



Indiana Swim Club Parent Information

SWIM CLUB

ETIQUETTE AND ATTITUDE:

Here at ISC, we strive to cultivate a positive, healthy environment, in order to focus on swimming with sportsmanship, accountability, and excellence. Please thoroughly read through the following articles (linked in PDF) so that together, swimmers, parents, and coaches can work as a team to make the club a positive place to thrive!

[The Best Advice I've Ever Heard a Swim Parent Give Their Kid](#)

[How to Be an Awesome Swim Parent](#)

[10 Ways Parents Sabotage Their Children's Swimming Careers](#)

During swim practice or meets, please do not enter the deck. This for safety, and is a USA Swimming Rule and insurance restriction. If you need to communicate with a coach, please either email the coach or wait until practice has ended and the coach has left the deck.

SWIM MEETS:

All swimmers should arrive at swim meets prepared, so that they can focus on competing and executing well! Swimmers of all ages and all groups are expected to arrive on deck knowing their entries for the day. Although parents may request events when they RSVP to the meets, the final decision is up to the coach.

Preparation includes knowing their event numbers and what each event is (e.g. 100 yard freestyle, 50 yard butterfly, etc.)** **Please do not send your swimmer on deck without this information.**

ITEMS TO BRING

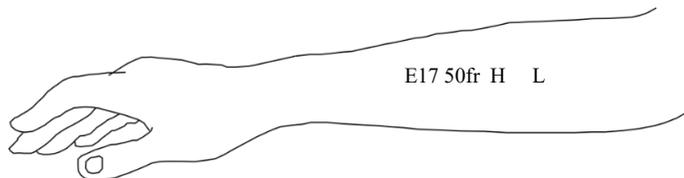
- 2 towels
- At least 2 water bottles
- Healthy snacks (energy bars, nuts, fruit)
- 2 swim caps
- a jacket or swim parka
- 2 pairs of goggles
- 1 or 2 meet suits (they should be 1-2 sizes smaller than your practice suit size)
- Black permanent marker (for the younger swimmers who need to write their heat and lanes in)

Younger swimmers can write their events in a black permanent marker on their arm, instead of memorizing them. For example, if they are in Event 17, 50 yard freestyle, they would write: **E17, 50 fr, H L. The spaces after H and L are for their heat and lane, which they will fill in themselves on deck. After warm up, when the swimmer heat sheets are posted on deck, the swimmers can take their markers, find their names on the heat sheets (which are organized by event,) and write in the H and L. For example:

Event #	#13 Girls 8 & Under 25 Yard Freestyle				Event Name
	Lane	Name	Age Team	Seed Time	
Heat # 1	Heat 1 of 2 Finals				
	2	Matthews, Marissa	7 LP-NC	42.44	
	3	Frame, Aubree	7 CCST-NC	35.87	
	4	Mercer, Jillian	7 LP-NC	37.64	
	5	Zelakowski, Caleigh	7 LP-NC	50.80	
Lane #	Heat 2 of 2 Finals				
	1	Lockwood, Peyton	7 LP-NC	29.20	
	2	Albrecht, Allie	8 LP-NC	24.60	
	3	Denton, Grace	8 LP-NC	22.56	
	4	Wilson, Kendall	7 CCST-NC	23.79	
	5	Kramb, Claire	7 CCST-NC	27.75	
	6	Love, Laniyah	7 LP-NC	31.88	
	#14 Boys 8 & Under 25 Yard Freestyle				
	Lane	Name	Age Team	Seed Time	

7 year old Laniyah Love is in #13, Girls 8 & Under 25 Yard Freestyle. She would find the event number on the heat sheet (the events are listed in chronological order) and find her name. In this case, she is in Heat 2, Lane 6. She would see this information and write in: **E13, 25 fr H2 L6**

Freestyle=fr Backstroke=bk
Breaststroke=br Butterfly=fly



HOW TO READ PSYCH SHEETS AND HEAT SHEETS

What is a Psych Sheet?

Psych sheets are lists of events in a swim meet that do not have heat and lane assignments for swimmers. Instead swimmers will be listed in each event seed time, fastest to slowest. These are used in most USA meets, and any other meet that are “deck seeded,” which means that meet personnel will wait for swimmers to sign in before they assign heats and lanes. Once they “seed” (or place swimmers in) the events, they’ll usually post the heat and lane assignments on a wall and hand them out to coaches. The advantage of deck seeding is that you don’t waste time having open lanes from absent swimmers. However, you won’t know your swimmer’s heat and lane assignments until shortly before they swim.

What is a Heat Sheet?

A heat sheet is the printed listing displayed before and during a meet that tells swimmers what events they will compete in. It also defines the swimmer's lane assignment per event. Lanes are typically assigned based on seed times, with the fastest swimmers in the center of the pool.

Events are listed in order, usually alternating events for girls and boys.

Sample Individual Event from a Heat Sheet:

Event number	Event 21 Girls 6 & Under 25 SC Meter Freestyle				
Heat number	Lane	Name	Age	Team	Seed Time
	Heat 1 Finals				
	1	Nolasco, Katy	6	LAKY-OH	XNT
	2	Reed, Abbie	5	LAN-OH	XNT
	3	Glossner, Gabrielle	5	LAKY-OH	X39.43
	4	Carlin, Emilee	5	LAN-OH	XNT
	5	Yanzsa, Sarah	6	LAKY-OH	X36.28
	6	Charles,, Cecilia	6	LAN-OH	XNT
	Heat 2 Finals				
	1	Maushart, Jaclyn	6	LAKY-OH	31.59
	2	James, Audrey	5	LAN-OH	NT
	3	Downs, Abigail	6	LAKY-OH	26.75
	4	Miller, Anna	5	LAN-OH	NT
	5	Decker, Isabelle	5	LAKY-OH	26.37
	6	Schueler, Delaney	6	LAN-OH	NT

Denotes exhibition heat

No time on record

Important Terms:

Seed time is the fastest time a swimmer or team of swimmers has swum an event prior to the submission of entries for the meet. For individuals, this is the time entered for the swimmer for the event, and is a good goal to try to beat. It also factors into lane placement and heat number.

An “NT” listed for seed time means no seed time has yet been recorded for that swimmer, i.e. that swimmer has not competed in that event, or was disqualified during the event.

An **X** in front of seed time means the swimmer is swimming an **exhibition heat**.

In **exhibition heats**, swimmers receive a time, but do not score points for the team. Exhibition heats are performed so that more swimmers can participate in events, and are a valuable opportunity to get a legal time for championship eligibility, or achieve one’s personal best.

Note: Individual Medleys are swum in order:

1) Butterfly, 2) Backstroke, 3) Breaststroke, 4) Freestyle.

It’s important for swimmers to know the order, because any other order will result in a “DQ” or disqualification.

As in the example above, swimmers in age groups **6 & under** and **8 & under** swim **one length** of the pool, or 25 meters, whereas **older swimmers swim two lengths**, down and back, or 50 meters. In their relay medleys, swimmers 1 and 3 enter the water at one end of the pool, and swimmers 2 and 4 at the opposite end. Older swimmers start and finish at the same point.

Relay medleys are swum in order:

1) Backstroke, 2) Breaststroke, 3) Butterfly, 4) Freestyle.

Accordingly, in the relay event below, Nicholas Wolf will swim backstroke, Keith Miller the breaststroke, Ryan Anthony the butterfly, and Chris Carlin the freestyle. They will swim in Heat 1, Lane 4. Their team has not yet received a legal seed time, so they have “NT.” This team is in the age group that swims two lengths of the pool, or 50 meters, each, which is reflected in the 200- meter event distance.

<u>Event 4 Boys 9-10 200 SC Meter Medley Relay</u>				
	<u>Lane</u>	<u>Team</u>	<u>Relay</u>	<u>Seed Time</u>
Heat number	Heat 1 Finals			
	1	LAKY-OH McDonnell, Alex, 10 James, Benjamin 10	D Wilson, Tim 10 Martin, Justin 9	NT
Lane number	2			
	3	LAKY-OH Collins, Tyler 9 Hawkins, Garrett 9	B Littig, Matthew 10 Anderson, Brady 10	3:37:47
Swimmer 1	4	LAN-OH Wolf, Nicholas 10	A Miller, Keith 9	NT
Swimmer 3		Anthony, Ryan 10	Carlin, Chris 9	
	5	LAKY-OH Sepela, Jacob 10 Lasance, Eric 9	A Martin, Tommy 10 Phillips, Tyler 10	3:13:97
	6	LAN-OH Livznage, Ransika 9 Shorten, Zach 9	C Rainford, Alex 10 Riggs, Conner 9	4:03:89

HELPFUL APPS

1. Meet Mobile

Meet Mobile is the smart phone app that is used by most swim parents to track real-time results at meets. For a small annual fee (around \$4/year), MM functions as an electronic heat sheet, displaying heat and lane assignments and race results. It also displays meet results for past meets. You can track your own children and others by highlighting a star by each swimmer's name. Many meets do not offer paper heat sheets any longer and use Meet Mobile exclusively.

2. Deck Pass

Deck Pass, the official app of USA Swimming, holds all of your child's best times. It is free with your registration. It also allows swimmers to log personal goals and interact with friends through the USA Swimming website.

3. OnDeck

This free app through TeamUnify allows you to access team accounts, events, and best times. You can use the app to search and break down your swimmer's past achievements by filtering by Event or Swimmer.

FREQUENTLY ASKED QUESTIONS

1. Why can't I go on deck as a parent?

- a. This is a USA Swimming safety rule and insurance restriction.

2. What if my swimmer misses an event?

- a. If your swimmer misses an event because of an external interference (for example, a timer who tells the wrong swimmer to get on the block, or a loud noise caused swimmers to startle or pause), your swimmer should notify the coach immediately so that she can be put in an empty lane or otherwise allowed to make up the swim. You as a parent cannot advocate for your child because you will not be allowed on deck.
- b. If your swimmer missed an event because they did not pay attention, then they will not be allowed to make up their swim and will not be allowed to swim the rest of their events that day (except for relays).

3. What if my swimmer is disqualified (DQed)?

- a. DQs happen for several reasons, including starting too soon or swimming an event with improper technique or using an improper touch at one of the pool (for example, not using a two-handed touch after finishing the breaststroke). A swimmer who is DQed does not receive a time for that event. A DQ will show up in Meet Mobile with the letters DQ next to a swimmer's name.
- b. From the stands, you can see when a swimmer might be DQed if an official raises their arm during an event. It is difficult to determine what swimmer has been DQed, however, because each official oversees several lanes at once. If your swimmer is DQed, they will be notified by an official or their coach following their race.

- c. Although your swimmer might be disappointed that they were DQed, *this happens to everyone!* Although it can be painful, this is how swimmers learn not to repeat certain mistakes. Do not be made at your swimmer for being DQed. It is just part of improving as a swimmer.

4. What is the difference between short course and long course?

- a. Short course season is in the fall-spring, beginning in September, and long course season is in the summer, which begins in April. Short course meets are swum in 25 short course yard (SCY) pools, and long course meets are swum in 50 meter (LCM) pools.
- b. Your swimmer's short course season times will usually be lower than their long course season times because there are more turns and opportunities to push off the wall.

5. What are different time standards and what are they used for?

- a. There are different time standards for different meets. Most meets do not require that swimmers have particular time qualifications. The typical time standards used are USA Swimming Motivational Times: B, BB, A, AA, AAA, AAAA. These standards allow meet hosts to group swimmers with like abilities.

6. What is positive check-in?

- a. Positive check-in means that swimmers have to confirm that they are swimming in particular events the day of the meet by signing in before that meet session. Usually if positive check-in is required, sign-up sheets will be posted. There is usually a deadline to sign in, shortly after warmups begin. This information will be on the meet information sheet.

Many times, a meet will ask students to check in with their coaches instead of signing in on a posted form.

7. What is a Chase Start or a Flyover Start?

- a. Chase starts are used in long course (summer, 50M pool) meets to help speed up the meet. Swimmers start from both ends of the pool in a staggered fashion. Swimmers need to know to exit the pool immediately upon finishing a race to get out of the way of the swimmer behind them.
- b. Fly-over starts are also used to speed up a meet, and require swimmers to stay in the water and under the blocks once they are done with their heat while the swimmers in the next race mount the blocks and start their race (flying over the swimmers in the water). This format is never used for backstroke events.

8. What are the different meet formats called Finals Only and Prelims-Finals?

- a. In "finals only" sessions, swimmers swim each event only once during a meet weekend. Meet sessions for swimmers who are 10 years old and younger are *only* "finals only" events. Some meets also have the "finals only" format for older swimmers 11 years old and over as well. Others—including divisional and state championship meets—have a "prelims-finals" format where swimmers swim each event once in the morning and attempt to qualify for finals that evening. Typically, the eight fastest swimmers make the championship (or "A") heat in finals, and the next fastest 8 qualify for the consolation (or "B") heat in finals. Making finals is an honor no matter what heat a swimmer is in. Two alternates for finals are also chosen. Swimmers who qualify for finals who cannot come back in the evening must "scratch," or

cancel. As swimmers who made finals “scratch,” others are moved up into the heats from the bottom. Swimmers who don’t scratch but who do not show up for Finals face consequences such as being fined at least \$50 and being pulled out of their next prelim event in that meet (the fine is increased if they do not show on the last day of the meet). The meet information sheet lists the consequence for swimmers who are no-shows at finals.

- b. If your swimmer is injured or sick before finals, tell your coach as soon as possible so that the meet director can be notified. Do not no-show.
- c. The names of swimmers who made finals are announced during the prelims portion of the meet and will also be posted in a common area where swimmers and coaches can see it.
- d. It is expected that swimmers who qualify for finals will stay and swim again absent extenuating circumstances. Even in prelim-final meets, some distance events (such as the Mile) are only swum once and thus are “finals-only” events.

9. What are time trials?

- a. Time trials are events typically scheduled after a regular meet session, and are paid for on deck that day. Swimmers enter time trials to try to get cuts before championship season begins. They are run very fast, and multiple events may be combined.