

KCHS SWIMMING & DIVING TEAM

2017 - 2018 INFORMATION

COACHES:

Jimmy McCollum
(Rachel)

jandrmccollum@gmail.com - or - kchs.swim.dive@gmail.com
690-1946 (h) (before 9:00 pm)

Addison Bond
Josh Lucheon

addisonjb@me.com
jlucheon23@gmail.com

Diving Coaches:

Mike Wright (Volunteer Diving)

coachmichael@tenndiving.com
974-4644

TEAM REPS:

Robin Barre (Meet Director)

rdbarre@gmail.com
310-3906 (c)

Megan Erpenbach (KCHS)

merpenbach@knoxvillecatholic.com
560-0509 (w)

PRACTICES

Swimming	Tuesdays/Thursdays	Allan Jones Aquatic Center (AJAC)	7:45 - 9:30 pm
	Sundays	Allan Jones Aquatic Center (varies)	varies (see Calendar)
Diving	Tuesdays/Thursdays	Allan Jones Aquatic Center	6:30 - 8:30 pm

Athletes should attend as many practices as possible, and arrive on time. Divers should confirm all practices with the diving coach. **Thanks for picking up your athlete within 15 minutes after practice.**

What to Wear/Bring to Practice: Swimmers should wear running shoes, comfortable shorts and shirt for dry land exercises before practice. You might run outside. For swimming, you will need a swim suit, cap, goggles, towel, and your swimming equipment. Everyone should bring a **water bottle** with water or energy drink, for use before, during, and after both dry lands and swim practice.

Swimming Equipment: Swimmers should bring swimming equipment (kickboard, fins, paddles, pull buoy) to every practice. Swimmers can check-out school equipment using the **Equipment Checkout Form**. Checkout Forms should be returned by **Sunday, October 29th** and pre-numbered equipment will be provided at school at a date to be determined.

Swimmers are responsible for provided equipment, should guard against any damage or loss, and return the exact equipment provided to them at the end of the season. Swimmers will be charged for any missing or damaged equipment on their school account (up to \$100).

Parking at Practice: Parking is a problem, so carpool when possible. You can be ticketed on campus. UT Parking passes (Evening School pass, cost \$38.00) can be purchased from UT Parking Services, 974-6031. Parking along Volunteer Blvd is sometimes available, no charge after 6 pm.

Attendance at Practice: Coaches take attendance at every practice. Swimmers should participate in 65% of practices to meet Letter Requirements. The two practices during exams Dec 14 and Dec 19 are optional, but count as "extra credit" toward the 65% requirement. There are approximately 27 practices prior to City Meet. Swimmers should attend as many practices as possible for the most improvement.

FEES and EXPENSES

Team Fees: Swimmers \$150. Second athlete per family \$90. Third or more \$50 each. Active USS Swimmers and Tennessee Aquatics High School group \$90.

Athletes who are swimming and diving \$150.

Fees used for various expenses such as entry fees, t-shirts, swim equipment, caps, and diving expenses.

Diving Fees: All Divers pay a \$50 KCHS diving fee (see below regarding additional Tennessee Diving fees).

Divers are coached by Volunteer Diving for a total cost of \$300 per diver. We ask our KCHS divers to pay the first \$150.00 (payable to Volunteer Diving as invoiced by them) in addition to the KCHS diving fee of \$50. KCHS will pay the \$150 balance to Volunteer Diving. We expect all divers to compete in all meets, including the KISL Championship Meet. Due to the cost to the school on a per diver basis, in the event a diver does not complete the diving season, you will be charged an additional \$150 on your school account to cover the diving costs incurred from Tennessee Diving.

School Athletic Fee: The KCHS Athletic Department charges a \$200 fee for participation in any school sport including swimming and diving. This once a year fee is charged on your school account for one or more sports regardless of the number of sports you participate. These fees help pay for our pool time as well as other swimming and athletic department expenses.

Out of Pocket Expenses: Swimmers can purchase team suits, goggles, practice suits, team sweats and/or warm-ups.

Team Swim Suit Fitting: Athletes are strongly encouraged to have a team suit. Swim & Tri will carry our team suit. Fitting can be done at their store at your convenience at 5921 Kingston Pike. Payment at the time of the fitting will expedite delivery to you later.

Other Apparel: We are setting up a web page where you can purchase KCHS swimming and diving apparel. Offerings are expected to include sweatshirts, pants, and jackets. Additional information and a link to the web site where you can place order will be emailed when the site is finalized.

Every athlete will receive a team t-shirt and swim cap. Team t-shirts will be provided separate from any apparel you purchase from the web site. You do NOT need to order your team t-shirt from the web site.

Communication: General information including schedule, calendar, and general information can be found on our web page at www.knoxvillecatholic.com. Go to Athletics, Winter Sports, then Swimming & Diving. We send out general announcements via email regularly, including any last minute changes in our schedule. When you complete the Athlete-Parent Info Form, please be sure the email address that you give us is correct and legible. **It is very important that you check email often. Email is our primary means of communication.**

Summary of Information Needed: All athletes should have a completed Physical Form on file with the KCHS Trainer. The following forms are needed and should be returned to the coaches as soon as possible.

Form

Due Date

Physical Forms (if not already on file at school)

ASAP

Athlete and Parent Information Form

Sunday, October 29th

Equipment Checkout

Sunday, October 29th

(Equipment will be distributed at school on a date TBA based on returned forms)

MEETS

Meets: We have 5 regular season meets. **Swim meets are not optional, and every swimmer and diver is expected to participate.** See Meet Schedule for warm-up times. **Swimmers should arrive 30 minutes before warm-up.** Meets last about 2.5 hours. Diving will only be held at UT. Divers should confirm warm-up time and competition time with the Diving Coaches, as times may vary.

Qualifying Times: Qualifying Times for both the KISL meet and State meet can be found on their respective websites at: www.kisl-swim.com and www.tisca.net.

2018 KISL Regional (City) Championship Meet will be Jan 26 (diving) and 27 (swimming), 2018 at the Allan Jones Pool at UT. Parents are needed to work. Diving is Friday afternoon/evening and swimming prelims are Saturday morning into the afternoon, with finals Saturday evening. All swimmers and divers are expected to participate in this championship meet as part of our team lettering requirements.

Tennessee High School (State) Swimming & Diving Meet will be Feb 9-10, 2018 at the Allan Jones Aquatic Center in Knoxville. Swimmers must achieve qualifying times to participate. Divers must complete 11 dives at the KISL Championship Meet (or equivalent meet) to participate.

Travel to and from Dual/Tri Meets: We would like all swimmers and divers to travel to and from dual/tri meets with an adult. Carpooling is strongly encouraged.

What to wear/bring to meets: KCHS team suit, team cap, goggles, towels, warm clothes, water or Gatorade, etc. Do not bring your swim equipment. Please take care of all your belongings at meets and clean up all your area (including trash, belongings, etc.)

Parents needed!!

Parent Jobs at Swim Meets: At all our meets, we have several meet jobs which range from timers, finish judges, scorers, and runners, up to stroke & turn judge, starter, and referee. We also need help at the diving score table. We have something for everyone! See Robin Barre (contact information above) to sign up for meet jobs! **Everyone is expected to work.**

We always need parents to help. Please see Jimmy or Robin Barre to volunteer. Parents of freshmen and sophomores are especially needed. We have several responsibilities including meet director, party planner, finances, webmaster, and team apparel.

LETTER REQUIREMENTS

To earn a School Letter in Swimming & Diving, all athletes must:

- Maintain passing averages in all school classes.
- Display good sportsmanship at all times, both in and out of the water.
- Notify coaches at least 72 hours in advance of a meet in which he/she will not be able to participate. **Athlete should see the coaches write this down!**
- Notify coaches ASAP of illness or injury by email and phone messages.
- Swim or dive in all dual/tri meets scheduled.
- Attend and swim or dive in the KISL Championship Meet
- Be an ambassador for the KCHS Swimming & Diving Team, by supporting teammates and promoting the Swimming and Diving Team.
- Complete all paperwork, pay all fees, and return all equipment.

In addition, swimmers shall:

- Participate in 65% of all swim practices. USS swimmers shall attend all practices for their USS team, and attend KCHS Sunday practice twice per month.
- Be proficient in three of the four competitive swimming strokes, and learn proper starts, turns, and finishes.

And divers shall:

- Attend all diving practices.
- Participate in all KCHS meets where diving is an event.
- Learn and perform dives in all five diving positions.

GO IRISH!

**ATHLETE and PARENT INFORMATION
KCHS SWIMMING & DIVING TEAM**

Please complete and return to coaches by Sunday, October 29th.

Athlete name _____

Age _____ Date of Birth _____ Class in school _____ T-shirt size _____

Athlete email address _____ Athlete cell phone _____

Address _____ Zip _____ Home phone _____

Parents first and last names _____

Parent email address _____ Parent cell phone _____

Swimmer's best times: 50 free _____ 100 free _____ 200 free _____ other free _____

50 back _____ 50 breast _____ 50 fly _____ 200 IM _____ other _____

Best stroke _____ Worst stroke _____ Favorite stroke _____ What are your specific

goals for this season? _____

Person to Contact (other than parent listed above) in Case of Emergency:

Name _____ Phone _____ Relationship _____

PARENT RELEASE: I, the parent/guardian of the above swimmer/diver, a minor, agree that I and the swimmer/diver will abide by the rules of the Knoxville Catholic Swimming & Diving Team, its affiliated organizations and sponsors. Recognizing the possibility of physical injury that could occur during any swim and/or dive meet or practice session, and travel due to a vehicle accident or other unforeseen accident, I hereby release, discharge and otherwise indemnify the Knoxville Catholic Swimming & Diving Team, its affiliated organizations and sponsors, the coaches and associated personnel, including owners of the pools and facilities utilized by the Swimming & Diving Program, against any claim by or on behalf of the swimmer/diver as a result of the swimmer's/diver's participation in the Swimming & Diving Program.

I, the parent/guardian of the swimmer/diver, a minor, give my permission to any adult to take my child for emergency treatment to any Doctor or Hospital Emergency Room in case of an accident deeming such treatment.

PARENT/LEGAL GUARDIAN please print _____

Signature _____ **Date** _____

Insurance/Medical Carrier _____

Insurance/Medical Policy Number _____

Are there any medical conditions concerning this athlete? Circle: YES or NO. If yes, please explain:

Equipment Checkout Form

Athlete name _____

cell phone _____ email _____

Parent name _____

cell phone _____ email _____

Team Tshirt (adult sizes, S, M, L, XL) size? _____

- Please Circle requested size below
- Assigned equipment numbers will be completed by KCHS when request is filled

_____ I do NOT need any equipment (Please mark if applicable)

- OR -

	Mesh Bag	Kickboard	Pull buoy	Fins (circle requested size)	Paddles (circle requested size)
• Requested size	One size	One size	One size	S (7-9) M (9-11) L (11-13)	S / M / L
(Below Section completed by school when equipment assigned)					
• Equip number assigned	# ____	# ____	# ____	Size / Color ____ # ____	Size / Color ____ # ____

I will pay all fees before receiving any KCHS equipment. I agree that I will be responsible for any equipment, guard against any damage or loss, and will return any and all equipment at the end of the season. I understand that if there is any missing or damaged equipment, I will be charged on my school account, up to \$100.

Print Swimmer's Name

Date

Swimmer's Signature

Date Equipment Issued to Student: _____

KCHS Swimming/Diving

2017-2018

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
O c t o b e r	8 OCT	9 KCHS Fall Break	10 KCHS Fall Break	11 KCHS Fall Break	12 KCHS Fall Break	13 KCHS Fall Break	14
	15	16	17 First practice (AJAC) 7:45-9:30	18	19 Practice (AJAC) 7:45-9:30	20	21
	22 Parent Meeting / practice (AJAC) 5:00-7:30	23	24 Practice (AJAC) 7:45-9:30	25	26 Practice (AJAC) 7:45-9:30	27	28 ACT
N o v e m b e r	29 West @ SAC 1:00 warm up	30	31 No Practice Happy Halloween	1 NOV	2 Practice (AJAC) 7:45-9:30	3	4
	5 Practice 5:30-7:30 AJAC	6	7 Practice (AJAC) 7:45-9:30	8	9 Practice (AJAC) 7:45-9:30	10	11
	12 Webb @ AJAC 5:00 warm up	13	14 Practice (AJAC) 7:45-9:30	15	16 Practice (AJAC) 7:45-9:30	17	18
	19 CAK/STEM @ SAC 1:00 warm up	20	21 Practice (AJAC) 7:45-9:30	22	23 No Practice Thanksgiving	24	25
	26 No practice	27	28 Practice (AJAC) 7:45-9:30	29 DEC	30 Practice (AJAC) 7:45-9:30	1 DEC	2
D e c e m b e r	3 Practice 6:30-8:00 (SAC)	4	5 Practice (AJAC) 7:45-9:30	6	7 @ Oak Ridge (OR Civic Center) 6:00 warm up	8	9 ACT
	10 Practice 5:30-7:30 AJAC	11	12 Practice (AJAC) 7:45-9:30	13	14 KCHS Exams Optional Practice (AJAC) Time TBA	15 KCHS Exams	16
	17 TENTATIVE Christmas lunch 12:00 Location TBA	18 KCHS Exams	19 KCHS Exams Optional Practice (AJAC) Time TBA	20 KCHS Exams	21 KCHS Exams	22	23

**KCHS Swimming/Diving
2017-2018**

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
J a n u a r y	31 JAN	1 Christmas break	2 Christmas break	3 Christmas break	4 Christmas break	5 Christmas break	6
	7 No practice	8 School Returns	9 Practice (AJAC) 7:45-9:30	10	11 Practice (AJAC) 7:45-9:30	12	13
	14 Bearden / Berean @ SAC 1:00	15 MLK Holiday - no school	16 Practice (AJAC) 7:45-9:30	17	18 Practice (AJAC) 7:45-9:30	19	20
	21 Practice 5:30-7:30 AJAC	22	23 Practice (AJAC) 7:45-9:30	24	25 Practice (AJAC) 7:45-9:30	26 KISL Regional (City) Diving Time TBA	27 KISL Regional (City) Swimming Time TBA
	28 No practice	29	30 Practice (AJAC) State Team Only 7:45-9:30	31	1 FEB Practice (AJAC) State Team Only 7:45-9:30	2	3
4 Practice State Team Only TBA	5	6 Practice (AJAC) State Team Only 7:45-9:30	7	8	9 State Meet (Knoxville) Qualifying times required	10 State Meet (Knoxville) Qualifying times required / ACT	