

**Kodiak
Kingfishers
Swim Club, Inc.**

**2008-2009
Handbook**

Parents Code of Conduct

Welcome to the exciting sport of swimming! The sport of swimming has many benefits, including the people you and your child will meet. The camaraderie among swimmers is unique; many swimming buddies become lifelong friends. Possibly the greatest benefit of participating in an organized swim program are the life skills your child will develop. These skills include time management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation ends.

Here are the “Ten Commandments for Swimming Parents” to help you and your child succeed in a productive and enjoyable environment. Please keep in mind when reading this that we all tend to forget our children are just that – children and they are learning from our actions or reactions as adults.

1. **Thou shall not impose your ambitions on thy child.** Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge you child's progress based on the performance of other athletes, and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do his or her personal best.
2. **Thou shall be supportive no matter what.** There is only one question to ask your child – “Did you have fun?” If meets and practices aren't fun, your child should not be forced to participate.
3. **Thou shall not coach your child.** You have taken your child to a professional coach; do not undermine that coach by trying to coach your child on the side.
4. **Thou shall only have positive things to say at a swimming meet.** If you are going to be at a meet, cheer and applaud, but never criticize your child, a fellow swimmer, or a coach.
5. **Thou shall acknowledge thy child's fears.** A first meet swimming the 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Assure your child the coach wouldn't have suggested the event if your child was not ready to compete in it.
6. **Thou shall not criticize the officials.** If you do not have the time or desire to volunteer as an official, please do not criticize those who are doing the best they can.
7. **Honor thy child's coach.** The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Please don't criticize the coach in front of your child or anyone else.
8. **Thou shall have goal; other than winning.** Giving an honest effort no matter what the outcome is much more important than winning. One Olympian said, “My goal was to set a World Record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact, I was very proud of that swim.”
9. **Thou shall not expect they child to become an Olympian.** There are 225, 000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are 1 in 4,300. Swimming is much more than the Olympics. Ask your child's coach why he coaches. Chances are he was not an Olympian, but still got enough out of swimming that he wants to pass that love for the sport onto others. Swimming builds good people and you should be happy that your child wants to participate.
10. **Thou shall have respect for other parents and swimmers.** Always show respect towards other parents and swimmers. If you have problems or concerns with another parent or swimmer, please let the appropriate personnel handle the situation (i.e. coaches, swim staff.) Inappropriate behavior from swimmers or family members is unacceptable and inexcusable.

Thank you for being a great parent and a terrific support system for your child. Have a great season!

WELCOME TO KODIAK KINGFISHERS SWIM CLUB!

This handbook has been prepared to help you and your child succeed in this program. Supporting your child in swimming can be a very rewarding experience. The more involved you are, the greater the benefits will be. You may soon find yourself cheering at competitions, timing during meets, or becoming a USA Swimming official. Whatever your role, your child's experience has much to do with your positive support. Please ask questions of your coaches, board members and fellow parents. We are all working towards the same goal: to provide your child with the best possible experience in swimming.

KODIAK KINGFISHERS SWIM CLUB

VISION STATEMENT:

To inspire and enable our swimmers to achieve excellence
in the sport of swimming and in life.

TEAM GOALS:

1. **For the Swimmers:** To support swimmers as they strive to reach their potential; to set and reach realistic goals; and to help them further develop their self-esteem and positive feelings about the sport of swimming and competition.
2. **For the Team:** To promote good sportsmanship, team camaraderie, self-discipline, and physical fitness among the swimmers; promote competitive swimming as a major sport in Kodiak; and to place well in competition as a team.
3. **For the Families:** To provide a family-oriented club experience where the parents can play an active role in their swimmer's and the team's activities and development.
4. **For the Community:** To provide positive direction and a supervised recreational opportunity for Kodiak's youth.

Kodiak Kingfishers Swim Club (KKF) exists, first and foremost, to provide a positive environment for our children's growth in the sport of swimming. Competition plays an important part in that growth. Our goal is to develop our children's abilities and self-confidence as swimmers and as team members. We want them to learn to enjoy and appreciate the sport of swimming and develop strong friendships.

KKF is a member of USA Swimming, Inc. and Alaska Swimming. These organizations are the governing bodies for senior and age group swimming across the state and nation. They provide for fair, uniform competition for our swimmers. KKF is open to young people ages five to 18 who are interested in competitive swimming.

KKF Board of Directors

The KKF Board oversees the administrative functions of the team and supports the coaches in facilitating programs that maintain the team philosophy. The board consists of eight parent members and the head coach. Members are elected for two year terms annually at the Awards Banquet. If you are interested in joining the board next year, please contact the president.

2008—2009 Board Members/Corporate Officers/Head Coach

President	Jay Johnston	486-3595	jay.clarion@ak.net
Vice-President	Mary Forbes	486-2685	mforbes@gci.net
Secretary	Mary Linscheid	486-3442	mlinscheid@gmail.com
Treasurer	Robert Foy	486-2685	robert.foy@noaa.gov
Correspondence	Brenda Smith	486-5974	jtsmith@ptialaska.net
Parent on Deck	Mary James	486-3093	mjames02@kodiakschools.org
Travel Coordinator	Chris Dresdow	486-2942	cdresdow01@kodiakschools.org
Meet Coordinator/ Corp Officer	Bob Schauff	486-0992	schauff6@gci.net
Head Coach	John Lindquist	486-2498	jtindquist@alaska.com

Contact Information

Kodiak Kingfisher Swim Club, Inc. mailing address: P.O. Box 2311 Kodiak, AK 99615

Web Site Address: www.kodiak-kingfishers.com

A Message from the KKF Board President

September 2008

To All New and Returning Kodiak Kingfisher Families,

Hello and Welcome!

Thanks for taking the time to read this greeting. What a terrific opportunity Kodiak Kingfishers (KKF) can be for your child; if you don't realize that now – hopefully, you soon will.

The KKF Board has spent some time this fall preparing the club to be a great experience for your kids. Once again, the club will begin this year in a solid financial position. With continued fundraising effort by the membership throughout the season, we will be able to maintain that solid condition. We've fine tuned the handbook and made a few minor changes. Please spend some time reading this handbook so that you understand what KKF offers your swimmer and what your parental responsibilities are. If you have a returning swimmer, you will see that the dues are the same as last year and that the USA registration has increased slightly again this year. We have reduced the registration fee again this year and are still offering a reduction in dues for those families with more than one swimmer.

The Board welcomes John Lindquist and all the returning coaches. He and his assistant coaches will offer a program tailored to help your swimmer reach his or her personal goals.

It is my hope that you are as excited as I am to get the kids back into the pool and that you plan to be an active KKF parent. Let's work together to make the 2008-2009 swim season one to remember for your swimming family and KKF.

See you at the pool!!

Jay Johnston

Jay Johnston
Board President
Kodiak Kingfishers Swim Club, Inc

A Message from the KKF Head Coach

Coach's Corner 2008

"Readyyyy... Hup"---"Focus"-- Streamline"-- "No breathing in or out of your turns"-- "Two hand touch"-- "Swim fast"-- "Descend" --"You did it!"

Sound familiar? Yep, it's time for the Kingfisher season to start up again. The assistant coaches and I are eager and energetic about the upcoming season.

Our club practice schedule will be similar to last year's workout schedule, except for a few minor changes to some of the groups. I am sure that each one of our swimmers will fall into a group that will benefit that swimmer's ability to improve in his/her swimming, and meet the goals each has set as a competitive swimmer.

The coaching staff believes in the "well-rounded swimmer." We are not talking about a swimmer that can swim all strokes (that's already understood); we are talking about developing swimmers in the areas of:

- Understanding swimming as a life long sport
- Learning to set goals and the steps to achieve them
- How to be a graceful winner and loser
- Balancing home, school, and sports

Happy training,

John Lindquist

Kodiak Kingfisher Head Coach

Coaching Staff

KKF has a head coach whose job is to supervise the entire competitive swim program. Each coach on the KKF staff is dedicated to providing a program for all age group swimmers under the guidelines of USA Swimming. Therefore, the coaches must be in control of matters affecting training and competition.

Coach's Responsibilities

The coaches are responsible for placing youngsters in practice groups. This is based on the age, level of commitment and ability level of each individual. When it is in the best interest of the swimmer, he/she will be placed in a more challenging training group.

Sole responsibility for stroke instruction and the training regimen rests with the Kingfishers team coaching staff. Each groups' practices are based on sound scientific principles and are geared to the specific goals of that group.

Decisions concerning which meets swimmers will attend will be made on an individual basis and involve input between each swimmer, his/her coach and parents. The coaches make the final decision concerning which events a swimmer will be entered into.

At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will provide feedback regarding the swimmer's performance.

2008-2009 Coaching Staff

Head Coach	John Lindquist	486-2498	jtindquist@alaska.com
Assistant Coach	Tari Lindquist	486-2498	jtindquist@alaska.com
Assistant Coach	Dave Horne	486-2646	dhorne01@kodiakschools.org
Assistant Coach	Erik Hanson	487-2985	ehanson01@kodiakschools.org
Assistant Coach	Laura Hanson	487-2985	lhanson01@kodiakschools.org

Team Training Groups

The coaching staff will determine placement of a swimmer in a training group based on ability, commitment, work ethic, maturity, and sportsmanship all in the best interest of the swimmer. The following descriptions are general guidelines for each swim group:

Senior Gold is our rigorous and highly competitive training team. This group is expected to be committed to united excellence. All members of this elite level squad will possess leadership ability and an unsurpassed work ethic. The swimmer must also be committed to reaching their highest potential on a daily basis. This training group is not for the weak of spirit. A minimum of **90% of all practices offered is required**. Other requirements include: an outstanding attitude and a willingness to be a role model. The Senior Gold training group will include swimmers who desire and are committed to the highest standard of excellence.

Senior Blue is the group for the motivated high school swimmer. This group is geared to the basic knowledge and understanding of the four strokes. Extra time will be taken to ensure that a quality stroke is understood and achieved by each athlete. Dives, turns and finishes will all be covered to ensure this squad will be ready and prepared for the upcoming high school season. The athlete training in this group will gain an aerobic base. **3 practices are offered each week**.

NOTE: Senior swimmers should be a minimum of 14 years of age.

Junior Gold is a committed, elite level of junior age group athletes, 11 to 14 years old that are preparing for the transition from junior age group swimming to senior swimming. A commitment to **4 out of 5 practices each week** is expected. Junior Gold swimmers should have a strong desire to work hard, set goals, and demonstrate leadership abilities among the younger swimmers.

Junior Blue is an intermediate level group of developmental swimmers that have a basic command of the four competitive strokes, but are in need of technique refinement and further aerobic conditioning. The swimmer will learn how to persevere in challenging workouts with the help of positive coaching and support from teammates. **3 practices are offered each week**.

Age Group Gold is the group for the determined and excited young swimmer who is proficient in all four competitive strokes. Age Group Gold swimmers will be expected to make a commitment to **4 out of 5 practices each week**. To be a part of this squad is an honor and the swimmer will be required to display a positive attitude towards work and good sportsmanship in and out of the pool.

Age Group Blue is an intermediate level group of developmental swimmers that have a basic command of the four competitive strokes, but are in need of technique refinement and further aerobic conditioning. The swimmer will learn how to persevere in challenging workouts with the help of positive coaching and support from teammates. They are expected to attend **3 practices offered each week**.

Puffins are a beginning level group of developmental swimmers who are able to swim a minimum of 25 yards of any stroke but need to work on basic stroke technique for each of the four strokes. A focus on enjoying the water, meeting new challenges and gaining endurance builds confidence in these young swimmers. **Two practices each week are recommended**.

Practice Guidelines

The following guidelines are to inform parents and swimmers of the coach's policies regarding practice. These policies are designed to provide the best possible practice environment for all.

For the swimmers' safety and protection, they should arrive on the school grounds no earlier than 15 minutes prior to their workout time, and should report immediately to the pool deck. They should be picked up no later than 15 minutes after their practice is over. Swimmers should be ready to swim 5 minutes prior to the start of their practice.

Swimmers should plan to stay the entire practice. The last part of practice is very often the most important.

While on the pool deck swimmers are the responsibility of the coaching staff. During practices swimmers are never to leave the pool area without the coach's permission.

KKF has an obligation to act as guests when using the Kodiak High School Pool. Every member of the team and their families must respect this privilege.

Attendance Policies

Each training group has specific attendance requirements. As a general rule, the least possible interruption in the training schedule will produce the greatest success.

Failure to consistently attend scheduled practices will result in traveling privileges being suspended. By attending each practice swimmers demonstrate commitment to themselves, to the team, and to the sport.

Whenever possible, the coach should be informed in advance of illness or injury. The coaching staff should be notified of swimmers who will be out of the water for an extended period of time with an injury or illness.

Pool Rules

All pool rules must be observed by swimmers and parents at all times.

Entrance to the pool is through the High School Foyer, down the stairs and through the locker rooms.

Swimmers must shower before entering the pool.

Community use lockers are in the center island of the locker room. **You are responsible for your own belongings.** Please don't leave valuables in unlocked lockers.

No Street shoes on deck. This applies to everyone, including observers.

No running on the pool deck or in locker rooms.

Food is not allowed in the pool area. Plastic water bottles only—no glass!

Hanging on the lane lines is not allowed.

Parent Responsibilities

Kodiak Kingfishers is a family organization- when your swimmer joined KKF, so did you! Parent volunteers are what keep our team running. Parent volunteers serve on the board, run committees, work at swim meets, help fundraise, and get their swimmers to practice on time. Whether you are a Puffin or a Senior parent, you are needed to keep our team healthy and functioning in an orderly, positive way. As a part of KKF, you have the following obligations:

1. Stay informed-

- Visit the pool deck at least once a week to read the bulletin board;
- Check your email– we use email to notify parents of upcoming meetings, changes in practice times, unscheduled pool closures, etc. It is important that we have an accurate email address for you;
- Visit the team website for updates on meets and travel dates. The calendar is also posted at www.kodiak-kingfishers.com.

2. Attend scheduled parent meetings-

Your input is valuable and necessary to a healthy, thriving team.

3. Pay monthly dues, meet fees and travel fees on time.

4. Support your child's coach and the team with a positive attitude-

If there is a problem, please discuss it with the coach first, at an appropriate time before or after a scheduled practice or meet.

5. Willingly volunteer to help at home meets when called.

6. It is the families' responsibility to notify the coach and treasurer if a swimmer decides to stop swimming.

A note on viewing practices:

KKF encourages parents to view practices, keeping these guidelines in mind:

The only approved “on-deck” viewing area is the bleacher section located at the shallow end of the pool. This applies to parents, and swimmers not actively involved in practice. Siblings of swimmers under the age of 12 are not allowed on the pool deck during scheduled practices. Failure to comply with this policy affects our insurance coverage with USA Swimming and therefore places all swimmers, coaches and club directors (including board members) at risk for non-coverage of general liability claims.

Anyone on deck (with the exception of the bleachers) during a KKF practice must be a certified USA Swimming coach or a USA Swimming registered athlete assisting a coach.

Viewing is encouraged at the “pool window” area in the hallway upstairs. Please be sure to keep a clear 10 foot wide “walk through” as this area can be a high traffic area and a fire exit route.

USA Swimming insurance coverage is affected if coaches are distracted from supervising swimmers during practice.

Equipment Requirements

A team suit, team cap, and goggles are mandatory for all swimmers who plan to participate in Home and Off Island meets.

Team suits and caps promote team unity and pride and assist coaches in identifying swimmers at meets. Fast Skin and Aqua blade suits may be worn at championship meets only.

KKF operates its own swim store. Most of the above items are available for purchase. The swim store is usually open before and after practice. The swim store is on the honor system and purchases are recorded in the log supplied. You will be invoiced on your monthly billing.

Please mark all belongings clearly and be sure to bring them to every practice.

Competitions

Swimmers compete in groups that are divided by gender and age: 8 and Under, 9-10 Year Olds, 11-12 Year Olds, 13-14 Year Olds and over 15, or Seniors.

Both Alaska Swimming (State Times) and USA Swimming (National Times) have established time standards by gender and age. This allows children to compare themselves with their age group competitors across the country. Parents and swimmers are encouraged to keep a record of times achieved as a means of tracking progress. Time standards can be found at the Alaska Swimming website; alaskaswimming.org

Competitive Strokes

The four competitive strokes are (1) Freestyle, (2) Backstroke, (3) Breaststroke, (4) Butterfly. Events are held in all of the competitive strokes at varying distances depending on the age group of the swimmer. In addition, there is a combination of strokes swum by one swimmer called the Individual Medley. Other swimming events include relays, which are a group of four swimmers who either all swim freestyle called a Freestyle Relay or each swim one of the competitive strokes in the order of back, breast, fly and free called a Medley Relay.

Home Meets/Time Trials

KKF holds one home meet per month during the swim season. These meets, typically held on Saturday mornings, offer swimmers a chance to challenge themselves to beat previous times and meet personal goals.

Information about upcoming meets will be posted on the bulletin board at the pool, on the KKF web site, and in the monthly newsletter. An email will also be sent out notifying families of deadlines to enter meets.

Swimmers will need to sign up for these meets with their coach.

It takes 20-25 parent volunteers to run each home meet. Without parent volunteers, KKF is unable to successfully hold meets. Help is needed in setting up the night before (hauling chairs and tables from the high school commons to the pool deck, moving out timing equipment, posting heat sheets,) timing, officiating, keeping swimmers together in their groups ready for their next events, and taking down after the meet is over. Please plan on being involved with these exciting and fun meets. And remember to dress lightly; it's hot at the pool!

Off-Island Meets

Please refer to the calendar to view the current off-island meet schedule. **Off-Island travel with the Kingfisher Swim Club is a privilege.** In order to travel with the team, a swimmer/family must:

- be in good standing with all team accounts (dues, travel, fundraising)
- have met the required attendance policy as outlined in the Kingfisher Handbook
- provide the required portion of travel/meet fees two weeks prior to travel
- commit to participation during the entire meet (swimmers may not scratch events)
- complete all release forms prior to the trip

The deadline to sign up for an off island meet is 3 weeks prior to the scheduled meet, and payment is required 2 weeks before travel. Deadlines are listed on the calendar, emails will be sent out prior to the deadlines, and notices will be posted on the bulletin board. Please note entry fees are not refundable. A travel packet will be handed out which will include release forms, and cost of airfare. **The travel packet needs to be completed and returned with payment to the travel coordinator by the two week deadline.** Parents and family members are encouraged to travel with their swimmer; however, they will be responsible for their own hotel and car rental arrangements.

In signing swimmers up for off-island meets, parents are committing to payment of **100%** of all travel costs. If swim team families are in good financial standing with the club, KKF will initially provide **50%** of each swimmer's airfare. This **50%** then becomes fundraising responsibility for the family. (Please see fundraising section) For any given meet, there are generally a fixed number of airline seats available to the team. Airline tickets must be purchased in advance using KKF funds. **In the event that a swimmer cannot attend the meet (due to illness, etc.), KKF will make every effort to fill the seat. If the team is unable to fill the seat and ticket reimbursement is not an option, the swimmer's family will be charged the cost of the ticket.** Please note that entry fees are non-refundable.

Chaperones will be assigned as the number of traveling swimmers warrants. Chaperoning provides parents an opportunity to assist the team, get to know other swimmers on the team, and to better understand swim meet procedures and events. KKF provides chaperones with ground transportation and lodging, and pay 50% of their airfare. It is an important job that must be undertaken by KKF adult members. The chaperone's primary job is to be responsible for each member of his/her group of swimmers. If you are interested, contact the travel coordinator.

Championship Meets – Age Groups / Junior Olympics / Sectionals

Kingfishers Swim Club will travel to three championship meets during a season. These meets require qualifying times. If a swimmer qualifies to travel on a championship meet the parent or guardian of that swimmer is required to travel as well. If a parent or guardian is unable to travel they can opt to find an adult companion for that swimmer for the length of the trip. This applies to ONE of the championship meet per year.

KKF Fee Structure

Kodiak Kingfishers swim team is a non-profit organization run by volunteers. The coaches are paid staff. Primary expenses of the club are coaching salaries and related expenses (taxes, insurance), operating expenses (computer and meet supplies), and travel and accommodations for coaches and swimmers for off island meets. Monthly dues cover coaching salaries. Individual meet fees are paid for by swimmer families. KKF covers relay fees. Other expenses are paid for by fundraising events. Active participation by all team members, whether traveling or not, serves to support the team financially, provide opportunities for team building and promote camaraderie amongst all members of the KKF family.

New swimmers: all fees are refundable if after a one week initial trial period, you and your swimmer decide not to join KKF.

KKF Registration Fee:

A \$50 per first swimmer or \$75 per family registration fee will be charged each year. Please note that this fee is non-refundable, except in the case of the initial one week period.

This registration fee covers administrative costs that the team incurs over the year as well as:

- Software/hardware required to manage the team and meets – Hy Tek software, Colorado Timing System, scoreboard, stopwatches, clipboards, etc.
- Team awards- ribbons, medals, trophies, swimmer incentives
- Annual Spring Banquet

USA Swimming Fee

This annual fee is due at registration for all athletes, coaches and officials who wish to participate in USA Swimming approved activities. Benefits of membership include:

- Competition and instruction
- Excess accident and liability insurance—covers all USA Swimming sanctioned activities
- Subscription to Splash Magazine—provides news, interviews and profiles of elite athletes, posters techniques, and tips
- Opportunity to participate in USA Swimming sanctioned meets
- Represent KKF at local, state, sectional, zone, and national meets
- Opportunity to work with professional, safety-trained swimming coaches
- Eligibility for Scholastic All-American Program
- Eligibility to become a USA Swimming certified Official
- Complimentary rule book for non-athletes

2008-2009 USA Swimming Fees:

Athlete	\$62.00
Non-Athlete	\$45.00
Family	\$87.50 <i>(this covers two family members of the swimmer)</i>

Note: KKF encourages parents who plan to be active at swim meets to take advantage of USA Swimming's family membership.

Dues:

Every family will receive a monthly invoice indicating dues owed for each swimmer, as well as any outstanding travel or meet fees. Dues are payable on the first of the month and will be considered delinquent, incurring a \$10 late fee, if not paid by the 15th. Please mail all payments to Kodiak Kingfishers at PO Box 2311, Kodiak, AK 99615.

Dues will not be prorated on an individual basis. On occasion, KKF may adjust monthly dues, in which case families will be notified prior to the first of the month.

It is the families' responsibility to notify the coach and treasurer if a swimmer decides to stop swimming. Without notification you will be responsible to pay dues as billed.

Monthly Dues*:

<u>Group</u>	<u>Monthly Amt.</u>	<u>Group</u>	<u>Monthly Amt.</u>
Senior Gold	\$100	Age Group Gold	\$80
Senior Blue	\$70	Age Group Blue	\$60
Junior Gold	\$80	Puffins	\$40
Junior Blue	\$60		

***Kodiak Kingfishers would like to extend a discount of 10% on monthly dues to families with more than one swimmer in the same family. The swimmer in the most advanced group will be charged full price with the 10% discount extending to the remaining swimmers in the same family.**

Scholarships:

Scholarships to cover some of the costs related to monthly dues and/or travel to meets will be considered on a case by case basis. If your family, or someone you know, is in need of assistance, please feel free to contact a board member or a coach. **All scholarships are confidential.**

Fundraising:

About half the team's income is derived from fundraising. Fundraising also builds team identity and cohesiveness, provides mentoring and leadership opportunities for Senior and Junior swimmers, and promotes camaraderie amongst swimming families. We expect all families to participate in fundraising events.

Fundraising dollars are used to purchase/provide:

- coach and chaperone travel
- swimmer travel - 50% raised by families
- Equipment i.e. lane lines, kickboards, pull buoys, etc.

Travel Fund:

KKF requires each swimmer to raise fundraising dollars equal to (or greater than) the amount the team spends on his/her travel. In other words, if your swimmer travels to one off island meet, you pay 50% of their ticket and the team pays 50%. Your swimmer is expected to participate in an event and earn at least that 50% back for the team. Any extra fundraising dollars will be credited to the families' account, to be deducted as needed for the next trip. Fundraising balances for the current season will not be carried forward to the next year.

Fundraising events:

KKF Quilt Raffle– Swimmers have a chance to sell \$10 raffle tickets for a donated quilt from mid-October through December.

Swim-to-Homer. Swimmers collect per lap or flat amount pledges. KKF schedules the pool on a Saturday, allowing swimmers to swim as many laps as they want/can. Laps are combined and logged on a chart, showing the team's progress from Kodiak to Homer. This is one of our most fun social events of the year, as friendly rivalries grow between swimmers, our coaching staff and even some parents. Lunch is provided, prizes are given, and everyone gets a certificate.

Crab Festival Booth– KKF has a booth at the annual crab fest. This is a big money-maker and a fun event for the entire family. There are many ways to help including set-up, cooking, and manning the booth.

If you have thoughts or ideas for other fundraising events, please contact the Vice President.

Communication

Website

The team maintains a website that is updated periodically and contains information about the team. The address is www.kodiak-kingfishers.com

E-Mail

The coaches and board members can be reached by e-mail. For those members who have e-mail access, this is a good way to communicate or make appointments to speak with them. See page 7 for email addresses.

The team uses email to inform families of upcoming important dates and team announcements from the coaches and board of directors. Make sure you and your swimmer read the contents of the emails when they are sent so that you can stay current with KKF information and activities.

Problems with the Coaching Staff

Listed below are some guidelines for parents when raising concerns about the coach's policies or coaching philosophy:

- Try to keep foremost in your mind that you and the coach have the best interests of your child at heart.
- Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group.
- Discuss the matter first with the coach. If the coach cannot satisfactorily resolve your concern, then ask that a board member join the dialogue as a third party.

Visit these websites to see what is happening in swimming across our state and nation:

www.akswimming.org - Website for Alaska Swimming

www.usa-swimming.org - Website for USA Swimming