



SWIMMER/PARENT HANDBOOK

**COMMITTED TO NOT ONLY BETTER SWIMMERS,
BUT TO BETTER PEOPLE**

Many Thanks!

To the school districts of:

- GREENDALE
- MUSKEGO
- SOUTH MILWAUKEE
- WHITNALL
- WEST ALLIS
- &
- City of Milwaukee-Wilson Park Pool

.....without their support, we would not be able to run our programs!!!!

WELCOME TO THE SOUTHWEST AQUATIC TEAM

The Southwest Aquatic Team (SWAT) is a United States Swimming (USS) program offering 10 levels of beginning instruction in our Swim America Program, and advanced instruction at 7 levels on the competitive team.

Advance instruction focuses on the four basic competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Although participation in competitive events is a natural progression for most of our swimmers, it is not a mandatory requirement.

SWAT offers a year round program that attempts to provide something for everyone, regardless of level of ability or level of commitment. Our program has proven to be very successful not only for the summer or seasonal swimmer, but also for the more serious, year round athlete that may be in pursuit of national time standards or college scholarships.

Although the instruction of various swimming skills is a critical part of our program, there are also a number of other benefits to our swimmers that can be even more important. Our Coaches strive to create an environment at the pool that is one of continual encouragement, no matter what the ability level of the swimmer. Our staff also goes to great lengths to eliminate that “fear of failure” attitude that can have such a devastating impact on a swimmers development. The ability to set goals, face challenges, and manage time wisely is also developed. Learning the value of perseverance and the improvement of social interaction skills are other benefits that are acquired along the way.

Our team is managed by a well-qualified staff of coaches and coaches’ assistants. Volunteer parents run our club, with day-to-day business conducted by an Office Manager and the Board of Directors. Board meetings are held once per month and are usually announced on the SWAT hotline.. Parents are welcome at all board meetings. A general membership meeting is held in the fall and all parents are expected to attend. Elections for board positions are held annually and are announced at our Awards Banquet in the spring.

This handbook will familiarize you with SWAT as an organization and provide information on competitive swimming. Parents who are new to swimming as a competitive sport should read all sections. Parents of swimmers who are transferring from other swim programs may wish to focus on the ***General Information***, ***Club Guidelines*** and also the ***Between Parent and Coach*** sections. If you have any questions at all regarding the program or swimming itself, or if you have suggestions, please contact the appropriate Board Members listed on the back page. Your comments are always encouraged. On behalf of the Coaching Staff, Board of Directors and Club Members, we welcome you and hope that your involvement with SWAT is productive and enjoyable.

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HISTORICAL PERSPECTIVE

SWAT originated in the fall of 1982 as the result of the combination of two community based local programs that were both struggling with typical small club survival problems. By combining the Whitesharks of Whitnall and the Otters of Greenfield, numerous problems were resolved. Because of significant inter-community cooperation between Franklin, Whitnall, Greendale, & Greenfield, swimmers were now able to train within their own ability groups and at separate practice times. According to Head Coach and program founder Dale Schrank, this is one of the more critical aspects to the success of SWAT today.

Swat currently runs a “learn to swim” novice program (SWIM-AMERICA) that services over 1,000 registrations per summer (This is a summer program only, due to the lack of pool availability). SWAT’s primary function, however, is to promote the benefits associated with competitive swimming. The competitive team averages about 250 per season and trains primarily at the high schools of Muskego, Whitnall, Greendale and West Allis pools. SWAT also utilizes the Fountainwood, and Wilson Park pools in the summer.

SWAT has had a great deal of success with swimmers from the area. In just the past 5 years, over 35 area swimmers have paid for or subsidized their college education with swimming scholarships. Over 50 swims have been ranked in the TOP 16 in the country, and SWAT currently owns 6 state records in Wisconsin. In addition to our Central Zone and Speedo Championship Sectional and Junior National qualifiers, we have also qualified relay teams for Senior Nationals. Four swimmers, who originated with SWAT, have gone on to make Olympic Trial cuts. Our individual and relay state champions for Wisconsin, number in the hundreds.

Summer Long Course 2007 SWAT placed 2nd (12&Under) and our Senior Team was 6th overall at the State Championships out of 70 teams.

Both the Board, and the coaching staff, of the Southwest Aquatic Team are proud of our swimmers accomplishments and confident that with continuing parental and community support, our program will continue to set the standard for competitive swimming in the State of Wisconsin.

ABOUT OUR COACHES

NAME: Robert White, Jr., Competitive Program Director, Head Senior Coach, Senior Platinum Coach

Bio: Coach Bob, an American Swim Coaches Association Level 5 Coach, has served as Head Coach for Elm brook Swim Team, Schroeder Swim Team and Lake Country Swim Team. All of the programs won Wisconsin USS State Championships with Lake Country winning Wisconsin state championship titles every year from 1986 through 2002. White also served as CEO and Head Coach of the Delaware Swim Team in 2003 which won the Delaware State Age Group that year. Throughout the years, White has developed and coached numerous Olympic Trial, United States Senior National and Junior National qualifiers and finalists, including a Senior National individual champion and American record holder. He has also coached many individuals who established National Age Group and Wisconsin Age Group and senior records. White served as a USA National Team coach and worked with numerous US Olympians and World Record Holders.

Coach Bob is married to his wife, ANN, and they have two children, Emily, who completed her degree at Northeastern University in Boston and Jesse, who is a freshman at University of MN. Outside of the pool, White is a Financial Consultant with A G Edwards and Sons, Inc.

NAME: Dale Schrank -SWIM AMERICA LESSONS PROGRAM DIRECTOR

BIO: A former high school swimmer, Coach Dale started coaching in the fall of 1970. He spent 3 high school seasons as a volunteer assistant to Greenfield's Coach Erv Straub. One season at Muskego Life Sorts and in 1974, he spent 5 years as Head Coach of New Berlin Swim Club. In 1982, Dale started SWAT with a total of 17 swimmers. SWAT has grown in registration totals to highs of 290 swimmers with close to 1,500 in the Swim America lesson program. Dale has coached over 40 seasons of High School swim with Greenfield, Whitnall, Waukesha West and Marquette High Schools. During the past 10 years, Dale has coached hundreds of Individual State Champions, Relay State Champions and over 50 National TOP 16 qualifiers. Dale is proud to claim fame as one of the originators of the Swim America program., a system of teaching swim lessons that has been adopted by ASCA and is being used successfully nation wide. To top off his "Truly Chlorinated lifestyle" you can catch Dale driving a school bus, and also being his swimming teams own chauffeur!

NAME: Mark Schrank-Head Age Group Coach

BIO: Coach Mark, following in his brothers footsteps, still holds some fly records on the record boards at Greenfield High School! It is Coach Dales belief that Mark is one of the most talented, technique oriented coaches in Wisconsin, both as a high school and club coach. Mark has coached the Whitnall Boys High School Team, Muskego Girls High School team and was the Head Coach of SWAT's Senior team for over 16 years. .Since son Tyler is moving through the ranks now as an age group swimmer, Mark has recently been designated as our Head Age Group Gold coach and was instrumental this summer, in a very successful 12 & Under State Championship team for this group. He was voted by Wisconsin Coaches as 2007 "Age Group Coach of the Year. Mark has been the driving force behind numerous national level swimmers.. Summer 2004 his Senior girls relay team "crunched" their own pool record at the Senior State Championship, which also qualified to swim at Senior Nationals in California.

Daytime hours, Mark can be seen driving the Schrank Bros. Carpet cleaning van, a business he owns, but night time you will find him in his red corvette with his signature "SWAT 1" license plate! Mark is married to Kim and is the father of two future swim stars Tyler and Kayla. When time permits, Mark is also our individual instruction and lesson coach.

NAME: Cheryl Barborich

BIO: A former age grouper, club swimmer, and high school swimmer, Cheryl has been coaching for SWAT for over 14 years. She has coached West Allis high school girls, and is currently assisting Whitnall HS girls and Marquette High School boys. She has been a swim instructor at the YMCA for 9 years. It's been said that the most important coach your swimmer will ever have is their "first" coach. Teaching the basics to our Super 8 group and Age Group swimmers, Coach Cheryl is a definite favorite, with many of our younger swimmers almost reluctant to advance from her level once she has given them the foundation they need to move up! With all the time spent coaching, she still loves spending time with family, friends, bowling and softball. One unforgettable moment for Cheryl was watching Coach Dale do a 1&1/2 dive off the diving board!

NAME: George Guddie

BIO: George has been coaching swim since 1991. He served as Head Coach for the UPY Barracuda for 3 years while attending college. George, one of the original "charter" members of SWAT, joined the coaching staff in 1995 and has coached various levels within the program. He is currently the JV coach for the Greenfield HS women. Currently, the primary head coach for the Age Group Silver and Age Group Gold, he is responsible in helping promote and develop swimmers to the 12 and Under State team. He and his wife Rebecca, have 4 children. When not coaching, he is an Engineer Analyst at Rockwell Automation.

NAME: Jack Chmielewski

BIO: Although Jack is a more recent addition to us as a new coach, our Senior team has often referred to Jack as our “in the water” coach. Jack and his family have been longtime swimmers and supporters of our SWAT program. After college, Jack continued to train with our Senior team, posting some times at State Championships, that were faster than during his high school season. He definitely was key in some Senior Relays that broke team and state records during our Long Course 2005 season. Jack has been assistant coach to the Senior Platinum team since 2006 and began as the head coach for our 13/14 Junior Platinum 2008. With the growth of our Swim America Program , Jack has taken on the added financial responsibility as the SWAT business manager.

NAME: Michal Hawker

Bio: Michal is attending UW-Milwaukee and has an extensive background and career in swimming. Currently she is coaching the Greenfield/Greendale High school men, who enjoyed a very successful 2008 season, adding some new swimmers to the record boards, and becoming Conference Champs for the first time in many years. She is coaching our Senior Silver/ Senior Gold group.

PROGRAM FORMAT

SWAT is committed to the philosophy of being able to provide something for everyone, regardless of level of ability or level of commitment. Our swimmers range in age and ability from non-swimming 5 and 6 years olds, to swimmers that are college bound athletes that have attained national level time standards.

SWAT's program offers to two major divisions – the “Learn to Swim” for novice or beginning level swimmers and the “competitive swim team” for those swimmers completing the novice program and interested in pursuing the benefits that accompany the competitive part of the program.

I. SWIM AMERICA (LEARN TO SWIM PROGRAM)

Our novice or Swim America Program is divided into 10 different stations. Sessions are approximately 40 minutes long (5-10 minutes are given to free time), and are offered 5 times per week during the summer in a three (3) week block of time. When swimmers have advance to station 7 or above they are eligible for promotion to our competitive levels.

II. SWIM TEAM (COMPETITIVE LEVELS)

1. **Silver 8 (8 and under)** 80% of the time in this group is spent in stroke drills, and 20% in aerobic conditioning. Breaststroke and Butterfly drill progression is introduced at this level. Many of these swimmers try competitive swimming for the first time. Recommended practice: 2 to 3 per week.
2. **Golden 8 (8 and under)** 60% of their time is spent in drills and 40% in aerobic conditioning. Most swimmers do compete in meets at this level. Competitive turns are also introduced at this time. PARENT NOTE: Please do not be concerned at the lack of time spent on flip turns at this level – the flip turn itself will not work until swimmers have mastered a certain minimum speed. Streamlining drills however, are extremely important at this level and will be stressed vigorously. Recommended practice is 2 to 3 times per week.
3. **AGE GROUP Silver and Gold-(9-12 years old)** Age group swimmers who spend 75% of their time on aerobic conditioning and 25% in stroke drills. Stroke drills are now incorporated into the training sets. Recommended practice 3 to 5 hours per week. **Proficiency in all 4 strokes, time standards and timed training sets may be utilized as conditions to advance to Age Group Gold.**
4. **AGE GROUP Platinum- 12 and Under** swimmers who have achieved or are close to state qualifying times and comprise our A&B state relay teams. 80% of their time is spent on aerobic conditioning and 20% in stroke drills. Many of the stroke drills are again placed into the aerobic training sets. Attendance at practice is much more of a concern. This group generally comprises our 12 and under "State Team". Much of what the swimmer is expecting to happen from their involvement in the sport will not occur if too many practices are missed. Practice time ranges from 8-10 hours per week. **Time standards and attendance are utilized as conditions to advance to this level.**
5. **SENIOR Silver/Gold-** Comprised of 13 and over swimmers. 75-80% spent on cardiovascular training,. Stroke drills are used to improve proficiency in each of the strokes and are incorporated into training sets. This group has more flexibility regarding mandatory practice and meet requirements.
6. **JUNIOR PLATINUM – Junior High level** swimmers only who have advanced out of the Age Group Platinum level. This group is a prep group for those swimmers wishing to commit to the Senior Platinum team. JRP has similar training and meet requirements.
7. **SENIOR PLATINUM-13 and over** swimmers who comprise our older committed athletes and generally make up our State and Traveling Team. These swimmers spend 90% of their time on aerobic conditioning and 10% on stroke drills incorporated into their training sets. Dry land training is incorporated and becomes a critical component at this level. Senior Platinum has mandatory practice and meet attendance requirements. . . .

PRACTICE SCHEDULES: Practice schedules with practice times and dates for the upcoming month are posted on the team's web-site (swimswat.org). While maintaining a consistent schedule is in the best interest of our swimmers and our program, the printed schedule should be considered tentative, due to the number of situations that can result in cancellation or modifications of our practices. Periodically, amended schedules may be posted listing revisions for the current month. Because of the number of pools that we work with, and because of the variety of situations that can result in changes to our practice schedules, we recommend that parents call the hotline daily to confirm practice schedules. SWAT reserves the right to change or cancel practices and will not pro-rate or reimburse fees due to circumstances beyond our control. The SWAT PRACTICE HOTLINE (414-299-WHAT(9428)) is a daily recording of the most up to date practice schedules and other pertinent information recorded every day at approximately 6:00 am. A ten second call many times can save unnecessary travel (especially for out of town members).

POOL LOCATIONS

Greenfield High School, 4800 S 60 th St.	Fountainwood-S6587 Fennimore Ln, Muskego
Whitnall High School, 5000 S 116 th St.(Hales Corners)	Frank Lloyd Wright Middle School, 9501 W. Cleveland Ave.
Greendale High School, 6801 Southway South Milwaukee: 801 15 th Avenue	Muskego H.S. W183 S8750 Racine Ave. (Corner Woods & Racine)

During the summer Long Course Season, the Wilson Park Pool at South 20th and West Howard Ave, and Fountainwood pool in Muskego, are used to supplement practice time. Pool locations for your level may vary, so watch your Pool Schedule closely. Please call the **HOTLINE #: 414-299-WHAT(9428)** when you need to verify practice for the day.

IMPORTANT POINT: As a private, non-profit organization we are allowed use of the facilities of the West Allis, Greendale, Muskego, and Whitnall School Districts. We work closely with these Park and Recreation Departments and School Boards on matters of scheduling and facilities usage. Please do not concern School Board Members or Park and Recreation personnel with club related matters. Instead, please speak with the appropriate SWAT board member or attend the next SWAT board meeting to voice your concerns in person. All board meetings are open to the entire membership. The dates and times for these meetings are usually announced on hotline or posted on the swat website.

POOL AND LOCKER ROOM RULES: Swimmers are required to shower before practice. Showers must be shut off when each swimmer is done. Swim caps are required of all swimmers with shoulder length or longer hair. West Allis asks that coaches and observers remove street shoes when observing in the bleachers. Swimmers are expected to display appropriate behavior in the locker rooms and pool areas. Inappropriate behavior will result in the swimmer being dismissed from practice and parents notified by the coach. **NOTE: ALL SWIMMERS ARE REQUIRED TO USE THEIR OWN GENDER LOCKER ROOM. MALE SWIMMERS/OPPOSITE SEX AGE 5 AND ABOVE ARE NOT PERMITTED IN THE OPPOSITE SEX LOCKER ROOM. THERE WILL BE NO EXCEPTIONS!**

PRACTICE GEAR: Swimmers are asked to bring a good fitting, comfortable suit, swim cap and towel to practice. Goggles are highly recommended especially if your swimmer finds the chlorine level in the pool too irritating for their eyes. All pools have permanently installed hair dryers in the girl's locker rooms. For safety reasons, do not bring portable dryers to the pool. Additional gear such as fins, hand paddles, training snorkels and kickboards may be required at each coach's discretion.

TEAM MEET GEAR: All swimmers representing SWAT at a competitive meet must wear a solid black suit. You may choose any style of suit, but the color must be black. Swimmers, who wear a swim cap at meets, are expected to wear a SWAT swim cap. You can be as creative as you like with your practice suits/caps, but are expected to look like part of the team at meets! All team gear including suits, caps, goggles, swim fins, bags and towels can be obtained through the SWAT Gear Coordinator or a sportswear supplier. Any team gear ordered must have Board approval before an order is placed. The SWAT name/logo should not used on items not pre-approved by the Board of Directors.

CLUB GUIDELINES

MEMBERSHIP REQUIREMENTS

A parent or guardian must complete a **SWAT WAIVER**, and **PARENT/ATHLETE CODE OF CONDUCT** form. Family membership and USA fees must be paid before swimmers can begin practicing with the team. Session fees are billed bi-annually and are due by the date indicated on the billing information. A minimum penalty fee of \$5.00 per month is assessed for payments not made on time. If waivers, code of conducts and session's fees are not paid or arrangements made for payment prior to the start of the session, the swimmer will not be admitted to practice. Session fees should be mailed to SWAT Membership, PO Box 20738, Greenfield, WI 53220.

Session fees are not refundable or pro-rated. Should **illness** or **disability** prevent your swimmer from attending practice for a period exceeding three weeks, arrangements can be made with the Office Manager to allow a portion of the session fees to be credited toward the next session. Credits will be allowed pending receipt of a note of explanation from the child's physician.

Family Membership Fee. As a non-profit organization, the By-Laws of SWAT, Inc require that families join the club. A nominal Family Membership fee is therefore assessed each swim *session* and is billed at the same time as session fees. Family Membership fees maintain your club voting privileges, your active membership status and also supports our mailings, web page development and administration.

ESCROW ACCOUNT

Swimmers who compete in swim meets must establish an Escrow Account with SWAT for the purpose of paying meet entry fees. A Fee of \$75.00 (\$50.00 for beginners) is sufficient to start the season. As meets are entered, your swimmers entry fees will be deducted from your Escrow Account.

When the balance in your account reaches a level of less than \$5.00 you will be notified by the Office Manager to replenish your account balance. Should you decide to leave the club, or no longer participate in meets; the balance in your Escrow Account will be refunded to you upon request. Please make your checks payable to SWAT Escrow and mail to SWAT, Escrow Account , PO Box 20738, Greenfield, WI 53220.

PARENT VOLUNTEERS

A successful swim club consists of a great deal more than daily workouts. There are many aspects that the coach cannot personally direct. For that reason, the role of parents is one of the most important factors in the success of our club. Without parental dedication, support and effort the club cannot function. Parents are encouraged to become involved in one or more facets of the program. In addition to participation on the Board of Directors, committees provide an excellent opportunity to become involved. Some of these committees include:

Heat Sheet Ad Committee	Team Mailings & Office Support	Banquet Committee
Fundraising Support Staff	Swim America Program Support Staff	Publicity Articles (local papers)
Kitchen Committee(Meets)	Meet Director for SWAT hosted meets	Handbook Revision/Printing
Phone Tree (emergency pool closings)	Entry Chair for SWAT meets	Copier/Printing Help
Picnic Committee	Team "Spirit" Gear	Newsletter Articles

VOLUNTEER REQUIREMENTS: Our team usually hosts several meets per year. SWAT hosted meets provide considerable revenue that benefits ALL levels of the program in lower fees. Every registered family is required to volunteer at SWAT hosted meets. A 2/3 day meet requires each family to work 2 sessions. For a 1 day meet,- each family is required to work 1 session of the meet. Families may be billed a \$100 Volunteer Fee at the start of the session, which will be credited to your next sessions dues, upon completion of your time commitment. An opt out fee per meet may also be determined by the board. This is one area that your volunteer time is considered mandatory.

By volunteering your services to assist in various club events, you have the opportunity to meet other swimming families, share ideas, have fun, and in the bargain, make a real contribution to the organization. So jump right in...you'll find participation a rewarding experience. Please call the office(262-679-7928) to offer your time and talent to help out in any of the above areas.

PRIMARY COACHING RESPONSIBILITIES

Coaches are responsible for supervising the entire competitive program and for helping your child learn the value of striving to improve oneself... "TO BE THE BEST YOU CAN BE" The coaches must be in total control in the following matters relating to training and competition:

1. The *coaches* are responsible for placing swimmers in practice groups. Placement is based primarily on ability level of swimmers. Age is taken into consideration. When it is in the best interest of a swimmer, **and there is available room at the next level**, the coach will move him to a more challenging training group. Swimmers with a scheduling conflict are allowed to periodically swim at a lower level, but may not step up to a practice above their level, unless instructed by a coach to do so. Usage of time standard criteria and training sets and attendance, may also be used in advancing to Silver and Gold levels:
2. Sole responsibility for stroke instruction and the training regimen rests with SWAT's coaching staff. Each group's practices are based on efficient techniques and training principles and are geared toward the ability levels of that level. Parent's coaching from the side line during practice is distracting and will not be permitted. Only certified coaches are allowed on the deck, pool side.
3. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmers performance. **THE DECISIONS REGARDING PLACEMENT ON RELAY TEAMS IS THE SOLE RESPONSIBILITY OF THE COACHING STAFF.**

MONITORING PROGRESS

It is not uncommon for many competitive youngsters to become discouraged when they attend meets and don't swim as well as they expected. USAS meets are typically attended by good swimmers and are frequently quite competitive. You may wish to keep your swimmer enthused by recording his or her times in a Swimmer Record Book. These logbooks look similar to check registers, and can be found at sporting good stores, which carry swim gear or meets where swimming apparel is sold. These books are designed to allow you to easily maintain a record of your swimmers progress, and can provide almost as much satisfaction as winning a ribbon, especially if the improvement is highly praised.

It's very easy to get caught up in the competitive aspect of swimming; sometimes winning becomes too important to parents as well as child. Don't think of the outcome of a meet in terms of winners and losers. Everyone who competes is a winner; the only losers are the ones who will not even try. Remember, not every child (no matter how great we know they really are) is cut out to be an Olympic swimmer.

SUCCESS

ALWAYS REMEMBER – Success is relative. The criterion most often used to measure success is if a swimmer wins races. This measure to some extent is valid; however, it should not be the only criteria used. A swimmers time which wins in one race may place dead last in another. So much depends upon the level of competition, that perhaps we should view winning as a "fortunate circumstance." A more important factor in evaluating success is the quality of the swimmers effort, and the more objective reality of a "personal best" time.

FUND RAISING

In order to keep registration fees at an affordable level, SWAT runs a combination of fundraisers throughout the year. Monies collected from such activities are used to offset various club expenses. **All** registered families and/or swimmers are required to raise a ***profit*** of at least \$50.00 per session for the club. (Families may choose to opt out and will be billed for the \$50 on next session's dues.) Amounts raised over the \$50 **in profit** is then split 50/50 between SWAT and the swimmers family as a credit on next sessions dues. Fundraising credits are applied to membership dues only and may not be used for family registration or escrow. (Meet entry fees) If you leave the club for any reason, your unused fundraising credit remains with the club and can't be reimbursed to you. No one ever needs to be priced out of the program if they are willing to help with fundraising. During short course our fundraising session is from July 31st to February 1st.. The Long Course session of fundraising begins February 2nd to July 30th.

MEET ENTRY

SWAT is a competitive program and therefore meet participation should be considered a mandatory requirement of our program. Coaches carefully select meets at the beginning of each season that they feel will benefit their level. Some meets may be determined "all team meets". SWAT does allow team members to choose events at meets and has an online program to declare meet entries. Meet information sheets are available on our SWAT website approximately 3 weeks prior to the meet. Pay particular attention to the number of events allowed per swimmer per day and when the meet signup cut off date ends. If you are signed up for a meet and your swimmer is unable to attend, you will be billed for those events plus the splash fee, even if you do not swim. You are expected to provide written exemption to your coach/entry chair if you are not able to attend a meet. As a courtesy, please let the office or coaches know regarding your absence, so that relay swims can be adjusted. Meet signup will be conducted through our on line signup located on the SWAT website. For those who do not have internet access you may call the office during regular office hours. If you have a question regarding whether your swimmer is ready to swim in meets, or swim a particular event, talk to your swimmers coach..

ATTENDANCE AT PRACTICE

Swimmers attending practice are expected to arrive on time (10 minutes before the start of practice) and be ready to follow the direction of the coaches. For the Swim America and Super 8 levels, some free time may be allowed at the end of the session. This time can be used at the swimmers discretion, providing the swimmer is not engaging in rough or rowdy behavior. It is not necessary to send a written note if your swimmer has missed practices. However, you may wish to inform the coach if absence was due to illness and your swimmer is not physically able to give full participation during practice.

PICK UP AND DELIVERY

Parents are asked to schedule their arrival at practice not earlier than 15 minutes prior to the start of the session. Pick up should be scheduled no later than 15 minutes after the session's scheduled finish time. We are able to maintain supervision only within these limits and therefore request your compliance with these guidelines.

CAN I WATCH?

Parents may observe swimmers at practice sessions at anytime throughout the swim year. When observing, we ask parents to remember that the coaches must have complete authority during the proactive session regarding matters of instruction and discipline. Due to the poor acoustics at some of our practice pools, we ask that observers keep their voices down in consideration of the coaches during the practices. We've had occasional complaints that parents are noisier at practices than the swimmers! Coaches are willing to hear any concerns you may have regarding your swimmer, but ask that these issues be discussed before or after the practice session, not during the session. Remember, a coach on deck is also our certified lifeguard. No parent should be monopolizing or distracting coaches during the actual practice session for the safety of all concerned.

The best area for observation is within the pool area itself. Parents bringing younger siblings to practices must be responsible for keeping those children with them at all times. They may not play unsupervised in halls or any other part of the building. Please instruct them to keep away from the pool edge and not play with the kickboards or other floating devices. Children should also be instructed not to

run on the pool deck or locker room. The ceramic tile becomes extremely slippery when wet. This may result in a fall or other injury. Such activities on deck distract both the coaches and swimmers alike.

BETWEEN PARENT AND COACH

A successful swimming program requires a sufficient level of understanding and cooperation among parents, swimmers, and coaches. The progress your swimmer makes depends in large part on how well this triad functions. As in any relationship, we know there will be times of frustration and doubt as well as elation and success. With this in mind, we ask you to give careful consideration to the comments, which follow.

You, as a parent have created the growth environment for your child. Your child is a product of your values, training and example. Most of us as parents have hopes, aspirations and expectations for our children, and at times these factors impair our objectivity in matters concerning our children. Make sure that win, lose, scared or heroic your child knows you value their efforts and are not disappointed in them. We hope the guidelines below will help you keep your child's development in proper perspective.

THE PACE OF DEVELOPMENT IS UNIQUE

Every individual learns at a different rate and responds differently to the various methods of teaching skills. The slower learner will take more time to achieve these skills, and this requires more patience on the part of parents and coaches. Try to be completely honest about your swimmers athletic ability, competitive attitude, their sportsmanship and skill level. All parties concerned must remember that the swimmers ultimate potential has nothing whatsoever to do with how fast a swimmer acquires the various skills involved.

YOU MAY GET WORSE BEFORE YOU GET BETTER

When an athlete first joins the team and starts practicing, it is possible for him/her to worsen rather than improve. It takes a great deal of a swimmers attention to master stroke drills. These new sets of habits are the basis for later improvement. As training proceeds, additional stress is placed upon the muscles, which will at first break down, and then gradually strengthen to improve performance.

PLATEAUS ARE INEVITABLE

Plateaus will occur at one time or another in every swimmers career. Plateaus occur in both competition and in training. It is important to explain to the swimmer that plateaus occur in all fields of physical learning. The most successful swimmers are those who work through this momentary delay in improvement.

INCONSISTENCY

Ten and under swimmers are the most inconsistent in terms of performance. These inconsistencies can be frustrating for parents, coach and swimmer alike! We must be patient and permit these youngsters to learn to enjoy the sport.

COMPETITIVE DRIVE

Parents must realize that slow development of competitive drive at an early age is normal, and perhaps even more desirable than a precocious or forced early development. It is important that swimmers learn to compete and develop some competitive spirit. The spirit of competition, however, can be overdone. Avoid comparing your child to his nearest competitors; this creates vendettas within the team and swimming community and often leads to poor sportsmanship and feelings of low self-esteem.

STRESS, DISAPPOINTMENTS, FEEDBACK

It is valuable for children to learn to adapt to reasonable levels of emotional stress including disappointment. The small disappointments we experience as children prepare us for those we must handle as adults. The swimmer can experience stress when constructive criticism is offered on his/her performance. Remember that this is the coach's job...yours as parents is to offer love, support recognition and encouragement as needed. Young swimmers need to feel good about them selves and parents are in the most powerful position to achieve this. Swimmers who receive constant negative feedback from parents will soon lose interest in the sport. In swimming as in life, nobody can win or succeed all the time there will be some disappointments.

INFECTIOUS ATTITUDES

Parent's attitudes "rub off" on children. Children continuously and subconsciously absorb your feeling and biases on many topics. If you want your swimmer to be motivated, you should be enthusiastic about taking your child to practices and meets, participate in fund raising projects and in general become involved with the club. Remember particularly in the case of younger swimmers, the attitude, behavior and outlook of parents on the sport of swimming has a great effect on the child.

DON'T FORCE THE ISSUE

Be sure that your child swims because he/she wants to swim. Self-motivation is the best stimulus for success. One exception to this rule is the Swim America program, where the development of basic swimming skills is more of a safety issue. (In that case, parents need to exercise their role as a parent and do what is in the best interest of the child.)

THE COACH IS ALWAYS RIGHT

If you have any questions regarding your child's training or team policies, contact the coach. Questioning the coach in front of the swimmer undermines the coach's authority and impairs the swimmer-coach relationship, which is critical for success. Differences of opinion are always best dealt with in private. Always remember that children tend to exaggerate both when praised and when critiqued. Temper your reaction and investigate before over-reacting. **Confrontations on deck between parents/coaches will not be tolerated and will be treated as a breach of the signed code of conduct.**

SPORTSMANSHIP IS FOR PARENTS TOO!

No parent should behave in such a way as to bring discredit to the swimmer, coaching staff, the team or the sport. Any disagreement with a meet official should be brought to the attention of the coach, and handled by the coach.

TEN COMMANDMENTS FOR PARENTS:

I. Thou shalt not impose your ambitions on thy child. Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do their personal best.

II. Thou shall be supportive no matter what. There is only one question to ask your child "Did you have fun?" If the sport is not fun, your child should not be forced to participate.

III. Thou shalt not coach your child. You have taken your child to a professional coach, do not undermine that coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer/coach bond from forming.

IV. Thou shalt only have positive things to say at a swimming meet. If you are going to show up at a swimming meet, you should cheer and applaud, but never criticize your child or the coach.

V. Thou shalt acknowledge thy child's fears. A first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it.

VI. Thou shalt not criticize the officials. If you do not have the time or the desire to volunteer as an official, don't criticize those who are doing the best they can.

VII. Honor thy child's coach. The bond between coach and a swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child or any swimmer, it will only serve to hurt that child's swimming.

VIII. Thy child shalt have goals besides winning. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact, I am very proud of that swim."

IX. Thou shalt not expect thy child to become an Olympian. There are 225,000 athletes in U.S. Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are 1 in about 4,300. Swimming is much more than just the Olympics. Ask your coach why he/she coaches. Chances are, he/she was not an Olympian, but still got enough out of swimming that he/she wants to pass that love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medals they may have won. Swimming builds good people and you should be happy your child wants to participate.

X. Be involved with your child's activities and supportive of the volunteers giving up their time to improve and help your club. In this day and age, parent-child time is decreasing. There are many club jobs or activities that need volunteers for meets or daily functions. By getting involved in your child's club you will help the team function better, your child will see that you're interested in their interest and you get to make new friends while spending more time with your child.

GENERAL INFORMATION

USA SWIMMING REGISTRATION

SWAT is a United States Swimming (USAS) team, which means we are a sanctioned club and as such must operate according to the rules and regulations established by the head USAS board. All competitive level swimmers **must** be registered with USAS. The business manager collects the fee and handles the registration based on information gathered from your completed waiver form. Our insurance requires a new and updated waiver at the start of each session in order provide insurance to each registered swimmer.

The USAS fee includes personal injury and liability insurance for your swimmer when he or she is participating in our club related activities. USAS Registrations must be renewed each year through the club. This is typically done in the fall, for the upcoming season beginning January 1st. For more information on swimmer registration or policy coverage, contact SWAT's Office Manager (262 679-SWAT). Your USS Number consists of your swimmer's birth-date, first three letters of your first name, middle initial, and the first four letters of your last name. Ex: Dale W Schrank, 6/2/53 -060253DALWSCHR.

SWIMMING PUBLICATIONS

SPLASH magazine, which is offered through USAS, is published 6 times per year and is written for those swimmers who are interested in improving their skills and techniques and learning more about their sport. This publication is mailed free to all registered USAS swimmers.

MEMBERSHIP LIST

All swimmers and their families are listed on a SWAT membership list. The list contains each family's telephone number and address as well as each swimmers name and level. Each session a revised list is handed out to all families. If for any reason you prefer not to be listed, please inform our Office Manager at time of registration. Please inform the office of any changes to this information so that our records are correct and current.

WAIVER

During registration, you signed a form called a **Waiver For Admission** containing pertinent family information and emergency telephone numbers. It is important to keep this information current. Please notify the office manager of any changes. We do try to email meet info, calendars etc, so please provide and keep current and changes to your email account.

MAILINGS

Part of your Family Membership Fee pays for the registration and fundraising mailings you receive from SWAT throughout the season. Updated meet or practice schedules will usually be provided on the website. Parents who do not have internet access need to request hard copy mailings from the office.

MAIL

All mail directed to the club should be mailed to: **SWAT c/o Cindy Budnik W172 S7707 Lannon Drive, Muskego, WI 53150**

ABSOLUTELY NO CHECKS OR CASH SHOULD BE GIVEN TO THE COACHES AT ANY TIME.

SWIM SESSIONS

The swim year is divided into two sessions:

Short Course: Mid-September through February, (competition is at 25-yard pools)

Long Course: April through July (competition is mainly at 50-meter pools)

We generally have a one-month break in March and again in August. The Swim America lessons program has a 3 week session in March and during the summer from mid-June through July due to limited pool availability.

COMPETITION AND MEETS

Swim Meets are organized events where swimmers from different clubs get together to compete against one another. Swim meets may be one or two days in length and are usually held on weekends at local pools.

Each summer and winter, swim clubs in the state set the dates and locations of their meets for the Short Course (winter) and Long Course (summer) sessions. From these schedules, your Coaches and the Board Members determine which meets will be considered Team Meets. Team Meets are those meets which swimmers are expected to attend as a team and full participations is solicited. SWAT swimmers may participate in other meets, although the opportunities for relays may be limited due to lack of full team attendance.

WHEN ARE SWIMMERS READY FOR MEETS?

Meet participation depends upon several factors including your swimmers interest and desire for competition as well as their level of ability. When in doubt, ask the coach if your swimmer is ready. Generally, swimmers at the Penguin level can participate successfully at meets. 8 & Under meets are best suited for the younger swimmer, especially when the events are broken into 6 & Under, 7, and 8 year old categories. In a typical open meet, swimmers under the age of 7 are usually less successful because they are competing against older children. If you received meet information, and are not sure about entering your swimmer, talk with the coach. He/she will give you direction as to the readiness of your swimmer and the events to consider.

TYPES OF MEETS SWAT ATTENDS

CLASSIFIED AGE GROUP MEETS- There are seven age groups in USS swimming: 8 & Under, 10 & Under, 11-12, 13-14, 15-16, and 17-18. The latter two may be combined under the classification Senior or 15-18. The Senior age group includes any age USS registered swimmer who has achieved the prescribed qualifying time for the event. The swimmers age on the first day of the meet governs the age group for that meet.

Within each age group there are different “ability levels” or “classifications”; C, B, A, AA, AAA, and AAAA. Time Standards for each classification are established each year by USS and by the Indiana Swimming Committee. In order to swim in a certain classification, a swimmer must have competition on all levels. In many cases, a swimmer is in a different class in each stroke (i.e. “C” breaststroke, “B” freestyle, etc.)

Meet Host Clubs define how their meets are structured for award purposes. You may see meets classified as A+B+C, which means that separate events are held for each class of swimmers. For a C or B swimmer this type of meet is preferable to the one class A-B-C meet where all swimmers compete as one class.

DUAL MEETS- Occasionally SWAT will compete with one other team in a dual meet. These meets help promote team unity and allow swimmers to compete at a low cost or no cost per event. Such meets usually limit the number of events a swimmer may swim.

AGE GROUP TEAM MEETS- Occasionally coaches will designate certain meets as a Team Meet for an age group. For example, the Gold/Platinum swimmers may attend a meet only for long distance events, even though other events are offered over the weekend. At that same meet, the 8 & Under group may attend as a Team Unit. In this manner, coaches can better focus on the various age groups throughout the year.

STATE CHAMPIONSHIPS- At the end of each short course (Winter) and Long Course (Summer) season, a State Age Group Meet and Senior State Meet is held. These meets are recognized as the State Championships. It is an exciting climax to the season for all qualified swimmers. These are two meets per year that are mandatory for all swimmers that meet the qualifying time standards necessary to compete.

ZONE C CHAMPIONSHIPS-This meet is an important meet held at the end of each Long Course season. The Zone C Championship is the culmination for the season for most swimmers. A time of AAA or better is required to swim at this level of champion competition. Swimmers achieving AAA times go on to represent the State of Wisconsin as a unified team, rather than their individual swim clubs.

USS NATIONAL CHAMPIONSHIPS -Other than Olympic Trials and the World Championships Trials, each of which is held once every four years, the highest level of competition in the United States for our senior swimmers is the USS National Championships. Swimmers who meet the national time standards travel to compete against America’s best swimmers. By their performance in these meets, swimmers often qualify for United States teams that engage in international competition.

TRAVEL MEETS- As a point of policy, SWAT does try to offer one “out of town” meet every long course (summer and short course (winter) season. These meets do wonders to promote team moral and to help parents become better acquainted with other parents in the program.

GENERAL INFORMATION ON USS MEETS

Short Course and Long Course meet schedules are posted on the website or emailed to family members via your coach. Extra copies can be obtained from coaches if you are not able to access from the website. Please retain your schedule for the swim season. Specific meet information is usually available 2/3 weeks in advance of a given meet. The meet information details the events which will be offered, the dates, time and place, the number of events allowed per swimmer, the fees per event and the awards given to the swimmers and club. Our coach usually indicates additional information such as TEAM MEET, RECOMMENDED FOR 8 & UNDER, etc. **It is the swimmer/parents responsibility to choose the meets and individual events in which your swimmer will participate.** SWAT has an on-line entry service that is easy to use, and allows for multiple changes up until the sign up cut off date. New families will have a username and password emailed to them to set up their accounts. Entries may also be called in to the office by the deadline indicated on the meet information sheet. Events may also be emailed to swatsteam@wi.rr.com if you miss the required deadline. Your Escrow Account will be billed for the appropriate fee based on the number of events your swimmer entered. Once we have mailed meet fees to the host club, your account is billed whether you are able to swim that meet or not. We encourage you to track your entries/relay swims to make sure your account is correctly billed by the office manager and host team.

Parents are responsible for transportation of their swimmer to and from the meet. Swimmers must report to the meet early for a team meeting which is usually held before warm-up practice. This meeting allows the coaches to set up relay teams based on the number of swimmers present at the meet. For swimmers scheduled to swim in the afternoon or PM sessions, an approximate timeline is usually available through our SWAT hotline (414-299-9428) the day before the meet. If the host time provides a written timeline we will also post it on the SWAT website.

WHAT TO EXPECT AT A MEET: There is usually an admission fee collected by the sponsor team at the door. A heat sheet may be included with the admission fee or charged for separately. The heat sheet is a program of the events for the entire meet for the day. Swimmers are listed within each event by their seedtime (the best time they have achieved when swimming that event). The seed order in the event is always slowest to fastest. Swimmers will swim in-groups of 6-10 (depending upon the number of lanes in the pool). These groups are called “heats”. Hence the term heat sheet.

In a meet that functions with a Clerk of Course or Staging Area the swimmers will be physically organized according to their seedtime. This is done by the Clerk of Course in an area called Staging. Staging may be done on the pool deck or in a separate room outside the pool area, such as the gym. Typically announcements are made to alert swimmers that a specific event number is being staged. It is important that a swimmer be in Staging by the last call for his/her event. If the swimmer is not in Staging on time, he/she may be “scratched” or eliminated from the event. **TIP FOR PARENTS OF YOUNGER SWIMMERS:** In order to ensure that you and your swimmer are aware of the event numbers he/she will be swimming that day, it is suggested that you scan the heat sheet, and record your swimmers event numbers in ball point pen/permanent marker on your swimmers hand. (Felt tip pens are not recommended since the ink bleeds when wet.) By marking your swimmers hand, both you and your swimmer should be able to ensure that events are not missed. The first few times your swimmer needs to go to Staging, you may wish to accompany him/her. After that, the independent swimmer may want to go alone. If you find that your swimmer is missing events, you may need to escort your swimmer to the Staging area.

In Staging, your swimmer may receive a seed card for the event from the Clerk of Course. Swimmers are then seated in seed order and are asked to remain seated until it is time for their event. Swimmers should be instructed that unless asked by the Clerk of Course to move, they should remain seated and not exchange places with anyone. (Last minute changes sometimes require that the Clerk of Course revise the order of swimmers.) Your swimmer must hold onto his/her seed card until he/she is in the pool and standing at the blocks. In a Pre-Seeded meet, there is no staging area or Clerk of Course. This does help to speed up the meet but it does, however, put more responsibility on the parent and the swimmer. Swimmers in pre-seeded meet need to figure out not only what event but also which heat and lane they are swimming. This information is all available in the heat sheet.

SWIMMER RESPONSIBILITIES AT MEETS

1. SWAT swimmers whether in “uniform” or not, represent our Club. Your behavior is a reflection on our team. Let your actions demonstrate the pride you have in SWAT and the respect you have for others. Support your team members by cheering their efforts, in relays as well as individual events. (This includes parents observing as well).
2. Be on time for warm-ups. Swimmers need to be dressed in SWAT gear and behind the blocks 10 minutes before the start of warmups. This helps coaches control the lanes and keep SWAT’s swimmers together. Coaches are taking attendance and determining who is available to swim relays. Relays are often the first event at some meets and coaches need to turn in relay cards in a timely fashion. Please make sure your swimmer is there on time and checks in with the coach.
3. As per USAS Insurance Guidelines, it is mandatory that swimmers and parents alike stay off the deck unless they are competing and serving in an official capacity. Some teams are vigilant in enforcing this due to the pools or school districts restrictions. Please be understanding and comply with the host team rules.
4. All questions swimmers or parents have concerning meet results, an officiating call, or the conduct of the meet should be referred to the coaching staff.
5. With regard to which events a swimmer competes in, the coaching staff shall have the final word. SWAT team member should never scratch an event without first consulting with one of the coaches.
6. **In a meet with preliminaries and finals, it is expected that any SWAT swimmer qualifying to swim in the finals will do so.**

Important Point! Never leave a meet without checking with coach. The swimmer may have a relay event that they are entered in. Because relay events are composed of four swimmers per relay, if someone leaves early, three other swimmers may be waiting for an event that they will never get to swim. **Always** check with the Coach before leaving!

WHAT DO I BRING TO A MEET?

Pool areas are usually warm and humid. Regardless of the time of year, it is suggested that you wear clothing that is cool and comfortable. When attending a meet you should plan on bringing the following items:

ESSENTIALS:

Two towels; one for drying between events and one as “back up”

Change of clothing (label all garments)

Slippers or rubber soled sandals to wear outside the pool area (to avoid foot infections)

Warm-up suits or sweats to wear between events. Preferably SWAT gear with SWAT logo.

SWAT swim cap & goggles if your swimmer prefers to wear them (label them)

Ball point pen or permanent marker for marking events on hand

Sleeping bag/blanket: used by youngsters for lounging on between events

Water Bottle or Sports drink. (It is essential to your swimmers performance to keep well hydrated)

OPTIONAL:

Combination lock for locker room

Although most meets have a kitchen which sells food and beverages you may find it cost effective to pack your own lunch and snacks

Clipboard (it’s not easy to write on your lap)

Highlighter pen for your Heat Sheet

Stopwatch (swimmers sometimes err in reporting their times to parents. You may want to time your swimmer on your own.)

Padded seat cushions

Soap, shampoo

Baby powder (great for preventing your swimmers latex cap from sticking to itself and becoming a balled mess.)

DRYLAND TRAINING:

Proper warm-up and warm-down exercises are important to the prevention of injuries, especially those involving the shoulder. For this reason, warm-up/warm-down exercises should be performed before and after training. Due to our limited practice time, it will be the swimmers and parents responsibility to ensure the athlete is at practice and meets early enough so that they can individually complete their stretching and still be ready at the start of warm-up.

Dryland Benefits Dryland training improves three vital areas of swimming. They are:

- **Strength** – This allows us to move objects with little or great efforts, depending on our strength limits. we usually improve strength through a series of weight training exercises. If you want to be a strong swimmer, it is important that you concentrate on three different methods of training. One method is the exercises which mimic those same movements in the water. A second method concentrates on the major swimming muscle groups used in swimming. Finally, we must train for muscular development in order to prevent injury.
- **Flexibility** – This is the measurement of the range of motion for each joint in the body. Several methods of stretching will ensure the maximum flexibility. A reduction of flexibility will have a direct impact on stroke techniques and limit your improvement. Stretch before, during and after all athletic activities. Stretching joints to obtain unusual flexibility serves no purpose and may be harmful to swimmers. As children get older, they will naturally lose some flexibility. Stretching is not a contest; the level of swimmer's flexibility should not be compared. Rather, emphasis should be placed on warming up the muscles.
- **Aerobic Conditioning** – This improves your stamina by targeting a specific heart rate while training. All sets will require a good amount of effort on your part. Sweat is good!

Stretching vs. Proper Warm-up

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

In addition to the muscles, joints must also warm up. Before any athletic activity, joints should be put through a gentle range of motion. A warm-up lubricates the joints, tendons and ligaments surrounding the joint. Warm-up may lessen tendon and ligaments' injuries.

Besides dryland stretching, all practices and meets for swimmers should begin with a swimming warm-up that consists of easy swimming of various strokes to accomplish the same principles. Swimmers who are late for practice or do not stretch before the practice lose the benefits of stretching and warming up properly and may run the risk of muscle tightness, soreness or injury.

In conclusion, do understand that stretching exercises do not necessarily warm you up. Their purpose is to relax and lengthen the muscle through stretching and, eventually, to increase flexibility. Warm-up on the other hand, serves to increase blood flow, elevate the temperature of your muscles, and lubricate the joints via joint fluids. It also increases your heart rate, respiratory rate, and oxygen uptake.

Procedure

The following exercises are performed individually (not with a partner). The goal is to put each joint through the normal range of motion used while swimming. You should begin to feel yourself "limber up." The exercises should feel good; do not force your muscles or joints to the point of pain. If you experience pain during these exercises, you are probably injuring your muscles or ligaments.

Stretching and Flexibility are such important components of a swimmers training. However, with our limited pool time, it is often difficult to find time to fit these in to a proper warm-up and cool down. Encourage your swimmers to try some of these at home, and enjoy some quality time together while getting in a little workout yourself!!!! Sets requiring weights or a bench can be modified for the deck or just stretching without weights. (Use of weights not recommended before age 13) Here are some very good stretches that are recommended for swimmers of all ages. Make sure that all stretches are done slowly and not to any pain. These stretches should be done before and after all practices and meets.

Each exercise is held for a ten second count and should be repeated three times on each side. Never bounce while doing the exercises as bouncing may injure the muscles or ligaments. Breathe normally and relax while performing these exercises, letting them calm you.

Trunk Rotation: Sit on the floor. Leave left leg straight in front on the floor, bend the right leg at the knee. Place the foot of the right leg on the outside of the outstretched leg. Turn your trunk toward the right knee and place the right rotating arm palm down on the floor. Slowly rotate toward the right arm position while maintaining an upright trunk posture. Hold for a count of ten and repeat four times. Reverse and perform four times on the other side. This exercise helps maintain and improve the muscles of the trunk and lower back. It is valuable in flip turns and alternate breathing patters. It will also help prevent back difficulties.

Circle Sit Adductor Stretch: Sit on the floor and place your feet together. Bend your knees to 90 degrees. Slowly separate your knees until they begin to approach the floor. When your knees are as far apart as possible, gently press down on your knees and hold for a count of ten. Repeat four times.

Hamstring Warm-up: Sit with one leg straight. Bend the opposite knee. Place sole of your foot touching the inside of the straight leg. Now bend forward at the waist toward the foot of the straight leg. Keep the leg straight and toes up. Hold for a count of ten, feeling the stretch in the hamstrings. Repeat four times on each side.

Lumbar Warm-up: Sit with your legs straight and your toes pointed towards the ceiling. Reach down and feel an easy stretch. Make sure you keep your toes up and do not let your legs roll to the outside. You will feel the stretch just behind the knees. If you are unable to reach your toes, try to grab your ankles. Hold for a count of ten and repeat four times.

Achilles Tendon Warm-up: Stand approximately 12 inches away from the wall straight in front of you. Place both hands on the wall. Move one foot slightly in front of the other. Bend both knees, keeping most of your body weight on your rear foot. Keeping both heels on the floor, lean your body slightly forward. You should feel the stretch in the Achilles tendon. Hold for a count of ten and repeat four times on each leg.

Gastrocnemius Warm-up: Place both hands on a wall in front of you shoulder height, and move one leg forward bent-knee position. Keep your rear leg straight at the knee and in line with your body. Keeping the rear heel flat on the floor, slowly move your body forward toward the wall by increasing the bend in the forward knee. Hold for a count of ten. Perform four repetitions on each leg. This exercise helps prevent injury, enhances performance in the breaststroke kick recovery and improves the foot position in the breaststroke kick. It also allows you to lean forward on the blocks without the heels losing contact with the surface.

Shoulder Reach: With your legs bent under you, reach your arms straight forward, placing your palms on the floor. Lean towards the floor with your body and pull back with straight arms. Press down slightly with your palms. Hold for a count of ten. Repeat four times.

Rotation Shoulder Reach: Same position as previous stretch. Rotate the body 45 degrees. Pulling with just one arm intensifies the stretch on either side.

Triceps Warm-up: Bend your elbow as fully as possible so your hand rests on the shoulder blade of the same arm. Place the back of the elbow on a wall at the forehead level or above. Keeping the hand in a stable position, gently lean sideways toward the wall. Hold for a ten count. Repeat exercise four times on each side. Because a strong triceps muscle helps to extend the elbow quickly for a strong finish, this exercise is important to all four strokes. In breaststroke, the triceps allows for a quick finish in the recovery reach.

Latissimus Warm-ups: Stand with one forearm resting on the head. Raise the opposite arm, allowing the hand to pass behind the raised arm. Cup the elbow of the raised arm. Slowly pull the elbow toward the ear and lean the body in the direction that the arm is being pulled. Hold for a count of ten. Repeat four times on each side. The latissimus muscle is a key component in the propulsive phase of all four strokes. Strength, flexibility and endurance in this large upper trunk muscle helps position the arm to achieve maximum efficiency in the power phase of propulsion.

Posterior Deltoid and Rhomboid Warm-up: While standing, reach one arm across the chest, allowing the fingers to touch the opposite shoulder. Reach the hand of the other arm under the outstretched arm and cup the elbow with an open palm grasp. Slowly pull the elbow toward the opposite shoulder until you feel a stretch in the posterior shoulder and scapular region. Hold for a count of ten. Repeat four times with each arm. This exercise readies the posterior deltoid and scapular muscles for training. These two sets of muscles are important in maintaining a high elbow during freestyle and butterfly recovery. This exercise also allows correct hand entry in backstroke. The muscles used will help maintain correct arm position in the propulsive phases of all strokes, allowing maximum propulsion from a high elbow.

Quadriceps Warm-up: Stand with the feet together and a chair or wall for support. Bend your left knee until your left hand can grab the ankle. Keeping your back straight, pull the ankle toward your body until the quadriceps muscle becomes tight. Hold for a count of ten and relax. Repeat four times on each leg.

Anterior Deltoid Stretch: Stand with your back straight, facing a wall. Lift one arm and place your hand against the wall at shoulder height. Keeping feet stationary, slowly turn the chest away from the wall and away from outstretched arm while maintaining hand contact. Hold for a ten count. Repeat four times on each side. This exercise is important for freestylers and butterflyers as the anterior deltoid plays a key role in hand entry and recovery. It is also important in the final one-third of the backstroke propulsive phase. Due to its primary role as an internal shoulder rotator, the anterior deltoid is important in priding protection for the biceps's long tendon.

Leg and Adductor Warm-up: Sit with legs apart in a comfortable position. Face straight ahead and bend forward at the waist with legs straight. You may feel this stretch in the groin, hamstring and low back muscles. Hold this for a ten count, repeating four times.

Anterior Shoulder/External Rotator Warm-up: Stand next to a wall, arm pointed downward at a 45 degree angle, forearm along the wall. Step away from the wall, leaving your elbow in a stationary position. You should feel the stretch in the anterior aspect of the shoulder. Hold stretch for a count of ten and repeat four times each side.

ABDOMINAL EXERCISES: Here are a variety of abdominal exercises for swimmers to help improve posture, strength and endurance. By doing these correctly, they will improve their starts, turns, swimming position and everyday posture of the spine. These exercises may be done by swimmers of all ages and may be done at home. A good time to do them in sets are during commercial breaks of your favorite TV show or right before you go to sleep at night. You must concentrate on each of these exercises as you are performing them to get full benefit from them.

Side (Oblique) Abdominal:

1. **Side Bends** - Stand straight with your feet shoulder width apart. Grasp a light dumbbell in each hand and allow your arms to hang comfortably at your sides, palms facing your body. Now slowly bend to your left side, keeping the dumbbell close to your side of your left leg, until you feel a comfortable stretch on the right side of your torso. Slowly, raise yourself back to the starting position. Repeat this exercise to the left side 12-15 times, then bend to the right for the same number of repetitions. If you feel any stress on your lower back, stop immediately.

2. **Lying Side Crunches** - Lie on your back with your knees bent, feet flat on the floor. Place your right hand on your stomach and your left hand behind your head, lightly touching it. Keeping your left arm stationary, slowly curve your upper body to the left as far as if you were forming a giant fishhook. (Your left elbow will then point out to the side.) Keep your elbow close to the ground during the exercise to isolate the obliques. Hold for 2 seconds, then return to the starting position. Repeat the movement 12-15 times then switch sides.

3. **Standing Bent-Over Twists** - Stand straight with your feet wider than shoulder-width apart, knees unlocked. Place a broom handle or light bar across your shoulders, gripping it wider than shoulder width apart. With your back straight, bend forward comfortably from the waist (5 or 6 inches should be enough). Keeping your hips stationary, slowly twist to the left, bringing your right elbow toward your left knee. Your left elbow will rise above your left shoulder. Holding for a moment, then twist all the way to the right. Twist to each side 20-30 times.

4. **Double Side Leg Raises** - Lie on the floor on your left side and place your right hand lightly behind your right ear, pointing your elbow toward the ceiling. Your left arm will point straight out in front of you to balance your body. Your legs should be straight, with your knees together and the sides of your shoes touching. This is the starting position. Next slowly raise both legs straight off the floor as high as you can, lower them until they are lightly touching the floor. (Do not rest them at the bottom of the movement or you will remove the tension that's being placed on your obliques.) Do 12-15 repetitions, then switch sides.

5. **Side Crunches** - Lie on the floor on your left side with your legs and feet together. Bend your knees and bring your legs toward your chest until your thighs are perpendicular to your torso. Place your left hand on your right side -- this will allow you to feel the oblique muscles working -- and your right hand behind you, lightly touching your head. Make sure you do not pull your head forward throughout the exercise. Now, in a crunchlike motion, curl your torso and shoulder off the floor and toward your right hip. Hold this position for a moment, then slowly lower your torso until it barely touches the floor. Try doing 12-15 repetitions, then switch sides to hit your left obliques.

Lower Abdominal:

1. Vertical Bench Alternate Leg Raises - Support yourself on a vertical bench. Work your legs alternately by bringing your knee up to your chest. As one leg comes up, the other is going down. Do not pause at the top, or the bottom, keeping your legs moving continuously. Remember to bring your knees as high as possible.

2. Hip Tuck Crunches - Lie on your back on the floor, with your feet up on a bench or against a wall. Place hands at the sides of your head. Raise your head and shoulders up, while simultaneously lifting your pelvis. Feel the contraction of the abs as the upper and lower body "crunch" together. Flex abs even harder at top, then relax back to the start position.

Upper Abdominal:

1. Toe-Touch Crunches - Lie on your back, on the floor, with your arms straight over your head and legs extended straight up. While keeping your legs straight, sit up by reaching upward with your hands and try to touch your toes with your fingertips. Pause slightly at this point, flex abs hard, then relax and return to the starting position. If this is difficult, try stabilizing your legs against a wall.

2. Seated Leg Tucks - Sit on a bench, grasping the edges for support. With knees bent, raise your legs slightly and then straighten your legs, leaning backward as balance requires. Now lift your knees up towards your chest, keeping your lower legs pointed downward, and flex your abs really hard. Keep continuous tension on the abs throughout this movement.

The "Perfect" Crunch -The following is the ideal position and action for the perfect crunch.

Arms -Cross your arms on your chest, touching your shoulders with the tips of your fingers. Rest your elbows comfortably at your sides, keeping them relaxed. Do not tighten or use your arms to gain momentum.

Back - Keep your back as flat as you can against the floor. Arching your back not only puts a strain on the lower part of your spine, it also helps take strain off your midsection, removing much of the benefit from the exercise.

Legs - Keep your legs bent at a 45-degree angle, 3-4 inches apart. This position forces you to use your abs exclusively.

Feet - Your feet should be flat on the floor and 6-8 inches away from your buttocks. Moving your feet further away from your torso will cause your back to bow and could result in injury.

Neck - Keep your neck relaxed, your chin slightly tucked in toward your chest. As you reach the up position, your eyes should be looking about 2 feet above your kneecaps.

Shoulders - Slowly curl your torso upward. Your shoulder blades should never come more than 4-6 inches off the floor.

Stomach - You should feel the contraction of your abdominal muscles throughout this exercise. If you are doing it right, there will be a burning sensation in your midsection after the first few crunches.

Knees - Check your knees throughout the repetition to make sure they're not touching.

Toes - Be sure your toes are flat on the floor. Pointing your toes upward pushes your heels into the floor, tightening your calves and working hip-flexor muscles, not abdominals.

The Action: Lift your shoulders and upper back just off the floor, not your whole torso. Spend 10 seconds easing upward and 10 seconds easing downward. The slower you go the more muscle fibers you call into play and the more defined you will get. Do three sets of 10 to 15 crunches with two minutes between sets.

Trunk Rotation: Sit on the floor. Leave left leg straight in front on the floor, bend the right leg at the knee. Place the foot of the right leg on the outside of the outstretched leg. Turn your trunk toward the right knee and place the right rotating arm palm down on the floor. Slowly rotate toward the right arm position while maintaining an upright trunk posture. Hold for a count of ten and repeat four times. Reverse and perform four times on the other side. This exercise helps maintain and improve the muscles of the trunk and lower back. It is valuable in flip turns and alternate breathing patters. It will also help prevent back difficulties.

Circle Sit Adductor Stretch: Sit on the floor and place your feet together. Bend your knees to 90 degrees. Slowly separate your knees until they begin to approach the floor. When your knees are as far apart as possible, gently press down on your knees and hold for a count of ten. Repeat four times.

Hamstring Warm-up: Sit with one leg straight. Bend the opposite knee. Place sole of your foot touching the inside of the straight leg. Now bend forward at the waist toward the foot of the straight leg. Keep the leg straight and toes up. Hold for a count of ten, feeling the stretch in the hamstrings. Repeat four times on each side.

Lumbar Warm-up: Sit with your legs straight and your toes pointed towards the ceiling. Reach down and feel an easy stretch. Make sure you keep your toes up and do not let your legs roll to the outside. You will feel the stretch just behind the knees. If you are unable to reach your toes, try to grab your ankles. Hold for a count of ten and repeat four times.

Achilles Tendon Warm-up: Stand approximately 12 inches away from the wall straight in front of you. Place both hands on the wall. Move one foot slightly in front of the other. Bend both knees, keeping most of your body weight on your rear foot. Keeping both heels on the floor, lean your body slightly forward. You should feel the stretch in the Achilles tendon. Hold for a count of ten and repeat four times on each leg.

Gastrocnemius Warm-up: Place both hands on a wall in front of you shoulder height, and move one leg forward bent-knee position. Keep your rear leg straight at the knee and in line with your body. Keeping the rear heel flat on the floor, slowly move your body forward toward the wall by increasing the bend in the forward knee. Hold for a count of ten. Perform four repetitions on each leg. This exercise helps prevent injury, enhances performance in the breaststroke kick recovery and improves the foot position in the breaststroke kick. It also allows you to lean forward on the blocks without the heels losing contact with the surface.

Shoulder Reach: With your legs bent under you, reach your arms straight forward, placing your palms on the floor. Lean towards the floor with your body and pull back with straight arms. Press down slightly with your palms. Hold for a count of ten. Repeat four times.

Rotation Shoulder Reach: Same position as previous stretch. Rotate the body 45 degrees. Pulling with just one arm intensifies the stretch on either side.

Triceps Warm-up: Bend your elbow as fully as possible so your hand rests on the shoulder blade of the same arm. Place the back of the elbow on a wall at the forehead level or above. Keeping the hand in a stable position, gently lean sideways toward the wall. Hold for a ten count. Repeat exercise four times on each side. Because a strong triceps muscle helps to extend the elbow quickly for a strong finish, this exercise is important to all four strokes. In breaststroke, the triceps allows for a quick finish in the recovery reach.

Latissimus Warm-ups: Stand with one forearm resting on the head. Raise the opposite arm, allowing the hand to pass behind the raised arm.. Cup the elbow of the raised arm. Slowly pull the elbow toward the ear and lean the body in the direction that the arm is being pulled. Hold for a count of ten. Repeat four times on each side. The latissimus muscle is a key component in the propulsive phase of all four strokes. Strength, flexibility and endurance in this large upper trunk muscle helps position the arm to achieve maximum efficiency in the power phase of propulsion.

Posterior Deltoid and Rhomboid Warm-up: While standing, reach one arm across the chest, allowing the fingers to touch the opposite shoulder. Reach the hand of the other arm under the outstretched arm and cup the elbow with an open palm grasp. Slowly pull the elbow toward the opposite shoulder until you feel a stretch in the posterior shoulder and scapular region. Hold for a count of ten. Repeat four times with each arm. This exercise readies the posterior deltoid and scapular muscles for training. These two sets of muscles are important in maintaining a high elbow during freestyle and butterfly recovery. This exercise also allows correct hand entry in backstroke. The muscles used will help maintain correct arm position in the propulsive phases of all strokes, allowing maximum propulsion from a high elbow.

Quadriceps Warm-up: Stand with the feet together and a chair or wall for support. Bend your left knee until your left hand can grab the ankle. Keeping your back straight, pull the ankle toward your body until the quadriceps muscle becomes tight. Hold for a count of ten and relax. Repeat four times on each leg.

Anterior Deltoid Stretch: Stand with your back straight, facing a wall. Lift one arm and place your hand against the wall at shoulder height. Keeping feet stationary, slowly turn the chest away from the wall and away from outstretched arm while maintaining hand contact. Hold for a ten count. Repeat four times on each side. This exercise is important for freestylers and butterflyers as the anterior deltoid plays a key role in hand entry and recovery. It is also important in the final one-third of the backstroke propulsive phase. Due to its primary role as an internal shoulder rotator, the anterior deltoid is important in priding protection for the biceps's long tendon.

Leg and Adductor Warm-up: Sit with legs apart in a comfortable position. Face straight ahead and bend forward at the waist with legs straight. You may feel this stretch in the groin, hamstring and low back muscles. Hold this for a ten count, repeating four times.

Anterior Shoulder/External Rotator Warm-up: Stand next to a wall, arm pointed downward at a 45 degree angle, forearm along the wall. Step away from the wall, leaving your elbow in a stationary position. You should feel the stretch in the anterior aspect of the shoulder. Hold stretch for a count of ten and repeat four times each side.

Here are a variety of abdominal exercises for swimmers to help improve posture, strength and endurance. By doing these correctly, they will improve their starts, turns, swimming position and everyday posture of the spine. These exercises may be done by swimmers of all ages and may be done at home. A good time to do them in sets are during commercial breaks of your favorite TV show or right before you go to sleep at night. You must concentrate on each of these exercises as you are performing them to get full benefit from them.

Side (Oblique) Abdominal:

- 1. Side Bends** - Stand straight with your feet shoulder width apart. Grasp a light dumbbell in each hand(CAN BE DONE WITHOUT WEIGHT) and allow your arms to hang comfortably at your sides, palms facing your body. Now slowly bend to your left side, keeping the dumbbell close to your side of your left leg, until you feel a comfortable stretch on the right side of your torso. Slowly, raise yourself back to the starting position. Repeat this exercise to the left side 12-15 times, then bend to the right for the same number of repetitions. If you feel any stress on your lower back, stop immediately.
- 2. Lying Side Crunches** - Lie on your back with your knees bent, feet flat on the floor. Place your right hand on your stomach and your left hand behind your head, lightly touching it. Keeping your left arm stationary, slowly curve your upper body to the left as far as if you were forming a giant fishhook. (Your left elbow will then point out to the side.) Keep your elbow close to the ground during the exercise to isolate the obliques. Hold for 2 seconds, then return to the starting position. Repeat the movement 12-15 times then switch sides.
- 3. Standing Bent-Over Twists** - Stand straight with your feet wider than shoulder-width apart, knees unlocked. Place a broom handle or light bar across your shoulders, gripping it wider than shoulder width apart. With your back straight, bend forward comfortably from the waist (5 or 6 inches should be enough). Keeping your hips stationary, slowly twist to the left, bringing your right elbow toward your left knee. Your left elbow will rise above your left shoulder. Holding for a moment, then twist all the way to the right. Twist to each side 20-30 times.
- 4. Double Side Leg Raises** - Lie on the floor on your left side and place your right hand lightly behind your right ear, pointing your elbow toward the ceiling. Your left arm will point straight out in front of you to balance your body. Your legs should be straight, with your knees together and the sides of your shoes touching. This is the starting position. Next slowly raise both legs straight off the floor as high as you can, lower them until they are lightly touching the floor. (Do not rest them at the bottom of the movement or you will remove the tension that's being placed on your obliques.) Do 12-15 repetitions, then switch sides.
- 5. Side Crunches** - Lie on the floor on your left side with your legs and feet together. Bend your knees and bring your legs toward your chest until your thighs are perpendicular to your torso. Place your left hand on your right side -- this will allow you to feel the oblique muscles working -- and your right hand behind you, lightly touching your head. Make sure you do not pull your head forward throughout the exercise. Now, in a crunchlike motion, curl your torso and shoulder off the floor and toward your right hip. Hold this position for a moment, then slowly lower your torso until it barely touches the floor. Try doing 12-15 repetitions, then switch sides to hit your left obliques.

Lower Abdominal:

- 1. Vertical Bench Alternate Leg Raises** - Support yourself on a vertical bench. Work your legs alternately by bringing your knee up to your chest. As one leg comes up, the other is going down. Do not pause at the top, or the bottom, keeping your legs moving continuously. Remember to bring your knees as high as possible.
- 2. Hip Tuck Crunches** - Lie on your back on the floor, with your feet up on a bench or against a wall. Place hands at the sides of your head. Raise your head and shoulders up, while simultaneously lifting your pelvis. Feel the contraction of the abs as the upper and lower body "crunch" together. Flex abs even harder at top, then relax back to the start position.

Upper Abdominal:

- 1. Toe-Touch Crunches** - Lie on your back, on the floor, with your arms straight over your head and legs extended straight up. While keeping your legs straight, sit up by reaching upward with your hands and try to touch your toes with your fingertips. Pause slightly at this point, flex abs hard, then relax and return to the starting position. If this is difficult, try stabilizing your legs against a wall.

2. Seated Leg Tucks - Sit on a bench or chair, grasping the edges for support. With knees bent, raise your legs slightly and then straighten your legs, leaning backward as balance requires. Now lift your knees up towards your chest, keeping your lower legs pointed downward, and flex your abs really hard. Keep continuous tension on the abs throughout this movement.

The "Perfect" Crunch -The following is the ideal position and action for the perfect crunch.

Arms -Cross your arms on your chest, touching your shoulders with the tips of your fingers. Rest your elbows comfortably at your sides, keeping them relaxed. Do not tighten or use your arms to gain momentum.

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Legs - Keep your legs bent at a 45-degree angle, 3-4 inches apart. This position forces you to use your abs exclusively.

Feet - Your feet should be flat on the floor and 6-8 inches away from your buttocks. Moving your feet further away from your torso will cause your back to bow and could result in injury.

Neck - Keep your neck relaxed, your chin slightly tucked in toward your chest. As you reach the up position, your eyes should be looking about 2 feet above your kneecaps.

Shoulders - Slowly curl your torso upward. Your shoulder blades should never come more than 4-6 inches off the floor.

Stomach - You should feel the contraction of your abdominal muscles throughout this exercise. If you are doing it right, there will be a burning sensation in your midsection after the first few crunches.

Knees - Check your knees throughout the repetition to make sure they're not touching.

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The Action: Lift your shoulders and upper back just off the floor, not your whole torso. Spend 10 seconds easing upward and 10 seconds easing downward. The slower you go the more muscle fibers you call into play and the more defined you will get. Do three sets of 10 to 15 crunches with two minutes between sets.

Glossary of Terms

Taken from the United States Swimming Rules and Regulations

AGE GROUP SWIMMING

Age Group Swimming is the program through which USS provides fair and open competition for younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent. Age group, sex, and ability level separate competition. Meets are structured to assure fair competition through the use of time standards (A, B, C). Age Group classifications include:

SENIOR – All registered swimmers are eligible for the senior class in a meet.

– All registered swimmers, grouped by ages: 10&Under, 11-12, 13-14, and either 15-16, 17-18, or 15-18. An 8&Under age group competition may be conducted.

COURSE

The designated distance over which a competition is conducted. “Long Course” is 50 meters (55 yards to be recorded as 50 meters). “Short Course” is 25 yards or 25 meters.

DECK ENTERED MEET

Meet where all entries are accepted on the first day or later day of the meet and are subsequently seed into events.

DECK SEEDED MEET

Meet where all entries are due prior to the first day of the meet and swimmers must declare their availability to swim prior to the scratch deadline.

DISQUALIFICATION (DQ)

Officials may disqualify a swimmer from an event for any infraction of the rules, including but not limited to:

1. Walking or springing from the bottom of the pool (standing is allowed)
2. Swimming a lane other than the assigned lane. Swimmers must start and finish a race in his/her assigned lane.
3. Obstructing another swimmer.
4. Entering the pool while a race is being conducted.
5. Illegal stroke.
6. Use of any device to help the swimmers speed or buoyancy.
7. Deliberate delay or misconduct. Any swimmer, after stepping on the block or upon taking a starting position, who delays the start by entering the water or who willfully disobeys an order at the start, or for any other misconduct taking place at the start shall be disqualified. This disqualification is not considered a false start.

The time or place of any swimmer or relay team disqualified either during or following an event is not recorded in the results of that event. If awards have been made prior to the decision to disqualify, awards must be returned and made to the proper recipient(s). If those disqualified have scored points, the event must be re-scored. Swimmers who have been disqualified from single event may swim the remaining events that they have entered.

DUAL COMPETITION

A competition between two clubs.

EVENT

Any race or series of races in a given stroke or distance.

FALSE START

An infraction, which may result in disqualification, based on the judgement of the officials.

1. A swimmer whom unnecessarily delays in assuming and holding a completely motionless starting position after the command “take your mark” shall be charged with a false start.
2. All swimmers leaving their marks before the starting signal is given shall be charged with a false start, unless the official determines that the false start was due to the action or motion of another swimmer. In that case, the offender shall be charged with the false start.
3. When a swimmer false starts before the starting signal is given the starter shall release all other swimmers with the command, “stand up”. Any swimmer so released shall stand up or step off the block. Any swimmer who enters the water shall be charged with a false start.
4. When the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal. The starter shall then indicate the swimmers(s) to be charged with a false start.
5. In backstroke or medley relay, the starter may charge a false start to any swimmer who fails to maintain his/her feet and or/hands in a legal position after the first warning.
6. A swimmer shall not be charged with a false start if the starter has permitted the race to proceed without recall.
7. A swimmer who fails to appear at the starting block in time for the initial start shall be disqualified.

FREE RELAY

Four swimmers on each team swim $\frac{1}{4}$ of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

HEATS

A division of an event in which there are too many swimmers to compete at one time. Timed Final Heats are competitions in which only heats are swum and final placements are determined by the times of the swimmers.

INDIVIDUAL MEDLEY (IM)

An event in which the swimmer swims the prescribed distance in the following order:

First $\frac{1}{4}$ Butterfly Second $\frac{1}{4}$ Backstroke Third $\frac{1}{4}$ Breaststroke Fourth $\frac{1}{4}$ Freestyle

INVITATIONAL COMPETITION

The host club invites competition that is conducted only for those swimmers, organizations or clubs which.

JUNIOR OLYMPIC/(Replaced by Speedo Zone Sectionals)

LANE

The specific area in which the swimmer is assigned to swim.

LANE LINE (MARKER)

The continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating each lane.

LANE MARKINGS

The guidelines on the bottom of the pool and in the center of the lanes running from the starting end to the turning end.

LEG (RELAY)

The part of the relay event that is swum by a single team member.

LOCAL AREA SWIMMING COMMITTEE (LSC)

An administrative division on Unites States Swimming, Inc. (USS) which has supervisory responsibilities within certain geographic boundaries as designated by USS.

MARK

The starting position assumed by the swimmer prior to the start of an event.

MEDLEY RELAY

Four swimmers on each team swim $\frac{1}{4}$ of the prescribed distance continuously using the four strokes in the following order:

First $\frac{1}{4}$ Backstroke Second $\frac{1}{4}$ Breaststroke Third $\frac{1}{4}$ Butterfly Fourth $\frac{1}{4}$ Freestyle

OPEN COMPETITION

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

SANCTION

Permit issues by an LSC to conduct a meet.

SCRATCH FROM AN EVENT

Withdraw an entry (swimmer) from competition.

SEED

The process of distributing swimmers among the required number of heats and/or lanes according to their submitted times. The most frequently encountered lane assignments are as follows:

SIX LANE POOL

Lane 1 5th fastest

Lane 2 3rd fastest

Lane 3 fastest

Lane 4 2nd fastest

Lane 5 4th fastest

Lane 6 6th fastest

FIVE LANE POOL

Lane 1 4th fastest

Lane 2 2nd fastest

Lane 3 fastest

Lane 4 3rd fastest

Lane 5 5th fastest

When there are two or more heats in an event, there must be a minimum of three swimmers or relay teams seeded into the first heat. The last heat should be a full heat

SEEDING

Pre-Seeded Heats: swimmers are arranged in heats in events according to submitted times. Heat sheets are prepared prior to the day of competition.

Deck-Seeded Heats: swimmers are called to report to the Clerk of Course for their event on the day of the meet. After scratches are determined the swimmers are then seeded in the proper heats.

SUBMITTED TIMES

Those times filed with an entry as having been previously achieved by the swimmer.

TIMED FINALS:

Competition in which only heats are swum and final placings are determined by the times performed in the heats. Most meets you will attend will be timed finals.

TIME STANDARD

The time standard for any event in a meet is the cut off time for that event.

TIME TRIAL

An event or series of events where swimmers may meet to achieve or better a required time standard. Time trials may be held at practice.

UNATTACHED

A swimmer who competes but does not represent a USS club. Swimmers who transfer from one club to another cannot represent their new club in meets until they have maintained Unattached status for a specified period. (Currently 120 days) On a occasion, swimmers will attend (on their own) meets not on the SWAT schedule. These swimmers are still “attached” to SWAT and should swim as a SWAT designated swimmer. Host times should be notified in advance that you will not attend with a coach, so that warm-up supervision can be provided.

WISCONSIN SENIOR MEET

State Championship Meet, but primarily for swimmers ages 13 years and older. Younger swimmers meeting the qualifying time standards may also swim in this meet. Qualifying times can usually be found on the SWAT website or on the link thru Wisconsin Swimming.

SWAT SUMMARY

In an age where our children are being bombarded with so many negative pressures from so many different directions, involvement in a swim club can offer an attractive option.

In a club wide survey on the competitive team levels, it was discovered that the average grade point of a swimmer in our program was 3.51, with almost a full 1/3 of the team being straight A students. Swimmers World Magazine also confirmed recently that all the way through the college level, swimmers again were ranked with the highest GPA's of any competitive team sport. There are number of possible explanations:

1. A more physically fit child is a more mentally alert.
2. The confidence and competitive drive from swimming may carry over into other areas.
3. The time management skills and self-discipline may carry over into the student's schoolwork.
4. The "positive" peer pressure that results from our practice environment may have some very advantageous effects.
5. Swimmers learn the value of a positive "work ethic". Generally what one gets out of something, is directly related to what you put into it!!

Whatever the reason for this type of success, we believe you will find your involvement in SWAT a very rewarding experience. Age Group swimming can be an excellent preparation for life. The bottom line is that SWAT strives to not only create better swimmers, but better people.

BOARD OF DIRECTORS

TITLE	NAME	HOME PHONE
PRESIDENT	HEIDI SZCZUPAKIEWICZ	414-422-1512
VICE PRESIDENT	RICK LENNERTZ	414-235-4523
TREASURER	Mike Fleischhacker	414-329-0146
SECRETARY	Jeff Borland	414-525-1223
MEMBER AT LARGE	JOHN IGLINSKI-Social, Raffle,	262-679-9271
MEMBER AT LARGE	Kim Schoof – Member at Large	414-543-6784
MEMBER AT LARGE	Brian Konopka-Member at Large	262-514-2421
MEMBER AT LARGE	TODD ROBERTS-Meet Entry Chair	262-895-3312
MEMBER AT LARGE		

ADDITIONAL VOLUNTEER SUPPORT

TITLE	NAME	PHONE
Team Gear-Caps	Shirley Roberts	262-895-6612
Scrip Orders	Melody Schrank	262-971-1658
Scrip Support	Gwen Beirmeister	414-425-7949
Flower Sale Coordinator	Jeannette Janka	414-768-9305
Kringle Sale Coordinator	Theresa Briggs	262-514-4590
Heat Sheet Ads	Karen Konopka	414-529-5268
Social (Banquet & Corn Roast)	Theresa Briggs, Karen Wesel	
Meet Concessions Chair	Deb Marciniak	414-762-5397
Swim Along Chair	Yvonne Borland	414-525-1223
Fundraising Chair	Janis Katz	414-423-0683

OFFICE AND COACHING STAFF

Office Manager	Cindy Budnik	262-679-7928 10:30am To 2:30 Pm (M-Th)
Swim America Program Director	Dale Schrank	262-679-9929
Swat Competitive Program Director/Head Senior Coach	Bob White	262-337-0581
Head Coach-12 And Under	Mark Schrank	414-422-1910
Coach	Cheryl Barborich	414-475-5359
Business Manager/ Coach	Jack Chmielewski	414-305-4226
Coach	George Guddie	262-679-1140
Coach	Michal Hawker	414-791-7259
Dryland Coach	Michelle Howard	414-426-9064

SWAT LONG COURSE 2008 SESSION FEE INFORMATION

LEVELS	Start/End Dates Full Session	DUES- FULL SESSION	Spring Only*	Summer Only Begin 6-2-08
Senior Platinum 13&over by Coach Invite	3/31-8/3	\$450	\$260 3/31-5/30	\$260 6/2 - 8/3(State)

Junior Platinum 13 & Over Junior High	3/31-8/3	\$400	\$240 3/31-5/30	\$240 6/2 - 8/3(State)
Senior Gold High School Swimmers	4/7-8/3	\$340	\$190 4/7-5/30	\$190 6/2 - 8/3(State)
Senior Silver 13&Over Swimmers	4/14-7/20	\$250	\$ 150 4/14 – 5/30	\$160 6/2 - 7/20
Age Group Platinum 12 & Under– Coach Invite	4/12-7/27	\$340	\$180 4/12 – 5/30	\$205 6/2 - 7/27
Age Group Gold 9 – 12 Year Old	4/12-7/27	\$300	\$160 4/12 – 5/30	\$180 6/2 - 7/27
Age Group Silver 9-12 Year Old Novice	4/14-7/20	\$210	\$125 4/14 – 5/30	\$125 6/2 - 7/20
Golden 8's 8 & Under Swimmers	4/14-7/20	\$210	\$125	\$125
Silver 8's (All 8&Under Novice Level)	4/14-7/20	\$180	\$120 4/14 – 5/30	\$120 6/2 - 7/20
COLLEGE SWIMMERS (New) COLLEGE-SWAT ALUMNI		\$250 \$150	FLAT FEE FLAT FEE	
SWAT MEET VOLUNTEER Buyout Fee	April 26 Meet	\$ 50		

**ADDITIONAL FEES:LC Family Registration-\$25 Fundraising Fee \$50
2008 USS Registration \$49 8&Under: \$42 (Mandatory enrollment as it provides liability insurance to each swimmer)**

*If you pay for spring only, and then decide to do summer session, you will pay the full summer fee, not the difference between spring fees and what the full session dues would have been.

12&U STATE MEET IS JULY 25,26,27 SPEEDO SECTIONALS – JULY 17-20

13&OVER STATE MEET IS 7/31 to 8/3 ZONE C- AUGUST 7-10

Swat Program Director	Robert White	262-337-0581	rbwhitejr24@hotmail.com
Senior Head Coach	Robert White	262-337-0581	rbwhitejr24@hotmail.com
Age Group Head Coach	Mark Schrank	414-422-1910	markxflyboy@sbcglobal.net
Office Manager- 10:30am-2:30pm M-Th	Cindy Budnik	262-679-7928	swatswimteam@wi.rr.com
Fundraising Chair	Todd Roberts	262-895-3312	shirleyr@wi.rr.com
Swim America Program Director	Dale Schrank	262-679-9929	swatt@execpc.com
Swim America-Registration Chair/Team Gear	Shirley Roberts	262-895-6612	swatswimamerica@gmail.com
SCRIP Sales	Melody Schrank	262-971-1658	swatt@execpc.com
SWAT HOTLINE-Call Daily For Updated Schedule and announcements		414-299-WHAT(9428)	Hotline Available 24/7

Each family, not swimmer, regardless of age or session, is required to raise \$50.00 in fundraising *profit* each season. **FEBRUARY 1st began the new fundraising season which will end July 30th**. Those families not fulfilling the fundraising requirement, will be billed the \$50.00 at the end of July. Fundraising buyout must be paid before the start of the fall session. Questions regarding fundraising? Call Todd Roberts 262-895-3312.

NOTE: All fees are due in full at time of registration. This includes the summer only session. **Swim fees will not be refunded after 1st week of session. If your swimmer is unable to participate due to a written doctor excused medical reason, a pro-rated credit for next session may be issued. Swimmers who pay for the spring session, and decide at a later date to continue the summer session will not be pro-rated at the full session discount fee. They must pay the cost of each single session fee.**

NO SWIMMER WILL BE ALLOWED TO ENTER THE WATER UNTIL DUES AND PAST DUE MEET ENTRY FEES ARE PAID IN FULL.

Please be sure to return your waiver/athlete/parent code of conduct form with your payment. Our insurance requires a new waiver filled out at the beginning of each session. *Please include area codes and updated e mail address.*

SOUTHWEST AQUATIC TEAM - ATHLETE/PARENT CODE OF CONDUCT

A. SWAT is committed to the philosophy of being able to provide something for everyone, regardless of level of ability or level of commitment. The program strives to promote:

- Maximal safety for all swimmers at all times
- Opportunities for all team members to learn and participate
- Opportunities for fair and open competition
- An environment in which the swimmer can feel success but also not be afraid to fail
- Individual responsibility on the part of each team member
- Support for all swimmers, including support of the members of the team for one another throughout all activities, age groups and levels of ability
- An atmosphere which encourages friendships and social activities among the participants
- Enhancement of physical and mental conditioning

B. In keeping with the philosophy described above, the conduct expected of each athlete is described below. The following provisions pertain to practices, meet sessions, meetings and social activities where athletes/parents represent SWAT.

1. Athletes shall exhibit good sportsmanship in and out of the pool.
2. Athletes shall follow rules and instructions, and shall abide by the curfews as deemed appropriate by coaches, officials and administrators.
3. Physical and verbal abuse, including the use of profane language, will not be tolerated on the part of athletes.
4. Athletes shall show respect for all property.
5. Athletes shall behave in a responsible manner, and are prohibited from possession or use of alcohol, tobacco, illegal drugs, or banned substances. Fireworks are forbidden as well.
6. Athletes shall demonstrate safe behavior at all times.

PARENTAL CODE OF CONDUCT

1. Parents shall display good sportsmanship and respect towards coaches, officials, swimmers, swimmers family members, and opposing team members at all times.
2. Physical and verbal abuse, including the use of profane language, will not be tolerated on the part of parents or siblings attending any SWAT function.
3. Parents shall show respect for all property. This includes monitoring siblings in and around the pools, locker rooms, parking lots, etc. at all times.
4. Parents shall behave in a responsible manner. Parking in school handicap, no parking zones or authorized spots is strictly prohibited. (This includes you sitting in your car in those spots.) . Do not leave swimmers unsupervised by dropping off/picking up more than 15 minutes prior to or after practice time. Theft, lost items, misconduct or any other problems that occur during a SWAT function should not be concerns of school administrators. PLEASE DO NOT CALL THE SCHOOL DISTRICT. The SWAT office should be called first.
5. Parents shall demonstrate safe behavior at all times. (USA swimming insurance prohibits anyone on pool decks other than registered swimmers/coaches. Non coaches/athletes need to remain in bleachers or assigned viewing area. This pertains to meets and practice pools).

C. Failure to comply with the athlete portion of this code will result in any or all of these disciplinary actions.

1. The athlete may sit out for part or all of a practice, or may be suspended from practice and/or participation in meets for an amount of time as deemed as appropriate. In the event of a suspension, there will be no refund of any fees.
2. The athlete and/or his family will be responsible for any damage caused by the athlete.
3. Parents will be notified of any disciplinary action other than the swimmer sitting out for part of a practice, and a meeting with the swimmer, his/her parents, and the Coaches will be arranged at a the Coach's or parents' discretion.

Failure to comply with the parental portion of this code will result in any or all of these disciplinary actions.

1. The first infraction will result in a recorded verbal warning that will be maintained on file for a period of (1) year.
2. The second violation will be addressed in a written warning.
3. The third infraction will be cause for suspension from the club without refund for a minimum of 20 days and up to (1) year. The SWAT Board reserves the right to permanently remove a member from the organization if repeated violations occur, without refund.

D. The SWAT Board supports this Code of Conduct. SWAT Coaches are responsible for its implementation. Any questions about the policy or actions that result from it should be referred to the Board.

I have read and agree to obey the SWAT Code of Conduct. I understand that if I violate any provision of Part B that I/We will be subject to the disciplinary actions described in Part C. (IF MORE THAN ONE ATHLETE IN FAMILY, EACH ATHLETE NEEDS TO SIGN)

Signature 1 _____	of	Athlete _____	Signature Parent _____	of	Date _____ _____
Signature 2 _____	of	Athlete _____	Signature Parent _____	of	Date _____ _____
Signature 3 _____	of	Athlete _____	Signature Parent _____	of	Date _____ _____
Signature 4 _____	of	Athlete _____	Signature Parent _____	of	Date _____ _____