



SWIM CLUB

**Handbook**

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## **History**

Indiana Swim Club (ISC) was originally founded in 1955 as Bloomington Swim Club by the legendary Dr. James E. “Doc” Counsilman, as a competitive swimming program for children ages 5-21. At the time the Club was sponsored by Bloomington Parks and Recreation, and in 1967 the club became a not-for-profit, run by a Board of Directors consisting of parents and other interested members of the community. In 2018, Bloomington Swim Club joined with another local team, the Councilman Center Swim Team, to form the Indiana Swim Club (ISC). Indiana Swim Club is a member of USA Swimming, the national governing body for the sport of swimming, and Indiana Swimming, Inc. (ISI), the governing body for swimming in the state of Indiana.

## **Mission Statement**

The mission of the Club is to encourage youth in the Bloomington area to experience the sport of swimming at a variety of levels, from the beginning swimmer to the national caliber swimmer, in a safe and supportive environment that fosters discipline, sportsmanship, and self-esteem.

## **Program Philosophy**

- Teach the techniques of competitive swimming.
- Develop sound stroke mechanics.
- Increase physical strength while building cardiovascular endurance.
- Provide each team member with individual attention, regardless of age or experience level.
- Promote team spirit and unity through competition and social interaction.
- Develop a sense of commitment and responsibility required for achieving individual success.
- Promote the psychological development of each athlete by providing goal achievement programs resulting in positive self-esteem and a sense of accomplishment.

# **Parental Responsibilities and Club Values**

## **Parental Responsibilities**

Parents are the primary support group for swimmers and coaches. Without parent interest and assistance, the Club would not be able to attend or hold meets, have regular practice sessions with paid coaches, or even exist as a team. As a swim parent, your major responsibility is to provide a stable, loving, and supportive environment for your swimmer(s). This positive environment will encourage your child through the ups and downs of swimming. Encouraging your child's attendance at practices and meets is the best way of supporting your child and showing that you have a genuine interest in what they are doing.

Although parents are not actual participants on their child's team, they often are a major contributing factor in swimmers' and team success. Parents also serve as role models, and their children often emulate their attitudes. If parents have unsportsmanlike attitudes, their child may believe that this behavior is okay and do the same, so that they end up not enjoying their swimming experience. Please strive to be a positive sports role model. Show good sportsmanship, especially towards coaches, officials, teammates, and opponents.

Be enthusiastic and supportive. Remember that your child is the swimmer. Children need to establish their own goals and monitor their own progress towards them. Be careful not to impose your own standards and goals onto your athlete. Remember that all swimmers improve at different rates, and it is not productive to compare your child's times and rate of development with those of other swimmers. Do not overburden your child with unproductive comparisons, with the idea of "winning," or with achieving certain times. The most important part of your child's swimming experience is that he/she learns about setting and achieving goals while enjoying the sport. This healthy environment encourages learning and fun, which will help your child to develop a positive self-image.

## **Indiana Swim Club Values**

What we, as a group, demonstrate to our children and to other communities will partially determine how they perceive the commitment and values of the Club. Parents and coaches should follow the values and mission of the Club as our shared pursuit.

1. To give every swimmer the opportunity to enjoy the sport of swimming.
2. To reinforce the values of teamwork, individual effort and self-sacrifice.
3. To promote the values of good citizenship by practicing respect for authority and one another.
4. To offer children the benefits of positive adult and peer associations.

# Codes of Conduct

## ISC Swimmer & Parent Agreement

The Indiana Swim Club Handbook contains helpful information about the club and the sport of competitive swimming. The handbook has a section on ISC values including:

- To give every swimmer the opportunity to enjoy the sport of swimming.
- To reinforce the values of teamwork, individual effort and self-sacrifice.
- To promote the values of good citizenship by practicing respect for authority and one another.
- To offer children the benefits of positive adult and peer associations.

Article IX of ISC Bylaws, pertaining to the Code of Conduct, states:

The Club and its membership, as members of USA Swimming and Indiana Swimming, Inc., are bound by the Code of Conduct of those organizations and its own Code of Conduct as stated in the Indiana Swim Club Handbook. The Club grants the privilege of membership to individuals committed to those values and beliefs. The privilege of membership may, therefore, be withdrawn or denied by the Club at any time where it determines that a member or prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it. It is the intention of the Club that its policy regarding discrimination and harassment, including sexual harassment, mirror Article 304 of the Rules and Regulations of USA Swimming (Code of Conduct), and Article 305 of Indiana Swimming, Inc. By-laws (Code of Conduct). Any act construed as a violation of either of the Articles will be deemed a violation of the Club's code of conduct and will not be tolerated.

Because the actions of each Member reflect upon the entire Club, expectations are that our members will act in accordance with the values, missions, and By-laws of the Club. Inappropriate conduct may include, but is not limited to, the following examples:

- A. A member's verbal threat to intimidate another member.
- B. Causing harm to the Club or its members.
- C. A member places another's safety at risk.
- D. A member who brings adverse action against the club or its members, legal, or otherwise.
- E. Actions which result in monetary expenditure by the Club in response to any adverse action.

Actions outlined in paragraphs A through E above or violations of the Code of Conduct, as determined by the Board in its sole discretion, may result in revoking membership in accordance with Club By-laws and applicable law with or without a pro-rated refund of membership fees.

## Membership Dues

Dues are a necessary part of the organization. Without dues, the Club could not hire coaches or pursue the goals of the Club. Each season the Board prepares a budget to cover necessary expenses while analyzing expenses and conserving resources to keep dues as reasonable as possible. As a result, for the Club to function effectively, it is mandatory that dues be paid in a timely and conscientious manner.

The following is required of every family to become a member in good standing:

- Completed registration form
- USA Swimming registration form
- Payment of all registration fees in full or partial payment in accordance with the registration contract.

Paying dues in a timely manner is not only a financial necessity for the club, but also a legal requirement to maintain good standing within the Club. The Club's activities are sanctioned by USA Swimming and as such swimmers are covered under the USA Swimming liability insurance policy. Proof of coverage for swimmers is their USA Swimming registration card bearing their registration number. However, if a swimmer is not current with their dues, and therefore not in "good-standing", it may adversely affect their eligibility for coverage under the policy. To limit Club liability, INDIVIDUALS NOT ELIGIBLE FOR INSURANCE COVERAGE CANNOT BE ALLOWED TO PARTICIPATE IN ANY CLUB SPONSORED, MONITORED OR CONTROLLED ACTIVITIES. Parents should be aware of the Withdrawal policy stated on the Registration Contract and note that dues are not refundable after the 2-week trial period.

### **USA Swimming Registration**

All swimmers are required to register with USA Swimming when they join ISC. USA Swimming is the governing body of amateur swimming in the United States and provides insurance for all swimmers during scheduled practices and USA Swimming sanctioned meets. An annual fee is required for USA Swimming registration and will be paid with ISC registration.

### **Pro-rated Dues Policy**

If a family moves into the Bloomington area or a local resident wants to join ISC after the beginning of the season, that family's dues (except USA Swimming and other required fees) are pro-rated according to what month the swimmer(s) start swimming with the Club. If the swimmer(s) start before the 15<sup>th</sup> of the month, dues are pro-rated starting from the 1<sup>st</sup> of that month. If the swimmer(s) starts after the 15<sup>th</sup>, the dues will be pro-rated from the 1<sup>st</sup> of the following month.

Membership is committed to a season at a time (short course and long course). Partial Memberships or Pro-rating for mid-season absences and/or to accommodate vacations or other activities will not be accepted. However, if an unforeseeable event should occur due to circumstances beyond the control of the athlete or parent, (e.g. medical, legal, etc.) preventing the athlete from participating in team activities, pro-rating of dues may be appealed to the Board for a ruling. If it is at all conceivable that this may occur, this request must be made to the Board at the time of registration. Should a planned absence later NOT occur, fees pro-rated under this provision will be due and payable.

### **Scholarship Policy**

Any ISC swimmer has an opportunity to apply for a scholarship from ISC. The swimmer's family must fill out an application form explaining the need for a scholarship and provide their current income and references. The Board will review the application in confidence and render a decision. When a scholarship is granted, the swimmer's family is asked to sign an ISC Scholarship Agreement where the terms of the scholarship are outlined.

The scholarship recipient will be responsible for a minimum 25% of the dues in addition to any required fees. To avoid out of pocket expenses, the recipient is encouraged to raise money for ISC sponsored

activities up to or beyond the 25%. The Club may grant the remaining percentage as the scholarship. The scholarship cannot exceed the amount of money the club has available in the scholarship fund.

The Treasurer(s) will keep track of the scholarship fund balance. The scholarship fund may receive a donation from an individual outright, or from an individual who designates excess fee assistance to the fund, or from other fundraising methods deemed for the scholarship account by the Board.

## **Swim Group Placement**

The ISC Age-Group Swimming program is divided into seven (7) levels of instruction as follows. There are two basic criteria for the placement of a swimmer into each of the seven groups: age and ability. When a new swimmer registers with the Club, they will be evaluated by the coaching staff and placed in the appropriate group according to age and ability. As the swimmer progresses there will be opportunities to move up to the next appropriate group each season. Age and ability are the criteria used because experience has shown that this best serve both the swimmer's social and physical development.

### **Discovery**

This group is primarily for ages 5-9 years. This is a pre-competitive group designed to introduce the basics of competitive swimming in a fun learning environment. Children should be able to swim 25 yards of freestyle & backstroke and have a working knowledge of breaststroke and butterfly while participating in 2 or more sessions per week. Group focus: Acquire the basic skills of the four competitive strokes, learn to handle oneself in a group (team) environment, and initiate the development of team pride. Practices are 1 hour, with 3 offerings per week.

### **Developmental**

This group is primarily for ages 7-10 years. This level is structured to prepare children for participation in competition, and will continue to develop skills in all four strokes. Children should be able to regularly demonstrate they are able to swim 50 yards legally of all four strokes, perform a legal 100IM, and have met the attendance requirement of their preceding training group. Group focus: Daily stroke technique work, introduction to primary racing skills and situations, being a good teammate, team pride, introduction to dryland activities. Practices are 1 hour, 20 minutes in length with 4 offerings per week.

### **Rising Stars**

This group is primarily for ages 9-12 years. Swimmers will be introduced to endurance training with the primary daily focus being the development of good technical habits. Participants should be able to regularly demonstrate they are able to swim 100 yards legally of all four strokes, perform a legal 200IM, have met the attendance requirement of their preceding training group, and have achieved national "BB" times or better. Participants should be able to regularly demonstrate they are able to complete sets of 8 x 100-yard freestyle repeats on the 1:45 interval and sets of 4 x 200 IM repeats on the 4:00 interval. Swimmers are encouraged to attend 4 or more practices per week. Group focus: Increased technique development, further development of racing skills, introduction to endurance training, being a great teammate; development of sportsmanship, and increased dryland. Athletes should strive to participate in at least one meet every month of each swim season. Practices are 1 hour, 40 minutes in length with 5 offerings per week.

### **Middle School Prep**



This group is primarily for middle school students in the 6<sup>th</sup>-8<sup>th</sup> grade who may be new to swimming or those that want to focus on getting ready for the middle school competitive swimming season. Group focus: Daily stroke technique work, introduction to primary racing skills and situations, being a good teammate, team pride, introduction to dryland activities. Practices are 90 minutes in length with 4 offerings per week.

### **Age Group Performance**

This group is primarily for ages 11-14 years. This group is for advanced age group swimmers. Entrance into this group requires a higher level of year-round commitment for age group swimming than previous groups. Participants should be able to regularly demonstrate they are able to complete sets of 10 x 100-yard freestyle repeats on the 1:30 interval and sets of 6 x 200 IM repeats on the 3:30 interval. They have shown a commitment to swimming by meeting the attendance requirement of their preceding training group and have achieved a minimum of 2 Indiana Divisional Time Standards or more. Group focus: Continued technique development and refinement. Further development of endurance training with increased intensity and duration, continued development of racing skills and strategies, development of self-responsibility, being a great teammate, further development of sportsmanship, introduction to the importance of nutrition, and participation in more complex dryland activities. Athletes should strive to participate in at least one meet every month of each swim season. Recommend 5 or more practices per week. Practices are 2 hours in length with 6 offerings per week with additional practices during school breaks.

### **Senior**

This group is primarily for swimmers ages 14 and up. Entrance into this group requires a level of commitment in attendance, attitude, maturity, and work ethic above what the athlete has done previously. Proper technique and skills are required and will be critiqued and reinforced in practice. Participants should regularly exemplify a desire to excel and a willingness to be coached. They are able to successfully complete a comprehensive variety of challenging training sets, and have demonstrated a commitment to swimming by meeting the attendance requirement and achieving state and national time standards. Group focus: Precise technique refinement and racing skill development, increased intensity of endurance, speed, and strength training in and out of the water, good decision-making pertaining to nutrition and rest, impeccable sportsmanship and leadership, and being a great teammate. Athletes in this group are motivated to achieve state and national time standards and place high in elite level competitions and are expected to attend 90% or more of all sessions. Practices range from 1 hour, 20 minutes up to 2½ hours with a total of 8 offerings during the school year and additional practices during school breaks. 3 additional 1-hour strength and conditioning sessions are required as well.

### **High School Prep**

This group is primarily for high school students who want to continue their training and skill work but not at the level of commitment of the Senior Group. Group focus: Precise technique refinement and racing skill development, endurance and speed work, good decision-making pertaining to nutrition and rest, impeccable sportsmanship and leadership, and being a great teammate. The High School Prep Group is one of the first steps to senior level swimming and is an excellent option for swimmers focused on high school swimming, first-time year-round swimmers, or busy students juggling multiple extra-curricular activities. Practices are 2 hours, 15 minutes in length with 4 offerings per week.

## **Moving from Group to Group**

When swimmers start improving, they should move up to the next appropriate group. ISC has two criteria for moving up to the next group: 1) Age and 2) Ability. To move from the Discovery Group to the Developmental Group a swimmer must first meet the age requirement and then be able to satisfy the Developmental Group requirements. Parents and swimmers may request particular groups; however, coaches will make the final decision on when it is appropriate for a swimmer to move to another group. Fees will be adjusted for the remainder of the season when a swimmer moves groups.

### **Age determination for moving from group to group is as follows:**

When a swimmer's birthday is before the end of the season, and they have passed the test set, the swimmer can move up to the next group at the beginning of the season.

## **Practice Guidelines**

### **Early Drop-off Policy**

Coaches are expected to arrive at the pool 15 minutes prior to the start of practice as well as remain for 15 minutes after the practice ends. Therefore, it is highly unsafe for parents to drop off their swimmers at the pool any earlier than 15 minutes prior to the start of practice. Doing so risks the swimmer being unsupervised for a period of time until the coach or coaches arrive. We are guests of the various facilities that allow the Club to use their pools and facilities for practices. The safety of your swimmer is our number one concern, however, respect for the facilities and limiting Club liability is equally important. Parents are expected to be responsible for staying with their swimmer until a coach arrives, not only to watch out for their safety around a pool area, but also to ensure that the swimmer is behaving appropriately and not abusing the privileges afforded to the team by the facilities. Appropriate behavior is required at all times, and your assistance in this matter is greatly needed.

### **Parents' Encouragement**

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. However, human nature is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/her children's athletics. The coach is the coach! ISC wants your swimmer to relate to his or her coach as soon as possible concerning swimming matters. The relationship between coach and swimmer produces the best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and often insurmountable, confusion as to whom the swimmer should listen. If you have a problem or complaint, please contact the coach.

The coach's job is to motivate and constructively critique the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition. Swimmers ten and under are the most inconsistent and this can be frustrating for parents, coaches, and swimmers alike! Parents and coaches must be patient and permit these youngsters to learn to love the sport. When a young swimmer first joins ISC, there may be a brief period in which he/she appears to slow down. This is the result of the added concentration on stroke technique, but this will soon mean much faster swims

for the swimmer. Even the best swimmers have meets where they do not swim their best times. These "plateaus" are a normal part of swimming. Over the course of a season, times should improve. Please be supportive of these "poor" meets. The older swimmers may only have two or three meets a year for which they will be rested and tapered.

Parents are part of the ISC TEAM! You are welcome to stay at practices. Parents keep the club operating! So, please, attend the board meetings, work ISC swim meets, and attend ISC social activities. Volunteer! To coin a familiar phrase, "Ask not, what ISC can do for you, but ask what you can do for ISC!"

### **Problems With the Coach**

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created. Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or training group that can range in size from 6-135 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short-term inconvenience. Competitive swimming is an individual effort in a team sport. The goals of each swimmer and coach are to be "out there trying," working to improve his/her swimming skills and attitudes, developing the feel for competing, and having fun. If your child swims for a Group Coach other than the Head Coach, please communicate directly with him/her about your concerns. If you feel the problems are not being dealt with in an appropriate or timely manner, ask the Head Coach to join the dialogue as a third party. If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He or she is the only one who can resolve the problem. Remember, direct communication works!

# Safe Sport: Minor Athlete Abuse Prevention Policy

## THIS POLICY APPLIES TO:

- All USA Swimming non-athlete members and adult athlete members;
- Participating non-members (e.g., meet marshals, meet computer operators, timers, etc.);
- LSC and club adult staff and board members; and
- Any other adult authorized to have regular contact with or authority over minor athletes. Collectively “Applicable Adult(s)”

## General Requirement

USA Swimming member clubs and LSCs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club.

## ONE-ON-ONE INTERACTIONS

1. Observable and Interruptible
  - a. One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor’s legal guardian) must occur at an observable and interruptible distance from another adult unless meeting with a Mental Health Care Professional and/or Health Care Provider (see below) or under emergency circumstances.
2. Meetings
  - a. Meetings between a minor athlete and an Applicable Adult may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult, except under emergency circumstances. b. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting. c. Meetings must not be conducted in an Applicable Adult or athlete’s hotel room or other overnight lodging location during team travel.
3. Meetings with Mental Health Care Professionals and/or Health Care Providers
  - a. If a Mental Health Care Professional and/or Health Care Provider meets with a minor athlete in conjunction with participation, including at practice or competition sites, a closed-door meeting may be permitted to protect patient privacy provided that: a. The door remains unlocked; b. Another adult is present at the facility; c. The other adult is advised that a closed-door meeting is occurring; and d. Written legal guardian consent is obtained in advance by the Mental Health Care Professional and/or Health Care Provider, with a copy provided to the club.
4. Individual Training Sessions [Recommended]
  - a. Individual training sessions outside of the regular course of training and practice between Applicable Adults and minor athletes are permitted if the training session is observable and interruptible by another adult. Legal guardians must be allowed to observe the training session.

## **SOCIAL MEDIA AND ELECTRONIC COMMUNICATIONS**

### **1. Content**

All electronic communication from Applicable Adults to minor athletes must be professional in nature.

### **2. Open and Transparent**

Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete's legal guardian must be copied. If a minor athlete communicates to the Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult must copy the minor athlete's legal guardian on any electronic communication response to the minor athlete.

When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult must copy another adult.

### **3. Requests to Discontinue**

Legal guardians may request in writing that their minor athlete not be contacted through any form of electronic communication by the club, LSC or by an Applicable Adult subject to this Policy. The organization must abide by any such request that the minor athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.

### **4. Hours**

Electronic communications must only be sent between the hours of 8:00 a.m. and 8:00 p.m., unless emergency circumstances exist, or during competition travel.

### **5. Prohibited Electronic Communication**

Applicable Adults with authority over minor athletes are not permitted to maintain private social media connections with unrelated minor athletes and such Applicable Adults are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Applicable Adult has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with minor athletes must be discontinued. Minor athletes may "friend" the club and/or LSC's official page. Applicable Adults with authority over minor athletes must not send private, instant or direct messages to a minor athlete through social media platforms.

## **TRAVEL**

### **1. Local Travel**

Local travel consists of travel to training, practice and competition that occurs locally and does not include coordinated overnight stay(s). Applicable Adults must not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must always have at least two minor athletes or another adult in the vehicle, unless otherwise agreed to in writing by the minor athlete's legal guardian. [Recommended] Legal guardians must pick up their minor athlete first and drop off their minor athlete last in any shared or carpool travel arrangement.

### **2. Team Travel**

Team travel is travel to a competition or other team activity that the organization plans and supervises.

- a. During team travel, when doing room checks two-deep leadership (two Applicable Adults should be present) and observable and interruptible environments must be maintained. When only one Applicable Adult and one minor athlete travel to a competition, the minor athlete's legal guardian must provide written permission in advance and for each competition for the minor athlete to travel alone with said Applicable Adult. Team Managers and Chaperones who travel with the club or LSC must be USA Swimming members in good standing.
- b. Unrelated non-athlete Applicable Adults must not share a hotel room, other sleeping arrangement or overnight lodging location with an athlete. Minor athletes should be paired to share hotel rooms or other sleeping arrangements with other minor athletes of the same gender and of similar age. When a minor athlete and an adult athlete share a hotel room or other sleeping arrangement, the minor athlete's legal guardian must provide written permission in advance and for each instance for the minor to share a hotel room or other sleeping arrangement with said adult athlete.
- c. Meetings during team travel must be conducted consistent with the One-on-One Interactions section of this Policy (i.e., any such meeting must be observable and interruptible). Meetings must not be conducted in an individual's hotel room or other overnight sleeping location.

## **LOCKER ROOMS AND CHANGING AREAS**

### **1. Requirement to Use Locker Room or Changing Area**

The designated locker room or changing area must be used when an athlete or Applicable Adult changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).

### **2. Use of Recording Devices**

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a minor athlete or an Applicable Adult is prohibited.

### **3. Undress**

An unrelated Applicable Adult must not expose his or her breasts, buttocks, groin or genitals to a minor athlete under any circumstance. An unrelated Applicable Adult must not request an unrelated minor athlete to expose the minor athlete's breasts, buttocks, groin or genitals to the unrelated Applicable Adult under any circumstance.

### **4. One-on-One Interactions**

Except for athletes on the same team or athletes attending the same competition, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area, except under emergency circumstances. If the organization is using a facility that only has a single locker room or changing area, separate times for use by Applicable Adults must be designated.

### **5. Monitoring**

The club must regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:

- a. Conducting a sweep of the locker room or changing area before athletes arrive;
- b. Posting staff directly outside the locker room or changing area during periods of use;

c. Leaving the doors open when adequate privacy is still possible; and/or

- d. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms.

Every effort must be made to recognize when a minor athlete goes to the locker room or changing area during practice and competition, and, if the minor athlete does not return in a timely fashion, to check on the minor athlete's whereabouts.

#### 6. Legal Guardians in Locker Rooms or Changing Areas

Legal guardians are discouraged from entering locker rooms and changing areas. If a legal guardian does enter a locker room or changing area, it must only be a same-sex legal guardian and the legal guardian should notify a coach or administrator in advance.

### **MASSAGES AND RUBDOWNS/ATHLETE TRAINING MODALITIES**

#### 1. Definition

In this section, the term "Massage" refers to any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).

#### 2. General Requirement

Any Massage performed on an athlete must be conducted in an open and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.

#### 3. Additional Minor Athlete Requirements

- a. Written consent by a legal guardian must be obtained in advance by the licensed massage therapist or other certified professional, with a copy provided to the club.
- b. Legal guardians must be allowed to observe the Massage.
- c. Any Massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the Massage in the room.
- d. [Recommended] Any Massage of a minor athlete must only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician's treatment plan.



# Swimming: The Sport

## USA Swimming

USA Swimming is the national governing body for amateur competitive swimming in the United States. USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act that specified all Olympic Sports would be administered independently. Prior to this act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, Indiana. The USA Swimming headquarters office was established in Colorado Springs, Colorado, in 1981 and is located at the Olympic Training Center. As the National Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects the athletes to represent the United States in international competition. USA Swimming is a nonprofit organization made up of very dedicated volunteers. Interested individuals donate their time, energy, and expertise at every level from the national Board of Directors to the local swimming clubs. All policy decisions are made through a chain of committees that report to elected vice presidents. The USA Swimming House of Delegates meets once a year at the annual USA Swimming convention and determines the rules and regulations for swimming for the following year. In between yearly meetings of the House of Delegates, an elected USA Swimming Board of Directors is charged with the responsibility for making decisions for the corporation.

## USA Swimming Headquarters

The USA Swimming headquarters provides a variety of services and programs for its membership. Among the many services are publications, educational programs, fundraising activities, sports medicine programs, video resources, and general information about swimming related activities. USA Swimming staff is available to assist you in answering questions or providing additional information about USA Swimming.

## USA Swimming Bill of Rights

- Right of opportunity to participate in sports regardless of ability level.
- Right to have qualified adult leadership.
- Right to participate in safe and healthy environments.
- Right to play as a child and not as an adult.
- Right to proper preparation for participation in the sport.
- Right to participate at a level that is commensurate with each child's developmental level.
- Right to be treated with dignity by all involved.
- Right to equal opportunity to strive for success.
- Right to have fun through sport.

## International

The international federation for the aquatic sports is the Federation Internationale de Natiation Amateur (FINA). USA Swimming is affiliated with FINA through United States Aquatic Sports (USAS) made up of the four aquatic sports: swimming, synchronized swimming, diving, and water polo.

## **National**

USA Swimming is a Group A member of the United States Olympic Committee (USOC) and has voting representation in the USOC House of Delegates.

## **Local**

Within the United States, USA Swimming is divided into fifty-nine Local Swimming Committees (LSCs) each one responsible for administering USA Swimming activities in a defined geographical area. Each LSC has its own set of by-laws under which it operates. A House of Delegates consisting of the LSC Board of Directors and representatives for athletes, coaches, and clubs are responsible for managing the business affairs of each LSC.

## **The Competition**

Each swim meet offers a variety of events and distances, depending on the age group and classification (See Age Group Swimming in the glossary). The number of events per day each swimmer may enter depends on how the host team has structured the meet and whether it is a “timed finals” or a “prelims / finals” type of meet. Swimmers twelve and under who have not achieved national "A" times participate in meets in which the sessions are four hours or less. The technical rules for each stroke are published the first quarter of each year in the USA Swimming rulebook that becomes effective on or about the 15<sup>th</sup> of May for the current year. These rules are reviewed annually and updated to keep pace with new techniques and advances in swimming mechanics, so the rulebook for the current year should be consulted for the most current requirements. The following paragraphs describe the technical rules for the 4 basic strokes effective 15 May 2009.

## **The Skills**

The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly.

### **Freestyle**

*Start:* The forward start shall be used.

*Stroke:* In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

*Turns:* Upon completion of each length the swimmer must touch the wall.

*Finish:* The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

## **Backstroke**

*Start:* The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start is prohibited.

*Stroke:* The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.

*Turns:* Upon completion of each length, some part of the swimmer must touch the wall. During the turn, the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.

*Finish:* Upon the finish of the race, the swimmer must touch the wall while on the back.

## **Breaststroke**

*Start:* The forward start shall be used.

*Stroke:* After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane, without any alternating movement.

The hands shall be pushed forward together from the breast, on, under, or over the water. The elbows shall be underwater except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

*Kick:* After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

*Turns and Finish:* At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete

or incomplete cycle preceding the touch. Once a touch has been made, the swimmer may turn in any manner desired.

## **Butterfly**

*Start:* The forward start shall be used.

*Stroke:* After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.

*Kick:* All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

*Turns:* At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

*Finish:* At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

## **Individual Medley**

*Start:* The forward start shall be used.

*Stroke:* The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke in this order: butterfly, backstroke, breaststroke, freestyle.

*Turns:* Intermediate turns within each stroke shall conform to the turn rules for the stroke. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

**Butterfly to backstroke:** The swimmer must touch as described in Butterfly finish above. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

**Backstroke to breaststroke:** The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer's feet leave the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

**Breaststroke to freestyle:** The swimmer must touch as described in the Breaststroke finish above. Once a legal touch has been made, the swimmer may turn in any manner desired.

*Finish:* The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

### **Freestyle Relay**

Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Free style finish rules apply.

### **Medley Relay**

Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: First, backstroke; second, breaststroke; third, butterfly; and fourth freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

### **Rules Pertaining to Relay Races**

- No swimmer shall swim more than one leg in any relay event.
- When automatic relay take-off judging is used, each swimmer must touch the touch plate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
- In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
- Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

### **ISC Relay Policy**

The coaches will determine relay teams at each meet for each age group using the following criteria:

- The four swimmers in each age group that have acquired the fastest times in a previous sanctioned meet will be slated for the A Relay. The B Relay will be composed of the next four fastest swimmers and so on.
- Some meets have Open Age Group Relays, which allows any swimmer from any age group the opportunity to qualify and to be placed on those relays.
- Relays will be set before each meet from the completed meet entry forms that are turned in on time.

Changes in the relay line-up will occur given the following circumstances:

- A slated swimmer must leave before the relay is swam, becomes ill, does not come to the meet or does not want to swim the relay.
- On the day of a meet, prior to the relay, a swimmer attains a time that is faster than the qualifying time of a swimmer already slated. This must be in an event specific to the relay.
- A swimmer has not swam the event before but the coach of that swimmer is confident that he / she is fast enough to be on the relay. Coaches attempt to have as many relays as possible to allow swimmers the opportunity to compete.
- Relays are scheduled at the end of the meet session at many meets. Coaches do their best to let swimmers know ahead of time that they may swim on a relay. Please have your swimmer check with their coach prior to leaving a meet to ensure your swimmer is not slated on a relay.

### **State Championship Relays**

Swimmers' times achieved before the entry due date of the State meet entry will be used to determine the State relay teams. When ISC has more than one relay entered in one age group, the above cases for making changes in the relays will apply.

## **Swim Meet Guidelines**

The following information will help parents and swimmers get the most out of the competitive swimming experience. All the information comes from ISC parents and officials who have participated in many swim meets over the years. These guidelines should answer many questions regarding swim meets.

### **Meet Entries**

Meet entries, and meet entry deadlines, are controlled by the host team. As soon as the meet information is made available to the coaches, meet entry will be available on the ISC website. Your swimmer's events will either be scheduled in the morning or afternoon sessions which will be clearly indicated on the meet information sheet. It is imperative sign-up for the sessions you will be attending before the deadline. Missing the deadline risks your swimmer not being able to participate in the meet, or at the very least, in the events they want to swim. As soon as all the entries are collected a report will be generated showing all the events in which your swimmer was entered. Any errors or omissions must be brought to the coach's attention immediately.

### **Arrival: Meet Check-ins**

It is important to arrive at the swim meet at least 15 minutes before your swimmer's warm-up begins.

Meet entries are generally handled in one of two ways. In pre-seeded meets, all swimmers are assigned to heats and lanes for their events prior to the beginning of the first day of competition. Heat sheets are made available to coaches, athletes and spectators that show the order of events, the number of heats and the seeding of swimmers in each heat. Checking in for each session of the meet may or may not be required, or may only be required for long distance events. For these types of meets, a "scratch and add" period is typically provided where coaches may inform the meet director of swimmers not in attendance or those deciding not to participate in an event. The coach may also attempt to add swimmers to events where open lanes are available, subject to the daily limit on individual entries.

The other method of handling meet entries is by a process called “deck seeding.” In this situation, swimmers are not assigned to heats and lanes until after a check-in period. Swimmers are listed by event in Psych sheets, ranked in order fastest to slowest based on their entry time. In the pool facility, an area will be designated for checking in for each session of the meet. Your first priority will be to locate the check in area and ensure your swimmer is checked in. This indicates their presence at the meet and their intention to compete in the events in which they are entered. Mark your swimmer's name only! Each day you arrive at a meet, and for each session your swimmer is in, repeat this procedure. Check-in or sign-up sheets are usually taken down before warm-ups are over with an announcement given when check-in is closing. If your swimmer has not checked-in (signed-in) they will be “scratched” and will not be able to swim in that session’s events! Sometimes the coach can try to get them back in, but this takes up a lot of the coach's time before the start of a meet when they need to be supervising warm-ups or attending to many other last-minute items. If your swimmer needs or wishes to scratch an event or an entire session, notify the coach as soon as possible.

## **Heat Sheets**

After your swimmer has checked-in, it’s time to enter the venue. Spectators are sometimes required to pay an admission fee. This will vary depending on the size of the meet, the club hosting the meet, and the facility. Meet programs, either heat sheets or psych sheets, are almost always sold somewhere near the entrance. The best way to keep track of your swimmer's progress is to purchase a meet program, but it is not required. A highlighter pen is also very helpful when trying to keep track of your swimmer's name in the program as some events can have 100 or more swimmers. The meet program will help you know approximately when your swimmer will be in the water.

As described previously, psych sheets are given out or sold at meets that are deck seeded. They list all the events with the entered swimmers ranked in order fastest to slowest, but heat and lane assignments will be absent. Heat sheets on the other hand are provided where the meet is pre-seeded and show the heat and lane assignments for each swimmer in each event. In either case, the meet program may include all sessions or may only include those events for a particular day or session.

If a swimmer has competed in a particular event in their current age group, they will have a “seed” time which is usually the fastest time they have achieved in competition. ISC updates each swimmer's fastest times after every meet so that they are as current as possible. A swimmer with "NT" after his/her name simply means the swimmer was entered with no time in that event.

## **Pool Deck**

After checking-in, it’s time for your swimmer to stow their "stuff" at the ISC deck area. Just a reminder, parents are not allowed on the pool deck at either indoor or outdoor meets, so if your swimmer can't carry it, you probably should think twice about bringing it. Another good rule to remember is: don't bring anything to a meet that would upset you or your swimmer if it gets lost or stolen! Put their name on everything! Personal items should be kept zipped up in bags whenever possible. Most meets sell food and drinks, so unless you or your children have special dietary needs, you may not need to bring tons of food. It is up to you what you want to bring, but please clean up your area before you leave.

## **Lost and Found**

If you only have one day left to live, make it a swim meet day. They last forever! This being understood, at the end of your swimmer's day it is time to collect all your stuff and go home. Double-check before

you leave the facility that your swimmer has all his or her belongings. Remember to put your swimmer's name on everything even though it is no guarantee that you will recover lost items. If anything is missing, check lost and found. Try to find out where this will be located as soon as you enter the facility and check it immediately if something is missing. If it hasn't been turned in, try to leave your name and contact information in case it turns up later. Coaches usually collect all the ribbons (awards) at the end of a meet, but DO NOT expect coaches to pick up other items you might leave behind.

## **Warm-ups**

Each swimmer needs to be on time for warm-ups wearing their team suit, team cap, and goggles. Towels, shoes, jackets, or parkas are optional, but each swimmer is responsible for his or her things brought on deck. Coaches can not take care of individual items of clothing during a meet. Swimmers may be required to enter the pool deck through a separate swimmers' entrance. This may be either through a locker room or other separated entryway. Each swimmer should go directly to his or her coach and follow the coach's directions for warm-ups. Warm-ups are usually very crowded and it is easier to put everyone in the same lane at the same time. If everyone arrives at the warm-up lane together as a team, the warm-up procedure will run much more smoothly.

## **Before the First Race**

During warm-ups and just prior to the beginning of the first event of the session, there are usually many announcements that are either informational in nature or to announce meetings for coaches, officials, or timers. The meetings are organizational and brief, intended to provide instruction, address concerns, or make administration of the meet go more smoothly. Announcements may also include those that call for the swimmers to assemble behind the blocks or at the Clerk of Course area. Listen to each announcement to ensure it doesn't pertain to your team or your swimmer.

## **First Call**

Once warm-ups are over it is close to time for the meet to begin. Usually during the first session of the day, prior to the first event, the National Anthem will be played or sung. Swimmers, even those preparing for the first event, should pay attention and show respect during this time. The meet announcer will then call for the first event of the session. For example, "This is first call for event 7, Girls 11 and 12, 200yd Individual Medley."

There are essentially two different ways the individual heats of an event are organized. One is by utilizing a Clerk Of Course. Generally used for the youngest age groups, the Clerk of Course area, located on the pool deck usually near the starting blocks, is where the swimmers are instructed to gather when their event is called. Once all the swimmers are identified and properly arranged, they are lined up with the other swimmers in their heat, guided to the starting area and instructed to wait for their turn. It is very important that each swimmer pay attention to what is going on around them so they don't miss their chance to swim. When it is his or her turn, each swimmer steps up behind the blocks. When called to step up on the blocks, the swimmers must listen to the starting official for the commands and the start signal.

Generally, for the older, more experienced swimmers, the Clerk of Course area is not used. Rather, the swimmers must listen to the announcements and assemble behind the blocks when their event is called.



It is the swimmer's responsibility to be behind the blocks and in the correct lane by the time of “final call” for their event, and ready to swim prior to his or her heat being called to the starting blocks.

## **Disqualifications (DQ)**

By this time, you are ready to cheer on your swimmer and his or her teammates! So, what can go wrong now? Disqualifications (DQ's, pronounced Dee-Que). This happens to all swimmers sooner or later and it is often upsetting to both you and your swimmer. Officials are there to make sure that all swimmers do the correct strokes, turns, starts, finishes and distances. When an official raises a hand above their head, this means a swimmer has been observed violating one of the technical rules and may be disqualified. The swimmer will be told about the DQ at the end of the race.

If a swimmer's goggles come off during a race, he or she will be disqualified if they stop to fix them in all the strokes except freestyle or backstroke. A swimmer should make sure goggles are on good and tight before each race. Coaches and other swimmers can help make the goggle adjustments. Swimmers can also get DQ'd for moving prior to the start signal. The starter and recall official watch the swimmers on the blocks. If a false start occurs, these two officials write down the lane number where they saw the violation. They then show each other the number they wrote down. If they match, that swimmer is notified of the disqualification at the end of the race. If the lane numbers do not match, no swimmer is DQ'd. Disqualifications mean that the swimmer's time for that race will not count. At some meets, especially championship meets, if a swimmer misses his/her heat, they will not only be disqualified for that event but the next event he or she is entered in as well.

Officials are volunteers who have been trained to officiate and are certified by USA Swimming. Officials sometimes make mistakes but rarely are their decisions overturned. Only coaches can make appeals to the head referee to protest disqualifications, rule interpretations or other issues. If your child is DQ'd in an event, be supportive rather than critical. For beginning swimmers, a disqualification should be treated as a learning experience, not as punishment. A disqualification alerts the swimmer and coach to what portions of the swimmer' stroke need to be corrected or improved. They should be considered in the same light as an incorrect answer in schoolwork-they point out areas that need further practice. The technical rules are necessary to keep the competition fair and equitable for all competitors. A supportive attitude on the part of the official, the coach, and the parent can also keep it a positive experience for the disqualified swimmer.

## **Timers**

At some meets the announcer may ask for volunteers to be timers. Since a meet cannot begin until each pool lane has the required number of timers, this can be a cause for delays. If you have never been to a swim meet before or have never timed you may want to watch to see how it is done, then consider volunteering. Timing is not difficult once you get the hang of it, and there is no way to get closer to the action. Timers attends the timers' meeting where the Head Timer provides instructions and hands out equipment. Typically, there are two timers assigned per lane with the more experienced individual designated the head lane timer. That individual is responsible to write down the finish times on the forms provided in addition to operating one of the stopwatches and in some instances, operates a backup button for the electronic timing system. The other timer operates a second stopwatch and a backup button for the electronic timing system. Watches are started at the beginning of each race (either by the flash of a starting strobe or at the sound of the starting signal) and are stopped, along with simultaneously pressing of the backup button, when the swimmer in the lane completes their race. If a malfunction of the electronic timing system occurs for a lane, or all lanes of a heat, a "runner" may be

sent to collect the written watch times and turn them in to the timing table. These backup times become critical to ensure that each swimmer has an accurate time.

Prior to the beginning of each race the timers should make every effort to identify the swimmer in their lane so that the correct swimmer is swimming in the correct event in the correct heat and the correct lane. It is the swimmer's responsibility to be at the correct place at the correct time, and the timers can play an important role in helping to make this happen. Some meets are very strict about this; others will try to ensure every swimmer gets to swim even if they miss their heat. Because it slows the meet down, if a swimmer misses their event, they may not get another chance. Timers can greatly reduce the chances of this happening but it does happen. If a swimmer shows up in your lane when none is expected, rather than delaying the start it is better to get their name, let them swim, and record their backup times. The meet officials are responsible to ensuring the swimmer is properly identified and credited for the swim, and will check with the lane timers if there is a doubt as to the swimmer's identity.

Timers must pay attention to the start of every race. The starter will provide instructions to each heat prior to the start of the race, instruct them to "take your mark" then sound the starting signal (usually a buzzer or horn). A strobe is usually designed to provide a visual indication of the start as well. The timers start their stopwatches with the flash of the strobe, or if there is no flash, with the sound of the start signal in order to be as accurate as possible. If there is a malfunction with a stopwatch or if a timer misses the start, the Head Timer should be called upon to provide a backup stopwatch. Timers must pay attention to the number of laps for each heat/event, and how many the swimmer has completed, so they will know when the swimmer is finishing their race.

Needless to say, timers "work" the meet. Breaks are few and even though you are on deck to get a close-up view of the swimmers as they race, you have to pay attention! If you are the only parent in attendance for your swimmer(s) you may wish to reconsider being a timer unless they are experienced or self-sufficient.

## **Officials**

Officials are present at all competitions to enforce the technical rules of swimming and to ensure that the competition is fair and equitable. Officials attend clinics, pass a written test and work in an apprentice capacity at meets before being certified. All parents are encouraged to get involved with some form of officiating.

- 1) Timers: observe from the start/finish end of the pool and operates assigned timing devices.
- 2) Turn Judges: observe from each end of the pool and ensure that the turns and finishes comply with the rules applicable to each stroke.
- 3) Stroke Judges: observe from both sides of the pool, walking abreast of the swimmers, to ensure that the rules relating to each stroke are being followed. The positions of Stroke Judge and Turn Judge may be combined into one position called the Stroke and Turn Judge. In that instance, the judge will observe from the end of the pool.
- 4) Relay Take-off Judges: stand beside the starting blocks to observe the relay exchange, ensuring that the feet of the departing swimmer have not lost contact with the block before the incoming swimmer touches the end of the pool.
- 5) Clerk of the Course: arranges the swimmers in their proper heats and lanes.
- 6) Starter: assumes control of the swimmers from the referee, gives the starting command and sees that no swimmer is in motion prior to giving the start signal.

7) Referee: has overall authority and control of the competition, ensuring that all the rules are followed; assigns and instructs all officials, and decides all questions relating to the conduct of the meet. Violations of the rules are reported to the Referee, and the rules require that every reasonable effort be made to notify the swimmer or his/her coach of the reason for the disqualification.

A swimmer's behavior at a meet is very important. Be polite and respectful of coaches, officials, other swimmers, and the facility. Swimmers and or spectators should never interfere with an official during a race. Swimmers should never walk across the bulkhead or behind the blocks at the start of a race or during a race without first getting permission from a nearby official. Cheering your fellow swimmers is fine as long as you do not interfere with an official, a coach trying to coach, or the timers.

### **Results**

The official results of all the races are posted in areas around the pool and are clearly labeled by age and gender. They may also be announced on the public-address system.

### **Give Me a T \* E \* A \* M !**

ISC competitive swimming allows for individual successes in a team environment. Our swim club takes great pride in the fact that we are growing and improving every season! Everyone benefits when there is full participation and positive attitudes from both children and parents. If you have any other questions about swim meets or the club, don't hesitate to ask any coach, veteran parent, or club officer. We are all part of the team!

## Glossary of Swimming Terms

**Age Group Swimming:** The program through which USA Swimming provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent. Nationally recognized age groups are 10 and under, 11-12, 13-14, 15-16, 17-18 and 15-18 age groups. Local meets may also include events for 8 and under.

**Block:** The starting platform.

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

**Cap:** A latex or Lycra swim cap used during a race or practice to cut down resistance and to protect swimmer's hair from the effects of chlorine.

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

**Clerk of Course:** A person who arranges the swimmer in their proper heats and lanes.

**Coach:** A person who trains and teaches athletes in the sport of swimming.

**Code of Conduct:** An agreement signed by a swimmer prior to travel stating that the swimmer will abide by certain behavioral guidelines.

**Competition Suit:** A team-racing suit may be required for competition. This suit is usually 2 to 3 sizes smaller than the practice suit to reduce resistance. The material is usually Lycra.

**Cut:** Slang for qualifying time. This is a time standard necessary to attend a particular meet or event.

**Distance:** Term used to refer to events over 400 meters/500 yards.

**DQ (Disqualified):** This occurs when a swimmer commits an infraction of the technical rules; e.g., alternating kick in butterfly. A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.

**Drill:** An exercise involving a portion or part of a stroke, used to improve technique.

**Dry Land Training:** Training done out of the water that aids and enhances swimming performance; usually includes stretching, calisthenics and/or weight training.

**Entry Form:** Form on which a swimmer enters a competition. Usually includes USA Swimming number, age, sex, event number and time.

**False Start:** Occurs when a swimmer is moving at the start. In USA Swimming, a false start will result in disqualification.

**Fins:** Flippers worn on the feet, used for stroke technique and speed assisted training.

**Final:** The championship heat of an event in which the top six or eight swimmers from the preliminaries compete, depending on number of lanes in the pool.

**Finish:** The final phase of the race, the touch at the end of the race.

**Flags:** Backstroke flags placed 5 yards (short course) or 5 meters (long course) from the end of the pool. They enable swimmers to execute a backstroke turn more efficiently by counting their strokes.

**Fly-over Starts:** After the completion of each heat, swimmers remain in the water at the wall until the next heat of swimmers takes off. Used to quicken the pace of the meet.

**Goal:** A specific time achievement a swimmer sets and strives for. Can be short- or long-term.

**Goggles:** Lenses worn by swimmers during practices and competition to enhance vision and protect their eyes from the effects of purifying chemicals in the water.

**Gutter:** The area along the edge of the pool in which water overflows during a race and is re-circulated through the filtration system.

**IM:** Slang for Individual Medley, an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

**Kickboard:** Device usually made of plastic or Styrofoam, used to work the kick portion of a stroke.

**LSC:** Local Swimming Committee. Governing body for swimming on a local level.

**LSC Racing Camp:** A one-day camp held within the LSC for the top 9-10-year-old boys and girls; Involves water sessions, videos, and group talks.

**Lap Counter:** A set of plastic display numbers used to keep track of laps during a distance race. Also, the person who counts for the swimmer, stationed at the opposite end from the start.

**Long Course:** A pool 50 meters in length. USA Swimming conducts most of its summer competition in long course.

**Long Distance:** Any freestyle event over 1500 meters, normally conducted in a natural body of water such as a lake, river, or ocean. Also known as Marathon Swimming.

**Meet:** Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer is tested against the clock to see how he is improving.

**Middle Distance:** Term used to refer to events of 200 yards/meters to 400 yards/500 meters in length.

**National Age Group Time Standards:** Time standards derived from the previous years' results that are broken down by age and sex as well as B, A, AA, AAA and AAAA divisions. These are national designations and may be used for entry or qualifying purposes. Many LSC's have their own time standards as well.

**National Age Group Top 16 Times:** Time standards set for both short and long course based on previous years' achievements. Only times meeting these standards may be submitted for consideration each year.

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

**No Recall Starts:** Swimmers shall not be halted after the start of a heat. A false start disqualification will be reported to the swimmer after the completion of the heat. (There may be a recall of swimmers if there is a major technical problem with the starting system.)

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

**Pace Clock:** Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice; may also be digital.

**Practice Suits:** Suits worn by swimmer during practice sessions. They are generally made of nylon, Lycra, or stretch nylon. These suits are usually loose fitting, and many swimmers train with several suits on for the purpose of creating drag.

**Prelims:** Slang for preliminaries, also called Heats or Trials. These are races in which swimmers qualify for the championship and consolation finals in the events.

**Pull buoy:** Usually made of Styrofoam, this device is placed between the legs to isolate the use of the arms. The pull buoy is used to strengthen the arms and is sometimes used for stroke work.

**Q-Time:** Qualifying time necessary to compete in a particular event and/or competition.

**Referee:** A person who has over authority and control of the competition, ensuring that all the rules are followed; assigns and instructs all officials, and decides all questions relating to the conduct of the meet.

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

**Relay Take-off Judge:** A person who stands beside the starting blocks to observe the relay exchange, ensuring that the feet of the departing swimmer have not lost contact with the block before the incoming swimmer touches the end of the pool.

**Safety:** The condition of being safe. Safety procedures are designed to prevent accidents. Pelican Pete is USA Swimming's safety mascot.

**Scratch:** To withdraw from an event in a competition.

**Senior Swimming:** The program through which USA Swimming provides fair and open competition in National Swimming Championships. It is designed to afford maximum opportunity for participation, provide an educational experience, enhance physical and mental conditioning and develop a pool of talented athletes for International Competition. There are no age restrictions on Senior Competition.

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

**Split:** A swimmer's intermediate time in a race. Splits are registered every 50 yards or meters and are used to determine if a swimmer is on the desired pace. Under certain conditions, splits may also be used as official times. In a relay, the time for one of the four individuals.

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

**Starter:** The person who assumes control of the swimmers from the Referee, gives the starting command, and sees that no swimmer is in motion prior to giving the start signal.

**Streamline:** The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as straight and tight as possible.

**Stroke Judge:** The person who observes from both sides of the pool, walking abreast of the swimmers, to ensure that the rules relating to each stroke are being followed.

**Sweats:** Some type of warm-up or sweat suit; should be worn at meets and to and from practice during cool weather to keep muscles warm and flexible.

**Taper:** The final preparation phase of reduced practice routine. Prior to major competition, an older, more experienced swimmer will shave his/her entire body to reduce resistance and heighten sensation in the water.

**Team Uniform:** A team uniform is usually made up of one or more of the following: suit, cap, T-shirt, sweat suit, and parka. Each club has a uniform which is usually a requirement, and unique to the team.

**Time Trial:** A time only swim that is not part of a regular meet.

**Timer:** A person who operates a timing system or timing devices (watches or automatic timing system) and records the official time/times for the swimmer in his/her lane.

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

**Towel:** Thick absorbent cloth. A large beach towel is usually preferred by swimmers. A minimum of two towels is recommended for meets, or one towel per event.

**Turn Judges:** A person who observes from each end of the pool and ensures that the turns and finishes comply with the rules applicable to each stroke.

**USA Swimming:** The national governing body for amateur competitive swimming in the United States.

**USA Swimming Card Number:** A unique number assigned to a swimmer when (s)he joins USA Swimming. The card may be required at any given competition.

**Warm Down:** Low intensity swimming used by a swimmer 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 swimmer prior to a main practice set or race to get muscles loose and warm and gradually increase heart rate and respiration.

**Watches:** Stopwatches used to time swimmers during a competition, usually electronic. When automatic timing equipment is used, watches serve as a back-up timekeeping method.

**Whistle start:** A series of short whistles by the referee that indicate that the swimmers should be behind their pre-assigned blocks ready to swim the next heat. These short whistles also mean that the swimmers who just completed their heat should begin to exit the pool unless fly-over starts are used. When the referee blows a long whistle, swimmers must step up on the blocks and be ready to race. The starter then gives the starting command and sounds the starting device.