



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.

COMMUNICATION

There is always a lot of information which needs to be communicated to athletes and parents throughout the season. We are in the process of getting everyone's email addresses so we can send out weekly updates about meets, committees, etc. If you haven't received any emails yet, please email kscharmer@mchsi.com with your address and phone number.

PRACTICES

Practice schedules are handed out, as needed, at practice. We will also try to include this information in the weekly email update, and it can be found on the Kennedy web site. Morning practice is required for varsity swimmers, but all swimmers are invited to this practice if they want to attend.



CARPOOLING

If anyone needs a ride to or from practice, please see one of the coaches or team captains. They will be glad to set up something for you.

SWIM TEAM CLOTHING

All athletes are responsible for supplying their own goggles, practice suits, drag suits, team suits and towels. We recommend you mark your belongings. Kennedy supplies warm-ups for the athletes to use.

It is the seniors' decision to choose the team suit 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.

Also, the Booster Club has a store, The Cougar Den, where you can purchase lots of Kennedy merchandise.



DRESS CODE FOR AWAY MEETS



For away meets, 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 attending 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.

DIRECTIONS TO AWAY MEETS

We will try to provide the specific address of the location for away meets so you can do your own map quest for driving directions.

You can also call another parent or the coaches.



FEEDING THE SWIMMERS



~THE BREAKFAST CLUB

All morning women athletes are welcome to eat a hot breakfast in the team room after morning practice. Practices begin in mid-August and continue until early November. Cost is \$30.00 per athlete for the entire season. This money covers bread, peanut butter, assorted fruits, cereals, milk, juices, oatmeal and paper goods.

For the hot breakfast, parents are asked to sign up for breakfast shifts during this time. This year the committee is Susie Ross and Diane Altschwager so contact them about volunteering. **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. 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.** There are also baggies and plastic wrap to cover left-overs. Leave them in the refrigerator for the girls to eat later. They really appreciate that.

It is so much fun to be around the athletes at breakfast time. They are a great group of girls. We would request hot meals if you volunteer to provide breakfast for one or more mornings and try to stay away from donuts, sweet rolls, etc. If you are new, call another parent and work together.

~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 and parents and families to help get acquainted. This is a fun way to kick off the season and the picnic is usually at Mohawk Park Pavilion on J Street NE.

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 put on a banquet which is generally held in the Kennedy cafeteria. They are responsible for reserving the school, getting out 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.

Also, the junior parents 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.

