

Hofius Swim Handbook 2026

Welcome to the 2026 swim season! I'm excited to kick off what promises to be an exciting few weeks. Below is all the information you need to get ready for the upcoming swim season.

General Swim Information:

The Hofius Swim Team is for students who have a passion for swimming and possess prior experience in competitive swimming. While not all athletes are on an Olympic track, all participants must have at least one season of competitive swimming experience, a strong understanding of the strokes, and the ability to swim across the length of the pool without assistance. Please understand, this is a swim team, not swim lessons. Safety is always our top priority.

Each school is limited to entering a maximum of 60 swimmers in a meet. If we exceed this number, a time trial will be held for certain events. My goal is for every swimmer to focus on improvement, enjoy the experience, and continue making swimming a part of their life. All athletes are encouraged to attend practices, even if they are not competing in that week's meet.

After reviewing times and speaking with the swimmers, I aim to inform everyone about their participation and event assignments 1-2 days prior to the meet. Please refer to the information below to help you prepare for the season.

SPORTSYOU: Please download the app or sign up online. This will be our main way of communicating information. It is expected that all swimmers and at least 1 parent are signed up.

SportsYou Access Code: KBLF-BANM

Practice Dates: We are limited to practice dates due to testing and availability at Klein Oak.

April 6th & 7th (Monday and Tuesday)

April 13th (Monday only)

April 20th and 21st (Monday and Tuesday)

April 27th and 28th (Monday and Tuesday)

May 4th (Monday only)

May 11th & May 12th (Monday and Tuesday) - Only swimmers going to the district meet

Practices will be from 7:00-8:00 a.m. at the Klein Oak Pool. With only having a few practices, swimmers are expected to make as many practices as possible to participate in the weekly meets. If there are conflicts with morning practices, let Coach Green know. Please note: if a swimmer misses both practices and does not communicate with Coach, he or she will not be entered in the next meet. Swimmers should be at all practices, if possible.

Swimmers need to be dropped off at Klein Oak for practice in the mornings. Drop off located on the south side building on the athletic side.



Swimmers will ride a bus from Klein Oak to Hofius after practice. Practice will end at 8:00 a.m. and swimmers can get ready at Klein Oak and/or Hofius. Please keep in mind that we are using the high school facilities. Please keep the swim area clean. This includes returning kick boards and other high school equipment to its proper location. Please take care of caps, goggles, towels, etc. IMPORTANT: No swimmer will be allowed to leave Klein Oak in just a swimsuit or a towel covering the swimsuit. Clothes or warm-ups must be worn when returning to Hofius. It is an expectation that the athletes will be on their best behavior at all times while representing Hofius. If there are any behavioral issues, the swimmer will be at risk of not being entered in the next meet.

Before practice starts swimmers will listen for any announcements and sign in for practice. This is extremely important. We will be sharing the pool with Hildebrandt at times. Swimmers will not enter the water until they are told to do so. Lanes 1 and 2 are for beginners. Lanes 3-6 are for intermediate swimmers and lanes 7 and 8 are for year-round swimmers. Once the practice is complete, swimmers will be able to change. It is my suggestion that swimmers try and get ready for the day while at Oak just in case there is a delay getting back to Hofius.

Athletes need to put their swim bags and items in their athletic locker when they return to Hofius. If an athlete does not have a locker, they are welcome to put their belongings in my classroom for the day and collect them before going home. The same goes for the swim meets. Athletes who do not have a locker are welcome to keep their swim bags in my classroom for the day so they don't have to carry them around.

Hofius Swim Pictures:

Team pictures will take place at Hofius on the morning of the first meet, Thursday, April 16th, at 7:45 AM in the Hofius Activity Room. Athletes will wear their team shirts for the group photo. For individual pictures, athletes are welcome to wear their Hofius swim shirt, swimsuit, or any attire of their choice. If a shirt was ordered, it will be delivered on the day of the pictures or before.

The picture order form will be given to swimmers at practice or you can access the link on the SportsYou team page. Please be sure to submit payment to the photographer either before or on the day of the pictures.

Swim Meet Schedule: Meets are scheduled to start as close to 5:00pm as possible.

There are 5 swim meets scheduled (1 practice meet, 3 tri-meets, and a District Championship meet.)

Tickets must be purchased online to attend athletic events in Klein. Cash will not be accepted.

<https://events.hometownticketing.com/boxoffice/kleinisd>

Please mark your calendars with these dates:

Meet 1: Thursday April 16th @ Klein Oak: Hofius, Hildebrandt (Time Trials/Mock Meet)

Max entries per individual: 2 Individual, 2 Relays or 1 Individual, 3 Relays

The swimmers will take the bus from Hofius to Oak. There will be no bus after the meet. The high school usually provides all of the necessary volunteers however we need to make sure we are ready to help where help is needed. When your swimmer is finished swimming their last event, they may leave. Each swimmer(or parent) must sign out when they leave on the QR code that will be posted by the exits. There will not be ribbons awarded for this meet.

Meet 2: Thursday April 23th @ Klein Oak: Hofius, Hildebrandt, Krimmel

Max entries per individual: 2 Individual, 2 Relays or 1 Individual, 3 Relays

The swimmers will take the bus from Hofius to Oak. There will not be a bus for students to take after the meet. The high school usually provides all of the necessary volunteers however we need to make sure we are ready to help where help is needed. When your swimmer is finished swimming their last event, they may leave. Each swimmer(or parent) must sign out when they leave on the QR code that will be posted by the exits.

Meet 3: Thursday April 30th @ Klein Oak: Hofius, Strack, Doerre

Max entries per individual: 2 Individual, 2 Relays or 1 Individual, 3 Relays

Hofius is the host of this meet.

The swimmers will take the bus from Hofius to Oak. There will not be a bus for students to take after the meet. The high school usually provides all of the necessary volunteers however we need to make sure we are ready to help where help is needed. When your swimmer is finished swimming their last event, they may leave. Each swimmer(or parent) must sign out when they leave on the QR code that will be posted by the exits.

Meet 4: Thursday May 7th @ Klein Collins: HofiusHildebrandt, Strack

Max entries per individual: 2 Individual, 2 Relays or 1 Individual, 3 Relays

The swimmers will take the bus from Hofius to Klein Collins. There will not be a bus for students to take after the meet. The high school usually provides all of the necessary volunteers however we need to make sure we are ready to help where help is needed. When your swimmer is finished swimming their last event, they may leave. Each swimmer(or parent) must sign out when they leave on the QR code that will be posted by the exits.

Meet 5: Thursday May 14th @ Klein High

District Championship Swim Meet at Klein High School. All schools will attend this meet. Only swimmers who qualify for this meet will attend. This is a big meet and swimmers will need to listen for their events. If a swimmer misses one event, they will be disqualified for the rest of the meet.

The swimmers will take the bus from Hofius to Klein High. There will not be a bus for students to take after the meet. The high school usually provides all of the necessary volunteers however we need to make sure we are ready to help where help is needed. When your swimmer is finished swimming their last event, they may leave. Each swimmer(or parent) must sign out when they leave on the QR code that will be posted by the exits.

Swimsuits/Attire:

For Girls: No 2-piece suits should be worn for meets or practice. Girls must wear a one piece that is designed for competitive swimming and not sun-bathing.

For Boys: Boys should wear jammers or speedos. Boys are not allowed to wear one-piece racing suits. No baggy suits. They cause too much "drag".

Here are the district swimsuit rules: Swimmers may not wear USA suits with another team logo. The only logo that may appear on a suit is the company's logo (ex. Nike, Speedo, etc.), and it may not exceed two and a quarter inch in size. You also cannot wear suits with names of the swim clubs (Rapids, SSAN, for example). No zippers on suits.

If you swim competitively, chances are you have the appropriate suit already. Any color will do. If you don't know what color to choose, you can't go wrong with Hofius colors, black, blue, or green.

Any violations regarding swimsuits will result in disqualification of all the swimmer's events.

If you need to purchase a swimsuit, here are a few recommended options:

- Amazon
- Academy
- SwimOutlet.com
- For those who prefer to try on or shop in person, Swim Shops of the Southwest on Louetta Rd. is an excellent resource.

Jewelry:

All jewelry must be removed for practices and for meets.

Technical Suits

The FINA mark and/or individual barcode on certain swimsuits designating that the suit has been approved for FINA and/or USA Swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such swimsuits with a FINA marking shall be legal for NFHS competition.

Goggles:

Please make sure to bring at least one pair of goggles. It's also a good idea to have a second pair as a backup. Goggles will not be provided. For indoor swimming, clear goggles are recommended.

Caps:

Hofius swim caps will be provided to all swimmers. It is required for all girls to wear a cap, and boys with longer hair are also required to wear one. During practices, swimmers may wear any cap of their choice; however, the Hofius cap must be worn during the meets.

The rules for swim caps align with those for swimsuits. For regular meets, swimmers may wear a different cap, but it must be turned inside out if it displays another team's name. I will distribute the Hofius caps on the day of the first meet.

Meets:

Please be sure to have suits, goggles, towels, and clothes to wear over your suit. Sharpies will be provided before meets so the swimmers can write their event, heat, and lane on their arm/leg, but if a swimmer wants to bring their own they can. Bring drink bottles of any sports drink or water and a light snack is also recommended. The meets go pretty quickly and there will not be a lot of time to eat. Warm-up lanes are assigned to each school. Swimmers must enter feet first. There will be time for warm ups and warm downs. NO STARTS UNTIL ALL LANES ARE CLEAR!!! No diving until the coach practices starts at the end of the warm-up. Starts will be 25s only and will require the swimmer to get out and walk back to the starting blocks.

Each swimmer(or parent) must sign out when they leave on the QR code that will be posted by the exits.

Grades:

As with all UIL activities, swimmers will be expected to pass all subjects on the report card to participate in the meets. If any swimmer fails, they may still come to practice but will not be allowed to participate in meets until the next report card or progress report. The swim season is only 6 weeks long and we cannot afford to lose anyone to grades.

Physicals:

All swimmers must have a current physical on file. Physicals are good for one year. If your child has played sports at Hofius this year, then they're up to date on their physical. If your child is getting a physical completed for swimming, they need to return it to me before they are allowed to participate in practices or meets.

Rules/Events:

The KISD Junior high program will follow the NISCA High School Rules. Events will include:

200 Medley Relay

200 Free

200 IM

50 Free

50 Fly

100 Free

100 IM

200 Free Relay

100 Back

100 Breast

400 Free Relay

Sportsmanship and Behavior:

All swimmers are expected to maintain exemplary behavior throughout the meet. Swimmers must remain on the deck and should not be in the stands or outside designated areas. There will be no ready benches, no tent parents, and no adults calling swimmers to the starting blocks. Each swimmer is responsible for ensuring they are at the block for their designated event and heat. Should a swimmer miss their event due to being distracted or out of area, they will forfeit the opportunity to compete in the next meet. It is essential that each swimmer takes responsibility for their event, as it is unfair to waste a spot that could be given to another participant.

When not competing, swimmers are strongly encouraged to support and cheer for their teammates. We are a TEAM, and fostering a positive, encouraging environment is vital. Swimmers are expected to demonstrate respect at all times. Any display of disrespect towards fellow athletes, coaches, officials, or others will result in disciplinary action, including the potential loss of a spot in the next meet or, in extreme cases, suspension for the remainder of the season.

I look forward to a great season! Please reach out if you have any questions.

Coach Contact Information:

Coach: Jaci Green

E-mail address: jgreen3@kleinisd.net
SportsYou Group Code: KBLF-BANM