



FLORIDA SWIMMING'S GLOSSARY OF SWIMMING TERMS

ADAPTED SWIMMING - Swimming for persons with a disability.

AEROBIC - Pertaining to or presence of oxygen.

AGE GROUP SWIMMING - the program through which USA Swimming provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent.

ALTERNATE - In a Prelims/Finals meet, after the finalist are decided, the next two fastest swimmers other than the finalist 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 moments notice.

ALTERNATE BREATHING - In freestyle swimming, breathing to the right side then swimming three strokes and breathing to the left side, then swimming three strokes and breathing the to right side, etc. (See also Bilateral Breathing.)

ANAEROBIC TRAINING - Training that improves your efficiency of your body's energy producing systems that do not require oxygen and can increase your muscular strength and tolerance for acid-base imbalances (such as the production of lactic acid) during high intensity effort.

ANCHOR - The final swimmer in a relay.

APPROVED MEET - A meet conducted with sufficient USA Swimming officials to certify conformance to USA Swimming rules. The meet may include competitors who are not USA Swimming members. The meet may be a competition sanctioned at the LSC level with the added approval of USA Swimming because both member and non-member athletes will be competing.

AREA 3&5 CHAMPIONSHIPS - Season ending Championship for the entire team, with some restrictions on Junior Olympic and Senior Championship swimmers.

ASCA - The American Swim Coaches Association. The professional organization for swim coaches throughout the nation. Certifying coaches and offering many services for coaches education and career advancement.

ASCENDING - Intervals or swims that increase in time (:55, 1:00, 1:05, 1:10, 1:15).

ATTACHED - A registered swimmer who is attached to a registered USA Swimming swim team.

B CHAMPIONSHIPS - Florida Swimming's Winter Championship Meet for swimmers below the Junior Olympic level.

BACKSTROKE - In the backstroke the swimmer must stay on his or her back, except during the turns. The stroke is an alternating motion of the arms -- much like the crawl stroke -- with a flutter kick. A swimmer is not required to touch the wall with his or her hand before executing the turn. The key to proper interpretation of the backstroke rule is the phrase "continuous turning action", i.e., a uniform, unbroken motion with no pauses. In a more technical interpretation, after the shoulder rotates beyond the vertical toward the breast, a continuous simultaneous double arm pull may be used to initiate the turn. There shall be no kick, arm pull, or floatation that is independent of the turn. The position of the head is not relevant. In all U.S. Swimming and FINA competition, each swimmer's head must surface within 15 meters of the start of the race.

BACKSTROKE FLAGS - Pennants that are suspended over the width of each end of the pool approximately 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 how many strokes it takes to get from the flags to the beginning of their turn.

BEEP - The starting sound from an electronic, computerized timing system.

BELL LAP/GUN LAP - The last lap of a distance Freestyle race. The Starter normally rings a bell over the lane of the lead swimmer with one lap plus 5 yards to go.

BIG FINALS - The top 6, 8 or 10 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Big Finals is the fastest heat of finals when multiple heats are held.

BILATERAL BREATHING - Breathing both sides. In freestyle breathing every third stroke.

BLOCK - the starting platform.

BODY POSITION - The way your body sits in the water during swimming. Ideal body position requires that your body is as straight and long and as close the surface of the water as possible.

BODY ROLL - Refers to the proper side-to-side rotation of the hips in Freestyle and Backstroke swimming. Rolling from the left side of your body to the right side and back again helps reduce drag and improve stroke length. Swimming "flat" would be the sensation of swimming directly on your stomach/back all the time.

BONUS HEAT - The heat held during the finals session of a Prelims/Finals meet, that is slower than the swimmers participating in Big Finals. The Bonus Heat may refer to Consolation Finals or an extra heat in addition to Consolation finals.

BOOSTERS - parents and/or other interested community groups or individuals that are supporters and followers of CVST.

BOUYANCY - This is the upward supportive force of water, counteracting the downward force of gravity. The force of buoyancy is determined by the density of the water; the greater the density the greater the buoyancy. Factors which affect a swimmer's buoyancy and floating position are: age, body build and bone size, muscular development and weight distribution, amount of fatty tissue, lung capacity and water density.

BREAK-OUT STROKE - First stroke out of a start or off the walls on turns, very important for establishing proper body position and stroke rhythm.

BREASTSTROKE - Perhaps one of the most difficult strokes to master, the breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast on or under the surface of the water and brought backward in the propulsive stage of the stroke simultaneously. The kick is a simultaneous thrust of the legs called a "frog" or breaststroke kick. No flutter or dolphin kicking is allowed. Swimmers must touch the wall with both hands at the same time before executing their turn.

BROKEN SWIMS - Swimmers swim a 500 broken when they swim 200 and rest 10 sec, swim 150 and rest 10 sec, swim 100 and rest 10 sec, and swim 50 and finish.

BUILD-UP SWIMS - Swimmers swim 3 X 50's build up...i.e., with each 50 the swimmers begin smooth and build to a fast finish.

BULKHEAD - a wall constructed to divide a pool into different courses, such as a 50 meter pool into two 25 yard courses.

BUTTERFLY - The most physically demanding stroke, the butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together. No flutter kicking is allowed. As in the breaststroke, swimmers must touch the wall with both hands before turning. The butterfly was "born" in the early 1950's as a loophole in the breaststroke rules and in 1956 became an Olympic event in Melbourne, Australia. In all U.S. Swimming and FINA competition, each swimmer's head must surface within 15 meters of the start of the race. This rule was passed at the 1998 FINA Congress in Perth, Australia. USA's Misty Hyman, among other swimmers, had utilized an extended underwater start prior to the restriction.

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 are usually 3 buttons per lane. It is the timers responsibility to push the button as the swimmer finishes the race.

CAP - The latex or lycra covering worn on the head of swimmers. The colors and team logo's adorning these caps are limitless.

CARBOHYDRATES - The main source of food energy used by athletes.

CATCH - Occurs with hand entry into water. The hand "catches" or "grabs" water.

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

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.

CHECK-IN - The procedure required before a swimmer swims an event in a deck seeded meet. Sometimes referred to as positive check in, the swimmer must mark their name on a list posted by the meet host.

CIRCLE SEED - In a Prelims and Finals (championship) format, the fastest three heats of each event in Prelims is specially seeded: the fastest swimmer is in the fastest heat, the second fastest swimmer is in the next heat, the third fastest swimmer is in the next heat, the fourth fastest swimmer is in the fastest heat and so on until the three heats are filled up. As opposed to the normal slowest to fastest seeding in the rest to the heats (used in a Timed Finals format).

CIRCLE SWIMMING - performed by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane.

CLERK OF COURSE - The USA Swimming-certified official responsible for deck seeding and organizing swimmers into heats (usually, a parent-volunteer). Also, where scratches and relay cards are turned in, and on-going meet information is available for the coaches.

CLOCK - The big clock on the wall or deck is used for interval training. If the clock is not digital, 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 must be able to read the clock and calculate their times. Swimmers who watch the clock and know their times improve the most - they get feedback, learn pace, and improve technique.

CLOSED COMPETITION - Swim meet which is open to the members of an organization or group. Summer club swim meets are considered to be "Closed Competition"

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

COACH - an indefinable human being who works daily with our children, the person who directs practices and coaches at meets and helps guide our swimmers' progress (parents are supporters and make decisions based on a child's needs for personal growth, matters regarding their swimming should be discussed with their Coach).

CODE OF CONDUCT - an agreement between swimmer and Coach, stating that the swimmer will abide by certain behavioral guidelines.

COMPETITIVE SWIMMING - the act of competing for time or place against time or another swimmer.

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 HEAT - The Consolation Heat (B Final) is the second fastest heat of Finals when multiple heats are held and are conducted before the Championship Heat (A Final).

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 "accepted" conversion formula is available in the Florida Swimming Handbook.

COURSE - designated distance for competition, long course = 50 meters, short course = 25 yards (sometimes 25 meters).

CUT (STANDARD) – slang for Qualifying standard; a time set for entry into a meet or event.

DECK SEEDING - The process of organizing swimmers into events, heats, and lanes (usually by the Clerk of Course) at the meet as it progresses (as opposed to pre-seeding by computer prior to the meet).

DECLARED FALSE START - An option for swimmers to opt out of a swim without penalty. In Prelims, a swimmer notifies the Referee prior to the event that he/she will declare a false start. The swimmer is disqualified and does not report to the blocks or swim. This is not permitted in all meets and must be in the meet information letter.

DEHYDRATION - The abnormal depletion of body fluids (water). The most common cause of swimmers cramps and sick feelings.

DESCEND - To swim each repeat in a faster time than the previous. Ex. 4 x 50 yard on a 1 minute interval. Do #1 in 50 seconds, #2 in 48 seconds, #3 in 46 seconds and #4 faster than 46 seconds

DEVELOPMENTAL SWIMMING - A program designed for swimmers whose ability is below the Junior Olympic Level.

DISQUALIFICATION "DQ" - the loss of points and a time due to an infraction of the rules which govern the meet.

DISTANCE - term used to refer to events over 400 meters/500 yards.

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.

DRILL - an exercise involving a portion or part of a stroke, used to improve technique.

DROPPED TIME - When a swimmer goes faster than their previous performance in an event, they have 'dropped time' (also a Personal Best Time).

DRYLAND TRAINING - training done out of the water that aids and enhances swimming performance; usually includes stretching, calisthenics and/or weight training.

ENTRY FEE - a set fee paid to swim each event at a meet.

ENTRY FORM - form on which a swimmer enters a competition. Usually includes USA Swimming I.D. number, age, sex, event number and time.

EVENT - any race in a given stroke or distance.

FALSE START - occurs when a swimmer is moving at the start of a race, prior to the starting signal. In USA Swimming, one false start will result in disqualification.

FATIGUE - Short term sensation of tiredness and reduced performance.

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 swimmer must surface at or before these marks.

FINA - Federation Internationale de National de Amateur, the international governing body of competitive swimming, diving, water polo and synchronized swimming.

FINAL - the Championship heat of an event in which the top six, eight or ten swimmers from the preliminaries compete, depending on the number of lanes in the pool.

FINISH - the final phase of the race or the touch at the end of the race.

FLAGS - backstroke flags placed 5 yards/meters from the end of the pool depending on the course. They enable backstrokers to execute a turn more efficiently by counting their strokes and not having to look for the wall.

FLORIDA SWIMMING, INC. - the branch of USA Swimming of which we are a member, and the hosts of our Championship meets; our Local Swim Committee (LSC).

FREESTYLE - In the freestyle, the competitor may swim any stroke he or she wishes. The usual stroke used is the Australian Crawl. This stroke is characterized by the alternate overhand motion of the arms and a flutter kick which can be either a six-beat-per stroke or two-beat-per-stroke cycle rhythm. The slower two-beat kick is used in the distance races, while the faster, six-beat kick is used in the sprint events and at the very end of the distance races. In all U.S. Swimming and FINA competition, each swimmer's head must surface within 15 meters of the start of the race.

FREESTYLE RELAY - In the freestyle relays, four swimmers each swim one fourth of the total distance. As in the medley relay, no individual may swim more than one leg of the relay.

FRIDAY NIGHT AT THE RACES (FNR) - a low pressure developmental swim meet where new and younger swimmers get a chance to experience a meet situation, without officials and where swimmers receive awards for every event swum.

FRONTAL RESISTANCE - This is the resistance to forward progress made by the water immediately in front of the swimmer or any part of the body. This resistance is caused by the swimmer's shape in the water.

GOAL - a specific time achievement a swimmer sets and strives for. Can be short or long-term.

GRAB START - The swimmer stands on the block/edge, toes curled over edge, hands holding onto block.

GUTTER - the area along the edge of the pool in which water overflows during a race and is recirculated through the filtration system.

GRAVITY WAVE - Wave action caused by the swimmers' bodies moving through the water. Gravity waves move down and forward from the swimmer, bounce off the bottom of the pool, and return to the surface in the form of turbulence.

HEAT - a division of any event in which there are too many swimmers to swim at the same time (set up by the submitted times and number of lanes in the pool being used).

HEAT SHEETS - a printed program of events and "who swims when" sold at most meets, a MUST for parents.

HYPOXIC BREATHING - Breath control swimming such as underwater swimming or breathing every fifth or seventh stroke in Freestyle.

HYPOXIA TRAINING - (breath control) Training with a decreased concentration of oxygen that causes the constriction of blood vessels that, in turn, helps muscles work more efficiently with what oxygen is available.

IM – slang for Individual Medley; an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

INTERVAL - The time given to complete a given distance, plus rest. For example: 4x50 yards on a 1 minute interval. This means four repetitions of a 50 yard distance every 1 minute. If it takes 50 seconds to swim, you will get 10 seconds rest before beginning the next swim.

INVITATIONAL - A swim meet open only to teams invited to participate. Usually, it's a Prelims and Finals (championship) format, qualifying times are required, and entry fees are higher.

JUNIOR CHAMPIONSHIPS - A USA-S Championship meet for swimmers 18 years old or less. Qualification times are necessary.

JUNIOR OLYMPICS - Florida Swimming's Season ending 14&Under Championship Meet

KICK BOARD - A flotation device used by swimmers during training when swimming with legs only.

LACTIC ACID - In the absence of oxygen, as with anaerobic training, your body will breakdown muscle sugar (glycogen) using a process that produces an acidic by-product waste called lactate acid. Your muscles may start to burn or ache as lactic acid accumulates and your body can't keep up with removing it from your muscle stores.

LANE ROPES/LANE LINES - Continuous floating dividers attached to a cable stretched from the start end of the pool to the turn end, used to delineate the individual lanes. These dividers are made of individual finned disks that rotate on the cable when hit by a wave. The rotating disks dissipate surface tension waves in a competitive pool.

LAP COUNTER – a set of plastic display numbers used to keep track of laps during a distance race; the person who counts for the swimmer, stationed at the opposite end of the start.

LENGTH/LAP - Technically, a length is once across the pool; a lap is across and back. However most coaches use the terms interchangeably to mean simply once across the pool. Thus, 4 lengths in a 25 yard pool would be swimming across the pool 4 times, totaling 100 yards.

LONG COURSE - a pool 50 meters in length. USA Swimming conducts most of its summer competition in long course.

LONG DISTANCE - any freestyle event over 1500 meters, normally conducted in a natural body of water, such as a lake, river or ocean. Also known as Open Water Swimming.

LSC – Local Swim Committee, the governing body for swimming at the local level. There are 59 LSC's in the country. Our LSC is Florida Swimming, Inc.

MARSHAL - The officials (usually, parent volunteers) who control the crowd and swimmer flow at a swim meet. They are primarily responsible for safety in the venue.

MASTERS SWIMMING - A program for swimmers aged 19 and older who wish to continue swimming, but not necessarily at the senior level. Age groups are in five-year increments.

MEDLEY RELAY - In the medley relay, all four strokes are swum by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum in backstroke, breaststroke, butterfly and freestyle order. Additionally it is possible to see a record in the 100-meter backstroke (the first leg) in this race.

MEET – competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer tests himself against the clock to see how he is improving, usually 1 to 4 days.

MIDDLE DISTANCE - term used to refer to events of 200 yards/meters to 400 meters/500 yards in length.

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

NATIONAL AGE GROUP CAMP – a 2 day camp with the LSC's to 25 boys and 25 girls ages 11-13. Campers are challenged both in and out of the water. Team spirit and teamwork are the major emphasis of the camp with team

meetings that include: goal setting, nutrition, time management, leadership activities, positive self-talk, water sessions and more.

NATIONAL REPORTABLE TIMES/TOP 16 – time standards set for both short and long course based on previous years' achievements. Only times meeting these standards may be submitted for consideration each year. The Top 16 submitted times in each event are recognized.

NEGATIVE SPLIT - swimming the second half of the race equal or faster than the first half.

NT - No Time - Abbreviation used on a heat sheet to designate that the swimmer has not swum that event before an does not have an official time of record.

OBSERVED SWIM - In approved season-ending High School/YMCA championship meets, USA Swimming Officials observe the swims and report USA Swimming rules violations. Swimmers whose legal swims conform to USA Swimming rules can use their times as official times in USA Swimming-sanctioned meets.

OFFICIAL - a judge on the deck of a pool at sanctioned and approved competitions that enforce USA Swimming rules. There are stroke and turn judges, administrative officials, starters, timers and referees.

OPEN WATER SWIMS – any freestyle event over 1500m/1650yd, normally conducted in a natural body of water, such as a lake, river or ocean.

OVER FATIGUE - Over fatigue (too much training) can be a problem with dedicated swimmers and leads to poor performance. Many times the over fatigue is due to the lack of sleep and poor eating habits.

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.

PACE - The swimmer swims at a certain speed that corresponds to a race 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 100 yards/meters.

PACE CLOCK - large clock with a large face, used to check pace or maintain intervals in practice (may have hands or be digital).

PADDLES - Colored plastic devices worn on the swimmers hands during swim practice to increase resistance.

PARENTS - a group of adults, who supply money and drive their children to and from practices and meets, support their children and Coaches.

PARKA - Large 3/4 length fur lined coats worn by swimmers. Usually are in team colors with logo or team name.

PERSONAL BEST - The best time a swimmer has achieved so far in a given event.

PRELIMINARIES (PRELIMS) - also called heats or trials. Those races in which swimmers qualify for the championship, consolation and bonus finals in the event.

PROOF OF TIME - A requirement at some meets to make certain that all swimmers have legally met the time standards for that meet. Monetary fines may or may not be assessed for any failed swim at meets.

PROPULSION - This is the force that drives the swimmer forward and is created by the swimmer's arms and legs.

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.

PULL BOUY - A flotation device used for pulling by swimmers in practice.

QUALIFYING TIMES - Published times that must be achieved during a given period in order to enter certain meets.

RACING CAMP – a 1 day camp with the LSC's top 25 boys and 25 girls ages 9-11. Education and testing are a major part of this camp. Topics include nutrition, training terminology, leadership, positive self-talk, water sessions and more.

READY ROOM - A room/area on or near poolside for the swimmers to report and relax before they compete in Finals.

REFEREE - the head official at a swim meet that makes all final decisions based upon USA Swimming rules.

RELAY – an event in which 4 swimmers compete together as a team to achieve one time.

SAFETY – the condition of being safe. Safety procedures are designed to prevent accidents.

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.

SCRATCH - to withdraw from an event (with the forfeit of the entry fee), only to be done by the Coaching Staff.

SECTIONAL CHAMPIONSHIPS - Florida Swimming and the Gold Coast Swimming of the USA Swimming Southern Zone combine to hold this season ending Championship Meet.

SEED - distribute swimmers in heats according to their times for the event as submitted by the Coaching Staff.

SENIOR CHAMPIONSHIPS - Florida Swimming's Open season ending Championship Meet.

SENIOR SWIMMING - the program through which USA Swimming provides fair and open competition in National Swimming Championships. It is designed to afford maximum opportunity for participation, provide an educational experience, enhance physical and mental conditioning and develop a pool of talented athletes for international competition. There are no age restrictions on senior competition.

SESSION - Portion of meet distinctly separated from other portions by time (usually a morning or afternoon set of events for different age groups).

SET - Workouts are divided up into sets of swims in a particular stroke, style, and distance, such as kick sets, pull sets, distance sets, sprint sets, I.M. sets, etc. Sets are given in terms of the distance to be swum, calculated in yards or meters depending on the pool. Therefore, a "set" of "25's" means swimming one length of the pool before resting, "50's" means two lengths, and so on.

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.

SHORT COURSE - a pool 25 yards/meters in length. USA Swimming conducts most of its winter competition in short course.

SPEEDO CHAMPIONSHIP SERIES - Open "senior level" meets held in the spring and summer. Each Zone may hold up to four meets. Meets are commonly called "Sectionals." Qualifying times, sites, dates and meet rules are determined locally.

SPLASH MAGAZINE - The USA Swimming magazine that is mailed bi-monthly. A benefit of being a member of USA Swimming.

SPLIT - a time taken at an intermediate distance, e.g., a 25 yard time for a 50 yard race

SPONSOR - an individual or business that financially supports CVST.

SPRINT - describes the shorter events (50 and 100). In training, to swim as fast as possible for a short distance.

STARTER - a Certified Official responsible for starting each event, and being sure that each start is fair for all participants.

STARTS & TURNS - Many races are lost in poor starts and turns. In the start, the swimmer is called to starting position by the starter who visually checks that all swimmers are in the down positions and still. Then, once the starter is satisfied, the race is started by either a gun or electronic tone. If the starter feels that one of the swimmers has jumped early, the race will be recalled and the offending swimmer disqualified. Quick turns are essential to a good race. In all events the swimmer must touch the wall, but in the freestyle and the backstroke, the swimmer may somersault as he or she reaches the wall, touching only with the feet. In the other two competitive strokes, the swimmer must touch the wall with one or both hands before executing the turn.

STREAMLINE - the position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as straight and tight as can be.

STROKE AND TURN JUDGE - a Certified Official that walks the deck or stands at the end of the pool during a meet to certify the legality of individual strokes and turns.

STROKR RATE - The amount of time taken for one complete stroke cycle.

SWIM-OFF - In a Prelims and Finals (championship) format, a second race after the scheduled event to break a tie between swimmers, in order to determine which swimmer makes it into which finals heat or the order of the alternates.

TAPER - The resting process in training for swimming competition. Reduced training volume and intensity gives the body and mind a break from the rigors of intense training. Coupled with quality rest away from the pool, it allows the swimmer's

body time to repair itself and to restore its energy reserves to prepare for major competition. Studies have found tapering to produce a marked increase in muscle strength. During the middle of the swimming season, a swimmer works out several thousand yards/meters each day. As major competition draws near, usually two to three weeks out, the swimmer will "taper" off the distances swum each day. A perfectly designed taper will enable the swimmer to compete at their peak capability and is one of the most difficult aspects of swim coaching.

TIME TRIAL - a sanctioned "time-only" swim which is not part of a regular meet (usually used for qualifying purposes).

TOUCH PAD - a large sensitive board at the end of each lane where a swimmer's touch is registered and sent electronically to the timing system.

TRACK START - Swimmer stands on block/edge, one foot in front with toes over edge, other foot behind, hands holding onto block.

TURNOVER - The number of times a swimmer's arms pull/recover (cycle) in a given distance or time during a race.

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 PULLOUT - Long, full arm stroke past the hips used in breaststroke out of the start and off the walls on the turns.

USA SWIMMING, INC. (Formerly USS) – the National Governing Body that regulates our sport. All CVST swimmers are registered with USA Swimming and each has been assigned an identification number. This USA Swimming registration and number expires at the end of each year and new applications must be made at that time.

USA SWIMMING CARD/NUMBER - a membership card with a unique number assigned to a swimmer when he/she joins USA Swimming. This card may be required at any given competition (CVST keeps these cards in case they are needed for meet entry purposes).

WARM-DOWN - low-intensity swimming used by a swimmer after a practice, set or race to rid the body of excess lactic acid, and to gradually reduce the heart rate and respiration.

WARM-UP - low-intensity swimming used by a swimmer prior to a practice, set or race to get muscles loose and warm and gradually increase heart rate and respiration.

WATCHES - stopwatches used to time the swimmers during a competition. When automatic timing equipment is used, watches serve as a back-up method.

YARDAGE - The distance a swimmer races or swims in practice. Total yardage is usually calculated for each practice session.

ZONES - Southern Zone All-Star Championship Meet contested once a year at the end of the long course season. To compete in this meet, swimmers must be selected to the Florida Swimming All-Star Team.