

2014



Kenwood Swimming and Diving Program

SWIMMING AND DIVING COMMITTEE

Austin St. John. *Chairman of Swimming*
BOG Representative

Lisa Westfall . . . *Vice Chairman of Swimming, Treasurer*

Elizabeth Kaplan *BOG Representative*

Alex Johnson *BOG Representative*
Chair of Junior Triathlon

Mollie Schmitz *Co-Chair of Diving*

Pat Bowditch *Co-Chair of Diving*

Dan Barry. *Founder and Chairman of Water Polo*

Jean Sylvester. *Past Chair Swim and Dive,*
Executive Committee, Team Registrar,
CCSDA Records, et.al.

Barbara Bollman. . . *CCSDA Representative, Technology*

Rangeley Wallace *Awards, table*

Jean Waye *Apparel*

Bill Bollman *Swimming*

Laura Rhodes. *Swimming*

Amy Kemper-Moore. *Diving*

Robert Smith. *Kenwood Aquatics Director*

SWIMMING AND DIVING COACHING STAFF

Chris Lynch *Head Swim Coach*

Monica Barry. *Head Assistant Swim Coach,*
Head Developmental Swim Coach

Casey Lindlaw. *Assistant Swim Coach*

Mimi Warner. *Assistant Swim Coach*

Tim Barry. *Assistant Swim Coach*

Robby Elliott *Assistant Swim Coach*

Carl St. John *Assistant Swim Coach*

Katie Schmitz. *Head Dive Coach*

(TBA). *Assistant Dive Coach*

ANY CHANGES IN SCHEDULE WILL BE POSTED TO THE WEBSITE UNDER "WHAT'S NEW" WEB PAGE, IMMEDIATELY AFTER LOG IN – UPPER RIGHT HAND CORNER. CHECK DAILY FOR ANY CHANGE.

Swim Champs at ANCC July 28 and 29
Jr. Dive Champs at Congo July 24
Sr. Dive Champs at KCC July 25

OUTDOOR SWIMMING POOL HOURS

The Pools will open May 24,
and will close September 7.

May 24 through May 26 Outdoor Pool Hours

Saturday. 10:00 am to 8:00 pm
Sunday and Memorial Day 10:00 am to 8:00 pm

May 27 through June 8 Diving and Wading Pools

Monday 12:00 pm to 7:30 pm
Tuesday through Friday 12:00 pm to 8:00 pm
Saturday and Sunday. 10:00 am to 8:00 pm

North Pool*

Monday 12:00 pm to 7:30 pm
Tuesday through Friday 12:00 pm to 8:00 pm
Saturday. 11:00 am to 8:00 pm
Sunday. 10:00 am to 8:00 pm

June 9 through September 1 Diving and Wading Pools

Monday 11:30 am to 7:30 pm
Tuesday through Thursday. . . . 10:00 am to 8:30 pm
Friday and Saturday 10:00 am to 9:00 pm
Sunday. 10:00 am to 8:30 pm

North Pool*

Monday 11:30 am to 7:30 pm
Tuesday through Friday 11:30 am to 8:30 pm
Saturday. 11:00 am to 8:30 pm
Sunday. 10:00 am to 8:30 pm

* Adults 16 years and older, allowed in North Pool from 6:00 pm to closing. Effective August 3 the North Pool will open at 10:00 am, with the exception of Mondays.

Exceptions

Sunday, June 29 Celebrations
Decks and Pools Close at 1:00 pm
September 2, 3, and 4 TBA
Friday, September 5 – 3:00 pm to 9:00 pm
Saturday, September 6 – 10:00 am to 9:00 pm
Sunday, September 7 – 10:00 am to 6:00 pm

Early Morning Swim

June 9 to July 26
M-W-F 7:30 am to 8:30 am
T-Th 8:00 am to 8:30 am

May

Kenwood Swimming and Diving Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Parents Call and Bowling Party 7-9pm	
				1	2	3
4	Indoor Swim Clinic 7-8pm	6	Indoor Swim Clinic 7-8pm	8	9	10
11	Indoor Swim Clinic 7-8pm	13	Indoor Swim Clinic 7-8pm	15	16	17
18	Indoor Swim Clinic 7-8pm	20	Indoor Swim Clinic 7-8pm	22	23	Pools Open 10am
25	Memorial Day	27	28	29	Lifesaving Class Begins	Lifesaving Class Swim Practice Begins
	26				30	31

June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lifesaving Class Water Polo	Dive Practice Begins 4-6pm					
1	2	3	4	5	6	7
Water Polo	Pool Closed 4-7pm E-dive Tutorial at Congo: 2 people, 1 coach	Developmental Swimming Begins 11am				Swim Time Trials 8:30am Beginner Dive Clinic to follow
8	9	10	11	12	13	14
Water Polo Father's Day	Dive Coach Mtg. @ WGCC 5-6pm Dive Judge Clinic @ WGCC 6-7:30pm	Swim Bell Haven 'B' @ KCC 6pm		Swim Columbia 'B' @ KCC 6pm Dinner/Dance to follow		
15	16	17	18	19	20	21
Water Polo	Dive BYE	Swim 'A' Meet Edgemoor @ Edgemoor 6pm	Dive Bethesda @ KCC 6pm Jr. Triathlon in AM	Swim Congo 'A' @ KCC 6pm Team photo @ 4pm Dinner/Dance to follow		
22	23	24	25	26	27	28
Water Polo KCC Fireworks	Dive Chevy @ KCC 6pm					
29	30					

SWIM TEAM PRACTICE SCHEDULE – Practice Begins May 31, 2014

MAY 31 THROUGH JUNE 7:

Ages 10 & under: Monday through Friday – 4:30 to 5 pm
Saturday – 10 to 11 am

Ages 11 to 18: Monday through Friday – 5 to 6 pm
Saturday – 8:30 to 10 am

JUNE 9 THROUGH JULY 25:

Ages 10 & under: Monday through Saturday – 10 to 11 am
Monday, Wednesday and Friday – 4:30 to 5 pm
Any Tuesday or Thursday with no meet – 4:30 to 5 pm

Ages 11 to 18:

Monday through Saturday – 8:30 to 10 am
Monday, Wednesday and Friday – 5 to 6 pm
Any Tuesday or Thursday with no meet – 5 to 6 pm

DIVE TEAM PRACTICE SCHEDULE

June 2 through June 6 – 4 to 6 pm
June 14 – Beginner's Clinic after Swim Trials
June 9 through July 16 – 9 to 11 am and/or 3 to 5 pm

July

Kenwood Swimming and Diving Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Swim ANCC 'A' @ KCC 6pm 1	Dive BYE 2	Swim Open 3	Family Fun and Games 4	5
Water Polo 6	Dive KCC @ ANCC 6pm 7	Swim 'B' Chevy @ KCC 6pm 8	Dive KCC @ WGCC 6pm 9	'A' Divisional Relays @ KCC 5pm Dinner/Dance to follow 10	KCC Intraclub Meet Dive Starts 3pm Swim Starts 5pm 11	Invitational/ Developmental Swim Meet vs. Congo and Bethesda @ KCC 8:30am 12
Water Polo 13	Dive KCC @ Manor 6pm 14	Swim KCC 'A' @ WGCC 6pm 15	Dive Congo @ KCC 6pm 16	Swim Rain Date 17	Beach Trip! 18	19
Water Polo Dive All-Stars @ Manor 8am 20	Dive Scratch Mtg. @ Congo, All Coaches and Reps. Poster Party/Snacks After AM Practice 21	Swim 'A' Divisionals @ WGCC Dive Champs Practice @ KCC 22	Open 23	Swim Open Dive Jr. Champs @ Congo 24	Dive Sr. Champs @ KCC. Dive pool will be closed for part of the day, dive Photos @ KCC 4:30 25	Lollipop Meet and 6 and under Trophy Race 8am @ KCC Dive All-Stars @ Bethesda Synchro TBD 26
Champs Practice @ ANCC Champs Breakfast To Follow @ KCC 27	CCSDA Swim Champs @ ANCC 10 & under Trials at 8am 11 & over Trials at 1pm 28	CCSDA Swim Champs Finals 8am @ ANCC Champs Swim Team Pictures to follow @ KCC Champs Dinner/Dance @ KCC 7pm 29	30	31		

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	Swim and Dive Awards Banquet Dinner/Dance 5:30pm 6
Pools Close 7	8	9	10	11	12	13

DEVELOPMENTAL TEAM PRACTICE SCHEDULE

JUNE 10 THROUGH JULY 25:

Monday, Wednesday and Friday 4 to 4:30 pm
Tuesday, Thursday and Saturday 11 to 11:40 am

Developmental swimmers are asked to attend at least three practices per week. They may attend all practices if they wish.

DEVELOPMENTAL MEETS:

Friday, July 11 KCC Intraclub meet at 5 pm
Saturday, July 12 KCC Invitational at 8:30 am
Saturday, July 26 KCC Lollipop Meet at 8:00 am

Swimmers are encouraged to try all four strokes and will win ribbons at these meets. For interested swimmers, coaches encourage participation in any home swim meets. Swimmers will be entered in the Freestyle events and, if possible, other strokes as space provides.

REGISTRATIONS

All persons must sign the daily swim register when entering the pool area. Your photo must be on file for admittance. If it is not, you will be asked to have your picture taken at the fitness center before you may enter into the pool area.

Members and their families using the pools during periods for which they do not have swimming privileges must register at the pool registration desk and be charged a swim fee for each use of the pool. If you are a S member or a Non-Resident member, you must pay a per person/per use guest fee of \$10, charged to your club account at the pool registration desk. All members who bring guest/s, guest rules apply, will be charged a guest fee for 2014 of \$10 per person.

Parents must approve their child's association with the swimming or diving team by signing the team registration form which will be available at Parents Call on May 2 (7:00-9:00 p.m.). The payment of a fee is required and authorized for charge to the members' club account when signing the registration form. The money is used to provide trophies, medals, "K" awards, and other program expenses. *The registration form must be signed and returned by June 4 before your child will be eligible to practice or compete.*

SWIMMING POOL RULES

1. The Pool Manager is in full charge of the Club Swimming Pools. He will operate the pools and supervise the guards. The Pool Manager and the guards are charged with enforcement of the rules and will report all infractions of the rules to the Swimming Committee. Any person guilty of willfully violating any of the rules may have his swimming privileges suspended by the Manager pending action of the Swimming Committee.
2. No child under the age of 10 is permitted within the pools' enclosures unless accompanied by a chaperone who has attained age 13. (**STROLLERS ARE PROHIBITED WITHIN THE POOL AREA** for safety reasons.)
3. Children over 5 years of age are not permitted in the wading pool. Children using the wading pool must be accompanied by a parent or responsible chaperone at all times. **Only TOILET TRAINED children will be allowed in the North Pool or Diving Pool. No children with diapers or swim diapers.** It is a Montgomery County Law, if there is an accident in the pool, it must be treated by running all the water through the filter once. The pools have to be closed for 6 hours! On the days of competition there will be restrictions in both pools.
Changing of diapers or clothing in the pool area is prohibited. Changing tables are located in the pool locker rooms and in the pool snack bar restroom area.
4. The North Pool (racing) is divided into 8 numbered lanes:
 - a. Lane 4 is reserved exclusively for team use until 6:00 p.m. through August 1.
 - b. Lanes 1, 2, 3 and 5 are open to all qualified swimmers until 4:00 p.m., at which time these lanes are restricted to team use until 6:00 p.m.
 - c. Lanes 6, 7, and 8 are dedicated to adult swimmers between the hours of 12:00 noon and 9:00 p.m. except during swim practice.
5. Children are not allowed in the racing pool unless accompanied by an adult or able to swim the width of the pool. (**ONLY TOILET TRAINED CHILDREN.**) (No diapers.) (No swim diapers.) (No rubber pants.)
5. The Diving Pool is divided into three areas:
 - a. The shallow end is devoted to elementary swimming and instruction, and is meant for the beginning swimmer if accompanied by a parent or responsible chaperone. (**ONLY TOILET TRAINED CHILDREN.**) (No diapers.) (No swim diapers.) (No Rubber Pants.)
 - b. The middle area is restricted to those able to swim the width of the pool.
 - c. The diving area is open to divers capable of swimming the pool width.
6. The Pool Manager may, at his discretion, restrict the use of the diving boards and may also limit the total number of people in the pools' enclosure.
7. When swimming meets are scheduled in the North Pool (starting time 6:00 p.m.), the following procedures will be followed:
 - a. The pool will be turned over for adult use at 4:45 p.m.
 - b. The pool will be cleared for warm-ups at 5:30 p.m. At this time, one-half of the Diving Pool will be roped off for adult use.
 - c. The time schedules for select meets are in this booklet.
8. All persons are required to shower before using pools. No person will be permitted to enter the water with an infection of any kind.
9. Boisterous conduct and the use of balls and rafts are prohibited within the pool areas.
10. Should a child require a float or preserver, it must be strapped on securely and the child is to be restricted to the shallow area of the diving pool, under the supervision of an adult within arms length. **No floats are allowed in North Pool (racing). Kickboards are for laps only in the North Pool, not for use as flotation devices by any children.**
11. Swimmers must have proper swim attire; shorts and "cut-offs" are not permissible.
12. **Food and beverages are to be consumed only at the snack bar and on the flagstone patio. Alcoholic beverages are not allowed in the pool area.**
13. **OUTSIDE FOOD AND BEVERAGES ARE PROHIBITED AT KENWOOD COUNTRY CLUB.**
14. **SMOKING IS PROHIBITED IN ALL POOL AREAS.**
15. Glass containers are not allowed in the pool area. Wearing eyeglasses in the water is prohibited.
16. No sunbathing will be permitted on the concrete decks surrounding the edge of the pools and chairs are **not** to be pulled up to the side for safety reasons.
17. Towels will be available at sign-in desk and should be returned to that location upon departure.
18. No lounge chairs are permitted on the pool decks or in the area between the two pools.
19. **Lounge chairs are permitted on the enclosed grass area, between the gazebo and the North Pool, as well as the West end of the North Pool. No children under 16 are allowed to use the lounge chairs during the weekend hours.**