

BEARCAT SWIM CLUB



TEAM HANDBOOK

How to use this handbook

This handbook will help familiarize you with the Bearcat Swim Club and competitive swimming in general. As you look through the following pages you will be introduced to our history, philosophy, team policies and basic information about the Bearcat program. From time to time it may become essential to change certain sections of this handbook. It is an evolving document. It is our hope that this handbook will help you better understand and enjoy the inner workings of the Bearcat Swim Club and the world of competitive swimming.

INTRODUCTION AND TEAM STRUCTURE

TEAM HISTORY & FOUNDATION

The Bearcat Swim Club was founded as a competitive swim team in 1997 for the purpose of spreading the popularity of swimming to all young athletes within the greater Salem community.

The team began with a handful of swimmers, most new to the sport. Based on the belief that the Bearcats would "teach each child to think and train like champions", the program flourished. With the growth of the team came additions to the staff as well. A huge part of the team's success is the attention that is given to every participant, keeping in mind individual progress is of the highest priority.

Today, the club is professionally staffed by full-time coaches, complemented with part-time coaches, all are fully certified and experienced at all levels of the sport. The coaching staff is committed to provide structured instruction, training and competition for all ages and abilities.

Bearcat Swim Club is a United States Swimming member and a participant in Oregon Swimming, Inc.

MISSION

Empowering Young People To Be Champions In Life Through Excellence In Swimming

VISION

Bearcat Swim Club is committed and dedicated to providing an environment for our swimmers that allows them the freedom to fully develop their human and competitive swimming potential where excellence in swimming is valued and the pursuit of excellence is the standard.

CORE OBJECTIVES

Bearcat Swim Club has adopted three core objectives. These core objectives establish the foundation of the strategic business plan for our sport. Bearcat Swim Club encourages all members to participate in the local, regional and national efforts to ensure that these objectives are accomplished.

Build the Base

We seek to expand our membership in order to share our sport with as many other people as possible. We are especially committed to sharing the values of our sport with young people who may discover that swimming is an activity they can enjoy for their entire life.

Promote the Sport

We want swimming to receive as much publicity as possible because we believe that the more people learn about our sport the more inclined they will be to join the ranks of our membership. We are proud of our sport and we seek to celebrate it whenever possible.

Achieve Competitive Success

Bearcat Swim Club has been ranked as a top 10 swimming club in the Oregon. We seek to

continue this tradition of competitive excellence. When our elite athletes are successful in fulfilling their dreams our society and organization benefits from the inspiration these athletes give us.

TEAM PHILOSOPHY

The purpose of the Bearcat Swim Club is to provide the nurturing team environment and leadership to guide athletes toward the maximum development of their ability. The program is centered on promoting high self-esteem and goal achievement through the pursuit of personal excellence and educationally sound values as it relates to their success in training, competition, and life in general. We encourage kids to become well rounded and courageous in the face of a challenge, in the hopes they become the leaders of tomorrow. It is our belief that the process of achieving is as significant as realizing the achievement itself.

We coach our swimmers to seek development in all competitive strokes and events offered by USA Swimming and view development of world class swimmers as a long-term operation, that is, small changes add up to major principles. At each level of the Bearcat Program, swimmers are instructed to strive for excellence. Excellence in this sense represents the achievement of that level at which you know that you have done your utmost to become the best you are capable of becoming. This philosophy is consistent throughout the program, and every Bearcat swimmer is encouraged to:

“BE THE BEST YOU CAN BE”

BEARCAT COACHING STAFF

further details regarding the staff can be found on the Coach Page of the club website

Craig Charlson – Club Director & Head Coach (coachccharlson@bearcatswimclub.org)

Kate Phifer – Head Age Group Coach (coachkphifer@bearcatswimclub.org)

Kei Ottawa – Senior Prep Coach (coachkotawa@bearcatswimclub.org)

Sean Sweet – Assistant Coach (coachssweet@bearcatswimclub.org)

TEAM STRUCTURE

From the beginning, the Bearcats have been training its athletes for competition, with a strong and constant drive for each individual success in and out of the pool. The emphasis of Bearcat Swim Club is to teach proper technique and racing skills to ensure each participant can swim at their fullest potential. So no matter where a swimmer enters this program in their "career" there are still many benefits.

The Bearcat Swim Club provides a group structure offering training for the competitive swimmer to move through their swimming careers smoothly and successfully. Placement is made by analyzing ability and progress while determining what is best for the long-term development of the swimmer. Younger groups are more instructional. Higher groups gradually shift from an emphasis on instruction to the training required to reach highest levels of swimming competition. Placement in these groups will depend upon attendance; meet performance, attitude, ability and desire. All judgments will be made by the coaching staff. Any questions are to be directed to the Head Coach.

While a swimmer's ability may suggest a tougher training program, other factors may not. Have faith in your coach's ability to do the long-range planning for your swimmer. They know swimming and what will happen to a swimmer if advanced before he/she is really ready to handle it. They also know your swimmer and will do what is right when it is time to do it.

All advancements to the next group are at the coaches' discretion.

Age Group 1

This is the Bearcat's first level of competitive swimming. It is intended for swimmers between the ages of 5 and 10 who are new to competitive swimming. Swimmers in this group will learn the basics of competitive swimming throughout the season. Swimmers in this group should be able to swim one length of freestyle and backstroke non-stop, plus have some knowledge of butterfly and breaststroke. They should be confident in the water and able to work well with others in a group setting. This group meets twice a week.

At the AG1 level, swimmers can experience the sport of swimming with its competition and training schedule without being overly committed, and still participate in other extracurricular activities necessary for a well-rounded individual. Competitions are essential to the growth and experience of the swimmer, and give the coach feedback about the training plan.

Advancement from AG1 to AG2:

- Proper execution of all four competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle
- Consistent use of competitive turns: Backstroke flips, Freestyle flips, Fly turns, Breaststroke turns and pullouts
- Frequent demonstration of streamline
- Development of forward dive start from a starting block (not necessarily proficient - willing to try and learn)
- Able to do the following swims in a practice: 100 Free, 100 Back, 100 Breast, 50 Fly, 100 IM

Age Group 2

Age Group 2 is intended for the swimmer between the ages of 7 and 11 years old. At this level, more commitment toward the sport is demonstrated through increased practices and competitions attended. Swimmers learn more about time standards, different levels of achievement, goals, additional stroke techniques, race strategies, etc.

Swimmers should become more familiar to training and competitions, trying to attain state time standards, especially the higher ages. They will show more advanced skills, and train to increase cardiovascular fitness and strength.

Advancement from AG2 to AG 3:

- More competitive front dive from a starting block and more competitive backstroke start
- Consistent legal execution of Individual Medley turns: Fly/Back, Back/Breast, Breast/Free
- Consistent demonstration of the streamline push off position and kicking off the wall
- Legal execution of the following swims in a practice: 200 Free, 200 Back, 200 Breast, 100 Fly, 200 IM
- Legal execution of the following swims in a meet: 50 free, 50 back, 50 breast, 50 fly, 100 IM
- Understanding the Pace Clock and execution of training sets
- Consistent demonstration of breath control in turns, wall push offs, breakouts and strokes

Age Group 3

Age Group 3 is intended for swimmers between the ages of 8 and 12 who have several seasons of competitive swimming experience. Swimmers are expected to train daily, eliminating the inconsistency and periodic practicing. While additional training is recommended, it should not be at the expense of academics or complete elimination of extracurricular activities.

At this level, swimmers will also learn the importance of goal setting, time management, stroke technique, different phases of training. At the later stage of this level, some swimmers may show greater expertise in specific strokes and distances, and learn how to train more effectively for these races. Commitment at this level determines when a swimmer is ready for Senior Prep.

Advancement from AG3 to Senior Prep:

- 1000 Free Swim Test
- 6x100 Kick on 2:00
- 6x100 IM on 1:45
- 6x100 Free on 1:30

Senior Preps

The Senior Preps are for the 11-14 year old athlete committed to reaching their full potential. Group members must show the ability to train IM and distance freestyle. They must have the ability to handle the physical demands to uphold a rigorous training regimen to allow them the opportunity to move up to the Senior Team. The coaching staff will make invitations into this group after evaluating training performance, attitude and time standards attained during the course of the previous season. Swimmers should try to attain state and age group sectional time standards while training.

Individuals will also learn to accept challenges and guidance from the coaching staff, effectively communicate questions and ideas to staff, have support of peers and family, and have a sound work ethic to endure hard times and sacrifice to achieve personal goals. To achieve success one must make some choices to participate in activities/events of importance. Swimmers are expected compete in at least one competition per month. No less than five practices a week are offered. This group has base interval of 10x100 on the 1:30 and 5x200 IM on the 3:30.

Advancement from Senior Prep to Senior Level:

Moves from Senior Prep to the Senior Level are at the discretion of the coaching staff, based upon a cumulative demonstration of all skills and sets for all groups, plus an evaluation of career commitment (by both swimmer and coach). Athletes are consulted for their perspective and their wishes for their swimming, as their maturity, self-advocacy and personal motivation are keys to long-term success in the sport. The Senior Elite program is the highest level of swimming offered on the team and subsequently, the median commitment level among the swimmers in this group is the highest on the team. The coaching staff understands that not every swimmer will aspire to the same level of competitiveness, and supports a variety of talents and perspectives in this regard. However, athletes moving to Senior Elite are asked to commit to a higher level of expectation, practice attendance and competition commitment. Specifically defining "higher" will be on a case-by-case basis by the coaching staff, in order to meet the individual needs of the swimmer, needs of the Senior training group, and the needs of the entire team.

Senior 1

This group is designed for the "renaissance athlete" who participates in many sports or activities and wants to maintain conditioning or stroke work for their high school swimming season. This group is also intended for the 13 & over swimmer who does not qualify for the Senior 2 or Elite Team but is intent on improving their practice skills in an effort to move into the Senior 2 or Elite Team. This group meets five times per week. This group can swim all meets except Sectionals and Travel Meets.

Senior 2

The Senior 2 group is a select group for junior high and high school athletes committed to reaching their full potential. We will continue to focus on all aspects of swimming, including technique, psychology,

nutrition, and race strategy, in addition to its heavy training load and dry land exercises. Swimmers in this group train in preparation for the Oregon Swimming Championships and Sectionals.

Participation in this group will be determined by the coaching staff and based upon swimmers' past season attendance and practice/meet performance.

Swimmers will be required to compete in at least one competition per month. 90% attendance is expected to stay in this group. This group has base interval of 10x100 on the 1:20 and 5x200 IM on the 3:00. All members of this group will swim in all team meets and championship meets. Not every swimmer will achieve this level.

Senior Elite

The Senior Elite Team is for the committed athlete who has the ability to train consistently in a high-intensity training environment year-round. This is a high-level training group with both practice and meets requirements. Training will be geared toward preparing the swimmer for national competition and a collegiate career. Swimmers will be required to compete in at least one competition per month. Daily attendance is required to stay in this group. This group has base interval of 10x100 on the 1:10 and 5x200 IM on the 2:45. All members of this group will swim in all team meets and championship meets. Not every swimmer will achieve this level.

PRACTICE INFORMATION

PRACTICE ATTENDANCE

1. Attend as many practices as you can. While daily attendance is not encouraged for younger swimmers, older swimmers benefit from daily practice. Defining "younger" versus "older" is a perspective combination of chronological age, training group, personal judgment and goals for achievement.
2. Always be present at the pool at least ten minutes before the start of practice so practice can start on schedule and make efficient use of the allotted time. If practice begins with dry land, swimmers should be in the proper attire at the designated start time. If the practice starts in the water, swimmers should have cap, goggles and suit on. Swimmers should bring all required equipment (i.e. fins, pull-buoy, paddles) to the pool side before practice starts.
3. Plan to participate in the entire practice. All parts of practice are important, and usually there are announcements made at the beginning and end of each practice. Similar to the school classroom setting, parents and spectators are asked to not interrupt swimmers or talk to coaches during practice.
4. If your swimmer has consistent conflicts and cannot attend the recommended number of practices for a prolonged period of time, please contact the swimmer's coach. The coach may be able to suggest alternatives or additional opportunities for making up missed practice.
5. If your swimmer will be out of the water with a prolonged injury or illness please notify the coach of the group.
6. If you are going out of town, notify your coach in advance. We have many swimmers who practice with Bearcats when they are visiting the Salem area from out of town. Most clubs are equally glad to reciprocate this process. If an athlete cannot hook up with a team, the coach can provide written practices while you are gone.
7. Pay close attention to the Monthly Calendar. It is available for printing from our website.
8. While at the Sparks Center, please remember we are only guests at the pool. Parents are allowed in the spectator stands and entry way of the facility only. If you have kids that are not in the pool practicing, please pay close attention to your children as running and playing in the facility is not tolerated. It is of utmost concern that club members realize it is a privilege to utilize this facility, and treat university staff with respect.

9. All activities and participants are subject to the USA Swimming Code of Conduct, as described in Article 304 of the USA Swimming Handbook.

PRACTICE EQUIPMENT

All practice groups are expected to be at their designated area with their equipment ready to start practice on time. Standard equipment for all groups is a swim suit, swim cap (optional for swimmers with shorter hair), goggles, and towel. The following additional equipment is required:

- Age group swimmers: Fins, water bottle
- Senior Prep: Fins, snorkel, water bottle
- Seniors: Fins, snorkel, pull-buoy, drag suit, paddles, water bottle

It is also recommended that members purchase a "mesh bag" for storage and transportation of their equipment. Equipment is available via direct order from Elsmore Aquatic. See the link for Elsmore on the left side of the website.

BE SURE TO WRITE YOUR NAME ON ALL YOUR EQUIPMENT WITH AN INDELIBLE MARKER.

PRACTICE BEHAVIOR

1. Swimmers are encouraged to support their teammates at all times. Working together as a unit for the benefit of all is an important part of the Bearcat culture.
2. All activities and participants are subject to the USA Swimming Code of Conduct, as described in Article 304 of the USA Swimming Handbook. Bearcats are expected at all times to follow the instructions of the coaching staff and other non-athlete members who are in charge of the team. Disrespect, violence and other destructive behaviors will not be tolerated at Bearcat Swim Club.
3. Inappropriate language, lying, stealing or vandalism are behaviors directly contrary to the objectives of Bearcat Swim club and are unacceptable.
4. Swimmers may leave practice only with the coach's permission. This is a safety and accountability issue.
5. Swimmers must follow the facility/pool rules at all pools and follow instructions from all facility staff.
6. Swimmers should be ready to begin practice at the scheduled time (including cap, goggles and equipment).
7. All swimmers must help in setting up and taking down swim team facility equipment: lanelines, backstroke flags, etc.
8. Swimmers must start and finish at the walls, complete entire swims, use proper pushoffs, turns and finishes. Swimmers on Bearcat Swim Club don't cheat.
9. Swimmers must learn to utilize the pace clock.
10. Swimmers should never interfere with the progress of another swimmer during practice.
11. Swimmers must either be supervised or picked up within 15 minutes after the conclusion of their practice session. This is a safety and accountability issue.
12. Any team, school or city equipment damaged by a swimmer will be replaced by the swimmer.
13. Use of starting blocks is prohibited unless supervised by a coach.
14. No swimmer may enter the water or utilize team spaces/equipment unless a Bearcat coach is present.

DRYLAND

Dryland activities are an important part of Bearcat's training. Dryland is just as important as pool time, therefore athletes should focus on Dryland accordingly. Proper warm-up and cool-down routines, including those utilized at Dryland, are important to the prevention of injuries (especially those involving the shoulders). For this reason, warm-up and cool-down will be performed before and after training. It is the swimmers and parents responsibility to ensure the athlete is at practices and meets early enough so that they may complete their stretching and still be ready for the start of warm-up.

DRYLAND EXPECTATIONS

We want your Dryland training to be worthwhile and advantageous to your personal swimming career and most importantly, fun!! Here are some reminders for you as you embark on a great Dryland session:

- Wear comfortable clothing. T-shirts, tennis shoes and shorts and/or sweat pants are needed.
- Arrive on time and plan to work the entire scheduled time. Dryland for the Age Group Team is typically during the first 15 minutes. Dryland for the Senior Team can be either the first or final 30 minutes of practice. Dryland is not a social event but rather, a vital part of swim training, both for strength development and injury prevention.
- Be honest and complete with your Dryland training. Do not skip repetitions, sets or days. Swimmers on Bearcat Swim Club don't cheat.

STRETCHING AND SWIMMING WARM-UP

To perform as a highly trained, competitive athlete, the muscles must be prepared for 100% effort. This involves increasing local blood circulation to bring nutrients to the muscles while helping the muscles attain the most efficient length for contraction. Muscles are strongest when they contract from a lengthened position. Groups of sub-maximal contractions (i.e. contractions during warm-up) must occur before the muscles can contract to 100% without the danger of tearing muscle and tendon tissue.

In addition to the muscles, joints must also warm up. Before any athletic activity, joints should be put through a gentle range of motion. A warm-up lubricates the joints, tendons and ligaments, surrounding the joint with fluid. Warm-up will lessen the likelihood of tendon or ligament injury. Besides Dryland, practices and meets for Bearcat swimmers begin with a swimming warm-up that consists of various activities to accomplish the above principles. Swimmers who are late for practice or do not stretch before the practice will run the risk of muscle tightness, soreness or injury.

TEAM APPAREL

The following Bearcat uniform standard applies to ALL swimmers who are members of Bearcat Swim Club.

- Bearcat Nike Team Suit – Swimmers should only wear the Bearcat team suit at meets. For your convenience, there are two suit styles for females to chose. The Nike color block suit is our main suit. It will be cardinal red and black. This suit has a thicker strap. The secondary suit will be a Nike solid cardinal red. This suit will be a thin strap suit. Either team suit is acceptable at meets.
- Racing Suits - Swimmers, other than Seniors, do not need, and should not purchase "tech suits". Bearcat Swim Club believes that use of these suits is an advanced stage of athlete development and it is crucial for a swimmer to lay a strong technical, physical, and psychological foundation in the sport before moving to this equipment. Only athletes in the Senior group who have achieved a Senior Sectional time should consider using "tech suits" and then only in specific consultation with their coach on the appropriate selection, venue, and proper use of the technology.

A Nike brand suit is required to be worn during meets. During championship meets a Nike suit is mandatory (an alternative suit may be worn only if after all efforts, a Nike suit cannot be fitted to an individual).

- Bearcat Swim Cap (Latex or Silicone) - This is the STANDARD uniform swim cap to be worn at ALL swim meets (except at designated finals events). One cap will be handed out at the beginning of the year. Any replacement cap can be purchased from your coach for \$5. Swim caps with names can be purchased twice a year.
- Bearcat Tee Shirt – A Bearcat t-shirt must be worn at swim meets. You may also wear older retro-style Bearcat t-shirts. NEVER wear your summer league, high school swim team, college swim team, or previous swim club tee shirt when you are competing as a member of Bearcat Swim Club! You may wear a t-shirt from a particular swim meet you attended. Bearcat tee shirts are available for purchase in the fall and spring.
- Warm-ups or Parkas – Swimmers should wear one of the following warm wear apparel items at all swim meets. Warm-ups and/or parkas are a great way to keep the swimmer warm and dry between events. Parkas might be a wiser choice for the younger athlete as it can last longer and be grown into as a child grows. Bearcat parkas and warm-ups are available for purchase in the fall and spring.
- Bearcat Sweatshirts – A Bearcat team sweatshirt is a great way to show team support not only at meets, but in the community. A sense of team pride can be worn anytime of the year! Bearcat sweatshirts are available for purchase in the fall and spring.
- Bearcat Backpack – A Bearcat backpack is a great solution to storing all your suits, goggles, towels and swim equipment. It's easy to carry your swim gear back and forth to the pool and home with a team backpack. Bearcat backpacks are available for purchase in the fall and spring.
- Nike is our Sponsor! - Please buy Nike suits, goggles, etc. If you are buying other items, you are not supporting our team. Nike is very generous with Bearcat Swim Club. As an organization, Nike outfits our national team with clothing and suits; gives a discount on all suits, goggles and other items; outfits our coaching staff in polo shirts, bags, and warm-ups. Nike supports us in many ways. Showing your appreciation is simple. Buy Nike products!
- Elsmore Aquatic - Elsmore has set up a team store exclusively for the Bearcats. This link is also set up on the Bearcat website. At this site you can purchase a team suit, equipment, practice suits, goggles and etc. year-round anytime you need. All items purchased through the online site will give the team 5% back annually. So please help the Bearcats purchasing team product online through Elsmore. Also, Elsmore will deliver your products for free with a \$75 purchase.

SWIM MEET INFORMATION

PHILOSOPHY OF COMPETITION

Bearcat Swim Club engages in a multi-level, progressive/developmental competition program within USA Swimming. Like our training program, the competition program attempts to provide challenging, yet success-oriented competitive situations for swimmers of all ages and abilities. The following is an overview of our philosophies:

1. We emphasize competition with oneself. Winning awards is not our main goal. Individual improvement, while enjoying the sport, is our primary objective.
2. Sportsmanlike behavior, acting as ladies and gentlemen, is of equal importance to improved performance. Respect for officials, congratulations to opponents and teammates, determined effort and a mature attitude are examples of behaviors praised and rewarded by the Bearcat coaching staff.
3. It is the coach's job to praise achievement, offer constructive critique, and give feedback/acknowledge the technical aspects of a swimmer's performance. It is the parent's responsibility to provide unconditional love, support and encouragement which bolster the swimmer's confidence. Mutually-supportive and well-defined roles for both coach and parent help

send the most positive and consistent message to swimmers. Parents should not be coaching their child!

4. Swimmers are taught to set realistic, yet challenging goals for meets and to relate those goals to practice efforts and skills.
5. Swimmers are prepared to compete in all swimming events, distances, and strokes. This preparation promotes versatility and encourages the swimmer to explore his potential in the wide range of events offered in competitive swimming. Additionally, training and competing in all of the strokes and distances has been scientifically proven as the single best means to increase the likelihood of success/career opportunities in the sport of swimming.
6. The coaching staff actively solicits individual event preferences as part of the meet entry process. However, the final decision about which events the swimmer is entered rests with the coaching staff. This policy includes both individual events and relay events. Please remember that the coaching staff is concerned with both long-term and short-term development when selecting events, and use their best professional judgment when making the final decision.

SWIM SEASONS

The year in swimming generally runs September through August. The year is further divided into two seasons: short course (September through mid-March) and long course (April through mid-August). Short course competitions are held in 25 yard facilities and long course competitions are held in Olympic size pool, 50 meters.

At the conclusion of each season, the various championship meets are conducted. BRSC promotes all our swimmers to attain the highest level of competition possible. Breaks from practice and competition occur after the conclusion of the championship season. Breaks can last 2-4 weeks depending upon the schedule.

CLASSIFICATION AND TYPES OF MEETS

"Open & Invite" MEETS - This level of competition is for all swimmers, and all members are encouraged to participate.

STATE CHAMPIONSHIP - Swimmers at this level have achieved the Oregon "A" time standard. This meet is held twice a year in March and August. For team awards, the team state champion is determined at this meet.

AGE GROUP SECTIONAL MEET – Swimmers at this level have achieved age group sectional times. This meet is held once a year in March. This is a step up from the State Championship. Swimmers compete against teams from Alaska, Washington, Montana, Idaho, Wyoming, Arizona, New Mexico and Hawaii.

ZONE MEET - Swimmers at this level have attained the "ZONE" qualifying time, which is the National Age Group "AAA" standard. This is an "all-star" type of competition in which Bearcat swimmers represent a conglomerate Team Oregon. This meet is held in the summer after the state championship meet. Other teams in our zone include Alaska, Washington, Montana, Idaho, Wyoming, Arizona, New Mexico, and Hawaii.

SENIOR SECTIONAL MEET - The sectional meet is the next step after Zones, but before Junior Nationals. There are no age groups and time standards are difficult to achieve. This meet will be held in a Pacific Northwestern location. Depending upon the month/location, this meet may or may not be included in our team schedule. The coaching staff will determine if the Speedo Sectional Meet in a given season fits our team objectives.

JUNIOR NATIONALS and NATIONALS/US OPEN - The best swimmers from the United States (and the entire world) compete at these meets. There are no age groups. Everyone swims together. The time standards/qualification levels for these meets are extremely difficult.

INTERNATIONAL MEETS - The Olympic Games, World Championships, World Cup, Pan Pacific Games, etc. requires selection by USA Swimming to represent the United States on a national team comprised of

the top American swimmers. Typically, the Olympic Games and World Championships have their own selection meets ("Trials") to directly select such teams. For other international competitions, USA Swimming may use the national championship as their selection venue.

MEET SCHEDULE

Each season's meet schedule is available on the website. Please review this schedule at the start of the season to determine which meets your athlete should attend. If you have questions as to which meets are proper for your swimmer, please contact your coach.

1. The meet schedule has been established with the expectation that swimmers will attend every meet available at their classification level. We do not schedule any meet unless we feel it is important to participate.
2. Bearcat Swim Club encourages all team members to compete once every two to four weeks, as ability and desire dictate. The schedule is selected based upon that premise, and the likelihood at all ability levels that the appropriate meet will be available every three or four weeks. This allows the swimmer enough time between competition to sufficiently develop new skills and master old ones. Occasionally, meets of a similar classification are scheduled as close as two weeks apart or as far as five weeks apart. This happens when available meets offer no other alternative.
3. The coaching staff determines the meet schedule, and reserve the right to make the final decision concerning which meets Bearcat swimmers may attend.

HOW TO ENTER MEETS

1. Meet information is posted on the website and meet information is sent out via email. When meet information is published by the host club, detailed meet information for each meet will be available on the "Meets/Events" page, and will include specific instructions for entries, eligibility and the deadline.
2. To enter a meet, simply click "Attend this Event."
3. Coaches keep track of swimmer's times using specialized software. Coaches are responsible for entering swimmers in meets and selecting individual events and relays. Meet sign-up information will include space to write individual preferences. The coaching staff will take into consideration those events that the swimmer wishes to enter. The coaching staff retains the final authority to decide both individual events and relay events. Any swimmer who signs up for a meet will be considered eligible for relay selection.
4. After coaches make the final decision about events and complete the entry process, entries will be posted on the club website "Meets/Events" page so that families can plan their schedule. Relays are subject to change, including during the meet itself. Individual events are less likely to be changed during a meet.
5. All meet fees will be charged to your account and will show up on your next statement. Once entered in a meet, meet fees are not refundable, as the host club will not refund (any portion of) the team entry fee check

SWIM MEET PROCEDURES

1. Meet information will be posted on the team website as well as emailed out. Follow the entry procedures outlined on the email.
2. Arrive at the pool ten minutes prior to the scheduled warm-up time. Report to your coach with your suit, cap and goggles, ready to go.
3. A member of the Bearcat coaching staff always conducts warm ups. This is both an athletic need and a safety issue.
4. Each group has a specific warm up designed by the group coach. Be familiar with this warm up before you begin.

5. Wearing team suit, cap and apparel is mandatory at meets. Refer above for team uniform and apparel.
6. Each Bearcat swimmer is responsible for knowing which events he/she is swimming and for being present in the team area prior to each race.
7. Before reporting to the blocks, a swimmer must confer with a member of the coaching staff to review race strategy, technique and goals.
8. At the conclusion of each race a swimmer must report to their coach to discuss the race.
9. At most meets, electronic timing is used. The official time is generally the one recorded in the computer by the swimmer touching the touch pad and appearing on the scoreboard. If a swimmer misses the touch pad or there is a mechanical failure, various back-up times will be used.
10. Between races, swimmers are asked to rest and stay warm. Energy should be conserved and used in competition, for swimming or supporting teammates!
11. It is very important that swimmers check in with coaches and request permission before leaving a meet. This is a safety and event accountability policy. Some higher level meets require checking in, deck seeding, swimming in a Finals sessions, etc. These types of meets have penalties associated with failing to appear for a swim.
12. Hunger and dehydration can lead to poor performance. Drink and eat throughout the meet.
13. What to bring to a swim meet:
 - o Two BRSC swim caps
 - o Two pair of goggles
 - o Two towels
 - o Water bottle and healthy snack
 - o Quiet games or books
 - o Old blanket or sleeping bag
 - o BRSC team suit, bag or other apparel
 - o

POLICIES AND HINTS WITH MEETS

There are several USA Swimming policies and rules that govern most swim meets.

1. Check in events: Usually the 400 IM, 400/500 Free, 800/1000 Free and 1500/1650 Free are events that will require checking in. Coaches check in (or scratch) swimmers from these events. The final decision to check in or scratch with rests with the coaches. The coaches must adhere to a deadline, typically early during warm-up or a meet session. Once checked in, if a swimmer misses the event, the meet host imposes a penalty (usually disqualifying the swimmer from their next event).
2. Relays: Relays are a team effort. Every Bearcat swimmer should expect to swim a relay. It is extremely important for swimmers to be on time to the meet, as relays are usually swum at the beginning of a meet session. As with individual events and checking in, the coaching staff has the final authority on relay team selection.
3. Prelim and Final events: Before you leave the pool after prelims, double-check the results to see if you made finals. If you are an alternate someone ahead of you may scratch. If you are swimming in finals make sure you know when warm up begins before you leave. Failure to show up for a final event results in an athlete being barred from a portion, or the remainder, of the meet (by USA Swimming rule).
4. Time trials: Some meets offer time trials, typically at the end of a meet session. Time trials are swum for an official time only, there are no places or awards given. By permission of the coach only are time trials allowed.
5. Awards: Within 30 minutes following the conclusion of an event, the meet host team will have awards for distribution. Typically, a designated table/area will be set up, directing swimmers/families to pick up awards. Swimmers/families should pick up their awards during each session of each meet. If awards are not picked up by the swimmer/family, it is unlikely that those

awards will be available at a later time. The coaching staff and meet host team are not responsible for unclaimed awards.

BEHAVIOR AT MEETS

1. Wherever a Bearcat swimmer wears the team uniform, the individual knows that actions and words reflect on the team. Please reflect the pride you have in Bearcat Swim Club.
2. Senior level athletes are expected to set a proper example for all age groups.
3. It is against USA Swimming rules for parents to be on deck during a meet. This is simply an insurance liability and membership rule imposed by USA Swimming. This rule is not designed to exclude parents but rather, to geographically account for insured persons (athletes, coaches, officials, meet staff). Only persons serving in a meet capacity are allowed on deck. Recently a parent in Colorado (on the pool deck in violation of the rules) slipped, fell and suffered a back injury. The parent sued the host club and was awarded a multi-million dollar settlement. Obviously, litigation of this type would effectively end the team financially.
4. As a matter of courtesy, all questions swimmers or parents may have concerning meet results, officiating or the conduct of a meet should be referred to the coaching staff. They will pursue the matter through proper channels.
5. At the conclusion of each meet session, please leave the Bearcat area neat and clean. If not, volunteers from the host club must clean up after us.
6. There is no scratching (not swimming) from events at meets without the permission of the coach.

USA SWIMMING

USA Swimming is the nation-wide governing body for amateur swimming, and it divides the nation geographically into Local Swim Committees (LSC), very much like leagues. Bearcat Swim Club is affiliated with Oregon Swimming, Inc., the LSC for this area. USA Swimming currently has about 2800 members (clubs) nation-wide with over 50 affiliated with Oregon Swimming. USA Swimming sets rules and organizes major National meets. Oregon Swimming sets the schedule for all local meets.

PARENT ROLE IN BEARCAT SWIMMING

PARENT-SWIMMER-COACH RELATIONSHIP

To have a successful athletic program with youth, there must be an understanding of cooperation and mutual support among parents, swimmers and coaches. The progress of your swimmer depends on this triangular relationship. With this mutually-supportive relationship model in mind, Bearcat Swim Club asks that parents consider this section as you join Bearcat Swim Club or reacquaint yourself with this section if you are a returning family.

We want your swimmer to relate to his/her coach as directly and frequently as possible concerning swimming matters. This professional relationship between coach and swimmer produces the best results. When parents interfere with the coach as to how the swimmer should swim or train, it causes considerable and often insurmountable confusion for the swimmer. Your swimmer wants to follow their coach's direction, but they also want approval and love from their parents. Negative talk or gossip about coaches, within earshot of swimmers and/or other parents, will create questions of confidence in the swimmer's mind. This can be extremely detrimental to the swimmer's progress and the Bearcat program in general. If you have a problem or concern, please contact the coach directly for the answer. Open communication usually clears up most matters. Remember, the coach is on your side! The coach is here for you and your child and gives of his/her time to help your child.

The coach's job is to teach, motivate and constructively give feedback about the swimmers' progress. It is the parent's job to supply love, recognition and encouragement, which in turn gives the swimmer the confidence to participate and perform well. It is important to remember that the parents' role is critical and

should be supportive at all times to ensure a positive experience for your child. Listed below are some questions to determine if you are "pressuring your child".

- Is winning more important to you than it is to your child?
- When your child has a poor swim, are you disappointed and more importantly, is your disappointment obvious?
- Do you feel that you have to "psych up" your child before competition?
- Do you feel that winning is the only way your child can enjoy the sport?
- Do you conduct "post mortems" immediately after competition or practice?
- Do you find yourself wanting to interfere during practice or competition, thinking that you could do better?
- Do you find yourself disliking your child's opponents?
- Are your child's goals more important to you than they are to your child?
- Do you find yourself desiring to remind the coach about your child's skill areas that require more attention?

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Parents are human however, and it is natural in sports that parents may lose some of their ability to remain detached and objective in matters concerning their own child. The following guidelines may help keep your child's development in perspective and help your child reach his/her full potential.

1. Every individual learns at a different rate and responds differently to the various methods of presenting skills. The slower learner takes more time to learn and this requires patience on the part of the parents and coaches. The child's ultimate swimming potential may be as great or greater than that of the fast learner.
2. When a young swimmer first joins Bearcat Swim Club, there may be a brief period in which he/she appears to slow down or doesn't completely understand. This is a result of the added concentration on stroke technique, but this will soon lead to much faster swims for the individual.
3. Plateaus can occur at one time or another in every swimmer's career. Plateaus occur in both competition and training. A plateau signifies that a swimmer has mastered lower-order skills, but is not ready to learn higher order skills. Through practice and repetition lower-order skills will become automatic. This leaves the athletes attention free to attack newer, higher-order skills. It is the role of the coach to help athletes understand that plateaus occur in all types of learning. The more successful athletes are those who work through this momentary delay in improvement and go on to achieve greater performance.
4. Swimmers aged 10 and younger are the most inconsistent swimmers and this can be frustrating. Parents must be patient and permit these youngsters to learn to love the sport. Swimmers aged 10 and younger will evolve rapidly for a time, then slow down, then speed up, etc. Patience is key.
5. Parents must realize that slow development of competitive drive at an early age is normal and perhaps more desirable than precocious or forced early development. It is important that everyone learn to compete and develop a competitive spirit. It is also important for children to learn to adapt to reasonable levels of emotional stress. The small disappointments they must learn to handle as youngsters prepares them for larger ones they are certain to experience as adults.
6. It is the coach's job to offer a professional assessment, constructive critique and praise of a swimmer's performance. It is the parent's job to supply unconditional love, recognition, and the encouragement necessary to help young athletes feel good about themselves, regardless of outcomes.
7. If a parent can offer a personal insight about their child that may enable the coach to work more effectively with the child, please be sure to contact the coach.

8. If you have any questions about your child's training or team policies, contact your child's coach directly. Criticizing the coach in front of others undermines the coach and breaks down the swimmer-coach relationship, which is necessary for the swimmer's success and confidence in their coach.
9. No parent should behave in such a way as to bring discredit to the child, the team or competitive swimming generally. Any disagreement with a meet official should be brought to the attention of the coach and handled by the coach.
10. Be sure that your child swims because he/she wants to participate. Self-motivation is the stimulus for all successful swimmers.
11. The etymology of the word "competition" goes back to two Latin words, "cam" and "petere", which mean "together to strive." Avoid playing your child against their nearest competitors, thereby creating vendettas within the team and swimming community. Close competition provides two great services for the athlete: it brings out the best in them and shows where improvement is needed.
12. The communication between coach and swimmer is very important. Just like all sports and activities, an open two-way relationship must exist daily at practice between the athlete and coach. It is imperative that the coach have the swimmer's full attention. It is for this reason that we ask parents to watch practice from the bleachers and avoid the temptation to "coach".

Particularly in the case of younger swimmers, the demeanor and behavior of parents has an important effect on the child. In swimming, as in life, nobody can succeed all the time. There will always be some disappointment. Every youngster can gain from the Bearcat Swim Club experience, whether or not he/she ever wins a single race. The important thing is to keep on striving to do better next time. The objective is not to produce great swimmers, but rather to produce great young people who can swim.

COACH RESPONSIBILITIES

The coach's job is to prepare, implement and supervise the entire competitive swim program. The Bearcat coaching staff is a highly dedicated and professional group of swimming experts, possessing 10+, 20+ or 30+ years in the sport. These folks know their swimming. The coaches are charged with providing a top-flight, professional swimming program that will enable young people to learn and development a wide variety of competitive skills in the sport and more importantly, skills for life. In order to provide the staff with the tools necessary to implement the program, and to fairly evaluate staff, the coaches must be in control of matters affecting training, competition and the pool itself.

1. The coaches are responsible for placing swimmers in appropriate practice groups. This is based primarily upon ability level. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group by the coach.
2. Sole responsibility for stroke instruction and the training regimen rests with the coaching staff. Each group's practices are based on sound scientific principles and geared to the goals of that group.
3. The coaching staff will make the final decision concerning which meets Bearcat swimmers may attend. The coaching staff will also make the final decision regarding individual and relay event entries (for individual events, the coaching staff will offer the swimmer an opportunity to express their preferences).
4. At meets, the coaching staff will conduct and supervise warm-up procedures. After each race, the coaches will offer constructive observations/praise/critique/etc. as necessary regarding the swimmer's performance.

PARENT COMMUNICATION

An important link in the swimmer, coach, parent triangle is parent-coach communication. Parents are kept informed of club activities through a number of different sources.

WEBSITE – www.bearcatswimclub.org is the address of our web page, and is our primary means to communicate information to our membership. In addition to the practice and meet schedule, this site has team records, sign-up information, monthly calendars and more. It is recommended that members attempt to access the website as frequently as possible, as up-to-the-minute information is posted daily. The "Bearcat News" page chronicles every posting on the page, including date.

EMAIL ANNOUNCEMENTS - With the widespread advent of electronic mail, both at home and in the workplace, email has evolved as one of the most efficient means to communicate. Announcements (including meet information alerts) will be sent via email. In order to receive Bearcat email, your email software must be configured to accept @bearcatswimclub.org email.

MAILBOX - The mailboxes located at the pools are another form of communication between parents and the Bearcat staff. Coaches have a mailbox so you can place checks, questions and other swim club related items to be reviews by the coach.

Feel free to call or email any coach on our staff regarding any concerns about your swimmer. We publicly publish contact information for our coaching staff because we want our members to contact them! It is very important to let us know if there is anything we can do to aid your swimmer in his/her full enjoyment of the sport.

QUESTIONS OR CONCERNS PROCEDURE

All of your questions should be directed to the person who can answer or solve your problem. Follow the guidelines below to get answers and solve problems quickly. These guidelines promote open communication between parents, swimmers and coaches.

Problems or questions regarding practice, stroke instruction, meets, team policies and the overall program should be discussed with the individuals below, in the order they are listed, until you are satisfied that the problem has been addressed or the question answered. Please refrain from discussing such concerns with coaches during designated practice times. Also remember that a coach may have another practice or duty immediately after your own child's practice. Contacting coaches by phone or email is greatly appreciated, when the coach can take more time to discuss the matter away from the pool.

Lead Coach – Head Age Group Coach – Head Coach/Director

VOLUNTEERISM

In addition to our professional coaching staff, our club has been successful due to the support and dedication of our parents. As a small non-profit organization, we rely on the volunteerism of all our families. The continued involvement of our families is vital to the future success of our team. There are many ways to get involved with Bearcat Swim Club....

- Help in the organization and administration of Bearcat-hosted meets
- Become a certified meet official
- Help plan social activities
- Join a committee
- Assist with advertising

As always, any amount of time that you can devote to Bearcat Swim Club is appreciated. Your volunteerism will truly make a difference to our club and your swimmer.

VOLUNTEER AT MEETS

Meets are dependent on timers and officials to operate. Meets we attend have sign up sheets posted behind the blocks for timers. This is actually the best seat in the house to watch the meet as you are the closest to the action.

Officiating at a meet is another opportunity to take advantage of being close to the action. Officiating is a great way to learn about the sport of swimming and give back. Officials must be trained and certified. Contact the Head Coach for more information.

Without volunteers at meets, we run the risk of not being invited. Please step in to help volunteer.

HELPFUL LINKS FOR PARENT EDUCATION

www.usaswimming.org

www.oregonswimming.org

APPENDIX

"TEN COMMANDMENTS OF SWIMMING PARENTS" - excerpted from the USA Swimming Handbook

- I. Thou shall not impose your ambitions on your child (they must development ownership of their swimming to succeed long-term).
- II. Thou shall be supportive no matter what (they will likely struggle occasionally; they will need assistance dealing with it).
- III. Thou shall not coach your child (you have chosen to take your child to a professional; utilize and respect their services).
- IV. Thou shall only say positive things at a meet (leave the constructive critiques to the coach; you have to live with your swimmer).
- V. Thou shall acknowledge your child's fears (anything new can be frightful; swimmers will only be asked to swim those events they can handle).
- VI. Thou shall not criticize the officials (in most cases they are volunteers; they are objective and doing their level best).
- VII. Thou shall honor your child's coach (the swimmer-coach-parent relationship must be mutually-supportive to produce the best results).
- VIII. Thou shall encourage your child to have goals besides winning (only one can win - but many can succeed).
- IX. Thou shall not demand that your child be an Olympian (over 400,000 USA Swimmers - just 52 spots on the Olympic Team).
- X. Thou shall be positively involved with your child's club (volunteer, officiate, join a committee; it's all appreciated and ultimately helps your child).

GLOSSARY OF SWIMMING TERMS

AGE GROUP-Division of swimmers according to age. The Oregon Age group divisions are 8&U, 9, 10, 11, 12, 13-14, 15-16, Senior. Age group placement during a meet is determined by the swimmer's age on the first day of the meet, regardless if a birthday occurs on a day later in the meet.

AGING UP-When an athlete changes age groups. It can be a difficult experience for some, as time standards become more difficult and the slate of events offered may change, typically adding longer events and/or dropping shorter events.

ALTERNATE-In a prelim-final meet, after the finalists are decided the next two fastest swimmers (other than the finalists) are designated as "alternates". The faster of the two being "first" alternate and the next being the "second" alternate. If a finalist cannot participate, the alternates are offered an opportunity to take their place (often on a moment's notice). Alternates are not required to swim if called upon, and may decline the offer.

AMERICAN SWIMMING COACHES ASSOCIATION- A professional organization throughout the nation, certifying coaches and offering many services for coach's education and career advancement.

CHLORINE-The chemical used by most pools to kill the bacteria in water and keep it clear and safe to swim in.

CIRCLE SEEDING-A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes.

CONSOLATION-A term used in a prelims/finals meet for the second fastest eight swimmers (9th-16th after prelims).

COURSE-Designated distance (length of pool) for swimming competition. Long Course-50 Meters. Short Course 25 Yards.

DECK ENTRY-An entry accepted into the meet on the first day or later of the meet. Usually a higher fee is charged and it is up to the meet director whether or not to allow deck entries.

DECK SEEDING-Seeding an event after the meet has begun. A swimmer check-in is usually held first and then entered swimmers are seeded into heats. This is usually done in events of 500/400 yards/meters or longer.

DISQUALIFIED-A swimmer's performance is not counted because of a rule infraction. A disqualification is typically shown by an official raising one arm with open hand above their head. Its abbreviation, DQ, will appear next to the swimmer's name in the event result.

DUAL MEET-Type of meet where two teams compete against each other.

DRYLAND-Running, body weight exercises, and various strengthening programs swimmers do out of the water.

ENTRY LIMIT- The number of events an athlete may swim during a specific session. For most meets this is four. For prelims/finals meets it is often three. 2. Each meet usually has a limit of total swimmers that can be accepted. Once this limit has been reached, the meet will be closed to all other swimmers and teams.

ELECTRONIC TIMING-Timing system that has touch pads in the water that stop the clock automatically as a swimmer finishes.

FALSE START-When a swimmer leaves the starting block before the horn, resulting in a disqualification.

FALSE START ROPE-A rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start.

FASTEST TO SLOWEST-A seeding method used in longer events held at the end of a session. The fastest seeded swimmers participate in the first heat followed by the next fastest and so on.

FLIPPERS/FINS-Used during practice in certain sets. All groups will be using this piece of equipment. Helps in ankle flexibility and aids in keeping the body in proper alignment in the water.

GALLERY-The viewing area for spectators during swimming competitions.

HEATS-The division of an event in which swimmers are divided into groups of six or eight depending on the number of lanes in the pool. The fastest swimmers in each heat will be in the middle lanes.

HEAT SHEET-The printed listing of swimmers seed times and placement in various events at a swim meet. Also known as a "program". Heat sheets are usually sold at the admissions table near the entrance to the pool (for a nominal fee).

HIGH POINT-An award given to the swimmer(s) scoring the most points in a given age group. Typically only championship meets offer these awards.

IM-Individual Medley. A swimming event using all four competitive strokes. The order of strokes must be butterfly, backstroke, breaststroke, freestyle.

INTERVAL-A span of time used in practice which determines how long the swimmer has to swim and rest, before the next swim.

INVITATIONAL-Meets by invitation only. The host club decides invitees.

LAP COUNTER-The numbered cards used during individual freestyle short course events of 500 yards and longer, or long course events 800 meters and longer. Counting is done from the end opposite the starting end.

LSC-Local Swimming Committee. This is the local-level administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries. Oregon Swimming Incorporated (OSI) is our Local Swimming Committee (LSC).

MARSHALLS-Officials in charge of the safety of swimmers and spectators at swim meets.

MEET DIRECTOR-The official in charge of the administration of the meet.

MILE-Slang reference to the 1650-yard and 1500-meter freestyle events.

SENIOR NATIONALS-The best swimmers from the United States and around the world compete at this meet. There are no age limitations and the time cuts are extremely difficult.

NATATORIUM-A building constructed for the purpose of housing a swimming pool and related equipment. Usually a quality building used for big meets with ample seating.

NT-Short for "No Time." This abbreviation is used on a heat sheet to designate that the swimmer has never swam the event before.

OME-online meet entry. Utilized by the coaching staff to enter national meets via the USA Swimming website.

PADDLES-Colored plastic devices worn on the swimmers' hands during swim practice. Paddles help to create feel for the proper pulling patterns in each stroke as well as develop strength.

POSITIVE CHECK-IN-The procedure required before a swimmer swims a deck seeded event. The swimmer must mark their name on a list posted on deck at the meet. By doing so they have indicated they will swim, thus eliminating no-shows and assuring full heats. Positive check-ins are often done for distance events.

PRELIM-FINAL-A type of meet with two sessions. The preliminary heats are held in the morning with the top eight to twenty four qualifiers returning to compete in the finals at night. This format is typically used for championship meets.

PRE-SEEDED-A meet in which the swimmer knows which heat and lane they are in by looking at the heat sheets. Almost all meets in Oregon are pre-seeded.

PROOF OF TIME-Swimmers or coaches must supply proof of time with some meet entries, and other meets where it is required when a swimmer misses a meet cut-off time. Official meet results and OVC's can be used as proof of time.

PSYCH SHEET-This sheet lists swimmers from fastest to slowest by event. Usually this is a prelude to deck seeding.

PULL BUOY-A flotation device used to keep the legs afloat during pulling sets.

REFEREE-The USA official in charge of all decisions made on deck with regard to the administration and effective running of the meet.

SCRATCH-To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, that if not followed results in a penalty to the swimmer.

SPEEDO SECTIONALS-A meet above the state level, but below the Junior and Senior National level. There are no age groups and time standards are difficult to achieve. This meet will be held in a Midwestern location.

SEEDING-Creating heats for each event by determining each swimmers heat and lane.

SHAVE DOWN-The removal of all arm, leg and exposed torso hair to decrease the drag or resistance of the body moving through the water. Scientifically proven to increase speed.

SPLIT-A portion of a race that is timed to help in pacing.

STARTER-The USS official in charge of starting each race and insuring that all swimmers have a fair takeoff.

STATE CHAMPIONSHIP-A meet held twice a year sponsored by the LSC. The qualification times for the Oregon State Meet are "A."

STROKE JUDGE-The USA Swimming official positioned at the sides and end of the pool.

TAPER-The resting phase at the end of a season, before a championship meet. Tapering allows a swimmer's muscles to fully recover before racing.

TIMED FINALS-Competition in which there is only one session per age group and final places are determined by the times swum in heats.

TIME STANDARD-A time set by a meet or LSC that a swimmer must achieve for qualification or recognition. Also insures that all competitors are of the same ability level at the same meet. Current time standards for local meets are set by Oregon Swimming, Inc.

TIMERS-The volunteers sitting behind the starting blocks or finish end of the pool who are responsible for getting watch times on each heat and activating the backup buttons for the timing system.

TIME TRIAL-Some meets will offer time trials, either at the end of the meet or the end of a session. Time trials are swum for an official time only, there are no places or awards given.

TOP 10-The top 10 times nationally in each event by age group as compiled by USA Swimming.

TOUCHPAD-The removable pad at the finish end of the pool that is connected to the electronic timing system. The swimmer must properly touch the pad to register a time.

TRANSFER-When a swimmer leaves one club and goes to another. 120 days of "unattached" competition is required before a swimmer can represent another club.

UNATTACHED-A swimmer who competes but does not represent a team. Unattached swimmers may not swim relays and do not score team points.

COOL DOWN-A long slow swim, or series of swims, to loosen a swimmer after a race or practice.

WARM UP-The practice and loosening session a swimmer does at the beginning of a practice or meet.