



Age Group Swim Team

Age group swim team is the introductory swim team experience for new athletes, or athletes that are unable to commit to the expectations of USA swimming. The season is shorter, practices are not as physically demanding, and family requirements are less than with the USA club team. Due to the lesser requirements, enrollment fees are able to be smaller, allowing for a lower entry point for families trying the swim team for the first time. This training group is the "RED" group, and is broken down further into age groups. The shorthand for this team is often referred to as the "Age Group" swim team.

Requirements to join:

New swimmers must meet certain swimming requirements to be able to participate in the swim team. Each age group will have slightly different requirements within the broader group.

8&under

- swim 1 length of the pool using freestyle without stopping or grabbing the lane line
- swim 1 length using backstroke without stopping or grabbing the lane line

9-10, 11-12

- swim 2 lengths of the pool using freestyle without stopping or grabbing the line
- swim 2 lengths using backstroke without stopping or grabbing the lane line

13+

- swim 4 lengths of the pool using freestyle without stopping or grabbing the line
- swim 4 lengths using backstroke without stopping or grabbing the lane line

Expectations of participation in the Age Group team:

Practice Attendance: We would like swimmers to attend at least two practices a week to participate in the swim team, but there is no punishment if swimmers are unable to make two practices each week. Please just understand that the more consistently the swimmer is able to be at practice, the more likely they are able to

make steady progress throughout the season. If for any reason the athlete is not able to attend practice, we request that the coach be notified, or an email sent to kentwoodaquatics@gmail.com.

Meet Attendance: The meet schedule is listed below. Each meet is not mandatory, but we ask that swimmers participate in at least one 'regular season' swim meet, and the championship meet. *Please note that swimmers must participate in one meet to be eligible for the West Michigan Swim League championships*, so we just ask that they do that minimum to be able to participate in these meets.

Financial Expectations of the RED Group:

(enrollment fees, meet fees, equipment, etc)

Enrollment fees: \$125/season for KPS residents; \$175/ season for non-residents

Meet fees: There are no meet fees associated with the age group.

Equipment: Swimmers must have an appropriate swim suit and goggles, a list of suggested apparel can be found at the end of the handbook. A KAC swim cap will be provided to the athletes. Additional latex caps may be purchased for \$5. Silicone caps are optional and a KAC silicone team swim cap can be purchased at the aquatic center office or \$10. All athlete swimming equipment (kickboards, fins) will be provided during practice by KAC.

**Please see final page of handbook for list of suggested suits/goggles to order*

Practice schedules for the following season:

For the winter swim season:

December 1 - February 13, 2025

Monday, Wednesday, Friday evenings from 6:45-7:45p.

Please check the website for updated schedules each week, and join the WhatsApp group for updates and notifications.

Tentative meet schedules for the following season:

The only swim meets for this training group are the meets associated with the West Michigan Swim League.

Wildcat Winter Invite (\$5 per event entry fee)

December 30th (Tuesday) 12pm or later (depending on age) at Northview HS

KAC vs Rockford

January 9th (Friday) 5:30pm WarmUp, 6:15pm Meet Start

Zeeland Winter Classic (\$5 per event entry fee)

January 10th (Saturday) Time TBD

KAC WMSL Quad - CANCELLED

January 17th (Saturday) 10:00am Warmup, 11am Meet Start

KAC vs Ludington

January 31st (Saturday) 10:00am Warmup, 11am Meet Start

Manistee WMSL Quad

(tentative) February 7th (Saturday) 10am Warmup, 11am Meet Start

Championship Meets

Swimmers must qualify for “A” meet, otherwise participate in “B” meet. Must participate in a WMSL sanctioned event to participate in championship meets.

- 8 & Under Championship and B Meet #2 - Feb 13 (PM) @ Hudsonville
- Single A meet - Feb 14 (2 sessions) @ Jenison

**Please see the final page of the packet for “A” cuts for the championship meets. If a swimmer does not make the “A” cut, they will be eligible for the “B” championship meet.*

Coaching Staff:

There may be adjustments to the group assignments based on the spread of ages and abilities within the season. We will have a better idea once the season begins, but this is a tentative plan.

8 & Under - Hope Schaaf and Lillian Larson

9-10 - Nicol Zunno

11-14 - Emin Agic

Additional Coaches and Assistants

Dan Kimble

WEST MICHIGAN SWIM LEAGUE "A" QUALIFYING TIMES

“B” standards are any times slower than “A” standards.

<u>Girls:</u>	<u>Event:</u>	<u>Boys:</u>
<u>8 & Under</u>		<u>8 & Under</u>
22.79	25 Free	22.79
27.39	25 Fly	28.79
48.49	50 Free	48.79
25.59	25 Back	26.89
26.99	25 Breast	28.39
<u>9 & 10</u>		<u>9 & 10</u>
3:07.99	200 Free*	3:07.99
1:40.99	100 I.M.	1:40.99
39.19	50 Free	39.19
48.59	50 Fly	51.09
1:28.99	100 Free	1:28.99
45.09	50 Back	47.09
48.49	50 Breast	49.49
<u>11 & 12</u>		<u>11 & 12</u>
2:53.79	200 Free*	2:57.99
1:25.59	100 I.M.	1:28.99
33.99	50 Free	33.99
39.69	50 Fly	43.99
1:16.29	100 Free	1:17.99
39.99	50 Back	42.49
42.49	50 Breast	45.49

*There is no 200 Free for the 9 & 10 and 11 & 12 age group at the “B” Championship Meet.

APPAREL

Please note that with all of these links, we have not specifically purchased from the links we are providing, but instead, we are trying to find different types of options as examples of what should work. Please be sure to read any reviews of the items you are about to purchase, and always ask questions if you have any. The name brands in swimming are Speedo, Arena, TYR, Sporti, to varying degrees of quality. Most of the options listed below should do fine for a season of age group swim team. As your swimmer progresses, they find more what styles they like and you can make further investments from there.

Please just don't take the links listed below as a "MUST PURCHASE from here" mandate. Please just be sure to keep to blacks, grays, whites and reds for color in a suit they will use at a swim meet. If you are purchasing one suit for them to use all season, please stick to the color scheme. If you want to purchase other suits for practice, they can be as colorful as they like, but for swim meets, we want to look like we are in 'uniform'.

Swim Suits (Boys)

The best option for boys swimming would be to search and purchase a "jammer"-style swim suit. This is a knee length, skin-tight swim suit that will allow full coverage. Also, the boys will be encouraged not to wear a swim shirt while swimming. We understand that they may continue to want this, but this will also cause additional drag and make swimming more difficult.

Please keep all purchased suits to versions of BLACK, WHITE AND RED to match team colors.

Examples:

[Amazon Black and Red Jammer \(off brand\)](#)

[Amazon Black and White Jammer \(off brand\)](#)

[Amazon All Black Jammer \(off brand\)](#)

[Amazon All Black Jammer \(Speedo\)](#)

Swim Suits (Girls)

Usually, girl's suits are already closer to 'traditional' swim practice and swim meet suits than what trunks are for boys. However, please be sure that your swimmer has a one piece swimsuit. If they have two pieces, they are very likely to have issues with keeping them stable during practice.

[Amazon Boy Short bottom \(off brand\)](#)

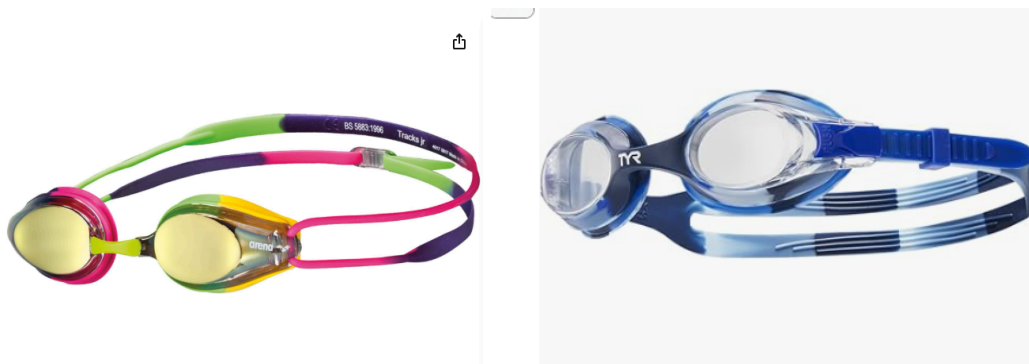
[Amazon Thick Strap \(off brand\)](#)

[Amazon Thin Strap \(Sporti\)](#)

[Amazon All Black \(TYR\)](#)

Goggles

Goggles can be any design, brand or color. They do not need to match the 'color scheme' for meets like suits and caps. There are many, many styles, sizes, strap types, lens shapes, nose bridges, etc. Goggles can fit each child very differently depending on the spacing of their eyes, how deep their eyes sit, etc. There are no perfect goggles to suggest across the board, but searching "kids swim team goggles" on amazon will get you started. There are also brand-name goggles at most stores, including Meijer, Walmart, Target and Dick's. The types below are common styles by name brands.





[Arena goggles \(picture 1\)](#) [TYR goggles \(picture 2\)](#)

[Speedo goggles \(picture 3\)](#) [Offbrand goggles \(picture 4\)](#)

Swim Caps

KAC provides a latex swim cap at the start of a season of swimming. If you want to purchase 'backups' or would like to purchase a silicone swim cap, you are able to purchase those from the admin office at the aquatic center. Additional latex caps (black) are \$5, and silicone (white) are \$10.



KAC apparel

Lastly, we have a uniform site for the aquatic center that we are adding swim team apparel options to order if you are interested. We will talk more about the ordering process during the parent's meeting.

<https://www.kentwoodaquatics.ctoutfit.com/>