



*“Developing Champions in Life through Excellence in Swimming”*

# Parent Team Handbook

## YMCA

## Westside Silver Fins



## **10 Commandments for Swim Parents**

I. Thou shall not impose thy ambitions on thy child.

II. Thou shall be supportive no matter what.

III. Thou shall not coach thy child.

IV. Thou shall only have positive things to say at a competition.

V. Thou shall acknowledge thy child's fears.

VI. Thou shall not criticize the officials.

VII. Thou shall honor thy child's coach.

VIII. Thou shall be loyal and supportive of thy team.

IX. Thy child shall have goals besides winning.

X. Thou shall not expect thy child to become an Olympian.



## **Welcome to the YMCA Westside Silver Fins USA Swim Team, Masters Team & Dive Team**

This Parent Hand Book has been prepared by your coaches and YMCA administrative members to help your family get off to a great start with the team.

By choosing YMCA Westside Silver Fins (YWSF), you have joined one of the premier swim teams in the United States. YMCA Westside Silver Fins is a Swim Team and YMCA program designed to offer young athletes a challenging path of self-discovery through the vehicle of sport - providing an opportunity to strengthen spirit, mind and body. Keeping in line with the YMCA's four core values, YMCA WSF swimmers and their families are expected to be caring, honest, respectful and responsible, exemplifying the ideals set forth by the YMCA's founders.

Our staff is dedicated to the success and improvement of our team as a whole and of each individual swimmer. We are confident that you will enjoy the YWSF experience and wish you success in your swimming endeavors.

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## **YWSF Vision Statement**

*Developing Champions in Life through Excellence in Swimming*

## **YWSF Philosophy**

YMCA Westside Silver Fins subscribe to a philosophy of teaching and training that provides for maximum long-term performances for its swimmers both in and out of the pool. We are divided into eight (8) different groups based on a variety of factors that include age, ability, maturity, performance and attitude. The center of our coaching philosophy resides with the building of a foundation of strong technique and a love for racing through a strong aerobic base. Leadership and accountability are two essential "life skills" we strive to develop in our athletes. As swimmers progress through the programs they will be given more responsibility for their swims and performances. Swimmers learn self-discipline, time management, sportsmanship and goal setting - important lessons that will help prepare them for life, as well as swimming.

## **YWSF Affiliations**

### ***USA Swimming (YWSF)***

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

### ***Arizona Swimming, Inc. (AZ)***

AZ is a non-profit corporation and the Local Swimming Committee (LSC) to which YWSF belongs.

AZ is a volunteer-run organization with its own set of by-laws and a separate House of Delegates responsible for managing the business affairs of AZ. Representatives to the House of Delegates are composed of athletes, coaches, members of the Board of Directors, and club members. Besides assuring that meets are run according to USA Swimming and AZ protocols, AZ provides training to parent volunteers through its clinics program. AZ holds championship meets at the conclusion of the short and long course seasons.

## Swim Team Directors

### **Darian Townsend – Senior Director of Competitive Swimming & Aquatics/ Head Coach**



Darian Townsend's swimming career started at a very young age in South Africa, where he grew up. He swam for Seals Swimming Club and attended high school at Maritzburg College, during which time he won numerous school championships and broke multiple records. After high school, Darian moved to Florida and joined the University of Florida Swim Team and subsequently transferred to the University of Arizona. As a member of both teams, Darian won 2 NCAA titles as an individual (200 free and 200 IM), 5 relay National titles and 1 Team Title.

He attended the Olympic Games in 2004 (Athens, Greece), 2008 (Beijing, China) and 2012 (London, England). In 2004 Darian won a gold medal for South Africa as part of their 4 x 100 freestyle relay team. He also attended the World Championships and the Commonwealth Games as a member of the South African Swim Team.

Darian's biggest individual accomplishment as a swimmer was in 2009 when he broke the World Record in the 200 IM in Berlin, Germany.

Since earning his US citizenship in 2014 Darian has represented the United States at Nationals, World Championships and the Pan American Games where he won 2 silver medals. He attended the US Olympic Trials in Omaha, Nebraska during the summer of 2016 and most recently has attended several Masters meets for which he now holds multiple Masters World Records. He continues to train at the YMCA as part of the Masters Team.

Darian has taken the next step in his career by accepting the role of Head Coach of the Westside Silver Fins. He currently coaches the Senior Elite group. Coach Darian is passionate about swimming and hopes to be able to pass on the knowledge he learnt in his swimming career to the swimmers he now coaches.

### **David Laudati - Director of Competitive Swimming & Aquatics/ Head Age Group Coach**



David is beginning his 2nd year as Head Age Group Coach for the Silver Fins.

Dave is the Team's Safe Sport Coordinator

In his 1<sup>st</sup> season with the team he had multiple top 10 swimmers in Arizona Swimming.

Before Coaching for the Silver Fins he was the Head Coach for the past 16 years for the Mandell JCC Sharks Swim Team in West Hartford, CT.

Over Coach David's career he has had many successes in and out of the pool. In 2016 he was named the Connecticut Swimming Age Group Coach of the Year. In 2013 he was selected to be a coach for the Connecticut Zone

Team. He continued in that position thru the Long course 2018 season.

His Teams and Age Group Programs has finished in the top ten for the past 10 years with multiple Age Group Champions. His swimmers have broken and held multiple State records. Coach Dave has had over 70 swimmers qualify for Western & Eastern Zone Championships. He has had Multiple Sectional, Futures and 4 Junior National Qualifiers swim from him.

He Graduated from CCSU in 2006 with a degree in liberal arts. David Swam competitively for 10 years. He swam for Hamden North Haven Swim team for 3 years before moving to the Hopkin Mariners Swim team out of New Haven for the next 7yrs. A 4 year letter swimmer for Notre Dame H.S. in West Haven. A member of the 2002 State Open Champion Notre Dame High School Swim Team.

In addition to coaching a USA Club David has coached for 3 High Schools; Hall and Conard High Schools of West Hartford, CT as well as Bulkeley High School of Hartford, CT.

Dave is also the Head coach for Millennium Girls and Boys Swim & Dive Team - Fear the Roar!

David is excited for the Silver Fins to have successful season.

## **YMCA Westside Silver Fins Practice Times**

Practice times for each group change a few times per year. Advance notice of the practice time changes is provided through email. Up to date practice schedules can be found at [www.wsfins.com](http://www.wsfins.com). Each family MUST check their email regularly to be informed of changes in dates and times of practices throughout the year. If there is a scheduled practice cancellation, for any reason, prior notice will be sent via weekly update, email or Facebook.

## **Weather Plan**

YWSF will use Facebook, Twitter and a mass team email to notify membership if the pool closes due to weather. A staff member will stay at the facility until the last athlete is picked up. Please make sure you are always checking your email, Facebook and Twitter in case of weather (primarily during Monsoon season). You can call the YMCA front desk, (623) 9350-5193 as well, to check if the pool is closed due to weather.

## **Team Communication**

### **Channels of Communication**

The coaches of the Silver Fins work hard to communicate with swimmers and their families. A parent who accesses the different channels of communication mentioned below will find immediate answers to many questions about swimming with the Silver Fins.

The channel that is most useful to stay informed and updated for your family is the team's website, [www.wsfins.com](http://www.wsfins.com). You can look here to find practice schedules, calendars describing upcoming meets and team events, team records, contact information for coaches and board members, minutes from board meetings, links to state and national swimming organizations, etc.

### **Team E-mails**

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

### **Group Meetings**

Once or twice per year the coaching staff conducts group meetings designed to educate parents regarding their swimmer's group. This is a good chance to hear about the coach's goals and strategies for your child's training group.

### **Team Meetings**

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

### **Coach E-mails**

The Head Coach sends out a weekly update and flash updates to the entire Team. Some assistant coaches send out weekly or monthly updates to all of their swimmers.

### **Coach Conferences 1 on 1**

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

# YWSF Development Plan

## **Fins I**

Introduce all four strokes, streamlining, workout etiquette, develop body awareness within the water, fun and foster interest in sport of swimming.

### **Parent Tips:**

- RELAX!! Your child's swimming career is a marathon, not a sprint.
- Fun, fun and more fun! Be clear with your child that swimming is not work, it is play.
- Emphasize process over performance. What time your child goes in the 25 free is about the least important thing right now.
- Encourage participation in other sports and activities.

## **Fins II**

Build on all four strokes, streamlining, kicking development, workout etiquette, develop body awareness within the water, fun and foster interest in sport of swimming.

### **Parent Tips:**

- Encourage personal responsibility for equipment.
- RELAX!! Your child's swimming career is a marathon, not a sprint.
- Fun, fun and more fun! Be clear with your child that swimming is not work, it is play.
- Emphasize process over performance. What time your child goes in the 25 free is about the least important thing right now.
- Encourage participation in other sports and activities.

## **Bronze**

Swim all four strokes legally, foster ability to kick, workout etiquette, build upon body awareness within the water, core body development, fun and foster interest in sport of swimming.

### **Parent Tip:**

- Encourage participation in other sports and activities.
- Do things that help them form an identity as a "swimmer". Make it their thing.
- Teach them to love our Team and the sport.
- Display trust in the system and coaches to boost your child's confidence.
- Be there, but not THERE!
- Avoid coaching.
- Teach them how to handle failures without fear
- Teach them to be intrinsically motivated. No external awards (i.e. money, ipods, etc.)

## **Silver**

Competing regularly in swim meets, streamlining, foster ability to kick, build the ability to dolphin kick off all walls in a streamline position, introduce dryland workouts and incorporating pace clock management. Fun and foster interest in sport of swimming.

### **Parent Tips:**

- Model impeccable Team behavior.
- Help them decide where swimming fits in their priorities.
- Teach them that the definition of "Competition" is to strive with, not against.
- Teach them that progress does not happen linearly.
- Remove your ego from the equation.
- Encourage participation in other sports and activities, but they need to start choosing.

## **Gold**

Competing regularly in swim meets including travel meets such as JAG or Far Westerns, streamlining, foster ability to kick, build on their ability to dolphin kick off all walls in a streamline position, dryland workouts, pace clock management and introduce goal setting. Fun and foster interest in sport of swimming.

### **Parent Tips:**

- Model impeccable team behavior.
- Help them decide where swimming fits in their priorities.
- Teach them that the definition of "Competition" is to strive with, not against.
- Teach them that progress does not happen linearly.
- Remove your ego from the equation.
- Encourage participation in other sports and activities, but they need to start choosing.

## **Pre Senior**

Competing regularly in swim meets and travel meets expected as well attending 70% of monthly workouts. Streamlining, foster ability to kick, build on their ability to dolphin kick off all walls in a streamline position, dryland workouts, pace clock management, pace and stroke count and build on ability to goal set and time management. Fun and foster interest in sport of swimming.

### **Parent Tips:**

- MAKE IT THEIR THING!
- Start focusing on one or two sports/ activities.
- Allow play to evolve into satisfaction of achievement.
- Giving them the freedom to change course will give them the best chance of a successful career.
- Encourage team travel.
- Teach them how to be good sportsman.

## **Senior**

Preparation for high school swimming, advanced refinement of technique and efficiency, aerobic development.

### **Parent Tips:**

- Help them decide where swimming fits in their priorities.
- Teach them good time management.
- Make it their thing.
- Personal responsibility.

## **Senior Elite**

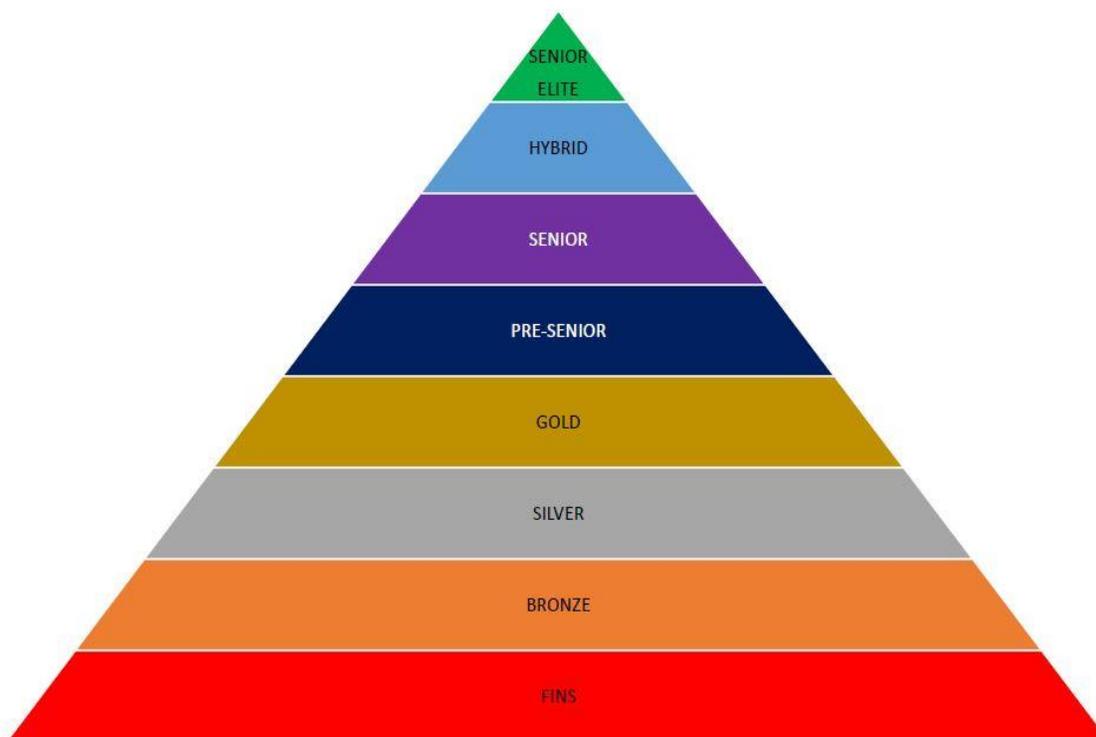
Emphasis: Compete at the highest competitive level. Swim in college.

### **Parent Tips:**

- Teach them good time management and being accountable for THEIR own success.
- Help them master goal setting.
- Help them understand their contribution as role models to younger swimmers.
- Be on the lookout for excessive stress.
- Know when it's time to take a day off.
- Help them to choose the right college.

Don't focus on scholarships unless you absolutely have to. The "right" school is almost never the one that offers the most money.

# YWSF Group Structure



## Training Group Descriptions/Move Up Requirements

**All group moves will be determined by the coaching staff**

*updated 7/20/20*

\* [Move ups will not happen within 30 days of a Championship meet or the seasons focus meet.](#)

### **Fins:**

Ages: 5 – 10 years old  
Daily training: 60 minutes, x 3/week  
Daily yards: 500 – 1500 yards

**Entrance into Fins group:** Demonstrate to be able to swim across length of pool unassisted without stopping and be in Kindergarten through third grade (5-9 years old). In addition be able to swim 25 yards of each of the 4 competitive strokes; Butterfly, Backstroke, Breaststroke and Freestyle.

**Goals:** Introduce all and build on all four strokes, streamlining, kicking development, and workout etiquette, develop body awareness within the water, fun and foster interest in sport of swimming.

**Equipment:** YWSF swim cap, pair of goggles, kickboard and a water bottle for practice.

### **Move up requirements from Fins into Bronze:**

- One (1) sanctioned home meet
- Attend a practice every week
- 50 Fly & 50 Breaststroke; no stopping
- 100 Free & 100 Back; no stopping
- 100 IM; no stopping
- Legal breaststroke kick
- Swim a 200 Free Short Course Yard under 4 Minutes
- Have an official time in 50 Free, 50 back, 100 Free 100 Back as well as a time in either the 50 Fly or 50 Breast.

\*[Head Age Group Coach reserves the right to move a swimmer up or down according to what they believe is best for them.](#)

## **Bronze:**

Ages: 7 - 10 years old  
Daily training: 75 minutes, x 4/week  
Daily yards: 1500 -2500 yards

**Goals:** Swim legally in all strokes be able to swim a 50 of each stroke, 100 Free and Back, Be able to swim a 100 Breaststroke or Butterfly. Swim the 200 Free and 200 IM. Swimmer will Foster the ability to kick, learn workout etiquette, build upon body awareness within the water, core body development, foster an interest in sport of swimming.

**Entrance into Bronze group:** If joining the Team, be 9yrs old or in 4th grade and be able to swim a 50 of all 4 strokes legally and swim a 200 (8laps) without stopping. If the athlete is moving into Bronze from Fins II group they must have completed the Fins II-Bronze move up requirements.

**Note:** Once an athlete is 11yrs old or in 5<sup>th</sup> grade and is still within the Bronze group, that athlete will be moved into Silver group.

**Equipment:** YWSF swim cap, pair of goggles, junior size kickboard, junior size pull buoy, fins and a water bottle for practice.

### **Move up requirements from Bronze to Silver:**

*Swimmers who are 11yrs old and do not meet the Gold move up requirements will be moved into the silver group.*

### **Move up requirement from Bronze to Gold:**

*Move up requirements for 9 & 10 yrs. old*

- Must be 9yrs old
- Attend an Avg. of 3 practices a week
- 4 dolphin kicks off of every wall on Butterfly, Backstroke and Freestyle
- 5 x 100's Kick on 2:30 Hold under 2:15
- Swim a 500 in practice breathing every 3<sup>rd</sup>
- Meet 3 out 4 of swim requirements below
  - 4 x 100's Free on 2:15 – under 1:45
  - 4 x 100's Back on 2:30 – under 2:00
  - 4 x 100's Fly on 2:30 – under 2:00
  - 4 x 100's Breast on 2:30 – under 2:00
- Ability to read the pace clock
- Attend practice three times per week
- Time Standard achievements
  - 9 & 10yrd old
    - Have 3 – 10/under A Times
- Competed in a sanctioned meet and have a legal time in all the 50's, 100 Free, 100 Back, 100 IM, 200 Free, 200 IM and legal time in 100 Breaststroke or Butterfly.

\*Head Age Group Coach reserves the right to move a swimmer up or down according to what they believe is best for them.

**Silver:**

Ages: 11 – 15 years old  
Daily training: 75 to 90 minutes, x 5/week  
Daily yards: 2000 - 3000 yards

**Goals:** Competing regularly in swim meets, streamlining, foster ability to kick, build the ability to dolphin kick off all walls in a streamline position, Proper stroke technique is emphasized and swimming the 100's in all 4 strokes are added. Practices will incorporate the use of the pace clock. Coaches will reinforce proper practice habits. Practices will be geared to foster interest in the sport of swimming. Swimmers will swim the 400 or 500 in a meet.

**Entrance into Silver group:** If joining the Team, be 11yrs old and be able to swim a 50 Free, 100 Free, 50 back, 100 back as well as a 50 Breaststroke or 50 Butterfly.

**Note:** Once an athlete is 15yrs old or in 9<sup>th</sup> Grade and still within the Silver Group, that athlete will be moved into the Senior Group

**Equipment:** YWSF swim cap, pair of goggles, Junior Size kickboard, fins, junior size pull buoy, Snorkel and a water bottle for practice.

**Move up requirement from Silver to Gold:**

- Attend an Avg. of 3 practices a week
- 4 dolphin kicks off of every wall on Butterfly, Backstroke and Freestyle
- 5 x 100's Kick on 2:30 Hold under 2:15
- Swim a 500 in practice breathing every 3<sup>rd</sup>
- Meet 3 out 4 of swim requirements below
  - 4 x 100's Free on 2:15 – under 1:45
  - 4 x 100's Back on 2:30 – under 2:00
  - 4 x 100's Fly on 2:30 – under 2:00
  - 4 x 100's Breast on 2:30 – under 2:00
- Ability to read the pace clock
- Attend practice three times per week
- Time Standard achievements
  - 11/12yrd old
    - Have 4 – 11/12 B Times
  - 13/14yrd old
    - Have 4 – 13/14 B times
- Competed in a sanctioned meet and have a legal time in all events except
  - 200 Fly, 200 Back, 200 Breast, 400 IM, 800/1000 Free, 1500/1650 Free

\* Head Age Group Coach reserves the right to move a swimmer up or down according to what they believe is best for them.

**Gold:**

Age: 9 – 14 years old  
Daily training: 90 to 120 minutes, x 6/week  
Daily yards: 2500 - 4500 yards

**Goals:** Competing regularly in swim meets including Far Westerns. Proper stroke technique is still an emphasis. Longer event such as 200's of each stroke, 400 IM and 800/1000 Free are added. Swimmers will learn proper pacing for longer events. In addition coaches reinforce proper practice habits adding in Training Times and use of additional swim equipment. Practices will be geared to foster interest in sport of swimming

**Entrance into Gold group:** If joining the Team, be 9yrs old and be able to meet the requirements as listed under move ups from Bronze or Silver to Gold except the event requirements.

**Note:** Once an athlete is 15yrs old or in 9<sup>th</sup> Grade and still within the Gold Group, that athlete will be moved into the Senior Group

**Equipment:** YWSF swim cap, pair of fins, kick board, pull buoy, small paddles, snorkel, parachute, and a water bottle all contained within a mesh bag. (Note: 12/under's should have junior size pull buoy, kick board and small paddles)

**Move up requirement from Gold to Pre Senior:**

- Must be 11yrs old
- Attend an Avg. of 4 practices a week
- 4 to 6 dolphin kicks off of every wall on Butterfly, Backstroke and Freestyle
- Competed in a sanctioned meet (with an official time) in every event offered, excluding: 400 IM & 1500/1650 Free
- Be able to complete 3 of Following
  - 5 x 100's Free on 1:45 – under 1:20
  - 5 x 100's Back 2:00 – under 1:30
  - 5 x 100's Fly 2:00 – under 1:30
  - 5 x 100's Breast 2:00 – under 1:35
- Swimmer must have legal time in 1 of the following 200's; Fly, Back, or Breast)
- Time Standard achievements
  - 11/12yrd old
    - Have 4 – 11/12 A Times
  - 13/14yrd old
    - Have 4 – 13/14 A Times or 8 B Times

\* Head Age Group Coach reserves the right to move a swimmer up or down according to what they believe is best for them.

\* Move ups will not happen within 30 days of a Championship meet or the seasons focus meet.

### **Pre Senior:**

The Pre Senior group will be split into 2 different Groups – Pre Senior 1 and Pre Senior 2 based on coach's recommendations.

Ages: 11 – 15 years old (9<sup>th</sup> Grade in High School)

Daily training: 120 minutes to 180 minutes, x 6/week

Daily yards: 4000 - 6000 yards

**Goals:** This group uses the training techniques they learned in Gold and incorporates them into practice at a high level of consistency. Competing regularly in swim meets including (but not limited to) Age Group States, Elite Show Case classic & Far Westerns. This Group requires that you attend a minimum of 4 practices a week. Swimmers who can't average 4 practices a week over a 4 week period will not be allowed to practice with this group. Swimmers will swim the 400 IM, and 1500/1650. Practices will be geared to foster interest in sport of swimming

Entrance into Pre Senior group: If joining the Team, be 11yrs old and be able to meet the requirements as listed above under move up except the event requirements. In addition swimmers must be committed to attending a minimum of 4 practices a week.

**Note:** Once an athlete is a sophomore in High school and still within the Pre Senior group, that athlete will be moved into the Senior Group

**Equipment:** YWSF swim cap, pair of fins, kick board, pull buoy, paddles, snorkel, parachute and a water bottle all contained within a mesh bag.

### **Move up requirement from Pre Senior to Senior Elite:**

- Must be a freshmen in High school.
- To have achieved 3 Senior Championship times standards (A times) in 3 different events or to have achieved 1 current Sectional or higher standard meet qualifying time
- Four to six dolphin kicks off of every wall on Butterfly, Backstroke and Freestyle
- 6 x 100 kick w/board on 1:40
- 10 x 100 Free on 1:10
- Competed in a sanctioned meet with an official time in every event offered, including the following events: 200 Fly, 400 IM, 1500/1650 Free
- Head coach & Head Age Group Coach reserve the rights to move a swimmer up or down according to what he thinks is best for that swimmer.
- Move ups will not happen within 30 days of a Championship meet or the seasons focus meet.

**Senior:****Ages:** 14 – 18 years old**Daily training:** 120 minutes x 5/week**Daily yards:** 3000 - 5000 yards**Goals:** Streamlining, foster ability to kick, introduce dryland workouts, fun and foster interest in sport of swimming.**Entrance into Senior High School group:** If joining the Team, be in 9th grade (14 years old) and be able to swim across the pool and back unassisted (100 yards) in backstroke & freestyle and a 50 breaststroke & butterfly.**Equipment:** YWSF swim cap, pair of fins, kick board, pull buoy, paddles, and a water bottle all contained within a mesh bag.**Hybrid Group:****Ages:** 14 – 18 years old**Daily training:** 120-180 minutes, x 9/week**Daily yards:** 3000 - 12000 yards**Goals:** Work ethic + desire to compete at the highest level. Swim in college.

The Hybrid is by invitation only and is for swimmers that have moved up in the Senior Group but who are just short of meeting the requirements to be in Senior Elite. Hybrid swimmers will be able to join the Senior Elite group for all morning practices that are offered. For afternoon practices, they will be part of the Senior Group.

**Requirements and Expectations of the Hybrid Group:**

- Girls, earliest can join group is Freshman year of high school or 14 years old
- Boys, earliest can join group is Freshman year of high school or 14 years old
- To have achieved 1 current AZ Senior Championship Time Standard (A time)
- Practice requirement of 20 practices a month
- Morning practices are mandatory
- Legal turns on every stroke including the individual medley transitions
- Three (3) dolphin kicks off of every wall on Butterfly, Backstroke & Freestyle
- Breaststroke pull outs off every wall
- 6 x 100 kick w/board on 1:40
- 10 x 100 Free on 1:10
- Competed in a sanctioned meet with official times. The following events must have been swam: 200 free, 200 IM and 400/500 free

\* Head Coach reserves the right to move a swimmer up or down according to what they believe is best for them.

\* Move ups will not happen within 30 days of a Championship meet or the seasons focus meet.

## **Senior Elite:**

Ages: 14 – 18 years old  
Daily training: 120-180 minutes, x 9/week  
Daily yards: 3000 - 12000 yards

**Goals:** Compete at the highest competitive level. Swim in college.

**Entrance into Senior Elite group:** Unless your child has an extenuating circumstance, such as a family emergency or significant illness, they are required to be at 20 practices a month if they are committing to swim at the Senior Elite Group. The core values of the group are commitment, effort and goal setting. Swimming is a solitary form of competition. That is why the Team is so important. Team members train, race and support one another. Having a group of like-minded athletes who are there consistently at practice all with goals in mind promotes respect for one another and a sense of family which will help make the group stronger when they race.

**Equipment:** YWSF swim cap, regular swim suit for practice, technical racing suit for swim meets, goggles, large paddles, pull buoy, fins (body boarding style = no heel), snorkel, kick board, ankle bungee and a water bottle, all contained within a mesh bag for practice.

### **Requirements and Expectations of Senior Elite:**

- To have achieved 3 AZ Senior Championship times standards (A times) in 3 different events or to have achieved 1 current Sectional or higher standard meet qualifying time.
- Must achieve AZ 3 Senior Championship time's standards (A times) in 3 different events or achieve 1 current Sectional or higher standard meet qualifying time during the current season, to remain in the Senior Elite group.
- Must attend at least 80% of the offered weekly practices (7 practices)
- Must be able to do 4-6 dolphin kicks off of every wall on Butterfly, Backstroke and Freestyle
- 6 x 100 kick w/board on 1:40
- 10 x 100 Free on 1:10
- Competed in a sanctioned meet with an official time in every event offered, including the following events: 200 Fly, 400 IM, 1500/1650 Free
- Move ups will not happen within 30 days of a Championship meet or the seasons focus meet.

\* Head coach reserves the right to move a swimmer up or down according to what they believe is best for them.

## **YWSF Membership Financial Information**

In order to be a member of the YMCA Westside Silver Fins, a family is required to pay by monthly bank draft. This bank draft is deducted on the 5<sup>th</sup> of each month. The monthly cost will vary according to the athlete's practice group. There are two different prices depending on whether or not the athlete is a member of the YMCA (Facility Member) or a non-member of the YMCA (Program Member).

In addition to the monthly dues, there is an annual fee of sixty eight (\$72) dollars that is collected from Arizona Swimming for the 2020 season. This payment is due at registration and every September/October thereafter. In addition, there is an annual YWSF fee of one hundred and twenty (\$120) dollars, per family, to help offset additional expenses incurred, which will be charged at registration and at the end of each year thereafter. Once registered, this fee can be offset by participating in our Family Participation Program. More information on the program is located at the end of this packet.

### **The monthly pricing breakdown for the team is as follows:**

YMCA Members / YMCA Non-members:

- Fins I: \$80 / \$105
- Fins II: \$85 / \$125
- Bronze: \$90 / \$135
- Silver: \$95 / \$145
- Gold: \$100 / \$150
- Pre Senior: \$105 / \$160
- Senior: \$95 / \$145
- Senior Elite: \$115 / \$175
- Masters: \$45 / \$70

All new athletes will pay the YWSF registration fee of \$120 and the AZ Swimming fee of \$72 at the time of registration. In addition, if an athlete joins the team prior to the 15<sup>th</sup> of the month, the family is responsible for paying the total monthly dues. If an athlete joins the team after the 15<sup>th</sup> of each month, the family will be responsible for half of the monthly payment. The draft will be done by credit card or debit card ONLY. The family will then be on automatic draft from account of choice, drafted on the 5<sup>th</sup> of the following month.

Families are responsible for the entire month's dues regardless of practices that may have been canceled or missed.

There is no price break for each additional family member who joins the team. However, no family will be drafted more than \$299 per month, this is the family cap.

### **Is there a cost for competing in swim meets?**

Yes, there is. Each meet has its own charges, but in general, most meets have a \$6 AZ Swimming surcharge and then a fee per event swum, which can be anywhere from \$3-\$10. In addition, the YMCA charges a meet entry surcharge to help offset costs for coaches to attend swim meets. The following is a breakdown of those charges:

- Meets held within the Valley of the Sun: \$5.00/swimmer
- Meets held outside of the Valley of the Sun, but within Arizona: \$9.00/swimmer
- Travel meets outside of Arizona: \$25.00/swimmer

If you choose to go to a meet that involves travel (inside or outside of Arizona), please remember to factor in transportation, food, and lodging. Most meets are optional and attendance can be decided between the swimmer, coach, and parents. Meet fees will be charged to the credit card provided for monthly dues within 10 business days after the specific meet unless other arrangements have been made.

## Departing Team Members

YWSF has a thirty (30) day notice policy to cancel or to place a hold on your account. It is YWSF policy that if you do place your YWSF account on hold, the Silver Fins will automatically draft \$20 per month during that hold until your return. The maximum family hold can last NO longer than 3 months. All financial changes to your YWSF account are to be communicated to either the Head Coach or to Coach Cindy Mooney in Administrative. It is **NOT** the responsibility of the coaching staff to communicate or relay that information to the appropriate individual.

## Parent Viewing Area

We understand that many parents will sit and wait for their children to complete their practice due to driving distances, work or other family obligations. YWSF asks that you do not interact with your swimmer or swimmer's coach during the workouts.

The coaching staff does a great deal for your children. Coaches create the environment in which your swimmers grow as athletes and individuals. The Silver Fins athlete is a product of the YCMA, Team and coach's values and beliefs. Human nature, however, is such that we as parents sometimes lose the ability to remain detached and objective in matters concerning our children. The following guidelines will help all of our Silver Fins parents keep the athletes development in perspective.

1. Every individual learns differently.
2. It takes attention, effort and time to master the skills of proper stroke technique. These new skill sets are the building blocks for later improvement.
3. Plateaus will occur in every swimmer's career. A plateau signifies the swimmer has mastered lower order skills, but they are not as of yet automatic to leave behind and focus one's attention to newer, higher-order skills.
4. 10 & under swimmers are the most inconsistent in skill acquirement and retention. This can be frustrating for everyone involved. We must be patient and permit these youngsters to develop a love for the sport. Please reference our swimmer development plan.
5. It is the coach's job to offer constructive criticism of a swimmer's performance daily. It is a parent's job to supply the unconditional love, recognition and encouragement necessary to help the young athlete feel good about themselves.

YWSF supports parent presence and wants to have complete transparency on the pool deck. This is a service we offer and want it to be the best experience possible for your family. The coaching staff does ask that you do not interact with your swimmer or the swimmer's coach during the workout (if you need to speak with the coach, do it before or after workout). The swimmer needs to develop a bond of trust and confidence with the coaches. This is difficult if parent's access to their athletes during practice is too close.

With that in mind, we are asking ALL of our parents to sit ONLY on the west side of the pool in the bleachers where the banners are. The east side of the pool is the coaches "office". The west side of the pool is our "parent viewing area". Please sit on that side of the pool deck in the stands. This will give the YWSF coaching staff the space needed to interact with your swimmer without having to compete for their attention. Parents are expected to remain in the designated area throughout the practice session.

If you have questions about your child's training please contact your group coach or if you have team policy questions direct them to the head coach. Please refrain from criticizing the coach in front of the swimmers as this undermines the coach's authority and breaks the swimmer-coach support necessary for maximum success. It is for this reason that we ask parents not to actively participate in coaching their child.

## **Safe Sport**

The YMCA takes each swimmers/ staff and official safety very seriously. For all issue concerning safe sport please reference our [Safe Sport Page](#) on website or contact the Teams Safe Sport Chair David Laudati – [david.laudati@vosymca.org](mailto:david.laudati@vosymca.org)

## **Complaints/Concerns Procedures**

At any time you have any questions or concerns at all please feel free to contact the Head Coach. The YMCA, coaching staff and Head Coach wish for our organization to be united and strong, free of the related problems that may arise from the lack of communication.

Parents are encouraged to discuss their disagreements over coaching decisions, philosophy, or team policies with the swimmer's coach directly. To ensure all side are equally heard and respected it is important that individuals follow procedures outlined below so misinformation and misunderstandings are not created. These meetings are to occur at a time that is appropriate and considerate for all parties. Parents are encouraged to contact the coach ahead of time by email, phone, or at an appropriate time to arrange a meeting. **It is never acceptable to discuss concerns with a swimmer's coach during practice, in front of other swimmers or parents, or while on deck during meets.** It is imperative that the proper time and place are established so all sides can be heard and respected. Parents who do not follow the protocols outlined below risk the possibility of their swimmer being suspended from the team until the issue is resolved. The suspension and its duration will be at the discretion of the Head Coach of YMCA Westside Silver Fins in consultation with the swimmer's level coach. With that in mind, the YMCA Westside Silver Fins has established a process for resolving concerns which provides opportunities for resolution at several levels.

### **Level 1 Concern: Swimmer's Coach**

Level 1 consists of informal discussions between the persons having the concern and swimmer's level coach. Most problems are resolved at his level. If a problem, concern, or complaint should arise, parents are to discuss it with their swimmer's coach first. These discussions are to occur at a mutually agreed upon time where explanations, timelines, and or benchmarks can be mutually established and understood.

### **Level 2 Concern: Head Coach YMCA Westside Silver Fins**

If the complaint is still not resolved to the satisfaction of the complainant, then the concerns must be put into writing and mailed or delivered to the Head Coach for the YMCA Westside Silver Fins. The head coach has 5 business days once the complaint is received to acknowledge the details of the complaint to the complainant. The head coach will conduct a thorough investigation of the merits of the complaint. The head coach may take up to 10 business days from the date of complaint acknowledgement for a resolution to be proposed. A written report will be sent to all parties involved and the YMCA Branch Executive for the Southwest Valley YMCA containing a decision in resolving the complaint.

### **Level 3 Concern: Southwest Valley Family YMCA Branch Director**

If the complainant is not satisfied with the decision of the head coach, he or she may submit a written appeal to the Branch Executive of the Southwest Valley Family YMCA within 10 business days after receipt of the written decision indicating with specificity the nature of disagreement with the decision and his or her reasons underlying such disagreement. The Branch Executive or his/her designee shall consider the appeal within 10 business days after receipt of the appeal on the basis of a record presented before the Branch Executive and shall provide the complainant with a written decision by registered mail within 20 business days following receipt of the written appeal.

## **Action Plan of the YMCA Westside Silver Fins to Address Bullying**

### **PURPOSE**

Bullying of any kind is unacceptable at Westside Silver Fins and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Club is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

### **Objectives of the Club's Bullying Policy and Action Plan:**

1. To make it clear that the Club will not tolerate bullying in any form.
2. To define bullying and give all board members, coaches, parents and swimmers a good understanding of what bullying is.
3. To make it known to all parents, swimmers and coaching staff that there is a policy and protocol should any bullying issues arise.
4. To make how to report bullying clear and understandable.
5. To spread the word that YMCA Westside Silver Fins takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

### **WHAT IS BULLYING?**

The USA Swimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

The USA Swimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more USA Swimming members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

- i. causing physical or emotional harm to the other member or damage to the other member's property;
- ii. placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
- iii. creating a hostile environment for the other member at any USA Swimming activity;
- iv. infringing on the rights of the other member at any USA Swimming activity; or materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

### **REPORTING PROCEDURE**

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

- Talk to your parents;
- Talk to a Club Coach, YMCA Staff Member, PAC Board Member, or other designated individual;
- Write a letter or email to the Coach, YMCA Staff Member, Pac Board Member, or other designated individual;
- Make a report to the USA Swimming Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate club leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

### **HOW WE HANDLE BULLYING**

If bullying is occurring during team-related activities, we **STOP BULLYING ON THE SPOT** using the following steps:

1. Intervene immediately. It is ok to get another adult to help.
2. Separate the kids involved.
3. Make sure everyone is safe.
4. Meet any immediate medical or mental health needs.
5. Stay calm. Reassure the kids involved, including bystanders.
6. Model respectful behavior when you intervene.

If bullying is occurring at our club or it is reported to be occurring at our club, we address the bullying by **FINDING OUT WHAT HAPPENED** and **SUPPORTING THE KIDS INVOLVED** using the following approach:

### ***FINDING OUT WHAT HAPPENED***

#### **1. First, we get the facts.**

- a. Keep all the involved children separate.
- b. Get the story from several sources, both adults and kids.
- c. Listen without blaming.
- d. Don't call the act "bullying" while you are trying to understand what happened.
- e. It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves social bullying or cyber bullying. Collect all available information.

#### **2. Then, we determine if it's bullying.** There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.

- a. Review the USA Swimming definition of bullying;
- b. To determine if the behavior is bullying or something else, consider the following questions:
  - What is the history between the kids involved?
  - Have there been past conflicts?
  - Is there a power imbalance? Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is.
  - Has this happened before? Is the child worried it will happen again?
- c. Remember that it may not matter "who started it." Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.
- d. Once you have determined if the situation is bullying, support all of the kids involved.

### ***SUPPORTING THE KIDS INVOLVED***

#### **3. Support the kids who are being bullied**

- a. Listen and focus on the child. Learn what's been going on and show you want to help. Assure the child that bullying is not their fault.
- b. Work together to resolve the situation and protect the bullied child. The child, parents, and fellow team members and coaches may all have valuable input. It may help to:
  - i. Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.
  - ii. Develop a game plan. Maintain open communication between the Club and parents. Discuss the steps that will be taken and how bullying will be addressed going forward.
- c. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

#### 4. Address bullying behavior

- a. Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.
- b. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.
- c. Work with the child to understand some of the reasons he or she bullied. For example:
  - i. Sometimes children bully to fit in or just to make fun of someone is a little different from them. In other words, there may be some insecurity involved.
  - ii. Other times kids act out because something else—issues at home, abuse, stress—is going on in their lives. They also may have been bullied. These kids may be in need of additional support.
- d. Involve the kid who bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:
  - i. Write a letter apologizing to the athlete who was bullied.
  - ii. Do a good deed for the person who was bullied, for the Club, or for others in your community.
  - iii. Clean up, repair, or pay for any property they damaged.
- e. Avoid strategies that don't work or have negative consequences:
  - i. Zero tolerance or "three strikes, you're out" strategies don't work. Suspending or removing from the team swimmers who bully does not reduce bullying behavior. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.
  - ii. Conflict resolution and peer mediation don't work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset kids who have been bullied.
- f. Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

5. **Support bystanders who witness bullying.** Every day, kids witness bullying. They want to help, but don't know how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening.
  - a. Be a friend to the person being bullied;
  - b. Tell a trusted adult – your parent, coach, or club board member;
  - c. Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the situation. "Let's go, practice is about to start."
  - d. Set a good example by not bullying others.
  - e. Don't give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away.

## **General Swim Meet Information**

### **“As Swimming Parents New To The Sport, What Is Best In Terms Of Competition”**

Programs should always stress satisfaction and enjoyment, never records and awards. Swimmers who are pressured to break records (whether it is a team, local or national record) will not get full pleasure and enjoyment from his or her achievement. Instead, he or she will feel the mental stress of being pressured. This is an easy way for a swimmer to lose interest at an early age.

For younger swimmers, emphasis should be placed on proper stroke mechanics. It is much easier to learn how to swim correctly at a young age than it is to correct bad habits years later.

Competition should not be pressured and self-improvement should be stressed. Parents need to be very supportive of their child and the coach. Try not to second-guess the coach, but work on maintaining an open dialogue between you and the coach to learn more about what your child is doing and how you can help.

Finally, always remember that they are a child first, last and foremost. Every child should leave each meet with a smile on their face wanting to come back to the next meet for more enjoyment.

## **Competition 101**

### **Rules**

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

### **Course**

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

### **Competition**

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

### **Officials**

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

## **What To Expect At Swim Meets**

You should know the warm-up time and plan on being to the pool 15 minutes before warm-up so your swimmer can change into their suit, speak with friends, greet the coach, and

participate in team meeting before the actual in-water warm-up time begins.

When packing for the meet, be sure your swimmer includes **team swimsuit**, extra suit in case of an emergency, 2 team caps, 2 pair of goggles, towels, dry clothes for after the meet, and a water bottle. Other items might include books, games, cards, radio/headset, blanket or sleeping bag, shampoo, and soap. Healthy snacks of fruit and grains will help maintain energy levels throughout the session.

Parents, too, need to plan ahead. Some things you will appreciate having include money, cooler, book, pen/pencil, lawn chairs. Most USS meets have concessions that serve anything from doughnuts and coffee to nacho chips, pizza, hot dogs, sandwiches and salads.

Heat sheets (program) will also be available at a cost. The price will vary depending upon how much is included. It is a good idea to buy one so you can see what events your swimmer is in, where he is seeded in his event, and help you to keep track of what's happening.

### **What to expect During the Meet**

During the warm-up you can study the heat sheet and find your swimmer's events. You will note that there could be 50 or more other swimmers in the same event. Since everyone cannot possibly swim at the same time, the event will be swum in heats. Heats are swum from slowest seed time to fastest in timed final meets.

### **Conduct at a Swim Meet**

As a sign of respect for your competition you should stay in the water until every athlete has completed the race, whether you finish first or last. There will be other teams that may not demonstrate the same courtesy. The family of the swimmer should always sit with the team in the team area. The swimmer should always wear team apparel with shoes or sandals always on their feet. At the age of 10 the coaching staff wants your athlete to start to take more responsibility for their swimming. One way of doing this is to teach your swimmer how to read a program and allow them to go up to the blocks for their race by themselves.

These are several helpful tips on swim meets. Every meet is different. If you ever have any questions or concerns about a meet, who attends or just what time warm up is, always feel free to call, email or go up to a coach and ask.

### **When Your Child Is Disqualified**

The coach observed the infraction, was not surprised by the infraction, noted it, and talked with the swimmer about it. Coaches work with their swimmers every day and know each individual's difficulties with technique and tendency for mistakes. Coaches continually work with their athletes helping them to improve technique and correct mistakes but the results are rarely instantaneous. Swimmers take time to improve technique and eliminate mistakes. Coaches will enter a swimmer in an event even though the swimmer is only marginally capable of performing legal strokes and turns so that the swimmer gains experience. If the swimmer is disqualified, the coach uses it as a learning situation for the athlete.

### **Meet Awards**

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

### **YWSF Team Swimwear Policy**

All team members are required to wear the regular YWSF team suit or other coach-approved suit, at all swim meets. The YMCA Westside Silver Fins team members are required to wear

team gear to all swim meets. In addition, any cap worn in practice or in a swim meet must be a YWSF team swim cap. Each swimmer should have a team cap, coach approved team suit, team T-shirt and team sweats. A team parka is also recommended during the winter months. The following is the team uniform for a two, three & four day swim meet:

Two (2) Day Swim Meet:

- Saturday: Black Silver Fins T-Shirt, Solid Black Swim Suit
- Sunday: Gray Silver Fins T- Shirt, Solid Black Swim Suit

Three (3) Day Swim Meet:

- Friday: Black Silver Fins T-Shirt, Solid Black Swim Suit
- Saturday: White Fins T-Shirt, Solid Black Swim Suit
- Sunday: Gray Silver Fins T- Shirt, Solid Black Swim Suit

Four (4) Day Swim Meet:

- Thursday: Choice of Any Silver Fins T-Shirt, Solid Black Swim Suit
- Friday: Black Silver Fins T-Shirt, Solid Black Swim Suit
- Saturday: White Silver Fins T-Shirt, Solid Black Swim Suit
- Sunday: Gray Silver Fins T- Shirt, Solid Black Swim Suit

**What to bring to a meet, in general**

- Please wear a TEAM cap, solid black swim suit and a YMCA Westside Silver Fins shirt
- Please always make sure your swimmer has something on their feet, shoe or sandals
- You need to bring lawn chairs from home
- Bring snacks (healthy please, your body is a car), there will also be a concession stand
- Please be at the pool 15 minutes before warm up starts
- When warm up ends we do a TEAM cheer
- You will want to bring an extra pair of goggles and an extra towel
- Warm clothes for those swimming in the am session
- Purchasing a heat sheet is imperative to knowing when your child is going to swim
- It helps to write your swimmers event number, heat and lane on their hand or arm
- Sunscreen and plenty of water!

**Relay team selection**

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

**Selection of swimmers for relays shall not be subject to challenge.**

**Preliminary and Finals Meets**

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

## **Meet Types**

### **Age Group Open**

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

### **Intra-Squad Meets**

Competition is only between YWSF swimmers. These are good practice meets for beginning swimmers and are held to build team spirit and camaraderie, and to introduce beginning swimmers to competition.

### **Invitational**

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

### **Age Group and Senior State Championships**

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

### **Far Western Championships(Summer LC) & Elite Showcase classic(Winter SC)**

These meet serves as a top level competition for age group swimmers from around the United States, Canada and Mexico. Far Westerns is held in the Pacific (PC) LSC. The Elite Showcase Classic is held in St Petersburg, Fl.

### **Sectionals**

YWSF participates in the "4 Corners" sectional championships. Sectional Championship meets are held at the end of both Short Course and Long Course seasons for swimmers with qualifying times.

### **Western Zones**

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

### **USA Swimming Junior National Championships**

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

### **USA Swimming National Championships/ Olympic Trials/ US Open**

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

### **Zone Select & National Select Camps**

Camps conducted by USA Swimming. These camps are to identify young rising talent. Camps are to expose swimmers to being apart of the USA National Team. Camps are conducted in Arizona or Colorado in May or October.

### **National Junior Team**

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

### **USA National Team**

The USA National team is comprised of the top 2 swimmers in each event in the country. This team is sent to competitions such as the Olympic Games and the World Championships.

# YMCA Westside Silver Fins Meet Progression

YMCA WSF Intra-Squad Meets

Local Age Group Meets

- WSF IMX Invitational
- Cactus Classic
- Glendale NTS
- Fall League
- 10 & Under Meets
- Holiday Festival
- Lost Dutchman

- 8 & Under
- Age Group (14 & under)
- Senior (15 & over)

Far Westerns/ Elite Showcase Classic\*



Western Zones\*  
Arizona All Star Teams

Western Age Group/Senior Zone Championships\*



Western Region Sectionals\*



YMCA Nationals\*

Grand Prix Meets\*



NCSA Jr. Nationals\*



Junior Nationals\*

National Championship\*



Olympic Trials/Olympics\*



\*Needs Qualifying Time

Some time standards can be found either on the Arizona Swimming website or through USA Swimming. For more information, please consult your swim coach.

## Team Travel Meets

Team travel meets are away meets attended by swimmers, coaches and adult chaperones, traveling, dining, and lodging as a team, as distinguished from away meets where swimmers travel and stay with their families. Team travel meets will strive to bring one chaperone for every 8-12 swimmers on the trip. Chaperones, under direction of the head coach, will be responsible for the care of all athletes on the trip including meals, curfews, transportation and any other issues that may arise. Coaches will be responsible for all meet related aspects of the trip including meet administration and coaching. They may also be used for transportation needs.

YWSF selects team travel meets for the following reasons:

- Provide swimmers with experience competing against swimmers from other LSCs, typically at a higher quality of individual and team competition.
- Swimmers gain experience in prelims/finals competition in and outside of the Valley of the Sun.
- The coaches are seeking competitions conducive to exceptional performance.
- The swimmers experience the fun and social interactions of traveling as a team.
- The swimmers learn responsibility and independence through our travel experience.

## Chaperone Guidelines/Expectations

1. The Coach coordinating the trip selects a head chaperone who, in turn, selects chaperones for the trip with the approval of the head coach. Chaperones should report daily to the head chaperone (not coach) for assignments and responsibilities and are to assist the coaches with any of their needs.
2. There should be at least one male and one female coach or chaperone on the trip, in accordance with the gender of the athletes (i.e. female athlete, need a female coach, or chaperone, on trip). Coaches and chaperones need to ensure that swimmers are not left alone with adults unsupervised or unaccounted for behind closed doors.
3. As a requirement for team travel, all swimmers and their parents must sign the Code of Conduct annually. These documents are to be given to the Head Coach. All swimmers are expected to adhere to the Code of Conduct while traveling.
4. Chaperones must set the example of positive sportsmanship and behavior. Chaperones need to represent themselves in a professional manner at all times. Chaperones must abstain from any alcohol and drugs at all times. Tobacco may not be used in the presence of athletes. Chaperones must be available and accessible for the coach at all times in the event of an emergency.
5. Chaperones will be assigned a group of swimmers, and at all times must know where the swimmers are and what they are doing. The curfew (generally 10pm) must be maintained at all times.
  - a. Chaperones are responsible for the athletes that are traveling with the team. Swimmers are not permitted to leave with anyone unless it is their parent and the head chaperone is informed prior to departure. Any non-parent relative or friend must have written permission from the swimmer's parent before being allowed to leave with a non-parent. The head chaperone has the discretion to alter this policy in the case of an emergency or hardship. Chaperones need to emphasize mutual respect

and expect the best from the athletes, both for their own safety and because they are representing YMCA Westside Silver Fins.

- b. Chaperones must report any Code of Conduct violation to the Head Chaperone.
6. Chaperoning means monitoring activities and stepping in when the lines of unacceptability are being approached.
7. Chaperone assignments, whenever possible, will be made so that chaperones will be able to see their children swim, but chaperones must accept the fact that this may not always be possible.
8. Swimmers should be responsible for their own money. Chaperones may hold money poolside, for safety reasons, but chaperones are not to be used as a “personal banker” or money manager keeping track of how money is spent. That is the swimmers responsibility.
9. Chaperones are responsible for managing meals, making sure that there is adequate access to food and water. And, for providing access to healthy food as determined by coach and head chaperone.
  - a. It is the swimmer’s responsibility, ideally in advance of the trip, to let the head chaperone know of any dietary restrictions or allergies. Every effort will be made to accommodate special needs, but the primary responsibility lies with the athlete/parent to make arrangements prior to leaving (i.e. if the swimmer needs a certain recovery drink, they will need to bring it themselves, or a powder to mix with water, etc.)
  - b. Chaperones will make sure that, at minimum, jugs of water, and a cooler (if it is warm) is available in the tent. There will also be sports drinks and snacks, available at the snack bar for the swimmer to purchase. Athletes should bring at least one non disposable water bottle for their personal use during the meet.
10. Chaperones will help make sure swimmers keep the team area clean during all sessions of the meet.
11. Chaperones must maintain a clean hotel area. At checkout, check rooms for anything left behind and for cleanliness.
12. Chaperones will have completed and passed USA Swimming background check as part of Athlete Protection prior to departing for the event.

# Swimming Glossary

## THE FOUR STROKES

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley.

### **Freestyle**

In freestyle events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

### **Backstroke**

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

### **Breaststroke**

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

### **Butterfly**

Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

### **IM**

The individual medley, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

## A to Z Swimming

### **"A" time**

Time classification for a swimmer, as with A times, AA times, B times, and so forth.

### **Age group**

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

### **ASCA**

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

### **Backstroke**

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

### **Bell lap**

The part of a freestyle distance race (400 yards or longer) when the swimmer has two lengths plus 10 yards to go. A timer rings a bell over the swimmer who is the first to reach the backstroke flags before making the last turn at the start end fo the pool. Note: In

higher competitions a timer rings a bell over the lane of each swimmer who has reached the backstroke flags before making the last turn at the start end of the pool.

#### Blocks

The starting platforms located behind each lane. Some pools have blocks only at the deeper end of the pool (called the "start end"), and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.

#### Breaststroke

One of the four competitive racing strokes. Breaststroke is swum as the second stroke in the medley relay and the third stroke in the IM. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd breaststroke.)

#### Butterfly

One of the four competitive racing strokes. Butterfly, or fly, is swum as the third stroke in the medley relay and first stroke in the IM. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)

#### Button (plunger)

A manual timing system device that records a back-up time for use if the swimmer did not hit the touch pad or the pad malfunctioned. The button or plunger is at the end of a wire, plugged into a deck terminal box. There are usually two buttons per lane. The timer is responsible to push the button as the swimmer finishes the race.

#### Championship finals

The top 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. The fastest heat of finals when multiple heats are held.

#### Championship meet

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

#### Check-in

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

#### Circle seeding

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

#### Club

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

#### Consolation finals

After the fastest 6 or 8 swimmers, the next fastest 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.

#### Deck

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

#### Deck Entries

Accepting entries into swimming events on the first day or later day of a meet.

#### Developmental meet

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

### Disqualified

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

### Distance

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

### Dry-land

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

### Electronic timing

A timing system that usually has a push-button starting machine with a horn and a strobe light, touch pads in the water, junction boxes on the deck with hook up cables, buttons for backup timing, and a computer-type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers' times.

### Entry

An individual, relay team, or club roster's event list in a swim competition.

### Entry fees

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

### Entry limit

Each meet usually has a limit on the number of swimmers that can be accepted, or a time limit that cannot be exceeded. Once an entry limit has been reached, a meet will be closed to entries.

### Event

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

### False start

When a swimmer leaves the starting block before the horn or gun. A false start confirmed by both of two designated officials is a disqualification.

### Fastest to slowest

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

### FINA

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

### Final results

The printed copy of the results of each race of a swim meet.

### Finals

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

### Fins

Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not competition.

### Flags

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

### Freestyle

One of the four competitive racing strokes. Freestyle is swum as the fourth stroke in the Medley Relay and fourth stroke in the IM. Racing distances are 50 yds/mtr, 100 yds/mtr, 200 yds/mtr, 400 mtr/500 yd, 800 mtr/1000 yds, 1500 mtr/1650 yds. (LSC's with 8-under divisions offer the 25 yd free)

### Heat sheet

The printed listings of swimmers' seed times and their assigned events, heats and lanes at a swim meet. Heat sheets are usually sold at the admissions table.

### Heats

A division of an event in which there are more swimmers than lanes, so that they cannot all compete at the same time. The results for an event are compiled by swimmers' time swum after all heats of the event are completed.

### High point award

An award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards; check the pre-meet information.

### Horn

A sounding device used with a light to signal the start of a race.

### IM

Individual Medley. An event in which an equal distance of each of the four competitive strokes is swum in order. The order of strokes is butterfly, backstroke, breaststroke, and freestyle. IM distances are: 100 yds/mtr, 200 yds/mtr, 400 yds/mtr.

### Infraction

Doing something against the rules that is cause for disqualification, if observed by an official, and reported to the referee, who confirms the disqualification.

### Insurance

USA Swimming offers insurance coverage which is automatic when swimmer, coach, official, pays their USA Swimming registration fee.

### Interval

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

### Invitational

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

### Kick board

A flotation device used by swimmers during practice.

### Lane

The specific portion of the pool in which a swimmer is assigned to swim.

### Lane lines

Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.

### Lap

One length of the course. Sometimes may also mean down and back (2 lengths) of the course.

### Lap counter

The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card.

### Leg

The part of a relay event swam by a single team member. A single stroke in the IM.

### Long course

A 50 meter pool. The long course season typically lasts from the beginning of April through August.

### LSC

Local Swim Committee. The local level administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming.

### Marshall

The volunteer official who observes the pool during warm-ups, and may control the crowd and swimmer flow at a swim meet

### Meet Director

The volunteer in charge of the administration of the meet.

### Meter pool

The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters pools are 50 meters long; short course meters pools are 25 meters long.

### Mile

The slang referring to the 1500 meter or 1650 yard freestyle, each of which is slightly short of a mile.

### NAGTS

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

### Nationals

USA Swimming senior or junior level meets conducted in March/April and August. See Senior or Junior Nationals.

### NT

No Time. The abbreviation used on a heat sheet to designate that the swimmer has not achieved an official time in that event before.

### Officials

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

### Open competition

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

### Pace clock

The large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warmups or swim practice.

### Paddle

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

### Positive check-in

The procedure required before a swimmer swims an event in a deck-seeded meet, and at some pre-seeded meets. Swimmers must mark their names on a list posted by the meet host.

### Prelims-finals

Type of meet with two sessions. The preliminary heats are usually held in a session that is early in the day. The fastest 6 or 8 (Championship Heat) swimmers, and sometimes the next fastest 6 or 8 swimmers (Consolation Heat) return later to compete in the Finals. A swimmer who has qualified in the Consolation Finals may not place in the Championship Finals even if their finals time would place them so. The converse also applies.

### Pre-seeded

A meet conducted in which a swimmer is assigned to each event, lane, and heat prior to the meet. These assignments are then posted on heat sheets for the information of swimmers, coaches, spectators, and officials.

### Psyche sheet

Another name for a meet program, usually before events are deck-seeded, that lists swimmers in order of their times without assigning them to heats or lanes.

### Pull Buoy

A flotation device used for pulling between the legs in practice.

### Qualifying times

Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. See "A" "AA" (etc.) times.

### Referee

The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.

### Relays

A swimming event in which four swimmers participate as a relay team, each swimmer swimming an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, the next swimmer swims Breaststroke, the third swimmer swims Butterfly, and the last swimmer swims Freestyle. Medley relays are conducted over 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances.

### Sanction

A permit issued by an LSC to a USA Swimming Club to conduct an event or meet.

### Sanction fee

The amount paid by a USA Swimming Club to an LSC for issuing a sanction.

### Scratch

To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, a swimmer can be disqualified from remaining events.

### Seed

Assign the swimmers heats and lanes according to their submitted or preliminary times.

### Seeding

Deck Seeding - swimmers must report to the Clerk of the Course at some announced time before the event. After scratches are determined, the event is seeded.

Pre-Seeding - swimmers are arranged in heats according to submitted times prior to the meet.

Senior meet - A meet that is for senior level swimmers and is not divided into age groups. Qualification times are usually necessary and will vary depending on the level of the meet. Senior National championships are conducted as long course meets in the spring (usually in late March) and in the summer (usually in late July or August).

### Session

Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group. Many meets have separate morning and afternoon sessions depending on swimmers' age groups.

### Short course

A 25 yard or 25 meter pool. The short course season typically lasts from the beginning of September through March.

### Split

A portion of an event, shorter than the total distance, that is timed, for example, the time for the first 50 yards of a 100 yard race, or the time swum by one swimmer of a relay team. It is common to take multiple splits for the longer distances

### Starter

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

### State meet

A championship meet held twice a year (Short Course and Long Course) sponsored by the LSC. It is common to hold a Championship Senior meet and Age Group meet separately. Qualification times are necessary.

### State qualifier

A swimmer who has made a necessary cut off time – an 'A' time – to enter the state championship meet.

### Stroke

There are 4 competitive strokes: butterfly, backstroke, breaststroke, freestyle.

### Stroke & Turn judge

A volunteer official trained and authorized to observe racers' strokes as they swim through the jurisdiction assigned to the official, usually 2-4 lanes. At a short course meet, the stroke judges will generally stand at either end of the pool, and have jurisdiction to the midline of the pool. At a long course meet, a stroke judge will usually walk along the side of the pool as the swimmers race, and may have jurisdiction from one end to the other. A stroke judge who observes a swimmer commit an infraction will report to the referee, and the swimmer may be disqualified.

### Submitted time

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

### Swim-off

In a Prelims/Finals type competition, a race after the scheduled event to break a tie. The only circumstance that warrants a swim-off is to determine which swimmer makes finals or becomes an alternate, otherwise ties stand.

### Taper

The resting phase of training for a Age Group & Senior swimmer toward the end of the season before the championship meet.

### Time standard

A time set by a meet or LSC or USA Swimming (etc.) that a swimmer must achieve for qualification or recognition.

### Time trial

An event or series of events where a swimmer may achieve or better a required time standard.

### Timed finals

Competition in which only heats are swum and final placings are determined by those times.

### Timer

The volunteers, sitting behind the starting blocks/finish end of pool, are responsible for obtaining watch times on events and activating the backup buttons for the timing system.

### Touch pad

The removable plate (on the end of pool lanes) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to electronically register a time in a race.

### Unattached (UN)

An athlete member who competes, but does not represent a club or team, as during the 120 days after an athlete transfers from one team to another. (abbr. UN)

### Unofficial time

The time displayed on a read out board, read over the intercom by the announcer immediately after the race, or clocked by the lane timers.

### USA number

A 12 part number assigned to a swimmer after they have filled out the proper forms and paid their annual dues. The first three parts include the two letter abbreviation for the LSC (Local Swim Committee) and the registration year. The next three parts are letters standing for the first initial of: Last Name/First Name/Middle Name in that order. The last 6 parts are numbers of swimmers birthdate: Day/Month/Year using zeros as place holders. For example: USS# for swimmer Kent Michael Nelson, a member of Indiana Swimming, registering for the 1993/94 year and born Aug.27, 1976 = IN4NKM082776.

### Yard pool

The measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length.

### Zones

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