

TERMS YOU FREQUENTLY HEAR IN SWIMMING

CATCH--Non-swimmers will automatically think of the term “catch” as to grasp or hold onto something; for example, to catch a ball with your hands. In swimming, catch refers to the correct position the hand has to enter the water. Each of the four main strokes has a different catch.

TURN

A turn is commonly known in terms of driving to rotate a car in a different direction. In swimming, a turn refers to a somersault done at the wall to reverse the direction of swimming. There is also an open-turn used in breaststroke and butterfly, where there is no somersault.

TOP OR BOTTOM

This is a unique phrase used by swimmers in practice every day. This phrase is used to indicate when to leave for a particular interval. When picturing a clock, the number 12 is at the top of the clock and the 6 is at the bottom. The 12 refers to either 0 or 60 seconds and the 6 represents 30 seconds. When a coach states “leave on the bottom”, it means a swimmer will leave when a clock is at 30 seconds.

ANCHOR

In swimming, an anchor refers to the last of four positions in a relay, not a heavy device made of metal used to connect a vessel to the bottom of a body of water. The fastest person on the relay usually fills this position.

INDIVIDUAL MEDLEY-- Individual Medley is an event in swimming that incorporates all four of the competitions strokes. The order is butterfly, backstroke, breaststroke, and freestyle.

MEET--It is not uncommon for non-swimmers to refer to competition as a game. In swimming, competition is called a meet.

PADDLE---A paddle used for training is similar to that of a paddle or oar used to row a boat through water. A swimmers paddle is a thin plastic device that is slightly larger than ones hand used to assist pulling through the water. A paddle also has some small holes to allow water to pass through, making it less stressful on a swimmers shoulder to use a paddle. It also has a two thin rubber hands to attach the paddle to the swimmers hand.

SPLIT---Swimmers are always concerned about their splits from their races. A split is a time from a portion of a swimmers race. These are a useful for swimmers practice and help determine where during their race when their endurance begins to fall off.

TAPER--Taper is always a difficult term to describe to non-swimmers. Taper is when a swimmer decreases the amount of yards swam in practice about a week before a final meet. This increase in rest allows a swimmer to reach a peak performance for their final meet of the season.

