

## Swimming Language Terms....

**The terms below are expressed through parent meetings that are announced depending upon what meets or time of the season is coming or upon us. Also another venue that the terms listed below are discussed is in goal talks or placed on our website and distributed through emails.**

**Taper** – Taper is administered differently by many coaches depending on the athlete they may have. The term Taper generally means a reduction in time, volume and or intensity depending on the age of your athlete. These are usually done for a final meet of the season.

**Paddles** – Paddles are formed plastic flat thin pieces of plastic that fit in the palm of the hand to create a larger surface area to make it more difficult to pull through the water in essence creating weight on the pull of the forearm to build strength.

**Pull Buoy** – Is a piece of foam that is placed between the legs to keep the hips floating and to keep the legs from kicking.

**Kick Board** – Large flat piece of foam or plastic that floats that is held out in front of the body to keep the head and arms afloat so the athlete can use just their legs to create forward propulsion.

**Dry Lands** – Dry lands are an out of water activity or time that is put aside to help create more athleticism and or build muscle groups that can be focused during dry lands more easily than in the water.

**ISI/LSC** – ISI is the LSC that ACAC competes in. It is a self-governed body that must adhere to USA swimming rules but has some flexibility to govern its own state meets and invites but only within the rules of USA swimming. It also has the ability to offer different events and promotional opportunities such as camps or speakers to help build up Iowa Swimming.

**Heat Sheet** – The heat sheet shows the “Heat” and “Lane” that an athlete will be competing in during that session’s event.

**Psych Sheet** – The psych sheet is a list of all the athletes that have entered in that event from fastest to slowest. You don’t know the heat and lane yet.

**Heat** – The heat your athlete competes in is a sub breakdown from the “Lane.” The heat is a sub group of a set of athletes that consist of how many lanes there may be. Heat 2 may have 6 lanes of athletes, or 8 maybe 10.

**Lane** – This is the smallest breakdown and location of where your athlete will swim their event.

**Timed Finals** - Athletes get one opportunity to swim their race.

**Prelim/Finals** – Athletes have the opportunity to swim in the morning, If they place a time in that prelim session that gets them in the predetermined group (top 8, 16 or whatever it may be) you get to swim in the championship session. The time you accomplished in prelims or finals counts towards your lifetime best.

**Time Trials** – If a meet offers a time trials session they come with no time standard but do count towards your daily/total events swam at a meet. Swimming in a time trial cannot be used to qualify for your a finals race.

**Bonus Cut** – If an athlete accomplishes an qualifying time in the meet they may also qualify for a bonus cut. A bonus cut is generally slower than the meet standard cut but by having a bonus cut a meet may have in its meet information how many cuts an athlete may add as bonus cuts. Bonus swims are swam with the main group and are eligible to compete in a finals group.  
Regional = Meet we expect all athletes to go to that do not accomplish as Q Time for the state meet

**“Q” Time** - Qualifying standard required to swim at the Iowa State Meet

**Qualifying Time** - A required time an athlete must achieve to compete in a listed event.

**Individual Medley (IM)** – A race of 100/200/400 distance of the 4 strokes combined in a race in the order of Fly, Back, Breast, Free.

**Disqualification (DQ)** – Is when an athlete does an illegal act as lined out in the USA swimming legal swim book. Your athlete will get a DQ by an volunteer official on deck that has been trained to look for different acts an athlete may do that may give them the advantage or outside the stroke rules to compete legally in it.

**Relays** – A given distance that is competed by 4 athletes working together to compete. Relays at ACAC are done by fastest times. Coaches reserve the right to change the order and or switch out an athlete depending on the situation.

**200 Medley Relay** – 4 athletes compete in a 50 of one of the 4 strokes in this order Back, Breast, Fly, Free.

**400 Medley Relay** – 4 athletes compete in a 100 of one of the 4 strokes in this order Back, Breast, Fly, Free.

**200 Free Relay** – 4 athletes compete in a 50 of the freestyle.

**400 Free Relay** – 4 athletes compete in a 100 of the freestyle.

**800 Free Relay** – 4 athletes compete in a 200 of the freestyle.

**Splash Fee:** The splash fee of every meet in Iowa is a \$3 fee charged by the Iowa Swimming. This fee goes to cover administrative fees of Iowa Swimming related to sanctioning of the meet, operation of Iowa Swimming, etc. This information is stated in the meet invite and is one of the reasons I encourage you to read the meet invite prior to registering.

**Meet Entry Fees:** All meets charge a Meet Entry Fee on a per event basis. For example: An individual event cost \$5.25 and being on a relay cost \$10.50 (for the entire team thus it was \$2.63 per swimmer). These are the fees charged by the club that is hosting the meet.

**Meet Coaches Fee:** Coaching fees will be billed for each swimmer at swim meets. Swimmers will be charged \$13 for in-state non-championship meets, \$17 for in-state championship meets, \$22 for out of state non-championship meets and \$50 for Sectional meet (\$25 relay only). These fees are necessary to cover the cost of having coaches at the meets (travel costs, etc.).