

2016



Kenwood Swimming and Diving Program

SWIMMING AND DIVING COMMITTEE

Elizabeth Kaplan *Co-Chair of Swimming*
 Carey Hollensteiner *Co-Chair of Swimming, BOG Representative*
 Kate Sylvester Mays *Swimming, BOG Representative, Trophies*
 Christopher Lynch *Swimming, BOG Representative*
 Dan Barry *Founder and Chairman of Water Polo, Past Chairman of the BOG and Chairman of the KCC Executive Committee*
 Jean Sylvester *Past Chair of the BOG and Executive Committee, Team Registrar, CCSDA Records, Team Records*
 Barbara Bollman *Swimming CCSDA Representative for Technology*
 Amy Kemper-Moore *Co-Chair of Diving, CCSDA Representative for Diving*
 Trish Sweeney *Co-Chair of Diving*
 Bill Bollman *Swimming*
 Nora Burke *Swimming*
 Laura Rhodes *Swimming, Deck Officials*
 Eric Hart *House BOG Representative, Swim Announcer*
 Mary Eileen Morrissey . . *Swimming, Table, Ribbons, Supplies*
 Regina Schweitzer *Team Apparel*
 Clare Schmitt *Banquet*
 Jennifer O'Leary *Treasurer*
 Cathy Porto *Social*

SWIMMING AND DIVING COACHING STAFF

Monica Barry *Head Swim Coach, Head Development Coach*
 Meghan Myer *Assistant Swim Coach, Developmental Coach*
 Mary St. John *Assistant Swim Coach*
 Bridie Burke *Assistant Swim Coach*
 Hope Cullen *Head Dive Coach*
 Teddy Myers *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 Congressional Country Club
 July 25 and 26
 Jr. Dive Champs at Manor July 21
 Sr. Dive Champs at WGCC July 22

OUTDOOR SWIMMING POOL HOURS

The Pools will open May 28
 and will close September 11

May 31 through June 3 Diving and Wading Pools

Monday 11:30 am to 8:30 pm
 Tuesday through Friday 12:00 pm to 8:30 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 4 through September 5 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 **ONLY**, allowed in North Pool from 6:00 pm to closing. Effective August 1 the North Pool will open at 10:00 am, with the exception of Mondays.

Exceptions

Thursday, June 30 KCC Fireworks
 Decks and Pools Close at 1:00 pm

Early Morning Swim

June 6 to July 23
 M-W-F 7:30 am to 8:30 am
 T-Th 8:00 am to 8:30 am

Masters Swimming

Starts June 13
 M-W-F 6:00 am to 7:30 am

July 4th

Hours 10am-8pm
 Fun and Games
 North Pool closed from 1:30 pm to 3:30 pm
 Reopen at 3:30 pm for lap swimming
 Dive pool games and baby pool at 3:15pm to 3:30pm

September 6, 7, 8 Pool Is Closed

Friday, September 9 – 4:00 pm to 9:00 pm
 Saturday, September 10 – 10:00 am to 9:00 pm
 Sunday, September 11 – 10:00 am to 6:00 pm
 (then pool closes)

May

Kenwood Swimming and Diving Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Mother's Day 8	Swim Team Conditioning 5-6pm (see registration form) 9	10	Swim Team Conditioning 5-6pm 11	12	13	14
Parents Call following swim clinic in clubhouse 6-7pm (kids buffet) 15	Swim Team Conditioning 5-6pm 16	17	Swim Team Conditioning 5-6pm 18	19	20	21
22	Swim Team Conditioning 5-6pm 23	24	Swim Team Conditioning 5-6pm 25	26	27	Pool opens 10am 28
29	Memorial Day 30	31				

June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	Lifesaving 5-7pm 3	Lifesaving 8-4pm Swim Practice starts 4
Lifesaving 8-4pm 5	Dive practice starts Dive Tutotial @ Congo, 6pm Early Morning Swim Starts 6	7	8	9	10	Swim Time Trials 8:30am Dive Beginner's Clinic after Swim Time Trials 10am 11
Water Polo 12	Morning team swim and dive practice starts Developmental swim practice starts Masters Swimming starts 13	14	15	Columbia B & Belle Haven B Swim Meet @ KCC 6pm 16	17	Sat Dive AM Practice Starts 18
Father's Day Water Polo 19	Dive meet vs Bethesda @ KCC 6pm 20	Chevy Chase B Swim Meet @ KCC 6pm Dinner Dance to follow 21	Junior Triathlon Morning Time TBD Dive Meet @ Manor 6pm 22	Edgemoor A Swim Meet @ KCC 6pm 23	24	25
Water Polo 26	Dive Bye 27	Congo A swim meet @ Congo 6pm 28	Dive Chevy Chase @ Kenwood 6pm 29	Swim Bye Kenwood Fireworks 30		

SWIM TEAM PRACTICE SCHEDULE – Practice Begins June 4, 2016

June 4 THROUGH JUNE 11:

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 11 THROUGH JULY 22:

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 6 THROUGH JUNE 10:

Ages 10 & under: Monday through Friday – 9:00 – 10:00 am & 3:00 – 4:00 pm
Ages 11 to 18: Monday through Friday – 10:00 – 11:00 am & 4:00 – 5:00 pm
June 11: Beginner's Dive Clinic after Swim Trials

JUNE 13 THROUGH JULY 22:

Ages 10 & under: Monday through Friday – 9:00 – 10:00 am & 3:00 – 4:00 pm
Ages 11 to 18: Monday through Friday – 10:00 – 11:00 am & 4:00 – 5:00 pm
June 18: Saturday practice starts – Ages 10 & under 9:00 – 10:00 am and ages 11 to 18 10:00 am – 11:00 am

July

Kenwood Swimming and Diving Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4th of July Fun and Games 1:30pm No swim practice 4	Bethesda B Meet @ KCC 6pm 5	Dive Congo @ KCC 6pm 6	Division A Swim Relays @ WGCC Time to be determined 7	Inter-Club Dive Meet 3:30 Swim Inter-club 5pm 8	Invitational Developmental Swim meet with Congo and Bethesda @ KCC 8:30am 9
Water Polo B Meet Dive Synchro Meet @ WGCC 10	KCC Dive Meet @ ANCC 6pm 11	KCC A Swim Meet @ WGCC 6pm 12	Poster Party and Breakfast following AM Practice Dive Meet @ WGCC 6pm 13	ANCC A Swim Meet @ KCC 6pm Team Pictures 4:30 14	Beach Trip 15	16
Water Polo 17	Division A Championships @ ANCC Time to be determined 18	Division A Championships rain date 19	Dive Champs Practice 20	Junior Dive Champs @ Manor Swim rain date 21	Senior Dive Champs @ WGCC Champs Pictures @ KCC 4:30pm 22	Lollipop Meet and 6 & under Trophy Race @ KCC, 8:30am Swim Team Practice to follow Diving All Stars @ ANCC Early Morning Swim Ends 23
Swim Champs Practice @ Congo Breakfast @ KCC to follow 24	CCSDA Swim Champs Trials @ Congo 10 & Under, 8am 11 & Up, 1pm 25	CCSDA Swim Champs Finals @ Congo 8am Champs Pictures @ KCC following, 5pm Champs dinner and dance, 7pm 26	27	28	Masters Swimming Ends 29	30
31						

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	Labor Day 5	Pool Closed 6	Pool Closed 7	Pool Closed 8	Pool Open 4-9pm 9	Pool Open 10am-9pm Swim and Dive Awards Banquet Dinner Dance 5:30pm 10
Pool Open 10am-6pm Pool Closes for the Season 11	12	13	14	15	16	17

DEVELOPMENTAL TEAM PRACTICE SCHEDULE

JUNE 13 THROUGH JULY 22:

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 8 KCC Inter-club Swim at 5:00 pm
 Saturday, July 9 KCC Invitational at 8:30 am
 Saturday, July 23 KCC Lollipop Meet at 8:30 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 2016 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 15 (6-7 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. She 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 that 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 July 22.
 - 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. 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 her 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.