

43 TIPS, TRICKS, CHEERS & HACKS

f o r s w i m m i n g n e w b i e s



A COLLECTION
OF HELPFUL,
AND USELESS,
HINTS TO GET
STARTED IN THE
#FUNNESTSPORT



WHICH TEAM IS BEST FOR ME?

Which team fits with what I want to do and learn?

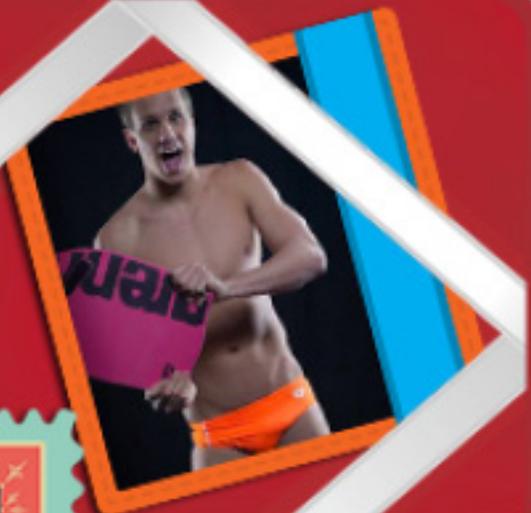
Which team fits with my lifestyle?

SUMMER LEAGUE	VS.	YEAR-ROUND TEAM
Most only practice during the summer. Usually about an hour/practice	 Time Commitment	Practice year round. Depending on age, usually 1-2 hours/practice
3-5	 # of practices/week	10-Under: 1- 2-3 11-12: 3-5 13 & Over: 5-6+
Minimal: Local meets	 Travel	Intermediate: Several travel meets by car or bus
Focused on fun	 Coach's Attitude	Focused on FUN, technique and progression
Entry-level	 Competition	Entry level -Intermediate-Advanced
Play games with friends after practice	 Swimmer Attitudes	Focused on fun and progression



Show us why swimming is the #funnest sport

Post your "funnest" swimming pics on Instagram and tag @arenausa.



#LOVEMYTEAMMATES



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SWIMMING BAG SEARCH

Things you might find if you're a swimmer.



O L K Y F S J P S G N E
 X O O I N I A W H O O I
 W U P A C D N L A G I P
 B A C M D K E S M G T R
 T K T L A W B C M L O A
 S I E E O H A O Y E L H
 X S U T R P S F A S Q S
 S U N S C R E E N R H L
 L E K R O N S C A R D S
 B A G T A G S A K R A P

BAGTAGS
 CARDS
 KICKBOARD
 PARKA
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 SUIT
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BUOY
 FINS
 LOTION
 SHAMMY
 SNACKS
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 CAP

GOGGLES
 PADDLES
 SHAMPOO
 SNORKEL
 TOWEL





Get in the

FUNNEST SPORT

Gear up at speedousa.com



#funnestsport
 [speedousa](https://www.instagram.com/speedousa)

SWIM PIC TIPS

HOW TO TAKE PICS OF YOUR KIDS' SWIM MEET LIKE A PRO.

Six tips for swimming photos, from Al Bello of Getty Images and Donald Miralle of Donald Miralle Photography (donalsmiralle.photoshelter.com):

BACKGROUND

Look for background. Make sure it's a nice, clean background that doesn't have clutter or messiness or unwanted things in your frame behind the swimmer.

COMPOSITION

Compose your photo. Compose your swimmer in the middle of the lane, between two lane lines or something like that. If you're in the stands, keep an eye on what your background is.

SURROUNDINGS

Gain access to where you want to be. Make sure you are familiar with the people you are working with at the event. Be courteous. Don't make a nuisance of yourself. Be aware that you're in the swimmer's world, and you have to be respectful to the swimmers and the officials that are running the meet. You're not the most important person in that room, they are. You're just visiting.

RESPECT

Also, be respectful of the athletes and other photographers, especially those who have been doing this for longer than you have. Do your best to learn from what's been done in the past and create your own style and approach to photography. Don't think just because you have a camera with a big lens means you take good photos and you're entitled to something.

TESTING

Try different things. Don't be afraid to make mistakes. If you're not making mistakes, you really aren't trying. Great photos come from people who try to push the envelope a little bit. Those who don't try to push get average photos. Anyone who's an amateur photographer can read up on different photo techniques – to work with light, to do all kinds of blurs. There's a lot that can be done in swimming, especially if it's outside. It's a wonderful sport to photograph, and a lot of good photos to be had.

MOST IMPORTANTLY, HAVE FUN OUT THERE!





TYR



EAT
SLEEP

SWIM
REPEAT

CHLOE SUTTON | 2X OLYMPIAN

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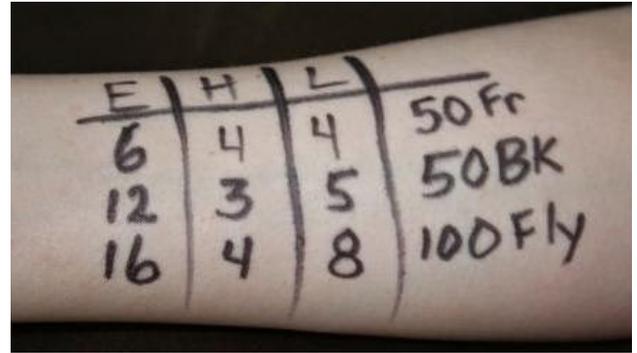
SWIM-INK

COMING TO A HEAT AND
LANE NEAR YOU!



EAT MY BUBBLES

helps your swimmer psych
out other swimmers.



HEAT AND LANE ASSIGNMENTS

helps your swimmer know
where to be and what to swim.



SHARK

helps your swimmer finish
aggressively into the wall.



WINGS

helps your swimmer fly
through the water. Seriously,
they go a lot faster.

Show off your own designs by using the hashtag #funnestsport.
Our favorites will be featured in the USA Swimming swim art gallery!





A WINKSY AND A SMILE
FOR OUR FRIENDS AT

C+M

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THE FUNNEST
CAMPAIGN
THERE IS.

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SPECIAL THANKS TO



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swimmingcoach.org

SWIM CHEERS

The 4 most annoying (yet impactful) cheers for swim parents

1-2-3 LET'S GO (INSERT NAME)

Start right when the whistle blows for the swimmers to step onto the blocks (best with a group)

HUP!

Yell every time a breast-stroker or butterfly comes up for a breath.

KICK!!!

Swimmers usually stop using their legs towards the end of a race. Remind them to keep kicking!

WHISTLE

The louder the better! See which parent can whistle the loudest.

Capture a video of your team's best cheers and share them using the hashtag #funnestsport

Five finalists will be featured on SwimToday social media. The video with the most votes (likes) will win a USA Swimming official megaphone.

KAITLIN B. KELLY





BASKETBALL. FOOTBALL. CANNONBALL.
WHICH SOUNDS THE MOST FUN TO YOU?

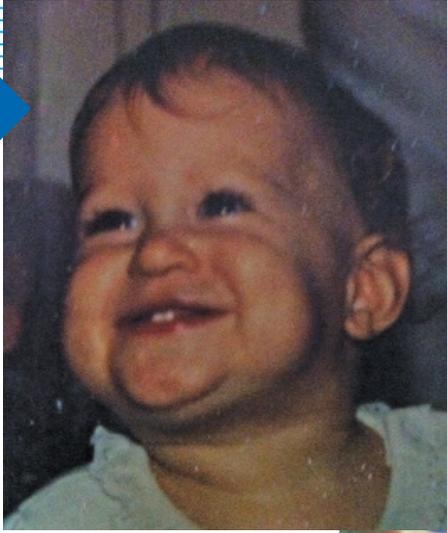


FIND A TEAM. JOIN THE FUNNEST SPORT THERE IS.



SWIMTODAY.ORG

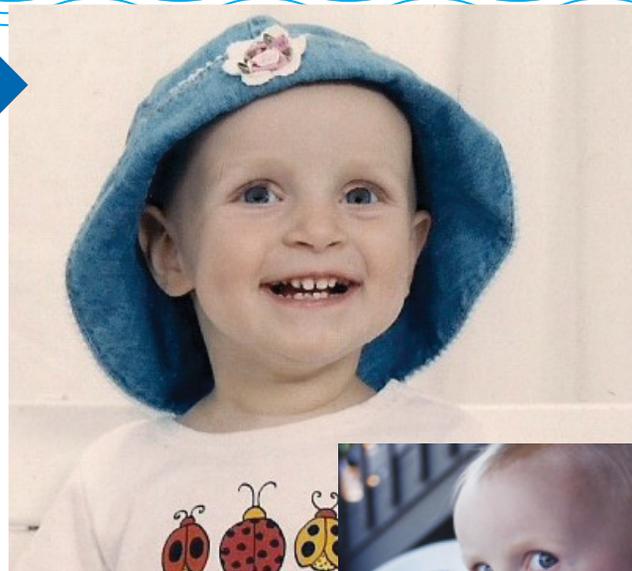
OLYMPIANS THEN & NOW



- ▶ This little slugger played on an all-boys tee-ball team, and emerged as a star player, though she expressed frustration that her male teammates were not paying attention, “DIGGING HOLES IN THE OUTFIELD,” and not trying to be better.
- ▶ Growing up in St. Petersburg, Florida, SHE WANTED TO PLAY ALL SPORTS AND BE THE BEST AT EACH ONE. She was so eager, she had the keys ready and waiting at the door for her mother when it was time to practice or play, and she had to be the first one in the car with her seatbelt on.
- ▶ SHE LOVED TO GO FISHING WITH HER FATHER, and her first catch, a big flounder, provided a full meal for the entire family.

This Swim Kid is Megan Romano

- ▶ Though swimming is her sport, her favorite sports team – THE NHL’S WASHINGTON CAPITALS – plays on a different form of water.
- ▶ As a young swimmer, this future gold medalist LOOKED UP TO FELLOW POTOMAC VALLEY PRODUCT KATE ZIEGLER, who was her teammate in the 800m free on the 2012 U.S. Olympic Team.
- ▶ This teenager became THE FIRST AMERICAN WOMAN to qualify for World Championships in the 200, 400, 800 and 1500 freestyle events.
- ▶ At 16, this 2012 Olympic gold medalist and 2013 world champion was named the USOC SPORTSWOMAN OF THE YEAR in 2013.



This Swim Kid is Kate Ledcky





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What's Your Story?



YOU KNOW YOU'RE A SWIM PARENT



KARLIN B. KELLY

WHEN...



KARLIN B. KELLY

You ask your high school aged son if he has shaved for the meet...and mean his legs.

You r children do not have birthdays....they age up.

The only thing you know about a town, school or college is how to get to their pool. And where the best eatery is nearby.

You schedule your appointments and the rest of your life around swim practice and swim meets.

When you lean over to the mother next to you and say, "I wish he'd stop breathing so much!"

You are on vacation and your kid jumps in the hotel pool and immediately starts doing laps to warm up.

You carry goggles and swim caps in your purse.

When math problems are explained in terms of meters and laps.

Your food bill is larger than your house payment!

When preparing 5 meals a day for your little swimmer is completely normal.



Great pool = great fun!



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- Identify layers of protection
- Care for and maintain your pool
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Keeping Pools Open.*



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1 After practice, hang your suit on the outside of your bag. It will dry quicker and will keep the inside of your bag fresh!

10 SWIMMING HACKS

2 Use anti-fog spray on your goggles so you can see clearly the whole practice. If you don't have any, just try spit!

3 Using a bungee cord for a goggle strap lets you quickly and easily adjust the tightness of your goggles.

4 When putting on a tight race suit (or jeans after practice) put plastic bags over your feet to help the suit slide on with ease!

5 To put on a swim cap – simply turn the cap inside-out, fill it with water, and have a friend drop it on your head! It's fun too!

6 Pulling on the laneline during practice can make backstroke easy. *Just don't get caught!*

7 To practice proper diving technique, put a noodle across the lane and dive over it.

8 Instead of hanging on the laneline, sit on a kickboard to stay afloat.

9 Practicing bubble rings is a great way to work on lung capacity.

10 If your fins are too loose - try wearing socks. It really works!



Have a swimming hack of your own? Share it with us by using the hashtags #funnestsport & #swimhacks. We will retweet our favorites!





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#WHERE DO YOU DECK PASS

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APP OF



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App Store

and



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From AGE GROUPER to OLYMPIAN

You learn all four strokes.
Move up 1.



You compete at your first meet.
Move up 1.



You learn how to set goals.
Move up 3.



You take shortcuts in training.
Start over.



You develop strength of character and become a leader among peers.
Move up 7.



Your coach makes swimming fun.
Move up 5.



You begin two-a-day practices.
Move up 5.



You make a habit of going to all required practices.
Move up 9.



You eat well and are conscious of nutrition.
Move up 3.



You bounce from club to club.
Move back 7.



Your parents cheer you on and drive you to every practice.
Move up 5.



You develop a strong support group.
Move up 3.



You qualify for the Age Group State Championships.
Move up 1.



You start a dryland routine that includes proper weight training and stretching.
Move up 5.



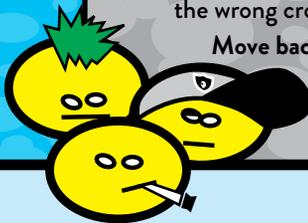
Your coach focuses on long-term career development.
Move up 7.



Join a local club as an age grouper. You are one of about 280,000 swimmers in USA Swimming.



You fall in with the wrong crowd.
Move back 5.



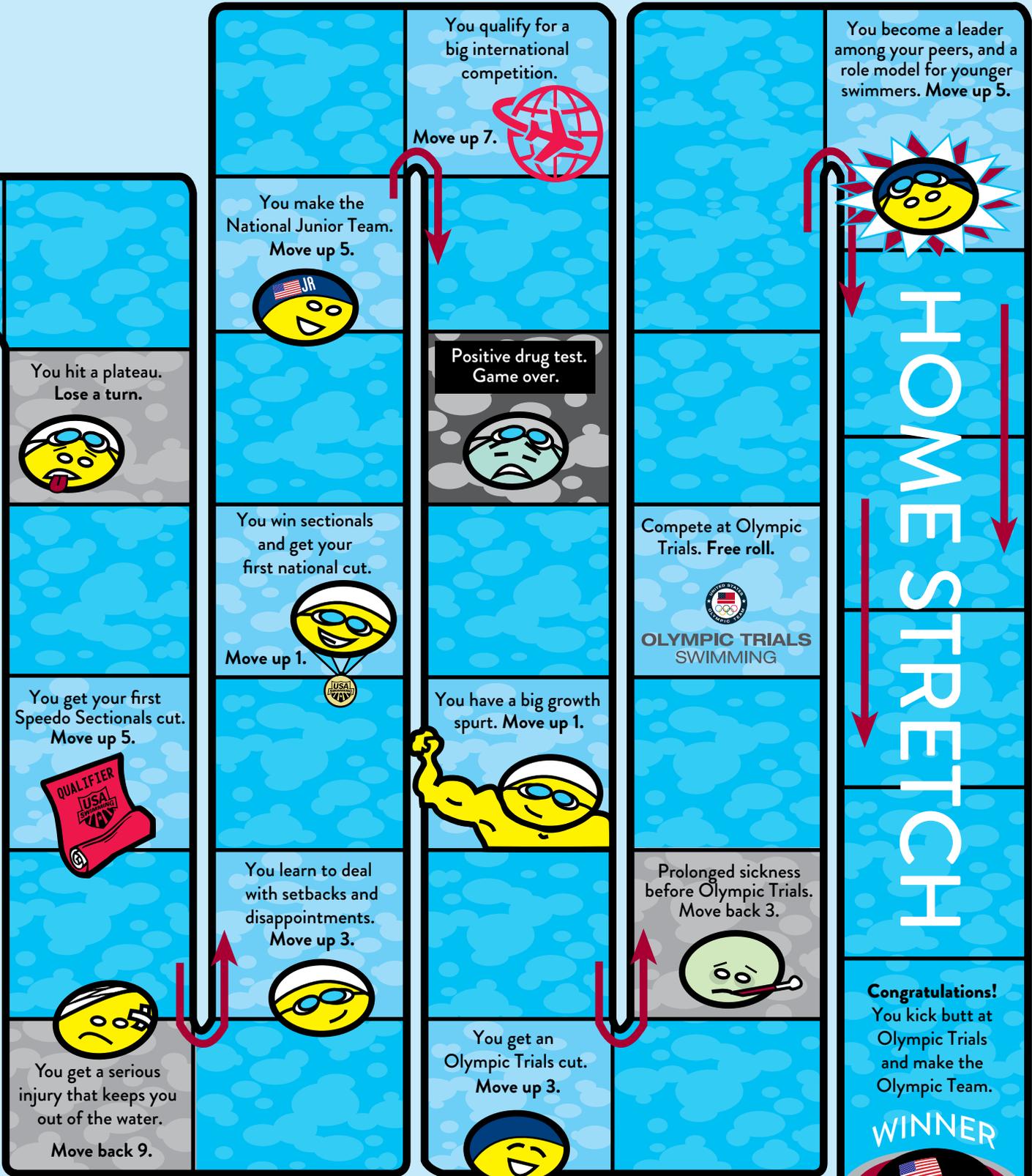
You qualify for zones.
Move up 3.



START



You'll need some dice and some playing pieces.
You can print this out and use the pieces right up here. ▲



HOMESTRETCH

Congratulations!
You kick butt at Olympic Trials and make the Olympic Team.

WINNER



YOU ARE AN OLYMPIAN

You are one of 52 swimmers in the nation to make it.



GET IN THE FUNNEST SPORT THERE IS.

Health, fun, family, friends. Swimming brings it all together. Find a club, join a team and jump in.

FIND A SWIM TEAM

- USA Swimming
- Masters Swimming
- Make A Splash
- CPO® Certification (coming soon)

Map Satellite

20 pools

1. Les TH 175
2. Les U 10
3. Les O 10

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