

Welcome to the Kennedy Women's Swimming and Diving Team!



We are glad to welcome all swimmers, divers and parents, new and returning, to another year. Each year, we build on a rich tradition of excellence and team oriented success. With one of the best swimming and diving facilities in the State of Iowa, the coaches and parents have created a strong group of supporters for the athletes.

Team Website

All women's swimming/diving team information can be found on our team website at www.cougarswim.org. There is a link to this site from the Kennedy Athletics Women's Swimming/Diving web page.

Our website includes schedules, parent information, photos, meet news, results and a link to our Google Calendar.

Please check the team website for updated information.

Communication

There is a lot of information which needs to be communicated to athletes and parents throughout the season. We communicate with parents via email and our team Google Calendar (there is a link to the calendar on the team website). If you haven't received any emails yet, please email contact@cougarswim.org with your email address and phone number.

Please check the team website for updated information at cougarswim.org.

Booster Club

The Kennedy Booster Club is a volunteer membership-based organization dedicated to supporting Kennedy High School student-athletes and coaches. The membership consists of parents, friends, alumni, coaches, teachers, administrators, and businesses that support all Cougar athletic programs.

See Kennedy High School fall registration materials for information about joining the Booster Club or contact our team representatives. Your registration will support the women's swimming/diving team.

Minnesota Trip

The annual swim/dive team trip takes place the weekend before school starts. The girls have the opportunity to practice at the finest Minnesota College pools, visit Valley Fair, shop and get to know their team mates and coaches.

Practice

Practice schedules are handed out, as needed, at practice. The most current practice schedule can be found on the cougarswim.org website. Morning practice is required for varsity swimmers, but all swimmers are invited to this practice if they wish to attend.

Carpooling

If anyone needs a ride to or from practice, or to a metro area meet, please see one of the coaches or team captains. They will be glad to help you find a ride.

Swim Team Clothing

All athletes are responsible for supplying their own goggles, practice suits, drag suits, team suits and towels. We recommend that you mark your belongings. Kennedy supplies warm-ups for the athletes to use. You may also purchase a team warm-up suit for your daughter.

It is the captains' decision to choose the team suit, and t-shirt each year. The coaches/captains handle the ordering and payment collection.

There are many items available for purchase to show support for our swim team. Polo shirts, T-shirts and sweatshirts can be ordered by the parents.

Dress Code for Away Meets

For away meets; the dress code is skirts, black or khaki pants and blouses. No jeans or jeans skirts are allowed. Also, no tennis shoes or flip flops are allowed. Failure to adhere to this dress code will result in not participating in the meet.

Transportation to Meets

For away meets within the metro area, athletes are responsible for their own transportation, unless advised differently by the coaches. Bus transportation will be provided for out of town meets.

Feeding the Swimmers:

Breakfast Club

All morning women athletes are welcome to eat a hot breakfast in the team room after morning practice. Parents are asked to sign up for breakfast shifts during this time. **Each day a parent brings in a main hot dish to feed 20-25 girls and needs to arrive so breakfast is ready to be served no later than 6:30 AM. Some of the girls have zero hour activities so they need to eat no later than 6:30 AM.**

Please stay through the breakfast time and clean up when the girls leave about 8:00 AM. There are supplies to help with the clean up.

Prepare your meal at home the night before or in the morning and wrap it up to keep it warm. Crock pots work great for eggs and sausage or ham. There is a toaster, griddle and a microwave in the team room. There are also plates, bowls, plastic tableware and cups. There are also baggies and plastic wrap to cover left-overs. Bring your own knives, spatulas and serving spoons and take them home with you. **There are no sink or water facilities in the team room at this time.**

Team Room Food

Food will be available in the team room before school for varsity swimmers and after school for all swimmers. Cost is \$40.00 per athlete for the entire season. This money covers bread, peanut butter, assorted fruits, cereals, milk, juices, a variety of snacks and paper goods.

The \$40 fee also covers the cost of other team food/drinks throughout the season. This is a mandatory fee for all swimmers/divers.

Home Meets

Sandwiches and snacks are provided to athletes and parents of both teams after each home meet and are served on the deck. This is a special treat and one of the reasons the opposing teams always remember how nice it is to come and swim at Kennedy. Parents are asked to sign up and bring a variety of items.

The usual items are sandwiches, veggie trays, fruit trays and desserts. The drink served is usually Gatorade for which the team provides powdered Gatorade.

Away Meets

For away meets, a sack lunch and drink is provided for each athlete for the bus trip.

Team Parties

Several Saturdays during the season are reserved for family parties for ALL swim athletes and parents. Parents volunteer to have the party at their homes which typically start around 6:00 PM. They furnish the main course and each attending family supplies a side dish, dessert or drinks. These parties are lots of fun and a great way to get to know everyone.

Fall Picnic

At the beginning of each season, a picnic is held for athletes, coaches, parents and families to get acquainted.

Senior Night

This is at the last home meet of the season. Each senior writes a biography that is read aloud, while the athlete is escorted around the pool to her waiting parents or the parents may escort their daughter. A picture is taken and the athlete and parents walk to a position in front of the audience seating area. The seniors of the opposing team are also introduced.

The seniors' parents generally decide about flowers, pictures, etc.

Year-End Banquet

After the end of the season, the juniors' parents coordinate a banquet which is generally held in the Kennedy cafeteria. They are responsible for reserving the school, sending the invitations, collecting money and planning the food and decorations.

Decorations, tablecloths and "K" statues can be reserved from the PTA/Booster Club. The cost per person should include all costs which should be collected with the RSVPs.

Juniors are responsible for senior and manager gifts. The seniors are responsible for the coaches' gifts (usually gift certificates so they can take their spouses out to dinner after the long season). All athletes pitch in for these gifts and the team captains collect the money.

