

SOUTHWEST AQUATICS OF GEORGIA

SWAG

TEAM HANDBOOK

2016-2017

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TEAM MISSION STATEMENT

The Mission of SWAG Swimming is to enable a lifetime of achievement for each athlete by providing high quality instruction at all levels in a fun and nurturing environment that allows every swimmer to pursue their dreams and reach their full potential both in the water and in life. Whether your child's goal is to have fun in the water or to someday compete in the Olympics, Team SWAG pledges to fully support and pursue the aspirations of every athlete.

SWAG aims to create an atmosphere that inspires and motivates athletes to the highest levels of achievement, both as individuals and a team, across all facets of their lives. Swimming for SWAG is where your child will learn the life skills necessary for long-term success, such as – goal setting, hard work, teamwork, integrity, dedication, leadership, academic excellence, and personal responsibility.

SWAG believes that building strong athletes strengthens our community and is committed to working with local organizations to create opportunities for athletes from all socioeconomic backgrounds to participate in competitive swimming.

TEAM PHILOSOPHY

At SWAG we believe in the value and potential of each and every athlete on our team and utilizing all available resources to enable every swimmer to achieve their goals and dreams. SWAG realizes that its members are unique and diverse and as such require training that is creative, engaging, and targeted to meet the specific needs of each athlete at every level of their development. We believe fast swimming begins with great technique and our program is designed to consistently improve the technical proficiency of our swimmers while simultaneously building their endurance, strength, and speed. Team SWAG is a place where excellence is no accident – our entire team is organized to allow each athlete to continuously improve throughout their swim career - from our group structure to our training schedule to each individual workout, we have a plan to help your swimmer achieve success. Here at SWAG we also know that keeping our swimmers happy keeps them motivated to stay in the pool and work hard, so we place a high priority on organizing fun and social activities in and out of the pool to help our athletes form friendships and make memories that will last a lifetime. In addition to promoting our athlete's emotional wellbeing, we believe in encouraging our members to be good citizens of our community by providing opportunities for team members to serve as volunteers as well as participate in charity events like Swim Across America and Relay for Life. SWAG is more than just a swim team, SWAG is a swim FAMILY where we all take part in the journey that is competitive swimming.

COACHING STAFF

Head Coach

Cari Best

Assistant Coach

Laci Kimbell Gray

Strength Coach

Aaron Best

A little bit about your Head Coach, Cari Best

My own competitive swimming experience began at the age of 5 on a local summer league team in Virginia Beach, VA and continued through to college. From the age of 10 through my senior year in high school I trained year round with the Tidewater Aquatic Club (TAC). During my time as a senior swimmer I specialized in breaststroke, IM, and sprint freestyle events qualifying for both Junior and Senior Nationals as well as making a few “Top 16” national rankings. As a Division II collegiate athlete, I qualified for and competed in DII nationals.

I began my professional coaching career early in the fall of 2012 and I’ve spent the last 4+ years sharing my passion for competitive swimming with athletes ages 5 to 55. As a swim coach I’ve taken over 45 athletes to the Georgia Age Group and Senior State Championships with over 70 top 10 finishes since 2013. I’ve also had over 15 athletes compete in the ESSZ Sectional Championship meets with multiple top 10 finishes as well as over 14 qualifiers for the first ever NCSA Age Group National Championships held in the Spring of 2016. I’ve been privileged to have two of my swimmers be named to USA Swimming’s National Age Group Top 20 ranked athletes with a combined total of 6 top 20 times; the highest being 4th in the 1500 meter freestyle for all 11 year old boys in the United States.

I am among the very few, and very lucky, people who can honestly say they absolutely love their job because each day I help kids fall in love with the sport that has given me so much throughout my life. Coaching is so much more than helping athletes get in top physical condition; it’s the chance to use swimming to teach our youth the important life skills that will allow them to be successful both in and out of the pool as they grow into adulthood. Persistence, teamwork, goal setting, courage, and the power of a positive attitude are just a few of the qualities I work to instill in my athletes as they perfect their technique, build their strength and endurance, learn new skills, participate in community activities, and of course, have FUN. I believe that within each child is a potential champion and I approach each practice with enthusiasm and purpose, dedicated to helping each athlete find their own success in the pool and in life.

What you can expect as members of SouthWest Aquatics of Georgia

1. Fair and respectful treatment of all coaches, parents, officials, volunteers, and athletes
2. An athlete-centered approach to training that focuses on understanding the unique needs of each individual swimmer and providing the right training at every level of their development
3. A training environment for all athletes that is professional, positive, high energy, safe, and nurturing
4. High caliber coaching from USA Swimming/ASCA certified members in good standing with both national and regional governing bodies of the sport
5. An organized team structure that allows athletes to improve and progress to higher levels of competitiveness
6. Practices that are scheduled to provide the appropriate amount of training time for all groups
7. Access to local and travel meets for athletes at every level of our program
8. Information from SWAG coaches to enhance your experience of the sport and our team, to include regular communication and feedback on your athlete’s progress as well as educational materials for parents and athletes
9. A partnership between parents, athletes, and coaches to enable each swimmer and their family to have a strong support system
10. A team centered atmosphere where swimmers are encouraged to form strong bonds with one another both in and out of the pool through team sanctioned activities and events
11. A place for your child to enjoy the sport of swimming while they build self confidence, learn life skills, live a healthy lifestyle, enjoy being active in the community, and make friends to last a lifetime.

SWAG GROUPS

The names for each practice group are designed to loosely follow the progression of USA Swimming's IMR/IMX Challenge criteria. In doing so we hoped to create an association with that system as it encourages and rewards athletes to become proficient in, and improve, all strokes and events across the sport. The IMR/IMX program also provides a way to measure each athlete against athletes all over the country of the same age and gender utilizing its ranking system across several different levels – Club, State, Region, and Nation. For more information on the IMR/IMX Program, please see the IMR/IMX section of the team handbook for a complete explanation.

IM Awesome (IMA)

Ages 6-12

This group is for athletes who are in their first 1-3 years of swimming and focuses primarily on teaching the four competitive strokes, starts, and turns. Swimmers in this group will utilize drills, videos, and demonstrations to learn proper technique. IMA athletes will also work on improving their stamina and overall fitness through fun and challenging practice sets in addition to learning lane etiquette and competition preparation.

IM Ready (IMR)

Ages 8-12

This group is for more experienced swimmers legal in all four strokes that have shown a desire and commitment to continuing their training at the next level. Swimmers in this group will continue to perfect their technique while they train to swim longer distances, utilize interval training, and developing race readiness and strategies. In addition to in water practices, IMR athletes will improve their overall fitness, core stability, and coordination during dry-land workouts several times a week with our strength coach.

IM Extreme (IMX)

Ages 11-14

IMX is designed for the advanced pre-teen swimmer who is competitive at or near the state championship level. Swimmers entering into this group will already have solid technique, great practice attendance, the ability to train longer distances with more difficult sets, and demonstrated their willingness to work hard. IMX athletes will learn more advanced technical skills in a fast paced and intense practice environment geared towards enabling them to not only compete at the highest levels of age group swimming, but to be finalists and medal winners in those competitions. IMX swimmers will also increase their aerobic base, flexibility, strength, and power during dry-land training several days a week.

IM Elite (IME)

Ages 13-18

IME is a training group for our top tier athletes. Swimmers at this level have been training consistently for several years, many since they were very young. These athletes are qualified to compete at the state championship level with aspirations of competing and placing in sectional and national level meets. IME swimmers are not only dedicated, hard working, and detail oriented, they are also leaders and positive role models to others. IME training consists of practices designed to reinforce great technique enabling swimmers to retain the efficiency of their strokes throughout races of varying distances through a variety of training methods including USRPT style, pace training, "fail" challenges, and VO2 Max sets to name a few. Athletes in this group will have multiple high intensity dry-land practices per week with our strength coach focusing on injury prevention, core strength, building leg power, back and shoulder stability, agility, increasing aerobic capacity, improving reaction time, and team building.

IM Strong (IMS)

Ages 12-18

Designed for the pre-teen through senior athlete, IMS is a group where older swimmers new to the sport as well as those athletes training to meet fitness goals and/or become a part of their high school team can all train together in a fun and energetic environment. IMS swimmers will learn and improve their stroke, turn, and start techniques while

increasing their level of physical fitness and training to swim long and short distances in all events. IMS can enable swimmers to get the skills and stamina they need to transition to other levels of our program in addition to providing a consistent group for those athletes wanting a low key training environment where they can meet their individual swimming goals. In addition to in water practices, IMS athletes will have access to dry-land activities each week designed to improve their overall fitness, build confidence, increase their flexibility and strength, and challenge them to work together as a team.

TRAINING ATTIRE AND EQUIPMENT

SWIM PRACTICE ATTIRE

Swimmers should wear swimsuits that are designed for use in a competitive swimming environment. Practice suits can be purchased locally (in limited sizes) at retailers such as Dick's sporting goods or Academy Sports. Suits and other swim equipment can be ordered inexpensively from online outlets like swim outlet (www.swimoutlet.com). In general swimmers should look for suits that are well fitting and designed to stay in place during the rigors of competitive training and competition.

****Sizing for competitive suits can be tricky to navigate, so please be sure to either check the online sizing chart for the brand you are purchasing OR ask one of our coaches for help in selecting the appropriate size for your athlete.**

****Not all suits are created equal! Suits with high polyester content outlast suits made out of other materials, so consider purchasing suits that are at least 50% polyester to get the most wear out of them. You can also extend the wear of a swim suit by: rinsing after each practice with cold water & hanging on the line to dry. NO DRYERS – they can melt the elastic elements of a suit, causing it to essentially fall apart.**

Swimmers with long hair should either secure their hair out of their face (ponytail or braid) or wear a swim cap during practice. Swim caps are made out of lycra, latex, or silicone and come in a variety of colors and styles. Caps cost \$3-\$10 apiece.

We require that all swimmers wear goggles to swim practice both for safety and teaching purposes. If you need help selecting goggles appropriate for your child, please ask any of the coaches for some guidance. MOST competitive swimmers wear SPEEDO VANQUISHER goggles, which come in a variety of colors and styles as well as JUNIOR sizes for smaller faces and can also be ordered with PRESCRIPTION lenses. Other popular goggle options include SPEEDO HYDROSPEX (a great goggle for beginners that comes in JR sizes and lots of fun colors and designs, cheaper than vanquisher), SPEEDO AIR SEAL (XR), ARENA COBRA, ARENA PURE, TYR SOCKET ROCKET, and TYR HYDROLITE. A GOOD pair of goggles that will last more than a few weeks and will stay on your swimmer's face during their start (racing dive) will cost \$8-\$20 and are an investment in your swimmer's success. (We do NOT recommend purchasing goggles from the front desk at the aquatic center)

*****Please consider purchasing a BUNGEE style strap to replace the silicone/latex strap that your child's goggles will come with. Bungees enable swimmers to tighten/loosen goggles themselves very quickly which helps swimmers to get a perfect fit for every race. Goggle Bungee straps run between \$4-\$10 and can be purchased at meets or through online retailers.*****

DRY-LAND TRAINING ATTIRE

All swimmers wishing to participate in dry-land activities MUST wear the appropriate clothing and footwear or they will not be permitted to participate.

Athletes must wear sneakers or tennis shoes. NO EXCEPTIONS. Open toe shoes or sandals of any kind are not permitted, including chacos, tevas, flip flops, or crocs.

During warmer months athletes should wear loose fitting shorts and a tank top or t-shirt. During any dry-land activities on post we ask that all swimmers respect the military environment we are fortunate to be training in and refrain from wearing any shirts that expose a bare midriff or any clothing with offensive language or logos. Thank you!

During cooler weather athletes should utilize layers of clothing to allow them to adjust their workout wear accordingly. Sweat/track/yoga type pants and sweatshirts/hoodies/lightweight jackets can be worn over shorts and a t-shirt to keep athletes warm. Swimmers who have dry-lands scheduled after in-water practices should have some type of hat to wear to cover their wet hair during outdoor activities.

PRACTICE EQUIPMENT

Athletes are expected to bring their own gear to each practice. Below you will find a list detailing what is needed for swimmers in each group. Please be sure to label your athlete's gear with their name so that lost items can be returned to the right owner.

IM Awesome (IMA)

Kickboard (JR size preferred)	Fins (Long, no zoomers please)	Pull Buoy (JR size preferred)
Mesh Bag	Water Bottle	

IM Ready (IMR)

Kickboard (JR size preferred)	Fins (Long, no zoomers please)	Pull Buoy (JR size preferred)
Mesh Bag	Water Bottle	2 Tennis Balls

IM Extreme (IMX)

Kickboard (JR Size preferred)	Fins (Long, no zoomers please)	Pull Buoy (JR size preferred)
2 tennis balls	SMALL paddles (strokemakers or finis)	Training snorkel (Finis or y-lon)
Mesh Bag	Water Bottle	Swim Tights (December-March)

IM Elite (IME)

Kickboard (JR Size preferred)	Fins (Long, no zoomers please)	Pull Buoy (JR size preferred)
2 tennis balls	Med-Large paddles (strokemakers or finis)	
Training snorkel (Finis or y-lon)	Mesh Bag	Water Bottle
Drag Suit	Swim Tights (December – March)	

IM Strong (IMS)

Kickboard (JR Size preferred)	Fins (Long, no zoomers please)	Pull Buoy (JR size preferred)
2 Tennis Balls	SMALL paddles	Water Bottle
Mesh Bag		

GENERAL POOL & PRACTICE POLICIES

You may accompany your swimmer onto the pool deck prior to the start of their practice, however you must move to the seating area once practice begins. USA Swimming rules dictate that only individuals who are registered with USA Swimming as coaches, officials, or swimmers may remain on deck during practices and meets. We respectfully ask that family members, friends, and swim fans watch your athlete(s) from the designated spectator area and refrain from distracting swimmers and coaches once practice begins.

Practices begin promptly at the time listed on the schedule, so swimmers should be ready to enter the water (suit, cap, goggles ON and equipment behind the lane) at the designated time. Swimmers are NOT permitted to enter the pool prior to the start of their practice.

We are very fortunate that Fort Benning MWR has allowed us to use their pools, and we ask that all SWAG members and their family and friends follow all facility rules and any instructions that may be given by pool staff so that our team can continue to enjoy the use of these facilities.

SWIM MEETS

A meet schedule will be emailed to each SWAG member as well as posted on our website. Additional meet information, including which groups may attend the meet, the schedule of events, location of the meet, and cost per event can be found by clicking on the name of each meet. Swimmers are welcome and encouraged to register for any meet open to their group. SWAG does not provide transportation or hotel accommodations to swim meets unless specifically mentioned in the meet information. Meet fees will be billed to the member accounts after the completion of the meet. Members who wish to withdraw from a meet must do so prior to the meet entry deadline; failure to withdraw from a meet or failure to swim in a meet after entries have been finalized does not release the member from being charged meet fees.

SWIM MEET ATTIRE

During regular season meets we strongly encourage swimmers to compete in either a team suit, or a basic solid colored suit designed for competitive swimming. Acceptable suits for boys are either jammers or brief speedo type swimsuits; loose fitting swim trunks or board shorts are not racing attire nor are they appropriate for meets. Acceptable suits for girls are one piece speedo type swimsuits with a back designed to keep the suit in place; tank style backs, one shoulder style, two pieces, or suits with ruffles and/or accessories are not appropriate for swim meets.

Team suit ordering information will be emailed to all SWAG members once suits have been selected. Members are responsible for ordering their own suit.

TECH SUIT POLICY

10 & Under Swimmers

SWAG athletes ages 10 and younger are not permitted to wear any type of tech suit during regular season meets. Swimmers who qualify for State championship or above level meets are permitted to wear regular cut "tech" suits (speedo aquablade, arena powerskin, etc) ONLY. Female swimmers may not wear a kneeskin under any circumstances.

11-14 Year Old Swimmers

SWAG athletes between the ages of 11 and 14 are not permitted to wear any type of tech suit during regular season timed final meets. Athletes in this age range may wear regular cut "tech" suits during regular season prelim-finals meets in events in which they qualify to swim in finals. State championship and above level qualifiers may wear any type of "tech" suit during any session of those meets in which they are competing.

15 & Over Swimmers

Senior SWAG athletes should wear regular competitions suits for early regular season meets. "Tech" suits should be reserved for meets that fall in one of the following categories: prelims/finals meets, championship qualifier meets, championship level meets, and/or meets attended by college coaches for the purpose of recruiting. Senior swimmers should consult with their coach prior to each meet they plan to attend regarding suit choice.

GENERAL SWIM MEET POLICIES

1. If you find that your swimmer is unable to attend a session/day of the meet that they have previously committed to swim in, please do us the courtesy of emailing us as soon as possible so that the coaching staff AND officials do not hold up the meet waiting for an athlete to show up. Thank you!
2. Please be sure to have your swimmer at the pool at least 15 minutes prior to their assigned warm up time. Athletes should be ready to enter the water (suits, caps, goggles ON THEIR BODIES) no later than 5 minutes prior to their scheduled warm up. ***Space and time can be severely limited during meet warm ups, so SWAG swimmers who are late to warm ups will need to find or wait for an OPEN lane and complete warm up on their own time. NO EXCEPTIONS.***
3. **Swimmers who wear a swim cap MUST wear a TEAM cap during warm ups and competition at ALL meets.** Team caps can be purchased from the coaching staff at any time prior to or during the meet. All caps are silicone and cost \$10.
4. What to pack in your swimmer's bag: 2-3 towels, 2 pairs of goggles, team cap (I will have some available for purchase at the meet.), water bottle, snacks, sweats or warm ups to wear over suit on deck, dry clothes for after the meet, and a team suit.
5. SWAG athletes are NOT permitted to have electronic gaming devices on deck during the swim meet, so please do not allow them to pack ipods/ipads/tablets/etc in their swim bags. SWAG swimmers should limit time spent on their phone so that they may focus on the meet and their teammates. Athletes unable to limit their own time using their phone will have it limited for them by the Head Coach.
6. Please join me in reminding your athlete to come and speak with me BEFORE and AFTER they swim each event. These "mini meetings" are critical during the meet and are used to give last minute instructions and reminders as well as review a swimmer's race performance.
7. Swimmers should wear clothing on deck over their swim suits to keep their muscles (and bodies!) warm between events. I recommend swimmers having something easy to put on over wet suits such as sweats or a parka, so please be sure to pack these items in addition to your athlete's "street clothes." I WILL fuss at swimmers wandering around the deck in nothing more than a swim suit and wet towel.
8. RELAYS: Relay assignments will be posted on the wall prior to the start of each session, so please be sure to have your swimmer check to see if they are needed for one PRIOR to leaving the meet for the day.
 - a. **It is the responsibility of the parent or athlete to let coaches know if they are unable to swim in a relay; if your child is chosen but cannot swim, please let us know as quickly as possible so we may find a suitable replacement.** Swimmers who do not follow this policy risk exclusion on future relays for the remainder of that season.
 - b. Relay assignments are not set in stone and are at the discretion of the coaching staff.
 - c. Relay alternates should check with the coaching staff to see if they have been "bumped" into a relay before leaving the meet for the day.
9. Please make sure your child has either received permission to leave after their events are done, or has notified me that they are leaving so we can make sure nobody accidentally misses an event or relay.

SWAG COACHES' CODE OF CONDUCT

As a SWAG coach I pledge to abide by the following guidelines:

1. I will always make decisions based on the best interests of the athletes I coach
2. I will be a positive role model in the lives of the athletes I work with, using the sport of swimming to teach valuable life skills and lessons that will enable my swimmers to be successful long after they leave the pool behind
3. I will work together with my athletes to help them set goals, promote teamwork, and facilitate constructive evaluations of performances and practices
4. I will challenge my swimmers physically, mentally, and emotionally to be better each day, both in the water and in life
5. I will evaluate, instruct, correct, support, and champion every SWAG athlete
6. I will promote the development of the whole child by endorsing team social activities, community outreach and volunteering, and participation in additional athletic events
7. I will encourage and facilitate open and honest communication between myself and all SWAG members
 - a. I will invite parents to have an active role in their child's sport by keeping them updated on their athlete's progress, involving them in the decision making process when appropriate, and providing volunteer opportunities
8. I will conduct myself in a professional manner any and every time I am representing SWAG
9. I will bring my passion and love for the sport of swimming to every workout, meet, and event
10. I will treat all athletes, family members, coaches, officials, and volunteers with kindness and respect
11. I will be a constant student of the sport, continuing to further my coaching education in order to give my athletes the best techniques, training methods, and race preparations
12. I will be aware of and follow ALL USA Swimming Rules and Regulations as outlined in the latest publication of the rule book
 - a. I will educate my athletes and parents on the rules and regulations governing the sport of competitive swimming to enable our team to abide by all guidelines set forth by its governing body, USA Swimming
 - b. I will insure that members of SWAG Swimming comply with all USA Swimming rules and regulations at all times so that as a team we promote and exemplify fair competition and integrity for all athletes in the sport
13. I will be at my best and do my best in every moment I spend coaching for SWAG

SouthWest Aquatics of Georgia Athlete Code of Conduct

USA swimming has implemented a Code Of Conduct Policy. SWAG members will abide by this Code of Conduct Policy, found in section 304 of the USA Swimming rules and regulations, specifically the following articles: 304.6, 304.7(Bullying), 304.8 (Inappropriate sexual conduct, 304.9(sale of illegal drugs), 304.10 (use of illegal drugs), 304.11 (providing alcohol to a minor), 304.12 (abuse of alcohol) 304.13 (Physical Abuse). Details regarding these policies can be found at the following website: www.usaswimming.org under the "Safe Sport" section.

As a member of SouthWest Aquatics of Georgia, I agree to adhere to the following policies:

1. I will always strive to behave in a manner that positively reflects the team at all functions, including practices, meets and/or social gatherings. I will avoid engaging in inappropriate and destructive behaviors and always treat others with dignity and respect.
2. I will dutifully protect and improve SWAG's reputation within the swimming community.
3. I will refrain from vandalism and thievery. Failure to do so will result in personal and financial accountability for any loss or damage to another's property.
4. I agree to represent our team by wearing swimsuits that are tasteful and comply with all USA swimming guidelines with the understanding that all swimwear is subject to the approval of the coaching staff.

Social Media

1. I agree to adhere to USA swimming's guidelines on social media and, as ambassadors of our team and sport, strive to portray both myself and our club in a tasteful, respectful, and positive manner.
2. I understand that I am not permitted to contact any members of the coaching staff via social media, nor am I permitted to "friend" coaches on social media sites, such as Facebook, Instagram, or other social networking platforms. Athletes and coaches are not permitted to "private message" one another through Facebook or other social media sites. Athletes and coaches are not permitted to "instant message" one another through Facebook chat or other IM method.
3. I agree to never use the SouthWest Aquatics of Georgia (SWAG) name or derivative of said name to create any form of social media.

Practice Conduct

1. I will always follow any instructions given by the coaching staff.
2. I will notify, and receive the approval of, the coaching staff should they need to leave practice early for any reason.
3. I will be responsible for my own equipment and belongings and be sure to "leave no trace" at practice or meets by taking my gear home with me and/or cleaning up after myself and my team.
4. I will refrain from interfering with the progress of other swimmers in any way, utilizing good lane etiquette at all times.
5. I will always demonstrate good sportsmanship as well as treat all coaches, officials, meet volunteers, parents, facility staff members, and competitors with the utmost respect.
6. I will follow all facility rules as well as any directions given by staff members of any venues they may use during practice, meets, or other team attended events.

Code of Conduct Enforcement

This code of conduct will be enforced at all practices, meets, and events sponsored by, or in which SouthWest Aquatics of Georgia is represented by its members. Disciplinary actions can range from, but are not limited to; reprimands, being dismissed from practice or events at the expense of the individual club member, being barred from competition, expulsion from the team, or other disciplinary action deemed appropriate based on the nature of the offense. SWAG reserves the right to terminate the membership of any club member whose actions may negatively affect the integrity and/or function of the organization after the completion of a formal review by the team owners. Members facing termination will be given a period of 5 days, prior to the formal review, during which they may discuss the actions leading to the consideration of expulsion with the club owners with the intent to resolve any conflicts and preserve their membership status.

Swimmer Signature: _____ Date: _____

Parent Signature: _____ Date: _____

SOUTH WEST AQUATICS OF GEORGIA PARENT CODE OF CONDUCT

All SWAG Parents are expected to adhere to the following guidelines at all times:

1. Set the right example for our children by showing respect and common courtesies at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
2. Demonstrate and encourage good sportsmanship during all practices, competitions and team activities.
3. Be an active participant in fundraising events and other team activities whenever possible.
4. Be aware of practice and meet warm up times (published and distributed by the team) and enable your child to arrive on time and prepared to swim
5. Recognize that SWAG coaches are professionals and allow them to work with your child without interference or distractions during workouts and meets unless there is an emergency situation.
6. Communicate with your child's coach about any issues or injuries your child may have that may affect their ability to train or compete as they usually do so that their practice/schedule/meet entries may be altered to accommodate their specific needs.
7. Resolve any concerns, issues, or questions you may have regarding the coaching of your child with your child's coach via email, text, phone call, or individually scheduled meeting.
8. Trust and support the decisions of your athlete and coaches regarding goal setting, training, meet entries, and meet attendance.
9. Direct any questions regarding meet disqualifications or judging decisions to your swimmer's coach. DQ slips will be given to any athlete who was disqualified after the completion of the meet.

I have read and agree to abide by the Parent's Code of Conduct. I understand that not abiding by the Codes of Conduct for Parents and Swimmers as set forth by South West Aquatics of Georgia (SWAG) may result in disciplinary actions up to and including expulsion from the team and non-refunding of any fees.

SWAG reserves the right to terminate the membership of any club member whose actions may negatively affect the integrity and/or function of the organization after the completion of a formal review by the team owners. Members facing termination will be given a period of 5 days, prior to the formal review, during which they may discuss the actions leading to the consideration of expulsion with the club owners with the intent to resolve any conflicts and preserve their membership status.

Parent Signature: _____

Date: _____

SOUTHWEST AQUATICS OF GEORGIA

Swimmer Medical Information Form

Swimmer name: _____

It is our duty as coaches to be aware of any and all ongoing or chronic medical issues your child may have so that we may familiarize ourselves with the specific needs of your child both as a swimmer and as an individual. In order to best serve those needs it is important that we know of any specific accommodations your child may need during practice or if they have any limitations placed on their physical activity. The information you provide will help us to make sure your athlete is able to progress in a safe, challenging, and fun environment that allows him/her to maximize their potential as an athlete.

ALL INFORMATION YOU PROVIDE WILL BE KEPT CONFIDENTIAL

1. Does your child have any chronic medical issues for which they are currently being seen by a physician? If so, what condition(s) have they been diagnosed with or are undergoing treatment for?
2. Does your child's condition require medication(s) that may be needed during practice? If so, does your child have the medication available at practice? Are there any specific instructions we should be aware of in regards to administering the medication?
3. Could your child's condition place limitations on their ability to complete a normal workout or compete in a swim meet? Please explain.
4. Does your child have any chronic or recent physical injuries that may require certain practice accommodations or physical limitations? (For example: An ankle strain/sprain that makes kicking difficult, child should not wear fins during practice and limit kicking when experiencing pain.)
5. Does your child have any severe food or environmental allergies that cause anaphylaxis? If so, what is your child allergic to? Does your child carry an epi-pen and know how to administer it? Where is the epi-pen kept in the event of emergency?

Please let us know of any changes/additions to your child's medical information whenever it is pertinent to their training. Your child's success is a team effort, and it is our goal to provide as much support as needed to both you and your athlete in the pursuit of excellence.

SWAG PRACTICE GROUP REQUIREMENTS

IM Awesome (IMA)

Ages 6-12

This group is designed to serve athletes both new to the sport as well as those developmental level athletes who are more advanced in their training. Small group size allows us to serve the individual needs of each athlete while still conducting a group structured practice that promotes skill advancement, physical conditioning, and teamwork.

REQUIREMENTS FOR ENTRY INTO IMA

- Swimmer can complete one continuous length of the pool freestyle/front crawl with their face in the water while utilizing breath control.
- Swimmer can complete one continuous length of the pool backstroke while maintaining their body position at the surface of the water.

IMA PRACTICE REQUIREMENTS

- Swimmer's practice attendance as a member of IMA is greater than 65% monthly for a period of at least 2 months
- Swimmer follows pool and team rules consistently
- Swimmer pays attention during instruction, does not disrupt the progress of other swimmers, and behaves appropriately during practice
- Swimmer demonstrates good sportsmanship and cooperates with other swimmers

Highly advanced IMA athletes may be asked to attend extra practice sessions and/or train "up" a group during certain times of the week in order to provide them with a more challenging practice and smooth their transition to the IMR group.

IM READY (IMR)

Ages 8-12

Requirements

- Swimmer maintains a monthly practice attendance of 70% or greater.
- Swimmer regularly comes to practice prepared and on time
- Swimmer consistently follows all pool/facility rules and instructions given by coaching staff
- Swimmer consistently pays attention during instruction, does not disrupt the progress of other swimmers, behaves appropriately during practice, and demonstrates good practice "etiquette" (ex: circle swims, uses proper passing procedures, follows spacing intervals set by coach, etc)
- Swimmer does not regularly stop during assigned yardage or sets
- Swimmer does not rely on pushing off the bottom of the pool or pulling on lane ropes as an alternate means of propulsion during assigned yardage
- Swimmer takes initiative and completes all assigned yardage, making sure to keep track of their own laps
- Swimmer demonstrates good sportsmanship (ex: encourages other swimmers, cheers for teammates, helps others when asked, etc)
- Swimmer does not engage in horseplay or other inappropriate/unsafe behavior in or around the pool (ex: does not run on pool deck, enters water feet first, etc)
- Swimmer shows a continued commitment to their training and a personal desire to advance to the next level of training and competition

Start, Stroke, Turn, Technical, and Achievement requirements

- Swimmer can successfully perform a forward racing start from the blocks (swimmers with slight difficulty completing a proper start can be waived into IMR if all other requirements are met)
- Swimmer can successfully perform a backstroke start
- Swimmer can perform a nonstop 200 yard freestyle swim with flip-turns in less than 4 minutes
- Swimmer can complete a 100 yard backstroke without stopping while remaining on their back (flip turns are optional)
- Swimmer can complete a 100 yard legal breaststroke swim with proper (two-hand touch) turns and without stopping (scissor type kick or improper foot position during kick must be corrected prior to advancement to IMR)

- Swimmer can complete 50 yards + legal butterfly with proper (two-hand touch) turns and without stopping (kick faults, such as a split kick or intermittent breaststroke kick, must be corrected prior to advancement to IMR)
- Swimmer is able to swim a 100 or 200 yard IM (depending on age) legally, using proper turns and transitions without stopping
- Swimmer can successfully complete a set of 8 x 100 yard freestyle, utilizing flip turns, on an interval no slower than 2:20

Best Time Requirements (must be legal swims from a USA Swimming sanctioned event)

Swimmer should meet at least 5 of the 9 Time Requirements

100 IM	2:00.00	50 FREE	43.00	100 FREE	1:38.00
25 BACK	24.00	50 BACK	49.00	25 BREAST	29.00
50 BREAST	1:00.00	25 FLY	30.00	50 FLY	1:00.00

IM Extreme (IMX)

Ages 11-14

Requirements

- Swimmers **must** maintain an attendance record of **75% or higher per month** throughout the swim season. Swimmers not meeting the monthly attendance requirement for any reason will be asked to train with the IMR group until they can improve their attendance record. **NO EXCEPTIONS**
- Swimmer regularly comes to practice on time and prepared to swim. ***Swimmers are permitted one (1) parent excused tardy/early release per week that must be communicated by a parent to the coach at the time of the tardy/early release.*** Swimmers with more than 1 parent excused tardy/early release per week will be asked to train with the IMR group until they can improve their timeliness. Unexcused tardiness or early release is not acceptable for any reason other than illness or emergency.
- Swimmer follows all pool rules and any directions given by coaching staff
- Swimmer pays attention during instruction, does not disrupt the progress of other swimmers, behaves appropriately during practice, and always demonstrates good practice etiquette
- Swimmer rarely, if ever, stops during assigned yardage or sets
- Swimmer does not require “rest” or “catch-up” breaks during sets in order to keep up with other swimmers in the group
- Swimmer takes initiative and completes all assigned yardage, making sure to keep track of their own laps (unless instructed otherwise)
- Swimmer demonstrates good sportsmanship and is both a leader and positive role model for others
- Swimmer participates in at least 3 USA sanctioned swim meets per year
- Swimmer is self-motivated to improve their technique, conditioning, and performance at meets
- Swimmer has a positive attitude and encourages others to do the same
- Swimmer can properly use a pace clock to keep track of intervals for a set of repeats, as well as space themselves in the lane as directed
- Swimmer has an excellent work ethic, enjoys being challenged during practice, takes pride in accomplishing new and difficult tasks
- Swimmer shows a constant commitment to their training and a strong personal desire to compete at higher levels, such as Age Group States, Age Group Sectionals, Age Group Zones, etc

Training Requirements

- Swimmer can successfully complete a 500 yard freestyle, maintaining a bilateral breathing pattern and utilizing 100% of their flip-turns in less than 7:00.00.
- Swimmer can complete a set of 10 x 100 Freestyle on an interval no slower than 1:35
- Swimmer can complete a set of 5 x 200 Freestyle on an interval no slower than 2:55
- Swimmer can complete a set of 8 x 100 IM on an interval no slower than 1:50
- Swimmer can complete a set of 5 x 100 Breaststroke on an interval no slower than 1:55
- Swimmer can complete a set of 5 x 100 Backstroke on an interval no slower than 1:45
- Swimmer can complete a set of 5 x 100 Butterfly on an interval no slower than 1:45

- Swimmer can complete a set of 10 x 50 Flutter kick on an interval no slower than :55

Best Time Requirements (must be legal swims achieved at a USA Swimming Sanctioned event)

Incoming IMX swimmers must meet all (3 of 3) freestyle time requirements, ONE (50 or 100 BACK, BREAST, AND FLY) of EACH stroke, and ONE of the IM requirements (200 or 100)

50 FREE	30.00/34.00LC	100 FREE	1:08.00/1:18.00LC
200 FREE	2:30.00/2:52.00LC		
50 BACK	35.00/40.00LC	100 BACK	1:17.00/1:28.00LC
50 BREAST	43.00/47.00LC	100 BREAST	1:35.00/1:44.00LC
50 FLY	38.00/42.00LC	100 FLY	1:30.00/1:42.00LC
200 IM	2:46.00/3:04.00LC	100 IM	1:14.00

IM ELITE (IME)

Ages 13 – 18+

Requirements

- Swimmers **must** maintain an attendance record of **80% or higher per month** throughout the swim season. Swimmers not meeting the monthly attendance requirement for any reason will be asked to train with the IMX group until they can improve their attendance record. Athletes swimming with multiple USA Swimming teams should maintain an 80% attendance record between both teams. Practices with HS teams do NOT count towards meeting the attendance standard.
- Swimmer regularly comes to practice on time and prepared to swim. **Swimmers are permitted one (1) parent excused tardy/early release per week that must be communicated by a parent to the coach at the time of the tardy/early release.** Swimmers with more than 1 parent excused tardy/early release per week will be asked to train with the IMX group until they can improve their timeliness. Unexcused tardiness or early release is not acceptable for any reason other than illness or emergency.
- Swimmer follows all pool rules and any directions given by coaching staff
- Swimmer pays attention during instruction, does not disrupt the progress of other swimmers, behaves appropriately during practice, and always demonstrates good practice etiquette
- Swimmer rarely, if ever, stops during assigned yardage or sets
- Swimmer does not require “rest” or “catch-up” breaks during sets in order to keep up with other swimmers in the group
- Swimmer takes initiative and completes all assigned yardage, making sure to keep track of their own laps (unless instructed otherwise)
- Swimmer demonstrates good sportsmanship and is both a leader and positive role model for others
- Swimmer participates in at least 3 USA sanctioned swim meets per year
- Swimmer is self-motivated to improve their technique, conditioning, and performance at meets
- Swimmer has a positive attitude and encourages others to do the same
- Swimmer can properly use a pace clock to keep track of intervals for a set of repeats, as well as space themselves in the lane as directed
- Swimmer has an excellent work ethic, enjoys being challenged during practice, takes pride in accomplishing new and difficult tasks
- Swimmer shows a constant commitment to their training and a strong personal desire to compete at higher levels, such as Senior States, Senior Sectionals, JR & Senior Nationals, etc.

Training Requirements

- Swimmer can successfully complete a 500 yard freestyle in less than 6:00.00.
- Swimmer can complete a set of 10 x 100 Freestyle on an interval no slower than 1:25
- Swimmer can complete a set of 5 x 200 Freestyle on an interval no slower than 2:40
- Swimmer can complete a set of 8 x 100 IM on an interval no slower than 1:35
- Swimmer can complete a set of 5 x 100 Breaststroke on an interval no slower than 1:45
- Swimmer can complete a set of 5 x 100 Backstroke on an interval no slower than 1:40
- Swimmer can complete a set of 5 x 100 Butterfly on an interval no slower than 1:40

- Swimmer can complete a set of 10 x 50 Flutter kick on an interval no slower than :50

Best Time Requirements (must be legal swims achieved at a USA Swimming Sanctioned event)

Incoming IME swimmers must meet all (3 of 3) freestyle time requirements, ONE (100 or 200 BACK, BREAST, AND FLY) of at least 2 strokes, and ONE of the IM requirements (200 or 400)

50 FREE	27.00/30.00LC	100 FREE	58.00/1:03.00LC
200 FREE	2:05.00/2:23.00LC		
100 BACK	1:10.00/1:18.00LC	200 BACK	2:20.00/2:38.00LC
100 BREAST	1:24.00/1:35.00LC	200 BREAST	2:48.00/3:03.00LC
100 FLY	1:12.00/1:23.00LC	200 FLY	2:30.00/2:47.00LC
200 IM	2:26.00/2:44.00LC	400 IM	4:58.00/5:36.00LC

IM Strong (IMS)

Ages 11-18+

- Swimmer's practice attendance is greater than 70% monthly for a period of at least 3 months
- Swimmer follows pool rules and coach's instructions consistently
- Swimmer pays attention during instruction, does not disrupt the progress of other swimmers, and behaves appropriately during practice
- Swimmer demonstrates good sportsmanship and cooperates with other swimmers
- Swimmer always utilizes circle swimming during practice as well as appropriate spacing between swimmers
- Swimmer attempts and/or successfully completes forward racing start from the blocks
- Swimmer attempts and/or successfully completes backstroke racing start
- Swimmer is always leading their group during practice, both in speed and technique
 - Stroke and Technique Requirements
 - Swims 4+ lengths (100 yards) of freestyle without stopping utilizing a constant, steady kick
 - Swims 2+ lengths of backstroke without stopping or rolling past horizontal (onto the belly) while maintaining proper head position and body balance
 - Swims 2+ lengths of breaststroke (slight kick or pull faults are acceptable) without stopping
 - Consistently performs legal race finishes and turns (ex: two hand touch for butterfly and breaststroke, completing backstroke race on the back)
 - Attempts and/or successfully performs freestyle flip turn

TRAINING GROUP ADVANCEMENT

Athlete promotions to the next training group are always a hot topic of conversation on any swim team. Who is moving up? Who is staying where they are and why?

We want everyone to know that your child's coach regularly reviews each swimmer in our program and discuss what we feel is in their best interest for both long and short term athletic development. We examine the many different factors that impact each athlete's progress when considering moving a swimmer up to the next training level.

We first look at the level of commitment the swimmer has had to the group they are currently training in. Do they make the recommended weekly attendance? When they are at practice do they work hard on a consistent basis? Do they try to go first in their lane or do they always go to the end of the lane and go through the motions? When the practices get to be challenging are they sitting out, fixing their goggles or going to the restroom to get out of working hard? Swimmers who have great attendance in their current group and consistently work hard to improve their strokes and skills demonstrate the commitment necessary to be successful at higher levels of training.

We next look at their practice performance within their current group as a way to gauge their readiness for more difficult, intense, and often longer, workouts. Can they handle all the work their current training level is doing? Can they maintain proper form for the duration of the workout? Do they need more work on their stroke technique? Swimmers who are easily able to lead their peers as they complete workouts in their current group while maintaining proper technique and effort levels are athletes who are physically prepared to move to the next level of training. Some swimmers can easily handle specific practices in their best strokes, but struggle with being able to keep up with the group in those strokes they do not enjoy or just haven't mastered yet. We have to look at whether or not an athlete can complete practice sets in all four strokes, plus kicking, as an indicator that they are successfully developing as a well rounded swimmer, competitive in all events. If a swimmer can easily make the training sets in freestyle but has a hard time making the intervals in the other strokes and/or has a hard time making the kicking sets we are most likely going to leave the swimmer in the group they are currently in as they continue to improve those stroke areas that are not quite up to "speed." In cases such as these, keeping a swimmer in their current group allows them the opportunity to become a leader in their lane/group, continue to develop their stroke technique, and gain confidence as they successfully complete practice sets in all stroke disciplines. When it comes time for these athletes to progress to the next level in training, they will then have a solid technical and training base upon which to continue building their skills, endurance, and speed in their new group.

We then examine a swimmer's behavior and psychological readiness. Do they pay attention to their coach and follow instructions consistently? Do they enjoy swimming and rise to the challenge of trying new and more difficult things? Do they get along with their teammates and actively support and encourage those around them? Swimmers that are psychologically ready for the next level are those who demonstrate good lane etiquette, listen to their coach(es) during instructional time and follow directions, show an eagerness to learn new things and try longer/more difficult swims, interact appropriately with their teammates, and encourage those around them with their words and actions. We understand that swimmers often enjoy training in practice groups with their friends, however it is our job to place swimmers in the appropriate training level based on their individual needs and not which group their friends may be in. Athletes may initially be wary of separating from their swim buddies, however, having different people to train with not only leads to new friendships, but also allows athletes to become more focused on things like working hard, developing their skills, and taking on leadership roles.

Other factors that weigh into group placement and group move-up decisions include, but are not limited to:

- Psychological development and readiness
- Physiological needs and readiness
- Competitive maturity and ability
- Independence and self-reliance

- Age
- Coachability

The above list is just some of what the SWAG coaches consider when determining which swimmers are ready for more. Generally, swimmers can tell when they are about ready for a move by thinking about how they practice. A swimmer, who consistently leads the fastest lane in practice, consistently uses good technique, consistently demonstrates an outstanding attitude, and consistently attends practice, is someone the coaches will be looking at to move to a higher training level. On the other hand, if a swimmer has a poor attitude, low attendance, and is not swimming in the fastest lane of the current group or has difficulty handling the training requirements of that group, moving that particular swimmer would not be in the best interest of the team or that individual.

It is SWAG policy that coaches will notify the parents of any athlete being considered for advancement to the next training level FIRST, before discussing any group changes with their athlete. SWAG believes that growing amazing athletes requires a partnership between coaches AND parents, so we encourage parents to play an active role in the promotion decision making process once it has been determined that their swimmer has met all of the criteria for advancement. Promotions to the next level are made on an individual basis at any time during the season as deemed appropriate by your child's coach. Should you have any questions about swimmer progression through our group structure, please contact one of our coaches.

USA SWIMMING'S IMR/IMX SYSTEM

A NOTE ABOUT IMX & IMR SCORES

An IMX or IM Ready score is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMX/IMR purposes.

Additionally, a swimmer must complete all of the events in the same course (SCY or LCM) to have a score in that particular course.



The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IMReady program to participate in the IM Xtreme. It is simply a stepping stone.



Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

HOW DO I SCORE POINTS?

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek. See the Power Points page for more information and to use the Power Point Calculator.

HOW DO I PARTICIPATE?

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.

Swimmers have the option of printing certificates that displays their scores for either IMR or IMX. They can also optionally print their national, zone, LSC and/or club rankings.

GLOSSARY OF SWIM TERMS

(As published by USA Swimming)

A glossary of those strange and wacky words we use in the sport of swimming. You may or may not find these words in the English Dictionary, and if you do, their definitions will probably be radically different than the ones listed in this Glossary. Relax and take your time reading. Soon you'll be understanding and maybe even speaking some "swim slang."

Age Group

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

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 two being the first alternate and the next being second alternate. If a finalist cannot participate, the alternates are called to take their place.

Anchor

The final swimmer in a relay. Also a term coaches use for the beginning of all four strokes indicating the "high elbow", "catch," or "early vertical forearm."

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.

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.

Backstroke

One of the four competitive racing strokes, basically any style of swimming on your back. Backstroke is swum as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter (LSCs with 8-under divisions offer the 25 yd back).

Blocks

The starting platforms located behind each lane. Minimum water depth for use of starting blocks is 4 feet. Blocks have a variety of designs and can be permanent or removable.

BOD

Board of Directors of the Local Swim Committee (LSC) or USA Swimming (USA-S).

Breaststroke

One of the four competitive racing strokes. Breaststroke is swam as the second stroke in the Medley Relay and the third stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter. (LSCs with 8-under divisions offer the 25 yd breast)

Butterfly

One of the four competitive racing strokes. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and first stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter (LSCs with 8-under divisions offer the 25 yard fly).

Championship Meet

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

Championship Finals

The top six or eight swimmers (depending on the number of pool lanes) in a Prelims/Finals meet who, after the prelims are swum, qualify to return to the Finals. The fastest heat of finals when multiple heats are held.

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 Seeding

A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes. (i.e.) Lane 4 in the final three heats. See rule book for exact method for seeding depending on the lanes in the pool.

Closed Competition

Swim meet which is only 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.

Consolation Finals

After the fastest six or eight swimmers, the next six or eight swimmers (depending on the number of pool lanes) in a Prelims/Finals meet who, after the prelims are swum, 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.

Deadline

The date meet entries must be "postmarked" by, to be accepted by the meet host. 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" USA Swimming member may be on the deck during a swim competition.

Deck Entries

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

Deck Seeding

Heat and lane assignments are posted after swimmers have checked in have "scratched" (indicated they will not participate in the event.)

Developmental

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

Disqualified (DQ)

A swimmer's performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.

Division I-II-III

NCAA member colleges and universities are assigned divisions to compete in, depending on the school's total enrollment. Division I being the large universities and Division III being the smaller colleges.

Dual Meet

Type of meet where two teams/clubs compete against each other.

Dryland

The exercises and various strength programs swimmers do out of the water.

Dry Side

That part of the Code book (rule book) that deals with the "Administrative" Regulations of Competition.

Entry

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

Entry Chairperson

The host club's designated person who is responsible for receiving, and making sure the entries have met the deadline.

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 cannot 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.

FINA

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

Finals

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

Final Results

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

Fins

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

Flags

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

Freestyle

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

Goggles

Glasses-type devices worn by swimmers to keep their eyes from being irritated by the chlorine in the water.

Gun (of Bell) Lap

The part of a freestyle distance race (400 meters or longer) when the swimmer has two lengths plus five yards to go. The starter fires a gun shot (or rings a bell) over the lane of the lead swimmer when the swimmer is at the backstroke flags.

Heats

All of the swimmers entered in the event are divided into heats, or groups of swimmers. The results are compiled by the times swum, after all heats of the event are completed.

Heat Award

A ribbon, coupon, or other prize given to the winner of a single heat at an age group swim meet.

Heat Sheet

The pre-meet printed listings of swimmers' seed times in the various events at a swim meet.

High Point

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

Horn

A sounding device. Used mainly with a fully automatic timing system.

Illegal

Doing something against the rules that is cause for disqualification.

IM

Individual Medley. A swimming event using all four of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swam of each stroke. Distances offered: 100 yards, 200 yards/meters, 400 yards/meter.

Interval

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

Invitational

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

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

Kick Board

A flotation device used by swimmers during practice.

Lane

The specific area in which a swimmer is assigned to swim. (ie) Lane 1 or Lane 2.

Lane Lines

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

Lap

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

Lap Counter

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

Leg

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

Long Course

A 50-meter pool.

LSC

Local Swim Committee. The local level administrative division of the corporation (USA-S) with supervisory responsibilities within certain geographic boundaries designated by the Corporation. There are 59 LSCs.

Marshall

The official who control the crowd and swimmer-flow at a swim meet.

Meet

A series of events held in one program.

Meet Director

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

Meters

The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters is 50 meters, short course meters is 25 meters.

NAGTS

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

Nationals

USA Swimming National Championship meet conducted in March/April and August.

Natorium

A building constructed for the purpose of housing a swimming pool and related equipment.

NCAA

National Collegiate Athletic Association

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 swum that event before.

Observed Meet

A meet that is not conducted according to USA Swimming rules (high school, YMCA) where a request for observation has been processed and approved in advance. Sufficient USA Swimming officials are present to certify that the athletes' swims are in compliance with USA Swimming technical rules.

Observed Swim

A swim observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules.

Officials

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

Olympic Trials

The USA-S sanctioned long course swim meet held the year of the Olympic Games to decide what swimmers will represent the USA on our Olympic Team. Qualification times are faster than Senior Nationals.

OTC

Olympic Training Center in Colorado Springs, Colorado.

Open Competition

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

Pace Clock

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

Paddle

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

Positive Check In

The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer or coach must indicate the swimmer is present and will compete.

Prelims

Session of a Prelims/Finals meet in which the qualification heats are conducted.

Prelims-Finals

Type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest six or eight (Championship Heat) swimmers, and the next fastest six or eight 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 heat sheet or posted meet program.

Psyche Sheet

An entry sheet showing all swimmers entered into each individual event. Sometimes referred to as a "Heat Sheet" or meet program. However, a "heat sheet" would show not only every swimmer in an event, but also what heat and lane they are swimming in.

Pull Buoy

A flotation device used for pulling by swimmers in practice.

Qualifying Times

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

Ready Room

A room pool side for the swimmers to relax before they compete in finals.

Referee

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

Relays

A swimming event in which four swimmers participate as a team. Each swimmer completes an equal distance of the race. 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.

Sanction

A permit issued by an LSC to a USA-S group member to conduct an event or meet.

Sanction Fee

The amount paid by a USA-S group member to an LSC for issuing a sanction.

Sanctioned Meet

A meet that is approved by the LSC in which it is held. Meet must be conducted according to USA Swimming rules. All participants, including coaches, athletes and officials, must be USA Swimming members.

Schedule

USA-S or LSC list of meets with dates, meet host, meet location, type of meet, and contacts address and phone.

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.

Sectionals

Nickname for Speedo Championship Series (see below).

Seed

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

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 Nationals

A USA-S National Championship meet for swimmers of any age as long as the qualification times are met.

Session

Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group.

Short Course

A 25-yard or 25-meter pool.

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.

Split

A portion of an event that is shorter than the total distance and 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.

Start

The beginning of a race. The dive used to begin a race.

Starter

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

Stand-up

The command given by the Starter or Referee to release the swimmers from their starting position.

Step-Down

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

Stroke

There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle.

Stroke Judge

The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be disqualified.

Submitted Time

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

Swim-A-Thon

The "Fund Raiser" trademarked by USA Swimming for local clubs to use to make money.

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.

SWIMS

USA Swimming system that keeps track of every time swum by all swimmers. Available through the USA-S website.

Taper

The resting phase of a swimmer at the end of the season before the championship meet.

Timed Finals

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

Time Standard

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

Timer

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

Time Trial

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

Top 10

A list of times compiled by the LSC or USA-S that recognizes the top 10 swimmers in each single age group (boys & girls) by each event and distance.

Touch Pad

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

Transfer

The act of leaving one club or LSC and going to another. Usually 120 days of unattached competition is required before swimmer can represent another USA-S club.

Unattached

An athlete member who competes, but does not represent a club or team. (abbr. UN)

Unofficial Time

The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been checked, it will become the official time.

USA-S

The governing body of swimming--USA Swimming.

USA Swimming

The national governing body of the sport headquartered in Colorado Springs.

USA-S ID Number

A 14-part number assigned to a swimmer after they have filled out the proper forms and paid their annual dues. The first 6 parts are numbers of a swimmer's birthdate: Month/Day/2-Digit Year using zeros as place holders. The next three spaces are the first three letters of the athlete's legal first name. The next letter is the middle initial, followed by the first four letters of the swimmer's last name. For example: USA-S ID# for swimmer Suzanne Eileen Nelson and born Aug.27, 1976 = 082776SUZENELS.

USOTC

United States Olympic Training Center located in Colorado Springs, Colorado.

VCC

Virtual Club Championships. The VCC recognizes and highlight clubs that are developing athletes and achieving success at multiple levels emphasizing the team element in club swimming. This program serves as a key part of the Athlete Development & Performance component of the Club Recognition Program.

Warm-down

The recovery swimming a swimmer does after a race when pool space is available.

Warm-up

The practice and "loosening-up" session a swimmer does before the meet or their event is swum.

Yards

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

Yardage

The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.

Zones

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