

Welcome to Mount Kisco Memorial summer swimming and diving!

This booklet is broken into sections and filled with frequently asked questions, which we hope will give you some insight into our program.

Our goals for the swimmers and divers are simple: skill improvement, teamwork and fun!

Summer swimming and diving is competitive, but that is not always the main focus. We would like the children to walk away with a sense of accomplishment and a feeling of pride in the fact that they are representing the town they are growing up in.

After reviewing this booklet, if you still have questions, feel free to speak with the coaches, team administrator or our key parents at an appropriate time. You can find additional information on our web site, through our weekly emails, and on the bulletin board in the lobby of the pool complex.

We look forward to the positive support everyone can give to the swimmers and divers, coaching staff and volunteer parents. We encourage you to volunteer a bit of your time for meets. Our program can only be as good as the volunteers behind it.

CHECK OUT THE WEBSITE: www.mkswimteam.com

EMAIL US AT: mkswimteam@gmail.com

Let's go Mount Kisco!

If you can lend a hand, even if it's just once and a while, we are especially in need of volunteers to help with concession, timing, ribbon writing and scoring.

Practices

Sometimes Coaches make announcements at the end of practice, so please be sure to check with your children on a daily basis.

What are the practice times?

Practice times vary, depending upon preseason or regular season schedules.

Preseason practices are held after school, beginning the second week of June. The regular season coincides with the first day of camp. Swimming and diving practices are held at different times.

Is it OK to observe practices?

Absolutely! Drop your child off at the diving pool and find a spot on the grass where it is not distracting to the children or coaches. It is especially important to keep non-participating siblings away from the diving boards and pool during practice times.

How does my child get to and from practice if they are in camp?

First, you must notify in writing to the camp staff, that your child will be participating in swim or dive team. A camp counselor brings the camper over to the grass area by the shallow end of the diving pool, where a coach will greet them. If your child is in full day

camp, a counselor will come back to the pool at the end of practice and escort your child back to his/her group.

What is the focus at diving practice?

The diving coaches focus on basic skills and development of skills necessary for competition. Once mastered, the focus shifts to challenging the divers to learn new dives, and increase the degree of difficulty in each of the diving categories. No matter what the skill level, a warm-up of stretching and strength training is introduced and continued throughout the season. *Exercises are encouraged to be practiced at home as well.*

What is the focus at swim practices?

The coaches concentrate on development of strokes, turns and starts, with emphasis on making them legal. As the swimmers improve, the focus is on technique and speed. The coaches will incorporate relays and games into the practices for added fun.

Meets

Age groups for swimming (girls and boys): 6 & under (freestyle only), 8 & under, 10 & under, 12 & under, 14 & under 18 & under. Age groups for diving (boys and girls): 13 & under and 18 & under. ***Please be aware that some swimmers may swim "up" an age group or two.***

Please be at the meet and on deck ready to warm-up 15 minutes ahead of time.

What are B Meets, Dual Meets, Invitational's, Championship Meets, All Star Meets and the Counties?

DUAL MEETS are set up by the Northern Westchester Swim Conference based on the previous year's win/loss record. There are two teams at a dual meet. Meets (home and away) are held on Tuesday & Thursday nights, or Saturday mornings and include individual events in diving, backstroke, breaststroke, butterfly and freestyle, as well as freestyle relay's. Dual meets offer a higher level of competition. Generally speaking, it is the faster swimmers and the divers with four dives that compete in these meets. Teams are limited to three entries per event, per age group, per gender. Relays have four swimmers. Diving events allow a maximum of three divers per age group.

B MEETS are for swimmers and divers who may not have mastered all the strokes or dives. B Meets are on Monday's {swimming} and Wednesday's {diving} and offer competitors a chance to achieve based on competition that is similar in skill. There are three or more teams at a B Meet. Swimmers and divers, who are on the B Team, may be moved up to compete in dual meets.

INVITATIONALS are hosted by teams within Westchester. Days, dates, times and events are at the discretion of the host team. Events vary in skill, ages and gender. Coaches generally take a mix of team members to these meets. Parent relays are offered!

COUNTIES are held at Playland Pool for swimming and Lake Isle Country Club for diving. These meets are for the most competitive swimmers and divers from Westchester County. Divers must be able to perform five dives from five different dive groups. Swimming events and relays have cut-off times.

CHAMPIONSHIP MEETS (swimming & diving) are for the fastest swimmers and highest placing divers on the team. Teams are allowed one entry per event, per age group, per gender. It is a good idea to check with the coaches to see if your child is entered in this meet.

ALL STAR MEETS (swimming & diving) are for those who place first in the championship meet.

How do I know which meet my child will be swimming or diving in?

Coaches will create a line-up of who is competing, and post it on the bulletin board in the lobby a few days prior to the meet. We will try to post a copy will on the web site.

Keep in mind, changes can be made to the line-up at any time. We will try to get in touch with you, but it would be best to check the bulletin board and website early and often.

What are the days and times of the meets?

Dual Meets are held on Tuesday & Thursday evenings and Saturday mornings.

Warm-up times are: (Tuesday & Thursday meets) 4:30pm diving; 5:00pm swimming with a meet start time of 5:30pm. Saturday morning meet warm-up is 8:30am for diving; 9:00am swimming with a meet start time of 9:30pm.

B Meets have a 4:30pm warm-up with a 5:00pm start

Invitational's can be on any given day at any given time.

What if my child cannot attend a meet?

Send a note as soon as possible, or email the web site.

How many events can my child compete in?

Dual meets: maximum 3 individual events and one relay.

B Dive Meets: 2 dives in 2 categories

B Swim Meets: up to 4 individual events (backstroke, breaststroke, butterfly and freestyle)

Invitational's: generally two individual events and one relay. It depends upon the events offered.

Will my child be swimming at the beginning or end of the meet?

The order of events is: diving-backstroke-breaststroke-butterfly-freestyle-relays. Events run in age order, youngest to oldest. Girls' heats go first.

What teams do we compete against?

Mount Kisco is a member of the Northern Westchester Swim Conference. This league is made up of neighboring towns and private pool clubs. Competition sites vary by year.

How do my kids get to the meets?

Parents provide the transportation to meets. Directions to meet can be found on the web site www.mkswimteam.com

What does my child need to bring to the meets?

Team suit, cap and t-shirt; towel and two pair of working goggles.

What should my child do once he/she gets to the meet?

Find a coach and let them know you are there. They will tell your child where the team is sitting, and where to put their things. Once there, the child should stay in that area to prepare for the meet. Once the meet has started, the children are asked to stay in the team area, so the coaches can easily locate them.

Is my child required to stay for the whole meet?

We strongly encourage swimmers and divers to stay for the whole meet to support the team. Any situations where a swimmer or diver must leave early or arrive late, should be discussed with the coaches well ahead of time.

How will we know if a meet is cancelled?

We will send an email, so please make sure we have a current email address. You can always call the pool: 666-4577 for a recorded message.

If I have any other questions, who do I ask?

Send an email, with questions, and we will direct the question to the correct person. If you have a question for a coach and you would like to speak with them in private, please wait until after practice or the meet to speak with them. Do not contact the coaches outside of the pool.