

Date: 11/30/2008

Subject: Wyoming Invite and other important info

Parents,

I wanted to remind everyone that entries for the Wyoming Invitational (Kentwood is actually hosting this meet) are due to me by the end of practice on Monday, December 1st. You can get a registration form for this meet from the KAC website. Swimmers can swim up to four events, with a \$3.00 fee per event. I highly recommend signing up your swimmers for this meet, since it is a fund raiser for our team. If you have any questions about this meet or signing up, please let me know at practice tomorrow.

I have had a lot of questions regarding middle school swimmers who are swimming for both KAC and the middle school team and what meets they can attend. A middle school swimmer may swim ANY two KAC swim meets while in their middle school season. Middle school swim team members may swim at any KAC meets that are outside of their middle school season. I am hoping that any middle school boys swimming on the middle school team will use one of their two in season meets for the West Michigan Swim League Championship Meets. These will be held in mid February. Once again, any questions, please don't hesitate to ask.

Please be sure that your child has goggles for practices and meets. With such a big team, we do not have the "extra" pair laying around. Most children will greatly benefit from using goggles, even if they have never used them in the past. If you have seen a swimmer do zig zags down the pool, bouncing off the lane lines, you will know exactly what I mean. I would recommend a Jr. size for most children. Once a swimmer has found a pair of goggles that fits his/her head, stays on their head, and doesn't leak frequently, it is a good idea to buy a few of the same pair. You never know when a company may stop making that specific style or fit. Plus, how many of you have a child who has lost a pair or two of goggles already this season?

Girls and boys with long hair need to have a cap at both practices and meets. This is good for both the pool and the swimmer. Chlorine is not always so friendly with our hair and has even changed some of my past swimmer's hair green. Not to mention, it is quite a bit faster when you get all of that hair under the cap.

I hope to see everyone sign up for the Wyoming Invite! It is a fun meet, with good competition, and chances to win medals/ribbons. Thanks for everything you do as parents to support the KAC as well as your children!

Coach Josh