



Handbook

2009-2010

The DeWitt Dolphins Swim Club
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DEWITT SWIM CLUB

Welcome to DeWitt Swim Club. DWSC was founded in 1971 as a competitive age group swimming club. The Dolphins have become one of the strongest age group teams in Central NY.

Swimming is a fun and healthy activity you can participate in for a lifetime. The skills that a competitive swimmer learns can be used well outside the realm of competition. Learning to make goals and striving for them, attaining those goals through hard work and discipline, dealing with disappointment, teamwork, organizing one's time; these are just a few of the many positive attributes that a swimmer takes from competitive swimming.

The mission of Dewitt swim Club is to provide a fun, safe, and competitive environment for swimmers from the Developmental level to the National Level.

The following will help to familiarize you with competitive swimming and DeWitt Swim Club.

REGISTRATION

Registration can be done by following the prompt on our website, www.dewittdolphins.com. From the registration tab, you will be required to fill in all information about your family and athletes. You will be charged a \$20 fee per athlete.

Full-annual payment checks can be mailed to **CNY Aquatics, LLC, PO Box 54, DeWitt, NY 13214-0054**.

If you decide to pay by credit/debit card or e-check, your records will show a charge from CNY Aquatics. Once approved and registered, you will be sent a password for your family's account within the website. We ask that you keep your account up to date with any changes in addresses, emails, and phone numbers.

USA SWIMMING

All DeWitt Swim Club members are registered with USA swimming; the governing body for swimming in the United States. The \$56 USA Swimming registration fee provides for on-going initiatives the organization provides. It is a requirement for all clubs and serves as insurance for your swimmer as well as other administrative functions within USA swimming. Each swimmer receives a USA ID# in order to swim in the meets. The website for USA swimming is <http://usaswimming.org/>.

My USA Swimming Page

DWSC encourages swimmers who have not done so to create a web account at USA swimming to be able to access their personal *My USA Swimming* page! Features of this

special page include a display of personal best times and corresponding power points, a list of meets participated in, a graphical display of times info, seasonal and lifetime best comparisons, in addition other member only features. If a swimmer has already swum the event combo for his/her age level, the IMX score and ranking now appears in a special section of the swimmer's *My USA Swimming* page (more on this in "Swimmer Progress"). The only place to access an overall IMX Score, as well as the swimmer's current best score for each IMX event, is on that swimmer's personal *My USA Swimming* page.

NIAGARA DISTRICT (NI)

There are 59 Local Swimming Committees (LSC) within USA swimming and DWSC is part of the Niagara District LSC. The website for the Niagara District is <http://niagaraswim.org/>.

2009-2010 FEES & DUES SCHEDULE

Single Pay Annual					Pay by Installments(3 installments)			
1	2	3	4		1	2	3	4
\$ 370.00	\$ 333.00	\$ 296.00	\$ 259.00	Minnows	\$ 130.00	\$ 117.00	\$ 104.00	\$ 91.00
\$ 470.00	\$ 423.00	\$ 376.00	\$ 329.00	Big Fish	\$ 165.00	\$ 148.50	\$ 132.00	\$ 115.50
\$ 495.00	\$ 445.50	\$ 396.00	\$ 346.50	Sharks	\$ 173.33	\$ 156.00	\$ 138.67	\$ 121.33
\$ 575.00	\$ 517.50	\$ 460.00	\$ 402.50	Junior	\$ 201.67	\$ 181.50	\$ 161.33	\$ 141.17
\$ 625.00	\$ 562.50	\$ 500.00	\$ 437.50	Senior	\$ 218.33	\$ 196.50	\$ 174.67	\$ 152.83
\$ 750.00	\$ 675.00	\$ 600.00	\$ 525.00	Senior Elite	\$ 250.00	\$ 225.00	\$ 200.00	\$ 175.00

Additional Required Fees:

USA Swimming Fee: \$56.00

Required for each swimmer. Non-Refundable.

Intersquad Meet Fee: \$20.00

Required for each swimmer. Non-Refundable. We will be hosting two Niagara sanctioned meets this year. The fees will cover pool rental costs and Niagara sanctioning fees (makes the times official and legal).

Meets fees:

In order for the club to send coaches to each meet, each swimmer will be charged a coaching surcharge of \$1.50 per local meet. This will appear on each family's monthly bill if the athlete attends a meet. This fee will NOT be assessed for the Intersquad meets or any meets hosted by the DeWitt Swim Club.

For meets that require a coach to obtain lodging, in Rochester, Buffalo or Binghamton, each athlete will be charged a \$10 surcharge. This will take place of the \$1.50 surcharge.

Late Fees:

A \$5.00 late fee will be assessed monthly for balances not paid on time.

PRACTICE

Attendance

When you register to swim with DWSC you are making a commitment to swim for a competitive swim club and therefore attendance at practices is expected and will be taken. There's a direct relationship between quality practice time and improvement in this sport. Our goal is to have each swimmer attend every practice available for his/her group. If you will be missing practice you are expected to notify the coach. It's understandable that it may not be possible to attend EVERY practice throughout the year yet there are some swimmers who do!!

Numerous missed practices will result in evaluating whether a swimmer should remain with the team or the swimmer be removed from the team to make space for a more dedicated swimmer. If a swimmer is involved in other sports please notify your coach so that a practice schedule for the swimmer can be determined.

Swimmers are expected to be at practice 15 minutes before practice time so that they are in their lane ready to swim at the start time.

Parents, our coaches are happy to answer any questions you have. However, please do not disturb our coaches during practice as it takes away from their time with other swimmers.

Cancelled Practices

Practices can be cancelled due to weather, High School swimming meets, and for other reasons. So please check the website <http://dewittdolphins.com/>. E-mails are generally sent out to everyone prior to being posted on the website, so check the website and your e-mail often. You can also go to our Twitter page: www.twitter.com/dewittswimclub. You may also call the Practice Hotline, 315 877-1227.

The JD pool is open when school is open, and closed when school is closed. This is true for Nottingham when the Syracuse District closes. Le Moyne is a separate situation. The JR/SR/SR Elite team practices will be determined that day, and notification will be sent via e-mail, so watch your inbox closely on questionable days.

Equipment

- Racing type suit is required for practice.
- Goggles
- Girls/boys with hair beyond shoulder length should wear a cap.
- Kickboard is required for all groups
- Fins are required for the Big Fish, Sharks, Junior and Senior teams
- Pull Buoys are required for the Sharks, Junior, and Senior Teams

MEETS

DWSC posts upcoming meets on our website <http://dewittdolphins.com/>. Information about those meets are included in an attachment and a TEAM DEADLINE for entries is listed. These deadlines are different than the host club deadline. Please adhere to **our** team's deadline. NO LATE ENTRIES will be accepted. We can not hold up the entire team's entries and risk being shut out of a meet for a late entry. Therefore, if you plan to swim, enter as soon as possible.

This is a competitive swim program, and there's no way to critique a swimmer's growth better than through competition.

Choosing Events to Swim

Many clubs do not give their swimmers a choice. We allow our swimmers to swim in any event they feel confident in swimming, and are qualified to enter. If unsure, question your child's coach. Some may wish to enter an off age-group events i.e., enter in the 'open' age group, to establish a time in an event that may not be offered at that swimmer's own age group. This is not only acceptable, but encouraged. Many championship meets offer longer distance events that are not available at all meets. At times, swimming in the 'open' age group is the only way to achieve a qualifying time for these events. The experience of swimming against 15 year olds when you are only 11 may be intimidating, but also offers a great feeling of accomplishment.

Note: Some meets have qualifying times in order to enter. Please pay attention to those.

How to Enter

Entries are done through the Meet Entry on our website. Once you are registered for the team each family has access to their own family account. Meet entries will be done through this area.

The swimmer can chose which events he/she would like to swim. Please pay attention to the maximum number of events a swimmer may swim for that meet. Swim meets are broken down by sessions with specific age groups swimming in different sessions. Be sure that when you sign up for an event, that you are signing up for the desired session. This information can be found in the meet information attachment on our site.

Relays

At the time of entry, if you know that you are unable to swim in a relay, please notify us in the notes section of the online meet entry form. Relays are paid for by the club. The number of relays entered is based on the amount of swimmers available in each session. So, that information is very important. More information on relays in "At the Meets".

Meet Fees

Meet fees will charged to your account. An invoice will be emailed to you monthly.

What to Bring to Meets

- A team suit is not a requirement, but if your child swims at any meets, they will feel more like a ‘team’ member with a team suit.
- TEAM T-SHIRT. Wearing your team shirt will help create team unity at the meets.
- Plenty of towels, warm clothes (sweats) a blanket or sleeping bag to lie down on the floor of the team waiting areas at each meet, water and nutritious snacks.

At the Meets

- Please be on time for the warm-up. That time is listed in the meet information file on our website. Warm-ups are an integral part of preparing for a meet.
- If you entered the meet, you should be prepared to swim in a relay unless you previously notified the registrar that you could not. If you know at the beginning of the meet that won’t be able to swim in a relay, a coach needs to know immediately.
- Ask the coach if you are in a relay. Also, this information is often posted with the team. If the swimmer is young a parent should find out. **DO NOT LEAVE** a meet until you know that you are NOT in a relay. If a swimmer who is in a relay leaves without checking to see if they are in a relay, they will be charged for the entire relay fee even if a replacement is found. Our hope here is not to collect money, but to make people responsible for this. Swimmers who may have been staying until the very end of the meet to swim the relay event find themselves unable to swim the event when a relay member leaves. This is particularly difficult for young swimmers.
- Programs with the order of events can be purchased at the swim meets. It is helpful for a swimmer to write their event numbers on their hand.
- At most meets, a seating area is set aside to seed the athletes. The events that are being seeded are called out as well as posted on a board in that area. The swimmers will then be paraded out to the pool area for their event.
- Some events (usually of distances of 400 yards/meters or 500 yards or greater) require a swimmer to “circle in”. This means the swimmer must circle his/her name on a sheet before the event is “seeded”. There is often a time given on the meet information sheet when you sign up for your events as to when this needs to be done. However, this can change so please pay attention to the procedure when you arrive at a meet.
- If you have entered a meet and then are unable to attend due to illness, please e-mail cnyaquatics@gmail.com or call 315-877-1227.

Championship Meets

There are different types of championship meets throughout the swim season/s. These include Bronze, Silver, and Gold IMX, Bronze, Silver, and Gold Districts, Zones and Sectionals. This also includes Niagara LSC Championships. For each of these meets there are qualifying times. Often, these meets will have “bonus events”. For example, if a swimmer has a qualifying time in one event, he/she is allowed to enter an additional event for which he/she has not received a qualifying time. For some meets, these bonus events also have a qualifying time.

Most of these meets have preliminaries and Finals. In other words, you will swim in the morning and then if you are in the top 8-16 finishers, you will swim the event again at night in the finals. That is where your actual place and team points will be determined. If you swim in these meets and make the finals for an event, you are expected to swim in the finals unless you discuss this with your coach. There are specific procedures for scratching (not swimming in the finals once you have made them) so it is important that this information is known to your coach.

Disqualifications

When a swimmer is disqualified, an official will come up to the swimmer and notify them and tell the swimmer why they were disqualified. Swimmers at ALL levels of competition get disqualified (DQ'd) so do not get discouraged. It is part of the learning process in this sport. If you have questions, ask one of your coaches at the meet to clarify.

Ribbons/Awards from the meet

Ribbons and any awards earned at a meet will be handed out to you at practice within a few weeks following the meet.

SWIMMING TIME STANDARDS

Niagara District Time Standards

The Niagara District (NI) uses the USA Swimming BB-AAAA standards. They are available on www.usaswimming.org. Each age group has its own standards for BB, B, A, AA, AAA, AAAA. These standards are used for qualifying for specific larger championship style swim meets in the Niagara District. There are short course standards and long course standards. The September through May season is the short course season for the NI district. In other words, meets are swum in a 25 yard pool.

National Time Standards

Also, there are National Age Group Motivational Times and Top Ten Reportable times (T-10). These times are universal among USA swimming. These standards can be found on the USA Swimming Website, the NI web site (in the “swim guide” section), and our website.

The Niagara District has adjusted their Gold-Silver-Bronze time standards to correlate to the National Time Standards. A Gold time is the same as a National A or AA standard (depending on age group and stroke) and a Silver Times is the same as a National BB standard.

PARENTS

There is an abundance of information about competitive swimming on the USA swimming website. There is a section for parents that include, among other information, a **glossary**. This glossary provides definitions and explanations of some of the swimming slang you may hear at a swim meet.

GLOSSARY OF COMMON TERMS

A Glossary of those strange and wacky words we use in the sport of swimming. You may or may not find these words in the English Dictionary, and if you do, their definitions will probably be radically different than the ones listed in this Glossary. Relax and take your time reading. Soon you'll be understanding and maybe even speaking some "SWIMSLANG".

[Disclaimer: Thus list is not meant to supercede any rule book or official glossary. It is simply a common-sense explanation of some concepts that are not familiar to the new-swimming family.]

"A" Time classification for a swimmer. National Age Group Time Standard "A" time is .01 seconds faster than the "BB" time standard and .01 slower than the "AA" time standard. See the NAGT published chart.

"AA" Time classification for a swimmer .01 faster than "A" time standard.

"AAA" Time classification for a swimmer .01 faster than the "AA" time standard.

"AAAA" Time classification for a swimmer .01 faster than the "AAA" time standard. This is the fastest time standard listed on the NAGT chart. Times faster than this are approaching National cuts or Top Times consideration.

Add-up time Aggregate Time - times achieved by 4 swimmers in individual events which are added together to arrive at a provable relay entry time.

Admission Certain swim meets charge for spectators to view the meets. These are usually the larger more prestigious meets. Sometimes the meet program(heat sheet) is included in the price of admission.

Age-Group Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16, 17-18. Some LSC's have divided the swimmers into more convenient divisions specific to their situations: (I.e.) 8-under, 13-Over, 15-Over, Junior, Senior.

Alternate In a Prelims/Finals meet, after the finalist are decided, the next two fastest swimmers other than the finalist are designated as alternates. The faster of the 2 being first alternate and the next being second alternate. If a finalist cannot participate, the alternates are called to take their place, often on a moments notice.

Anchor The final swimmer in a relay.

Approved Swim meets conducted by organizations (other than USS member clubs or **meet** LSC's) that have applied to USS or the local LSC for approval. If approval is granted, swimmers may use times achieved as USS qualifying

times. A USS official must be present at all sessions of the meet. Approval does not mean Sanctioned.

ASCA The American Swim Coaches Association. The professional organization for swim coaches throughout the nation. Certifying coaches and offering many services for coaches education and career advancement.

Backstroke One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swam as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)

Back-up A watch time or button time that is written on a card to be used in case the **times** primary computer timing system malfunctions. The USS rule book list accepted methods to average these times to get an “official” time.

Banner A team sign that is displayed at swim meets. Banners are usually made from nylon material and carry the Team Logo and possibly the name of a popular team sponsor. Size restrictions are enforced at certain meets.

Beep The starting sound from an electronic, computerized timing system.

Blocks The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool, and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable. They may be 30” above the water if the depth of the pool is 6’ or more, or 18” above the water if the pool depth is 4’-6’.

BOD Board of Directors of the LSC or USS.

Bonus The heat held during the finals session of a Prelims/Finals meet, that is **Heat** slower than the swimmers participating in Big Finals. The Bonus Heat may refer to Consolation Finals or an extra heat in addition to Consolation finals.

Bottom The floor of the pool. Bottom depths are usually marked on the walls or sides of the pool.

Breaststroke One of the 4 competitive racing strokes. Breaststroke is swam as the second stroke in the Medley Relay and the third stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd Breast)

Bull Pen The staging area where swimmers wait to receive their lane and heat assignments for a swimming event. Area is usually away from the pool and has rows of chairs for the swimmers to sit. The Clerk of the Course is in charge of the Bull Pen.

- Board** Bulletin boards are usually in the entrance ways of pools and have timely information posted for swimmers and parents to read.
- Butterfly** One of the 4 competitive racing strokes. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and first stroke in the I.M. Racing distances are 50 yds/m, 100 yds/m, and 200 yds/m. (LSC's with 8-under divisions offer the 25 yd fly)
- Button** The manual Timing System stopping device that records a back-up time in case the touch-pad malfunctioned. The button is at the end of a wire, plugged into a deck terminal box. There are usually 2 buttons per lane. It is the timers responsibility to push the button as the swimmer finishes.
- Camp** A swimming function offered by USS, your LSC, or a USS coach. There are many types of camps for just about every level of swimmer. When selecting a camp, ask for your coaches advice as to what will be the best for the swimmer, or call USS swimming for details on the camps they offer.
- Cap** The latex or lycra covering worn on the head of swimmers. The colors and team logo's adorning these caps are limitless. National Caps, State Team Caps, award caps, plain practice caps, etc.
- Car pool** The major transportation service provided by parents of a swim club, to shuttle swimmers to and from practices.
- Cards** A card that is either handed to the swimmer in the bull pen or given to the timer behind the lane. Cards usually list the swimmers name, USS number, seed time, event number, event description, and the lane and heat number the swimmer will swim in. Backup times are written on these cards. Each event has a separate card.
- Carbohydrate** The main source of food energy used by athletes. Refer to a Nutritional Manual for reliable information. (Slang = Carbs or Carbos)
- Championship** The meet held at the end of a season. Qualification times are usually necessary to enter meet.
- Championship Finals** The top 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. The fastest heat of finals when multiple heats are held.
- Check-In** The procedure required before a swimmer swims an event in a deck seeded meet. Sometimes referred to as positive check in, the swimmer must carefully follow the listed instructions and mark their name on or off a list posted by the meet host. Each meet does this differently so make sure instructions are followed or swimmer may not get to swim.
- Check-Out** The parents job at the motel. This is listed here to remind parents to

request "Late Check Out" times if offered at no charge by the motel. This makes the last day of the meet a little less hectic.

- Chlorine** The chemical used by most pools to kill the bacteria in water and keep it clear and safe to swim in.
- Circle-Seeded** A method of seeding swimmers when they are participating in a *prelims/finals* event. Used only in the prelims of Championship meets with events that have "prelims & finals". This affects only the top 24 seeded swimmers (8 lane pool) which compete in the last 3 heats. All other heats are regular seeding. Circle seeding goes like this: The fastest seeded swimmer will be in the last heat in lane 4. The second fastest swimmer will be in the second to last heat lane 4. The third fastest swimmer will be in the third to last heat lane 4. The fourth fastest swimmer will be in the last heat lane 5 and so on. For an event with 60 swimmers, the seeding would look like this: # = swimmers seed in prelims
- Clean** A term used when talking about a "drug fee" swimmer or performance or record.
- Clinic** A scheduled meeting for the purpose of instruction. Officials clinic, Coaches clinic.
- Club** A registered swim team that is a dues paying member of USS and the local LSC.
- Code** A set of rules that have been officially published.
- Code of Conduct** A Code of Conduct that both swimmer and coach are required to sign at certain USS/LSC sponsored events or the team/club itself may have a Code of Ethics or Conduct.. The Code is usually not strict and involves common sense and proper behavior.
- Colorado** A brand of automatic timing system. Also - non-related - the state that the Olympic Training Center and the USS National Headquarters resides in.
- Consolation** After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers, depending on **Finals** (the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Consolations are the second fastest heat of finals when multiple heats are held and are usually conducted before the Championship heat. In an 8 lane pool, a swimmer in consols may place no better than 9th (the winner of the heat) regardless how fast they swim. It has been known to happen that the winner of the consolation finals does a time that would have placed them 2nd or 3rd in the championship finals, but the highest they can score is 9th. This is why it is important to swim very fast in the morning prelims session to make the championship finals. If a swimmer is disqualified in finals, they do not score points or get awards,

however, a non- finals swimmer can not be moved up to score. The place simply is not awarded. Alternates occasionally get to swim and can score the same as any other swimmer.

Convention United States Aquatic Sports annual, week long, meetings where all rules changes are decided and working committees are established. Representatives are sent by each LSC to make up the voting body.

Course Designated distance (length of pool) for swimming competition. (I.e.) Long Course = 50 meters. Short Course = 25 yards or 25 meters.

Deadline The date meet entries must be "postmarked" by, to be accepted by the meet host. Making the meet deadline does not guarantee acceptance into a meet since many meets are "full" weeks before the entry deadline.

Deck The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an "authorized" USA member may be on the deck during a swim competition.

Deck Entries Accepting entries into swim events on the day of a meet.

Deck Seeding Swimmers report to a bull pen or staging area and receive their lane and heat assignments for the events.

Dehydration The abnormal depletion of body fluids (water). The most common cause of swimmers cramps, headaches, and sick feelings.

Distance How far a swimmer swims. Distances for short course are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths), 500 yards (20 lengths), 1000 yards (40 lengths), 1650 yards (66 lengths). Distances for long course are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), 1500 meters (30 lengths).

Disqualified A swimmers performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.

Dive Entering the water head first. Diving is not allowed during warm-ups except at the designated time, in specific lanes that are monitored by the swimmers coach.

Diving Well A separate pool or a pool set off to the side of the competition pool. This pool has deeper water and diving boards/ platforms. During a meet, this area may be designated as a warm-down pool with proper supervision.

Division NCAA member colleges and universities are assigned divisions to compete

in, depending on the schools total enrollment. Division I being the large universities and Division II and III being the smaller colleges.

Dropped Time When a swimmer goes faster than the previous performance they have “dropped their time”.

Drylands The exercises and various strength programs swimmers do out of the water.

Dry Side That part of the Code book (rule book) that deals with the “Administrative” Regulations of Competition. (see white pages of the USS Rule Book)

Dual Meet Type of meet where two teams/clubs compete against each other.

Entry An Individual, Relay team, or Club roster's event list into a swim competition.

Entry Fees The amount per event a swimmer or relay is charged. This varies depending on the LSC, type of meet, and club surcharges.

Entry Limit Each meet will usually have a limit of total swimmers they can accept, or a time limit they can not exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned. Meets also limit the number of events a swimmer may enter on a given day or session.

Eligible The status of a member swimmer that means they are registered and have met all the requirements to compete.

Equipment The items necessary to operate a swim practice or conduct a swim competition.

Event A race or stroke over a given distance. An event equals 1 Preliminary with its final, or 1 timed final.

False Start When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.

False Start A recall rope across the width of the racing pool for the purpose of **Rope** stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 30 feet from the starting end on meter pools.

Fees Money paid by swimmers for services. (I.e.) Practice fees, registration fee, USS membership fee, etc.

FINA The international, rules making organization, for the sport of swimming.

- Finals** The final race of each event. See “Championship Finals”, “Consolation Finals”, “Timed Finals”, etc.
- Final Results** The printed copy or disk copy of the results of each race of a swim meet.
- Fine** The monetary penalty assessed a swimmer or club when a swimmer does not achieve the necessary time required to swim in an event, and cannot prove they have done the time previously.
- Fins** Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not meets.
- Flags** Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall short course or 5 meters long course.
- Format** The order of events and type of swim meet being conducted.
- Fund Raiser** A money making endeavor by a swim team/club usually involving both parents and swimmers.
- Freestyle** The fastest of the 4 competitive racing strokes. Freestyle (nicknamed Free) is swam as the fourth stroke in the Medley Relay and fourth stroke in the I.M. Racing distances are 50 yds/m, 100 yds/m, 200 yds/m, 400 m/500 yd 800 m/1000 yds, 1500 m/1650 yds. (LSC's with 8-under divisions offer the 25 yd free)
- Goals** The short and long range targets for swimmers to aim for.
- Goggles** Glasses type devices worn by swimmers to keep their eyes from being irritated by the chlorine in the water.
- Gun** The blank firing pistol used by the starter to start the races.
- Gun Lap** The part of a Freestyle distance race (400 meters or longer) when the swimmer has 2 lengths plus 5 yards to go. The starter fires a gun shot over the lane of the lead swimmer when swimmer is at the backstroke flags. The lane timers may have “Bells” that they ring over each swimmers lane; this replaces the need for a gun shot.
- Handbook** A reference manual published by teams/clubs and LSC's or other swimming organizations.
- Hats** See “caps”.
- Headquarters** The motel designated by the meet host. Usually, hospitality rooms and meetings relating to the meet will be held at this location. Many times this motel is one of the sponsors of the meet.

<u>Heats</u>	A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers time swam, after all heats of the event are completed.
<u>Heat Award</u>	A ribbon or coupon given to the winner of a single heat at an age group swim meet.
<u>Heat Sheet</u>	The pre-meet printed listings of swimmers seed times in the various events at a swim meet. These sheets vary in accuracy, since the coaches submit swimmers times many weeks before the meet. Heat sheets are sold at the admissions table and are used to make sure the swimmer has been properly entered in all the events they signed up for. Parents enjoy looking at the seedings prior to the race plus swimmers can tell the order the events will be conducted and get a rough idea how long the meet sessions will last.
<u>High Point</u>	An award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards.
<u>HOD</u>	House of Delegates. The ruling body of an LSC composed of the designated representative of each club plus the board of directors (BOD) of the LSC. One vote per club and board member.
<u>Horn</u>	A sounding device used in place of a gun. Used mainly with a fully automatic timing system. Also called a buzzer.
<u>Illegal</u>	Doing something against the rules that is cause for disqualification.
<u>IM</u>	Individual Medley. A swimming event using all 4 of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swam of each stroke. Distances offered: 100 yds, 200 yds/m, 400 yds/m.
<u>Insurance</u>	USS offers "accident insurance coverage" which is automatic when swimmer, coach, official, pays their USS membership fee. Many restrictions apply, so check with your club for detailed information.
<u>Interval</u>	A specific elapsed time for swimming or rest used during swim practice.
<u>Invitational</u>	Type of meet that requires a club to request an invitation to attend the meet.
<u>I.O.C.</u>	International Olympic Committee

- Jump** An illegal start done by the 2nd, 3rd, or 4th member of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall.
- Junior** A USS Championship meet for swimmers 19 years old or less. Qualification times are necessary. 3 meets are usually held at the same time at 3 different area sites.
- Nationals** Meets are conducted both short course (in Spring) and long course (in Summer). In the near future USS may be designating only the summer long course meet as the National Championships and re-naming the spring short course the Club Championships.
- Jr/Sr** A designation for dividing either abilities or ages of athletes, meets, camps, events, etc. The Junior/ Senior classifications and/or divisions have a host no real consistencies governing their use.
- Kick** The leg movements of a swimmer. A popular word to “yell” to encourage swimmers during a race. Coaches will make a scissors action with their arms during a race to remind a swimmer to kick at the end of a distance freestyle event.
- Kick Board** A flotation device used by swimmers during practice. A lightweight object used with great accuracy by coaches.
- Lane** The specific area in which a swimmer is assigned to swim. (I.e.) Lane 1 or Lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from Right (1) to Left (6).
- Lane Lines** Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.
- Lap** One length of the course. Sometimes may also mean down and back (2 lengths) of the course = 1 lap.
- Lap Counter** The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card. Counting may be done ascending or descending and is optional based on each swimmer's preferences.
- Late Entries** Meet entries from a club or individual that are received by the meet host after the entry deadline. These entries are usually not accepted and are returned to sender.
- Leg** The part of a relay event swam by a single team member. A single stroke in the IM.

<u>Length</u>	The extent of the competitive course from end to end. See lap.
<u>Long Course</u>	A 50 meter pool. (There are a few 50 yard pools still in existence which can also be call long course yards)
<u>LSC</u>	Local Swim Committee. The local level administrative division of the corporation (USS) with supervisory responsibilities within certain geographic boundaries designated by the Corporation.
<u>Lycra</u>	A stretch material used to make competitive swim suits and swim hats.
<u>Malfunction</u>	A mechanical or electronic failure - not a human failure by the swimmer.
<u>Mark</u>	The command to take your starting position.
<u>Marshals</u>	The adults (officials) who control the crowd and swimmer flow at a swim meet. These officials are primarily responsible for safety issues.
<u>Medals</u>	Awards given to the swimmers at meets. They vary in size and design and method of presentation.
<u>Meet</u>	A series of events held in one program.
<u>Meet Director</u>	The official in charge of the administration of the meet. The person(s) directing the “dry side” of the meet.
<u>Meters</u>	The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters is 50 meters, short course meters is 25 meters.
<u>Mile</u>	The slang referring to the 1500 meter or the 1650 yard freestyle, both of which are slightly short of a mile.
<u>NAIA</u>	National Association of Intercollegiate Athletics
<u>NAGTS</u>	National Age Group Time Standards - the list of “C” through “AAAA” times published each year.
<u>Nationals</u>	USS senior level meets conducted in March/April and August. See Senior Nationals.
<u>Natorium</u>	A building constructed for the purpose of housing a swimming pool and related equipment.
<u>NCAA</u>	National Collegiate Athletic Association . There are 3 divisions of swimming, all 3 holding separate National meets. NCAA I, II, III.
<u>Newsletter</u>	A written communication published by a club or association.

<u>Novice</u>	A beginner or someone who does not have experience.
<u>NRT</u>	National Reportable Time. A time list published once a year, which if a swimmer equals or betters the time on the list, they may submit their time in that event for consideration for national recognition. This list is compiled Swimming World Magazine rather than by USS.
<u>NT</u>	No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before.
<u>Nutrition</u>	The sum of the processes by which a swimmer takes in and utilizes food substances.
<u>Nylon</u>	A material used to make swim suits.
<u>Officials</u>	The certified, adult volunteers, who operate the many facets of a swim competition.
<u>OT</u>	Official Time. The swimmers event time recorded to one hundredth of a second (.01). Carrying a time out to the thousandth place .001 is not allowed.
<u>OTC</u>	Olympic Training Center in Colorado Springs, Lake Placid, and San Diego
<u>Open Competition</u>	Competition which any qualified club, organization, or individual may enter.
<u>Parka</u>	Large 3/4 length fur lined coats worn by swimmers. Usually are in team colors with logo or team name.
<u>Pace Clock</u>	The large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warm-ups or swim practice.
<u>Paddle</u>	Colored plastic devices worn on the swimmers hands during swim practice. Depending on the manufacturer, the color designates the size of paddle.
<u>Plaque</u>	A type of award (wall plaque) given to swimmers at a meet.
<u>Pool</u>	The facility in which swimming competition is conducted.
<u>Positive Check-In</u>	The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer must mark their name on a list posted by the meet host.
<u>Practice</u>	The scheduled workouts a swimmer attends with their swim team/club.

- Prelims** Session of a Prelims/Finals meet in which the qualification heats are conducted.
- Prelims-Finals** Type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest 6 or 8 (Championship Heat) swimmers, and the next fastest 6 or 8 swimmers (Consolation Heat) return in the evening to compete in the Finals. A swimmer who has qualified in the Consolation Finals may not place in the Championship Finals even if their finals time would place them so. The converse also applies.
- Pre-seeded** A meet conducted without a bull pen in which a swimmer knows what lane and heat they are in by looking at the heat sheet, or posted meet program.
- Psyche Sheet** Another name for a "Heat Sheet" or meet program.
- Pull Buoy** A flotation device used for pulling by swimmers in practice.
- Qualifying Times** Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer.
- Race** Any single swimming competition. (I.e.) preliminary, final, timed final
- Ready Room** A room pool side for the swimmers to relax before they compete in finals.
- Recall Rope** A rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 50 feet from the starting end on meter pools.
- Referee** The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.
- Registered** Enrolled and paid as a member of USS and the LSC.
- Relays** An event in which 4 swimmers participate as a relay team each swimmer swimming an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Med relays are conducted over 200 yd/m and 400 yd/m distances. 2.) Free relay - Each swimmer swims freestyle. Free relays are conducted over 200 yd/m, 400 yd/m, and 800 yd/m.
- Rest Area** A designated area (such as a gymnasium) that is set aside for swimmers to rest during a meet.
- Review Committee** A group of people designated by an LSC or USS board of directors or chairperson who can hear protest or appeals of a decision. The Review committee will recommend

upholding or the changing of the decision. Only certain types of decisions are subject to this appeals process. The LSC by-laws and USS code book list the process for review.

- Ribbons** Awards in a variety of sizes, styles, and colors, given at swim meets.
- Safety** The responsible and careful actions of those participating in a swim meet. USS and each LSC now have a "Safety Coordinator" and each meet must have "Marshals" in charge of safety.
- Sanction** A permit issued by an LSC to a USS group member to conduct an event or meet. A specific sanction number is given and must be on all official results
- Sanction Fee** The amount paid by a USS group member to an LSC for issuing a sanction.
- Schedule** USS or LSC list of meets with dates, meet host, meet location, type of meet, and contacts address and phone.
- Scratch** To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events.
- Seed** Assign the swimmers heats and lanes according to their submitted or preliminary times.
- Seeding** Deck Seeding - swimmers are called to report to the Clerk of the Course. After scratches are determined, the event is seeded. Pre Seeding - swimmers are arranged in heats according to submitted times, usually a day prior to the meet.
- Senior Meet** A meet that is for senior level swimmers and is not divided into age groups. Qualification times are usually necessary and will vary depending on the level of the meet.
- Session** Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group. Sessions with swimmers 12 and younger are limited to a maximum of 4 hours for competition time start to finish.
- Shave** The process of removing all arm, leg, and exposed torso hair, to decrease the "drag" or resistance of the body moving through the water. Should be used only by Seniors at very important (Championship) meets.
- Short Course** A 25 yard or 25 meter pool.
- Simultaneously** A term used in the rules of stroke meaning at the same time.

<u>Splash</u>	The USS Swimming monthly magazine mailed to each members home.
<u>Split</u>	A portion of an event, shorter than the total distance, that is timed. (I.e.) A swimmers first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.
<u>Stations</u>	Separate portions of a dryland, weight circuit, or learn-to-swim program..
<u>Start</u>	The beginning of a race. The dive used to begin a race.
<u>Starter</u>	The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.
<u>Still Water</u>	Water that has no current caused by a filter system or no waves caused by swimmers. Quiet water.
<u>Stand-up</u>	The command given by the Starter or Referee to release the swimmers from their starting position.
<u>Step-Down</u>	The command given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication everything is not right for the race to start.
<u>Stroke</u>	There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle.
<u>Stroke Judge</u>	The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be Disqualified.
<u>Submitted Time</u>	Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets.
<u>Suit</u>	The racing uniform worn by the swimmer, in the water, during competition. The three most popular styles/types of suits worn are nylon or lycra.
<u>Swim-A-Thon</u>	The “Fund Raiser” copyrighted by USS swimming for local clubs to use to make money. There is a contractual procedure to go through before hosting a Swim-A-Thon.
<u>SwimAmerica</u>	The professional swim lesson program administrated by the American Swim Coaches Assoc. licensed only to ASCA Coaches.
<u>Swim-off</u>	In a Prelims/Finals type competition, a race after the scheduled event to break a tie. The only circumstance that warrants a swim-

off is to determine which swimmer makes finals or an alternate, otherwise ties stand.

- Swimming World** The most informational and popular of the professional magazines. All swimmers and parents who are interested in swimming should consider a subscription. Ask your coach for address.
- Taper** The resting phase of a senior swimmer at the end of the season before the championship meet.
- Team** USS Registered club that has the right to compete for points.
- Team Records** The statistics a team keeps, listing the fastest swimmer in the clubs history for each age group/each event.
- Timed Finals** Competition in which only heats are swum and final placings are determined by the those times.
- Time Standard** A time set by a meet or LSC or USS (etc) that a swimmer must achieve for qualification or recognition.
- Timer** The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system.
- Time Trial** An event or series of sanctioned events which has a singular purpose of offering swimmers an opportunity achieve or better a required time standard.
- Touch Out** To reach the touch-pad and finish first in a close race.
- Touch Pad** The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touch-pad to register an official time in a race.
- Transfer** The act of leaving one club or LSC and going to another. Usually 120 days of unattached competition is required before swimmer can represent another USS club.
- Trophy** Type of award given to teams and swimmers at meets.
- Unattached** An athlete member who competes, but does not represent a club or team. (abbr. UNA or UN)
- Uniform** The various parts of clothing a swimmer wears at a meet. May include: Parka, Warm-up jacket, Team duffel bag, sweat pants, suits, hat, goggles, T-shirt, etc.

<u>Unofficial Time</u>	The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been checked, it will become the official time.
<u>USA Swimming</u>	The governing body of swimming.
<u>USA Number</u>	A unique ID number assigned to a swimmer after they have filled out the proper forms and paid their annual dues.
<u>USOC</u>	United States Olympic Committee. The single coordinating body for all sports on the Olympic and Pan American Games program. The USOC is recognized by the IOC as the sole agency in the United States with the authority for selection and participation of US teams in the Games.
<u>Vertical</u>	At right angle to the normal water surface. Straight up & down.
<u>Warm-down</u>	The loosening a swimmer does after a race when pool space is available.
<u>Warm-up</u>	The practice and loosening session a swimmer does before the meet or their event is swum.
<u>Watch</u>	The hand held device used by timers and coaches for timing a swimmers races and taking splits.
<u>Water</u>	For the purpose of filling swimming pools and swimmers drinking to properly hydrate themselves.
<u>Weights</u>	The various barbells / benches / machines used by swimmers during their dryland program.
<u>Whistle</u>	The sound a starter/referee makes to signal for quiet before they give the command to start the race.
<u>Work Out</u>	The practice sessions a swimmer attends.
<u>Yards</u>	The measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length.
<u>Yardage</u>	The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.
<u>Zones</u>	The country is divided up into 4 major zones: Eastern - Southern - Central - Western.

LAST BUT NOT LEAST

Take a look at the swim season as a whole. Try to map out what it is you are trying to accomplish. Whether your goals are to qualify for a specific meet, make a specific time standard, learn a new stroke or turn, write down those goals. What will it take to get there?

Remember that the bigger goals can not be accomplished without accomplishing the smaller ones along the way. Consistent attendance at practices and meets will help you get there.