>ESPANOL<

2026-2027 John F. Kennedy High School Swim & Dive Team Handbook

KENNEDY
SWIM & DIVE

Head Coach

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Registration

1. ParentVUE
    a. To register your athlete for Swim & Dive in ParentVUE, please follow the provided how-to documents: English / Spanish
2. Pre-Participation Medical Clearance
    a. All students must be cleared and have the MCPS Pre-Participation Physical Evaluation (in Spanish) signed by a healthcare professional to participate in any sport
        i. Option 1 (recommended): Register with Kennedy's Wellness Center to get a physical quickly and for free
            1. Register with the Wellness Center: English / Spanish
        ii. Option 2: Bring the physical evaluation form to any local clinic or pediatrician's office to get your student cleared for exercise
3. SwimTopia
    a. Our team website and main information platform this year is http://jfk.swimtopia.com
    b. To register grown ups and their athletes on the website, click the **Register Now** button.
        i. Adults will need to sign up for **their own accounts** using whatever phone number and email address they use most often
        ii. Then adults will register their athlete by entering the athlete's personal email address (NOT their MCPS email) so they can make their own account
    c. If there are any issues with this process, let Coach know ASAP

Practices and Expectations

1. Practices
    a. **Swim practices** are held on Tuesdays and Thursdays from 3-4 PM at the MLK Swim Center (1201 Jackson Rd, Silver Spring, MD, 20904).
    b. **Dryland conditioning practices** are held on Wednesdays from 2:45-4 PM in Room 2319 or the Kennedy Weight Room.
    c. Athletes should arrive by 2:40 PM to every practice.
2. Required equipment
    a. For **swim practices**, students must have goggles, a swim cap, a water bottle, and a one-piece swimsuit that will stay securely on their body.
    b. For **conditioning**, students must have athletic clothing, athletic shoes, and a water bottle. If a student is not dressed appropriately, they will not be allowed to participate.
3. Transportation
    a. **Arrival:** For swim practices, athletes will carpool to the swim center with staff, students, or parents.
        i. Athletes will be excused to leave their 7th period at 2:15 PM to meet with their carpool and arrive to practice on time.
    b. **Departure**: All athletes must arrange for pick-up (via parent, student, Uber, etc.) from either MLK Swim Center or Kennedy by 4:30 PM. If this is not possible, let Coach know ASAP.
4. Attendance
    a. Students must attend **at least one swim practice per week** in order to compete in that week's swim meet.
    b. If a student is not able to attend practice, they are required to inform one of the team captains.
    c. Athletes must be present and on time for all classes. Missing any class for an unexcused reason will make the athlete ineligible for that day's practice.
        i. **Hall Sweeps:** Hall sweeps are conducted frequently. If a student is caught in the sweep twice in one week, they will be removed from the remaining practices and competitions for the week.
        ii. **Hall Walkers:** Chronic hall walkers will be defined as those caught three times or more in one week. Students classified

as hall walkers will be removed from the remaining practices and competitions for the week.

iii. **Leaving the building:** If a student is caught leaving the building during the school day, they will immediately be removed from the remaining practices and competitions for the week.

d. If an athlete has more than 3 unexcused absences from practice, they may be dismissed from the team.

Fees and Uniforms

1. Student fees*
    a. **Goggles:** Students must purchase their own goggles for the season. Coach may have back-up pairs, but it is not guaranteed.
        i. Goggle recommendations: Speedo Mirrored Vanquisher 2.0
    b. **Competition suit:** Students must purchase their own competition suit for the season. This is our uniform for swim meets and all athletes are expected to have the same attire. Team store is pending.
        i. Sporti Solid Thin-Strap One-Piece (F): $35.25
        ii. Sporti Sliced Swim Jammer (M): $25.60

**If you have financial difficulties with purchasing any equipment, please reach out to Coach.*

2. Team provided equipment
    a. Students will be assigned the following equipment and are required to bring them to every swim meet:
        i. **One silicone swim cap with a JFK logo**
        ii. **One water-resistant team backpack**
        iii. **One fleece-lined, water-resistant team parka**
    b. **Replacements:** If any cap, backpack, or parka is damaged or lost, students are responsible for the replacement cost (swim cap = $12, backpack = $60, parka = $120).

Meet Schedule

Meet / Opponent	Date	Meet Starts	Location
Scrimmage (vs. Paint Branch)	11/28/26	9:15 AM	Martin Luther King Swim Center
Meet 1 (vs. Springbrook & Watkins Mill)	12/5/26	5:30 PM	Germantown Indoor Swim Center
Meet 2 (vs. Gaithersburg)	12/12/26	2:30 PM	Gaithersburg Aquatic Center
Meet 3 (vs. Northwood)	12/19/26	9:15 AM	Martin Luther King Swim Center
Meet 4 (vs. Wheaton & Northwood)	1/9/27	5:30 PM	Germantown Indoor Swim Center
Meet 5 (vs. Paint Branch)	1/16/27	9:15 AM	Olney Swim Center
Senior Meet (vs. Einstein)	1/23/27	9:15 AM	Martin Luther King Swim Center

Divisionals (vs. Division IV)	1/30/27	7:30 AM	Olney Swim Center
Washington Metropolitan Interscholastic Swimming & Diving Championships (METROS)	TBD		Germantown Indoor Swim Center
MPSSAA 4A3A North Regional Swim & Dive Championship	TBD		TBD
MPSSAA 4A3A State Swim & Dive Championship	TBD		Eppley Recreation Center, UMD

Competition Expectations

1. All swim meets last **a maximum** of 2 hours.
2. Athletes should arrive at the pool **at least 30 minutes** before the meet begins and should plan to stay for the entire swim meet.
3. Meet Attendance
    a. Attendance is **mandatory** for every swim meet.
        i. If an athlete is unable to swim due to injury, menstruation, etc., they are still expected to attend the meet to support the team.
        ii. If any athlete has any symptoms of illness (cough, fever, etc.), they should stay home.
    b. Scheduling conflicts

i. If an athlete knows in advance that they are unable to attend a swim meet, they are expected to indicate their planned absence on SwimTopia in the SignUp Calendar by **Wednesday** of each week.
ii. Late cancellations (unless for illness) will result in a penalty of sitting out at the next meet.

4. Transportation
    a. Students are responsible for their own transportation to and from the competitions.
    b. We can arrange for carpooling to / from JFK as needed.
5. Order of Events
    a. While diving is technically events 9 and 10, we always run diving at the **start of the meet** so that the swim portion is continuous.

# (BOYS)	EVENT	# (GIRLS)
9	DIVING	10
1	200 MEDLEY RELAY	2
3	200 FREE	4
5	200 I.M.	6
7	50 FREE	8

11	100 FLY	12
13	100 FREE	14
15	500 FREE	16
17	200 FREE RELAY	18
19	100 BACK	20
21	100 BREAST	22
23	400 FREE RELAY	24

6. Meet Expectations
    a. Before the meet
        i. Go on deck and find the team area.
        ii. Use the restroom if needed.
        iii. Keep track of belongings and respect the team area.
        iv. Be ready for warm-ups with cap, goggles, and suit on by the last dive event.
    b. During the meet
        i. On deck:
            1. Stand and cheer for all teammates, and be aware of when they are swimming.
            2. Keep phones out of sight.
            3. Know your lanes and events.

4. Remain silent when the whistle blows.

ii. For your races:
1. Get behind the block one event early and check in with timers.
2. Step up on the block at the long whistle sound.
3. At “take your mark,” get into position and stay still.

iii. After individual races:
1. Shake hands with opponents on either side.
2. Remain in the pool until all swimmers have finished.

iv. For relays:
1. Swimmers 1, 2, and 3 should exit the pool immediately after their races.
2. Avoid putting arms or legs in the water while another swimmer is racing.
3. Swimmer 4 remains in the pool until all swimmers have finished and shakes hands with opponents.

c. After the meet
i. Gather for a team cheer to support the opposing team.
ii. Collect belongings and pick up any trash.
iii. Leave the pool area as you found it.

7. Meet Day Attire
a. All athletes are expected to wear their team suit to every meet; use their swim bags; bring the team swim cap; and use the parka (if they want)
b. All managers and any athletes on the sidelines are expected to wear JFK swim and dive attire

Volunteers

1. Importance
a. Volunteers are essential to each swim meet! **At minimum**, we will always need:
i. 3 timers per lane (18-30 timers)
ii. 3 dive judges
iii. 1 swim referee
iv. 1 dive referee
v. 1 dive announcer
vi. 1 runner

2. Signing up
    a. In the SignUp Calendar of our SwimTopia website, there will be an option to volunteer at every meet this season.
3. Trainings
    a. **If you are able to help carpool students to/from practices, we would LOVE your assistance. Please complete the MCPS Volunteer Compliance training and send me proof of completion.**
    b. Most volunteer positions do not require any training or prior experience.
    c. If interested in receiving specific training, please refer to the Volunteer Roles & Training tab on our SwimTopia website.
4. SSL Hours
    a. Any siblings, friends, and other students who volunteer will earn SSL hours! For a 2-hour meet, each volunteer will be awarded 4 hours to compensate for preparation, clean-up, and travel.

Academic Expectations

1. Class Attendance
    a. Athletes must be present and on time for all classes on Tuesdays, Wednesdays, and Thursdays.
    b. Missing any class for an unexcused reason will make the athlete ineligible for that day's practice.
2. GPA Requirement
    a. A minimum 2.0 GPA and no more than 1 E must be maintained throughout the season.
    b. Falling below this GPA will result in academic probation for practices and competitions until academic requirements are met.

Athlete / Adult Agreement

By signing below, you acknowledge that you have:

- read,
- understood,
- and agreed to

the expectations and responsibilities outlined in this handbook.

Athlete Printed Name:

_____

Athlete Signature:

_____

Date: _____/_____/_____

Parent/Guardian Printed

Name:_____

Parent/Guardian Signature:

_____

Date: _____/_____/_____