

2023-24 TKA KNIGHTS SWIM TEAM INFORMATION SHEET

KNIGHT'S SWIM TEAM

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.

SPORTS PHYSICALS

GAPPS By-laws state that students are required to have a current physical examination form on file in the Athletic Department prior to participating in any athletic try-outs, practices, voluntary workouts or games that indicate the student is physically approved for participation.

Physical evaluation forms should be dated on or after April 1 of the preceding academic year and will be accepted for the entire next academic school year. This is in an effort to ensure that our athletes will be fully covered by insurance for their entire sport season, and when moving from one sport season to the next. **There will be no exceptions to this policy.**

The physical exam must be conducted by a licensed medical physician, Doctor of Osteopathic Medicine, nurse practitioner or a physician's assistant. The exam must be signed by an M.D., D.O., or by a Physician's Assistant, or an Advance Practice Nurse who has been delegated that task by an M.D., or D.O. The Association requires that member schools use the latest edition of the Pre-participation Physical Evaluation form approved by the American Academy of Pediatrics, et. al., found on the TKA and GAPPS website.

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 October 2nd through February 3rd. We typically attend 5-6 meets.

SWIM MEETS (subject to additional meets)

October 21st @ Cherokee County Aquatic Center hosted by TKA

November 4th @ Cherokee County Aquatic Center

November 10th @ Georgia Tech

December 15th @ Cherokee County Aquatic Center hosted by TKA

January 19th @ Cumming Aquatic Center hosted by TKA

February 3rd @ Cherokee County Aquatic Center – GAPPS State Championship

EVALUATIONS & UNIFORM FITTING

Cherokee County Aquatic Center, September 7th from 7:30am to 9:30 am

Students may drop-in any time for a 30-minute eval and fitting. If you cannot attend, please email swim@thekingsacademy.org

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://go.teamsnap.com/forms/391253>

PROGRAM PARTICIPATION FEES

TKA STUDENTS: \$ 520

AES STUDENTS: \$ 545

Registration fee includes a swim team t-shirt and sweatshirt.

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.

We no longer accept checks for payment of registration fees. All registrants may either pay in full via ACH or Credit Card or pay 4 equal payments using a credit card.

To utilize the Payment Plan option, on the payment screen select "Pay With Card." Scroll down to turn on "Split payment into installments." Your credit card will be automatically charged the same day each month until all installments are completed.

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.

Turn in the following to the TKA Athletic Department no later than September 7th.
All forms can be found at thekingsacademy.org/athletics/forms:

Submit Annually

- Pre-Participation Physical Evaluation form (current and signed by a physician; must be GAPPS form, not a camp physical form)
- TKA AES Information Form (AES athletes only)

Submit One Time

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

NEW GAPPS AES APPROVAL PROCESS (For AES (homeschooled) students only)

GAPPS has changed their AES approval process for ALL new and returning AES, requiring each family to complete AES Registration and submit supporting documentation directly to GAPPS. This will be done annually. **GAPPS requires that the student is approved before they can participate in tryouts, practices and meets.**

1. Begin by going to the GAPPS AES APPLICATION PARENT PORTAL:
<https://aes.gappsports.com/>
2. Download and read through the Parent Handbook and Application Instructions
3. Follow directions on the Application Instructions to create an account, add your students who will be participating in sports with TKA Athletics as a homeschooled student, and upload your documentation. If you have other children who plan to play a sport with us, we recommend that you go ahead and submit paperwork for all of your children at the same time. Make a note of your login id and password since you will need to access this site each year.
4. Email Victoria Matteson to let me know that you have completed the application so that I can monitor the approval process for your student. Vmatteson.asst@thekingsacademy.org

5. Download the TKA AES Information form here: <https://www.thekingsacademy.org/athletics/Forms.cfm>. Fill out, scan and email to vmatteson.asst@thekingsacademy.org

GAPPS will charge you a \$50 fee per student each year. If your student's eligibility is denied for any reason, your fee will be refunded by GAPPS and we will refund you for any registration fees that you have paid. As you are aware, we have been charging a \$60 AES fee prior to these new procedures being released. As a result, we will be reducing our AES fee to \$25.

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 (NEW)

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 GAPPS 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 3 meets. We are asking each family to fill 6 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

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

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

Lynn Ashburn, Assistant Coach
Lindsey Erickson, Assistant Coach
Jessica Inabnit, MS Assistant Coach

Beth Widner, Volunteer Coordinator
Heather Gilcreast, Special Events Coord.