

2021-22 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

Students must have a certificate of an annual physical examination on file at the school **prior** to participating in any athletic try-outs, practices, voluntary workouts or games that indicate the students are physically approved for participation.

Physical examinations will be good for twelve (12) months from the date of the exam. **EXCEPTION:** Any physical examination taken on or after April 1 in the preceding year will be accepted for the entire next Association school year.

The physical exam must be conducted by a licensed medical physician, Doctor of Osteopathic Medicine, nurse practitioner or a physician's assistant.³ 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 ATTENDANCE POLICIES

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). Practice is Monday through Friday 7:30am-9:00am at the Cherokee County Aquatic Center. *Being on time to practice means ready and in the water at the start of practice time. For each swimmer that is late, they and their entire lane will be tasked to complete 10 pushups per minute late. For example, if one swimmer is 3 minutes late it would be 30 push ups for each in the lane.*

INJURIES

Swimmers with shoulder or knee issues are expected to attend practices and the Coach will attempt to modify their workout with the use of a kick board, pull-buoy, or dry land exercises. Swimmers will only be excused from practice if the Coach is provided with a doctor's note. If this occurs, the swimmer will be required to participate in dry land at home until they are able to be back in the water. Additionally, injured swimmers should strive to attend meets even if they are unable to compete (for moral support).

Swimmer's ear is not considered a reason for absence. The use of eardrops and prescription medication will allow the swimmer to continue to practice and a modified workout will be provided by the Coach (if deemed necessary).

Swimmers with a contagious condition or illness should not attend practice. The Coach must be notified of any upcoming practices that will be missed prior to the swimmer missing the practice.

MEET ATTENDANCE POLICIES

Swim meets are mandatory. The dates will be given with adequate notice and all swimmers must attend every meet. *We show our team spirit at meets by warming up together as a team and cool down together as a team. Please do not leave the meet or change out of bathing suit until the meet is complete and we cool down as a team.* Inability to attend a meet for reasons other than a family emergency or a severe illness will lead to repercussions including ineligibility to compete at the following meet if determined by the Coach. Year-round swimmers must inform the coach at the beginning of the season of any meet conflicts.

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.

SCHEDULE AND LOCATION

Regular practices will take place at the Cherokee County Aquatic Center on Sixes Road, Monday through Friday from 7:30–9:00 am (*on time to practice means ready and in the water at 7:30am*). Practice times over the Thanksgiving and Christmas holidays will vary depending on pool and coaching availability. The King's Academy Swim team season begins October 4th and ends in January. We typically attend 5-6 meets.

TKA KNIGHTS SWIM MEETS (subject to additional meets)

Nov 6th at Cherokee County Aquatic Center

Nov 13th at Cumming Aquatic Center

Dec 10th at Cherokee County Aquatic Center

GAPPS State Championship **tentative date 1/29/22**

EVALUATIONS

Evaluations and uniform fitting will take place at the Cherokee County Aquatic Center on September 9th from 8:00 to 11:00 am. New swimmers can come prepared to swim if physical is current. New and returning swimmers can drop off paperwork and payment for fees. After this date, registration needs to be dropped off at the school ro Victoria. Students may drop-in any time between 8:00 and 11:00 am for a 30-minute eval and fitting. If you cannot attend, please contact a committee member to discuss your swimmer's eligibility and registration.

PROGRAM PARTICIPATION FEES

TKA STUDENTS: \$475.00

AES STUDENTS: \$535.00

Turn in the following to the TKA Athletic Office: Attention Victoria Matteson no later than October 4th:

- ❖ Check for Participation Fees payable to TKA Athletics
- ❖ Physical Form signed by Physician
- ❖ High School Affidavit of Eligibility (9-12th grade swimmers)
- ❖ MS Affidavit of Eligibility (6-8th grade swimmers)
- ❖ Birth Certificates (new swimmers only)
- ❖ AES Agreement Form (non-TKA swimmers only)

- ❖ Copy of Report Card signed by parent (new and returning non-TKA swimmers only)
- ❖ Concussion Acknowledgment Form (all swimmers)
- ❖ Sudden Cardiac Arrest Form (all swimmers)

SWIM TEAM CONTACTS:

Lori Windham, Swim Chair/Treasurer
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Elizabeth Peace, Head Coach
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