

**“Get Ready To Make Waves And
Chase Dreams”**

Swimming Champ Meet 2025



**345 Thomas More Parkway
Crestview Hills, KY 41017**

July 24-25, 2025

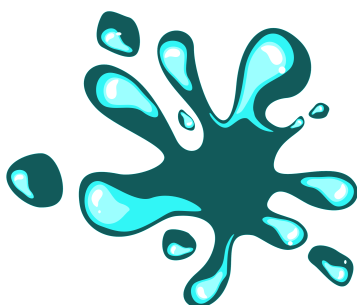


Delegate Duties

- Read and understand all materials.
- Ensure all responsibilities are met on time.
- Turn in Biographical Data Sheets AND fees for Senior Swimmers (\$25 fee per senior) by July 7th.
- Turn in your team's heat sheet ads and money by July 18th.
- Submit the workers list for your team by July 18th.
- Turn in your preferred parking money by July 18th.
- Develop a plan for your team area (tents, chaperones).
- Coordinate the needs for your team in the parade.
- Ensure the coaches meet their responsibilities.
- Communicate changes in warm-up or start times to your coaches, swimmers, and parents.

Coaches Duties

- Read and understand all materials.
- Ensure all responsibilities are met on time.
- Ensure all Champ Meet entries are turned in by July 18th at noon to Jerry at nkslpresident@gmail.com.
- Encourage your kids to keep the team areas clean.
- Understand the events sequence, have your team ready on time.
- Remember that you are responsible for all relays to be at the right place at the right time.
- Communicate with your Delegate to get your Ads, Workers, and Senior Swimmer sheets sent in on time.
- Communicate changes in senior recognition, warm-ups or start times to your swimmers and parents



This package includes: **Meet Schedule, Warm-Up Lane Assignments, Senior Swimmer/Diver Biographical Data Sheet, Worker Assignment Sign Up Procedures, and Heat Sheet Ads Form**

Please note the following important dates for Champ Meet activities.

- **Monday, June 30th:** Bresser Scholarship Applications Due (see attached form)
- **Monday, July 7th:** Biographical Data Sheets and \$25 fee for Senior Swimmers/Divers due to Karen Poulos. Deliver Fees and sheets to Five Seasons, attn. Karen Poulos or Email sheets to karenepoulos@gmail.com (see attached form) Fees may also be sent through venmo to @Karen-Poulos-3
- **Friday, July 18th:** Champ Meet Entries are due to Jerry Wissman
- **Friday, July 18th:** Heat Sheet Advertisement Orders due to: Karen Poulos Email to karenepoulos@gmail.com (see attached order form)
- **Friday, July 18th:** Sign-ups for volunteers are due. A sign-up genius will be sent to delegates by the beginning of July. If workers are splitting a job, **both** names **must** be listed.
- **Friday, July 18th:** Turn in your preferred parking money to Karen Poulos. Fees can be delivered to Five Seasons, attn. Karen Poulos or Fees may also be sent through venmo to @Karen-Poulos-3

Admission

The NKSL charges admission to cover the costs of hosting this event, which includes ribbons, trophies and other miscellaneous items. Spectators will enter via the swimming pool entrance of Five Seasons ONLY. Swimmers and Workers will enter under the tented gate to the right of the pool entrance. All workers **MUST** sign in. Only workers listed on the final 7/18 list provided to **Karen Poulos** or on the officials list will get in free.

CASH ONLY

Adults (18 & Over): \$5.00

Senior (55+): \$3.00

Youth (5-17): \$3.00

Child (Under 5): Free

NKSL Registered Swimmer/ Diver – Free

Registered Meet Workers/ Officials – Free (**must be on volunteer list**)

Heat Sheets: \$5.00

Highlighter/Marker Combo: \$2.00

NOTE: If you plan to return for the evening session of prelims, you must retain your wristband. Otherwise you will be charged the admission fee to re-enter.

Food

- A full concession area will be available for all sessions. Cash or Credit Card is accepted at the Concession Stand. **No alcoholic drinks are permitted to be brought into Five Seasons.** Coolers will be checked at the entrance. Sports drinks and water are allowed to be brought inside.
- The Gator Grub snack area is available and items can be purchased with cash.
- The Tiki Hut will be serving up signature Champ Meet drinks and other alcoholic beverages. Cash or Credit Card is accepted at the Tiki Hut. Please remind your fans alcohol is not to be consumed by anyone involved in the operation of the meet.

Parking

- There will be handicapped parking in the front of the pool and club, a State handicap sticker is required. Parking will be available around Five Seasons Sports Club. Overflow parking is available at Thomas More College with a short walk to the pool. Signs and attendants will be in the parking lot to help direct people.
- Coaches, delegates, officials and paid parking passes will have preferred parking access near the entry gate. Turn in your preferred parking money to Karen Poulos by July 18th. Fees can be delivered to Five Seasons, attn. Karen Poulos or Fees may also be sent through venmo to @Karen-Poulos-3

Tents/ Team Areas

Please look for your team's designated area when setting up your team area. Teams may bring tents for their team area but weights may be needed as it is difficult to anchor to the artificial turf. We are planning to use the "grass" court behind the blocks for teams to put up their tents. Each team is expected to clean up their team area after each session and have their team area supervised.

Team Decorations/ Parade

The parade will have teams going in alphabetical order, with the host club, Five Seasons, going last. Please refrain from items causing a mess, ie. silly string, crepe paper, etc.

Physical Layout

- Backstroke flags are placed at both ends of the pool.
- We will use 6 lanes for all sessions. (8 lanes will be used for warm-ups)
- We will have touch pads at both ends of the pool.
- 8 & unders will be starting from blocks at the starting end of the pool. Timers will move to the opposite end of the pool for 25 meter events.
- 8 & unders can use a dive entry for legs 2 & 4 of the 100 meter relays.
- There will be bleachers and deck space for spectators, but they will not be allowed past the roped areas.
- Adults (other than designated workers) will be forbidden access to the block/clerk of course areas of the pool.

Clerk of Course

There will be a Clerk of Course for 8 & under and 9-10 individual events for both the prelims and finals. Clerk of Course will be located in the grass tennis court, located by the team areas. All other swimmers will report directly to the starting blocks prior to their events. All relays will be the responsibility of the coaches.

Other Info

- There will be a dinner for NKSL Coaches, Officials, Delegates, and Hall of Fame recipients between the prelim sessions on Thursday, July 24th. Snack and drink tickets will be provided for coaches and officials for all sessions.
- We will stop the finals session periodically for the presentation of awards, giving the swimmers the honor they deserve for their accomplishment. All swimmers receiving awards must go to the basketball court to be lined up appropriately. Breaks will be after the 15-18 100 Free, after the 15-18 Backstroke, and at the end of the meet.
- Trophies and medals will not be given out at the end of the finals session on Friday. Teams can pick up their awards starting at noon on Saturday, July 26th at the front desk of Five Seasons, not the pool entrance.
- ***Teams must supply watches for their timers!!***
- Swimmer drop-off area is in front of the pool entrance.
- Championship T-Shirts will be sold at every Championship Meet. Sizes are limited in number so buy them early!
- Swimville will be at the Thursday Prelims Only.



Northern Kentucky Swim League Champ Meet

Hosted by Five Seasons Sports Club

Prelim schedule- Thursday, July 24, 2025

Thursday, July 24, 2025	
Afternoon Prelims (12 & Under)	
11:00 – 11:25 am	Warm-Up Group A
11:25 – 11:50 am	Warm-Up Group B
11:45 am	Scratch Meeting
11:50 – 12:15 pm	Warm-Up Group C
12:15 pm	Workers/ Officials Meeting
12:30 pm	Meet starts
3:30/4:00 pm	Coaches/ Delegates / Hall of Fame Dinner
Thursday, July 24, 2025	
Evening Prelims (13+)	
5:00 – 5:25 pm	Warm-Up Group A
5:25 – 5:50 pm	Warm-Up Group B
5:45 pm	Scratch Meeting
5:50 – 6:15 pm	Warm-Up Group C
6:00 pm	Workers/Officials Meeting/call Senior swimmers and parents to Dive Board
6:15 pm	Senior Recognition
6:30 pm	Meet Starts

*Senior Recognition will be in alphabetical order by club. Those swimmers and their parents in warm up groups A & B should collect by the diving board at 6:10 PM. Swimmers and parents in warm up group C should report to the diving board asap after warm ups conclude.

Warm-Up Lane Assignments for all sessions:

Group A		Group B		Group C	
Club	Lanes	Club	Lanes	Club	Lanes
Bluegrass	1	Oakbrook	1	Ft. Thomas	1
Bluegrass	2	Oakbrook	2	Ft. Thomas	2
Bluegrass	3	Florence	3	Ft. Thomas	3
Brookwood	4	Florence	4	Taylor Mill	4
Brookwood	5	Beechwood	5	Taylor Mill	5
Five Seasons	6	Beechwood	6	Newport	6
Five Seasons	7	Ludlow	7	Newport	7
Five Seasons	8	Ludlow	8	Newport	8

Northern Kentucky Swim League Champ Meet

Hosted by Five Seasons Sports Club

Finals schedule- Friday, July 25, 2025

2:30 - 2:50	Warm up – Group A
2:50 – 3:10	Warm Up – Group B
2:50	Scratch Meeting – <i>at Officials' Tent</i>
3:30	Worker/Officials meeting – <i>at Officials' Tent</i>
3:10 – 3:30	Warm Up – Group C
3:40	Coaches line up teams for Parade in the following order: Beechwood, Bluegrass, Brookwood, Florence, Fort Thomas, Ludlow Bromley, Newport, Oakbrook, Taylor Mill, and Five Seasons.
3:45	Parade of Champions: The teams will line up for the Parade of Champions in the team area. When your team is called, walk out of the team area closest to the club. Walk in front of the starting blocks and continue around the pool towards the diving boards. Once the first team reaches the end, they will stop and all teams will stop until the last team is around the pool. Teams will stay in place until after the National Anthem. They will proceed in the same order back to the team areas.
3:55	NKSL President & Hall of Fame Presentation: Jerry Wissman
4:00	Mike Bresser Scholarship Award
4:05	National Anthem
4:15	Meet starts

We will stop the meet to present awards after 15-18 100 Free, 15-18 Backstroke & Free Relays. Swimmers will be given “dummy” awards and teams will pick up their swimmers awards beginning at noon on Saturday, July 26th.

2025 NKSL Swim Champ Meet Worker Assignment Sheet
MUST BE SIGNED UP IN SIGN UP GENIUS BY MONDAY, JULY 18th

Thursday, July 24: Afternoon Prelims: Report for work at noon

Timers bring your own watches!!

Job	Club	Worker(s)	Job	Club	Worker(s)
Timer Lane 1	Brookwood		Timer Lane 1	Brookwood	
Timer Lane 2	Florence		Timer Lane 2	Florence	
Timer Lane 3	Ft. Thomas		Timer Lane 3	Ft Thomas	
Timer Lane 4	Beechwood		Timer Lane 4	Beechwood	
Timer Lane 5	Taylor Mill		Timer Lane 5	Taylor Mill	
Timer Lane 6	Ludlow		Timer Lane 6	Ludlow	
Clerk of Course	Newport		Team Area Chaperone	All Teams	
Clerk of Course	Oakbrook		Runner	Oakbrook	
Clerk of Course	5 Seasons		Head timer	Bluegrass	
Clerk of Course	5 Seasons		Announcer	5 Seasons	

Thursday, July 24: Evening Session: Report for work at 6:00 pm

Timers bring your own watches!!

Job	Club	Worker(s)	Job	Club	Worker(s)
Timer Lane 1	Beechwood		Timer Lane 1	Beechwood	
Timer Lane 2	Florence		Timer Lane 2	Florence	
Timer Lane 3	Newport		Timer Lane 3	Newport	
Timer Lane 4	Bluegrass		Timer Lane 4	Bluegrass	
Timer Lane 5	Ft Thomas		Timer Lane 5	Ft. Thomas	
Timer Lane 6	Taylor Mill		Timer Lane 6	Taylor Mill	
Head timer	Brookwood		Team Area Chaperone	All Teams	
Runner	Oakbrook		Announcer	5 Seasons	

*(All workers **MUST** enter at the swimmer/worker gate to the right of the pool gate and sign in. Only meet workers listed on the final 7/18 Sign Up Genius or are on the officials list will get in free.)*

2025 NKSL Swim Champ Meet Worker Assignment Sheet
MUST BE SIGNED UP IN SIGN UP GENIUS BY MONDAY, JULY 18th

Friday July 25- Finals: Report for work at 3:15 pm

Timers bring your own watches!!

Job	Club	Worker(s)	Job	Club	Worker(s)
Timer Lane 1	Ludlow		Timer Lane 1	Ludlow	
Timer Lane 2	Bluegrass		Timer Lane 2	Bluegrass	
Timer Lane 3	Florence		Timer Lane 3	Florence	
Timer Lane 4	Oakbrook		Timer Lane 4	Oakbrook	
Timer Lane 5	Ft Thomas		Timer Lane 5	Ft. Thomas	
Timer Lane 6	Newport		Timer Lane 6	Newport	
Clerk of Course	5 Seasons		Clerk of Course	5 Seasons	
Clerk of Course	Taylor Mill		Team Area Chaperone	All Teams	
Head timer	Taylor Mill		Awards Clerk	Brookwood	
Awards Clerk	Beechwood		Awards Clerk	Beechwood	
Runner	Brookwood		Announcer	TBD	

*(All workers **MUST** enter at the swimmer/worker gate to the right of the pool gate and sign in. Only meet workers listed on the final 7/18 Sign Up Genius or are on the officials list will get in free.)*

NKSL CHAMPIONSHIP MEET JULY 24-25, 2025

Sponsor & Heat Sheet Advertising Form

Five Seasons Sports Club is hosting the 2016 NKSL Swimming Championships to be held on Thursday & Friday, July 24-25, 2025. Approximately 1000 swimmers and their families will be in attendance over the two day event.

We are selling advertising space in the heat sheet program. Please enclose your ad as you want it to read. Please have all ads **"art work ready"** along with proper payment. Please do not write on your ad. The ad will appear exactly as submitted for the program.

AD TYPE/COST

Full Page	\$100.00
Half Page	\$75.00
1/4 Page	\$50.00
Love Line for Your Swimmer (max. 150 characters with spaces)	\$15.00

Artwork ready ads can be emailed to Karen Poulos at: karenepoulos@gmail.com

- All Copies will be black and white.
- Artwork is not returnable.
- Payment and Artwork are due on or before July 18, 2025. Payments can be dropped off to Five Seasons Sports Club on or before July 18th, 2025 with attn: Karen Poulos- Heat Sheet Ad or paid through Venmo @Karen-Poulos-3
- Programs will be sold at NKSL Champ Meet on July 24-25, 2025

Payments and ads can also be mailed to the following address:

Heat Sheet Ads - Attn. Karen Poulos
345 Thomas More Parkway
Crestview Hills, Ky 41017

REQUEST FOR ADVERTISING

Advertiser: _____

Address: _____ Phone: _____

Contact Person: _____ Email address: _____

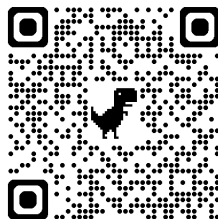
Ad Type: **Check all that apply**

- **Full Page** **\$100** _____
- **Half Page** **\$75** _____
- **1/4 Page** **\$50** _____
- **Love Line** **\$15** _____

Total Cost: \$ _____ Payment Amt: _____ Cash Check (Circle One)

(Please make checks payable to: **Five Seasons Sports Club**)

Received by: _____ Date: _____ Payment Due: _____



The Bresser Scholarship

All Senior Swimmers and Divers that declare their last year in NKSL are eligible and encouraged to apply. DUE: June 30th

History of Mike Bresser

Mike Bresser was an integral part of the Northern Kentucky Swim League, Inc. (NKSL) – he was the ultimate volunteer, working tirelessly to better the league and make it what it is today. The NKSL established the Mike Bresser Scholarship after his untimely death in 1996. The NKSL felt this would be a fitting tribute to him and the endless hours he dedicated to the NKSL and the sport of swimming.

How to apply:

1. Write an essay of 500 to 1,000 words describing the importance of swimming/diving in your life (how it has changed, improved, created opportunities, etc.). Please type and double space. Also include your goals after graduation and the college or university that you will attend after graduation from high school.
2. Include two letters of recommendation describing your strengths and why you deserve the scholarship. The letters should include the length of time the person has known you and in what capacity. One letter should be from a coach or other person in swimming and the other from a person outside of swimming such as a counselor, teacher or clergy.
3. Fill out all parts of the application form. (See Below)

Application, essay, and letters must be completed and delivered to the NKSL President by June 30th. Applications, essays and letters should be emailed to nkslpresident@gmail.com.

Mike Bresser Scholarship Application

Please return this application via email at the following address by June 30th during your senior NKSL season. Applications should be emailed to nkslpresident@gmail.com.

Date Received _____

Applicants Name: _____ DOB: _____

Address: _____

Phone #: (____) ____ - ____ Parent(s) _____

Member Club: _____ Years in the NKSL _____

High School: _____ Counselor: _____

School Address: _____

School Phone #: (____) ____ - ____ Graduation Date: _____

Awards and Honors: _____

Extra-Curricular activities, clubs, etc.: _____

Reason you are applying for this scholarship: _____

Describe your most memorable moment in NKSL competition: _____

Attach the following documents

- 1) An essay of 500 to 1,000 words describing the importance of swimming in your life; how it changed, improved, or created opportunities for you. This essay should be typed and double spaced. Please include your goals after graduation and the College or University that you will be attending after graduation.
- 2) Two letters of recommendation describing your strengths and why you deserve this scholarship. The letters should include the length of time the author has known you and in what capacity. One letter should be from a coach or other person in swimming and the other from a person outside of swimming such as a teacher, counselor, or member of the clergy.