

# *Katonah Swim and Dive Team 2017*

June, 2017

Dear Swimmers & Parents,

Welcome to the 2017 Katonah Swim and Dive Team Season! Summer has finally rolled around signaling the start of another great summer swim and dive season. My name is Jessica Frank and this is my 5th year as Head Swim Coach and 9th year coaching for KSDT. Having been a competitive swimmer for many years, I have gained an extensive background in competitive swimming. I was a long-time member of KSDT, JJHS Varsity Swimming and the Boys & Girls Club Marlins Swim Team and also swam collegiately for SUNY Geneseo. Prior to coaching for KSDT, I was a coach at the Boys and Girls Club for 2 ½ years and have worked for the town as a lifeguard, camp swim instructor and private swim instructor for the past 15 years. I hold a BS degree in Accounting from SUNY Geneseo as well as a Dual MBA degree in Finance and Human Resources from Pace University. Aside from my time at the pool, I am an IRS Enrolled Agent working locally as a Tax Accountant during the year.

Assisting me this season are some familiar faces to the KSDT family. Returning for his 2nd year as an assistant coach is Kevin Hanley. Kevin has swum on not only KSDT for 16 years, but also Saw Mill Club Ace Aquatics and the Varsity swim team at John Jay. He is currently studying Political Science and Public Policy with a Film Minor at NYU. At NYU, he plays for the Ultimate Frisbee team and writes for the NYU Journal of International Law and Politics. He has been a lifeguard at Katonah, the Saw Mill Club, and NYU for 5 years.

Additionally, we have Gianna Rappa joining us for her 2nd year as an assistant coach. After 15 years of being a KSDT swimmer, Gianna is excited to swim her final season as an 18 and under competitor while coaching, and hopes to bring the same enthusiasm she has in the pool to her coaching. She recently finished her freshman year at Binghamton University as a Dean's List Scholar, and plans on exploring a business track. Beyond the realm of academics, Gianna is a member of Binghamton University's Club Swim Team, and is also a student ambassador. Gianna looks forward to returning as a bluebird coach this season!

To round out our staff we have Christina Crowell joining us for her 2nd year as Head Dive Coach. Her experience on the board includes diving for FLHS as well as in a private setting since 6th grade. She has made states twice and has garnered All-League and All-Section accolades several times. She is a graduate of Fox Lane High School and is currently attending Penn State University on a diving scholarship while majoring in Journalism and Spanish. Prior to KSDT, Christina has been a dive coach for FutureStars Summer Camps at SUNY Purchase and for various summer teams. We look forward to her expertise on the diving board again this summer.

We are all greatly looking forward to seeing everyone at the Meet and Greet on June 4th (12:30PM-2:30PM) at the pool. Prior to seeing all new and returning swimmers on June 4th, there are a few expectations and reminders that the staff and I would like to outline to ensure a fun and successful season.

## **Practices**

Please take the time to review the pre-season practice schedule that has been set in place. First, we all understand that as the school year comes to an end that many swimmers have prior commitments. With this in mind, we would encourage swimmers to attend as many practices as they can so that they can prepare themselves for the season ahead.

New swimmers as well as those between the ages of 5 and 7 are expected to attend practice on either June 10th, 12th or 13th so that the coaching staff can assess what each swimmer's skill level is so we can determine the next best course of action. Furthermore, Bluefish will be instructed as to which practices they can attend after their tryout is completed.

Additionally, we would like to outline that per the Town of Bedford Pool Rules a responsible parent/guardian must accompany their child to practice. We will be following the Town of Bedford Pool Rules which state:

“Children under the age of 10 must be accompanied by a person 14 years of age or older. Children under the age of 5 must be accompanied by a person 18 years of age or older”.

We also ask that parents of new, or less experienced swimmers, remain on site during the first week of practices. If a swimmer is unable to swim one length of the pool comfortably, they are not yet ready for a competitive swim experience.

For returning swimmers, please note the age levels on the pre-season schedule so that you know when your practice will be taking place. Attendance at swim practice will promote each swimmer's improvement. Starting the season off on a positive note is imperative so that practices can be run smoothly and so each swimmer can get the most out of their time at the pool. We would also like to remind parents to refrain from having conversations with the coaches during swim practice and ask that parents who wish to stay during practices do so underneath the pavilion. If you need to speak with a coach, do so either before or after practice so we can best utilize the time given for practices to help our swimmers and divers to do their best.

The last thing to point out about pre-season is that time trials will take place during practice on June 21st and 22nd. We recommend that swimmers attend these days since this is one of the ways we will establish which swimmers will be placed in meets.

If practice needs to be cancelled due to inclement weather or a pool malfunction, parents will be notified via e-mail and the team website.

As per usual, each swimmer should bring their swimsuit, goggles, towel and swim cap to practice and meets so they are fully prepared to participate. Make note that regular season practices will begin on June 26th and will be from 7:30AM-8:45AM Monday through Friday and Bluefish will have practice on Monday's, Wednesday's and Friday's from 8:00AM-8:45AM.

## Meets

There are three types of meets that we will be participating in over the course of the summer: B-Meets, A-Meets and Invitationals.

**B-Meets:** Each summer there are approximately 3 B-meets that will be held. These meets are geared towards beginning swimmers who are in the process of learning the four competitive strokes and skills involved in a competitive swim race. Consequently, these meets help swimmers to become more comfortable in a meet setting while affording the ability to earn ribbons in a more fun environment. While there is no limit on the number of events each swimmer can participate in at B-Meets, there are restrictions to who is eligible to swim in B-Meets. Any swimmer who has not participated in and placed 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in an A-Meet is eligible to participate in B-Meets.

**A-Meets:** These meets are where we race against other Division I swim teams in a dual meet format where points are awarded depending on the outcome of each race. The coaching staff creates line-ups of swimmers to participate in each meet based on each swimmer's times in each event. Since we are in the most competitive division this year we will be looking for fast, dedicated swimmers to put into these races. While a swimmer's time will be the most important factor in determining who goes to A-Meets, practice attendance as well as effort will be considered.

**Invitationals:** KSDT usually participates in one or two Invitational meets each summer. These meets are made up of races and relays that are more fun and silly in nature. They involve several local teams who are all competing for a trophy. Such meets bring the team together and are a great opportunity for swimmers to have fun while winning awards.

**Attendance:** It is essential that swimmers who will be unable to attend a meet let the coaches know ahead of time that they will not be available. Race line-ups will be posted at least 48 hours in advance of meets so I ask that parents please let the coaching staff know before then if a swimmer cannot attend so we can make changes and find swimmers to put into each race. If you know that absences will occur please let us know as well as sending me an email at [jkf720@yahoo.com](mailto:jkf720@yahoo.com) indicating the days so we can plan for line-ups accordingly.

**Important reminders:** Swimmers must remember to wear a competitive swimsuit, a swim cap, and goggles, stay seated with their team (coaches must be able to find you!), cheer for their teammates from the lawn (not the pool deck!), and consult with coaches at appropriate times (before or after meets and practices). Additionally, parents should refrain from conversations with the coaches during the meet and are to stay on the lawn and cheer on their swimmers and divers.

## **Volunteering**

Although KSDT has a fantastic bunch of parents who are willing, ready and able to help during meets, we are always looking for volunteers. Please make it a point to help out in whatever way you can. Volunteering is what helps keep this team running and how we are able to continue to support our fantastic swimmers and divers! Please reach out to the parents committee personally or through the email addresses provided on the website.

The coaching staff and I are looking forward to the 2017 season and are eager to see everyone and help our swimmers and divers to achieve their best this summer!

Sincerely,

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