



MONARCHS  
SWIM TEAM

# *Parent* GUIDE

SUMMER  
2024

## OVERVIEW

The Kingsgate Monarchs Swim Team offers opportunities for swimmers of all ages and ability levels who live in the Kingsgate 3 & 4 neighborhood OR are the grandchildren of a resident who lives in the Kingsgate 3 & 4 neighborhood.

## SWIM TEAM PRACTICES

Occur every week, Monday through Thursday (no practice on Fridays)

**Evening** practice start on **Tuesday, May 28th**

**Morning** practices begin June 24th

The **first 15 minutes** of each practice is for land work, including stretching and some running. **Please have your swimmer wear appropriate footwear for running/walking at each practice. Hair should be tied up and caps worn.**

| <b>Age Group</b> | <b>May 28<br/>(Evening Practices)</b> | <b>Starting June 24<br/>(Morning Practices)</b> |
|------------------|---------------------------------------|---|
| 8 & Under/Minis  | 5:45 - 6:30 p.m.                      | 9:15 - 10:00 a.m.                               |
| 10 & Under       | 6:15 - 7:00 p.m.                      | 8:45 - 9:30 a.m.                                |
| 12 & Under       | 6:45 - 7:35 p.m.                      | 8:10 - 9:00 a.m.                                |
| 14 & Under       | 7:20 - 8:15 p.m.                      | 7:30 - 8:25 a.m.                                |
| 15 & Up          | 8:00 - 9:00 p.m.                      | 6:45 - 7:45 a.m.                                |

## CONTACTS

### **Candis Brink**

Head Coach

[tcbrink@toddandcandis.com](mailto:tcbrink@toddandcandis.com)

425-890-1974 (use phone for day of meet changes)

### **Erin Brink, Heather Gengo and Madeleine Tremblay**

**Assistant Coaches**

### **Ashley Larson and Michele Dwyer**

Parent Reps

[monarchs@kingsgate3and4.com](mailto:monarchs@kingsgate3and4.com)

406-250-1412 Ashley 206-484-1228 Michele

Contact Coach Candis for questions related to your swimmer.

Contact Parent Reps if you have questions or concerns about swim team operations.

# SWIMMING GROUPS

It is the goal of the Kingsgate Monarchs to offer age-specific training geared towards challenging each swimmer and developing each swimmer to the best of THEIR abilities.

## **MINI MONARCHS “Minis”**

The Mini Monarch program is for younger swimmers who cannot yet swim the full pool length.

There are Mini tryouts during the first week of practice. Swimmers must be safe in the water and be able to swim the **width** of the pool independently.

You will not pay for the season until after hearing whether your swimmer has made it into the program.

The goal for Mini Monarchs is to be able to swim the whole pool length during the season. Coaches work with the swimmers at practice to be able to reach this goal. When ready, Mini Monarchs will swim an “exhibition” race at the beginning of a home meet.

## **8 & UNDER**

All swimmers 8 years old and younger who can swim the length of the pool in freestyle and beginning backstroke

## **10 & UNDER**

All swimmers 9 and 10 years old

## **12 & UNDER**

All swimmers 11 and 12 years old

## **14 & UNDER**

All swimmers 13 and 14 years old

## **15 & UP**

All swimmers 15 years old and up. Individuals can swim on the team until the summer after senior year of high school.

JUNE 15<sup>TH</sup> is the cutoff date. Whatever your age is before June 15<sup>th</sup>, determines your placement in the age groups.

# SWIM MEETS

Swim meets are typically on Tuesday and Thursday evenings and begin the week of June 17. The Monarchs swim against other teams in the Midlakes Swim League.

**At home meets warmups are at 4:45pm.** Allow extra time for getting swimmer and area settled. When you arrive at a swim meet, all swimmers should check in with a coach.

**At away meets,** swimmers should be ready to be in the pool by **5:15pm for warmups.**

Swim meets start at 6:00pm. Mini Monarchs swim at 5:45pm (when they are ready)

Before every swim meet the team has a quick team meeting. The team will do their team cheer during this time, as well.

*Give me a yell*

*Give me a yell*

*Give me an extra special yell*

*And when we yell, we yell real loud*

*And this is what we yell:*

*Alabam – Alabam – Alaban-Diego San Diego*

*Harkis Parkis, Kiss my Karkis*

*Shish boom bah, Shish boom bah*

*Kingsgate Monarchs Rah Rah Rah!*

## HOW DO WE KNOW WHAT EVENTS WE ARE SWIMMING?

**The coaches will e-mail the heat sheet the day of the swim meet.**

Your swimmer may know their events at practice the day of the meet, but most likely will not know until they view the heat sheet. The coaches will provide a list of your swimmers races to the swimmer when they check in for the meet.

The meet will also be posted at the swim meet on a board that is posted in our team area.

Experienced swimmers can help new swimmers (and parents) read the line-up.

## WHAT IS A “HEAT SHEET”?

A heat sheet is a roadmap to a swim meet. It’s a document that tells you who’s swimming, in what event, in what heat, and in what lane. It’s the key to understanding the flow of the meet and knowing when and where you or your swimmer will be racing.

Here’s a step-by-step guide:

1. **Find the Event:** Events are usually listed in numerical order. Look for the event number and the corresponding name of the event.

Example: **EVENT #27: GIRLS 8 & UNDER 25 YARD FREESTYLE**

2. **Identify the Heat:** Under each event, you'll see the heat listed. Find the heat number you or your swimmer is in.
3. **Look for the Lane:** Within each heat, find the lane number assigned to you or your swimmer.
4. **Check the Name, Age, and Team:** Confirm you have the right swimmer by checking the name, age, and team. Kingsgate Monarchs will show as "KGM".

## WHAT ARE "EVENTS"?

An event is an **individual swim race**. Events are broken down by distance (50, 100, 200, 500, 1,000), stroke (freestyle, backstroke, breaststroke, butterfly or I.M.) and oftentimes by age, gender and relay type.

## WHAT IS A "HEAT"?

The heat number refers to the order of races, while the lane number refers to the position in the pool. For example, Heat 1 refers to the first group of swimmers who will compete in a particular event. The number of heats in an event depends on the number of swimmers participating.

## WHAT IS AN "I.M."?

I.M. stands for **Individual Medley** (one swimmer, 4 strokes) and the order is *Butterfly, Backstroke, Breaststroke and Freestyle*.

The **Medley Relay** order is *Backstroke, Breaststroke, Butterfly and Freestyle*.

This relay is accomplished with four different swimmers.

#1 swims backstroke, #2 swims breaststroke, #3 swims butterfly and #4 swims freestyle.

## HOW TO TRACK YOUR EVENTS

One of the keys to a successful swim meet is staying organized and keeping track of your events. With multiple events, heats, and lane assignments to remember, it can be easy to lose track. Here's a simple strategy to help you stay on top of your races.

Firstly, always write down your **event number**(E), **heat**(H), and **lane**(L) as soon as you get your heat sheet. These are the most critical pieces of information that will guide you through the meet.

You can jot these details down in a small notebook or a piece of paper. Coaches will also give you your individual races at the meet.

Some swimmers prefer to write them on their hand or arm with a waterproof marker, example below. Choose a method that's easy for you to access and hard to lose or forget.



## **WHEN SHOULD SWIMMERS REPORT TO THE STARTING AREA?**

Every event has an event number. The announcer will make a 1st call, 2nd call and 3rd call for each event.

**Your swimmer should report to the starting area on the first call with their swim cap and goggles ready to swim.** Relay teams should gather and report together.

Make sure swimmers are in the correct heat and lane.

*We cannot emphasize enough the importance of parent involvement in getting swimmers to their events on time - the first call! Help your swimmers report on time and stay aware of the current event number. This helps our meets go much smoother and faster.*

## **WHAT TO BRING**

- **Team Swimsuit and Team Swim Cap**
- **Goggles.** These are especially hard to keep track of during a meet, so have your swimmer keep careful watch over their own pair.
- **Towels.** Swimmers will be in and out of the water, so pack at least two or three towels.

- **Camping chairs, “picnic” blanket, and/or tent/canopy.** There is plenty of room in the park to fit everyone’s tents/canopies, but if you’d like a spot near the pool, those spots go fast and are usually set up during morning practices.
- **Snacks/Drinks.** You are welcome to bring food to swim meets but concessions are provided at every meet, as well. We encourage swim team families to support our concessions, as it offsets our swim team operations and keeps us from having to put together additional fundraisers.
  - Swim meets can last around 3 hours.
  - Swimmers should stay away from heavy foods and sugar treats until they are done swimming, but should eat lightly throughout the meet to maintain strength and energy.
- **Changes of clothes such as swim jacket, sweatpants, sweatshirts, and t-shirts.**
  - Please mark everything with your name.
- **Sharpie/Pen/Highlighter.** A Sharpie is used to write your swimmers events on their arm.

## **RIBBONS**

Ribbons are awarded to swimmers for personal best times, heat wins, etc.

Ribbons will generally be distributed to the family files at the pool house **the day following the meet.**

We will do our best to correct any situation in which a swimmer is missing a ribbon for their accomplishments.

Please let a coach know if you are missing any awards.

## **“A” MEET, “B” MEET AND EXHIBITION EVENTS**

Our goal is to get as many swimmers in the pool as possible at each meet.

**"A" meets** - Coach will put the fastest swimmers in their strongest events to earn as many points as possible.

**"B" meets** - Once an "A" (faster) time has been achieved by a swimmer in an event, they are disqualified to compete in that event at a "B" meet. Swimmers who have not achieved an "A" time will be entered in the scoring heats and will have the chance to earn points for the team.

**Exhibition events** are not scored but allow swimmers more practice at an event on which they are working, achieve a best time and allow us the opportunity to let more kids participate in both A and B meets.

## **DISQUALIFICATIONS**

At each meet, there are two stroke and turn judges who walk the length of the pool to watch for stroke violations. They may disqualify your swimmer for doing an incorrect stroke, kick, hand touch, or flip turn.

Disqualifications also happen during the start of an event. If your swimmer is disqualified, our coaches will help your swimmer understand the disqualification.

*It is important to understand and learn from disqualifications.*  
It's not the end of the world - Stay positive!

## **VOLUNTEER JOBS**

Each family is required to fulfill their volunteer hours by assisting with some aspect of a swim meet. Some jobs require training ahead of time, but most are available with just in time instruction. If you are a new parent, consider volunteering in concessions or as a timer to get a feel for how meets run. We would love as many parents as possible to attend training each year for the jobs that require official training.

## **PARENT EXPECTATIONS**

As a swim team parent, you are asked to help with the following:

- Encourage your swimmer to attend swim practices.
- Volunteer to help 20 hours per family with concessions, timing, etc. If you have a swimmer in a meet, sign up for a volunteer job.
- Fulfill all volunteer obligations and find your own replacement if you have a scheduling conflict.
- Transport your swimmer to away meets or find alternate transportation/supervision.
- Notify the coach at least two days before the scheduled swim meet, if your swimmer is not able to make it to that meet. The coach needs this advance notice in order to prepare event lineup, relays, etc. If a swimmer gets sick or for some other surprise reason they can't get to the meet, text Coach Candis and parent reps.
- Assist team parents and coaches to supervise and locate your swimmer in time for their swim events.
- Check your swim team folder in the pool office (every family has one) for updates, news, and ribbons.



- CHECK YOUR EMAIL DAILY DURING SWIM SEASON. OUR PRIMARY FORM OF COMMUNICATION WILL BE VIA E-MAIL.

Swimmers are expected to be able to safely swim the length of the pool unaided. Swimmers under the age of 8 are given some leeway, but need to be able to safely swim the length unaided for safety reasons.

**Swim team is not the same as swim lessons**, although instruction will be given during swim team to improve strokes, increase speed and endurance and improve technique in areas such as diving and flip turns. The coaches will be responsible for determining if your child meets this criteria and their decision will be upheld by the swim team directors. Our Mini Monarchs swim program allows children who cannot make the length, but are water safe, to participate on swim team.

## **SWIMMER EXPECTATIONS**

As a swimmer, you are expected to:

- Make as many practices as possible.
- Be ready for dry land exercises when practice begins.
- Notify the coaches (email is best) if you cannot make a practice. We recognize that there will be conflicts with sports (baseball, soccer, etc.).
- Attend all swim meets unless prior arrangements have been made with the swim coaches. Unexcused absences will be taken into consideration when completing swim meet line-ups, especially in the age groups where numbers are an issue.

**Sportsmanship is very important to the Monarchs.** We have a no-tolerance policy when it comes to poor sportsmanship and bullying. Please keep the following rules in mind and you shouldn't have a problem.

- I will treat myself with respect.
- I will treat my teammates with respect.
- I will treat all volunteers, officials, coaches, host clubs and the opposing team and facilities with respect.

