

Jupiter Dragons Swim Team

Handbook 2017 - 2018



**Jupiter Dragons Swim Team
861 Toney Penna Drive
Jupiter, Florida 33458, USA**

(561) 339-9959

www.jdswim.com

TABLE OF CONTENTS

INTRODUCTION.....	4
WHY SWIMMING.....	4
ORGANIZATION OF COMPETITIVE SWIMMING.....	6
USA SWIMMING INC.....	6
FLORIDA GOLD COAST (FGC).....	7
WELCOME TO THE JUPITER DRAGONS SWIM TEAM.....	8
Team Information	8
TEAM SLOGAN.....	9
TEAM MISSION	9
TEAM VISION	9
TEAM OBJECTIVES	9
COACHING PHILOSOPHY	10
DEFINING OUR ROLES	11
TRAINING PROGRAM.....	12
<i>CRITERIA FOR PLACING SWIMMERS IN GROUPS</i>	12
<i>SWIMMING GROUPS</i>	12
PRIVATE LESSONS.....	19
HIGH SCHOOL SWIMMING	19
PRACTICE PHILOSOPHY	20
PRACTICE GUIDELINES	21
<i>FOR THE SWIMMERS</i>	21
<i>FOR THE PARENTS</i>	22
PRACTICE ATTENDANCE	23
SWIM MEET INFORMATION	24
<i>PHILOSOPHY OF COMPETITION</i>	24
USA SWIMMING GEOGRAPHIC ALIGNMENTS	25
COMPETITIVE SEASON	25
TYPES OF MEETS	26
CHAMPIONSHIP MEETS / QUALIFICATION MEETS	26
AGE GROUPS	27
FUNDAMENTALS OF STROKES	27
MEET EVENTS	29
TIME STANDARDS.....	30
MEET SCHEDULE	30
HOW TO ENTER MEETS	30
ENTRY FEES AND SURCHARGES.....	31
SWIM MEET PROCEDURES	33
LOGBOOKS.....	34
OUT OF TOWN MEETS	34
DRAGONS SWIM MEETS	35
<i>JOBS AVAILABLE</i>	35
<i>PARENT'S ROLE</i>.....	37
PARENT - SWIMMER - COACH RELATIONSHIP	37
PARENT'S.....	37
GUIDE TO BEING A GOOD SWIM PARENT	39
<i>PARENT - COACH COMMUNICATION</i>	41
FINANCIAL OBLIGATIONS	43
MONTHLY MEMBERSHIP FEE	43
THE COUNTY ACCEPTS 3 FORMS OF PAYMENT:	43
USA SWIMMING MEMBERSHIP	44
NEW MEMBER REGISTRATION	44
TRANSFERRING TO ANOTHER TEAM	45
SOCIAL ACTIVITIES.....	46
ANNUAL AWARDS BANQUET	46

GROUP OUTINGS AND EVENTS	46
TEAM PICTURES.....	46
MEET TERMINOLOGY	47
EVERYTHING YOU WANTED TO KNOW ABOUT SWIM MEETS BUT WERE AFRAID TO ASK.....	61
CODE OF CONDUCT	67
APPENDIX 1	61
INSTRUCTIONS FOR SET UP AUTO PAY - (FOR SWIM MEETS ONLY)
APPENDIX 2	69
INSTRUCTIONS FOR ON-LINE DECLARATION TO ATTEND A SWIM MEET
APPENDIX 3	83
INSTRUCTIONS HOW TO ADD AND VERIFY A CELL NUMBER FOR SMS/TEXTING

INTRODUCTION

The purpose of this handbook is two-fold: to explain to new members just what the **Jupiter Dragons Swim Team** is and to outline various policies that affect all swimmers, year after year. It should be read by all families so that they may become familiar with important facts and rules of the team.

WHY SWIMMING

We are pleased that you have chosen swimming and think you will be happy with the choice you have made.

1. *Swimming is the #1 activity in the country.* The United States Swimming (USA) age group swimming program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health, by teaching healthy fitness habits. Unlike other sports, participation is not age-related. It is an activity that can be continued throughout one's life.

2. *Swimming exemplifies and develops desired values, attitudes and behaviors.* In competitive swimming, no one sits on the bench; there are no fights, disputed calls or subjective scoring. Achieving successful outcomes is related to hard work, skill and determination, not lucky breaks or bending the rules.

3. *Swimming does not have gender barriers.* Competitive swimming is one of the few sports in which the achievements of male and female participants are equally valued.

4. *Swimming is one of the best ways for Physical Development and Intellectual Competence.* Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like it so much?

Physical Development

- Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills.
- Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well.
- Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
- Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
- Swimming is the most injury-free of all children's sports.
- Swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Master's Swimming programs are still training and racing well into their 80's.

Intellectual Competence

- In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally their accomplishments in learning and using new skills contribute to a stronger self-image.

Recent reports indicate that American children are not as fit as previous generations. Participation in swimming contributes to a healthy lifestyle now and sets a pattern for life that includes physical activity.

5. *Swimmers make life-long friends.* Being a competitive swimmer means spending hours with teammates. A key component of the sport is providing support and encouragement to others. Standing by teammates during both victory and disappointment is the foundation for enduring friendships.

6. *Swimming provides personal growth opportunities.* Competitive swimmers have the opportunity to travel in the USA and to other countries to attend meets. Having the experience of meeting swimmers from other places broadens horizons and increases tolerance toward others.

7. *There is more than one way to win.* For many sports there are only two outcomes: either you win or you lose. For swimming there are a number of ways a participant wins; he/she can swim in a new event, better a time or make a final. It is not just a matter of winning a medal or ribbon.

8. *Being a member of a swim team means being involved.* For most recreation and sports activities, parental involvement means paying the fees, providing transportation and contributing to the end of year party. Because of the nature of swimming, parents have a more extensive involvement in the team activities. For example to have a swim meet, you need a pool and a minimum of about 50 volunteers per session performing various tasks from timing, starting, judging strokes and turns, results, concessions, hospitality etc.

9. *Having professional coaches.* For most recreational activities, the coaches are volunteer parents who have an interest in the sport and may or may not have formal training in coaching. In swimming the coaches are professionals: this is their job and their chosen career. Coaches have to take courses, pass tests and continue upgrading their skills in order to maintain their certification. Before hiring a new coach and every two years after that all coaches have to undergo a background check via USA Swimming coach credential process as well as be up to date with their certification in First Aid, CPR, AED, Coaches Safety Training and Athlete Protection education.

ORGANIZATION OF COMPETITIVE SWIMMING

Competitive amateur swimming is structured at international, national, state and local levels. The governing body at the international level is F.I.N.A. (Federation International de Natation Amateur). The USA national governing body is USA Swimming Inc.

USA SWIMMING INC.

USA Swimming's 2,800-plus clubs and 400,000-plus athletes are broken up regionally into 59 Local Swimming Committees who are responsible for governing swimming in their individual regions.

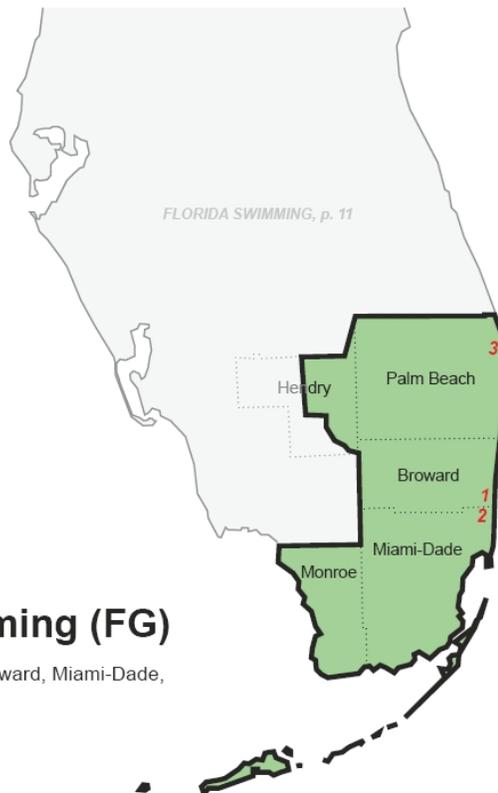


Further information about USA Swimming may be obtained from their website - www.usaswimming.org.

FLORIDA GOLD COAST (FGC)

Florida Gold Coast (FGC) is the Local Swimming Committee and it is the governing body for South Florida with powers and responsibilities delegated by U.S.A. Swimming. Florida Gold Coast Swimming is part of the Southern Zone.

The Jupiter Dragons Swim Team is a member of the Florida Gold Coast LSC (FG). All competitive swimmers are required to pay an annual registration fee to USA Swimming. This is your family's insurance policy in the event your child was injured during a practice or at a swim meet.



Florida Gold Coast Swimming (FG)

Southern Zone

In the State of Florida, the counties of Palm Beach, Broward, Miami-Dade, Monroe, and the part of Hendry east of Route 833.

Cities (all in Florida)

- 1 – Ft. Lauderdale
- 2 – Miami
- 3 – Palm Beach

Through membership in the Florida Gold Coast, Jupiter Dragons swimmers are able to compete at the local, Florida state, national and international swim meets.

WELCOME TO THE JUPITER DRAGONS SWIM TEAM

Welcome to the Jupiter Dragons Swim Team and the rewarding world of competitive swimming. Our team is a year-round competitive swimming team offering technique instruction, training, and competition to young people of all ages and abilities. Jupiter Dragons is professionally Coach Run swim team. It is financed and supported by Palm Beach County Parks and Recreation and the Jupiter Dragons parents.

The Team trains at the North County Aquatic Complex in Jupiter which is one of the finest facilities in Palm Beach County. The team competes in local, regional and national competitions sanctioned by USA Swimming, Inc., the national governing body for amateur swimming in this country.

The coaches are committed to making all swimmers feel that they are a valuable part of the JUPITER DRAGONS SWIM TEAM. We can assure you that you will have years filled with challenges, excitement, fun and camaraderie. You will find that your child's coach is approachable and willing to answer your questions. It is only natural to have questions as you become involved in the sport and the coaches will help you get settled into the swim team.

JUPITER DRAGONS SWIM TEAM has programs in place to assist swimmers at all levels to attain their personal goals. Being aware of the long term development involved in swimming, we are dedicated to keeping the sport fun, to having athletes continue to swim successfully at the college level, and to developing a life-long love of the sport of swimming.

Once again, welcome to the JUPITER DRAGONS SWIM TEAM and may your family's involvement with the team be long and happy!

Team Information

<i>Club Office:</i>	North County Aquatic Complex 861 Toney Penna Drive Jupiter, Florida 33458, USA
<i>Mailing Address:</i>	Jupiter Dragons Swim Team 861 Toney Penna Drive Jupiter, Florida 33458, USA
<i>Telephone Numbers:</i>	(561) 339-9959 or 626-7654
<i>Pool Number:</i>	(561) 745-0241
<i>Website</i>	www.jdswim.com
<i>E-mail Head Coach</i>	coachkiril@yahoo.com
<i>Club Uniform:</i>	Navy, Red and White

TEAM SLOGAN

UNITE * DREAM * SWIM * ACHIEVE

TEAM MISSION

To unite and inspire our swimmers to dream big, to work hard, and become the best they can be. Through our expertise and passion for swimming to create environment where everyone is welcome and the strive for excellence is encouraged.

TEAM VISION

We are committed to guide our swimmers along a path of progressive challenges that promotes individual and team success from the age group level to the National level as well as develop a love of swimming as a life-long source of fitness and health.

TEAM OBJECTIVES

1. To provide quality coaching, training, and competition for all team members.
2. To assist all team members in realizing and striving for their full potential in competitive swimming.
3. To provide opportunities to learn the values of hard work, dedication, self-discipline, and perseverance.
4. To promote the ideals of honesty, integrity, good sportsmanship, and team loyalty.
5. To provide opportunities for educational and emotional growth through training, competition, and travel.

COACHING PHILOSOPHY

The coaches have developed nine equally important tenets for their philosophy.

1. *There is no substitute for hard work.* All swimmers must invest their time and effort into the sport and swimmers will be challenged accordingly. Success in competition is the direct result of how much work each individual puts into it. Consistent and persistent effort by athletes and coaches is a pre-requisite for achieving anything worthwhile in swimming.

2. *Every athlete counts.* The most important people to us, after our families, are the athletes that we see and coach almost daily. We care about all of the swimmers on our team, whether they are the fastest or the slowest. We are concerned about the attitude and the improvement of every team member. Team strength comes from raising the standards of all team members.

3. *Winning is not just being Number One.* Winning must be measured against one meaningful and reliable standard - yourself. Every swimmer on the team can be and should be a winner. A winner sets goals and then strives to attain them. Both swimmers and coaches who continue to strive for their goals are winners.

4. *Athletes must experience success.* An athlete who achieves is a motivated athlete. There will be gradual movement to higher competitive levels according to the athlete's development. A swimmer who attains a goal usually wants to attempt to reach a new one at a higher level. We will acknowledge success, regardless of the level at which a swimmer is succeeding.

5. *Responsibility is required.* The coaches are responsible for the team's results. Similarly, the swimmers must accept the responsibility of giving their best at practice and swim meets.

6. *Teach first and train second.* All swimmers must establish good technique before they can train effectively. We will keep returning to basics.

7. *Equal Opportunity, Not Equal Time.* It is impractical to give equal time to each athlete, because they all have different needs. It is more important to give each athlete equal opportunity to take advantage of our desire to work with all of them. Those who are willing to give more of themselves in training and competition gain the most benefit from our coaching efforts.

8. *Change is necessary.* Programs need to be dynamic to maintain the enthusiasm of the athletes and the coach. The athletes and the "best" ways to teach and train them will change. That is why the coaches will continue to form new ideas and be creative.

9. *Stay Hungry for knowledge.* Coaches have to constantly expand their knowledge. Learning opportunities are all around, and successful coaches learn to recognize and to use them.

DEFINING OUR ROLES

Concerning the development of each swimmer, everyone has their own role. Simply put:

Swimmers: Swim
Coaches: Coach
Officials: Officiate
Parents: Parent/Support

The coaching staff requires that **all coaching is left to the coaches**. We ask parents to refrain from discussing technique or strategy. If there is a question as to the performance or coaching of the swimmer, it must be directed to the swimmer's coach. We understand many parents may have been involved with the sport of swimming on some level. However, the program that has been developed is very specific to the training and the development of Jupiter Dragons swimmers and our team as a whole. Getting instruction from parents or other coaches outside of Jupiter Dragons Swim Team can have serious detriment to the development of the swimmers. Regardless of who the speaker is, if it is not a JDST coach the message will cloud what we are trying to teach. We stand 100% behind the results our team has achieved at all levels.

You are the experts in raising your children. We are the experts in coaching swimming. Together we can work to develop great swimmers and great people!

TRAINING PROGRAM

CRITERIA FOR PLACING SWIMMERS IN GROUPS

The coaches use the following criteria for placing swimmers in groups:

Age: Swimmers are grouped by age.

Performance: Swimmers are grouped by ability.

Techniques: As the swimmer progresses, it is expected that he/she will be prepared to work on and master the finer points of stroke technique, starts, turns and race strategy.

Ability to train: The swimmer must demonstrate he/she will be able to handle the training load of the new group. Ability to meet the group standard is important for the self-image and confidence of the swimmer.

Attendance: Swimming requires commitment to practice schedules and meet participation. As a swimmer moves up the competitive ladder, there are more practices of longer duration. If a swimmer does not attend practice on a regular basis, he/she is less able to improve performance.

Attitude: While swimming performance is expected to improve over the long run, in the short run there will be ups and downs. As the swimmer moves up the competitive ladder, he/she must be able to handle the stresses of intense training and competition and also balance swimming with other aspects of life.

Movement: Swimmers should become eligible to move to the next level when they are meeting 100% of their group challenges consistently, then we will look to increase their challenge by moving them up. It is a combination of age, performance, technique, ability to train, attendance, and attitude; not age or performance alone. Achieving the time standards or workout sets does not necessarily mean movement to the next group, but means that the swimmer is eligible to be considered for the group. No one should expect to move up if they aren't making the maximum number of practices for the group they are in.

SWIMMING GROUPS

In keeping with our team objective of providing a quality competitive swim program for swimmers of all ages, abilities and levels of interest the Jupiter Dragons Swim Team offers 9 levels of professional technique instruction and training. This allows each swimmer to progress at his/her own rate. Every level will progressively increase the degree of commitment as well as difficulty. The emphasis in the early years will be on stroke development and building a love for the sport. As they become age-group swimmers, they will be introduced to a more demanding, physical and psychological challenge.

Each group is designed to meet the swimmers ability, commitment level, and goals. It is very important to remember that every child is different, and he/she will progress at his/her own rate.

The following criteria DO NOT DICTATE when a swimmer moves from one group to another. They are only guidelines. COACHES have the final decisions of when a swimmer is ready to move.

Purple - Group

Ages 6 – 10 years old

This group is designed for children 6 to 10 years old who can swim at least 1 pool length (25 yards) of basic Freestyle and Backstroke. Learn drill techniques and proper mechanics of all 4 swim strokes (Butterfly, Backstroke, Breaststroke and Freestyle), introduce basic start techniques and wall touches. They will also learn the skills that are necessary to compete in the sport of swimming such as working with teammates, listening to and obeying coaches, with lots of smiles along the way. They practice 3 times per week for 45 minutes.

Goals for this group:

Develop proper backstroke and freestyle technique (with side breathing pattern) and acquiring the basics of breaststroke and butterfly. Develop proper kicking technique in all strokes. Compete in 25 yards of all 4 strokes.

Required Equipment: Dragons Cap & T-shirt, Goggles and Rubber Fins

Group	Mon.	Tues.	Wed.	Thu.	Fri.
Purple 1		3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	
Purple 2		3:45 - 4:30 pm	3:45 - 4:30 pm	3:45 - 4:30 pm	
Purple 3		4:30 - 5:15 pm	4:30 - 5:15 pm	4:30 - 5:15 pm	
Purple 4	5:15 - 6:00 pm		5:15 - 6:00 pm		5:15 - 6:00 pm

Green 1 - Group

Ages 7 – 10 years old

The Green 1 Group is the second step on the 10 & Under ladder. Swimmers are placed in the Green 1 Group by completing the Purple group move-up skill list. The group's emphasis is on further stroke development in all four competitive strokes. Introduce flip turns and open hand turns. They practice 5 times per week for 45 minutes.

Goals for this group:

Develop 4 legal competitive swim strokes as required by USA Swimming rules. Be able to dive from the starting block. Compete in 50 yards of 3-4 strokes and 100 yards Freestyle. Be able to swim 1,200 -1,500 yards per practice.

Required Equipment: Dragons Cap & T-shirt, Goggles and Rubber Fins

Group	Mon.	Tues.	Wed.	Thu.	Fri.
Green 1	3:00 - 3:45 pm				

Green 2 - Group

Ages 7 – 11 years old

The Green 2 Group is the third step on the 10 & Under ladder. Swimmers are placed in the Green 2 Group by completing the Green 1 group move-up skill list. The group's emphasis is on further improvement in all four competitive strokes, flip turns and open hand turns. Develop endurance as distances increase. They practice 5 times per week for 1 hour and 15 minutes. Good attendance is very important.

Goals for this group:

Successfully complete the Test Sets of 6X100 Free @ 2:30 and 4X100 IM @ 2:45 in meters. Be able to do a streamline dive from the starting block. Compete in 100 yards of 3-4 strokes and 100 yards Individual Medley. Attain a minimum of 2 BB standards. Competing at swim meets is highly encouraged at a rate of about once per month. Be able to swim 2,000 – 2,500 yards per practice.

Required Equipment: Dragons Cap & T-shirt, Goggles, Rubber Fins and Water Bottle

Group	Mon.	Tues.	Wed.	Thu.	Fri.
Green 2	3:45 - 5:00 pm				

Orange - Group

Ages 11 – 14 years old

The Orange Group is for children who start swimming after the age of 10. Learn drill techniques and proper mechanics of all 4 swim strokes (Butterfly, Backstroke, Breaststroke and Freestyle), introduce start techniques and turns. They will also learn the skills necessary to compete in the sport of swimming such as working with teammates, listening to and obeying coaches. They practice 3 times per week for 1 hour.

Goals for this group:

Develop proper backstroke and freestyle technique (with side breathing pattern) and acquiring the basics of breaststroke and butterfly. Competing at swim meets is highly encouraged. Be able to swim 1,800 – 2,000 yards per practice. Swimmers have the possibility of moving up to the Red group.

Required Equipment: Dragons Cap & T-shirt, Goggles, Rubber Fins and Water Bottle

Group	Mon.	Tues.	Wed.	Thu.	Fri.
Orange		6:00 - 7:00 pm	6:00 - 7:00 pm	6:00 - 7:00 pm	

Elite Junior - Group

Ages 8 – 11 years old

Swimmers are placed in the Elite Group by completing the Green 2 group Test Sets and have attained a minimum of 1 Junior Olympic time standard for 10 & Under. The group objective is the refinement of competitive stroke techniques as well as introduction to race strategies and training terminology. Examples: What is a negative split? Increased endurance training and timed interval training is initiated. Dry land exercises and running are introduced. They practice 6 times per week for 1.5 to 2 hours. 90% attendance is required.

Goals for this group:

Develop training habits for larger aerobic sets required in the next level program. Successfully complete the Test Sets of 8X100 Free @ 1:45 and 3X200 IM @ 4:00 in yards. Swimmers in this group are expected to achieve 3-4 Junior Olympic time standards. They need to have legal times in the following events: 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Free, 200 IM and swim the 500 Freestyle in less than 7 minutes. Competing at Championship swim meets is required. Be able to swim 3,000 – 3,500 yards per practice.

Required Equipment: Dragons Cap & T-shirt, Goggles, Water Bottle, Running Shoes, Gym Shorts and Team Parka. In addition, this group is required to purchase their own Rubber Fins, Pull Buoy, Small Training Paddles, Kickboard and Mesh Equipment Bag.

Group	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Elite Junior	4:30 - 6:00 pm (swim)	4:30 - 5:30 pm (swim)	9:30 - 11:00 am (swim) 11:00 - 11:30 am (dry-land)			

Elite Senior - Group

Ages 8 – 12 years old

Swimmers are placed in the Elite Senior group by completing the Elite Junior group Test Sets and have attained a minimum of 3-4 Junior Olympic time standards. The group objective is the further refinement of competitive stroke techniques. Be able to perform stroke drills comfortably. Learn different race strategies and training terminology. Examples: What is a descending interval set? Increased endurance training and timed interval training is established. Practices include dry-land exercises and running. They practice 6 times per week for 1.5 to 2 hours. 90% attendance is required.

Goals for this group:

Develop training habits for larger aerobic sets required in the next level program. Successfully complete the Test Sets of 12X100 Free @ 1:35 and 3X200 IM @ 3:30 in yards. Swimmers in this group are expected to achieve Junior Olympic times in 5 out of the following events: 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Free, 200 IM and the 500 Freestyle. Swimmers in this group are expected to compete and place in Finals for 11&12 age group at

Championship swim meets (Junior Olympics and Winter Championships). Be able to swim 3,500 – 4,000 yards per practice.

Required Equipment: Dragons Cap & T-shirt, Goggles, Water Bottle, Running Shoes, and Gym Shorts. In addition, this group is required to purchase their own Rubber Fins, Pull Buoy, Mid Size Training Paddles, Kickboard, Mesh Equipment Bag and Team Parka.

Group	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Elite	4:30 - 6:00 pm	4:30 - 5:30 pm	9:30 - 11:00 am			
Junior	(swim)	(swim)	(swim)	(swim)	(swim)	(swim) 11:00 – 11:30 am (dry-land)

Red Junior - Group

Ages 12 – 14 years old

Swimmers are placed in the Red Junior group by graduating the Green 2 or Orange groups. The group objective is the further refinement of competitive stroke techniques. Learn different race strategies and training terminology. Increased endurance training and timed interval training is introduced. Some practices include dryland exercises and running. They practice 5 times per week for 1.5 hours.

Goals for this group:

Develop training habits for larger aerobic sets required in the Red Senior / Developmental High School level program. Successfully complete the Test Sets of 8X100 Free @ 1:45 in yards. Swimmers in this group are expected to have legal times for the following events: 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Free, and 200 IM. Competing at swim meets is highly encouraged at a rate of about once per month. Be able to swim 3,000 – 3,500 yards per practice.

Required Equipment: Dragons Cap & T-shirt, Goggles, Water Bottle, Running Shoes, and Gym Shorts. In addition, this group is required to purchase their own Rubber Fins, Pull Buoy, Training Paddles, Kickboard and Mesh Equipment Bag.

Red Senior / Developmental High School

Ages 13 years old and up

Swimmers are placed in the Red Senior group by graduating the Red Junior or Elite Senior groups. The group objective is the further refinement of competitive stroke techniques. Be able to perform stroke drills comfortably. Learn different race strategies and training terminology. Increased endurance training and timed interval training is established. Some practices include dry-land exercises and running. 90% attendance is required. They practice 5 times per week for 1.5 hours.

Goals for this group:

Develop training habits for larger aerobic sets required in the next level program. Successfully complete the Test Sets of 15X100 Free @ 1:30 and 4X200 IM @ 3:30 in yards. Swimmers in this group are expected to have “A” times in 2 out of the following events: 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Free, 200 IM and the 500 Freestyle. Competing at

Championship swim meets (Senior Championships and Winter Championships) is required. Be able to swim 4,000 – 4,500 yards per practice. Swimmers have the possibility of moving up to the Blue group.

Required Equipment: Dragons Cap & T-shirt, Goggles, Water Bottle, Running Shoes, and Gym Shorts. In addition, this group is required to purchase their own Rubber Fins, Pull Buoy, Training Paddles, Kickboard and Mesh Equipment Bag.

Group	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Red	6:00 - 7:30 pm (swim)	5:30 - 6:30 pm (swim)				

Blue Junior - Group

Ages 12 – 14 years old

Swimmers are placed in the Blue Junior group by graduating the Elite Senior or Red Senior groups. Swimmers are expected to show desire and commitment required for the group. The group objective is the further refinement of competitive stroke techniques. Implement different race strategies and expand training terminology. Endurance training and timed interval training is elevated to challenging levels. Practices include dry-land exercises and running. Competing at swim meets is required at a rate of about once per month. During the school year they have 6 swim practices per week for 2 to 2.5 hours and 3 dry-land practices for 30 - 45 min. In the summer the number of swim practices increases to 9 times per week with 3 double workouts. 100% attendance is required.

Goals for this group:

Develop training habits for larger aerobic sets required in the Blue Senior program. Successfully complete the Test Sets of 20X100 Free @ 1:25 and 4X200 IM @ 3:15 in SCY. Swimmers in this group are expected to compete and place in Finals at Championship swim meets (Junior Olympics and Winter Championships). Be able to swim 4,500 – 5,500 yards per practice.

Required Equipment: Dragons Cap & T-shirt, Goggles, Drag Suit, Team Warm-up, Water Bottle, Running Shoes, Gym Shorts and Team Parka. In addition, this group is required to purchase their own Rubber Fins, Pull Buoy, Training Paddles, Front Mount Snorkel, Nose Clip (optional for use with snorkel), Kickboard, Ankle Band and Mesh Equipment Bag.

Group	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Blue Junior	6:00 - 7:30 pm (swim)	5:30 – 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	6:00 - 7:30 pm (swim)	5:30 – 6:00 pm (dry-land) 6:00 - 7:30 pm (swim)	5:30 - 6:30 pm (swim)	7:30 - 9:30 am (swim)

Blue Senior / High School - Group

Ages 13 years old and up

Swimmers are placed in the Blue Senior group by graduating the Blue Junior group. The group objective is practicing swimming with strength, efficiency and excellent stroke technique during each practice. Implement different race strategies and expand training terminology. Endurance training and timed interval training is elevated to challenging levels. Swimmers are expected to show willingness and toughness in training. Practices include dry-land exercises, running and weightlifting. During the school year they have 6 to 8 swim practices (including 2 doubles) per week for 2 to 2.5 hours and 3 dry-land practices for 30 - 45 min. In the summer the number of practices increases to 9 times per week with 3 double workouts. 100% attendance is required.

Goals for this group:

Improvement in all four strokes, development of skills necessary to qualify for junior national level meets including mileage, intensity, determination, mental preparedness and more. Successfully complete the Test Sets of 25X100 Free @ 1:25 and 4X200 IM @ 3:00 in SCM. Swimmers in this group are expected to compete and place in Finals at Senior Championships, Florida High School Championships, Winter Championships, Southern Zone Sectionals and qualify for Junior Nationals. Be able to swim 6,500 – 7,000 meters per practice.

Required Equipment: Dragons Cap & T-shirt, Goggles, Drag Suit, Team Warm-up, Water Bottle, Running Shoes, Gym Shorts and Team Parka. In addition, this group is required to purchase their own Rubber Fins, Pull Buoy, Training Paddles, Front Mount Snorkel, Nose Clip (optional for use with snorkel), Kickboard, Ankle Bands and Mesh Equipment Bag.

Blue - Senior A.M. practices Tuesday & Thursday 5:30 - 6:30 a.m. – during specific times of the year

Group	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Blue Senior	5:00 - 7:00 pm (swim) 7:00 – 7:30 pm (dry-land)	5:00 - 7:00 pm (swim)	5:00 - 7:00 pm (swim) 7:00 – 7:30 pm (dry-land)	5:00 - 7:00 pm (swim)	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)

National - Group

Ages 13 years old and up

Swimmers are placed in the National group by achieving a Junior National standard. The group objective is practicing swimming with strength, efficiency and excellent stroke technique during each practice. Implement proper nutrition, recovery strategies and mental preparation. Individualized planning, endurance training and timed interval training is elevated to challenging levels. Swimmers are expected to show willingness and toughness in training. Practices include dry-land exercises, running and weightlifting. During the school year they have 6 to 8 swim practices (including 2 doubles) per week for up to 3 hours and 3 dry-land practices for up to 45 min. In the summer the number of practices increases to 9 times per week with 3 double workouts. 100% attendance is required.

Goals for this group:

Refinement in strokes, development of skills necessary to qualify for national level meets and beyond including mileage, intensity, determination, mental preparedness and more. Successfully complete the Test Sets of 30X100 Free @ 1:15 and 5X200 IM @ 2:45 in SCM. Swimmers in this group are expected to compete and place in Top 3 at Senior Championships, Florida High School Championships, Winter Championships, Southern Zone Sectionals, qualify for Finals at Junior Nationals and qualify for Nationals and Olympic Trials. Be able to swim 7,000 – 8,000 meters per practice.

Required Equipment: Dragons Cap & T-shirt, Goggles, Drag Suit, Team Warm-up, Water Bottle, Running Shoes, Gym Shorts and Team Parka. In addition, this group is required to purchase their own Rubber Fins, Pull Buoy, Training Paddles, Front Mount Snorkel, Nose Clip (optional for use with snorkel), Finis Tempo Trainer, Kickboard, Ankle Bands and Mesh Equipment Bag.

Group	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
National	5:00 - 7:00 pm (swim)	5:00 - 7:30 pm (swim)	5:00 - 7:00 pm (swim)	5:00 - 7:30 pm (swim)	5:00 - 6:30 pm (swim)	7:30 - 10:00 am (swim)
	7:00 – 7:30 pm (dry-land)		7:00 – 7:30 pm (dry-land)			10:00 - 10:45 am (dry-land)

PRIVATE LESSONS

Private competitive lessons are established for JDST swimmers who feel they need a more private setting or more one-on-one instruction. Private instruction can be one of the most important facets of overall swimming success. Private lessons may be of some benefit to swimmers who, for whatever reason, are having difficulty acquiring the skills which are taught in the regular program.

The lessons are designed to provide the swimmer with intense instruction in a 1:1 ratio of swimmer to a coach. The focus in these lessons is on skill/stroke work not fitness development. Video analysis is used to provide precise breakdown of each stroke and recommend improvements.

Swimmers or parents who wish to initiate a request for private lessons should approach the personal coach of the swimmer. (The personal coach can best assess the needs of the swimmer.) The personal coach will determine whether to provide the lesson himself/herself, refer the swimmer to another coach on the JDST staff, or advise the swimmer that a private lesson is not recommended.

Lessons are 30 minutes in duration and the fee is \$ 30.00. Payment for the lessons must be made to the Board of County Commissioners - "BOCC"

HIGH SCHOOL SWIMMING

The Jupiter Dragons Swim Team philosophy is that swimming for one's high school and DRAGONS can be compatible. Representing his/her high school during the swim season is important for each high school age athlete. However, an athlete must recognize the level of commitment necessary to achieve the goals he/she has set. We advise swimmers to continue practicing with their group on the Jupiter Dragons Swim Team during high school season and attend only the mandatory practices with their high school swim team.

Swimmers competing in high school meets should:

Always try their hardest not only to get the best place for the high school team, but also to better their previous times. Always do a complete warm-up, which will help to avoid injury.

Senior swimmers **MUST** attend DRAGONS swim practice consistently. In the event of a conflict between a high school meet and DRAGONS practice, the swimmer needs to notify their coach.

Questions concerning high school swimming should be addressed to the Head Coach.

PRACTICE PHILOSOPHY

We believe that practice is essential for the development of the athlete. The athlete's well-being and benefit is always put first in practice. Through practice the athlete will learn interactions with others, self discipline, dedication, and determination.

The coaches, as professionals, will consistently challenge the swimmers in a positive manner. Coaches will guide the swimmers along a path of progressive challenges that promotes long term growth and development.

It is through consistency along this developmental path that a swimmer can aim to reach their potential. Consistency and effort are the key, and it involves much more than practice attendance.

Practices will include swim workout, dry land training, and meet preparation.

- Swim workouts will focus on skill development, conditioning and preparing swimmers to RACE.
- Dry land training will be age appropriate and will focus on development of coordination, strength, power, explosiveness, endurance and flexibility.
- Meet preparation will consist of goal setting, racing strategies, pre and post race routines (what to do before heading to the blocks and what to do after a race).

When there is a swim meet, practices may be cancelled on the days of the meet (eg. Friday evening and Saturday morning). Coaches will inform parents in advance if there are changes to the schedule due to swim meet participation.

If it is a particularly intense meet when swimmers are competing on 3 or 4 days of the meet, Monday practice may also be cancelled to allow swimmers to get some rest and get caught up on homework.

Occasionally there may be changes to or cancellation of practice due to bad weather, facility repairs, water temperature problem or visiting college teams. We appreciate your understanding and cooperation when this happens.

EMERGENCY CANCELATIONS OR CHANGES

We will make every effort to notify you of changes or cancellations to any and all team activities. Our protocol for notifying you will be as follows:

1. **Send an email** to all active accounts.
2. **Post an item in the "news" section** of the website.
3. **Utilize Calling Post service to call** all members.

Please note that we will give you information on emergency closings as soon as it is given to us. Sometimes the County will make a decision on closing the pool due to inclement weather (or the threat of inclement weather) very close to our practice start times. This is all in the interest of safety and due to the timing of the event causing to cancel pool activities. We will do our absolute best to let you know what is going on as quickly as possible.

PRACTICE GUIDELINES

There is a big difference between being ‘good’ and being the ‘best’. We want all of our swimmers to strive to be the ‘best’ swimmer they can be. To be the best they can be and contribute to the team becoming the best it can become the swimmers and their families must strive to do everything they can to ensure this including:

FOR THE SWIMMERS

- **ATTENTION AND RESPECT TO THE COACH'S DIRECTIONS IS A MUST.** To get the most out of the practice and avoid any mechanical, race strategy flaws or safety issues swimmers should pay close attention to the coach’s instructions.
- **It is essential for swimmers to have regular practice attendance.** Swimmers will benefit the most if they attend all their groups offered practices. If the swimmer misses practices on a regular basis, he/she falls behind their training regiment and progress is stalled. It is also discouraging to your fellow teammates, when a swimmer is inconsistent to practices. As swimmers we rely on each other being at practice each day, so that we have someone to train and compete with.
- Swimmers need to prepare themselves for a 100% Effort each time they come to practice = Meet Excellence! Swimmers have responsibilities to the team, the coach, his/her parents, and most importantly to themselves. The program is designed to encourage all swimmers to be senior swimming bound. As swimmers improve this is a deep commitment that requires great effort on all parts.
- Practice start times indicate the start time of each practice, not when the swimmer should actually arrive. All swimmers should be on the pool deck, or at the dry land location, at least five minutes prior to the indicated start time of each practice and with proper equipment. Tardiness is discouraged as swimmers who arrive late miss warm-up, which can lead to injury or poor performance, and their arrival often disrupts the practice of those who showed up on time. If swimmers will be late due to another activity be sure to advise the coach of the conflict.
- Swimmers are expected to stay for the entire practice session. Practices are designed to challenge swimmers at different parts of the workout session. Missing out on a segment of the practice can disrupt a swimmers development. If a swimmer must leave early, they should notify their coach prior to that practice session. **FOR SAFETY REASONS SWIMMERS MUST ASK PERMISSION TO LEAVE PRACTICE FOR ANY REASON.**
- If the swimmer needs to use the bathroom do it before or after the start or end of a set.

- Practice ends when the workout is completed. This means that occasionally, for a variety of reasons, practice may run slightly later than originally scheduled. Generally speaking, though, practices have a set duration and swimmers getting out late is only caused by them getting in late.
- Saturday practices are not to be looked at as optional. Saturday's play a critical role in the swimmers racing development and should not be missed.
- Swimmers are not permitted to use dry-land equipment on the pool deck unless a member of the coaching staff is present.
- Swimmers need to treat their fellow teammates with kindness as well as their coaches and all other North County Aquatic Complex staff. Swimmers are expected to be aware of and to follow all facility rules.
- Never interfere with the progress of another swimmer, during practice or otherwise.
- Swimmers are not permitted to speak with the coach while he/she is conducting another group's practice, unless requested by the coach.
- Swimmers should be on their best behaviour at all times to represent Jupiter Dragons Swim Team in an exemplary fashion. They are expected to use appropriate language on the pool deck and in the change rooms.
- Swimmers should bring all required equipment to the deck at the start of each practice. They will need: water bottle, 2 pairs of goggles, caps and any equipment their practice group requires (See Swimming Group section above). Please note that all equipment should be labeled with your swimmer's name. We can not be responsible for any equipment left at the pool. Swimmers are also expected to return all borrowed equipment to the place where it belongs.
- Swimmers are not permitted to wear any type of jewelry in the pool either at practice or meets. This is for safety reasons.
- No food or gum is allowed in the pool area during practice.
- No personal items should be left in the change rooms during practice. Bring all your belongings including electronics like smartphones etc. out onto the pool deck. Jupiter Dragons Swim Team is not responsible for lost or stolen items.

FOR THE PARENTS

- Parents are allowed to observe practice from specific locations designated by the coaching staff.
- Parents are asked not to interfere with the practice by talking to the coach or your child during the workout time.
- "Coaching" by parents or anyone else NOT a member of the Jupiter Dragons Swim Team coaching staff from the side of the pool or anywhere else at any time will NOT be tolerated.

- If small children are attending practice, these children are not allowed to run around on deck and they are the sole responsibility of their parents.
- Please leave the seating area in a neat and clean condition at the conclusion of each practice session.

PRACTICE ATTENDANCE

Consistent practice attendance will play a key role in your child's success at every level of the program. Each group in the Dragons program is offered a practice schedule that is appropriate for the age, and skill level of the swimmers in the group. **If you want to get the most out of the program and maximize your child's opportunity to improve, attendance at every practice offered is ideal.**

The groups with an attendance policy are Blue-Senior, Blue-Junior Red-HS and Elite. Their responsibilities and commitment affect their entire group, and we expect the attendance % level as posted in Swimming Groups description.

In case the swimmer will be out of the water due to an injury or illness, we ask parents to notify their coach so they are aware of the problem.

Can my child play other sports and swim for Jupiter Dragons?

Answer:

The short answer is yes. However, we do have guidelines for swimmers at different levels of the program to consider when they are planning to participate in another sport:

10&under swimmers

We do not discourage our swimmers from participating in other sports in this age group. In some cases it may even enhance athletic ability and overall physical development. We do encourage our swimmers to continue to swim while participating in the other sport instead of taking time off so that their swimming skills do not regress significantly. We also ask our swimmers to consider our competitive calendar (especially the championship meets) when making commitments to competitive events offered by the other sport.

11-13 year old swimmers

This age range includes a vital "window" of time for the aerobic development of a swimmer. Swimmers who have any kind of long term goals in the sport such as national level swimming or swimming in college should be very wary of activities that take them away from consistent training during these ages. While additional sports are not necessarily frowned upon at this stage, the decisions that will shape how far the swimmer progresses in the sport are certainly made during this time frame in most cases.

14-18 year olds

Swimmers who have the talent and commitment levels necessary for upper level success in swimming are typically committed to excluding other sports from their schedule at this point. However, there are many swimmers at this age who still want to compete in club swimming while experiencing other sports and activities offered at the high school level. We will not discourage them from doing so but those swimmers who do not meet the requirements for the group will be moved in a less demanding group.

SWIM MEET INFORMATION

As a competitive swim team, we encourage all of our swimmers to attend swim meets and compete in events recommended by their coaches. Individuals seeking membership in the Jupiter Dragons Swim Team should understand that **we are a competitive team, not a recreational team.** Swimmers should be willing to accept the responsibility of membership and participate in meets. Swim meets provide an opportunity for the swimmers to measure the progress of their training and practice. They are also a social time, which enables the swimmers to build friendships with fellow teammates. For many new swimmers, taking the first step and going to their first competitive meet is a big undertaking. Our coaches understand this and are happy to share information about each meet and what meets may be good for beginners.

All swimmers must compete in all of the Jupiter Dragons home meets they qualify for.

PHILOSOPHY OF COMPETITION

1. We put emphasis on competition with oneself. Winning ribbons, medals, or trophies is not our main goal. The individuals' improvement is our primary objective.
2. Sportsmanship is a MUST at Jupiter Dragons Swim Team. Respect for officials, congratulations to opponents (other competitors), encouragement to teammates, determined effort, and mature attitudes are examples of behavior praised and rewarded by the Dragons Swim Team coaching staff.
3. A swimmer is praised for improving his/her stroke or time. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parents' responsibility to provide love and encouragement that bolsters the swimmer's confidence along the way. Please recognize this fact and help the coaches by being supportive parents.
4. Swimmers are taught to be realistic, yet set challenging goals for meets and to relate these goals to practice to direct their training efforts.
5. Swimmers are prepared and encouraged to compete in all swimming events, distances, and strokes. This policy promotes versatility and encourages the swimmers to explore their potential in the wide range of events offered in competitive swimming.

USA SWIMMING GEOGRAPHIC ALIGNMENTS

For the purposes of governing, reducing travel time and equalizing competition, USA Swimming, Inc. has defined geographic alignments nationwide, and each level has its own championship meet(s).

Nationwide there are 59 LSC's (Local Swimming Committees), Four Zones (Eastern, Southern, Central, and Western), and 1 Senior National Championship.

The Senior National Championships include all 59 LSC's in the 50 states. Based upon their performance at Senior Nationals, swimmers are then chosen to be competitors on National Teams for the Pan American Games, the Pan Pacific Games, and other international meets. Selection for the World Team and the Olympic Team occurs at the respective "trials" meets, which are held every four years.

COMPETITIVE SEASON

Every year is divided into 2 Swimming Seasons—Short Course and Long Course.

1. The **Short Course Season** (meets swum in 25-yard pools) typically runs from late August through March. A series of championship meets for all ages and levels of swimmers is conducted from late February through March. These competitions are held in 25-yard pools.
2. The **Long Course Season** (meets swum in 50-meter pools) typically runs from April through August. A series of championship meets for all ages and levels of swimmers is conducted from mid July through beginning of August. These competitions are held in 50-meter pools. However there will be meets for developmental swimmers in short course pools (meets swum in 25-yard pools) from April through July.
3. **High School Season** for high school athletes runs from late August through mid November. A series of District, Regional and State championship meets is conducted from late October through mid November. These competitions are held in 25-yard pools.

The coaches want every swimmer to take a one-week break from swimming during their academic spring break and to take two-weeks break after the long course is over for 1st half of August except for the few swimmers who qualify for zone or national competitions.

As your swimmer progresses in the sport, the best time to take vacation is during spring break and then after the championship meet in the summer. If your swimmer has worked hard all year, for them to fully take advantage of their hard training, it is best not to interrupt their season with a week off. Also, older swimmers have more opportunities to train since they are out of school and have more time and fewer pressures. Long-course practices not only will help them now, but also are important for their long-term swimming development.

TYPES OF MEETS

Dual Meets

Occasionally, we will compete with one other team in a dual meet. These meets help promote team unity, but usually limit the number of events a swimmer may enter. They are generally only 2 to 3 hours.

Invitational Meets

Most competitions in which the Jupiter Dragons swimmers participate are invitational meets. These competitions may be open to any USA Swimming registered team from anywhere in the United States, while others may be limited to only teams that are specifically invited. Invitational meets typically range from 1 to 3 days in length and are just timed finals. These meets provide an opportunity for athletes to hone their skills, practice race strategies, and prepare for their Championship Meets.

Developmental Meets

In these meets swimmers may enter events in which they don't have a Junior Olympic time standard achieved. They are so called Sub JO meets. In this category fall the *Sizzler* meets, *Area 1 Developmental* meets and *Area 1 Developmental Championships* which is held twice a year: once in a 25-yard pool, once in a 50-meter pool. Participants must be 14 years old or younger

CHAMPIONSHIP MEETS / QUALIFICATION MEETS

These meets have a minimum qualifying time that a swimmer needs in order to enter the meet.

Florida Gold Coast Junior Olympic Championships

Junior Olympics is held twice yearly; once in a 25-yard pool, at the end of the short course season and once in a 50-meter pool at the end of the long course season. JO participants must be 14 years old or younger and have achieved at least one qualifying time to participate in an individual event. The Florida Gold Coast sets the qualifying time standards for these championship meets. They are held in prelim-final format. All swimmers compete in the morning or afternoon session of the meet called preliminaries. The Fastest eight or ten qualify to come back and compete again in the evening session called Finals.

Florida Gold Coast Senior Championships

Senior Championships is held twice yearly; once in a 25-yard pool, at the end of the short course season and once in a 50-meter pool at the end of the long course season. They are held in prelim-final format. All swimmers compete in the morning or afternoon session of the meet called preliminaries. The Fastest eight for 15&16 and 17&Over qualify to come back and compete again in the evening session called Finals.

Southern Zone South Sectional Championship

Sectionals is held twice yearly; at the end of the short course season and once at the end of the long course season both in a 50-meter pool. They are held in prelim-final format. All swimmers compete in the morning session of the meet called preliminaries. The Fastest thirty two qualify to come back and compete again in the evening session called Finals in A-Finals, B-Finals, C-Finals or D-Finals. This competition is open to all USA Swimming athletes and foreign athletes invited by USA

Swimming. Teams from across the southeastern and northeastern United States, including many collegiate swimmers, often compete in this meet.

Zone Championships

After the short course Championships are held in the spring, a swimmer may be selected to participate in the South Eastern Zone Championships. This is an all-star meet where swimmers compete as a member of the Florida Gold Coast Zone team, which competes against other states from the southeast.

USA Swimming Junior National Championships

This is the highest level meet for 18 & Under swimmers in the United States. A short course championship is typically held in December with a long course championship held in August. This is a very competitive and exciting team meet. Any swimmer with a qualifying time for this meet is encouraged to attend.

Conoco/Phillips 66/USA Swimming National Championships (Senior Nationals)

Other than the Olympic Trials and World Championship Trials, each of which is held once every four years, the highest level of competition for senior swimmers is the US National Championships. Swimmers meeting the national time standards travel to various cities in the U.S. to compete against America's best swimmers. This meet often serves as a selection meet for athletes striving to make U.S. National teams, such as the Pan American Team, World University Games Team, and Pan Pacific team.

AGE GROUPS

There are seven different age group classifications recognized by United State Swimming (the governing body of the sport): 8 & Under, 10 & Under, 11 & 12, 13 & 14, 15 & 16, 17 & 18, and Open/Senior. The Open/Senior classification includes any age registered swimmer who has achieved the prescribed qualifying time for the event. Not all age group classifications are offered at every swim meet. **The swimmer's age on the first day of a meet will determine the swimmer's age for the entire meet.**

FUNDAMENTALS OF STROKES

BUTTERFLY

Each arm and leg move in a parallel fashion. Unlike breaststroke, the arms are allowed to recover over the water. A dolphin kick action is used. The swimmer must kick both legs together and may not flutter kick as in the freestyle. Once again, the hands must touch the end walls at the same time and at the same horizontal plane. The butterfly was born in the early 1950's as a loophole in the breaststroke rules. It became an Olympic stroke in 1956 in Melbourne. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and first stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)

BACKSTROKE

Swimmers start in the water and remain on their backs for the entire race, except turns. The stroke is an alternating motion of the arms. Some part of the swimmer must break the surface of the water throughout the race, except during the turn and for a distance of not more than 15 meters after the start and each turn. On turns they may rotate onto their fronts, but must be on their back when their feet leave the wall. A line of colored flags, 5 meters (approximately 15 feet) from the pool ends, allows swimmers to judge turns. Backstroke is swam as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back).

BREASTSTROKE

Rules are very restrictive. Both arms and legs move in a mirror image of each other. The arms and legs are recovered forwards underwater, making it the slowest of all strokes. Because of this recovery, breaststroke is the fastest when the body is totally submerged. The kick is a simultaneous thrust of the legs called a "frog" kick. No flutter or dolphin kicking is allowed. The rules allow one stroke underwater on the start and after each turn. The head may go under water, but it must come above the surface on each stroke. Both hands must touch the wall at the same time in the same horizontal plane. Breaststroke is swam as the second stroke in the Medley Relay and the third stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)

FREESTYLE

As the name implies, any stroke may be used, but usually the front crawl (Australian crawl) is chosen because it is the fastest. Alternate arm action over all distances. Kick differs in different distances. Two kinds of turns: open turn (touch turn), hand touches first; flip turn (tumble turn), feet touch first. Some part of the body must touch the wall on the turn. Freestyle (nicknamed Free) is swam as the fourth stroke in the Medley Relay and fourth stroke in the I.M. 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)

INDIVIDUAL MEDLEY

Considered the true test of a swimmer. The individual medley, commonly referred to as the "I.M." features all four strokes. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swam of each stroke. Swimmer does 25, 50 or 100 meter segments of fly, back, breast and free in that order. Distances offered: 100 yds, 200 yds/mtr, 400 yds/mtr.

RELAYS

A swimming event in which 4 swimmers participate as a relay team each swimmer swimming an equal distance of the race. No swimmer may swim two legs of the relay. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Medley relays are conducted over 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances.

MEET EVENTS

Events are made up of various distances in the 4 racing strokes or a combination of all 4 strokes (Individual Medley - I.M.) and are for both individuals and teams.

Strokes:

Freestyle (front crawl)

Backstroke (back crawl)

Breaststroke

Butterfly (Fly)

I.M. (Fly - Back - Breast - Free -- in that order)

The Section on **Fundamentals of Strokes** provides more detailed information for the basic principles of each stroke. Each stroke and turn has to comply with certain rules as set out by the international swimming association (FINA). These are described in detail in the USA Swimming rule book.

Distances:

25 yards in all 4 strokes (Fly - Back - Breast - Free)

50 yards / meters in all 4 strokes (Fly - Back - Breast - Free)

100 yards / meters in all 4 strokes (Fly - Back - Breast - Free)

200 yards / meters in all 4 stroke (Fly - Back - Breast - Free)

200 yards / meters I.M. (50 Fly - 50 Back - 50 Breast - 50 Free -- in that order)

400 meters Free

400 yards / meters I.M. (100 Fly - 100 Back - 100 Breast - 100 Free -- in that order)

500 yards Free

800 meters Free

1000 yards Free

1500 meters Free

1650 yards Free

Coaches determine which distances are appropriate for each swimmer.

Relays:

4 swimmers compete as a team.in either a **Freestyle** or a **Medley Relay**.

The order for the Medley relay is **Back, Breast, Fly and Free**.

In the freestyle relay all swimmers swim freestyle.

4X50 Free or Medley

4X100 Free or Medley

4X200 Free only

TIME STANDARDS

USA Swimming provides Motivational Times for each Age Group. These times are designed to help age group swimmers to better understand their times and to set goal times for the future.

The classifications are B, BB, A, AA, AAA, and AAAA. Some competitions base their qualifying standards on these Motivational Times. For instance, one competition may require swimmers to have achieved A times in order to participate. Another competition might not allow anyone with an A time or faster to compete. As swimmers progress through the sport they may find that they achieve a faster motivational time in one stroke relative to the other strokes. This is also a way for the coach, swimmer, and parents to observe a child's progress and determine strengths and weaknesses.

Some swim meets (FG Junior Olympics, Senior Champs, Sectionals, Junior Nationals, Nationals and Olympic Trials) set certain qualification standards. In order to swim in meets like that, a swimmer must have achieved the qualifying time for that particular event.

MEET SCHEDULE

Each season's **meet schedule is posted on the Jupiter Dragons website** prior to the beginning of the calendar year. (www.jdswim.com)

1. The coaching staff will make the final decision concerning which meets Jupiter Dragons swimmers will attend. Any exceptions to this schedule must be approved by the coaching staff.
2. The meet schedule is established to give swimmers and their families the best possible selection of meets, both locally and out of town, for all ability levels. We encourage all athletes to compete once every three to four weeks.
3. Championship Meets – All Jupiter Dragons swimmers, regardless of age or ability level, will train with the intention of competing in a season-ending championship meet. **We highly encourage all qualifying athletes to make the commitment to participate in the highest level meet for which they have achieved qualifying times.**

HOW TO ENTER MEETS

The meet entry process typically **begins online at www.jdswim.com**. Each Jupiter Dragons family should be provided with a user-name and password to access their personal account. Once logged into the website, simply click on the EVENTS tab, select the meet, click ATTEND THIS EVENT, and select the desired events. See **Appendix 1 Instructions for on-line meet entry**.

The coaching staff will designate a meet sign-up deadline. We ask that ALL SWIMMERS and PARENTS abide by this deadline. The deadline is established to provide the coaches an opportunity to review the meet entry for any mistakes or potential changes.

THE COACHING STAFF RESERVES THE RIGHT, AT ALL TIMES, TO ALTER ANY SWIMMER'S MEET ENTRY. Coaches who do alter an entry will do their best to contact the swimmer or the swimmer's parents and explain why the alteration was made. The coaching staff is

best equipped to understand the competitive needs of the athletes and will make all decisions based off what the coaches believe is in the athlete's best interests.

Some competitions will have qualifying times which an athlete either must achieve in order to participate. Other competitions may require that athletes have NOT achieved certain times in order to participate. The meet entry program that parents will use will typically filter out any events in which an athlete is not qualified to participate, making it more user-friendly and easier for parents and swimmers to navigate.

Certain championship meets require that the coaching staff utilize USA Swimming's Online Meet Entry system. In these instances it will be solely up to the coaching staff to enter athletes.

If you have any questions about whether to enter a meet, or which events in which you have been entered, always confirm with your coach.

Swimmers need to set goals for each of the events entered. Goals can include a time, a race strategy, a change in technique, or a different mental approach. Each race represents a chance to achieve a goal.

Occasionally, a swimmer will forget to enter a meet in which they should participate. If space is available and the meet director is willing, a late entry may be permitted, but there are no guarantees. The fee is usually double the normal entry fee and must be paid on the deck by the swimmer.

It is the swimmer's responsibility to check all meet information and the team entry form to make sure no mistakes are made. The team entry will be posted prior to the meet. In the event of a mistake, please confer with your coach as soon as possible so that the appropriate change(s) can be made.

Warm-up schedules, timelines and psych sheets will be posted on the team website and distributed through email when they become available from the team hosting the meet. **Do not use the timeline to determine your arrival time at the meet. Your swimmers' coach will tell them when to arrive for warm-up.**

ENTRY FEES AND SURCHARGES

Each event a swimmer enters, in each meet, carries an entry fee. Meets held in the LSC are sanctioned by Florida Gold Coast in accordance with the governing rules of USA Swimming, Inc. They determine the amount that may be charged for each event in each classification. In addition to the entry fee for each individual event and relay event, Florida Gold Coast may require a surcharge or facility fee for each of these meets.

Each family is required to set up Auto Pay for swim meets fee on the team website (www.jdswim.com). **See Appendix 2 Instructions to set up auto pay.**

Meet entries fees **will be collected on the 1st of the following month.** A swimmer whose fees have not been paid in time **will not** be entered into any given meet.

Once the entry for a meet has been mailed to the host team, we are unable to refund the entry fees for any reason.

BEHAVIOR AT MEETS

1. Swimmers wearing Dragons Swimming apparel represent our team, no matter where he/she might be. Please let your actions reflect your **pride in your team**.
2. As a matter of courtesy to the officials and meet host, it is strongly encouraged that swimmers and parents alike stay out of the competition area unless they are competing or serving in an official capacity.
3. Similarly, as a matter of courtesy, all questions swimmers or parents may have concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.
4. As a matter of pride, leave the team area and the pool in a neat and clean condition at the conclusion of each session of the meet.
5. Please consult with the coaching staff prior to scratching an event or deck-entering an event. The coaching staff will always make the final decision on any scratches or deck-entries.
6. Swimmers who qualify for championship finals in prelim-finals meet are expected to compete in the finals. ALWAYS consult your coach if, for some reason, a swimmer would like to scratch from a final. Failure to report for finals results is a \$25 per incident fine from Florida Gold Coast LSC.
7. Swimmers are expected to offer encouragement and support to all members of the team. Positive comments and team spirit are beneficial to everybody. Negative thoughts and comments should be kept to yourself.
8. When Receiving Awards remember, that you the swimmer is representing Jupiter Dragons Swim Team. Let your actions and words reflect your respect and pride in the Jupiter Dragons Swim Team organization. A full DRAGONS team uniform should be worn when accepting an award. It is also expected for our swimmers to be polite and modestly thankful for any awards they receive. It is appropriate to congratulate other swimmers and to receive like congratulations with poise and a "thank you."
9. If photos are being taken, we ask the swimmer to cooperate with the photographer and to remain until the shooting is complete.

SWIM MEET PROCEDURES

1. Always arrive at pool facility ten (10) minutes prior to warm-up time. It is very important that all the swimmers arrive on time: you are expected to be on the deck and ready to swim before warm ups begin.
2. Obtain a heat sheet and check to see if you are properly entered in your events. If there is a mistake, discuss it with **your coach** so he/she can take corrective action.
3. Stretch with the team and report to the Jupiter Dragons lanes for warm-up.
4. Warm-ups are always conducted by a member of the Jupiter Dragons coaching staff. Team members are required to warm-up with the team. It is important that swimmers and parents alike understand that a good warm-up is an essential part of a successful performance. It is vital that all athletes adhere to established rules regarding warm-up, such as not diving in prior to the beginning of *controlled warm-up*.
5. All swimmers **MUST SIT WITH THE TEAM - DRAGONS 'TEAM AREA/TENT'** at all times. This helps promote unity and team spirit.
6. All swimmers are required to wear coach approved legal racing swim suit and team swim cap (if you wear a cap). Swimmers should also wear Dragons Swimming t-shirt, sweat shirt, parka, etc. The complete team uniform promotes team unity and pride and greatly aids spectator recognition.
7. Each swimmer is responsible for knowing which events he/she is swimming. Likewise, swimmers are responsible for reporting to the blocks on time. It is often helpful to write event, heat, and lane numbers on a young swimmer's arm as an easy reference. **See Appendix Everything You Wanted to Know About Swim Meets But Were Afraid To Ask.** The most important thing that you must know is that you will not be alone. There will be many veteran parents/guardians to serve as resources at the meet. Please feel comfortable asking for help as necessary.
8. Before a swimmer reports to the blocks, he/she should see a member of the coaching staff to review technique, race strategy and goals.
9. At the conclusion of each race, each swimmer should ask the lane timers for his/her time. Upon receiving this time, the swimmer should come speak with his/her coach. This gives the coaches an opportunity to discuss the race with the swimmer and add positive comments concerning splits, stroke technique, race strategy, etc. In cases when the swimmer has events with a little time in between he/she should warm down and then come speak with his/her coach.
10. Between races, swimmers are asked to rest and stay warm. All energy should be focused on racing. Meets tend to be long and swimmers will be hungry. They should eat healthy foods, such as fruit and vegetables and avoid heavy, greasy foods like French fries and hamburgers.
11. When the official results are posted, note your official time to the 1/100th of a second and record these in your logbook. It is a good idea to record the posted time. Meet results are typically submitted to USA Swimming for entry into its SWIMS database. Sometimes there are mistakes so it can be invaluable to have a separate recording of the time in the event your coach must protest a result or a time posted in SWIMS.

12. It is very important that athlete **check with the coaching staff prior to leaving the swim meet**. Swimmers will often be counted upon to participate in relays. If a swimmer leaves the competition early without notifying the coach, it could result in three other swimmers being unable to compete in a relay event.

13. The coaching staff has sole discretion in determining which swimmers to place on relays.

14. Things to bring:

- Coach approved legal racing swim suit
- Jupiter Dragons team cap
- Goggles
- Jupiter Dragons T-shirt
- Money for heat sheets (\$5-10)
- Folding chair
- Water & Fluids
- Quiet games or book
- Food – fruit or snack
- Logbook – for recording times
- Towels
- Sunscreen

LOGBOOKS

One of the ways a swimmer improves is to become aware of his/her times and splits in every event. We want each Jupiter Dragons swimmer to keep a record of his competition times from meet to meet. Keeping the logbook at home will help the swimmer be aware of times and goals, as well as facilitate signing up for meets. Swimmers can also look up their best times at USA Swimming's website, www.usaswimming.org.

OUT OF TOWN MEETS

The Jupiter Dragons compete in meets locally, regionally, and nationally. While swimmers often look forward to attending out-of-town meets, these competitions entail logistical challenges that affect the swimmer, his/her family, and the coaching staff. The Jupiter Dragons coaching staff **may** provide transportation, arrange lodging, and serve as chaperones depending on the meet (Otherwise known as Team Travel). Team Travel is typically offered for Senior level meets only. Parents of Age Group swimmers are responsible for arranging and providing travel and lodging for out-of-town Age Group meets, including the FG Junior Olympics, FG Senior Championships. The coaching staff or JDPO **may** reserve blocks of rooms at discounted rates, making those rooms available to swimmers and their families. However, the coaching staff **will not** provide transportation or lodging and will not chaperone swimmers at Age Group meets.

1. Swimmers who are eligible for Team Travel must **read and sign** the Competition Code of Conduct, which is available on the team website - www.jdswim.com. Each swimmer must also have a parent sign the Competition Code of Conduct. This form details all rules and expectations, plus describes potential penalties for swimmers who violate the policy. Swimmers will not be permitted to travel with the team unless this form is signed by the swimmer and parent and returned to the coaching staff.

DRAGONS SWIM MEETS

When JUPITER DRAGONS SWIM TEAM hosts a swim meet, it must provide volunteers from its membership. Each family will be required to work a set number of sessions. We simply cannot have a swim meet if we do not have enough volunteers. We wouldn't like to be in situation where our meet could not start until parents from other clubs volunteered to work. We hope that will not happen because we have a very dedicated and cooperative membership.

JOBS AVAILABLE

Swim Meet Officials: Cannot have a swim meet without them! Includes Referee, Starter, and Stroke and Turn judges. These people enforce the rules of the meet, the start of each heat, and judge the swimmers. Training and certification is required for these positions.

Referee has the final authority for all decisions and questions during the meet and oversees the work of all officials, assigning and instructing them. The referee must be thoroughly familiar with all applicable USA Swimming rules, as well as meet procedures and the duties of all meet officials. The Referee meets with coaches of each team prior to the meet and all officials and timers to go over meet procedures. Experience and training are needed for this position.

Starter has complete control over the swimmers prior to the start of the race. The starter calls the swimmers to their starting positions, starts the race and indicates in conjunction with the Referee (if available), if any false starts have occurred. Experience and training are needed for this position.

Stroke and Turn Judges determine whether the swimmers perform their strokes and turns in accordance with the prescribed rules of USA Swimming. Experience and training are needed for this position. (Requires standing for long periods of time)

- Stroke and Turn judge sees an infraction and signals such by raising his/her arm overhead
- Write any violation on the DQ slip provided by Referee
- Notify swimmer when possible
- When writing violation on DQ slip, be sure to circle the infraction or write in detail what infraction occurred, then initial the DQ slip. Failure to do so may be grounds for reversal.

Computer Operators (Hy-tek and Daktronics): Operates computers during the swim meets. Operates computer-based timing devices and records the times for the swimmers, and assists with the on deck set up and take down of timing system. Must be trained and there are special "computer trainee" job positions.

Head Timer: At the starting signal of an event, press the stop watch 'start' button. In the event that a LANE TIMER's stop watch malfunctions or the LANE TIMER failed to start the stop watch accurately at the Starting Signal, the HEAD TIMER at notification from the LANE TIMER will give one (1) of the two (2) backup stop watches immediately, if available, to that LANE TIMER. This position requires prior experience as a timer.

Lane Timers: Two lane timers per lane. Act as a back up to the electronic timing system. When the swimmer touches the wall at the end of the event you push a button on the stop watch. One of the 2 timers per lane records the time on a record sheet. It is that simple. Head timer or officials will

show you what to do. Please also check that the correct swimmer is in the correct lane for the event (they are kids after all and not always paying attention!). For Long Course we need 14 lane timers and for Short Course 20 lane timers for every session of the meet.

Marshal: Enforces warm-up/safety procedures and maintains order in the swimming venue. The Marshal has full authority to warn and, with the concurrence of the Referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.

Awards: Computer operators print out the results of an event (first place, second place, third place, etc.). The awards person secures the appropriate sticker result to the appropriate medal and ribbon. Example: swimmer's name, first place in 50 free onto a gold medal. Second place onto a silver medal and so on. Then the awards are placed in the appropriate Team envelope or bin. No previous experience required!

Hospitality Workers: The team provides food for its workers, officials and coaches, as a token of gratitude for volunteering their time. Some of the food is donated and some is purchased. Hospitality workers set up the hospitality room and table, place out paper products, make coffee, stock the cooler. Refrigerate items if necessary. Keep it neat and clean. Check on the table throughout the day and restock items as necessary. Specific directions are provided.

Concession Workers: Set up and sell concession items for a period of time during swim meets to raise funds for the club.

Gate Workers: Collects admission fee and sells heat sheets.

Runner: Pick up lane timing sheets from each lane and the Colorado after each event and return them to the Computer Operators. Posts the results of each event in the designated location. Requires walking (sometimes running) and comfortable shoes.

Announcer: Announce events, promote sponsors and play music. Use microphone to direct swimmers to Clerk of Course. Provide updated scores and make general announcements such as sponsor thank you's, concessions announcements, record breaking times, etc.

Set Up Crew: Volunteers to set pool up the day before the meet starts. Set Up Crew puts tents, moves lounge and deck chairs, tables, etc. according to a given set-up plan, sets up Clerk of Course, ropes off team area, sets up officials' tables and PA system. Great job if you want to be free at the meets. Must be able to lift items such as tables, chairs, etc.

Parking Attendants: Cordon off and place markers for coach/official spots. Direct home & away drivers to appropriate lots and Jupiter High School over flow parking.

Clean Up Crew: At the end of the meet, return all deck furniture to original position, put away all meet equipment, and clear trash/recycling from pool area. Stay and assist until all tasks are completed. Must be able to lift items such as tables, chairs, etc.

PARENT'S ROLE

PARENT - SWIMMER - COACH RELATIONSHIP

A successful swimming program requires understanding and cooperation among the coaches, swimmers, and parents. This relationship can be critical to your child's successful development on the team.

PARENT'S

The coaching staff understands your commitment to your child. Many of the coaches are also mothers and fathers. The coaches understand that you will always be looking out for your child's best interests. While the coaches are also committed to ensuring that your child's best interests are served, their responsibility is to serve each athlete on the team. Your perspective and the coaches' perspective may differ when it comes to your child's development. Patience, understanding, and most importantly, *communication* are the cornerstones of this relationship. With this in mind, please review and consider the following guidelines.

1. Individuals learn at different rate and in different ways. Some athletes will quickly pick up a skill while others may require more time to learn the same skill. Please be patient with your child and his/her development. Direct any questions to the coach.
2. Progress is rarely immediate. New team members will always go through a period of adaptation, no matter their age, that may impede immediate progress. This could be caused by greater training demands, a stronger emphasis on technique, or simply nerves. Patience, trust, and communication among coaches, swimmers, and parents will help any struggling swimmer through such a period.
3. Plateaus can occur at one time or another in every swimmer's career. Plateaus can be both in competition and training. A plateau signifies the swimmer has mastered lower-order skills, but they are not yet sufficiently automatic to leave the attention free to attack newer, higher-order skills. It is important to explain to the athlete that plateaus occur in all fields of physical learning. The more successful athletes are those who work through this momentary delay in improvement and go on to achieve greater performance to approach their personal potential.
4. Swimmers ten years and younger are the most inconsistent swimmers. This can be frustrating for parents, coaches, and swimmers alike! We must be patient and permit these youngsters to learn to love the sport.
5. Parents must realize that slow development of the competitive drive at an early age is normal and perhaps more desirable than precocious or forced early development. It is important that everyone learn to compete and develop some competitive spirit. It is also important for children to learn to adapt to reasonable levels of emotional stress. The small disappointments we must learn to handle as youngsters prepare us for the larger ones we are certain to experience as adults.

6. It is the coaches' job to offer constructive criticism of a swimmer's performance. It is the parents' job to supply love, recognition, and encouragement necessary to help the young athlete feel good about him or herself.

7. Parents' attitudes and models often dictate those of their children. A child might not be consciously aware of what is taking place while subconsciously absorbing powerful messages about his/her parents' desires. For example, be enthusiastic about taking your child to practice and meets, fund-raising projects, meetings, etc. – don't look at these functions as chores.

8. If you have any questions about your child's training or team policies, contact the coach. Criticizing the coach in front of the child undermines the coach's authority and breaks the swimmer-coach support that is necessary for maximum success.

9. No parent should behave in such a way as to bring discredit to the child, the team, or competitive swimming. Any disagreement with a meet official should be brought to the attention of the coach and handled by the coach.

10. Be sure that your child swims because he/she wants to. Children tend to resist anything they "have to do." Self-motivation is the stimulus of all successful swimmers.

11. The etymology of the word "competition" goes back to two Latin words: "com" and "petere," which means together to strive. Avoid "playing" your child against his nearest competitor, thereby creating friction within the team and swimming community. Close competition provides two great services for the athlete: it brings out the best in him/her and shows where improvement is needed.

12. The communication between coach and swimmer is very important. A two-way relationship must exist daily at practice. It is imperative that the coach has the swimmer's full attention at these times. For this reason parents are allowed to watch practice only from specific locations designated by the coaching staff in the pool area. They are **NOT** permitted to participate or instruct. Parents who attempt to coach their child during a practice may be asked to leave the pool deck.

Please leave all coaching to the coaching staff. If you have questions about technique or coaching strategies, we encourage you to arrange a time (NOT during practice) to speak to your child's coach.

Remember, particularly in the case of younger swimmers, that attitude and behavior of the parents in regard to their outlook on the sport has an important effect on the child. In swimming, as in life, nobody can "win" or succeed all the time – there will always be some disappointments.

Every child can gain from his experience, whether or not he/she ever wins a single race. The important thing is to keep on striving to do better next time. **THE GOAL IS NOT ONLY TO PRODUCE GREAT SWIMMERS, BUT TO PRODUCE GREAT YOUNG PEOPLE WHO SWIM.**

GUIDE TO BEING A GOOD SWIM PARENT

The parent's primary role is that of unconditional love and support for their swimmer. There are many ways to fulfill this role:

- The first is to remind your child that you love them, no matter how they perform either at practice or at a meet.

Support your child's goals by first allowing them to make goals of their own in consultation with their coach.

Remember that this is your son's or daughter's childhood and not your own: Recognize their dreams and support their ambitions, but don't create them for the child.

Make sure that your child is having "fun!" If this isn't fun, then why do it? If they are not having fun, find out why or ask the coach to find out why.

Do not let your child's performance affect your attitude towards them. If your child swims poorly it will not make them feel better to see disappointment in their parents. Before they race encourage them to have fun and after they race tell them you love them. Simple words can have a drastic impact on a child's outlook.

Do not pay your child or provide material rewards for swimming well. Children must learn that doing a thing well is worthwhile in its own right. Through swimming they should earn respect because of their commitment and not money for their accomplishments.

Understand that swimming can be daunting, especially to new swimmers or younger swimmers. A fifty meter pool looks awfully long to an eight year old! If your child is afraid to swim an event remind them that the coach would only suggest it or enter them in it because they *believe* in your child.

- It is imperative that your swimmer believe you support the coach, *even when you disagree with him/her*.

Disagreements are natural and when they exist everyone wants resolution, but there is a time and a place to discuss disagreements.

The pool deck is not the place to argue or confront the coach about any disagreement. All coaches are available away from the pool deck and will respond to either email or telephone calls.

During practice a coach's attention must be focused on the group. If you wish to meet in person with your child's coach please schedule a time to do so; do not arrive at practice assuming that either the coach will be available to meet with you or that it is the appropriate time and place to meet.

Support the coach by understanding they do have a life outside of the pool. This sport requires long hours of work. Respect the coach's desire to go home to his/her family after practice.

- Support the team at practice, at away meets, and at home.

Supporting the team means everything from making sure your child wears team apparel at meets to volunteering your own time at any of our home meets. Do not leave it to others to do this work. Our team extends beyond the coaches and swimmers and we need everyone's involvement to be successful.

Supporting the team also means being a positive influence at any meet from the sidelines. There are often instances where parents from opposing teams do not get along, which only creates more tension for the child. We want our children to be good sports, which means we need our parents to be good sports.

In order to support the team one must be an active member, beyond just dropping your child off before practice and picking them up afterwards.

Attend parents meetings.

Volunteer at meets. When Jupiter Dragons Swim Team hosts a swim meet, parents will be expected to work at it. There will be many volunteer positions available to parents.

Become a certified USA Swimming official regardless of your child's current swimming level or your knowledge of the sport. **THE TEAM NEEDS YOU!!** By becoming an official, you will have fun volunteering to help the Dragons Swim Team and you will be close to the action. Please call the Head Coach at (561) 339-9959 if you are interested in becoming a swimming official.

Make donations for meets

Pay dues to the BOCC and Team in timely manner. If you are unable to please make arrangements with the team.

- Be punctual for practice and meets and plan for your child to spend the entire practice at the pool. It is disruptive to have a child arrive late or leave early. It also diminishes the value of teaching a child the value of commitment.

- Do not coach from the sidelines or stands.

Leave the racing strategies to the coach. Allow the coach to discuss technical issues with the swimmer and do not second-guess them either with or in front of your child. If you have questions please discuss it with the coach.

Do not compare your child to anyone else on the team. Your child is unique, wonderful, and full of potential. Remember that everyone achieves potential in different ways and at different times.

Don't time your child from the stands. There are enough timing devices around at meets and at practice. When a parent times from the stands it simply adds pressure on

the child. Do not criticize officials. Most times officials are parents just like you, committed to their children and committed to their sport.

- Winning is NOT everything. The most important things a child can do in a race are:

Have fun!

Try to employ the coach's technical instructions and racing strategy.

Give their best effort and RACE!

Congratulate the other competitors no matter what the outcome.

- Encourage healthy eating. It is no secret that apples are better than French fries and that eating a rack of ribs right before a meet does not promote fast swimming. Make smart eating decisions for your child and for yourself. Your children will emulate the people they respect and love most, their parents. Allow their desire to swim to make a positive influence on your own life and health by using it as another reason to make good eating decisions.

Swimming requires discipline, persistence, integrity, respect, and trust. Your child can only learn these values if you live them yourself. With the assistance of your coach and a positive, supportive atmosphere, your child could achieve dreams which he/she did not think capable.

PARENT - COACH COMMUNICATION

The partnership between parent and coach is the best way to assist a swimmer in becoming the best they can be. A successful competitive swimming program requires understanding and cooperation between parents, coaches and athletes. The progress your swimmer makes depends to a great extent on the strength of this triangular relationship.

Several methods of communication exist so you are aware of Jupiter Dragons Swim Team activities, schedules, your child's progress, and the team's accomplishments.

Web Site

www.jdswim.com: Our website serves to be the main source of communication with the members of our team. The website is the place to check for all up to date information on Dragons Programs, Schedules/Practices, Meet Information, Meet Calendar, Records, Results, Parents Education, Important Forms and Documents, Fundraisers, Pictures, Coaches and JDPO Staff and Contacts.

Email

Most of our team's communication with families is via e-mail. Swim meet information, announcements, etc. – will generally be sent out in electronic form. Please make sure your account on Team Unify has your correct e-mail address at all times.

Bulletin Board

There is a bulletin board at the swimming pool that contains News, Press releases, photos and information about the "Dragons" swimmers.

Parent Coach Meeting

Parent/coach conferences are available any time as a means to provide formal feedback on your child's progress. Parents should email or call the coach of their child to arrange a meeting time/place.

Verbal

There are often verbal communications given to the swimmers by the coaches usually at the end of practice. Ask your swimmer daily if there is any news you should know from the Coaches. If your swimmer needs to leave practice early, please check with coach about any announcements.

Phone

The Head Coach encourages parents to call during the day with questions they may have. The number is - (561) 339-9959.

The Pool Manager's Office number is (561) 745-0241.

We want your swimmer to communicate with his/her coach as soon as possible about their swimming, as good communication between athlete and coach produces the best results. When parents interfere with or contradict a coach's communication with the swimmer about training or competing, it can cause considerable – and oftentimes insurmountable – confusion, stress and anxiety for the athlete. If you have a problem, concern or complaint, please make an appointment to meet with the coaching staff.

Please be considerate when contacting the coaching staff. Setting up an appointment (via email) is the best way to arrange a mutually convenient time to speak with the coaches. The coaches may periodically be available briefly after a practice session, but this cannot be guaranteed due to overlapping sessions. Below are some guidelines for parents in communicating with the coaching staff:

Try to keep foremost in your mind that you and the coach both have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.

Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or the group. A training group can range in size from 5-35 members. On occasion, an individual's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for the occasional short-term inconvenience.

If your child swims for an assistant coach, always discuss the matter first with that coach, following these guidelines. If the assistant coach cannot satisfactorily resolve your concern, then ask that the head coach join the dialogue as a third party.

Stay away from gossip and rumors. If you don't understand something ask the coach

If another parent uses you as a sounding board for complaints about a coach's performance or policies, listen empathetically, but encourage the other parent to speak directly with the coach. He/she is the only one who can resolve the problem.

FINANCIAL OBLIGATIONS

MONTHLY MEMBERSHIP FEE

In consideration of the participation of the swimmer(s) in Jupiter Dragons Swim Team competitive program, the Parent/Guardian agrees to pay the monthly membership fee for the Swimmer's practice group that is set forth. **Monthly membership fees shall be paid on the first day of each month.** The monthly membership fee may be prepaid at any time. **Swimmers are expected to pay for the entire month no matter how many days they attend practice.** All fees are non-refundable and the County does not pro-rate. If the Swimmer is transferred to a different group by the coaching staff, the fees for the new group will be due in the next month.

There is no pro-rating of the monthly fees for months that we take breaks. These breaks have been factored in when calculating the monthly membership fees.

If the monthly membership fee is not received in full by the end of the month, the swimmer will not be allowed to practice until payment is received by the County.

THE COUNTY ACCEPTS 3 FORMS OF PAYMENT:

1. **Personal Check payable to BOCC** - please write in the memo section first and last name of the swimmer(s), group and month. The new requirement of the County is to include your Driver's license number on the check. Checks may be dropped in the "Box" which is located by the Pool Manager's office or given to the Pool Cashier at the front during office hours at the North County Aquatic Complex or mailed to:

North County Aquatic Complex
861 Toney Penna Drive
Jupiter, FL 33458

First and Last Name	TEAM	Check # 12345
Street Address	(3D Diving/Dragons/Masters)	Date: <input type="text"/>
Phone Number	*EXAMPLE*	
B.O.C.C		\$ <input type="text"/> Amount
Written Dollar Amount		
Memo:	Child 1 - Group - Amount #1 -Month Paying For Child 2 - Group - Amount #2 -Month Paying For *EXAMPLE* (Jamie - Orange - \$75) (Kirk - Blue - \$85)	Payor's Signature
0123456::29849503:	OCTOBER	73820472:023834:: 12345

2. **Credit card payment at the pool cashier** – please fill the form specifying first and last name of the swimmer(s), group and month.

3. Set up payments through your bank.

For bank payments you will need to give them the pool address:
North County Aquatic Complex
861 Toney Penna Drive
Jupiter FL 33458

You have to specify – payment to BOCC, first and last name of the swimmer(s) and group.

When you do your payment refer to the following fee schedule:

Purple Groups \$ 75/month
Orange Group \$ 80/month
Green I Group \$ 80/month
Green II Group \$ 85/month
Red Group \$ 90/month
Elite Group \$ 95/month
Blue - Junior Group \$ 100/month
Blue - Senior Group \$ 100/month
National Group - \$ 110.00/month

Please note that if you have missed a payment your current payment will be applied for the missing month.

Monthly membership fees are subject to change as advised by Palm Beach County Parks & Rec.

USA SWIMMING MEMBERSHIP

All swimmers must be registered with USA Swimming Inc. The **2018 annual membership fee of \$70 per swimmer** is due upon new membership registration and upon renewal of memberships in December. The USA Swimming membership is an annual membership from January 1st through December 31st. The **2018 seasonal membership fee is \$40 per swimmer** and covers the period **May through end of September**. This membership is ONLY for meets below Zone, Sectional and National Levels. Included with the registration is accident insurance that covers the athlete at any sanctioned event or supervised practice. Check should be made **payable to JDPO** which stands for Jupiter Dragons Parent Organization.

NEW MEMBER REGISTRATION

New swimmers are responsible for a **\$25.00 team registration fee** upon enrollment. They will receive a DRAGONS swim cap and t-shirt. Check should be made **payable to JDPO** which stands for Jupiter Dragons Parent Organization.

TRANSFERRING TO ANOTHER TEAM

When transferring to another team:

1. **All financial obligations must be met before transference will be released.**
2. USA Swimming Rule 203.3 states that For a swimmer to represent a USA Swimming club in a competitive event, one hundred and twenty (120) consecutive days must have elapsed without the swimmer having represented any other USA Swimming Club in USA Sanctioned Swimming Competition. What this means is a swimmer must swim Unattached (UN) for a period of 120 days from his/her last date where he/she swam in a USA Sanctioned Swimming Competition meet and represented a USA-S club.

We use the USA-S Transfer Forms to convey transfers to the LSC Registrar, so proper "Last Attached" dates can be recorded to SWIMS and new attach dates can be determined.

If a swimmer's USA-S Registration has expired and the swimmer is transferring to a new club, the USA-S Registration CANNOT be processed until a Transfer form is received by the LSC Registrar.

Transfers:

If a swimmer has a Transfer processed, the LSC Registrar enters the last date of competition in the swimmer's transfer record and SWIMS calculates the date on which the swimmer may begin representing his/her new club. This "Re-Attach Date" is plainly printed on the swimmers new USA Swimming Card and the swimmer must swim Unattached (UN) until that date.

SOCIAL ACTIVITIES

ANNUAL AWARDS BANQUET

The **Jupiter Dragons Swim Team** holds an annual awards banquet in late January. The entire organization gathers to celebrate the year's accomplishments. Swimmers and their families are invited by the Coaches and Jupiter Dragons Parent Organization Board to enjoy the awards ceremony, slide show, Raffles and a wonderful feast. It is a fun late afternoon event with plenty of time to share. Typically the event is held at the Jupiter Community Center.

Swimmers are recognized for their efforts over the past year in the following categories:

Team Participation Award

New Record Holders Certificate

Most Improved Award

Top 3 Award – 2nd & 3rd Place finishers at Championship meets

Champions Award – 1st Place finishers at Championship meets

Most Valuable Swimmer Award

Graduating Senior Swimmer Award

GROUP OUTINGS AND EVENTS

We pride ourselves on our family environment and on our social events. All social events are posted on the calendar on the team's website. Group outings to movies, bowling or pizza may also involve minimal expenditure for swimmers participating in them.

TEAM PICTURES

This is the one opportunity a year for us to get the whole team together for a team picture. The Date will be posted on the website calendar and emailed in advance. It would be wonderful if you could accommodate this date and time so that your swimmer is part of the team picture. To assure a great team portrait, please be sure your swimmers wear their DRAGONS team shirt and swimsuits.

MEET TERMINOLOGY

For those new to the sport, swimming has its own jargon. We will try to provide definitions and explanations for the most commonly used terms.

"A" (A Cut). Time classification for a swimmer or a swim. Known as the National Age Group Motivational Time Standard "A". "A" times are faster than the "BB" time standards and slower than the AA time standards.

"AA" (A Cut). Time classification for a swimmer or a swim. "AA" is a faster than "A" time standard.

"AAA" (A Cut). Time classification for a swimmer or a swim. "AAA" is a faster than "AA" time standard.

"AAAA" (A Cut). Time classification for a swimmer or a swim. "AAAA" is a faster than "AAA" time standard. This is the fastest time standard listed on the NAG Motivational Times chart. Times faster than this are approaching National cuts.

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

A-B Meet. Swim meet that offers competition for both "A" swimmers and "B" swimmers.

A-B-C. Swim meet similar to the A-B meet except that there are 3 levels of swimmers accepted. This type of meet includes every ability level of swimmer from Novice to very experienced.

Admin Table - Area at a swim meet where the Admin Referee, Clerk of Course, Timing System Operator, Timing Judge, Recorder, and Announcer are located. Usually, all the administrative functions of the meet are conducted here.

Admission. All swim meets charge for spectators to view the meets. There is also a charge for the meet program (heat sheet).

Age Group. The division of swimmers according to age, usually in two-year bands. In USA Swimming, swimmers compete within their respective age groups, usually in the following manner: 10&Younger, 11-12, 13-14, 15-16, and 17-18. Most meets combine the two older age groups into one 15-18 age group. A swimmer's age at a meet is determined by the first day of the competition.

Age Group Swimming. Program for swimmers aged 18 and younger.

Alternate. In a Prelims/Finals meet, after the finalists are decided, the next two fastest swimmers other than the finalists are designated as alternates. The faster of the 2 being first alternate and the next being second alternate. If a finalist cannot participate, the alternates are called to take their place, often on a moment's notice.

Anchor. The final swimmer in a relay.

Announcer. The person who announces meet information over the public address system at a meet (usually, a parent volunteer)

Attached. Denotes belonging to a specific USAS Swim Team.

Awards. Place awards (ribbons, medals, trophies, or plaques) are given at all meets for all events. The schedule for awards, which varies from meet to meet, is usually given in the information section of the individual meet announcement.

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

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

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

B-C Meet. Swim meet that offers separate competition for both "B" swimmers and "C" swimmers. Swimmers are not allowed to enter an event that they have an "A" time in.

Backstroke. One of the four competitive racing strokes characterized by swimming on the back (except the last stroke into the turns). Backstroke (or Back) is swum as the first stroke in the Medley Relay and second stroke in the Individual Medley.

Backstroke Flags. Pennants that are suspended over the width of each end of the pool five yards/meters from the wall that notify backstroke swimmers that they are approaching the end of the pool, similar to a warning track in baseball. The accomplished Backstroker will know the ANGLE that tells them how many strokes it takes to get from under the flags to the beginning of their turn. Other swimmers will count strokes from flags to the wall.

Backstroke Start. In Backstroke and Medley Relay events, swimmers start the race in the pool, facing the start end, with both hands in contact with the end of the pool or the start block and both feet on the wall with toes below the gutter.

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

Bell Lap (Or gun lap). The last lap of a distance Freestyle race. The Starter normally rings a bell or fires a gun over the lane of the lead swimmer with one lap plus 5 yards to go.

Blocks. The starting platforms located behind each lane. Blocks have a variety of designs and can be permanent or removable. They also incorporate a bar to allow swimmers to perform Backstroke starts.

Bottom - The floor of the pool. In some pools these are adjustable to allow variation in the depth and use of the pool. The term **On the Bottom-** refers to the 30 second mark on the pace clock.

Bottom Arm. The ARM closest to the bottom of the pool when leaving the wall in freestyle turns. This is the arm pull that is used first to pull with to help the "break out".

Break-out Stroke. First stroke out of a start or off the walls on turns, very important for establishing proper body position, stroke rhythm and racing tempo.

Breaststroke. One of the four competitive racing strokes characterized by the distinctive frog-like kick and undulating motion. The oldest of the four competitive strokes, it is performed in a front prone position with simultaneous and symmetrical leg kick and pull. Breaststroke (or Breast) is swum as the second stroke in the Medley Relay and the third stroke in the Individual Medley.

Bulkhead. A moveable turn wall or structure in 50-meter pools that allows the pool to be setup for Short Course (yards/meters). At our pool NCAC is the moveable wall that divides the diving well from the racing pool.

Butterfly. One of the four competitive racing strokes characterized by the dolphin kick and over the water recovery of the arms. The newest of the four competitive strokes (an outgrowth from the breaststroke in 1956), it is performed in a front prone position with simultaneous up and down leg kick and simultaneous and symmetrical arms stroke. Butterfly (or Fly) is swum as the third stroke in the Medley Relay and first stroke in the Individual Medley.

Button. The manual Timing System stopping device that records a back-up time in case the touch pad malfunctioned. The button is at the end of a wire, plugged into a deck terminal box. There is usually 1 button per lane. It is the timer's responsibility to push the button as the swimmer finishes the race.

Cap. The silicone or latex covering worn on the head of swimmers. Sometimes to aid in reducing drag and should be used in practice if the swimmer has long hair.

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

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 swimmer in the last heat, the second fastest swimmer in the second last heat and so on. When there are eight lanes, the fastest swimmer in each heat is in Lane 4, the next fastest in Lane 5, next in Lane 3, lane 6, Lane 2, Lane 7, Lane 1 and Lane 8.

Concessions. The snack concession at a swim meet. The club/vendor usually has healthy (and sometimes not so healthy) snacks and drinks for sale.

Conforming Times. In championship meets, the qualifying times are often listed for each course (LCM, SCY, SCM). The meet is seeded using entry times conforming to the course for the meet (e.g., LCM) first, then non-conforming entry times (e.g., SCM/SCY) in the first heats.

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

Converted Time. A swimmer's time in an event from one course converted to an equivalent time in that event in another course (e.g., SCY times converted to LCM times), often done at the beginning of a season for seeding purposes when swimmers don't have recent times in the new course. There are several "accepted" conversion formulas available for coaches to use.

Course. Designated distance (length of pool) for swimming competition (i.e., Long Course (LCM) = 50 meters; Short Course (SCY/SCM) = 25 yards/meters).

Crossover Turn. (sometimes called "roll over turn") In the Individual Medley, a type of turn used in the Backstroke to Breaststroke transition. The swimmer approaches the wall on the back and executes a modified flip turn such that as he/she reaches the wall at the vertical then rotates to the breast and pushes off.

Cut. A qualifying time for championship meets (e.g., Age Group Sectionals, State Meet, Senior Sectionals, US Nationals).

Deadline. The date meet entries must be turned in to the coach. Making the meet deadline does not guarantee acceptance into a meet since many meets are "full" weeks before the entry deadline.

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

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

Deck Seeding. Swimmers report to a bull pen or staging area and receive their lane and heat assignments for the events.

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).

Declared False Start. An option for swimmers in championship meets to opt out of a swim without penalty. A swimmer notifies the Referee prior to the event that he/she will declare a false start. The swimmer is disqualified and reports behind the blocks but does not swim.

Developmental Swimming. A program designed for new swimmers and 8 and younger swimmers.

Disqualified (DQ). This notation is used for a swimmer who has been disqualified for some infraction of the rules. Swimmers who are disqualified do not place, score points, or receive awards. Their time is not official because of disqualification.

Distance Freestyle. Freestyle events at distances greater than 500 yards/meters.

Dive. Entering the water head first. Diving is not allowed during warm-ups except at the designated time, in specific lanes that are monitored by the swimmers coach.

Dolphin Kick. An undulating, simultaneous kick used in Butterfly. It is also used in Backstroke and Freestyle during the kick-out phase off the walls on starts and turns.

Drag suit. A second, loose fitting swimsuit worn by swimmers in workout and warm-up that adds weight and resistance to the flow of the water around the swimmer. These change the body position in the water so should only be used if the coach thinks it is a good idea.

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

Early Take-off. In relays, an early take-off occurs in an exchange when a relay team member leaves the starting block before the previous team member in the water touches the wall. The relay team is disqualified and notified of the disqualification after the end of the race.

Electronic Timing. Timing system operated on DC current (battery). The timing system usually has 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 time.

Eligible to Compete. For sanctioned meets and have met all the entry requirements of the meet (usually, age and time standards, qualifying times or USAS registration/membership).

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

Entry Limit. Each meet will usually have a limit of total swimmers they can accept, or a time limit they can not exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned.

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

False Start . When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.

False Start Rope. A recall rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 50 feet from the starting end on meter pools.

Fastest to Slowest. A seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heats followed by the next fastest and so on. Many times these events

Finals. In a Prelims and Finals (championship) format, the fastest swimmers (depending on the number of lanes in the pool) who, after the Prelims swims, return to compete to determine final placement in the event. There can be up to four heats: Double Bonus (D Final), the Bonus (C Final), Consolation (B Final), and Championship (A Final). will alternate one girls heat and one boys heat until all swimmers have competed

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

Fines. The monetary penalty assessed a swimmer or club when a swimmer does not achieve the necessary time required to swim in an event, and cannot prove they have done the time previously.

Finish. In a race, the legal touch at the end of the prescribed distance. In the stroke the final propulsive phase of the arm stroke before the hand starts to recover and/or leaves the water to return for the next stroke.

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

15-Meter Mark. Marks on the sides of the pool and on the lane lines 15 meters from the ends of the pool. In Freestyle, Backstroke, and Butterfly events the swimmers head must surface at or before these marks.

Flip Turn. One type of turn used in Freestyle and Backstroke. Just as the swimmer approaches the wall, they tuck their body into a somersault, quickly roll toward the wall and push off with their feet.

Flutter Kick. The alternating kick used in freestyle and backstroke, usually six kicks per stroke cycle.

Forward Start. In Freestyle, Breaststroke, and Butterfly events swimmers start from the start blocks, the edge of the pool, or in the water with a forward dive or push off.

Freestyle. One of the four competitive racing strokes, usually the American Crawl. Swimmers swim in a prone position, face down, and pull the arms independently of each other and legs kick individually. In competition, a swimmer can swim any stroke in a Freestyle event. Freestyle (or Free) is swum as the fourth stroke in the Medley Relay and fourth stroke in the Individual medley.

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

Gutter. The area along the edge of the pool in which water overflows and is recirculated through the filtration system.

Heats. Since all the swimmers entered in a race cannot swim at the same time, they are put into groups (called heats) of 6, 8 or 10 swimmers depending on the number of lanes in the pool. The heats are arranged so that swimmers of comparable ability are swimming together.

Heat Sheets. A printed order of events by session with swimmers listed by heat and lane (with team and entry times). Usually used at pre-seeded meets. Also, a Meet Program.

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.

Hospitality. An area set aside for Coaches and Officials at a swim meet. The host club usually provides breakfast, lunch, sometimes dinner, and snack items and drinks

Host Team. The USA Swimming club assigned/awarded the responsibility to conduct a sanctioned meet. The club secures the venue, organizes the competition and its support, provides/arranges for volunteers and officials, and collects entries. They also keep any profits earned.

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

JD. This notation is used for a judge's decision. This happens when the place judge's list of finishing order does not match the times. This usually happens when the times are within hundreds of seconds of each other. The Chief Place Judge follows a standard procedure for determining time and place.

Individual Medley (IM). An event in which the swimmer uses all four competitive strokes in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle (in this case, Freestyle means any stroke except one of the three previously swam).

Insurance. USA Swimming self-insures for liability. Accident coverage for swimmers, coaches, and officials is part of USA Swimming membership (covered in their annual registration fee). Parents and non-member siblings are usually restricted from the deck at practice and meets because they are not covered by this insurance.

Intrasquad Meet. A competition for just one team that divides into two or more teams.

Invitational A swim meet that certain clubs are invited to attend.

Jump. An illegal start done by the 2nd, 3rd, or 4th member of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall.

Junior Nationals. A meet sponsored by USAS for those swimmers 18 or 19 years and younger that meet a certain qualifying time. There used to be 3 meets, both spring and summer while currently there is only 1 in the summer, that is a season ending meet used as a stepping stone to USAS National Championships.

Kick. The leg movements of a swimmer that provide propulsion during execution of the stroke.

Lane. The specific area in which a swimmer is assigned to swim. (i.e.) Lane 1 or Lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from Right (lane 1) to Left (Lane 6).

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

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

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

Late Entries. Meet entries from a club or individual that are received by the meet host after the entry deadline. These entries usually can be accommodated, but the individual must pay the late entry fee which is generally twice the normal fee.

Lead-off. The first swimmer (leg) in a relay.

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

Length. One lap or length of the pool, the terms lap and length are interchangeable in swimming.

Log Book. A log of everything to do with swimming, including all training sessions and event best times, kept by the swimmer.

Long Course (LC). A 50-meter pool. The Olympic Games swimming competition, as well as all major international swimming competitions, are conducted in long course. The swim year is divided into two seasons: Short Course season, competed in 25-yard/meter pools during fall and winter, and Long Course season, competed in 50-meter pools during spring and summer. See also Short Course (SC).

Mark. The command to take your starting position.

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

Medals. Awards earned by swimmers at meets for finishing in the top places. They vary in size and design and method of presentation.

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

Meet Program. A compilation of the meet's Heat Sheets sold by the host club. Also contains important meet information and ads.

Meet Staff. The volunteers who are responsible for conducting a swim meet.

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

National Qualifying Time (NQT). Time standard for entry in USA Swimming Championship meets.

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

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

Nationals. USA Swimming's National Championship meets.

Negative Split. The second half of the swim is swum faster than the first half (e.g., 100-yard swim negative splitting: if the first 50 yards is swum around 30 seconds, then the second 50 yards must be swum faster than 30 seconds).

Novice. A beginning swimmer or one who has limited experience.

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

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

One Hundred Twenty (120) Day Rule. The number of days, 120, that a swimmer must swim unattached with a program when they switch teams. The start of the 120 days is from the last day of representation, (usually a swim meet) of the old club.

Open Event. Any age swimmer may compete in the event.

Open Turn. One type of turn used in Butterfly and Breaststroke. The swimmer touches the wall with both hands simultaneously, rotates, and pushes off with the feet.

OVC. Official Verification Card. A 3 copy form for certifying a national qualifying time made by a swimmer and issued only by a verification official of the area in which the meet was held.

Overhead Starts. Start procedures at a meet in which swimmers of the previous heat remain in the water, close to the wall, during the start of the next heat. Usually used in senior sessions/meets to save time and/or allow swimmers to rest before exiting the pool.

Personal Best (PB). Also PR- Personal Record; The best time a swimmer has achieved so far in a given event.

Pace. The swimmer swims at a steady speed. Pace is the average speed per length or distance. Thus a swimmer may be swimming at a pace of 1:20 (or one minute twenty seconds) per 100. Usually, the pace is expressed in terms of 50 or 100 yards/meters.

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 interval training in warm-ups or swim practice. The red hand goes around every minute (60 seconds). The 60 is sometimes referred to as the "top" and the 30 as the "bottom". Swimmers who watch the clock and know their times improve the most - they get feedback, learn pace, and improve technique.

Positive Check In. The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer must mark their name on a list posted by the meet host.

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

Pre-seeded. A meet conducted without a bull pen in which a swimmer knows what lane and heat they are in by looking at the Meet heat sheet, or posted meet program.

Proof of Time. An official meet result, OVC, or other accepted form. Swimmers/Coaches must supply proof of time with some meet entries, and other meets it is not required unless a swimmer misses a cut of time at the meet.

Psych Sheet. A printed order of events by session with swimmers listed in order, usually fastest to slowest according to their entry times. It does not show heats. After scratches are turned in, the session is seeded and heat sheets are printed. Normally used at senior, sectional, and national meets. Also used at deck seeded meets, but heat sheets aren't usually printed.

Qualifying times. Some swim meets have qualifying times (time standards) that have to be met in order to participate.

Race. Any single swimming competition (i.e., preliminary, final, timed final).

Ready Room. A room/area on or near poolside, at some meets, for the swimmers to report and relax before they compete in Finals.

Records. Fastest all-time swims by course/sex/event/age group in an organization, meet, or pool.

Recovery. The phase of the arm stroke where the arm travels over the water prior to the pull.

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

Registered. Swimmers must be registered members of USA Swimming (with an ID number) in order to compete in any sanctioned competition.

Relay. A swimming event in which four swimmers (of the same sex, usually in the same age group) participate as a relay team, each swimmer swimming an equal distance of the race.

Relay Exchange. The exchange between the swimmer in the water finishing his/her leg and the next swimmer on the relay team. A perfect exchange will simultaneously have the finishing swimmer's hand on the touch pad and the starting swimmer's feet just touching the starting block with the rest of the starting swimmer's body extended over the water.

Results. The official listing by place of finish of the competitors in an event. It includes the Official Time and any Points scored, as well as Disqualifications. Host Teams usually also include in the results any Time Standards achieved by the swimmers. Results are usually posted in the venue in an accessible location.

Ribbons. Awards earned by swimmers at meets for finishing in the top places. They vary in size, color, design and method of presentation.

Rules. USA Swimming annually publishes the Rules and Regulations that govern the sport in the United States. Published yearly.

Sanction. A competition or time trial must be sanctioned (approved) by USA Swimming (through the Local Swim Committee) for the times swum to count and to be used in other sanctioned meets.

Scoreboard. An electronic display of the times and place finish by lane of the competitors in a heat. Some venues have scoreboards that also display the event information and the swimmers' names.

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

Seeding. Deck Seeding - swimmers are called to report to the Clerk of the Course. After scratches are determined, the event is seeded. Pre Seeding - swimmers are arranged in heats according to submitted times, usually a day prior to the meet.

Senior Meet. A meet that is for senior level swimmers and is not divided into age groups. Qualification times are usually necessary and will vary depending on the level of the meet.

Senior Swimming. A program for the better swimmers generally 13 and over.

Session. A session is a 3 or 4 hour period (**morning** - 8 a.m. to noon, **afternoon** - noon to 5 p.m. and for meets with finals 5 p.m. to 9 p.m.).

Shave. The removal of all arm, leg, and exposed torso hair, to decrease the 'drag' or resistance of the body moving through the water and to increase the "feel" for the swimmer. Usually done only at very important meets. This cannot be done on sight and must be done at the swimmers home or hotel room. Plan your time accordingly.

Short Course (SC). A 25-yard or 25-meter pool (or a 50-meter pool divided into a 25-yard/meter course by a movable bulkhead). The swim year is divided into two seasons: Short Course season, competed in 25-yard/meter pools during fall and winter, and Long Course season, competed in 50-meter pools during spring and summer. See also Long Course (LC).

Skinsuit or Swim Skin. A slang term for a swimsuit designed to be very tight-fitting and to have minimum drag in the water. New body suits of improved fabric have become popular recently.

Split. A portion of an event, shorter than the total distance, that is timed. (i.e.) A swimmer's first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.

Stand Up. The command given by the Starter to release the swimmers from their starting position.

Starter. The USA Swimming-certified official responsible for signaling the beginning of a race and ensuring that all swimmers have a fair take-off (usually, a parent/volunteer).

Start. The beginning of a race; the dive used to begin a race. Just before a swimmer's heat, the Referee will blow a quick series of whistles to inform the swimmers to be behind their respective blocks. He will then blow one long whistle to inform the swimmers to step up on their blocks. The Starter will then give the command "Take your mark", and after all the swimmers become motionless, will sound the start signal.

Starting Position. The swimmer must take his mark by placing at least one foot at the front of the block. The most common position is bent over, knees bent, feet shoulder width apart, but the track start (one foot forward, one foot back) is becoming popular. However, the swimmer is permitted any position as long as one foot is at the front of the block and a motionless position is held prior to the start signal.

Step Down. The command given by the Starter to have the swimmers move off the blocks. Usually, this command is a good indication everything is not right for the race to start.

Still Water. Water that has no current caused by a filtration/recirculation system or no waves caused by swimmers. Also used to describe the water that the swimmer way out in front of a race is swimming in.

Stopwatch. The hand held device used by timers during a meet. For races of 50 yards or longer, if the electronic system fails, the 2 timers in each lane are averaged to get the official time for the swimmer. In short races of 25 yards, the stopwatches are the only source of official timing.

Strategy. An approach to a race. The swimmer and coach discuss possible race strategies prior to the swim ... e.g., go out fast and hold it, negative split, build steadily to a fast finish, race pace (splits),drafting or to stay close to a certain swimmer in another lane, etc.

Streamline. It often refers to making the body long and narrow (arms/hands together and outstretched, head down between arms, feet together pointed back) in the glide off the starts and walls, but it also applies to all aspects of the strokes. The more swimmers can create a streamlined effect with their bodies, the more efficient they will be in the water

Stroke. There are four competitive techniques (strokes): Butterfly, Backstroke, Breaststroke, Freestyle.

Stroke Count or Stroke Rate. The number of strokes one takes per length or the amount of time taken for one complete stroke cycle, respectively.

Stroke Judge. The USA Swimming-certified official positioned at the side of the pool, walking the length of the course as the swimmers race, responsible for observing the swim to ensure swimmers follow the stroke rules (usually, a parent/volunteer).

Stroke Length. The length the body travels during one complete stroke cycle.

Suit. The bathing suit worn by the swimmer, in the water, during competition. The Team Suit is usually a standard tight lycra suit, the Championship Suit is usually a very tight "paper" suit, and the Practice Suits are usually loose fitting lycra suits.

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

Team. A USA Swimming registered organization with the mission of providing a competitive swim program. Also known as a Club.

Timed finals. Competition in which all the heats in an event are swum and the final places, points, and awards for the event are determined by the resulting times of all swimmers in all heats. The slower times will be seeded in the first heats with the fastest times in the last heat. Most age group meets are timed finals.

Timer. The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for activating the backup buttons for the automatic timing system and recording the time from a stopwatch.

Time Trial. An event swum separate from the regular competition that gives swimmers the chance to achieve an Official Time, usually in an effort to meet a Qualifying Time. Time trials are races against time – no places are determined and no awards are presented.

Timing System. The method used to obtain times for races at a swim meet. There are 3 types of timing systems:

- manual (stopwatches)
- semi-automatic - manually-operated buttons of an electronic timing system
- automatic - touch pads of an electronic timing system

Timing System Operator. The USA Swimming-certified official responsible for the setup and operation of the automatic/electronic timing system (usually, a parent-volunteer).

Touch Pad. The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must touch the touchpad at the end of a race to register a time.

Touch. At the end of the prescribed distance, the finish of the race.

Transition. In the Individual Medley event, refers to the turn where the swimmer finishes one stroke and begins the next stroke (e.g., the transition from Butterfly to Backstroke) (as opposed to the intermediate turns during each stroke/leg).

Trophy. Awards earned by swimmers / teams at meets for finishing in the top places. They vary in size, design, and method of presentation.

Turnover. The number of times a swimmer's arms pull/recover (cycle) in a given distance or time during a race. It can also be used in describing a DQ in backstroke, ie: the swimmer turned over to the breast during the race.

USA Swimming. USA Swimming, Inc., the national governing body for amateur competitive swimming in the United States. www.usaswimming.org

Unattached. A registered swimmer who is not attached to a registered USA swim team. If a swimmer changes teams, that swimmer must swim unattached for 120 days from the last day of meet competition representing the former team.

Underwater Cycle or Pullout. Long, full arm stroke past the hips used in breaststroke after the start and off the walls on the turns.

Underwater Recovery. In Butterfly, a violation of the stroke rules when the arms fail to recover over the water. Usually seen at the walls in the turns and the finish when the swimmer miscalculates the distance to the wall and during the swim by younger, inexperienced swimmers. It is also the legal means to recover on breaststroke.

Unofficial Time. The time displayed on a scoreboard or read over the PA system by the announcer immediately after the race. After the time has been checked and adjusted, if necessary, it will become the official time.

Venue. The facility in which a swimming competition is conducted.

Vertical. At a right angle to the horizontal plane (water surface).

Warm-down. A slower, longer swim after a race used by the swimmer to rid the body of excess lactic acid. Should be done after each swim unless the time dictates otherwise.

Warm-Up. Prior to each competition, there is a warm-up period during which swimmers not only warm up their muscles, but also get familiar with the pool.

Whistle. The sound a Referee makes to signal for quiet before they give the command to start the race.

Whistle Starts. A series of whistles the starter, or referee, does to announce the starting commands before each race. Several short whistles means the race will start shortly and to be ready. One long whistle means get into position to receive the starting commands. Swimmers failing to obey the starting whistle series can be disqualified.

EVERYTHING YOU WANTED TO KNOW ABOUT SWIM MEETS BUT WERE AFRAID TO ASK

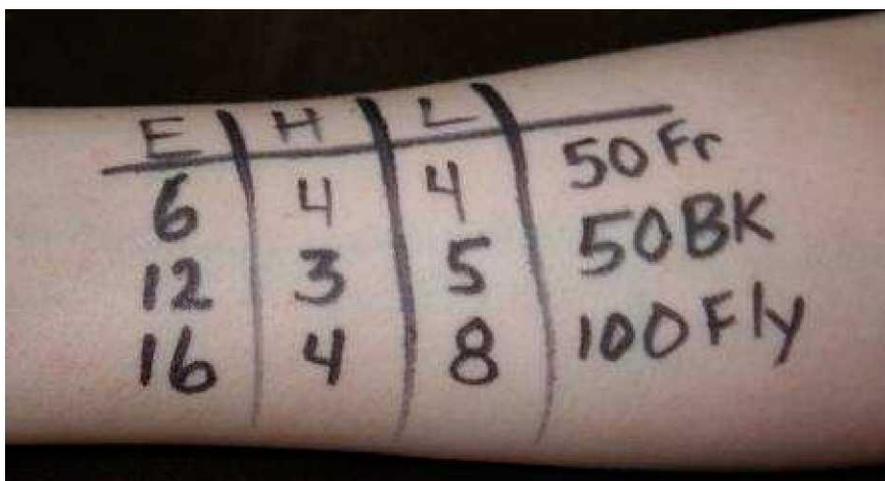
Swim meets are a great family experience! They're a place where the whole family can spend time together. Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we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

What To Take To The Meet

1. Most important: **Swim Suit, Team Cap and goggles**
2. Baby or talcum powder--To "dust" the inside of swim cap. This helps preserve the cap and makes it easier to put on.
3. **Towels**--Realize your swimmer will be there awhile, so pack **at least two**.
4. Something to sit on. **Chairs** - most pools don't have much seating on deck so bring your own chairs, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
5. **Team T-shirts**: Two or may be three. Same reason as above.
6. **Sweat suits: bring two**. Each swimmer may want to bring two because they can get wet and soggy.
7. **Sweat suit or Parka**, bring one.
8. Flip-flops, deck shoes or running shoes.
9. **Please LABEL EVERYTHING!!** After each meet we always find something that has been left behind, or several kids will have the same outfits. It helps us a lot if there is a name or an initial on the tags.
10. **Games**: travel games, coloring books, books, ipod, anything to pass the time.
11. **\$\$ for meet program**. Usually these are between \$2.00 - \$5.00 and will tell you when your child is swimming.
12. **Relays**. The **coach will let you know before the meet if possible or at the meet if your child will be in a relay**. The **parents do not select relays for the kids**.
13. **Highlighter** - for marking your child's races in the program. (If you have more than one child it helps to bring a different color for each.)
14. **Sharpies** - some of the kids like to write their events/lanes etc. on their arm.
15. As a spectator dress accordingly!! Outdoor meets: **sunscreen and a hat!**
16. Your meet sign up form will tell you what time warm-up begins, usually an hour before the first event. Coaches will remind the kids the day before the meet when to arrive at the pool.
17. **Food**: Each swimmer is usually allowed to bring a **small cooler**. It is better to **bring healthy snacks**. They usually have snack bars at the meet, but the lines are long and most of the time they only sell junk food. Suggestions for items to bring:
 - a) Drinks: Water, Gatorade. **Water bottle** - Even swimmers can get dehydrated - Drink lots of water.
 - b) Snacks: Granola bars, Fun fruits, yogurt, cereal, jello cubes, sandwiches.

Before the Meet Starts

1. Arrive at the pool **on time for warm-up**. This time is listed in the meet sign up information handed out to all swimmers.
2. Upon arrival, **find Jupiter Dragons Swim Team tents** and put your swimmer's chair, swim bags and/or sleeping bags. The coaches would like the kids to sit together as a team. The team usually sits in one place together, so look for some familiar faces.
3. Make sure your **swimmer checks in with his or her coach!**
4. **Purchase a program** (Heat sheet) so you will know when your child is swimming. During warm up you can highlight your child's events. **Notify the coaches when they are not busy if your child is missing from a race they were entered into.** Most meets we attend will be swum slowest to fastest. Kids with no times (NT) will usually swim in one of the first heats.
5. **Reading the Heat Sheet: What is an event?** An event is their "race." There are 4 strokes in competitive swimming: Freestyle, Backstroke, Breaststroke and Butterfly. There is also an IM which stands for Individual Medley. The IM consists of equal lengths of all 4 strokes in the following order: Fly, Back, Breaststroke, Freestyle.
A relay is an event where 4 swimmers each swim an equal distance. When the first swimmer finishes, the next swimmer goes until all 4 have completed their lap(s). There are freestyle relays where all swimmers swim Freestyle, as well as the Medley Relay. In a Medley Relay each swimmer swims a different stroke. The Medley Relay is swum in the following order: Backstroke, Breaststroke, Butterfly, Freestyle.
What is a 50? What is a 100? In a 25 yard short course pool a 50 is two lengths of the pool and a 100 is 4 lengths. In the meet they need to swim this without stopping. The coach will determine who is ready for each event.
Events/Heats/Lanes? The number of heats is determined by the number of swimmers and the number of lanes in a pool. For example if 32 girls in the 9-10 yr old group sign up for 50 free then there would be 4 heats of 8 swimmers in each heat. The heats are raced slowest to fastest. So the last heat in each event has the fastest swimmers for that event. In an 8 lane pool Lane 4 has the fastest swimmer in each heat, then lane 3, lane 5 . . .going out from there.
The very first time your child swims a race they will be listed as 'NT' meaning they do not have an official time in that event. Once they have an official time, their time will be recorded as their 'seed time' at the next swim meet and their heat will be based on this time.
The Events are posted in order usually alternating girls (odd) and boys (even) events
6. Write or have the swimmer **write each event-number on his or her forearm in ink.** We recommend using a **Sharpie marker**. This helps them remember what events they are swimming and what event number to listen or watch for. Sometime we will add the actual event as well so next to the last column we may abbreviate 50 fr for 50 yard freestyle. See image below for sample:



7. Your **swimmer now gets their cap and goggles and reports to the coach for warm-up instructions. It is very important for all swimmers to warm-up with the team.** A swimmer's body is just like a car on a cold day-they need to get the engine going and warmed-up before they can go all out.
8. **After warm-up,** your swimmer will **go back to the area where the team is sitting and wait until their first event** is called. This is a good time to make sure they go to the **bathroom if necessary, get a drink, or just get settled in.**
9. The meet will usually start about 5 minutes after warm-ups are over.
10. **All questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach.** He or she in turn, will pursue the matter through the proper channels.

Meet Starts

1. **It is important for any swimmer to know what event numbers they are swimming** (again, why they should have the numbers on their forearm). They may swim right away after warm-up or they may have to wait awhile.
2. Generally, **girls events are odd-numbered and boys events are even-numbered.**
Example: "Event #26, 10-Under Boys, 50 freestyle"
3. Your **child should talk to their coach before and after their races. Check with your swimmer's coach for specific instructions.** The coaches sit in a designated area on the deck so the kids can easily find them.
4. Most meets are computerized. A **swimmer usually reports directly to their lane for competition a number of heats before they actually swim.** Make sure your child gets to their lane, behind their block on time. Coaches will be watching swimmers and talking to swimmers about their races and cannot be looking for swimmers.
5. The swimmer swims his or her race.
6. After each swim:
 - a) The swimmer should **ask the timers (people behind the blocks at each lane) for their time.**
 - b) Depending on the coaches instructions, the swimmer may be asked to do some **recovery swimming if a "warm down" pool or lanes are available.**

- c) The **swimmer should then go immediately to their coach.** The **coach will discuss the swim with each swimmer.** Some coaches may wish to talk with the swimmer before her recovery swim.
7. Generally, the coach follows these guidelines when discussing swims:
 - a) **Positive comments or praise.**
 - b) **Suggestions for improvement and discuss stroke technique with him.**
 - c) **Positive comments.**
8. Things you, as a parent, can do after each swim:
 - a) You need to tell them **how proud you are and what a great job they did.**
 - b) Take him/her back to the team area and relax.
 - c) This is another good time to check out the bathrooms, get a drink or something light to eat.
 - d) The swimmer now waits until his next event and starts the procedure again.
9. Encourage your child to **cheer for their team mates** when they are not swimming.
10. When a swimmer has completed all of their events they get to go home. Make sure, however, you, as a parent, **check with the coach before leaving to make sure your swimmer is not included on a relay.** It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and they are not there. **Before you leave please make sure the are your child was sitting is clean.**
11. **Results** are usually posted somewhere in the facility as they become available. These will show their official time and place for each event. **Check the results and if there is any discrepancy in the time posted and what the coaches time is advise the coach immediately so he/she can straighten the problem.** The coaches also get all results after the meet and the results are available on the swim team website at www.idswim.com.
12. **Awards** are often gathered for a team and given to the coach at the end of the meet. **The coach will give the awards to those swimmers who place in event at practice.** How the meet is scored and awarded is usually on the meet information or the meet program and can vary from meet to meet. Awards can be medals for Championships or ABC standard meets or ribbons for Developmental or Sizzler meets. **Encourage your child to go out and have fun and not worry about placing or getting medals/ribbons.**

Very Basic Swimming Rules

rules for swimming are very in depth, these are just a few quick pointers you can watch for

Starts

The swimmers are not allowed a false start. If they jump the start and the starter thinks they are trying to get an advantage (whether intentional or not), they may be taken out of the race.

Turns and finishes

- a) **Freestyle:** feet have to touch the wall
- b) **Backstroke:** swimmers have to be **on their back when they touch the wall.** After they touch, they can then turn around, but they must **push off on their back.** More advanced swimmers may use a flip turn, where they will roll onto their stomach right before the wall and execute a **flip turn which must be done in one continuous motion.** At the finish a

swimmer must **finish on their back**. A swimmer may not roll over and grab the wall until they have first touched it.

c) **Breaststroke and Butterfly:**

- A. Swimmers have to **touch with both hands at the same time**.
- B. A swimmer **may not freestyle kick off the wall in either breaststroke or butterfly**.
- C. When swimming **butterfly, both arms must move at the same time**.
- D. **No scissor kick is allowed**.

Disqualifications: If your child is disqualified (DQ'ed) in an event the officials will usually talk to them after the race and explain why. The coaches are also notified of the reason and will talk to your child. This helps them learn the rules and helps the coaches know what they need to work on in practice. As a developmental swimmer you can expect these, they are a part of the learning process. If your swimmer gets a DQ their name will be listed on the bottom of the result sheet with the letters DQ next to it. What this means is that what ever time they swim will not count. If they got their best time ever, it will not count and they will have to swim it again in the next meet. Please do not worry about this at all! These kids are young and most of them are brand new to the sport. **Try to keep your child from getting discouraged when this happens**. The most important thing to remind your child is to go out and have fun!!

What Happens If Your Child has a Disappointing Swim?

If your child has a poor race and comes out of it feeling badly, **talk about the good things**. The first thing you say is, "Hey, that is not like you. I know you are disappointed, but it's not the end of the world!" Then you can go on and talk about the good things the child did. **Don't talk about the negative things and don't keep talking about the race**. Drop it and **get your child to focus on the next race or something enjoyable coming up after the meet! Limit the "post mortems!"**

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

Receiving Awards in Public

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

Team dinners:

Occasionally the team will organize a team dinner at an out of town meet. Listen for announcements of this during the meet for the time and place. This is a great way to for you and your child to meet other swim families and is a great team building activity.

Meets can be a lot of fun for the swimmers! They get to spend time with friends, play games, and meet kids from other teams. They also get to "race" and see how much they have improved from all the hard work put in at practice.

Once you have attended one or two meets this will all become very routine.

Please do not hesitate go to your coach for help or information!

CODE OF CONDUCT

Swimmers, coaches, chaperons and parents traveling with the Jupiter Dragons Swim Team represent themselves, the Team, the sport of swimming and their community when they travel to swim meets/events. Jupiter Dragons Swim Team wants to project an image that makes all of us proud of our sport and our swimmers. Therefore, all individuals representing or traveling on behalf of the Jupiter Dragons Swim Team will abide by the following *Code of Conduct*. This *Code* is in effect from the point of departure until returning home. Anyone signing the *Code of Conduct* agrees that he/she will abide by it while representing the Jupiter Dragons Swim Team.

Infractions of the *Code of Conduct* may result in that swimmer's family having to assume the full cost of the trip plus return fare if the swimmer is sent home early.

1. Swimmers will not be allowed to drink or carry alcoholic beverages or use drugs other than those prescribed by a physician. Such drugs must be reported to the coaching and/or managerial staff. However, proper administration of prescribed drugs will be the swimmer's responsibility.

2. No swimmer is permitted to smoke or chew tobacco.

3. Appropriate behaviour is mandatory on team trips. When behavior is deemed unacceptable by the coaches or chaperons or accompanying staff, that swimmer will be scratched from the competition and sent home at his/her own expense. In extreme cases, outright dismissal from the Team will result. Examples of inappropriate behaviour include:

- Failure to comply with stated rules and/or curfews as set out by the coaches and chaperons.
- Any behavior in violation of a criminal code.

4. Responsible, orderly and reasonably quiet behavior is expected of swimmers at all times, including:

- While traveling on rented or public transportation.
- When on the pool deck, in restaurants and all other public areas.

5. Hotel etiquette of the highest caliber is mandatory. Because hotels are resting places for all guests, the following behavior is not acceptable:

- Running up and down hallways.
- Constant room-to-room telephoning.
- Playing loud music or television.
- Fist fights and any kind of roughhousing.
- Crank phone calls to anyone in the hotel.
- Pranks of any nature which may result in damage to property or injury to fellow teammates.

6. Male and female swimmers must at no time be in each other's rooms with the doors closed. Whenever a member of the opposite sex is in your hotel room, the door must be propped open.

7. Athletes from other teams are not allowed in swimmers' hotel rooms, unless explicit approval has been given by the supervisory staff (coach and/or chaperon).

8. All team members are expected to respect each individual's needs for rest and study times which will vary from trip to trip.
9. Curfews, as determined by the staff, are set to ascertain proper rest for all swimmers. These must be adhered to at all times. Failure to comply may result in that swimmer's being scratched from competitions or in more severe cases sent home at his/her own expense.
10. When being billeted, athletes must be on their best behavior at all times. Conditions will not always be ideal, but unreasonable behavior will not be tolerated.
11. Swimmers should consider that it is their responsibility to report behavior that does not adhere to the *Code of Conduct* to the coaches or chaperons.
12. All of the above conditions also apply to the last night of any trip. There may be occasions when the entire team will enjoy an outing, a movie or dinner on the last night. Return to the hotel must be orderly and quiet. All rules/curfews set out by the coaches and chaperons will be followed.
13. For swimmers of legal drinking age, the Club recognizes that the conditions described above may infringe on some of your legal rights and may limit the freedom you usually enjoy. However, for the sake of unity within the team, your cooperation is required and expected.
14. Any swimmer who does not agree with all the conditions listed above, may elect not to participate on this or any other trip. A simple refusal to turn in the signed agreement attached will be sufficient to indicate your desire to be excluded.
15. Infractions will be dealt with on an individual basis and action may be taken immediately or after return to Jupiter. The penalties may include immediate return home at the swimmer's expense or for Club-supported travel a reimbursement of the Club by the swimmer.

APPENDIX 1

INSTRUCTIONS FOR SET UP AUTO PAY (FOR SWIM MEETS ONLY)



Log onto the Jupiter Dragons website at www.jdswim.com, and use your login name and password to log in.

The screenshot shows the homepage of the Jupiter Dragons Swim Team website. At the top, there are navigation links for Coaches, Members, Password, and Site Map. The main header features the team name "Jupiter Dragons Swim Team" in large red letters, along with logos for USA Swimming and Florida Gold Coast Swimming. Below the header is a horizontal menu with tabs for Home, News, Meets & Events, Swim Groups, Group Calendars, Pool Locations, Parents, Records, and Documents. On the left side, there is a vertical sidebar menu with options: Sign Out, System, My Account (highlighted with a red arrow), Team Admin, Team Profile, Registration Admin, Website Design, Account/Member Admin, E-Mail Center, Documents/Images, Billing Admin, and Contact Us. The main content area displays the "DRAGONS SWIMMING" logo, a description of the team, and a "Swim Meets & Events" section listing a "Wellington Spring Long C..." meet from May 16-18, 2014. On the right, there are buttons for "Our Coaches", "Swim Meets and Team Events", "Monthly Schedule", and "Meet Calendar", followed by a "News" section with several recent articles. At the bottom left, there is a "Partners" section with logos for Tropical Cafe Smoothie, DQ, Orange Julius, and TYR. A red arrow points from the "My Account" link in the sidebar to the text below the screenshot.

Once logged on, use the tabs on the side of the page click on "My Account"

Jupiter Dragons Swim Team



- Home
- News
- Meets & Events
- Swim Groups
- Group Calendars
- Pool Locations
- Parents
- Records
- Documents

Sign Out

System

My Account

- My Tutorials
- TeamUnify Invoices
- Setup Auto Pay
- My Account
- My Meet Results
- My Sponsor Center
- \$My Invoice/Payment
- More Information

Team Admin

Billing Admin

Contact Us



- Our Coaches
- Swim Meets and Team Events
- Monthly Schedule
- Meet Calendar

JUPITER DRAGONS SWIM TEAM
a year-round Professionally Coached and Managed Coach Run Competitive Swim Team. The team provides technique instruction, training, and a platform for competition for all ages and abilities. We are registered with United States Swimming and are a member of the Florida Gold Coast LSC. The Team trains at the North County Aquatic Complex in Jupiter which is one of the finest facilities in Palm Beach County.



Partners

- Tropical Cafe Smoothie
- DQ Orange Julius
- TYR
- RunningSports&Cycle

Swim Meets & Events

Swim Meets Team Functions

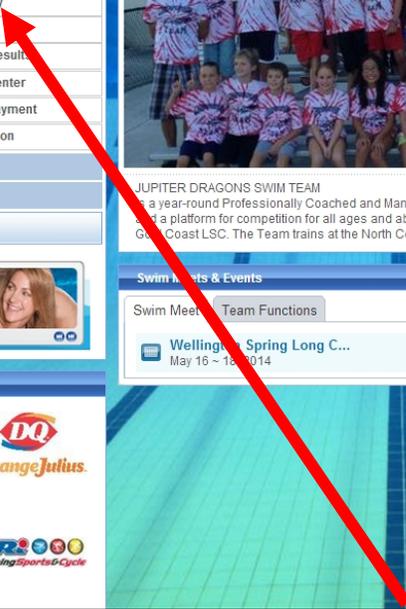
Welling Spring Long C...
May 16 ~ 18, 2014

Edit Commitment

More...

News

- 4/28/14
2014 FGC Long Course Invitational - Results
- 4/22/14
2014 NASA Elite Showcase Classic Results
- 4/8/14
6 Jupiter Dragons Representing FGC at the All Star Meet
- 3/31/14
Friday Night at the Races - Results
- 3/25/14
NCSA Junior Nationals -



Click on "SET UP AUTO PAY"

Coachs Members Password Site Map

Jupiter Dragons Swim Team

USA SWIMMING FLORIDA GOLD COAST SWIMMING

Home News Meets & Events Swim Groups Group Calendars Pool Locations Parents Records Documents

Sign Out

System

My Account

- My Tutorials
- TeamUnity Invoices
- Setup Auto Pay
- My Account
- My Meet Results
- My Sponsor Center
- \$My Invoice/Payment
- More Information

Team Admin

Billing Admin

Contact Us

USA SWIM TODAY

Partners

- Tropical Cafe Smoothie
- DQ Orange Julius
- TYR
- Running Sports & Cycle

Billing Account Configuration

Account Info \$ Payment Setup \$ Membership Dues Schedule

Choose Payment Method for this Account

Account Name: Zahariev, Kiril

Current Payment Method: **Automatically charge CREDIT CARD below (recommended)**

Credit Card on File: Jupiter Dragons Swim Team [Edit](#)

JUPITER DRAGONS SWIM TEAM

Thank you for your support of this important team initiative. If you have questions, you can send an email thru the **[Feedback Zone]** in the upper left of the team website and we will promptly respond.

Sincerely,
The JUPITER DRAGONS SWIM TEAM Administrators

Do you need further help on Auto Pay Signup Procedures? Please click [?](#)

[Save Changes](#)

Secured by [Othawte](#) click to verify

© Copyright 2014. TeamUnity, LLC. All rights reserved.
Do you have problem using this web site? [Get Help](#)
Use of this Web site constitutes acceptance of the TeamUnity Website Terms and Conditions Privacy Policy & DMCA Policy

Powered By: **TeamUnity**

Select Automatically Charge Credit Card

Coachs Members Password Site Map

Jupiter Dragons Swim Team

USA SWIMMING FLORIDA GOLD COAST SWIMMING

Home News Meets & Events Swim Groups Group Calendars Pool Locations Parents Records Documents

Sign Out

System

My Account

- My Tutorials
- TeamUnity Invoices
- Setup Auto Pay
- My Account
- My Meet Results
- My Sponsor Center
- \$My Invoice/Payment
- More Information

Team Admin

Billing Admin

Contact Us

USA SWIM TODAY

Partners

- Tropical Cafe Smoothie
- DQ Orange Julius
- TYR
- Running Sports & Cycle

Billing Account Configuration

Account Info \$ Payment Setup \$ Membership Dues Schedule

Choose Payment Method for this Account

Account Name: Zahariev, Kiril

Current Payment Method: Automatically charge CREDIT CARD below (recommended)

Credit Card on File: Jupiter Dragons Swim Team [Edit](#)

JUPITER DRAGONS SWIM TEAM

Thank you for your support of this important team initiative. If you have questions, you can send an email thru the **[Feedback Zone]** in the upper left of the team website and we will promptly respond.

Sincerely,
The JUPITER DRAGONS SWIM TEAM Administrators

Do you need further help on Auto Pay Signup Procedure? Please click [?](#)

Save Changes

Secured by © Copyright 2014. TeamUnity, LLC. All rights reserved. Do you have problem using this web site? Get Help Use of this Web site constitutes acceptance of the TeamUnity Website Terms and Conditions Privacy Policy & DMCA Policy

Powered By:

[?](#)

Click on the "Edit" text

The screenshot displays the 'Account Credit Card Setup' page for the Jupiter Dragons Swim Team. The page is titled 'Account Credit Card Setup' and features a 'Credit Card Information' form. The form includes fields for 'Credit Card Type', 'Credit Card Number', and 'Expiration Date'. Below these is a section titled 'Name shown exactly on the Credit Card: (Copy Name and Address from Account)' with input fields for 'First Name', 'Last Name', 'Address', 'City', 'State', 'Zip Code', and 'Phone #'. A red arrow points from the 'Last Name' field to the text below the screenshot. The page also includes a 'Membership Dues Schedule' section, a 'Save Changes' button, and a footer with logos for 'USA Swimming', 'Florida Gold Coast Swimming', 'Tropical Cafe Smoothie', 'DQ Orange Julius', and 'TYR Running Sports & Cycle'. A 'Secured by Thawte' logo is visible in the top right of the form area.

A new window will open where you can put your Credit Card information.

Jupiter Dragons Swim Team : Account Credit Card Setup - Iron

TeamUnity, LLC [US] https://www.teamunify.com/CCAccountEditPop.do?act=edi

Account Credit Card Setup

Credit Card Information

Credit Card Type: --Select--

Credit Card Number:

Expiration Date: --Select-- / --Select--

Name shown exactly on the Credit Card: (Copy Name and Address from Account)

First Name:

Last Name:

Address:

City:

State:

Zip Code:

Phone #:

By providing the Credit Card info above, you are authorizing **Jupiter Dragons Swim Team** to charge the Credit Card for any fees associated with your account; please contact the admin if you want to terminate this authorization.

[Save Changes](#)

Do you need further help on Auto Pay Signup Procedure? Please click [?](#)

[Save Changes](#)

© Copyright 2014 TeamUnity, LLC All rights reserved.
Do you have problems using this web site? [Get Help](#)
Use of the Web site constitutes acceptance of the TeamUnity Website Terms and Conditions, Privacy Policy, & DMCA Policy

Powered By: **TeamUnity**

Make sure to select "Save Changes" and you're done

APPENDIX 2

INSTRUCTIONS FOR ON-LINE DECLARATION TO ATTEND A SWIM MEET



Log onto the Jupiter Dragons website at www.jdswim.com, and use your login name and password to log in.

The screenshot shows the website for the Jupiter Dragons Swim Team. At the top, there are navigation links for Coaches, Members, Password, and Site Map. The main header features the team name "Jupiter Dragons Swim Team" in red and blue, along with the USA Swimming and Florida Gold Coast Swimming logos. A blue navigation bar contains tabs for Home, News, Meets & Events, Swim Groups, Group Calendars, Pool Locations, Parents, Records, and Documents. A yellow arrow points to the "Meets & Events" tab. On the left side, there is a sidebar menu with options like Sign Out, System, My Account, My Tutorials, TeamUnify Invoices, Setup Auto Pay, My Account, My Meet Results, My Sponsor Center, My Invoice/Payment, More Information, Team Admin, Billing Admin, and Contact Us. The main content area features the "DRAGONS SWIMMING" logo, a description of the team, and a "Swim Meets & Events" section with a "Swim Meet" tab and a listing for "Wellington Spring Long C..." from May 16-18, 2014. On the right, there are buttons for "Our Coaches", "Swim Meets and Team Events", "Monthly Schedule", and "Meet Calendar", along with a "News" section listing recent events like "2014 FGC Long Course Invitational - Results" and "6 Jupiter Dragons Representing FGC at the All Star Meet".

Once logged on, use the tabs on the top of the page and click on "MEETS & EVENTS"

The screenshot shows the website for the Jupiter Dragons Swim Team. At the top, there are navigation links for Coaches, Members, Password, and Site Map. The main header features the team name "Jupiter Dragons Swim Team" in red, the USA Swimming logo, and the text "FLORIDA GOLD COAST SWIMMING". A horizontal menu includes Home, News, Meets & Events, Swim Groups, Group Calendars, Pool Locations, Parents, Records, and Documents. On the left, a sidebar contains a "Sign Out" button, a "System" section, a "My Account" section with links for My Tutorials, TeamUnity Invoices, Setup Auto Pay, My Account, My Meet Results, My Sponsor Center, My Invoice/Payment, and More Information. Below this is a "Team Admin" and "Billing Admin" section, and a "Contact Us" button. A "Partners" section at the bottom left displays logos for Tropical Cafe Smoothie, DQ Orange Julius, and TYR Running Sports & Cycle. The main content area is titled "Meets & Events" and includes tabs for Current & Upcoming, Past & Archived, Reports, and TouchPad Meet Admin. There are "New Event" and "Delete" buttons. An "Event Category" dropdown is set to "--ALL--" with a search button. A calendar for May 2014 highlights the date 16. The event listing is for "May 16 ~ 18, 2014 - Wellington Spring Long Course/ Short Course Meet" with an "Edit" link. A red "Edit Commitment" button is highlighted with a red arrow. Below the event title, there is a "PLEASE READ" notice and event details: "MEET INFORMATION AND BE AWARE OF THE EVENTS ORDER AND THE SESSION(S) Location: Wellington Pool 12165 Forest Hill Blvd, Wellington, FL 33414 Pool/Timing: 50 meters heated outdoor pool, ...". A "Secured by" logo is visible, along with copyright information for TeamUnity, LLC. The page is powered by TeamUnity, and a help icon is in the bottom right corner.

Locate the Meet you wish to attend and click on "Edit Commitment"

The screenshot shows the website for the Jupiter Dragons Swim Team. At the top, there are navigation links for Coaches, Members, Password, and Site Map. The main header features the team name 'Jupiter Dragons Swim Team' and the USA Swimming Florida Gold Coast Swimming logo. Below the header is a navigation menu with options like Home, News, Meets & Events, Swim Groups, Group Calendars, Pool Locations, Parents, Records, and Documents.

The left sidebar contains a 'Sign Out' button and several menu categories: System, My Account (with sub-items like My Tutorials, TeamUnity Invoices, Setup Auto Pay, My Account, My Meet Results, My Sponsor Center, My Invoice/Payment, and More Information), Team Admin, Billing Admin, and Contact Us. There are also social media links for USA Swimming and a 'SWIM TODAY' button.

The main content area is titled 'Event Signup' and shows details for the 'Wellington Spring Long Course/ Short Course Meet (May 16 ~ 18, 2014)'. It includes fields for My Account (Brown, (561) 626-5555), Registration Deadline (May 10, 2014), Meet Name (Wellington Spring Invitational Meet), Location (Wellington Aquatic Complex), Course (LO), Meet Type, Start Date (5/16/14), End Date (5/18/14), Age Up Date (5/16/14), and Use Date Since (1/1/70). There are also options to View/Edit All Meet Events and Go Back to Event Home Page.

Below the event details is a table titled 'Click on Member Name to declare for this Event:'. The table has four columns: Member Name, Member Commitment, Coach Approved, and Last Updated. The first row shows 'Erin Brown' with a red arrow pointing to her name, and 'Undeclared' in the Member Commitment column.

At the bottom of the page, there are logos for Tropical Cafe Smoothies, DQ Orange Julius, and TYR RunningSports&Cycle. A 'Powered By: TeamUnity' logo is also present. A copyright notice for 2014 TeamUnity, LLC is visible, along with a 'Secured' icon and a help link.

Select the name of the swimmer you wish to declare by clicking on their name. If you have more than one swimmer in your family, you will need to repeat this step for each member

Jupiter Dragons Swim Team

USA SWIMMING FLORIDA GOLD COAST SWIMMING

Home News Meets & Events Swim Groups Group Calendars Pool Locations Parents Records Documents

Sign Out

System

My Account

- My Tutorials
- TeamUnity Invoices
- Setup Auto Pay
- My Account
- My Meet Results
- My Sponsor Center
- My Invoice/Payment
- More Information

Team Admin

Billing Admin

Contact Us

SWIM TODAY

Partners

- Tropical Cafe Smoothie
- DQ Orange Julius
- TYR
- RunningSports&Cycle

Athlete Event Signup

Member Athlete: **Erin Brown**

Event: **Wellington Spring Long Course/ Short Course Meet (May 16 ~ 18, 2014)**

Important Notes: PLEASE READ THE MEET INFORMATION AND BE AWARE OF THE EVENTS ORDER AND THE SESSION(S)
The Afternoon Session on Saturday is Short Course Yards!!!
If you enter 50's on Fly, Bk, Breast that means you are entering the Short Course session on Saturday afternoon!!!

**Declaration: --SELECT--

Notes:

Save Changes

Secured by Thawte

© Copyright 2014 TeamUnity, LLC All rights reserved.
Do you have problem using this website? Get Help
Use of this Web site constitutes acceptance of the TeamUnity Website Terms and Conditions, Privacy Policy, & DMCA Policy.

Powered By: TeamUnity

**You will need to select
"YES, PLEASE SIGN UP FOR THIS
EVENT"**

Please read the Important Notes

Coaches Members Password Site Map

Jupiter Dragons Swim Team



FLORIDA
GOLD
COAST
SWIMMING

Home News Meets & Events Swim Groups Group Calendars Pool Locations Parents Records Documents

Sign Out

System

My Account

- My Tutorials
- TeamUnity Invoices
- Setup Auto Pay
- My Account
- My Meet Results
- My Sponsor Center
- My Invoice/Payment
- More Information

Team Admin

Billing Admin

Contact Us



Partners






Athlete Event Signup

Member Athlete: **Erin Brown**
 Event: **Wellington Spring Long Course/ Short Course Meet (May 16 ~ 18, 2014)**

Important Notes: PLEASE READ THE MEET INFORMATION AND BE AWARE OF THE EVENTS ORDER AND THE SESSION(S)
 The Afternoon Session on Saturday is Short Course Yards!!!
 If you enter 50's on Fly, Bk, Breast that means you are entering the Short Course session on Saturday afternoon!!!

*Declaration: Yes, please sign [vanka] up for this event

Notes:

Meet Name: **Wellington Spring Invitational Meet** Location: **Wellington Aquatic Complex** Course: **LO** Meet Type:
 Start Date: **5/16/14** End Date: **5/18/14** Age Up Date: **5/16/14** Use Date Since: **1/1/70**

Enforce entry based on [Qualify Times]: **No** Restrict entry [Best Time] to same [Meet Type]: **No**
 Event Declaration Setting: **Commit by Event** » [Edit](#)
 Allow Course Conversion for Relays: **No**
 If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: **No**

Athlete Qualifying Age: **54** Gender: **Female**

Important Notes:

1. Please pick the individual events below that the Athlete wants to attend and enter [Entry Time]. Please enter **NT** if no Entry Time is available.
2. Relay teams are solely determined by the coaches. If you have problem attending the relay teams, please contact coaches directly.
3. You cannot make changes after the coach approved or rejected your application. Please contact admin to change your records.
4. Please enter [Entry Time] in this format: **mm:ss.hh**.
5. [Bonus] is not a standard option; send Entry Report to the meet host in addition to the SD3 file.
6. Only **Admin** can customize [Entry Time] and set [Bonus] fields.

	Best Time	Entry Time	Bonus	Exhibition	Approval	Day	Sess	Ev#	Gen	Event	Qualify Time
<input checked="" type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		1	1	5B	G	15 & Over 400 Medley	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		1	2	9B	G	15 & Over 1500 Free	
<input checked="" type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	3	13B	G	15 & Over 200 Free	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	3	17B	G	15 & Over 100 Breast	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	3	21B	G	15 & Over 200 Back	
<input checked="" type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	3	25B	G	15 & Over 100 Fly	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	3	29B	G	15 & Over 50 Free	

Check the boxes next to the event you want your swimmer to swim at the meet.

USA SWIM TODAY
Athlete Qualifying Age: 54
Gender: Female

Important Notes:

- Please pick the individual events below that the Athlete wants to attend and enter [Entry Time]. Please enter NT if no Entry Time is available.
- Relay teams are solely determined by the coaches. If you have problem attending the relay teams, please contact coaches directly.
- You cannot make changes after the coach approved or rejected your application. Please contact admin to change your records.
- Please enter [Entry Time] in this format: mm:ss.hh
- [Bonus] is not a standard option; send Entry Report to the meet host in addition to the SD3 file.
- Only Admin can customize [Entry Time] and set [Bonus] fields.

	Best Time	Entry Time	Bonus	Exhibition	Approval	Day	Sess	Ev#	Gen	Event	Qualify Time
<input checked="" type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		1	1	5B	G	15 & Over 400 Medley	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		1	2	9B	G	15 & Over 1500 Free	
<input checked="" type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	3	13B	G	15 & Over 200 Free	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	3	17B	G	15 & Over 100 Breast	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	3	21B	G	15 & Over 200 Back	
<input checked="" type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	3	25B	G	15 & Over 100 Fly	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	3	29B	G	15 & Over 50 Free	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	3	31B	G	15 & Over 200 Medley	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	4	33B	G	15 & Over 400 Free	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	5	45C	G	15 & Over 200 Free	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	5	51	G	Open 100 Back	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	5	57	G	Open 100 Fly	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	5	63B	G	15 & Over 50 Free	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	5	69	G	Open 200 Medley	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	5	75	G	Open 100 Breast	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	5	81B	G	15 & Over 100 Free	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	5	83C	G	15 & Over 200 Back	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	5	85C	G	15 & Over 200 Fly	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	5	87C	G	15 & Over 200 Breast	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	5	89	G	Open 500 Free	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		3	6	93B	G	15 & Over 100 Free	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		3	6	97B	G	15 & Over 200 Breast	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		3	6	101B	G	15 & Over 100 Back	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		3	6	105B	G	15 & Over 200 Fly	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		3	6	107B	G	15 & Over 800 Free	

Make sure to select "Save Changes" and you're done

APPENDIX 2

INSTRUCTIONS TO ADD AND VERIFY A CELL NUMBER FOR sms/texting

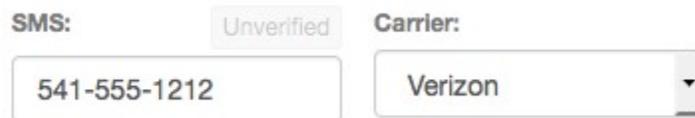
To add a cell number for texting messages please follow the steps below. This **MUST** be done for the number to be activated for use through OnDeck. Ideally an account holder will perform the below steps, as it requires retrieving a verification code from their cell phone and entering it on the site.

SwimOffice Admin - Not an Admin

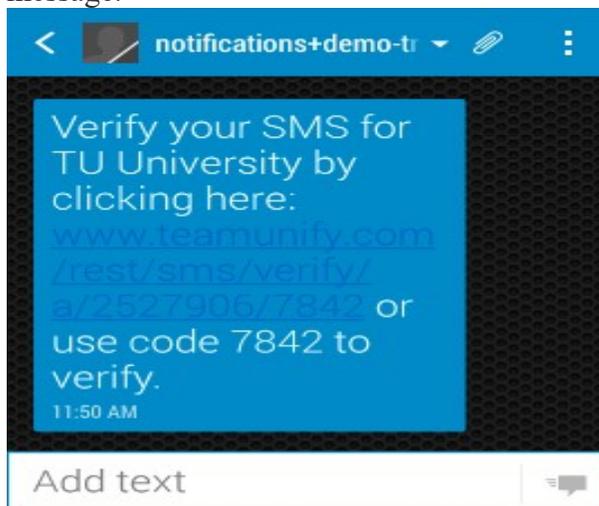
1. Sign In to your team's TeamUnify SwimOffice website.
2. In the side menu click **My Account > My Account**.



3. To add an SMS number for one of the athletes in the account, click the **Members** tab and then click their name; otherwise stay on the current screen.
4. Fill in the cell number in the *SMS* field.
5. Pick the cell *Carrier* for that phone from the drop down menu.

A screenshot of the SMS and Carrier input fields. The 'SMS:' label is followed by a text input field containing '541-555-1212'. To the right, the 'Carrier:' label is followed by a dropdown menu currently showing 'Verizon'. A 'Unverified' status is displayed above the SMS field.

6. Click **Save** in the upper right and it will send that number a verification text.
7. Check your cell phone for a "Verify your SMS" text from *notifications+alias*, where *alias* is your team's alias, and open it. Note that some cell carriers can take awhile to deliver the message.



8. Tap the link and you should see one of two possible messages.
 - "Success! We have validated your primary SMS." (or "secondary SMS" if that's what you were verifying)
 - "Sorry, your primary SMS has already been validated." Sometimes just opening the text will verify the number, resulting in this message.

In either case the SMS number is verified and ready to receive texts from the team.

9. If tapping the link doesn't work, note the four digit code number in the text message.
10. If you get the message "Sorry, the code XXXX did not match any codes," continue.
11. Back in your team's SwimOffice website, click the **Unverified** button above the SMS number.

SMS: Unverified Carrier:

Enter the verification number into the field below and click "Verify" to verify this phone number.

Verification Code:

Resend Verification

Verify Cancel

12. If you got the error in step 10 on your mobile device, click **Resend Verification** and go back to step 7.
13. Enter the four digit code from your text message in the *Verification Code* field and click **Verify**.
14. You will see *Verified* in green above the SMS number. You may need to refresh the screen to see this.

SMS: Verified