

2024-25 TKA KNIGHTS SWIM TEAM INFORMATION SHEET

The King's Academy Knight's swim team is a competitive middle and high school swim team that strives to promote an atmosphere of team unity. To achieve this goal, team members must be committed to the TKA Knight's swim team program during the entire season, which includes attendance at practices and meets. All team members are expected to abide by the swim team attendance policies below.

PRACTICE LOCATION & SCHEDULE

Cherokee County Aquatic Center, 1200 Wellstar Way, Canton

Monday - Friday from 7:30–9:00 am (*on time to practice means ready and in the water at 7:30am*).

Note: Practice times over the Thanksgiving and Christmas holidays will vary depending on pool and coaching availability.

The King's Academy Swim team season runs:

Middle School: September 30th through February 1st

High School: October 21st through February 1st

SWIM MEETS (subject to additional meets)

November 2nd @ Cherokee County Aquatic Center (CCAC) hosted by JFCA

November 16th @ CCAC hosted by TKA

December 14th @ CCAC hosted by TKA

January 10th @ CCAC hosted by TKA

January 24th @ CCAC hosted by TKA

February 1st GIAA HS Championship @ Georgia Tech

February 1st GAPPS MS Championship @ CCAC

EVALUATIONS & UNIFORM FITTING

Cherokee County Aquatic Center during practice time

Middle School: September 30th & October 1st

High School: October 21st & 22nd

Suit Tryon October 24th

MINIMUM SWIM REQUIREMENTS

Participants should be able to swim two laps of freestyle and backstroke without stopping and have some understanding of the butterfly and breaststroke.

REGISTRATION

All new and returning swimmers are REQUIRED to register at: <https://registration.teamsnap.com/form/12570>

PROGRAM PARTICIPATION FEES

\$525 Season Registration fee includes a swim team t-shirt and sweatshirt.

All registrants may either pay in full via ACH or Credit Card or select the payment plan. The payment plan will automatically charge your credit card the same day each month until all installments are completed.

Swimmers have the option to be issued a parka for the season. Rather than collecting a \$125 Parka deposit check, families will be invoiced at the end of the season for a lost or damaged parka.

Equipment to be purchased by parent: Goggles, kick board, long fins, competitive swim suit for practice, team suit for meets.

Photos will be included in your registration fee. Each athlete will have an individual and team photo taken. The \$12 designated for photos in your registration fee will provide you with 1 5x7 individual photo, 1 5x7 team photo, and a digital image of your athlete. Each team's committee will have access to the digital images to use for the year end banquet, awards and any other needs.

SPORTS PHYSICALS & FORMS

Students are **REQUIRED** to have a current physical form on file in the Athletic Department prior to participating in tryouts that indicates that the student is physically approved for participation. (Note: If your child receives a physical after April 1st, it will be good for the entire following school year.) If you are unsure whether your physical is current, please contact Roni Redd rredd@thekingsacademy.org

Participants must turn in the following forms to the Athletic Department by **September 20th**. All forms can be found at <https://www.thekingsacademy.org/athletics/Forms.cfm>
Submit Annually

- Pre-Participation Physical Evaluation form (current and signed by a physician; not a camp physical form). GIAA form if HS; GAPPS form if MS. Physicals after 4/1/24 will be good for the entire 2024/2025 school year.

ATTENTION: NEW FORMS FOR ALL HIGH SCHOOL ATHLETES:

- HS: GIAA Student/Parent Concussion Awareness Form
- HS: GIAA Student/Parent Sudden Cardiac Arrest Awareness Form
- HS: GIAA Student/Parent Heat Illness Awareness Form

Submit One Time

- Birth Certificate (New athletes only)
- High School Affidavit of Eligibility (New HS athletes 9-12th)
- Middle School Affidavit of Eligibility (New MS athletes 6-8th)
- MS: GAPPS Concussion Acknowledgement Form (New athletes only)
- MS: GAPPS Sudden Cardiac Arrest Awareness Form (New athletes only)
- HS AES: Senior Exit form (AES seniors only)

AES/HOMESCHOOLED ATHLETES MUST BE APPROVED PRIOR TO TRYOUTS:

- Refer to separate AES Approval Process Document (also found on forms website).

ATTENDANCE POLICY

Attending practice is mandatory and swimmers should strive to practice with the TKA swim team no less than 3 out of 5 practices a week. Year-round swimmers must attend a minimum of 1 practice per week (preferably on Thursdays) assuming they are attending year round swim practices on other days. Being on time to practice means ready and in the water at the start of practice.

Swimmers are required to attend at least 4 swim meets (not including the GAPPS State meet). Swimmers must inform the coach at the beginning of the season of any meet conflicts. Swimmers who fail to attend a meet without prior knowledge of the coach may be ineligible to compete at the following meet.

SWIM LETTERING POLICY

In order to receive a Varsity letter, swimmers in Grades 9-12 will be required to achieve a State qualifying time in at least one event, attend 90% of practices according to the Practice Attendance Policy and at least 4 Varsity swim meets (not including the GIAA State meet).

INJURIES & ILLNESS POLICY

Swimmers should notify the Head Coach of an injury or illness. Coaches will modify water and dryland practice as needed based on the injury. An injured swimmer is expected to attend practices or meets for moral support of the team.

RELAYS AND INDIVIDUAL EVENTS

The Coach will determine who swims in the relays and their position in the relay. Every effort will be made to allow swimmers to participate in as many individual events/relays as the meet entry guidelines allow. Individual events and relays are determined by the coach. They are determined by times, stroke ability, individual swimmer behavior in and out of the water, and attendance to practices and meets. Swimmers may submit their requests to the Coach, however, the final decisions will be made by the Coach. Swimmers are expected to compete in all assigned events and missing an event due to personal preference is not acceptable under any circumstance.

PARENT VOLUNTEER POLICY (NEW)

For the first time, we will be hosting 4 meets. We are asking each family to fill 7 volunteer slots. For instance, serving half of a meet would count as one; serving the entire meet would count as two. Families who fail to fulfill their volunteer responsibilities will be invoiced \$75 at the end of the season.

SWIM TEAM CONTACTS

COACHES

Amen-Ra Jones, Head Coach
Amenra.jones22@gmail.com

PARENT VOLUNTEERS

Lori Windham, Swim Chair/Treasurer
swim@thekingsacademy.org