Central Kentucky Aquatic Family has a fundraising requirement per swimmer. The family will fulfill this requirement by participating in fundraising events, by paying the full amount, or by adding it to your monthly payment of team fees. There will be several fundraising events available to help meet the requirements. All fundraising will be due by March 25, 2023. Any fundraising earned after March 25, 2023, will be credited to your following year's fundraising requirement.

- Families with 1 Swimmer are required to raise \$250.
- Families with 2 Swimmers need to raise \$350.
- Families with 3 Swimmers need to raise \$375.



October 2022



March 25, 2023



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Volunteering



Food Bank Service Project
December 2022



Swim Meets

	Credit Required
BRONZE	9
SILVER	15
GOLD	21

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Social Events



Pizza Dinner
December 2022



Pancake Breakfast
March 25, 2023

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Mobile Applications/ Website Navigation

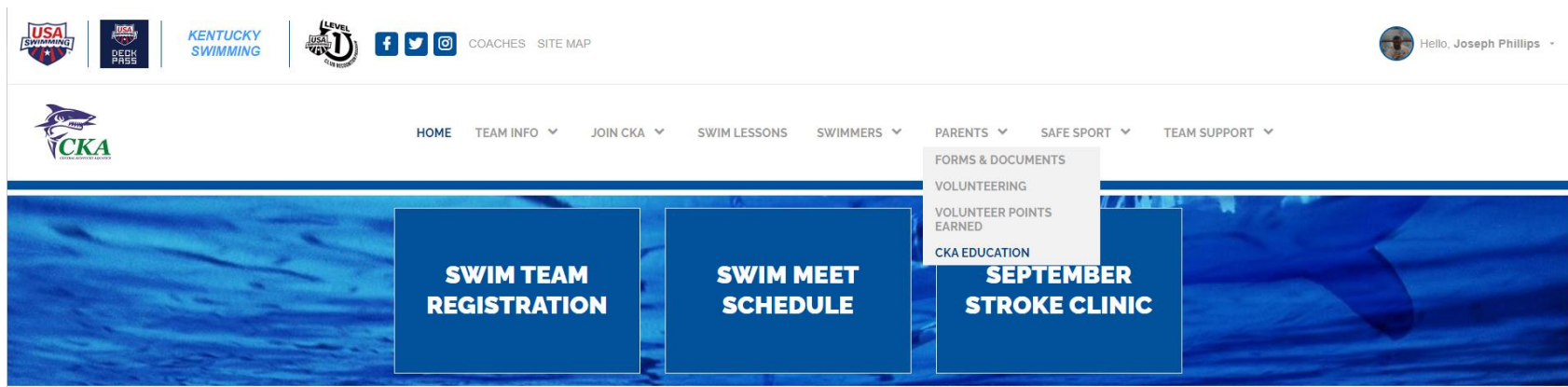


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CKA EDUCATION



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TEAM STORES

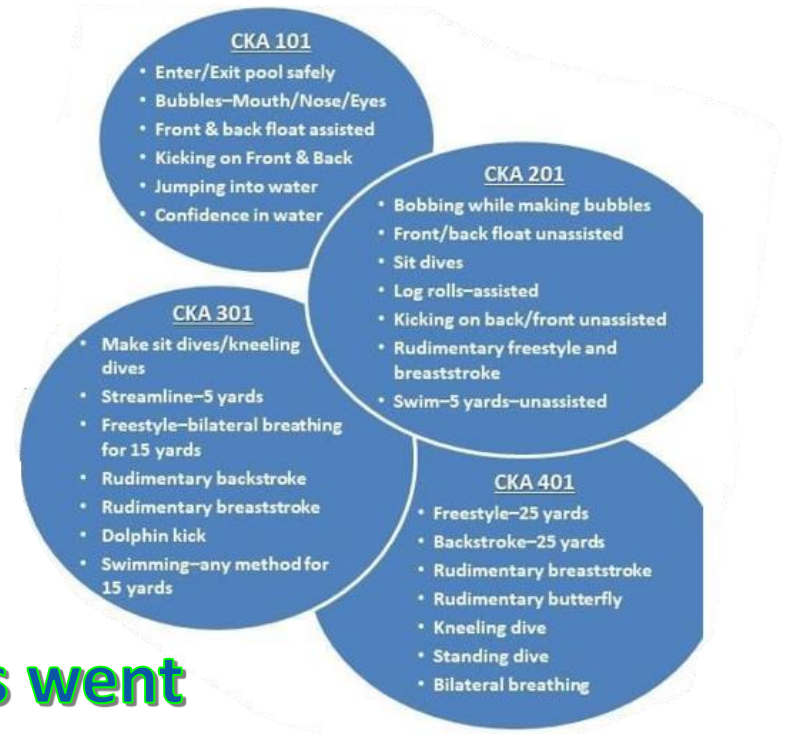


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CKA LEARN TO SWIM



**100+ Swimmers went
through program during
Summer Session**

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Questions



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