

Date: 11/24/2009

Subject: Mock Meet and Kentwood's Rock the Blocks Invitational

Parents,

I wanted to take a moment and welcome back any returning families as well as those that are new to KAC. The coaching staff is very excited the season has finally come. Thank you for being patient during the first two weeks. It takes some time evaluating each swimmer and conducting time trials, which will be used to further split up the swimmers by ability groups. Here is some helpful information regarding our first two meets of the season.

1.) Mock Meet - Our first meet will be our mock meet. It will take place next Thursday, December 3rd. All swimmers will need to be at the pool at 6:00pm and we should be done with the meet by 8:00 or 8:30, at the latest. This is a practice meet with only our swimmers competing. This is a great meet for everyone on the team. It gives those who have swam on a competitive team in the past a chance to get some early season seed times. At the same time it is a great opportunity for new swimmers to see how a meet is run, experience marshalling for the first time, and a great way to build confidence. Meets are not as scary as they first may seem! I highly recommend that every swimmer attend this meet, if possible. There will be a sign up sheet on the white board, in the team room. This is the room your children walk through each night for practice. If your child will be swimming, please add your child's name to the list. The last day to sign up for this meet will be Monday, November 30th. Anyone not signed up by that date, will not be in the meet. Hope to see everyone there!

2.) KAC's Rock the Blocks Invitational - This is one of the most fun meets of the year. It is also KAC's biggest fundraiser! This meet, along with the Zeeland Christmas Classic, are the only two meets that cost money to participate. There will be sign up sheets available in the team room tonight. The deadline for payment and registration for this meet is Friday, December 4th, by the end of practice.

3.) There will also be sign up sheets for the Zeeland Classic Invite in the team room. This is a great meet with a lot of competition for everyone!

Please feel free to contact me with any questions or concerns throughout the season.

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