



Aggie Swim Club Newsletter

2019-2020 Upcoming Meets and Events:

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Swimmers Eligible</u>
Tues, Oct 29	Team Halloween Party	CSMS cafeteria	All swimmers & families
Fri-Sun, Nov 8-10	All Ages Meet	SSAN-Klein Oak	All swimmers
Sat, Nov 16	All Ages Team Instrasquad	CSMS	All swimmers
Fri-Sun, Dec 6—Dec 8	13& Over Champs	MARC	All 13&Over swimmers
Fri-Sun, Dec 6-8	14&Under Age Group Champs	AGS	All 14&U w/ qualifying Gulf Champs times
Wed-Sat, Dec 11-14	Winter Junior Nationals	Washington	All 18& Under qualifiers
Fri-Sun, Dec 13-15	12& Under Champs	TBD	All 12&U w/qualifying Glug Champs times
Sat, Dec 28	Team Event	Grand Station	All swimmers
Fri,-Sun Jan 17-19	All Ages Invitational	MAC	All swimmers
Sun, Feb 2	All Ages Team Intrasquad	TAMU Rec	All swimmers

For a full list of meets and events, visit our website!

CSMS WEATHER ALERT INFORMATION:

We have been informed by College Station ISD that the CSMS pool on Rock Prairie Road has been checked by an engineer and it **IS** a grounded facility, so it is no longer necessary for us to move or cancel practices when it is thundering and/or lightening outside. This is great news for us!

Because of this we will no longer need to send messages through the REMIND app when the weather is bad. We will, however, keep the REMIND app active for emergency situations when we do need to change or move practices at the last minute.



CELEBRATE HALLOWEEN WITH THE AGGIE SWIM CLUB

Join the fun in the Best Costume Contest on Tuesday, 10/29
from 6pm-8pm at the CSMS School cafeteria on Rock Prairie Road
in College Station.

(There will be a parent contest in addition to a swimmer's contest)

Please bring one snack or drink item with you **TO SHARE WITH
EVERYONE.**

Pizza will be provided for all.

Lots of fun to be had by all!!!

(NO PRACTICE AT ANY LOCATION 10/29)

Nutrition & Endurance Sports Tips

Nutrition is often overlooked during children/elite development and endurance sports. By making one change, it will positively impact all aspects: swimming performance, energy during practice, overall wellness. Below are a list of types of snacks for post-school/pre-swimming that will aid in your nutritional needs.

In the mornings before practice try to eat a snack or first breakfast if possible. Before afternoon practices, a snack or small meal should be eaten 30-45 mins in advance. Think of it as fueling your body for a successful practice. Typically, snacks before practice should follow the guideline of easy to digest.

Post-School/Pre-Swimming

- Banana & peanut butter
- Applesauce
- PB&J sandwich
- Bagel & cream cheese
- Oatmeal & fruit
- Homemade bars
- Smoothie
- Ricecakes & PB and banana
- Hummus and Pita chips
- Tuna & crackers

HAPPY BIRTHDAY TO YOU!!



October:

Valerie Berrio-Aguilar—10/01

Hattie Mosley—10/02

Weston Gary—10/03

Camila Torres—10/03

Katherine Xu—10/03

Ananiah Thompson—10/04

Noah Kim-10/05

Jayden Buenemann—10/06

Lillie Flippen—10/11

Luis Chen—10/11

Jiwoo Park-10/12

Kolby Martin—10/14

Neal Pang—10/15

Alina Lee-10/22

Bryan Conner—10/25

Amberly Brent-10/27

Zoe Yu-10/28

Jenny Li-10/28

Robin Lee-10/28

Joanna Yuan-10/30

Zoe Hyman—10/31

Swimmer Pick-Ups and Drop-Offs at the TAMU Student Rec Center

Please be aware that all pick-ups and drop-offs at the TAMU Rec Center must be done in the circle drive in front of the main Rec Center. No pick-ups or drop-offs may be done in the Rec Center parking lot. This is not only for the safety of all swimmers but also at the request of the PTTS staff at Texas A&M so we do not impede traffic in the parking lot.

Please DO NOT exit your car to go inside to pick up your swimmer. If your car is unattended you may receive a parking ticket from PTTS for \$140 since we are in a fire lane.

Your understanding and cooperation is appreciated!!

Swimmer Pick-Ups at the CSMS

Please be aware that all pick-ups at the CSMS must be done inside of the CSMS pool area. Please do not ask your swimmer to meet you in the parking lot or call them when you arrive and ask them to exit the building. All swimmers must be accompanied by an adult when leaving the facility.

Your understanding and cooperation is appreciated!!

PICTURES WANTED:

If you have taken pictures of your swimmer during the course of this season at any USA meet or practice and you would like to have it included in our slide show at our spring awards banquet please e-mail:

aggieswimclub@suddenlink.net

What to expect at a USA Swim Meet: A guide for Parents and Swimmers

Get to the pool approximately 15-20 minutes before the beginning of the assigned warm-up time. Find a coach and check-in with the coach.

Find the CLERK of COURSE and CIRCLE-IN all of your swimmer's events. (Some meets will not have circle-in. Please check with the coach when you arrive at each meet). This needs to be done 45 minutes before the start of the meet. This just means finding your swimmer's name for each event they are entered in for that day and circling their name to show they have arrived at the meet and will swim each event. (If your swimmer is not circled in for an event, he/she will be removed from that event and will be unable to swim that event).

The swimmers will warm-up in lanes with one of the coaches. Swimmers should be dressed in their team suits and team caps and ready to get in the pool promptly—warm up is short and is usually crowded.

Swimmers from the team should sit together in a team area near the pool. It is advisable to bring a couple of lawn chairs or a blanket to sit on. An umbrella and sun screen is advisable for outdoor meets. Parents should also try to sit together and wear a Club t-shirt. Swimmers must wear only Club shirts and caps at the meet.

Parents – please be sure to check the timing sheet on our website before you leave for the meet to know when you are assigned to time!!

At the start of the meet all lane and heat assignments will be posted on a wall behind the blocks for the entire meet and in the spectator seating area for parents. Swimmers **MUST** go look for this information and must see their coach with their heat and lane for each event. Swimmers should talk with their coach before AND after each event they swim!!

Swimmers are responsible for getting themselves up to the blocks approximately 10 minutes before their event and heat. **NOTE:** There is not usually a ready bench at a USA meet. Swimmers must keep track of the events being called to be swum and be sure they get themselves up to the block on time!!

Current events and heat numbers may not be announced over the loud speaker.....parents and swimmers must pay attention!!

After the swimmer finishes his/her event, he/she should always go talk with his/her coach.

Swimmers **SHOULD NOT** leave the meet without checking with a coach. Many meets have relays at the end of the meet and most swimmers at the meet will be entered in a relay. If the swimmer leaves the meet there will be three other swimmers unable to swim in a relay!!

Results will be posted and awards will be distributed at the conclusion of the meet. Any awards not picked up by the swimmer will be picked up by a coach and distributed at the next week's practice, along with personal best time awards.

SWIM FAST AND HAVE FUN!!

Do you know any swimmers interested in joining the Ags? If so, please have them contact one of the team's coaches or Shannon Clark at aggieswimclub@suddenlink.net .

New swimmers may try out for the Club at any time throughout the year.

GLOSSARY OF SWIMMING TERMS

Block—The starting platform.

Bulkhead—A moveable wall, to divide a pool into different courses, such as a 50-meter pool into two 25-yard courses.

Chase Starts—In long course, male and female swimmers will start their events on opposite ends of the pool and each event will alternate one heat of girls, then one heat of boys. When the heat in the water completes 3/4 of their race, the heat at the opposite end of the pool will start their race.

Circle-In—Performed by swimmers upon arriving at a meet to designate their intention to swim a race. The swimmer will actually circle in their name for each event they intend to swim at that competition.

Circle Swimming—Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to safely swim in each lane.

Clerk of Course—Person responsible for receiving deck entries at a meet and for handling the circle-in process for swimmers.

Cut—Slang term for a qualifying time. A time standard necessary to attend a particular meet or event.

Deck Entries—Entries for events that are not done in advance, but on the swimming deck prior to the start of the meet.

Distance Events—Term used to refer to events over 500 yards.

DQ—Disqualification. This occurs when a swimmer has committed an infraction of some kind (ex. Freestyle kick in butterfly). A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.

Drill—A teaching exercise involving a portion of a stroke which is used to improve technique.

Dryland Training—Training done out of the water that aids and enhances swimming performance; usually includes stretching and calisthenics.

Entry Form—Form on which a swimmer enters a competition. Usually includes club and swimmer name, USA Swimming number, age, sex, event names and entry times.

False Start—Occurs when a swimmer is moving before the start is sounded. In USA Swimming, one false start will result in disqualification.

Final—The championship heat of an event in which the top swimmers from the preliminaries compete.

Flags—Backstroke flags placed 5 yards from the end of the pool. The flags enable backstrokers to execute a turn safely and more efficiently.

Flyover Starts—When the heat in the water completes their race those swimmers stay in the pool until after the swimmers on the block are started.

Goal—A specific skill or time achievement a swimmer sets and strives for. Can be short or long term.

I.M.—Short for Individual Medley. An event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

Long Course—A pool 25 or 50 meters in length. USA Swimming conducts most of its summer competition in long course meters.

LSC—Local Swimming Committee. The governing body for swimming at the local level. Our LSC is the GULF.

Meet—Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer races against the clock to determine improvement.

Negative Split—Swimming the second half of the race equal to or faster than the first half.

No-Show—When a swimmer circles-in for his/her event but does not report to swim the event or misses the event. There is a \$5.00 fine imposed by Gulf Swimming at the end of each season (May and July) for each no-show event.

Official—A judge on the deck of the pool at a sanctioned competition who enforces USA Swimming rules. There are stroke and turn judges, administrative officials, starters, timers and referees.

Pace Clock—Large clock used to check pace or maintain intervals in practice; may also be digital or analog.

Prelims—Short for preliminaries. Also called Heats or Trials. Those races in which swimmers qualify for the championship, consolation finals or semi-finals.

Proof of Time—Swimmers must qualify for certain meets based on their best times. Entry chairpersons must send in proof that the entry time has been made, including the time and meet the time was achieved. If a swimmer competes in an event where he/she does not qualify and the time cannot be proven, there is a \$20.00 fine per event levied by Gulf Swimming at the end of each season (May and July).

Q-Time—Qualifying time necessary to compete in a particular event and/or competition. Also known as a cut.

Relay—An event in which four swimmers compete together as a team to achieve one time.

Scratch—To withdraw from an event prior to it being held in a competition.

Short Course—A pool 25 yards or meters in length. USA Swimming conducts most of its winter competition in short course yards.

Split—A time recorded from the official start to the completion of an intermediate distance within a longer event (i.e. the 50 time in a 100 event). Also the time for one of the four individuals in a relay.

Sprint—Describes the shorter events (50 and 100). In training, to swim as fast as possible for a short distance.

Streamline—The position used by swimmers when starting or pushing off the walls designed to reduce water resistance.

Taper—The final preparation phase, sometimes referred to as “rest”. The slow gradual reduction of work loads and intensities in preparation for season ending competition.

Three-Event Rule—A swimmer with three “A” times may swim all other events offered in that division entered at the qualifying standard.

Time Standards—Performance requirements to enter a swimming competition. Standards are determined for local swim meets by the LSC.

Time Trial—A time-only swim, which is not part of a regular meet.

Touch Pad—A large touch sensitive board at the end of each lane where a swimmer’s finish is registered and sent electronically to the timing system.

Up/Down Rule—If a swimmer has an “A” time in a particular stroke he/she may swim the immediately preceding or following distance of that stroke in that division.

USA Swimming—The national governing body for competitive swimming in the United States.

Warm Down—Low intensity swimming used by swimmers after a race or main practice set to rid the body of excess lactic acid and to gradually reduce heart rate and respiration.

Warm Up—Low intensity swimming used by swimmers prior to a main practice set or race to get muscles loose and warm. Warm up gradually increases heart rate, respiration and helps to prevent injury.

Watches—Stopwatches used to time swimmers during a competition. When totally automatic timing equipment is used, watches serve as a back-up method.

Weight Training—A form of dryland training that is suggested only for older swimmers.