

# ABERDEEN AquaHolics

HANDBOOK

*“Be the Best That You Can Be”*

This book belongs to: \_\_\_\_\_

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## 1. BOARD OF DIRECTORS AND OFFICERS

President	Peter Andrew <a href="mailto:coach@aberdeenaquaholics.com">coach@aberdeenaquaholics.com</a> 605-290-3178
Business Manager	Tina Andrew <a href="mailto:info@aberdeenaquaholics.com">info@aberdeenaquaholics.com</a> 605-290-3177
Head Age Group Coach	Peter Andrew <a href="mailto:coach@aberdeenaquaholics.com">coach@aberdeenaquaholics.com</a> 605-290-3178
Assistant Coaches	Tina Andrew

## 2. WELCOME

Welcome to the ABERDEEN AQUAHOLICS' competitive swim team. The following is a book of standards for our swimming program. This book outlines our club's basic philosophies, group structures and goals. It also serves as a reference for strokes, racing and time standards. Use this book to record times, favorite races, favorite sets and notes on the season.

## 3. USA SWIMMING

### WHAT IS USA SWIMMING?

USA Swimming Headquarters provides a variety of services and programs for its membership. Among the many services are publications, educational programs, fund-raising activities, sports medicine programs, resources and general information about swimming related activities. USA Swimming staff is available to assist you in answering questions or providing additional information about USA Swimming.

**USA Swimming**  
**1 Olympic Plaza**  
**Colorado Springs, CO**  
**80909-5707**  
**719.866.4578**

### a. BACKGROUND

USA Swimming is the National Governing Body for competitive swimming in the United States. USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act, which specified that all Olympic sports would be administered independently. Prior to this act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, Indiana. USA Swimming Headquarters office was established in Colorado Springs, Colorado, in 1981 and is located at the Olympic Training Center.

As the National Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements the policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent the United States in international competition.

### b. USA SWIMMING MISSION STATEMENT

USA Swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Amateur Sports Act. We provide programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport.

**c. USA SWIMMING VISION STATEMENT**

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

**d. USA SWIMMING CORE OBJECTIVES**

**Build** the base, **Promote** the sport, **Achieve** competitive success

**e. HOW IS USA SWIMMING ORGANIZED?**

**INTERNATIONAL** - The international federation for the aquatic sports is the Federation Internationale de Natation Amateur (FINA). USA Swimming is affiliated with FINA through United States Aquatic Sports (USAS), made up of the four aquatic sports – swimming, synchronized swimming, diving and water polo.

**NATIONAL** - USA Swimming is a Group A member of the United States Olympic Committee (USOC) and has voting representation in the USOC House of Delegates.

**ZONE** - We are divided into four separate zones – central, eastern, southern and western. Each zone elects two representatives to the national Board of Directors.

**LOCAL** - Within the United States, there are fifty-nine (59) Local Swimming Committees (LSCs). Each LSC is responsible for administering USA Swimming activities in a defined geographical area and has its own set of bylaws under which it operates. A House of Delegates with representation of athletes, coaches, members of the Board of Directors and clubs is responsible for managing the business affairs of the LSC.

**f. HOW USA SWIMMING OPERATES**

USA Swimming is a non-profit organization made up of very dedicated volunteers and support staff. Interested volunteers donate their time, energy and expertise at every level from the national Board of Directors to the local swimming clubs. There are over 30 standing committees. Staff liaisons, along with these committees, create, implement and evaluate USA Swimming programs. The House of Delegates meets annually to determine the rules and regulations for the following year. Between yearly meetings of the House of Delegates, an elected USA Swimming Board of Directors is charged with the responsibility of making decisions for USA Swimming. A support staff at Headquarters in Colorado Springs implements the policies and provides service to members.

**4. ABERDEEN AQUAHOLICS**

**INTRODUCTION**

ABERDEEN AQUAHOLICS is a coach owned for profit swim team dedicated to providing a program of excellence in swimming instruction for competitive youth in Aberdeen, Brown County, and surrounding communities. ABERDEEN AQUAHOLICS is open to all youth who have a strong desire to be the best they can be in the sport of swimming and have at least completed basic swimming instruction subject to the availability of space in the program. The club is operated by Peter and Tina Andrew. ABERDEEN AQUAHOLICS' program is affiliated with USA Swimming, an organization that governs amateur swimming throughout the country. Each ABERDEEN AQUAHOLICS member must join USA Swimming in order to be eligible for the ABERDEEN AQUAHOLICS program. In addition, the club is an active member of South Dakota Swimming.

ABERDEEN AQUAHOLICS program operates year round. Swim practices are held at our brand new facility downtown Aberdeen, 18 2<sup>nd</sup> Ave SE, Aberdeen, SD 57401. Practice times are established each swim season and are subject to change.

**ABERDEEN AQUAHOLICS MISSION STATEMENT**

Aberdeen Aquaholics, LLC strives to build the best and most comprehensive swim program in the nation by promoting excellence at all levels, providing top class coaching, better developmental progression and champion swimmers regardless of chosen level of commitment or natural talent; through carefully designed, and professionally coached swim programs. We will instill the qualities

that will make our youth the leaders of tomorrow thus enabling them to reach their highest personal potential as both person and athlete.

Dreams are our business. Discipline is our tool, Excellence is our pursuit.

**In the being of one's best  
Lies the ultimate goal,  
Overcoming every test  
Fulfillment of the soul**

**In the striving of success,  
Win or lose who knows  
But it's following the dream  
Through excellence that shows.  
In the discipline of self  
To go the extra mile,  
In doing what it takes  
Each sacrifice worthwhile.**

**Knowing you are not alone  
Is the golden key  
To making right decisions  
For the best you can be.  
Colleen Andrew**

## **GOALS**

To encourage each swimmer to be the "BEST THAT YOU CAN BE" and to become a better person in the process.

To provide for the development of an age-group/Senior program that stresses stroke instruction (swimming mechanics), skill development, physical conditioning, and a love for the sport.

To develop a training program with distinct levels of instruction, performance standards, training plans, and qualifying criteria for each level from the beginner to olympic swimmer.

To provide consultation and communication between swimmers, parents, and coach.

To accommodate different swimmer commitments with respect to attendance at practices and meets.

To promote dedication to the Team Philosophy and to teamwork among swimmers, parents and coaches.

## **CONFLICT RESOLUTION POLICY**

Communication is the best way to reduce conflicts within any club. The best way to communicate with your child's coach is to meet with them after practice. Coaches usually have time after practice to answer questions or provide information. Emailing a coach is also a good way to open communication. Please keep in mind that the coaches have the best interests of your child at heart. Also, keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a practice group. The following procedures regarding problems, questions, or complaints should be followed by ABERDEEN AQUAHOLICS families.

- If a parent has a concern about their swimmer, they should speak with the coach outside of practice time.
- If there is a conflict between a parent and the coach, the parent should air their concern with the Head Coach.
- If still dissatisfied, the parent should air their concern with the Business Manager who will make every effort to resolve the situation.
- Any member can ask the President or Business Manager of the club to organize a parent meeting, if the issue has not been resolved to the satisfaction of the member.
- If another parent uses you as a sounding board for complaints about a coach's performance or policies, encourage the other parent to speak directly to the coach and follow the conflict resolution guidelines listed above.

### **LATE PICK-UP POLICY & MEMBER AREA**

Swimmers should be picked up promptly after all practices. The pool staff is on-site at all times, but our coaches provide only supervision for our swimmers on deck and in the pool. Swimmers are welcome to wait in unsupervised member area downstairs if parental consent is on file acknowledging that there will be no supervision of children in this waiting area. Use of this area is strictly for our swim team members only. Swimmers are expected to be on their best behavior, to be kind to other kids, and to quietly enjoy facility provided.

### **ABERDEEN AQUAHOLICSS FEES**

Welcome to the ABERDEEN AQUAHOLICS Swim Club! Outlined below is the session fee structure.

#### **YEAR-ROUND GROUPS**

Novice Aquaholics:	\$30 PER MONTH
Age Group Aquaholics:	\$40 PER MONTH
Junior Aquaholics:	\$50 PER MONTH
Senior Aquaholics:	\$60 PER MONTH
National Aquaholics:	\$70 PER MONTH

Note: Fees are charged each month throughout the year regardless of the practice schedule. Intensive Swim Clinics groups will be offered in between seasons at no additional charge to club members. At any time that a team member needs additional lessons to improve their technique outside of swim lessons, a suitable time will be set with coach at no extra cost to swimmer. As long as swimmer listens and responds to instruction, coach will continue to work until swimmer mastered whatever skill they were struggling with in order to keep up with group placed in.

#### **ANNUAL FEES**

The ABERDEEN AQUAHOLICS Swim Club is a member of USA Swimming which requires all swimmers to register and pay an annual fee. This fee also serves as a *secondary* insurance policy for your swimmer in case of any accident that may occur while in the pool with the ABERDEEN AQUAHOLICS. The annual fee for each group is as follows:

- SEASONAL GROUPS (WINTER OR SUMMER SEASON ONLY): \$50
- YEAR-ROUND GROUPS: \$67

#### **ABERDEEN AQUAHOLICSS MEET FEES**

Below are the general meet fees charged for most meets within South Dakota Swimming. If you have questions or concerns regarding the fees associated with meets, please review the meet information found on the ABERDEEN AQUAHOLICS or South Dakota Swimming ([www.sdswimming](http://www.sdswimming)) website or contact the club Business Manager.

\$3.50 - \$5.00 fee for *each* event

\$3.00 - \$5.00 fee for each swimmer for meets held in South Dakota or only one (1) day in length

\$10.00 fee for each swimmer for meets held outside of South Dakota

Please note that Sectional, Regional and National meets may charge higher fees per event, as well as an additional surcharge. Please discuss this with your Coach if you have questions or concerns.

## CODE OF CONDUCT

- I. The following provisions pertain to practices, meets, meetings and social activities where swimmers represent ABERDEEN AQUAHOLICS.
  - A. Swimmers shall exhibit good sportsmanship, in and out of the pool.
  - B. Swimmers shall follow rules during practices, meets, and team events.
  - C. While attending meets, swimmers shall abide by the curfews and instructions given to them by coaches, officials, and parents.
  - D. Swimmers shall show respect for all property.
  - E. Swimmers shall behave in a responsible manner and are prohibited from possession or use of alcohol, tobacco, illegal drugs, or banned substances.
  - F. Swimmers shall be required to wear team swim suit and team cap at all swim meets.
- II. Failure to comply with this Code of Conduct will result in any or all of the following disciplinary actions.
  - A. A swimmer may not be allowed to participate in any or all practices, meets, social activities, or meeting.
  - B. A swimmer may be sent home from a meet at the expense of the swimmer and/or their family.
  - C. A swimmer and/or their family will be responsible for any damage caused by the swimmer.
  - D. A swimmer may be suspended from membership in USA Swimming.
- III. The President is responsible for reviewing a written summary of alleged violations of the Code of Conduct, as well as any disciplinary actions that have been and/or may be taken.

I agree to abide by the Code of Conduct for ABERDEEN AQUAHOLICS' swimmers. I understand that if I violate any of the provisions outlined in part I above that I will subject to the disciplinary actions outlined in part II above.

\_\_\_\_\_  
(Signature of swimmer)

\_\_\_\_\_  
(Signature of parent)

\_\_\_\_\_  
Name of swimmer (please print)

\_\_\_\_\_  
Name of parent (please print)

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Date:

**PERMISSION AND RELEASE FORM**

I hereby give my permission for \_\_\_\_\_ to accompany the ABERDEEN AQUAHOLICS' team to all activities in 200\_\_\_. I further waive all claims for injury, accident, or liability of any kind for the above-named swimmer, and in case of an accident or injury in any way resulting directly or indirectly from participation in such program, hold harmless from any liability therefore the ABERDEEN AQUAHOLICS, its officers, coaches, chaperones, managers or any other person or persons in any way connected or associated with the program. Furthermore, in case of emergency medical attention, which may be required, I authorize the adult coaches, chaperones, and /or other adults traveling in an official capacity with the team to act for me according to their best judgment and ability.

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Signed:

**Medical Information:**

List any medications and dosage the swimmer is now taking:

Pre-existing conditions (asthma, epilepsy, etc.):

Allergies (including medications):

Other pertinent information the coach should know about:

Home physician's name: \_\_\_\_\_  
\_\_\_\_\_

Phone Number: \_\_\_\_\_  
\_\_\_\_\_

Parent(s) Names: \_\_\_\_\_  
\_\_\_\_\_

Phone Numbers: \_\_\_\_\_  
\_\_\_\_\_

Emergency Contact 1: \_\_\_\_\_

Emergency Contact 2: \_\_\_\_\_

## **GROUP REQUIREMENTS**

### ***NOVICE AQUAHOLICS***

- REQUIREMENTS:** Previous swimming lessons, Basic Water Comfort, 25 Free/25 Backstroke
- TRAINING:** 1 hour/ 2 days a week/ teaching skills/ low yardage
- GOALS:** This group is an introduction to ABERDEEN AQUAHOLICS. The goal is to have fun and enjoy the water.

### **STANDARDS TO JOIN AGE GROUP AQUAHOLICS**

1. Demonstrate ability to float on back and front
2. Demonstrate front flip
3. Demonstrate dolphin kick
4. Demonstrate 50 yards backstroke
5. Demonstrate 50 yards freestyle with side breathing
6. Demonstrate 50 yards flutter kick on back
7. 4 x 50 Free @1:45
8. Learning to read clock
9. 100 IM

**EQUIPMENT** Bag, Small Kickboard, Fins, Team Suit, Workout Suit, 2 Team Caps, Workout Caps

### ***AGE GROUP AQUAHOLICS***

#### **REQUIREMENTS**

Demonstrate ability to float on back and front  
Demonstrate front flip  
Demonstrate dolphin kick  
Demonstrate 50 yards backstroke  
Demonstrate 50 yards freestyle with side breathing  
Demonstrate 50 yards flutter kick on back  
4 x 50 Free @1:45  
Learning to read clock  
100 IM

**TRAINING** 1 hour/ 3-4 days a week/ teaching skills/ low yardage

**GOALS** This group is an introduction to year-round swimming at ABERDEEN AQUAHOLICS. The goal is to perfect technique (swim perfectly slow before you swim perfectly fast), learn that it is OK to be competitive and to have fun at the same time.

#### **STANDARDS TO JOIN JUNIOR AQUAHOLICS**

Demonstrate front dive  
Demonstrate tight, underwater streamline with flutter kick for 10 yards  
Demonstrate ability to do flip turns with tight, underwater streamlines  
Demonstrate ability to do one arm butterfly with good rhythm  
Demonstrate ability to do 25 yards breaststroke kick with good forward movement  
Demonstrate 50 yards breaststroke AND butterfly with two hand touches  
Demonstrate 50 yards backstroke with push-offs and finishes on back  
Demonstrate 200 yards free with flip turns and breathing every 3

**EQUIPMENT** Bag, Small Kickboard, Fins, Team Suit, Workout Suit, 2 Team Caps, Workout Caps

### ***JUNIOR AQUAHOLICS***

**REQUIREMENTS** Silver Groups and/or previous swimming experience with another club, Basic Water Comfort, 100 Free/100 Backstroke/ 50 Breast. Must be at least 9 years old.

**TRAINING** 1 hour/ 4-5 days a week/ teaching skills/ moderate yardage

**GOALS** This group is an introduction to more competitive swimming at ABERDEEN AQUAHOLICS. The

goal is to continue to enjoy the water.

### **STANDARDS TO JOIN SENIOR AQUAHOLICS**

Demonstrate underwater pullouts for breaststroke and IM events  
Demonstrate ability to do flip turns with tight, underwater streamlines off all walls  
Demonstrate ability to breathe every 3 strokes in freestyle swimming  
Demonstrate ability to do underwater dolphin kick for 10 yards at a time  
Demonstrate legal turns and strokes in all events  
Demonstrate knowledge of reading the pace clock  
Demonstrate front dive from the blocks  
Participation in 2 swim meets OR 80% attendance  
Own Fins, Goggles, Team Suit and Team Cap  
Demonstrate ability to do 4 x 25 butterfly with proper breathing and rhythm  
Demonstrate legal 200 IM from a dive  
Demonstrate 1000 yards free continuous with flip turns and breathing every 3  
8 x 50 freestyle @:50 second interval with no help from coach

**EQUIPMENT** Bag, Small Kickboard, Fins, Snorkel, Team Suit, Workout Suit, 2 Team Caps, Workout Caps

### **SENIOR AQUAHOLICS**

**REQUIREMENTS** Swimmer has advanced from JUNIOR OR has previous swimming experience with another club. Consistent practice attendance is monitored and swim meets become mandatory. Participation in identified meets AND/OR 80% attendance OR 5 of 6 practices. Minimum of 4 DI times OR coach's discretion Must attend Saturday. Demonstrate team commitment (year round swimming with LAW). 6th Grade is the minimum for this group.

**TRAINING** 2 hours/ 5-6 days a week/ teaching skills/ moderate-plus yardage

**GOALS** This group is the top age group swimmers on ABERDEEN AQUAHOLICS.

### **STANDARDS TO JOIN SENIOR**

Demonstrate ability to learn drills and do them correctly  
Demonstrate ability to do flip turns with tight, underwater streamlines off all walls  
Demonstrate ability to pay attention to stroke technique  
Swimmer must be in OR going into 8th grade at the start of the Fall  
A minimum age of 13  
Swimmers must be able to move up in the eyes of all coaches  
Sectional cuts have an influence, but are not mandatory  
Demonstrate consistent attendance at practice

### **SENIOR**

**REQUIREMENTS** Swimmer has advanced from JUNIOR OR has previous swimming experience with another club. Consistent practice attendance is monitored and swim meets become mandatory. 85% Practice attendance.

**TRAINING** 2-3 hours/ 5-6 days a week/ teaching skills/ max yardage

**GOALS** Increased focus on improving technique in all strokes. Pace work, workout etiquette, turns and start work are emphasized. Swimmer gains experience in USA Swimming meets. Racing strategies are learned in all events. Swimmers learn about benefits of consistent practice attendance. This group will train to attain maximum aerobic base.

**GOALS** Increased focus on improving technique in all strokes. Pace work, workout etiquette, turns and start work are emphasized. Swimmer gains experience in USA Swimming meets. Racing strategies are learned in all events. Swimmers learn about benefits of consistent practice attendance. Becoming part of the Sectional team is an understood goal.

**STANDARDS TO JOIN NATIONAL AQUAHOLICS** The standards are determined by the ABERDEEN AQUAHOLICS head coach.

**EQUIPMENT** Bag, Small Kickboard, Snorkel Fins, Pull Buoy, Team Suit, Workout, Suit, 2 Team Caps, 2 Workout Caps

### **NATIONAL AQUAHOLICS**

**REQUIREMENTS** Swimmer has advanced from the Senior level or has previous swimming experience with another club. 90% practice attendance is mandatory and meet participation is expected. Swimmers in this group have Junior National times

OR have been moved up based on the head coach's approval.

**TRAINING** 3-4 hours/ 6 days a week/ morning and evening/ max yardage

**GOALS** Improve core body strength with weights/dry land. Prepare athletes for National level competition/college swimming. The amount of time you put in the water directly affects the way you perform at meets. Seniors will set a positive example for younger swimmers with their behavior in and out of the water. Specialization in swimmer's best events is addressed prior to college.

**EQUIPMENT** Bag, Small Kickboard, Fins, Pull Buoy, Paddles, Snorkel, 2 T-shirts red/black, Team Suit, Workout, Suit, 2 Team Caps, 2 Workout Caps

## **TEAM EQUIPMENT NEEDS FOR EACH GROUP**

### **NOVICE, AGE-GROUP, and JUNIOR**

**EQUIPMENT** Bag, Small Kickboard, SPEEDO Fin, Team Suit

**EQUIPMENT (ABERDEEN AQUAHOLICSs)** Catch-Up Stick, Team T-shirt, Team Cap, Team Handbook

**EQUIPMENT (You)** Workout Suit, Workout Cap, \*Goggles (2), Swimmers Snorkel.

### **SENIOR & NATIONAL**

**EQUIPMENT (Action Accents)** Bag, Small Kickboard, SPEEDO Fin, Snorkel, Pull Buoy, **Strokemaker Paddles (medium red or yellow), Bungee Cord, Belt,** Team Suit

**EQUIPMENT (ABERDEEN AQUAHOLICSs)** Catch-Up Stick, Team T-shirt, Team Cap, Team Handbook

**EQUIPMENT (You)** Workout Suit, Workout Cap, \*Goggles (2)!

## **SWIMMING 101**

### **THE BASICS**

**SKILLS** The five competitive swimming strokes are freestyle, backstroke, breaststroke, butterfly, and individual medley.

**COMPETITION** Each swim meet offers a variety of events and distances, depending on the age group and classification. Each swimmer will have a limit to the number of In **freestyle** events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the water surface and an alternating (up and down) flutter kick. On turns and finishes, some part of the swimmer must touch the wall. Most swimmers do a flip turn.

**Backstroke** consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The **breaststroke**, which is the oldest stroke dating back hundreds of years, requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Some consider the **butterfly** to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish. (The butterfly is the newest stroke and was developed in the early 1950s as a variation of the breaststroke. It became an Olympic stroke in 1956 in Melbourne.)

The **individual medley**, commonly referred to as the **I.M.**, features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one fourth of the race to backstroke, then breaststroke and finally freestyle. In the **medley relay**, all four strokes are swum. The first swimmer swims backstroke, the second breaststroke, the third butterfly, and the final swimmer anchors the relay with freestyle.

The **freestyle relay** events consist of four freestylers, each swimming one-quarter

of the total distance of the event.

**STARTS** In the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are motionless. When all swimmers are set, the starting horn is sounded to start the race. If the starter feels that one of the swimmers has moved, left early or gotten an unfair advantage, the guilty swimmer may be disqualified after the race for a false start. Under USA Swimming rules, one false start disqualifies the swimmer.

**OFFICIALS** Officials are present at all competitions to enforce the technical rules of swimming so the competition is fair and equitable. Officials attend clinics, pass a written test and work meets before being certified. All parents are encouraged to get involved with some form of officiating.

**RULES** The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

**THE COURSE** Competition pools may be short course (25 yards or 25 meters), or long course (50 meters). The international standard (as used in the Olympics) is 50 meters. World records are accomplished in 25 and 50 meter pools. USA Swimming maintains records for 25 yard, 25 meter and 50 meter pools.

**TEAMS** USA Swimming is made up of approximately 2,800 teams from all over the country. Of these clubs, nearly half have 80 swimmers or less, and a handful of teams have over 500 swimmers. A team may be comprised of any number of swimmers, parents and coaches.

Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Traditionally recognized age groups are 10 and under, 11-12, 13-14, 15-16, 17-18. Many local meets feature 8 and under, single age groups, or senior events. Team practice groups are usually determined by age and/or ability.

### **SWIMMING RULES**

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

Trained officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules that is observed by an official, a disqualification (DQ) will result. This means that the swimmer will not receive an official time and will not be eligible for an award in that event. A disqualification may result from actions such as not getting to the starting blocks on time, false starting, performing strokes in an illegal manner, or unsportsmanlike conduct. DQs are also a result of technical rules violations. They include but are not limited to:

**FREESTYLE:** Walking on the bottom, pulling on the lane rope, not touching the wall on a turn, or not completing the distance.

**BACKSTROKE:** Pulling or kicking into the wall once a swimmer has turned passed the vertical onto the breast. Turning onto the breast before touching the wall with the hand at the finish of the race.

**BREASTSTROKE:** An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissors (side stroke); not on the breast; alternating movements of the arms; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.

**BUTTERFLY:** Alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a breaststroke style of kick; touching with only one hand at the turns or finish.

**STARTS:** The swimmers are not allowed a false start. If they jump the start and the starter thinks they are trying to get an advantage (whether intentional or not-it does not matter), they will be disqualified. This is not like the Olympics where they are allowed two false starts.

### **URNS AND FINISHES**

1. Freestyle: feet have to touch the wall

2. Backstroke: At the finish a swimmer must finish on his/her back. A swimmer may not roll over and grab the wall until they have first touched it.

3. Breaststroke and Butterfly:

A. Swimmers have to touch with both hands at the same time.

B. A swimmer may not freestyle kick off the wall in either breaststroke or butterfly.

C. When swimming butterfly, both arms must move at the same time.

For specific language on any technical rules consult the USA Swimming Rules and Regulations book. Violations of the rules are reported to the Referee. The rules require that every reasonable effort be made to notify the swimmer or his coach of the reason for the disqualification. If your child is disqualified in an event, be supportive rather than critical. For beginning swimmers, a disqualification should be treated as a learning experience, not as a punishment. A disqualification alerts the swimmer and coach to what portions of the swimmer's stroke need to be corrected. They should be considered in the same light as an incorrect answer in schoolwork they point out areas that need further practice. Disqualifications are necessary to keep the competition fair and equitable for all competitors. A supportive attitude on the part of the official, coach, and parent can make a positive situation out of the disqualification.

### **LEVELS OF SWIM MEETS**

**DUAL MEETS** Occasionally, the ABERDEEN AQUAHOLICS will compete with one other team in a dual meet. These meets help promote team unity, but usually limit the number of events a swimmer may enter.

**DEVELOPMENTAL MEETS** These meets generally do not have any qualification time standards. Most of the time these meets offer each one of the competitive strokes in the two distances offered for each group. Each swimmer is usually allowed to enter from 3-5 events per day.

**QUALIFICATION MEETS** These meets have some type of qualification time standard(s) that a swimmer must meet in order to enter the meet.

**LSC CHAMPIONSHIPS** At the end of each short course (winter) and long course (summer) season, an LSC Championship meet is sanctioned by South Dakota Swimming, the governing body of swimming in our LSC. South Dakota Swimming sets the qualifying time standards for these championship meets.

**ZONE CHAMPIONSHIPS** After the state championships are held in the summer, a swimmer may qualify to participate in the Central Zone Championships by swimming a national "AAA" time. This is an all-star meet where swimmers compete as a member of the South Dakota Swimming Zone team competing against other states from the west.

**SPEEDO/USS JUNIOR NATIONAL CHAMPIONSHIPS** One of the highest levels of achievement ABERDEEN AQUAHOLICS swimmers strive for is the participation in the Junior National Championships. United States Swimming sponsors a United States Junior National meet each season. ABERDEEN AQUAHOLICS swimmers meeting qualifying time standards for this meet travel to different locations throughout the United States to compete against the best 18-Under swimmers in the nation.

**PHILLIPS 66/USS NATIONAL CHAMPIONSHIPS (SENIOR NATIONALS)** Other than the Olympic Trials and the World Championship Trials, each of which is held every four years, the highest level of competition for our senior swimmers is the USS National Championships. As with the Junior Nationals, ABERDEEN AQUAHOLICS swimmers meeting the national qualifying time standards travel to various cities throughout the U.S. to compete against America's best swimmers. Swimmers can qualify for national teams that represent the U.S. in international competition by their performances at Senior Nationals.

### **ABOUT SWIM MEETS**

Swim meets are a great family experience! They're a place where the whole family can spend time together. Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask your coach.

### **BEFORE THE MEET STARTS**

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information emailed out to all ABERDEEN AQUAHOLICS swimmers and also in the team newsletter.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces.
3. Once "checked in", write each event-number on your swimmer's hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen for.
4. Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
5. After warm-up, your swimmer will go back to the area where his/her towels are and sit there until the next event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
6. The meet will usually start about 10-15 minutes after warm-ups are over.
7. According to USS rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.
8. **Heat Sheets.** A heat sheet is usually available for sale in the lobby or concession area of the pool. Heat sheets generally sell for one to two dollars per day or \$5/\$6 per program. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event.

### **MEET STARTS**

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait awhile.
2. A swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to their lane. Swimmers should report with his/her cap and goggle. Generally, girls events are odd-numbered and boys events are even numbered. You can expect at least 4-8 heats of each event depending on size of the meet.
3. The swimmer swims their race.
4. After each swim:
  - A. He/she is to ask the timers (people behind the blocks at each lane) his/her time.
  - B. He/she should go immediately to their coach. The coach will ask him/her their time and discuss the swim with each swimmer.
  - C. Generally, the coach follows these guidelines when discussing swims:
    - a. Positive comments or praise
    - b. Suggestions for improvement
    - c. Positive comments
5. Things you, as a parent, can do after each swim:
  - A. Tell him/her how great they did! The coaching staff will be sure to discuss stroke technique with them. You need to tell him/her how proud you are and what a great job he/she did.
  - B. Take him/her back to the towel area and relax.
  - C. This is another good time to check out the bathrooms, get a drink or something light to eat.
  - D. The swimmer now waits until his/her next event is called and starts the procedure again.
6. When a swimmer has completed all of his/her events he/she and their parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to **make sure your swimmer is not included on a relay.** It is not fair to

other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and he/she is not there. (The coaches speak from experience on this issue).

#### ***What Happens If Your Child has a Disappointing Swim?***

If your child has a poor race and comes out of it feeling bad, talk about the good things. The first thing you say is, "Hey, that is not like you. You're usually a top swimmer." Then you can go on and talk about the good things the child did. You never talk about the negative things.

If your child comes up to you and says, "That was a bad race, don't tell me it wasn't," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.

#### **WHAT TO TAKE TO A SWIM MEET**

1. Most important: Swim Suit and The ABERDEEN AQUAHOLICS Cap and goggles.
2. Baby or talcum powder--To "dust" the inside of swim cap. This helps preserve the cap and makes it easier to put on.
3. Towels--Realize your swimmer will be there awhile, so pack at least two.
4. Something to sit on. Example: sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
5. Sweat suits: bring one. Each swimmer may want to bring two because they can get wet and soggy.
6. T-shirts: Two or three. Same reason as above.
7. Games: travel games, coloring books, books, anything to pass the time.
8. Food: Each swimmer is usually allowed to bring a small cooler. It is better to bring snacks. They usually have snack bars at the meet, but the lines are long and most of the time they only sell junk food. Suggestions for items to bring:  
Drinks: Hi-C, Fruit juice, Gatorade; Snacks: Granola bars, Fun fruits, yogurt, cereal, jello cubes, sandwiches

#### **9. THE TEAM DRESS CODE FOR SWIM MEETS:**

Once you have attended one or two meets this will all become very routine. Please do not hesitate to ask any other ABERDEEN AQUAHOLICS' parent for help or information! These meets are a lot of fun for the swimmers! He/she gets to visit with his/her friends, play games, and meet kids from other teams. He/she also gets to "race" and see how much he/she has improved from all the hard work he/she has put in at practice. We view swim meets as a celebration of hard work put in during weeks and encourage kids to attend swim meets when your schedule allows.

**Special Parent's Note** The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly! At some of the meets, the parents are allowed to sit with the swimmers at the blanket area (those are most of the meets not held at a natatorium). If you don't think that a gym floor is comfortable, feel free to bring folding chairs to sit on.

#### **CHAMPIONSHIP MEETS**

A top goal of our team is to qualify as many swimmers as possible for the Championship meet(s). Whether attendance is REQUIRED or OPTIONAL, the Championship meet is a special experience and extremely important in the athletes development. As our season progresses, all of the swimmers get excited and motivated to "go for a Division cut". Unfortunately, some of the swimmers do not have the consistent practice habits nor the USS meet experience to make the cut, yet, through and extremely psyched swim and a lot of desire, they do the time. Because they don't have the practices and meet experience, the swimmer will probably not repeat the time at the Championship meet. They really don't belong there. As an Age Group swimmer, our swimmers learn they swim faster at the Championship meet than at any other time during the season. They are prepared for this; they are taught this; we practice this. If a young swimmer goes to the Championship meet and is not properly prepared, the experience is negative and can affect other championships later in his/her swimming career. We, as coaches, believe that the honor of competing in a Championship meet is earned through consistent practice habits and

competitive experience at USS swim meets. There's a big difference between "wanting" to go to the championships and "deserving" to be at the championships. Talent plays a supporting role to commitment. To insure that all of our swimmers are properly prepared for their championships:

1. Meet attendance and participation throughout the entire season is important. USS meets offer the experience necessary for the championships.
2. Practice habits must be within our recommendations for the group the swimmer trains with. "Consistency" is the key word.

The State Championship is not the ultimate goal. It is a seasonal goal that should lead to Zones, Junior & Senior Nationals, and beyond. Making the "cut off time" is simply a requirement to attend the meet. The goal is to be as prepared as possible and perform to the best of one's ability at the meet. Sometimes swimmers get the "end" and the "means" mixed up.

Swimmers are special people and deserve to have positive experiences as rewards for their dedication and commitment. Let's make sure that parents, swimmers, and coaches, are laying the foundation for the best possible experience at the Championship meet.

### **PRELIMS AND FINALS**

Meet Format: In a preliminaries and finals meet format, the object of the preliminary swim is to qualify for the evening finals session. If a swimmer places among the top 8 (in an 8 lane pool) after his/her morning swim they then qualify to swim in the Championship finals in the evening session. Some meets also swim a Consolation final. If a swimmer places from 9th - 16th place from preliminaries, he/she qualifies to participate in the Consolation finals in the evening session. In the evening finals session, the Consolation heat is swam first followed immediately by the Championship heat. During the prelims, the results are usually posted within 1/2 hour of the conclusion of the event. If a swimmer does not wish to swim in a final swim he or she may "scratch" the event and not be penalized. This must take place within a half hour of the posting of the preliminary results. Therefore, within approximately 1 hour of the end of an event, a swimmer should know if they have made finals. A swimmer should never leave the meet without making sure if they are a finalist or an alternate. United States Swimming rules dictate that if a swimmer makes a finals event and fails to show up they are barred from participating in the remainder of the meet (individual events and relays). Alternates (the 17th & 18th place swimmers) should check with his/her coach about attending finals.

### **CIRCLE SEEDING**

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

The finals are seeded like a regular meet as are any events that are swam as timed finals such as relays, distance freestyles and other events most often held on Friday evening as a timed finals session.

### **AWARDS AND PLACINGS**

The swimmers who participate in the championship finals receive awards as listed in the meet information. The swimmers who participate in the consolation finals often do not receive awards, but do score points for the team. One very important thing: Once a swimmer has made the championship final, the worst they can place is 8th, regardless of how slow they may swim in finals. The swimmers who participate in the consolation finals 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 swims a time that would have placed him/her 2nd or 3rd in the championship finals, but the highest he/she can score is 9th. That 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 cannot 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.

### **RECEIVING AWARDS IN PUBLIC**

Whenever there is a system of presenting awards at a meet, it is customary for swimmers to be prompt and to cooperate fully with dignity and respect at the presentations. A club uniform is to be worn when accepting the award. It is also customary for ABERDEEN AQUAHOLICS swimmers to be polite and modestly thankful for any awards they receive. It is appropriate to congratulate other swimmers and receive the same with poise and a "thank you". Good sportsmanship is essential. If photos are being taken, we ask the swimmer to remain until the shooting is complete, being sure to cooperate with the photographer. Do not ham it up! The picture may be special to someone else. The image a swimmer presents is a direct reflection of the team.

### **OUT OF TOWN MEETS**

Trips to meets in other cities become an important aspect of a swimmer's career while advancing through the age group ranks. The ABERDEEN AQUAHOLICS has established the following policies for the safety of the swimmer and peace-of-mind of parents:

1. Parents are to be responsible for arranging transportation and lodging to away meets, with the exception of Nationals and those competitions so designated. Oftentimes, a certain hotel will be designated as "team headquarters."
2. Parents are encouraged to attend out-of-town meets with their swimmers and to chaperone other youngsters. These trips can be great fun for parents and swimmers alike. They also are a rare opportunity to participate in a special way in each young swimmer's career.
3. A coach has too many responsibilities to the entire team to accept responsibility for an individual swimmer. Therefore, do not ask a coach to provide transportation.
4. Any swimmer riding in a car is responsible to the parent/driver for his/her behavior and is expected to adhere to the ABERDEEN AQUAHOLICS' "Honor Code" at all times.
5. A medical release and emergency telephone number should be given to the parent/driver with whom your swimmer is riding in case emergency medical treatment is required.
6. An appropriate contribution is expected from each passenger in a car to the driver/owner to help defray gasoline and related expenses.

### **NUTRITION FOR SWIMMING**

Reprinted from "Training Agenda", a USS Sports Medicine and Science Series Everything you do influences your performance, but your food choices have the most effect due to the long term and short-term benefits. A proper diet, including proper selection of foods, will help your training and performance while also achieving a healthy lifestyle once you stop competing.

To help ensure a balanced diet, remember that there are no magical nutrition remedies. So forget the fads and eat a variety of wholesome foods from the four food groups--milk, meat, fruits & vegetables, and grains. Foods in these groups provide protein, fat carbohydrate, fiber and all the necessary vitamins and minerals. Your ideal diet should include the following percentage of calories:

Carbohydrate 50-60%

Fat 20-30%

Protein 14-18%

This nutrition series is designed to help you better understand good nutrition and to provide guidelines for ideal food choices. Within sports, there are four major periods that nutrition will impact:

#### **During Training**

1. Training represents the period in which athletes spend most of their time. Therefore, this category represents the most critical period. During this time, a diet high in carbohydrates is important. This is important since it is not uncommon for athletes training 4-6 hours a day to burn 2500 to 4000 calories a day. The best way to replenish these calories is with a high carbohydrate diet. By being conscious of

this and by taking high carbohydrate foods or drink in the first 30 minutes following a workout, you can minimize depletion of energy stores.

**Pre-event Nutrition**

2.The major purpose of the pre-event diet is to ensure sufficient energy and fluid for the athlete. Two to three days before competition, a high carbohydrate diet with plenty of fluids should be emphasized. The pre-event meal should include a light, high carbohydrate meal three to four hours before the event.

**Nutrition During Competition**

3.Provided that good nutrition practices were followed during training, middle distance and sprint events will not be limited by nutrition-related factors. During a three to four day competition, make sure you consume plenty of fluids and each meal should include high carbohydrate, low fat selections.

**Nutrition After Competition**

4.High intensity work will deplete the muscle's energy supplies. Therefore, carbohydrates play an important role after competition to make sure energy stores are maintained.

**Food Choices**

The best food choices include a well balanced, mixed diet with choices from each of the four food groups. You can get all the nutrients you need by selecting a variety of foods in the recommended serving size from each of the following food groups:

**TIME STANDARDS**

**MY STATE QUALIFYING TIMES**

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**MY ZONE QUALIFYING TIMES**

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**MY SECTIONAL QUALIFYING TIMES**

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**MY NATIONAL QUALIFYING TIMES**

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**CONVERSIONS**

**Short Course Yards to Long Course Meters**

**Stroke -----50's-----**

Butterfly (Meters Time) = (Yards Time) x 1.11 +  
0.7 sec

Backstroke (Meters Time) = (Yards Time) x 1.11 +  
0.6 sec

Breaststroke (Meters Time) = (Yards Time) x 1.11 +  
1.0 sec

Freestyle (Meters Time) = (Yards Time) x 1.11 +  
0.8 sec

**Stroke -----100's-----**

Butterfly (Meters Time) = (Yards Time) x 1.11 +  
1.4 sec

Backstroke (Meters Time) = (Yards Time) x 1.11 +  
1.2 sec

Breaststroke (Meters Time) = (Yards Time) x 1.11 +  
2.0 sec

Freestyle (Meters Time) = (Yards Time) x 1.11 +  
1.6 sec

**Stroke -----200's-----**

Butterfly (Meters Time) = (Yards Time) x 1.11 +  
2.8 sec

Backstroke (Meters Time) = (Yards Time) x 1.11 +  
2.4 sec

Breaststroke (Meters Time) = (Yards Time) x 1.11 +  
4.0 sec

Freestyle (Meters Time) = (Yards Time) x 1.11 +  
3.2 sec

Ind. Medley (Meters Time) = (Yards Time) x 1.11 +  
3.2 sec

**Stroke -----400's-----**

Ind. Medley (Meters Time) = (Yards Time) x 1.11 +  
6.4 sec

(Short Course Yards to Short Course Meter: Multiply by 1.11)

**Long Course Meters to Short Course Yards**

**Stroke -----50's-----**

Butterfly (Yards Time) = (Meters Time - 0.7 Sec)  
/1.11

Backstroke (Yards Time) = (Meters Time - 0.6 Sec)  
/1.11

Breaststroke (Yards Time) = (Meters Time - 1.0 Sec)  
/1.11

Freestyle (Yards Time) = (Meters Time - 0.8 Sec)  
/1.11

**Stroke -----100's-----**

Butterfly (Yards Time) = (Meters Time - 1.4 Sec)  
/1.11

Backstroke (Yards Time) = (Meters Time - 1.2 Sec)  
/1.11

Breaststroke (Yards Time) = (Meters Time - 2.0 Sec)  
/1.11

Freestyle (Yards Time) = (Meters Time - 1.6 Sec)  
/1.11

**Stroke -----200's-----**

Butterfly (Yards Time) = (Meters Time - 2.8 Sec)  
/1.11

Backstroke (Yards Time) = (Meters Time - 2.4 Sec)  
/1.11

Breaststroke (Yards Time) = (Meters Time - 4.0 Sec)  
/1.11

Freestyle (Yards Time) = (Meters Time - 3.2 Sec)

/1.11

Ind. Medley (Yards Time) = (Meters Time - 3.2 Sec)

/1.11

**Stroke -----400's-----**

Ind. Medley (Yards Time) = (Meters Time - 6.4 Sec)

/1.11

(Long Course Meters to Short Course Meters: Just subtract seconds)

### **Conversion For Distance Events**

400/800 meters (long course) converts to 500/1000 yards by dividing meter time by .8925.

1500 meters (long course) converts to 1650 yards by dividing meter time by 1.02.

500/1000 yards converts to 400/800 meters (long course) by multiplying by .8925.

1650 yards converts to 1500 meters (long course) by multiplying by 1.02.

To convert Long Course Meters to Short Course Meters use the following formulas for Distance events:

400 freestyle: long course time - 6.4 seconds = short course meters time.

800 freestyle: long course time - 12.8 seconds = short course meters time.

1500 freestyle: long course time - 24.0 seconds = short course meters time.

### **ALTITUDE ADJUSTMENT**

#### **Event**

#### **Distance**

**3000-**

**4250 ft.**

**4251-**

**6500 ft.**

**Above**

**6500 ft.**

**200 .50 sec 1.20 sec 1.60 sec**

**400/500 2.5 sec 5.00 sec 7.00 sec**

**800 FR Relay 2.0 sec 4.80 sec 6.40 sec**

**800/1000 5.0 sec 10.0 sec 15.0 sec**

**1500/1650 11.0 sec 23.0 sec 32.5 sec**

### **PARENT ROLES**

#### **ROLES OF PARENTS**

#### **10 COMMANDMENTS FOR SWIMMING PARENTS**

by Rose Snyder, Managing Director Coaching Division, USOC Former Director of Club Services, USA Swimming (adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

#### **I. Thou shalt not impose thy ambitions on thy child.**

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

#### **II. Thou shalt be supportive no matter what.**

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

#### **III. Thou shalt not coach thy child.**

You are involved in one of the few youth sports programs that offer professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

#### **IV. Thou shalt only have positive things to say at a swimming meet.**

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as

"cheering for".

**V. Thou shalt acknowledge thy child's fears.**

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

**VI. Thou shalt not criticize the officials.**

Please don't criticize those who are doing the best they can in purely voluntary positions.

**VII. Honor thy child's coach.**

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

**VIII. Thou shalt be loyal and supportive of thy team**

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

**IX. Thy child shalt have goals besides winning.**

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

**X. Thou shalt not expect thy child to become an Olympian.**

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

**PARENT AND ATHLETE**

Competitive swimming programs provide many benefits to young athletes including self-discipline, good sportsmanship, and time management skills. Competition allows the swimmer to experience success and to learn how to treat success and failure as two sides of the same coin, while becoming healthy and physically fit. As a parent, your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child to continue. Show your interest by ensuring your child's attendance at practices, by coming to swimming meets and volunteering for your club at swim meets, or by participating in fundraising, etc. Parents contribute to the success experienced by the child and the team. Parents serve as role models and their children emulate their attitudes. Be aware of this and strive to be positive role models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents and teammates. Remember that you are teaching your child at all times.

**Be Enthusiastic and Supportive!**

Remember that your child is the swimmer. Children need to establish their own goals, and make their own progress towards them. Be careful not to impose your own standards and goals. Do not over burden your child with winning or achieving best times. Let them know that first they are the child you love, and second, a swimmer. Tell them you will love them whether they swim well or not, and ask only that they give their best effort. Learning about oneself while enjoying the sport is the most important part of the swimming experience. The swimming environment encourages learning and fun, which will help your child develop a positive selfimage.

**Positive Parenting Tips**

1. Your child needs your emotional, physical, and financial support. Be liberal in providing this support.
2. Support but do not push your child.
3. Understand development – long-term development as an athlete, and growth and development as it impacts performance.
4. Be realistic in terms of expectations; factor in age and skill level; be aware of your

child's perception of your expectations.

5. Emphasize performance and effort, not just outcome. The athlete only has control over his/her performance. Define and measure success as giving maximal effort and as personal improvement.

6. Keep winning in perspective.

7. Do not bribe.

8. Give plenty of encouraging and rewarding statements. Criticize sparingly.

9. View swimming as an arena in which to teach your child about commitment, hard work, and coping with adversity.

10. Work to form an effective Coach-Athlete-Parent Triangle.

### **PARENT AND COACH**

The best way to help your child achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that this is a learning experience. You and your child should learn to treat success and failure as learning experiences and not life changing situations. Encourage your child's efforts and point out the positive things. The coach is the one you have assigned to judge a swimmer's performance and technique. Your role is to provide love and support regardless of outcome.

### **PARENT AND CLUB**

Parental involvement is crucial to every club. Regardless of the organizational model of the club, parents play key support roles. In parent owned clubs, parents are needed in leadership roles as board members and committee leaders. Regardless of structure, clubs are looking for volunteers to help with swim meets, coordinate social events and organize fundraising. Volunteering to help your club is a great way to get involved, meet other parents and be a positive role model for your child. Contact the coach or an involved parent to find out more about what you can do and how you can be a positive force in your club.

### **GLOSSARY OF 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".

"A" Time classification for a swimmer. National Age Group Time Standard

"A". "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.

A-Meet Swim meet which requires swimmers to have previously achieved an "A" time standard in the events they wish to enter.

A-B Meet Swim meet that offers separate competition for both "A" swimmers and "B" swimmers, usually with medals for the "A" swimmers and ribbons for the "B" swimmers. Swimmers compete in separate brackets against other swimmers of their own ability. Usually only "A" swimmers can score individual event team points.

A-B-C Swim meet similar to the A-B meet except that there are 3 divisions. This type of meet includes every ability level of swimmer from Novice to very experienced. All swimmers "A" time or faster compete in the "A" division, and all swimmers "C" and down compete in the "C" division. The "B" division is the most limited with both top (.01 slower than "A") and bottom (.01 faster than "C") limitations.

Achiever Card A recognition card or certificate proving the swimmer has made a specific time in an event. The card list the distance, stroke, swimmers time, date and place of meet, swimmers name, and meet referees signature.

**Add Up 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 LSCs 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 moment's notice.

**Anchor** The final swimmer in a relay.

**Approved Meet** A meet conducted with sufficient USA Swimming officials to certify conformance to USA Swimming rules. The meet may include competitors who are not USA Swimming members. The meet may be a competition sanctioned at the LSC level with the added approval of USA Swimming because both member and non-member athletes will be competing.

**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.

**"B"** Time classification for a swimmer. National Age Group Time Standard "B".

"B" time is .01 seconds faster than the "C" time standard and .01 slower than the "BB" time standard. See the NAGT published chart.

**"BB"** Time classification for a swimmer. National Age Group Time Standard

"BB". "BB" time is .01 seconds faster than the "B" time standard and .01 slower than the "A" time standard. See the NAGT published chart.

**B-Meet** Swim meet which requires swimmers to have previously achieved a "B" time standard in the events they wish to enter. Some meets have no bottom cut time allowing "C" swimmers also to compete.

**B-C Meet** Swim meet that offers separate competition for both "B" swimmers and "C" swimmers, usually with ribbons for the "B" swimmers and smaller ribbons for the "C" swimmers. Swimmers compete in separate brackets against other swimmers of their own ability. Swimmers are not allowed to enter an event that they have an "A" time in.

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

**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. Some size restrictions are enforced at certain meets.

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

**Big 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. Big Finals is the fastest heat of finals when multiple heats are held.

**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.

**BOD** Board of Directors of the Local Swim Committee (LSC) or USA Swimming (USA-S).

**Bonus Heat** The heat held during the finals session of a Prelims/Finals meet, that is 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 yards/meter, 100 yards/meter, and 200 yards/meter.

(LSCs with 8-under divisions offer the 25 yd back)

**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.

**Bulletin** One of the most important communication devices for a swim club.

Bulletin boards are usually in the entrance Board 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 yards/meter, 100 yards/meter, and 200 yards/meter. (LSCs with 8-under divisions offer the 25 yard back)

**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 3 buttons per lane. It is the timers responsibility to push the button as the swimmer finishes the race.

**Camp** A swimming function offered by USA-S, your LSC, or a USA-S 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 USA-S swimming for details on the many 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 may either be handed to the swimmer in the bull pen or given to the timer behind the lane. Cards usually list the swimmers name, USAS 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 may have a separate card.

**Carbohydrates** The main source of food energy used by athletes. Refer to a Nutritional Manual for more information.

**Championship Meet** 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. Big Finals.

**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 mark their name on a list posted by the meet host.

**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 Seeding** A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes. (Ie) Lane 4 in the final 3 heats. See rule book for exact method for seeding depending on the lanes in the pool.

**Clinic** A scheduled meeting for the purpose of instruction. (Ie) Officials clinic, Coaches clinic.

Closed Competition Swim meet which is open to the members of an organization or group. Summer club swim meets are considered to be "Closed Competition".

Club A registered swim team that is a dues paying member of USA-S and the local LSC.

Code A set of rules that have been officially published.

Code of Ethics A Code of Conduct that both swimmers and coaches are required to sign at certain USA-S/LSC sponsored events. The Code is not strict and involves common sense and proper behavior.

Colorado A brand of automatic timing system.

Consolation Finals After the fastest 6 or 8 swimmers, the next 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. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.

Convention United States Aquatic Sports annual, week long, meeting 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. (Ie) 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 Swimming member may be on the deck during a swim competition.

Deck Entries Accepting entries into swimming events on the first day or later 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 and sick feelings.

Developmental A classification of meet or competition that is usually held early in the season. The purpose of a developmental meet is to allow all levels of swimmers to compete in a low pressure environment.

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 warmups 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 I-II-III 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 III being the smaller colleges.

Double Dual Type of swim meet where three teams compete in dual meets against each other, at the same time. Separate Meet scores would be kept for Team A vs. Team B, Team A vs. Team C, and Team B vs. Team C.

Dual Meet Type of meet where two (2) teams/clubs compete against each other.

Draw Random selection by chance.

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

**Dryland** 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.

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

**Entry Chairperson** The host clubs designated person who is responsible for receiving, and making sure the entries have met the deadline, or returning the entries if the meet is full. This person usually will find discrepancies in the meet entries and notify the entering club to correct any errors.

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

**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.

**Electronic Timing** Timing system operated on DC current (battery). The timing system usually has touchpads in the water, junction boxes on the deck with hook up cables, buttons for backup timing, and a computer type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers.

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

**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 Rope** A recall 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.

**Fastest to Slowest** A seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heats followed by the next fastest and so on. Many times these events will alternate one girls heat and one boys heat until all swimmers have competed.

**Fees** Money paid by swimmers for services. (Ie) Practice fees, registration fee, USA-S membership fee, etc.

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

**Finals** The final race of each event. See "Big Finals", "Consolation Finals", "Timed Finals", etc.

**Final Results** The printed 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 competition.

**Flags** Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.

**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** One 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 yards/meter, 100 yards/meter, 200 yards/meter, 400 mtr/500 yd 800 mtr/1000 yds, 1500 mtr/1650 yds. (LSCs with 8-under divisions offer the 25 yd free)

**Gallery** The viewing area for spectators during the swimming competition.

**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 that may be 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.

**Handbook** A reference manual published by teams/clubs and LSCs 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.

**Heats** 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.

**Heat Award** A ribbon or coupon given to the winner of a single heat at an age group swim meet.

**Heat Sheet** 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 mainly 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.

**High Point** 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; check the pre meet information.

**HOD** 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.

**Horn** A sounding device used in place of a gun. Used mainly with a fully automatic timing system.

**Illegal** Doing something against the rules that is cause for disqualification.

**IM** 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 yards, 200 yards/meters, 400 yards/meter.

**Insurance** USA Swimming offers "accident insurance coverage" which is automatic when swimmer, coach, official, pays their USA-S membership fee. Many restrictions apply, so check with your club for detailed information.

**Interval** A specific elapsed time for swimming or rest used during swim practice.

**Invitational** Type of meet that requires a club to request an invitation to attend the meet.

**J.O.** Junior Olympics. An age group championship meet conducted by the LSC.

**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.

**Juniors** A USA-S Championship meet for swimmers 18 years old or less.

Qualification times are necessary. This meet is scheduled to resume in August of 2005.

**Kick** The leg movements of a swimmer. A popular word to "yell" to encourage swimmers during a race.

**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. (ie) 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 (lane 1) to Left (Lane 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.

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.

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.

Length The extent of the competitive course from end to end. See lap.

Little Finals After the fastest 6 or 8 swimmers, the next 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. Little Finals are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.

Long Course A 50 meter pool.

LSC Local Swim Committee. The local level administrative division of the corporation (USA-S) with supervisory responsibilities within certain geographic boundaries designated by the Corporation.

Lycra A stretch material used to make competitive swim suits and swim hats.

Malfunction A mechanical or electronic failure - not a human failure by the swimmer.

Mark The command to take your starting position.

Marshall The adult(s) (official) who control the crowd and swimmer flow at a swim meet.

Medals Awards given to the swimmers at meets. They vary in size and design and method of presentation.

Meet A series of events held in one program.

Meet Director The official in charge of the administration of the meet. The person directing the "dry side" of the meet.

Meters 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.

Mile The slang referring to the 1500 meter or the 1650 yard freestyle, both of which are slightly short of a mile.

NAIA National Association of Intercollegiate Athletics

NAGTS National Age Group Time Standards - the list of "C" through "AAAA" times published each year.

Nationals USA Swimming National Championship meet conducted in March/April and August.

Natatorium A building constructed for the purpose of housing a swimming pool and related equipment.

NCAA National Collegiate Athletic Association

Newsletter A written communication published by a club or association.

NGB National Governing Body

NCSA National Club Swimming Association, Inc. is a private nonprofit organization for professionally coached swimming clubs and their coaches. The clubs are independently owned and operated and not under the direct control of any other institution.

Non-Conforming Time A short course time submitted to qualify for a long course meet, or vice versa.

Novelty Meet A meet that does not fall into a specific category because of limited

events, sessions, or age brackets.

Novice A beginner or someone who does not have experience.

NRT 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.

NSSA National Swim School Association

NT No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before.

NTV National Times Verification. A certificate verifying a national qualifying time achieved by a swimmer and issued only by a verification official of the location where the meet was held.

Nutrition The sum of the processes by which a swimmer takes in and utilizes food substances.

Nylon A material used to make swim suits.

Observed Meet A meet that is not conducted according to USA Swimming rules (high school, YMCA) where a request for observation has been processed and approved in advance. Sufficient USA Swimming officials are present to certify that the athletes' swims are in compliance with USA Swimming technical rules.

Observed Swim A swim observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules.

Officials The certified, adult volunteers, who operate the many facets of a swim competition.

Olympic Trials The USA-S sanctioned long course swim meet held the year of the Olympic Games to decide what swimmers will represent the USA on our Olympic Team. Qualification times are faster than Senior Nationals.

Omega A brand of automatic timing system.

OT Official Time. The swimmers event time recorded to one hundredth of a second (.01).

OTC Olympic Training Center in Colorado Springs, Colorado.

Open Competition Competition which any qualified club, organization, or individual may enter.

Parka Large 3/4 length fur lined coats worn by swimmers. Usually are in team colors with logo or team name.

Pace Clock The electronic clocks or 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 warmups or swim practice.

Paddle Colored plastic devices worn on the swimmers hands during swim practice.

Plaque A type of award (wall plaque) given to swimmers at a meet.

Pool The facility in which swimming competition is conducted.

Positive Check In 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.

Practice The scheduled workouts a swimmers 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 Meet heat sheet or posted meet program.

Proof of Time An official meet result, OVC, or other accepted form. Swimmers/Coaches must supply proof of time with some meet entries, and other meets it is

not required unless a swimmer misses a cut of time at the meet.

Psyche Sheet An entry sheet showing all swimmers entered into each individual event.

Sometimes referred to as a "Heat Sheet" or meet program. However, a "heat sheet" would show not only every swimmer in an event, but also what heat and lane they are swimming in.

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. See "A" "AA" (etc.) times.

Race Any single swimming competition. (Ie) 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 USA-S and the LSC.

Relays A swimming 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. Medley relays are conducted over 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances.

Rest Area A designated area (such as a gymnasium) that is set aside for swimmers to rest during a meet.

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.

USA-S and each LSC now have a "Safety Coordinator" and each meet must have "Marshalls" in charge of safety.

Sanction A permit issued by an LSC to a USA-S group member to conduct an event or meet.

Sanction Fee The amount paid by a USA-S group member to an LSC for issuing a sanction.

Sanctioned Meet A meet that is approved by the LSC in which is held. Meet must be conducted according to USA Swimming rules. All participants, including coaches, athletes and officials, must be USA Swimming members.

Schedule USA-S 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.

Sectionals Nickname for Speedo Championship Series (see below).

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.

Senior A USA-S National Championship meet for swimmers of any age as long as the qualification times are met.

Session Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group.

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. 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 butterfly and breaststroke, meaning at the same time.

Speedo Championship Series

Open "senior level" meets held in the spring and summer. Each Zone may hold up to four meets. Meets are commonly called "Sectionals."

Qualifying times, sites, dates and meet rules are determined locally.

Splash The USA Swimming magazine that is mailed bi-monthly. A benefit of being a member of USA Swimming.

Split A portion of an event, shorter than the total distance, that is timed. (ie)

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.

STARS Swimming Tracking and Recognition System. National Times Database of meet results provided by tabulators appointed by each LSC.

Stations Separate portions of a dryland or weight circuit.

Start The beginning of a race. The dive used to begin a race.

Starter The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.

Still Water Water that has no current caused by a filter system or no waves caused by swimmers.

State A meet held twice a year (Short Course and Long Course) sponsored by the LSC. In larger LSCs it is common to hold a Championship Senior meet and Age Group meet separately. Qualification times are usually necessary.

State Qualifier A swimmer who has made the necessary cut off times to enter the State meet.

Stand-up The command given by the Starter or Referee to release the swimmers from their starting position.

Step-Down 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.

Stroke There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle.

Stroke Judge 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.

Submitted Time Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets.

Suit The racing uniform worn by the swimmer, in the water, during competition. The four most popular styles/types of suits worn are: Nylon, Lycra, Paper, and Fastskin.

Swim-A-Thon The "Fund Raiser" trademarked by USA Swimming for local clubs to use to make money.

Swim America The professional swim lesson program administrated by the American Swim Coaches Association licensed to coaches.

Swim-off 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 popular of the paid subscription swimming magazines. All swimmers and parents who are interested in swimming should consider a subscription.

SWIMS USA Swimming system that keeps track of every time swum by all swimmers. Available through the USA-S website.

Taper The resting phase of a senior swimmer at the end of the season before the championship meet.

Team USA-S 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 USA-S (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 events where a swimmer may achieve or better a required time standard.

Top 16 A list of times compiled by the LSC or USA-S that recognizes the top 16 swimmers in each age group (boys & girls) by each event and distance.

The number 16 was arbitrarily chosen because it would normally fill the finals and consoles heats at a swim meet.

Touch Out To reach the touchpad 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 touchpad 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 USA-S club.

Travel Fund A sum of money set aside for a swimmer to use for travel expenses and entry fees to specified meets.

Tri-meet A meet with 3 team competing for points to see who places 1st-2nd-3rd.

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. UN)

Uniform The various parts of clothing a swimmer wears at a meet. May include:

Parka, Warmup jacket, Team duffel bag, sweat pants, suits, hat, goggles, T-shirt, etc.

Unofficial Time 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.

USA-S The governing body of swimming--USA Swimming.

USA Swimming The national governing body of the sport headquartered in Colorado Springs.

USA-S ID Number A 16 part number assigned to a swimmer after they have filled out the proper forms and paid their annual dues. The first 6 parts are numbers of swimmers birthdate: Day/Month/Year using zeros as place holders. The next three spaces are the first three letters of the athletes legal first name. The next letter is the middle initial, followed by the first four letters of the swimmers last name. For example: USA-S ID# for swimmer Suzanne Eileen Nelson and born Aug.27, 1976 = 082776SUZENELS.

USOTC United States Olympic Training Center located in Colorado Springs, Colorado.

Vertical At right angle to the normal water level.

Vitamins The building blocks of the body. Vitamins do not supply energy, but are necessary for proper health.

Warm-down The recovery swimming a swimmer does after a race when pool space is available.

Warm-up The practice and "loosing" up session a swimmer does before the meet or their event is swum.

Watch The hand held device used by timers and coaches for timing a swimmers races and taking splits.

Water For the purpose of filling swimming pools and swimmers drinking to properly hydrate themselves.

Weights The various barbells / benches / machines used by swimmers during their dryland program.

Whistle The sound a starter/referee makes to signal for quiet before they give the

command to start the race.

Work Out The practice sessions a swimmer attends.

Yards 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.

Yardage The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.

Zones The country is divided up into 4 major zones: Eastern - Southern - Central - Western. At the end of the long course season (in August) the Zone Administration sponsors a championship age group meet.

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### GOALS (Sheet 1)

Date: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_ Cell #: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Years in the sport: \_\_\_\_\_ Years with Previous Team: \_\_\_\_\_

Previous Team: \_\_\_\_\_

Key Best Times: 50 Free: \_\_\_\_\_

100 Free: \_\_\_\_\_

500 Free: \_\_\_\_\_

Best Stroke (50/100): \_\_\_\_\_

200 IM: \_\_\_\_\_

Personal Goals for \_\_\_\_\_ include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Goals of Parent(s): include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Goals of Coach(s) for this athlete include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Expectations of athlete/coach:

I, \_\_\_\_\_, expect my coaches to:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

As your coach, I, \_\_\_\_\_, expect you to:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**GOALS (Sheet 2)**

Date: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_ Cell #: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Years in the sport: \_\_\_\_\_ Years with Previous Team: \_\_\_\_\_

Previous Team: \_\_\_\_\_

Key Best Times: 50 Free: \_\_\_\_\_

100 Free: \_\_\_\_\_

500 Free: \_\_\_\_\_

Best Stroke (50/100): \_\_\_\_\_

200 IM: \_\_\_\_\_

Personal Goals for \_\_\_\_\_ include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Goals of Parent(s): include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Goals of Coach(s) for this athlete include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Expectations of athlete/coach:

I, \_\_\_\_\_, expect my coaches to:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

As your coach, I, \_\_\_\_\_, expect you to:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**GOALS (Sheet 3)**

Date: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_ Cell #: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Years in the sport: \_\_\_\_\_ Years with Previous Team: \_\_\_\_\_

Previous Team: \_\_\_\_\_

Key Best Times: 50 Free: \_\_\_\_\_

100 Free: \_\_\_\_\_

500 Free: \_\_\_\_\_

Best Stroke (50/100): \_\_\_\_\_

200 IM: \_\_\_\_\_

Personal Goals for \_\_\_\_\_ include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Goals of Parent(s): include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Goals of Coach(s) for this athlete include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Expectations of athlete/coach:

I, \_\_\_\_\_, expect my coaches to:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

As your coach, I, \_\_\_\_\_, expect you to:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_