



“Helping kids become extraordinary individuals through the sport of swimming”

Sierra Marlins Swim Team

2009/10 Team Handbook

Updated Fall 2009

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Welcome to the Marlins

Congratulations on joining the Sierra Marlins Swim Team! You are now a member of one of the top swimming programs in the nation and of “the Marlin family”. We hope that you will find, as many families before you have, that your child’s experience here is rewarding beyond just a physical activity. As a member of our community, your child will make great friends, be taught and influenced by top coaches and cared for by all. Our central theme is, “Helping kids become extraordinary individuals through the sport of swimming”, and we live that theme everyday.

Our coaching staff is committed to teaching life skills through swimming and we believe there is much more value to our sport than just learning the physical skills. Swimming provides an arena for children to learn to deal with success and failure as well as the value of hard work and goal setting. In other words, each meet, event, practice, set and repeat serves as a challenge to better oneself. Participation provides an avenue for parents and coaches to praise and encourage a swimmers effort and achievements and over time, a child’s self esteem can be positively affected.

Our Coaches view themselves as educators first and strive to teach swimmers about various life issues through a curriculum of concepts that are introduced every week. Personal responsibility, integrity, hard work and our other concepts are taught intensively over the course of a week, each swim season. As the seasons pass, swimmers are certain to learn skills and strategies that they can use to enhance their lives far after their participation in competitive swimming is over.

The Marlin coaches realize, as you should, that they have a responsibility and opportunity to impact the lives of your children. You will find that they care a great deal about their swimmers and will help them whenever possible. Their commitment to those whom they coach goes beyond the typical coach-athlete relationship.

If you are new to competitive year round swimming, you will most certainly have questions. Please feel free to tap any member of our Marlins’ family including coaches, board members or other parents. Once again, welcome to our team!

Regards,

Jeff Pearson
Head Coach and CEO

Swimming with the Marlins

Our Coaches



Jeff Pearson

Jeff Pearson took over the Marlins in December of 1995. Since that time, the team's progress has been exceptional, transforming a team of 50 recreational swimmers into arguably the best swimming team in the Sacramento area with over 500 registered swimmers each year. During his tenure, Jeff has produced world ranked swimmers, Junior National and National champions. Most of Jeff's senior swimmers go on to swim at the NCAA level on scholarships.

Jeff's coaching career began in 1986 and he is currently certified by the American Swim Coaches' Association at level 5 (the top 5% of swimming coaches in the U.S.). For the years 2000, 2001, 2002, 2003, 2004, 2006, 2007 and 2008 he was honored as Sierra Nevada Swimming's Senior Coach of the Year. He was also named the National Club Swimming Association Coach of the Year for 2002 and awarded the American Swim Coaches association Award of Excellence in 2006, 2007 and 2008. In 2008, Jeff was named to the National Team Coaching Staff and was a coach for Team USA at the FINA World Youth Games in Monterrey, Mexico.

Jeff began coaching in 1986 with Masters and Recreational summer teams in the Bay Area and Sacramento Area. During 1994 and 1995, Jeff was the head age group coach at Swim Sacramento as well as the head coach of the Rancho Arroyo Masters team until he took over the coaching reigns with the Sierra Marlins in 1995.

Jeff is very active in the swimming community and is currently serving as the Senior Chair for Sierra Nevada Swimming and the Chairman of the California and Nevada Sectional Committee. He has also been a speaker at the ASCA World Coaches Clinic.

Jeff attended college at the University of Nebraska (1989 – 1991) and the University of California – Davis (1991 – 1994), where he received a bachelors of science in Exercise Physiology. He grew up and attended high school in Pleasanton California and swam for the Pleasanton Swim Team.

As a swimmer, Jeff had an outstanding career. He was a three time high school All American and four time collegiate All American. He was a member of the USA National Swimming Team in 1992 and 1993 and won two national titles in open water long distance swimming.

Away from the pool, Jeff enjoys skiing and mountain biking.



Darin Mai

Darin began coaching with the Marlins in the Fall of 2004. Prior to coaching with the Marlins, Darin was the Assistant Coach for the University of Utah Men's and Women's Swim Team. While in Utah, Darin was also the Director and Head Coach of the Nike Swim Camps and the Head Coach of the Salt Lake City Country Club Summer Swim Team.

While attending graduate school at the University of Texas, he assisted the Men's Swim Team and was a part of the coaching staff for Texas Aquatic Masters. Before heading off to Texas Darin coached at the University of California, Davis as an Assistant Coach for the Men's Swim Team and as an Assistant Coach at Sacramento City College for both Men's and Women's Swimming and Women's Water Polo.

Darin is certified by the American Swimming Coaches Association Level 4. He has a bachelor's degree in Dietetics with a minor in Exercise Physiology from the University of California, Davis and a Masters of Education in Kinesiology with an emphasis in sports nutrition from the University of Texas, Austin. He is also a certified strength and conditioning specialist through the National Strength and Conditioning Association.

In 2008, Darin was honored as Sierra Nevada Swimming's age group coach of the year.

While away from the pool deck Darin and his wife, Kristin, enjoy being outdoors skiing (water and snow), riding their bikes and playing with their dog, Porter.



Brad Robbins

Brad began coaching swimming at the recreational level in Sacramento in 1994 for the Park Terrace Penguins. After completing a Bachelor's degree in psychology at Occidental College, Brad joined the Marlin coaching staff for the first time in 2003, as the coach of the developmental clinic program.

In addition to coaching for the Marlins, Brad also worked as an assistant coach for Jesuit and St. Francis High Schools. From there, he moved on to graduate school, where he earned a Master's degree, also in psychology, from San Diego State University. While in San Diego, Brad continued to coach USS swimmers, working for Pacific Swim. After San Diego, Brad continued his academic work, studying sport psychology for 1 year at Michigan State University, and sport management for 1 year at the Ohio State University. While in Ohio, Brad was given the opportunity to work with the men's swim team as the graduate assistant coach. Brad also spent one summer at the University of Texas, working as a coach and counselor for the Texas Longhorn swim camp.

When not at the pool, Brad enjoys playing other sports, like tennis, basketball, and bike riding.



Aimee Lehr

Aimee is the Black/Red coach for the Sierra Marlins. Previous to taking over this position, Aimee had led the Fall and Spring clinics for the Marlins. Involved in coaching for over 20 years, she has worked with a variety of different swim levels from beginners to nationally ranked athletes. Amy is certified by the American Swimming Coaches Association Level 2.

A native of the Bay Area, Aimee graduated from Stanford University with a degree in Psychology. At Stanford, she was also a member of the Women's Varsity Swim Team.

Before moving to Shingle Springs, Aimee was the Aquatics Director of the Stanford Faculty Swim and Tennis Club as well as the head coach of Stanford Covington Racing Aquatics, a team she helped begin with her husband Rad. Very interested in the technical details of the strokes, she enjoys working with swimmers on their technique and this is a cornerstone of her coaching philosophy.

Aimee enjoys spending time with her family, husband Rad, daughter Taylor, and sons Justin & Kyle. All three Lehr children are members of the Sierra Marlins



Barbara Lewis Mill

Since Barbara joined the Marlins in September 2003, the Mini Marlin and Developmental groups have doubled in size, and have produced many swimmers who have earned medals at both the Short- and Long Course Sierra Nevada Junior Olympics. Prior to joining the Marlins coaching staff, Barbara worked as the Novice/Pre-Novice coach for Channel Islands Aquatics in Oxnard (Ventura County), CA for three years. Locally, she worked with the Folsom Sea Otters and Auburn Swim Team during the 2002-2003 seasons. Barbara is certified by the American Swim Coaches Association at Level 2, and is working on collecting the education and experience necessary to receive her Level 3 Age Group certification. She truly loves coaching our 10-and-under athletes!

Barbara is credentialed as a school psychologist and school counselor, and has extensive experience in child development and developmental psychology. Barbara has a bachelor's degree in Psychology from the University of California, Davis and a Masters in Education/ Counseling Psychology from the University of California, Santa Barbara. Barbara and her husband, Steve, are parents of a former Marlin swimmer (Tom) who is currently swimming for Whitworth University in Spokane, WA. Away from the pool and her other responsibilities, Barbara enjoys weight training, hiking, escaping to the mountains, and playing with her family's many pets.



Erica Robbins

Erica started her swimming career at the age of 5 on a recreational team and then went year round at the age of 10 where she swam on Arden Hills for six years. As a junior in high school, Erica made the transition to the Sierra Marlins where she swam in Jeff's Senior group for the remainder of her high school career. Erica then went on to swim for Grossmont College where she was State Champion in the 200 IM. After attending Grossmont, Erica transferred to Bowling Green State University in Ohio to continue her swimming career. Erica returned back to Sacramento and is currently attending Sacramento State where she is earning her degree in Communications. In the spring of 2005, Erica began her coaching career at Rio Del Oro with the Masters Swim Team. Erica has been head coach for the Park Terrace Penguins for the past 4 years has also coached Jesuit High School for 2 years. Away from the pool, Erica enjoys hanging out with friends and family.

SMST Groups

Requirements to Join the Sierra Marlins Year Round Program

Ages 6-8: Must be able to complete 25 yards of freestyle with side-breathing and 25 yards of backstroke and some skill development in breaststroke and butterfly

Ages 9-10: Must know all four competitive strokes and be able to complete 25 yards of each in a legal fashion

Ages 11-12: Must complete a legal 200 I.M. under 4:00

Ages 13 & Up: Must complete a legal 200 I.M. under 3:00

Training Group Descriptions

Ages 6 – 10

Mini-Marlins

Coach - Barbara Lewis Mill/ Erica Robbins

Ages - Grade K - 1

Daily Training - 30-60 minutes, 2 – 5 times per week

Daily Yardage - 500 yards

Goals -introduction to all 4 strokes, drills, streamlining, kicking development, workout etiquette, fun/interest

Dryland - gentle stretching, games

Equipment-The equipment listed below must be purchased before the start of the season and must be brought to every practice: One mesh bag, water bottle, and shoes, shorts, and shirt for dry land, kickboard and fins. Check with the coaches for purchasing sources.

Admittance Requirements - Must be able to complete 25 yards of freestyle with side breathing and 25 yards of backstroke and some skill development in breaststroke and butterfly

Developmental

Coach - Barbara Lewis Mill/ Erica Robbins

Grades 2 - 3

Daily Training - 45-60 minutes; 3 – 5 times per week

Daily Yardage - 500-1500 yards

Goals- introduction to all 4 strokes, drills, streamlining, kicking development, pace clock, workout etiquette, and fun/interest

Dryland - gentle stretching, games

Equipment - The equipment listed below must be purchased before the start of the season and must be brought to every practice: One mesh bag, water bottle, and shoes, shorts, and shirt for dry land, kickboard and fins. Check with the coaches for purchasing sources.

Admittance Requirements - Must be able to complete 25 yards of freestyle with side-breathing and 25 yards of backstroke and some skill development in breaststroke and butterfly

Black/Red

Coach - Aimee Lehr

Grade 4 – 5

Daily Training - 60 - 90 minutes; 3-5 x week

Daily Yardage -1500 - 4500 yards

Goals - drill expansion and improvement, refinement in technique and efficiency, begin aerobic development, race plans, goal setting

Dryland - gentle stretching, games

Equipment - The equipment listed below must be purchased before the start of the season and must be brought to every practice: One mesh bag, water bottle, and shoes, shorts, and shirt for dry land, kickboard and fins. Check with the coaches for purchasing sources.

Admittance Requirements - knowledge of pace clock, practice etiquette, desire to improve, ability to swim all 4 strokes, swim meet participation in developmental group

Ages 11-14

Junior

Coach - Darin Mai

Grade 6 – 7

Daily Training - 90 - 120 minutes; 4-6 x week

Daily Yardage - 3000 - 5000 yards

Goals- refine technique and efficiency, begin aerobic development, promotion of distance free and I.M. training, race tactics, detailed goal setting, time management

Dryland - varied functional exercises including games, stretch cords, gymnastics, running, etc.

Equipment - The equipment listed below must be purchased before the start of the season and must be brought to every practice: One freestyle snorkel, one mesh bag, one pair of hand paddles (size to be determined by coach), water bottle, and shoes, shorts, and shirt for dry land, kickboard, fins, pull buoy. Check with the coaches for purchasing sources.

Admittance Requirements - regular participation in black/red group, proven meet experience, proficient in all 4 strokes, knowledge of all team drills, desire to improve.

Pre-senior

Coach - Darin Mai

Ages - Grade 8 – 9

Daily Training - 90 - 120 minutes; 4-6 x week

Daily Yardage - 4000 - 7000 yards

Goals - refine technique and efficiency, more advanced aerobic development, promotion of distance free and I.M. Training, race tactics, detailed goal setting using log books, heart rate monitoring, introduction to energy system training, time management

Equipment - The equipment listed below must be purchased before the start of the season and must be brought to every practice: One freestyle snorkel, one mesh bag, one pair of hand paddles (size to be determined by coach), water bottle, and shoes, shorts, and shirt for dry land, kickboard, fins, pull buoy. Check with the coaches for purchasing sources.

Dryland - varied functional exercises including games, stretch cords, gymnastics, running, etc.

Admittance Requirements - regular participation in Junior group, proven meet experience, proficient in all 4 strokes, knowledge of all team drills, ability to train aerobically, work ethic

High School Age

Varsity

Coach - Brad Robbins

Ages - Grade 9 -12

Daily Training - 90 - 120 minutes; 4-6 x week

Daily Yardage - 4000 - 7000 yards

Goals- Focus on preparation for high school league and section championships refine technique and efficiency, more advanced aerobic and anaerobic development, race tactics, heart rate monitoring, introduction to energy system training, time management

Dryland - varied functional exercises including games, stretch cords, gymnastics, running, etc.

Admittance Requirements- High school age athletes with solid foundation of all 4 strokes.

Senior

Coach - Jeff Pearson

Ages - Grade 10 and up

Daily Training -135 - 250 minutes, 7-10 training sessions per week

Daily Yardage - 6000 - 16000 yards

Goals - maximize aerobic base and develop anaerobic capabilities, fine tune technique and efficiency, extensive goal setting, energy system training, mental training, time management, introduction to college swimming, academic excellence

Equipment: The equipment listed below must be purchased before the start of the season and must be brought to every practice: One Finis freestyle snorkel, one mesh bag, one pair of hand paddles (size to be determined by coach), water bottle, and shoes, shorts, and shirt for dry land. Optional items include: kickboard, fins and pull buoy.

Dryland- varied functional exercises including games, stretch cords, gymnastics, running, and introduction to strength training using a trainer

Admittance Requirements:

Commitment Requirements:

- 1) 85% attendance in pre-senior/ varsity group for previous 4 months.
- 2) Attends one a.m. practice per week for 8 weeks prior to promotion.
- 3) Signs senior contract with parent.
- 4) Desire to work hard and commit to the demands of senior training and competition.
- 5) Subject to coach's approval.

Performance Requirements:

- 1) Must be able to swim 15 x 200 free on 2:30,
- 2) 10 x 200 I.M. on 2:50
- 3) 1 x 800 kick under 14:40
- 4) Must swim within 4% of 2002 Sectional Standard in at least 1 event.
- 5) Must swim within 6% of sectional standard in 400 I.M. and 500 free.

Group Move-up Procedure

Group move-ups will usually take place once per year in the early fall. Families will be notified by the coaching staff in July if their child will be moving to a new group. In general, group move-ups will coincide with their grade in school as follows:

Mini-Marlin	K-1
Developmental	2- 3
Black/ Red	4 – 5
Junior	6 – 7
Pre-senior	8 – 9
Varsity/ Senior	10 and beyond (includes college age athletes)

Swimmers may be held in a group below their grade level if the staff believes it is in the best interest of the athlete.

All group moves will be determined by the coaching staff

SMST Practice Schedule & Pool Location

SMST Practice Swimming Pool

The Folsom Aquatic Center at Lembi Park - 1200 Riley Street, Folsom 916-355-8318
Marlin Team phone number: (916) 990-5584

SMST Practice Times

Practice times for each group change a few times per year. Advance notice of the practice time changes is provided through email. Up to date practice schedules can be found at www.sierramarlins.net.

Practice is only canceled in the event of electrical storms or severe winds or pool malfunctions. Rain is not grounds for canceling practice. If practice should be canceled, we will try and post a message on our team website and/or on our team phone line. If you are in doubt as to whether practice will be canceled, call the team phone line **(916) 990-5584**.

SMST Affiliations

USA Swimming

USA Swimming is the national governing body for amateur competitive swimming in the United States from beginners to the Olympic level. All SMST swimmers must become members of USA swimming in order to participate in practices and meets. USA swimming has administrative oversight for the entire nation, which is divided into 59 Local Swimming Committees (LSCs). Generally a single LSC governs a single state, but some states have more than one LSC due to their size. USA Swimming is a non-profit organization funded through dues collected from individual swimmers and teams, grants from the United States Olympic Committee, corporate sponsorship, and income earned from events, promotions and merchandise. Meets are sanctioned by USA Swimming through our LSC, Sierra Nevada Swimming, Inc., so that the meets are run according to standardized procedures and the swimmer's times will count for State, Sectional, Zone and National qualification. USA Swimming is responsible for selecting the athletes that will represent the United States in all international competitions.

Sierra Nevada Swimming, Inc. (SNS)

SNS is a non-profit corporation and the Local Swimming Committee (LSC) to which SMST belongs. SNS has local jurisdiction for USA Swimming within the counties of Siskiyou, Modoc, Trinity, Shasta, Tehama, Lassen, Plumas, Glenn, Butte, Sierra, Colusa, Sutter, Yuba, Nevada, Placer, Yolo, Amador, and the portions of: El Dorado County west of Highway 89; Stanislaus and Calaveras Counties north of Highway 4; San Joaquin County north and east of Highway 4, Highway 99, Eight Mile Road, Interstate 5 and Highway 12, excluding the City of Stockton; Sacramento County north of Highway 12; and Solano County north of Highway 12, including the communities of Fairfield, Suisun City and Rio Vista, and excluding the communities of Benicia and Vallejo; and the Nevada Counties of Humboldt, Mineral, Churchill, Pershing and Lander, and the portion of Washoe County lying north of the northerly boundary of the Pyramid Lake Indian Reservation. SNS is a volunteer-run organization with its own set of by-laws and a separate House of Delegates responsible for managing the business affairs of SNS. Representatives to the House of Delegates are composed of athletes, coaches, members of the Board of Directors, and club members. Besides assuring that meets are run according to USA Swimming and SNS protocols, SNS provides training to parent volunteers through its clinics program. SNS holds state championship meets at the conclusion of the short and long course seasons and sponsors teams to swim at the Western Zone Championships.

Financial Commitment

This section provides details about the financial commitment families make to the team. Being part of SMST requires payment of monthly dues and annual registration fees swim meet participation costs, and annual fundraising commitment. We also have an annual parent commitment time requirement, which may result in additional fees for any un-met hours. All financial information is available at www.sierramarlins.net. Swimmers and their families must be "members in good standing" in order to attend practices, meets, and other SMST events. Members in good standing have paid all registration fees, adhere to stated team obligations (dues payment, fundraising, and parent commitment hours), and conform to stated codes of conduct.

The following financial obligations may be changed by vote of the SMST board once each year.

Registration fees

New swimmers pay a (non-refundable) deposit per swimmer. For each new swimmer, there is a one time \$300.00 registration fee. The fee includes a USAS membership, Sierra Marlin-embroidered swim suit, a team cap, and Nike team warm-up jacket. Registration fees must be paid when joining. Team gear will be available at Nor-Cal Swim Shop.

Nor-Cal Swim Shop
Roseville
120 Sunrise Ave
Roseville, CA 95661
(916) 771-7946

New and returning swimmers are required to pay annual registration fees to USA Swimming. The USA Swimming registration fee is **\$ 70.50 for 2009-2010. Swimmers may not practice or compete until registration fees are paid.**

Annual dues

Annual dues are assessed in a graduated fee structure depending on training group assignment. Fees increase as swimmers advance and require more pool and coaching time. Families pay dues monthly over a 12-month period. Members leaving SMST during the season must submit a written notice of intent to leave to the coach and the team treasurer at least 30 days prior to the date of departure in order to avoid being obligated for dues after they have stopped swimming.

Annual dues for 2009-2010 are:

(Fees effective September 1, 2009)

Mini-Marlins: \$85/ month

Developmental: \$95/ month

Black/ Red: \$140/ month

Junior: \$150/ month

Pre-Senior: \$155/ month

Varsity: \$155/ month

Senior: \$175/ month

Masters: \$55/ month

College Away: \$300/ year

Departing members

Swimmers leaving SMST during the year must notify the coach and treasurer 30 days prior to leaving the team. Members are responsible for monthly dues for any practice or meet attended up-to and during the last calendar month spent with the team. All outstanding dues and fees must be paid at the time of departure. Fundraising and volunteer time obligations will be prorated through the end of the departing month.

Re-joining the team

SMST swimmers who rejoin the team after departing must re-register with SMST and USA Swimming (if their USA Swimming registration has lapsed). A \$25 SMST re-registration fee and the current USA Swimming registration fee must be paid prior to beginning practice. A returning swimmer must have been "a member in good standing" at the time of departure from SMST. This includes having been current in all team dues, fundraising and volunteer obligations, USA Swimming dues, meet fees, and merchandise fees.

Please note that, should you decide to re-join the team, there is no guarantee that there will be available space for your swimmer in his or her age group. We will add your swimmer to the waitlist and as soon as a spot opens, you will be contacted by a member of the coaching staff.

Meet Fees

Each SMST swimmer is charged for swim meets attended and are separate from annual dues. Fees are charged per event, when meet entries are submitted. Meet fees may include the following costs:

SMST entry fee for the 2009-2010 seasons is \$10 for dual, age group and invitational meets. Relay fees are also covered by this charge. There are possible entry fee's assessed for championship meets, including Junior Olympics, Senior State, Age-Group Sectional, Senior Sectional, Junior National and Nationals.

An example of typical cost of swim meet entry:

11111CHLGMITC	Fast , Swimmer	Age: 11.3	Gender: F	Team: SN • SMST
			Splash Fee:	\$5.00
			9 events @ \$4.00:	\$36.00
			Swimmer's Total:	\$41.00
			Entry Fees Subtotal:	\$41.00
*Internet Processing Fee: \$1.00 per Swimmer + 5.0% of the Entry Fees Subtotal			*Internet Processing Fee:	\$3.05
			Total Paid:	\$44.05

SMST Billing and Payment Policy

Prompt payment of fees and dues is essential for SMST to meet its financial obligations. Members who are delinquent (60 days or more) in paying team dues may be suspended from practice and/or meet participation until the account is brought current.

Billing

All new and existing members will be required to pay by credit card. To sign-up for auto bill pay please visit the team website (www.sierramarlins.net). **Fees are due to be received on the first of each month regardless of whether or not an invoice has been received. If dues have not been received, a late fee of \$25 will be charged. After 60 days past due, swimmers will not be allowed to participate until fees are current.**

Collections

- If an account has a balance that is 60 days overdue, a written notice will be given to the family regarding possible impending collections.
- If an account has a balance that is 90 days overdue, in addition to the swimmer(s) not being able to practice or attend meets, if the account is not made current nor has a payment plan has been arranged or adhered to between the member family and the SMST Board of Directors, SMST will issue a claim for team charges to a collections agency and SMST membership will be terminated.

Annual Parent Commitment

The Sierra Marlins Swim Club is a non-profit organization which counts on its members to volunteer their time to promote unity and to enable the club to thrive. Earning volunteer points during the swimming calendar year of September through August is required. Each returning family, as well as families transferring from another team, will be required to earn thirty (30) team points. For families joining the team after December 1st, the team point obligation will be pro-rated. Each point is equivalent to one hour worked.

It is important for every parent to be involved with the club and their children's activities. That is why clubs require members to meet team hour quotas. We do not want anyone to miss out on the fun! A lot of our first time parents are a little nervous or confused about the many volunteer opportunities there are in a swim club. There is no need for either. We are all amateurs! Besides, everyone is watching the swimmers, not the volunteers.

USA Swimming is the most volunteer intensive sport on the planet. It takes every parent to prepare, run and recover from a big meet. But just what is that worth to the club? I ran some quick numbers and figured if we had to pay minimum wage for every volunteer hour spent to put on our three main home swim meets this season we would shell

out close to \$30,000. Most of us wouldn't do what we do in a swim meet for minimum wage, maybe for any wage. It just proves we do things without hesitation for the love of our children we would never do for money.

The Marlins host 3 major meets per swim year. This is where families will earn the majority of their required 30 team points. Our biggest meets are the Annual Gobbler (Nov. 20-22, 2009) and Spring Splash (April 23-25, 2010) and a winter meet (March 5-7, 2010). Parents please put these meets on your calendar as your attendance is mandatory. All families are required to work our three main home meets regardless of swimmer participation. To ensure the continued success of your Sierra Marlin Team, we rely on the support of our members to fill our many jobs specifically at these hosted meets. These meets contribute a substantial portion of our fundraising efforts each year (about \$25,000). The Marlins have a reputation of running high quality and efficient meets in a venue that swimmers enjoy racing in and families continue to attend year after year. Hosting a swim meet ultimately benefits every swimmer on our team.

After careful analysis, it was determined that it would take approximately 120 families, working 8 hours (two 4 hour shifts) to ensure our split session meets held in November and April, run smoothly and efficiently. Our smaller meets require each family to work one (1) 4 hour shift. Some of our smaller "in-house" meets are: open water, tri or dual meets etc. these are generally held in the fall.

We recognize there may be meet weekends with other commitments, if you are unable to work a scheduled meet, you must call the parent commitment coordinator to discuss other options. In lieu of working your shifts, you also have the option of "buying out" a 4 hour shift for \$100. (This arrangement and payment must be made 2 weeks prior to the meet.) Each shift that is bought out will earn the equivalent of 4 team points.

As stated earlier, for the 2009-2010 swim season, we are estimating a minimum of 30 hours family commitment from all families. These hours will be logged into Team Unify upon completion of each event. As it is mandatory for all families to work our home meets, each family will be able to accrue additional hours at fundraising events, awards banquet, open water swim, dual meets, Buddy Night, Team Parent position, etc. to achieve the minimum 30 team point/hour commitment.

At away meets we are required to provide timers and officials. While this does not fulfill the team points/hours commitment, each family is expected to time a minimum of one shift per meet weekend or officiate. Currently, communication to members is through e-mail where members sign up prior to the meet to fulfill this obligation, but it is the member's responsibility to volunteer.

Lastly, we are working on developing an online sign up/tracking system to make it easier than ever to sign up for positions to fulfill your parent commitment. As we get closer to the October-2009 Gobbler we will make this transition as member/user friendly as possible with step-by-step directions. Once this is in place, we'll let you know. For questions or suggestions, please contact the Parent Commitment Coordinator at: tracey@geogasch.com.

Parent Commitment Policy

1. Annual minimum family commitment: 30 hours = 30 points. Achieved by:
 - Mandatory (2) split session meets = (4) 4 hour shifts = 16 hours/points
 - Mandatory (1) smaller meet = (1) 4 hour shift = 4 hours/points
 - If you do not show for a scheduled shift a penalty of \$200 will be assessed.
 - Remaining 10 hours/points through: fundraising events, awards banquet, open water swims, dual meets, team parent position, Buddy Night, picture day, officiating, etc.
 - Hours not worked at the end of July will be billed at a rate of \$50.00/hour
2. Buy Out Option: In lieu of working meet shifts.
 - Each 4 hour shift may be bought out for \$100.00 each.
 - Each 4 hour shift = 4 hours/4points
 - This payment must be made (2) weeks prior to the meet. Please make this arrangement through the Parent Commitment Coordinator
3. All hours/points achieved will be logged into Team Unify after each event.
4. Mandatory to work all home meets with exception to "Buy Out".

5. Meets for 2009 – 2010 Swim Season:
 - **Gobbler: Nov. 20-22, 2009**
 - **Winter Meet: March 5-7, 2010**
 - **Spring Splash: April 23-25, 2010**
6. If unable to work a scheduled meet due to other commitments, families need to contact the Parent Commitment coordinator below to discuss other options as soon as possible.

Participation in the “Swim for Marlins” Fundraiser

Participation in the “Swim-for-Marlins” fundraiser is required by every swimmer. Each year, SMST swimmers must raise a minimum of \$200.00 per swimmer or \$400.00 for families with two (2) or more swimmers.

SMST’s primary family fundraising event of the year is this “Swim-for-Marlins” fundraiser. Last year, the swimmers collected over \$33,000 dollars in donations! For this event, we pick a theme and a goal (last year it was to swim 888,888 yards). The groups all work together to reach this team goal. It is a fun day that includes a wacky entire-team relay with a big pizza party at the end. In order to raise money, the swimmers send out letters requesting donation to our team. The swimmers also send out “thank-you” cards to all who donated to our team. Families who do not meet the annual fundraising minimum amount will be billed for the remaining amount.

The annual parent commitment hours and fundraising may be changed by vote of the board of directors each year.

SMST-hosted meets

Each year, SMST may host several meets: Gobbler Classic (Nov.), Winter Meet (Feb. or Mar.), Spring Splash Long Course Meet (April), and some duel and/or tri meets (in-house meets).

Parents of swimmers are needed for each of the following jobs at our home meets.

Meet Director – This position is required by USA Swimming for every meet held. The main responsibilities include, but are not limited to: obtaining a meet sanction, preparing and distributing meet invitations, organizing meet committees and distributing final results. The director is an overseer, avoiding direct involvement in any one committee or activity. Experience has shown that two individuals sharing the responsibilities works best. This person needs to be registered with SN Swimming either as an athlete, official or non-athlete. Experience has shown that two individuals sharing this job will work best.

Parent Commitment Coordinator – The Parent Commitment Coordinator attends monthly board meetings and helps to disseminate information and helps coordinate the scheduling of volunteers for meets. Responsibilities include, but are not limited to coordinating all volunteers ensuring coverage for all jobs for the duration of the meet.

Safety Marshals – Responsibilities include, but are not limited to checking the deck and the stands to make sure exits and walkways are clear. Marshalling ensures the safe environment for swimmers and enforces the USA swim rules of safety by monitoring the deck, warm-up and cool down pool from the beginning of warm-ups until the conclusion of the meet.

Head Timer – works with the timers. The Head Timer starts 2 watches at the beginning of every heat as backup in case a timer misses the start of the race. Provide the back up for timers who fail to start their watch on time. The Head timer is responsible for providing team lane assignments and watches for every lane. Once the meet starts, the head timer will run two watches and will switch their watch with the timer who did not get their watch started at the beginning of the race.

Setup/Breakdown – these volunteers’ transport and setup computer equipment and timing pads prior to and immediately after the meet. This job requires sometime the week of the meet to pick up equipment from storage, setup and breaking down and returning the equipment. Assist the Meet Director in assembling and removal of all aspects of the meet – including setting up canopies, starting systems, timing system, chairs, and tables. This job requires the pick up and returns of equipment to and from storage. A truck or large SUV would be helpful to have for this job.

Hospitality – Shops, prepares and serves meet workers, coaches and officials with snacks, meals and drinks throughout the meet. Also includes set-up and clean up for hospitality.

Hospitality Coordinator – This person plans, prepares and coordinates volunteer for the duration of the meet.

Snack Bar/Concessions workers – sell food and drink to swimmers, families and other patrons. Work involves purchasing items, food preparation, restocking the food supplies, clean up and selling of food items. Our concession stand is another big fundraiser for the team when we host meets.

Snack Bar/Concessions Coordinator - plan, prepare, delegate and coordinate volunteers

Pancake Breakfast/Grill - This job requires someone to coordinate and purchase breakfast supplies to cook for pancakes. Requires cooking and setting up the grill.

Awards Coordinator – orders awards prior to the meet, prepares awards during meet and distributes to swimmers or coaches at end of the meet.

Awards – Place labels on ribbons and medals from results sheets and distributes awards to swimmers.

Program Sales – Develops a Meet Program for participants from documents generated by the Hy-Tek system, listing teams, lane assignments for timing, swimmer entries and advertisements. This job involves computer skills, coordinating the printing of the programs and selling at meet.

Announcing – Announces the events currently swimming in the water and any other necessary messages to the spectators at the meets.

Check-In/Scratch Table – Works with the Clerk of the Course and committee Chair of Check-In and is responsible for checking-in swimmers arriving at the start of the meet and checking in for the events they entered and scratching events they wish not to swim. Closing events approximately 30 minutes before the event is to be swum (according to the time line provided by the Hy-Tek computer operator.

Runners - There are two types of runners. One is responsible for obtaining the timed results from the individual lanes and giving them to the Hy-Tek computer operator. The second runner takes event heat sheets from the Hy-Tek computer person to the posting board. Duties include – distributing all swimmer lane assignments to the starter, officials, coaches, announcer, and distributing results to announcer, awards desk and posting results.

Computer/Colorado Operation – works the computer system that records the results of each heat and event.

Hy-Tek - This person is responsible for creating the meet using Hy-Tek software, receiving and processing all electronic and paper entries until the meet is full (including all deck entries), coordinating with the Meet Referee/Meet Director before and during the meet to ensure a successful meet, processing any changes in entries from the Clerk of Course after check-in, running the computer during the meet and generating results and heat and ribbon labels.

Officiating - certified, volunteer officials ensure that competition at meets is fair and equitable for all swimmers. USA Swimming and SNS require that a number of officials work at each sanctioned meet in order that swims and times may be recorded as official. SMST needs parents to become officials (by taking a short clinic and working on deck at meets as trainees) and to volunteer to officiate at meets where our swimmers compete. Active officials have no trouble fulfilling their volunteer hour obligations. Meet officials include:

- Stroke and turn judges (S&T)
- Electronic timing officials (ET)
- Starters
- Referees

Team Operations Volunteer Opportunities

SMST Board of Directors (BOD)

SMST is a board operated non-profit organization. It requires dedicated volunteer board members to function. The BOD meets on the second Wednesday evening of each month.

The following board positions have been established:

President – Michelle Rademann
Vice President – Daylene Buck
Secretary - Nanette Ahnell
Meet Director – Craig Dolley
Budget Chair – Daylene Buck/Craig Dolley
Treasurer – Paul Lohmann
Fundraising Chair – Sean Mitchell/Michelle Rademann
New Parent Engagement – Sean Mitchell/Cathy Fitzgerald
Parent Commitment Coordinator – Tracy Gasch

SMST Team Parents

Team/Age Group parents are a very important part of our team. They act as liaisons between the SMST Board of Directors and member families. They help members learn the “ins and outs” of club swimming and communicate team information to families. Each age group has a Team Parent who works closely with the site coach and Parent Engagement Committee to ensure that the following activities get done (with their own efforts and by recruiting other parents to help them).

You can call on your age group Team Parents for the following:

New Parent Orientation - The Team Parent works in tandem with the Parent Orientation Committee, to assist with new parent orientation. Answers questions they have regarding the SMST handbook, Parent Commitment Hours, team web site, contact information etc. Recruits other parents to participate as volunteers.

Age Group and Team Communications - The Team Parent acts as “triage” for parents’ questions, and if answers cannot be found in the Handbook, website, or newsletter, refers them to the appropriate person. Sets up a phone tree and maintains e-mail list of member families for when the coach needs to send out last-minute changes in schedules or other important messages. Maintains pool bulletin board and sure postings are up-to-date, including practice schedules and meet info.

Age Group Meetings – The Team Parent holds periodic meetings for parents, during practice or at other convenient times, for ongoing orientation and to explain upcoming events and distribute materials. Requests participation from coaches or board members as needed for these meetings. If needed, attend SMST board meetings. Communicates to a board member, any problems he/she observes at the pool and any suggestions or concerns about the team.

Age Group Activities – The Team Parent helps organize social activities for your age group, such as pre/post-meet parties and birthday recognition. Assists and recruits volunteers from the team to assist with all-team activities such as the team banquet. Also, if a swimmer or swimmer’s family has a crisis, coordinates assistance for them with other swimmers, coaches, and families.

Annual Coach Recognition – The Team Parent coordinates the coach’s recognition presentation at the annual Awards Banquet.

Coach assistance – The Team Parent assists your age group coaches with whatever other tasks he/she might request. Don’t forget to ask other parents to help

Additional Fundraising Activities

Your help is needed for any of the tasks for the following activities:

Firework sales (July)

Coordinate with the FAA (Folsom Athletic Assoc.) fireworks booth manager

Train and schedule volunteers to staff shifts.

Corporate Fundraising

- Network and make contacts within SMST membership or in general community to identify potential corporate sponsors
- Lead annual corporate sponsorship drive
- Meet with and make direct support request to potential corporate sponsors
- Follow-up on requests and approved donations
- Submit funds to treasurer
- Provide an annual report to the SMST board for the results of the corporate sponsor fundraising events
- Meet Program Advertisements
- Web Site Advertisements

Team Communication Channels of Communication

The board and the coaches of SMST work hard to communicate with swimmers and their families. A parent who accesses these different channels of communication will find immediate answers to many questions about swimming with SMST. The channels that are most useful for your family include:

Team Web Site: www.sierramarlins.net

You can look here to find practice schedules, calendars describing upcoming meets and team events, team records, contact information for coaches and board members, minutes from board meetings, links to state and national swimming organizations, etc.

Team e-mails

Used to announce and report on meets, team social events and fundraisers, to request volunteers, and to make any urgent or especially exciting team announcements. Please make sure that the team has an e-mail address that you check regularly as this is a primary means of team communication.

File folder boxes

File folder boxes are available at the pool shed during practice. The folders are located in portable plastic file boxes. These file folders may contain forms, announcements, or awards from past meets. Most information regarding meets is posted on the website or sent via e-mail. It is still a good idea for your child to empty your folder after every practice and bring the contents to you, or to check it yourself at every practice.

Team meetings

The members meet as an entire team to discuss budget issues, elect board members and make important team announcements. It is critical that one parent from each family attend this meeting. This is your chance to meet the board and parents from other pools and to discuss and vote on issues that will affect your family's daily experience with our team.

Coach e-mails

Some coaches send out weekly or monthly updates to all of their swimmers. The Head Coach also sends updates and meet reports to the entire team.

Coach conferences 1 on 1

Call or e-mail your coach to set up a time to meet. Please understand that during practice is not a good time to attempt an involved conversation with your child's coach. The coach is responsible for all the swimmers at practice, and must devote his or her attention to them, rather than to their parents.

Guide For Swim Meets Basic Meet Facts

Meet entries

Swim meets are an opportunity to test training benefits, to develop and use sportsmanlike conduct, and to give/receive team support. All swimmers are encouraged to participate in meets each season.

Entering a Meet

In USA Swimming parents/swimmers are responsible for entering their swimmer(s) in the majority of the swim meets that we compete in. The process is standardized for every meet and is fairly simple. **It is highly recommended that when you enter a meet you use www.swimconnection.com.** There is a small processing fee but you receive an immediate confirmation number that you have successfully entered the meet. The swim meets fill fast and we encourage you to enter the meet as soon as possible.

In some cases, you may need to register for a meet by manually filling out an entry form. Most meets use the **SAMMS Card** for entries. You can find the **SAMMS CARD** on our team web site, on the Sierra Nevada web site and in the shed on the pool deck.

When you complete the **SAMMS CARD**, there are some critical points to remember:

- The swimmer must have a valid "**USS Number**." The number is acquired when you register with USS. The typical USS number is **MMDDYYAAABCCCC**, where:
 - **MMDDYY** = the birthday of the swimmer
 - **AAA** = 1st three letters of first name
 - **B** = middle initial
 - **CCCC** = first four letters of last name

If you are new to USA Swimming and have not received your USS registration number, enter "**Pending**" instead of the number. Bring the USS registration card to the meet.

- SMST is a member of Sierra Nevada Swimming. Fill in **SNX**, where **X** = the last digit of the year.
- The team's id is "**SMST**".
- A swimmer's age is determined by their age on the first day of the meet.
- Have your child work with their coach to determine which events are appropriate.

Meet sheets with event order, costs, directions etc. are generally emailed to each family and found in the team information shed. Parents/swimmers should enter only a swimmer's best time. If they have not participated in an event before, enter "No Time". Parents/swimmers should also enter only using a child's full name as it appears on their USAS card.

Parents/swimmers should refer to the meet schedule and look for meet sheets 3 – 4 weeks prior to the meet. The staff will attempt to email a meet sheet to each family and place copies of the meet sheet in the files in the team shed. If parents/swimmers cannot find an upcoming meet sheet, they should check with a coach. Meet sheets can also generally be found online at www.swimconnection.com under "enter meets".

Please be sure to read each meet sheet carefully. If you have any questions, feel free to talk with a coach or more experienced parent/swimmer (everyone has been there!).

Minimum Meet Attendance Requirement:

Developmental and Mini – Marlins	50% of all meet days
Black/ Red and Junior	70% of all meet days
Pre-senior and Varsity	80% of all meet days
Senior	90% of all meet days

* This includes all meets listed on the above schedule for which each swimmer is qualified.

SMST Team Swimwear Policy

All team members are required to wear the regular SMST team suit or other coach-approved suit, at all swim meets. The Sierra Marlins are sponsored by NIKE Swim. Marlin team members are required to wear team gear to all swim meets. In addition, any cap worn in practice must be Marlin swim cap; Fridays are the exception, when swimmers may wear a cap of their choice. Each swimmer should have a team cap (or none at all), coach approved team suit, team T-shirt and team sweats. A team parka is also recommended during the winter months. The following is the team uniform for a two, three & four day swim meet:

Two (2) Day Swim Meet: Saturday: Black Marlins T-Shirt, Black Nike Swim Suit
Sunday: Red Marlins T-Shirt, Black Nike Swim Suit

Three (3) Day Swim Meet: Friday: Black Marlins T-Shirt, Black Nike Swim Suit
Saturday: Red Marlins T-Shirt, Black Nike Swim Suit
Sunday: White Marlins T- Shirt, Black Nike Swim Suit

Four (4) Day Swim Meet: Thursday: Black Marlins T-Shirt, Black Nike Swim Suit
Friday: Red Marlins T-Shirt, Black Nike Swim Suit
Saturday: White Marlins T-Shirt, Black Nike Swim Suit
Sunday: Black Marlins T-Shirt, Black Nike Swim Suit

What to bring to a meet

A minimum of 2 towels per day

Your USA Swim Card

Team approved suit, team cap, goggles

Cash to buy heat sheets, snacks, water bottles, replace broken goggles, etc.

Water bottles and nutritious snacks

Sunscreen and shading devices (hats, umbrellas, tents)

Warm clothing for the swimmer, even during the summer, usually sweatshirts and pants, sometimes long-sleeved T-shirts, flannel pajamas, special swim parkas, socks and shoes. You will learn what your swimmer prefers over time, but warm clothes for both top and bottom are essential. Your child will also need socks and waterproof shoes. Label everything -- kids lose things!

Optional items: Sleeping bags/blankets, tents, stadium chairs or foldout chairs, portable stereos, games, and books.

In 2009, due to Fire and safety concerns, Sierra Nevada Swimming has enacted a rule prohibiting the use or propane heaters on deck, please be sure to leave these at home.

Getting to the meet

Swimmers are responsible for their own transportation to and from most meets. Location and direction to pools are found in the "Meet Sheet." Meet Sheets are available when you register your swimmer on swimconnection.com. Watch for e-mails from other parents who would like to carpool to away meets.

Time it so that you arrive 15 minutes before warm-ups begin so that you have time to check in and check with the coach about warm-up procedures.

If your swimmer is unable to attend a meet at the last minute due to illness or emergency, notify the coaches immediately. If you have some advance notice, e-mail or cell phones are good avenues. If you have little advance notice, tell another parent who is attending the meet, and ask them to convey the message to the coach as soon as they arrive.

Relay team selection

The Sierra Marlins Coaching Staff shall select the swimmers for each relay conducted at any meet with relays. In selecting the relay teams, the Coaching Staff shall consider all available information, including but not limited to each team member's qualifying performance, past relay performances, personal best performances, event schedules, individual workload, other recent results and performances, consistency of performances, health, fitness levels, training preparation, scientific evaluation, and team chemistry. Selection of swimmers for relays shall not be subject to challenge.

Preliminary and Finals Meets

Championship meets sometimes have 2 rounds of competition with preliminary heats in the morning and finals at night. The number of finals can vary between one, two or even three heats including the top 8, 16 or 24 competitors. Team points and individual awards are determined by the placing achieved in the finals only. Swimmers can only achieve the place determined by their heat. For instance, a person who is in the consolation final can only achieve up to 9th place even if they swim faster than someone in the top 8 during finals.

Meet Types

Age Group Open

These meets do not have qualification time standards. Typically, these meets offer each one of the competitive strokes in the two distances offered by each group. Some events may be open to multiple age groups. Each swimmer is allowed to enter 3-5 events per day.

BB+/- Meet

Same as the Age Group Open except only age group events are offered. Open events are not offered.

Intrasquad Meets

Competitions between SMST swimmers. These are good practice meets for beginning swimmers and are held to build team spirit and camaraderie, and to introduce beginning swimmers to competition.

Duals, Tris, and Quad Meets

Dual meets are competitions between two clubs. Tri-meets and quad-meets include the number of teams indicated. Dual meets MUST be finished in 4 hours, though they may take as little as 2.5 hours. Duals, tris and quad meets are IDEAL and highly recommended for young and new competitive swimmers. Beginning swimmers participate mostly in these smaller, shorter, less chaotic meets. Advanced swimmers may participate in any level of meet, depending on personal schedules, qualifying times, the athlete's personal training needs and the team's need for their participation.

Invitational's

An invitational is a meet hosted by one team, which may invite many other teams to compete. Several hundred swimmers may attend these meets. Frequently, only swimmers with certain qualifying times may attend (see time standards section, below).

Junior Olympic Championships

All swimmers who have reached qualifying time based on the Sierra Nevada Swimming Junior Olympic time standards may compete in the Junior Olympic Championships, held at the end of the short and long course seasons. Athletes who meet certain time standards may qualify for additional championship meets such as Far Westerns, Sectional, Zone, and National championships. Each successive level of championship meet brings the swimmer against larger and larger pools of competitors, so that the qualifying times are progressively faster to gain entry into these meets (see time standards, below).

Far Western Championships

This meet serves as a top level competition for age group swimmers from around the western United States, Canada and Mexico. The meet is held in Pacific Swimming (Bay Area) and serves as a high priority meet for our top age group swimmers.

Sectionals

The Marlins participate in the "Gold" sectional championships which includes all teams from California and Nevada. Sectional Championship meets are held at the end of both Short Course and Long Course seasons for swimmers with qualifying times

Western Zones

USA Swimming also divides the United States into Zones (groupings of Sections) for the purpose of conducting a Zone Championship meet. This meet occurs only at the end of Long Course season. SNS selects a team to represent the LSC at the meet. To be eligible, swimmers must first obtain a qualifying time. Then swimmers submit an application including qualifying times and coach recommendation. A committee of coaches then selects the team that will to represent SNS in competing at the Western Zone Championships.

USA Swimming Junior National Championships

Junior Nationals are exclusively for swimmers age 18 and under and the meet is held each December (short course) and August (long course). This meet serves as a stepping stone to the top national and international level meets for 18 and under athletes.

USA Swimming National Championships/ Olympic Trials/ US Open

These top national level competitions are held at different times throughout the year and serve as qualifying meets for international level competitions.

National Junior Team

The National Junior Team is comprised of the top 18 and under swimmers in the country and serves as the first step in the National Team hierarchy. Team members typically attend a National Team camp and an International Competition. Making this team is a goal for many of our top athletes.

Meet Awards

Swim meets are scored for both individuals and teams. At most dual meets no awards are given. However, dual meets offer the opportunity to earn qualifying times for championship meets. Meets generally award ribbons or medals to individuals. Occasionally, individuals and teams may be awarded trophies. Meets vary regarding how many individual awards they provide, please refer to the meet sheet for details.

Swimming Seasons

Short Course Season - This season runs from September 1 until March 31 each year. Meets are generally swum in a 25-yard pool.

Long Course Season - This season runs from April 1 to August 31 each year. Meets are generally swum in a 50-meter pool.

Competition Age Classifications

There are seven different age group classifications recognized by United States Swimming: 8 & Under, 10 & Under, 11-12, 13-14, 15-16, 17, 18 and Senior. The senior classification includes any swimmer who has achieved the prescribed qualifying time for the event. Not all age group classifications are offered at every swim meet. The swimmer's age on the first day of the meet will govern the swimmers age for the entire meet. Within each age group, there are recognized levels of achievement based on times. All swimmers begin as "Novice" swimmers. As they improve, they advance from "Novice" to "B", "A", "AA", and so on. Sierra Nevada swimming publishes the time standards for each level yearly. A swimmer might be at different levels in each stroke.

Time Standards

Time standards assist swimmers with measuring their improvement. They also establish minimum entry requirements for some meets. Time standards are different for each season and for each type of pool. "SCY" means Short Course season times attained in a 25-Yard pool. Most SMST Short Course events are held in 25-yard pools. "LCM" means Long Course times obtained in a 50-Meter pool. To locate the time standard for a swimmer's event, you must know what season it is, what type of pool it is (25 yards or meters, or 50meters), and you must know the swimmer's gender, age and event. Copies of SNS time standards are posted on SNS website (www.sn-swimming.org) web-site. In addition, each Marlin family will be provided with a Sierra Nevada Guide each year which serves as the best resource for time standards.

Sierra Nevada Swimming Time Standards

USA Swimming, Inc. also sets national motivational time standards by age group beginning with 10&Unders. These also begin with a "B" time designation. The standards get progressively faster and more difficult to achieve as a swimmer moves through "A", "AA", "AAA" and "AAAA" times.

Sierra Nevada Swimming Incorporated has set "B" and "A" time standards for each gender and age group. A BB+ time qualifies a swimmer 9 and older to compete in the Junior Olympic Championships in that event. The B standard is the first goal most swimmers strive to attain. Achieving a B time means that the swimmer is getting strong in an event, and may want to focus on that event to get an A time. For current SNS time standards refer to website for standards. www.sn.swimming.org

Team Travel Meets

Team travel meets are away meets attended by swimmers, coaches and adult chaperones, traveling, dining, and lodging as a team, as distinguished from away meets where swimmers travel and stay with their families. Team travel meets will strive to bring one chaperone for every 8 swimmers on the trip. Chaperones, under direction of the head coach, will be responsible for the care of all athletes on the trip including meals, curfews, transportation and any other issues that may arise. Coaches will be responsible for all meet related aspects of the trip including meet administration and coaching. They may also be used for transportation needs.

Team Travel Policy

SMST selects team travel meets for the following reasons:

Provide swimmers with experience competing against swimmers from other LSCs, typically at a higher quality of individual and team competition.

Swimmers gain experience in prelims/finals competition in and outside of Sierra Nevada Swimming.

The coaches are seeking competitions conducive to exceptional performance.

The swimmers experience the fun and social interactions of traveling as a team.

The swimmers learn responsibility and independence through our travel experience.

Chaperone Guidelines for Team Travel

Thank you for volunteering to serve as a chaperone. Your role in our swimmers travel trips is an invaluable one. While chaperoning a trip is a lot of hard work, I am sure that you will find being a part of our travel team a rewarding experience.

There are a few things that, as a chaperone, you need to be prepared for. In the most general terms, you are responsible for the care of our swimmers 24 hours per day for each day that we are on our trip. You can expect to be the first one up in the morning and the last one to bed. You can expect emergency store runs and frequent trips from the pool to the hotel that may cause you to miss your child's event. You will also have to be able to enforce our rules and policies with all of our swimmers.

Guidelines for chaperones.

- 1) Before our trip, all chaperones will meet with the head coach to discuss the trip.
- 2) Chaperones will be helpful and flexible with the intent of helping our athletes to have a successful trip.
- 3) Chaperones will be provided with a rooming list sometime before our arrival at the hotel.
- 4) Every attempt will be made to arrange all of the athlete rooms in a block.
- 5) Chaperones will be expected to carry the emergency forms for all swimmers in attendance.
- 6) Chaperones will be responsible for carrying basic first aid supplies and feminine needs.
- 7) Chaperones will be responsible for carrying return airline tickets.
- 8) Chaperones will be responsible for distributing keys upon arrival at the hotel.
- 9) Chaperones will take the athletes grocery shopping (if time allows) or buy breakfast and snack items.
- 10) Chaperones are responsible for making sure all swimmers are accounted for before driving to the pool at the time specified by the head coach.
- 11) Chaperones will drive the athletes to and from the hotel.
- 12) Chaperones will arrange lunch, either by taking them out or providing sandwich items, etc... back at the room.
- 13) Chaperones will take orders for dinner, arranging an eating place and picking up the food. Most meals will be catered or picked up so the athletes can eat at the hotel.
- 14) Chaperones will ensure that the athletes are behaving according to the Sierra Marlins senior travel code of conduct.
- 15) Swimmers are to be in their rooms at the time designated by the head coach.
- 16) Swimmers are to have their lights out at the time designated by the head coach.
- 17) Chaperones will make a bed check at 10:00 p.m. and again at 11:00 p.m.
- 18) Any minor issues will be handled by the chaperones. The coach in charge will be kept informed of any major issues that may occur. Disciplinary action will ultimately be decided and enforced by the coach in charge.
- 19) Fees incurred by the chaperones (food, supplies, etc..) can either be paid for on a chaperone's credit card for later reimbursement or money to cover expenses can be obtained from the team treasurer. Chaperones should keep track of all money spent while on the trip.

If chaperones share a room, the total room fee is covered. If a chaperone stays alone, they will be responsible for 1/2 of their room fees. Also, 1/2 of the chaperones airfare will be reimbursed. All individual food costs will be paid by the chaperone.

Sierra Marlins Team Travel Code of Conduct

1. Swimmers are not allowed to leave either the hotel or the pool without permission from the head coach and/ or chaperone.
2. Swimmers are required to be in their rooms and have lights out at a time specified by the coach and/ or chaperone.
3. No long distance phone calls are to be made from hotel rooms.
4. No pay movies are to be ordered from hotel rooms.
5. Swimmers are expected to treat hotel and pool facilities with respect. No damage will be tolerated.
6. No alcohol or drugs will be tolerated.
7. When swimmers of opposite genders are in one room, the door shall remain wide open.
8. Swimmers are responsible for their own wake-up calls (or bring an alarm). The team will leave the hotel at the time specified by the coach.
9. Swimmers are expected to behave appropriately and represent the Sierra Marlins in a mature manner.
10. Any additional guidelines for the team will be established as needed by the coach of record.

IMPLEMENTATION

Your signature of this document constitutes unconditional agreement to comply with the Sierra Marlins Swim Team code of conduct.

Failure to comply with the code of conduct as set forth in this document may result in disciplinary action

Such disciplinary action will be determined by the coach of record and may include, but not be limited to:

1. Dismissal from the team and immediate return home at the parent's expense.
2. Disqualification from one or more events, or all events of competition;
3. Disqualification from future Sierra Marlins Swim Team travel.

The undersigned has read, understands and agrees to the terms of this agreement.

Swimmer's signature

Parent's signature

Sierra Marlins Swim Team Emergency and Medical Authorization Form

Swim Meet: _____

Date: _____

My Swimmer will be traveling (please Check one):

With the Team Without the Team

In the event we are unable to reach a parent, please provide emergency contact information:

Swimmer's Name: _____

Emergency Contact Name/ Phone Number: _____

Physician's Name/ Phone Number: _____

Home Address: _____

Medical Insurance Carrier and Policy Number: _____

Please tell us, in confidence, of any medical condition(s) your child has that we should be aware of (i.e., allergies --especially food allergies -- medications, disabilities, etc.)

MEDICAL AUTHORIZATION

I hereby authorize, consent and direct the Sierra Marlins Swim Team, its directors, officers, and employees, and any physician, hospital, or other health care provider selected by the Sierra Marlins Swim Team, to take such action as is necessary in the circumstances to provide emergency care and related treatment to my above-named child in my absence, should the need arise while he/she is participating in the programs of the Sierra Marlins Swim Team. I hereby designate the Sierra Marlins Swim Team, its directors, officers, and employees as my authorized agent for the signing of any consent forms required by any such health care provider in connection with such health care.

Parent's Signature: _____ Date: _____

Responsible Teammates

At practice, as a swimmer and a teammate I will:

1. Arrive on time. This means: be on deck, with suit, cap and goggles on, and with all appropriate equipment at the time practice is scheduled to begin.
2. Be considerate of other swimmers during practice. This means: swim on the right side of the lane, start and finish at the wall, use the pace clock to calculate send off times and allow other people in your lane to complete the set without disruption.
3. Give the coach your undivided attention when he/she is speaking. This means: your head is above water, your eyes are on the coach, and your voice is OFF.
4. Return all equipment borrowed from the pool facility to its appropriate storage place at the conclusion of practice.
5. Follow all pool rules at the practice facility. Follow the directions of any Folsom Parks and Recreation staff member at the pool. If there is a question, speak to the coach immediately.

At meets, as a swimmer and teammate I will:

1. **Check-in immediately.**
2. Arrive early for warm-ups. Give yourself enough time to check in with the coach, locate the team area, purchase any necessary equipment, dress and stretch prior to the scheduled start of warm-ups.
3. Sit with the team in the team area so the coach can find you whenever necessary.
4. Wear a team approved suit and cap.
5. Wear SMST uniform while receiving medals at championship meets.
6. Complete the entire warm-up with the team and under the direction of the coach.
7. Compete in all events for which you are scheduled, both individual and relay events.
8. Speak with the coach both before and after your race.
9. Follow the directions of meet staff and officials, regardless of which team the staff/official represents. If there is a question, consult a SMST coach immediately.
10. Have healthy food and liquids (water is best) to maintain energy during the day.
11. Participate in the Team Cheer when appropriate
12. Cheer for fellow Marlins when possible.
13. Congratulate other competitors at the completion of the race.

Responsible Parents and families

This section refers to all adults, family members and other spectators attending SMST practices and events. The overall expectation is that all those associated with SMST will treat each other with respect.

SMST maintains a zero-tolerance policy regarding harassment or offensive behavior of any kind.

Parent and family expectations

Support, praise and encourage your swimmer at every opportunity. Notice what your child does well relative to his or her level. For any swimmer, improving times and improving technique are almost always good sources of praise and encouragement.

Avoid criticism. If a swim didn't go well, the child is usually painfully aware of it and doesn't need you to say so. If you want to discuss a tough swim, it often helps to start with asking the child how they felt about the swim, and then empathize with their frustration, discouragement or sadness. Remind your child that everyone struggles at times and that you're proud of him or her for hanging in there and trying hard. **Do your best** to assure that your swimmer(s) arrives at practice and at meets **on time**.

Support the team by volunteering. Each family is required to perform parent commitment hours. Our team hosts invitational meets, and dual, tri or quad meets, and we help with the Junior Olympic championship meets. Each of these meets involves lots of volunteer opportunities. Parents are also needed at away meets to volunteer as timers and officials. See the list of meet jobs along with brief descriptions found below. There are also year-round jobs such as team merchandising, board members, volunteer coordinators, meet directors, stroke and turn officials, timers, team parents, etc. Contact a board member (names and contact info listed on the SMST web site www.sierramarlins.net) if you are interested in one of the year-round positions.

Help out at away and home meets by timing. Timers are always needed during away swim meets. All timers are shown exactly what they need to do prior to the start of each session. Timing is an important part of any swim meet. Timers get an excellent view of the action, and it is a good way to meet other parents.

Carefully time your discussions with coaches: Please respect the fact that on deck during practice, coaches are attending to the needs of multiple swimmers within multiple training groups. Likewise during a meet, coaches are trying to time swimmers and watch their technique in virtually every heat of the meet. These are NOT good times to talk. When you talk to coaches during these times, you compromise their ability to give coveted individual attention to the swimmers. The 5 minutes just before and just after practice are good times for quick check-ins. During a meet, you might mention briefly that if they get a chance you would like to chat for a second. Then wait patiently for them to let you know they can give you a moment's attention. More involved business should be attended to during office hours or during an individually scheduled appointment.

Be constructive if you are unhappy with some aspect of your coach's performance or the team's functioning. Constructive solutions include calmly discussing the issue with the coach, talking to the team parent to get more information or ideas about solutions, or approaching a board member with questions or suggestions. When approached with questions, concerns or constructively phrased suggestions (versus anger), the coaches, team parents and board members will do their best to help.

Avoid talking to your swimmer(s) during practice. This is distracting. Parents are expected to maintain the role of "observer," "supporter," and "cheerleader" for swimmers. The coaches have the authority to limit a parent's participation in practice, meets, and other team activities if they feel any parent's actions are detrimental to a swimmer or to the team.

Complaint Resolution

Complaints regarding coaching issues

The coach is always the first person to approach regarding coaching of your child. If the issue cannot be resolved via the coach, please contact the Head Coach. If still unresolved, the issue can then be taken to the board. If you are unclear about how to handle the matter, you may always go to your Team Parent.

Complaints regarding other issues (team policies, board decisions, etc.)

Please go to your Team Parent, who can suggest the appropriate person to whom your issues should be addressed.

We are happy to welcome you the SMST organization. We know you and your child will benefit from the time you spend on the team. You can expect professional coaching, encouraging and life shaping experiences, camaraderie for the whole family and A WHOLE LOT OF FUN!!

Swimming Glossary

"A" time	Time classification for a swimmer, as with A times, AA times, B times, and so forth.
A meet	Swim meet which requires swimmers to have previously achieved an A time standard in the events they wish to enter.
A-B-C meet	This type of meet includes every ability level of swimmer from novice to very experienced.
Age group	Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16, 17-18. Some LSC's have divided the swimmers into more convenient divisions specific to their situations: 8-under, 13-Over, 15-Over, Junior, Senior.
ASCA	The American Swim Coaches Association. The professional certifying organization for swim coaches throughout the nation. ASCA offers many services for coaches' education and career advancement.
Backstroke	One of the 4 competitive racing strokes, basically any style of swimming on the back. Backstroke is swum as the first stroke in the medley relay and second stroke in the IM. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
B-C meet	Swim meet that offers competition for swimmers who have not achieved A times in the events that they race.
Bell lap	The part of a freestyle distance race (400 yards or longer) when the swimmer has 2 lengths plus 10 yards to go. A timer rings a bell over the lane of each swimmer who has reached the backstroke flags before making the last turn at the start end of the pool.
Blocks	The starting platforms located behind each lane. Some pools have blocks only at the deeper end of the pool (called the "start end"), and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.
B-meet	Swim meet which requires swimmers to have previously achieved a B time standard in the events they wish to enter.
Breaststroke	One of the 4 competitive racing strokes. Breaststroke is swum as the second stroke in the medley relay and the third stroke in the IM. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd breaststroke.)
Butterfly	One of the 4 competitive racing strokes. Butterfly, or fly, is swum as the third stroke in the medley relay and first stroke in the IM. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
Button (plunger)	A manual timing system device that records a back-up time for use if the swimmer did not hit the touch pad or the pad malfunctioned. The button or plunger is at the end of a wire, plugged

into a deck terminal box. There are usually 2 buttons per lane. The timer is responsible to push the button as the swimmer finishes the race.

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.

Championship meet

The meet held at the end of a season. Qualification times are usually necessary to enter meet.

Check-in

The procedure required before a swimmer swims an event in a deck seeded meet, sometimes referred to as "positive check-in". Swimmers (or their coaches) mark their names on a list posted by the meet host by a specified deadline.

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 in the final 3 heats. See rule book for exact method for seeding depending on the lanes in the pool. Also called championship seeding.

Club

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

Consolation finals

After the fastest 6 or 8 swimmers, the next fastest 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.

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.

Developmental meet

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.

Disqualified

A swimmers' performance in an event is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand, and can be explained after the meet by the coach.

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).

Dry-land

The exercises and strength programs swimmers do out of the water. Dry-land work is vital for injury prevention and effective competition.

Dual meet	Type of meet where two (2) teams/clubs compete against each other, often ideal for novice swimmers. Tri-meets and quad-meets are also generally smaller and less intense than invitationals.
Electronic timing	A timing system that usually has a push-button starting machine with a horn and a strobe light, touch pads 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' times.
Entry	An individual, relay team, or club roster's event list in a swim competition.
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 usually has a limit on the number of swimmers that can be accepted, or a time limit that cannot be exceeded. Once an entry limit has been reached, a meet will be closed to entries.
Event	A race or stroke swum 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. A false start confirmed by both of two designated officials is a disqualification.
Fastest to slowest	A seeding method that may be 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.
FINA	The international, rules-making organization, for the sport of swimming.
Final results	The printed copy of the results of each race of a swim meet.
Finals	The final race of each event. See "Championship Finals", "Consolation Finals", "Timed Finals", etc.
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.
Freestyle	One of the 4 competitive racing strokes. Freestyle is swum as the fourth stroke in the Medley Relay and fourth stroke in the IM. Racing distances are 50 yds/mtr, 100 yds/mtr, 200 yds/mtr, 400 mtr/500 yd, 800 mtr/1000 yds, 1500 mtr/1650 yds. (LSC's with 8-under divisions offer the 25 yd free)
Heat sheet	The printed listings of swimmers' seed times and their assigned events, heats and lanes at a swim meet. Heat sheets are usually sold at the admissions table.
Heats	A division of an event in which there are more swimmers than lanes, so that they cannot all compete at the same time. The results for an event are compiled by swimmers' time swum after all heats of the event are completed.

High point award	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.
Horn	A sounding device used with a light to signal the start of a race.
IM	Individual Medley. An event in which an equal distance of each of the 4 competitive strokes is swum in order. The order of strokes is butterfly, backstroke, breaststroke, and freestyle. IM distances are: 100 yds/mtr, 200 yds/mtr, 400 yds/mtr.
Infraction	Doing something against the rules that is cause for disqualification, if observed by an official, and reported to the referee, who confirms the disqualification.
Insurance	USA Swimming offers insurance coverage which is automatic when swimmer, coach, official, pays their USA Swimming registration fee.
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.
Kick board	A flotation device used by swimmers during practice.
Lane	The specific portion of the pool in which a swimmer is assigned to swim.
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.
Leg	The part of a relay event swam by a single team member. A single stroke in the IM.
Long course	A 50 meter pool. The long course season typically lasts from the beginning of April through August.
LSC	Local Swim Committee. The local level administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming.
Marshall	The volunteer official who observes the pool during warm-ups, and may 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 Director	The volunteer in charge of the administration of the meet.
Meter pool	The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters pools are 50 meters long; short course meters pools are 25 meters long.
Mile	The slang referring to the 1500 meter or 1650 yard freestyle, each of which is slightly short of a mile.
NAGTS	National Age Group Time Standards - the list of "C" through "AAAA" times published each year.
Nationals	USA Swimming senior or junior level meets conducted in March/April and August. See Senior or Junior Nationals.
NT	No Time. The abbreviation used on a heat sheet to designate that the swimmer has not achieved an official time in that event before.
Officials	The certified, adult volunteers, who operate the many facets of a swim competition.
Open competition	Competition which any qualified club, organization, or individual may enter.
Pace clock	The large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warmups or swim practice.
Paddle	Colored plastic devices worn on the swimmers hands during swim practice.
Positive check-in	The procedure required before a swimmer swims an event in a deck-seeded meet, and at some pre-seeded meets. Swimmers must mark their names on a list posted by the meet host.
Prelims-finals	Type of meet with two sessions. The preliminary heats are usually held in a session that is early in the day. The fastest 6 or 8 (Championship Heat) swimmers, and sometimes the next fastest 6 or 8 swimmers (Consolation Heat) return later 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 in which a swimmer is assigned to each event, lane, and heat prior to the meet. These assignments are then posted on heat sheets for the information of swimmers, coaches, spectators, and officials.
Psyche sheet	Another name for a meet program, usually before events are deck-seeded, that lists swimmers in order of their times without assigning them to heats or lanes.

Pull Buoy	A flotation device used for pulling between the legs 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.
Referee	The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.
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, the next swimmer swims Breaststroke, the third swimmer swims Butterfly, and the last swimmer swims Freestyle. 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.
Sanction	A permit issued by an LSC to a USA Swimming Club to conduct an event or meet.
Sanction fee	The amount paid by a USA Swimming Club to an LSC for issuing a sanction.
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, a swimmer can be disqualified from remaining events.
Seed	Assign the swimmers heats and lanes according to their submitted or preliminary times.
Seeding	Deck Seeding – swimmers must report to the Clerk of the Course at some announced time before the event. After scratches are determined, the event is seeded. Pre-Seeding - swimmers are arranged in heats according to submitted times 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 nationals	National championships are conducted as long course meets in the spring (usually in late March) and in the summer (usually in late July or August).
Session	Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group. Many meets have separate morning and afternoon sessions depending on swimmers' age groups.
Short course	A 25 yard or 25 meter pool. The short course season typically lasts from the beginning of September through March.
SNRT	Sierra Nevada Recordable Time

SNS	SNS is a non-profit corporation and the Local Swimming Committee (LSC) to which SMST belongs
Split	A portion of an event, shorter than the total distance, that is timed, for example, the time for the first 50 yards of a 100 yard race, or the time swum by one swimmer of a relay team. It is common to take multiple splits for the longer distances
Starter	The volunteer official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.
State meet	A championship meet held twice a year (Short Course and Long Course) sponsored by the LSC. It is common to hold a Championship Senior meet and Age Group meet separately. Qualification times are necessary.
State qualifier	A swimmer who has made a necessary cut off time – an ‘A’ time – to enter the state championship meet.
Stroke	There are 4 competitive strokes: butterfly, backstroke, breaststroke, freestyle.
Stroke & Turn judge	A volunteer official trained and authorized to observe racers’ strokes as they swim through the jurisdiction assigned to the official, usually 2-4 lanes. At a short course meet, the stroke judges will generally stand at either end of the pool, and have jurisdiction to the midline of the pool. At a long course meet, a stroke judge will usually walk along the side of the pool as the swimmers race, and may have jurisdiction from one end to the other. A stroke judge who observes a swimmer commit an infraction will 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.
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 becomes an alternate, otherwise ties stand.
Taper	The resting phase of training for a senior swimmer toward the end of the season before the championship meet.
Time standard	A time set by a meet or LSC or USA Swimming (etc) that a swimmer must achieve for qualification or recognition.
Time trial	An event or series of events where a swimmer may achieve or better a required time standard.
Timed finals	Competition in which only heats are swum and final placings are determined by those times.
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.

Touch pad	The removable plate (on the end of pool lanes) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to electronically register a time in a race.
Unattached	An athlete member who competes, but does not represent a club or team, as during the 120 days after an athlete transfers from one team to another. (abbr. UN)
Unofficial time	The time displayed on a read out board, read over the intercom by the announcer immediately after the race, or clocked by the lane timers.
USA number	A 12 part number assigned to a swimmer after they have filled out the proper forms and paid their annual dues. The first three parts include the two letter abbreviation for the LSC (Local Swim Committee) and the registration year. The next three parts are letters standing for the first initial of: Last Name/First Name/Middle Name in that order. The last 6 parts are numbers of swimmers birthdate: Day/Month/Year using zeros as place holders. For example: USS# for swimmer Kent Michael Nelson, a member of Indiana Swimming, registering for the 1993/94 year and born Aug.27, 1976 = IN4NKM082776.
Yard pool	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.
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.