



Welcome!

Congratulations! You are now the member of a competitive swim team. You have selected an activity, which you hope will provide a wholesome, healthy, and enjoyable activity for your son or daughter. Southeastern Swim Club of Fishers plans to provide this experience.

Unlike many other sports, swimming is a year-round, lifetime sport. While there is the possibility your child may ultimately select another activity, we ask you to realize that there is also the very real possibility that your child may enjoy swimming so much that he or she will continue to swim competitively through and beyond the college years.

Through our program, the sport of swimming provides the opportunity to:

- 1) Learn to achieve. We believe the process of achieving is as important as the achievement itself, and our staff coaches with that philosophy each day.
- 2) Compete with one's self. At Southeastern, being first is not over-emphasized; continuing self-improvement through goal setting and the pursuit of those goals is most important.
- 3) Develop life skills. We are building a tradition in which children and young adults develop into excellent swimmers and well-rounded people with leadership talents and attitudes of sportsmanship, cooperation, and dedication.
- 4) Form strong personal relationships. Swimming binds families together and provides new friendships. Since the bond between teammates can be very strong, many swimmers become lifelong friends.

We extend this document to you in the hope that it will serve as a valuable resource for club-related matters. Our experience tells us that informed parents tend to be less short-term goal oriented and are better able to make decisions that will positively affect their children over their long-term membership in the program. Educated swimming parents also make better volunteers and are a great support mechanism during their children's career in the sport.

Please remember to take it one season at a time, though, and actually day to day. Swimming can only be a meaningful experience for the swimmer and the entire family if you are patient. Life is not a destination; it is truly an opportunity, and we feel that swimming can be one of the greatest vehicles to enhance that opportunity. Thanks for joining Southeastern Swim Club, and, more importantly, thanks for swimming!

“Why You Should Be Glad Your Child Chose Swimming”

Sports are supposed to be good for kids. In theory, a sport should build strong bodies, not tear them down. It should promote sportsmanship, self-discipline, and perseverance. Unfortunately, not all sports live up to those ideals. Swimming, however, does quite well.

According to many authors of articles on sports for children, the fact that swimming uniquely develops the cardiovascular system to the maximum makes it an ideal sport for children since an efficient cardiovascular system is one of the keys to life-long health. This is in addition to the fact that children run so little risk of injury in swimming. Swimming is rated as the “most desirable” sport in an insurance company study reviewing industry-wide actuarial tables.

Swimming is a *sport* in the true sense of the word. It is a pursuit of striving for excellence. Its very nature demands self-discipline and great strength of purpose. It is not merely an athletic “contest” which requires a minimum of training and a maximum of luck. There can be no teammate or bad luck to blame in swimming. There is the swimmer, the water, and the clock. Swimmers, more than many other athletes, learn early the relationship between hard work and results. Exceptional size and ability are soon overshadowed by hard work.

The striving for excellence, absent in so many sports, is what the ancient Greeks revered as being that which brings out the finest qualities in mankind. Supposedly, the development of these qualities is the reason for sports curriculum in the schools. By striving for excellence in swimming, swimmers develop an attitude of demanding excellence in everything they do. For example, the Big Ten Conference recognized a total of 945 students competing in winter sports who have been named to the Academic All-Conference list for 2018-2019. The list of honorees features 133 basketball students, 164 gymnasts, **419 swimming and diving students**, 151 wrestlers and 80 hockey students.

Swimming makes sense!

The Sport of Swimming

The Skills

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

The Competition

Each swim meet offers a variety of events and distances, depending on the age group and classification. Each swimmer may enter up to five individual events per day in a timed-finals meet, and up to three events per day at a prelims and finals meet.

In **freestyle** events, the competitor may swim any stroke. The stroke most commonly used is the crawl, which is characterized by the alternate overhand motion of the arms and an alternating (up and down) flutter kick. **Backstroke** consists of an alternating motion of the arms with a flutter kick. On turns, some part of the swimmer must touch the wall.

The **breaststroke** requires simultaneous movements of the arms on the same horizontal plane. The hands are pulled from the breast in a heart-shaped pattern and recovered under or at the surface of the water except at the finish. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously with shoulders in line with the surface of the water.

Some consider the **butterfly** to be the most beautiful of the strokes. It features a simultaneous overhand stroke of the arms combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissor, or use the breaststroke kick. (The butterfly was developed in the early 1950's as a variation of the breaststroke. It became an Olympic stroke in 1956 in Melbourne.)

The **individual medley**, commonly referred to as the IM, features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke, and finally freestyle.

In the **medley relay**, all four strokes are swum. The first swimmer swims backstroke, the second breaststroke, the third butterfly, and the final swimmer, freestyle. The **freestyle relay** events consist of four freestylers, each swimming one-fourth of the total distance of the event.

Starts, turns, and finishes: Many races are won or lost by the swimmer's performance in the start, turn, and finish. In the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are motionless. When all the swimmers are set, the gun or starting horn is sounded to start the race. If the starter

feels that one of the swimmers has moved, left early, or gotten an unfair advantage, the swimmer will be disqualified for a false start or delay of meet.

Strategies

The **sprint races** (50 and 100) are an all-out effort from start to finish. The **middle distance** events (200 to 500) require a sense of pace as well as an ability to swim a controlled sprint. In the 400 and 500 events, some swimmers negative or even split.

The **800 meter, 1000 yard, 1500 meter, and 1650 yard** races require the swimmers to constantly be aware of where they are in the heat. Starting too fast can zap a swimmer's strength for the finish, while starting too slowly can separate the swimmer from the heat and make catching up impossible.

There are a number of ways to pace a **middle distance** or a **distance race**. Swimmers may elect to swim the race evenly (holding the same pace throughout the race, sprinting the last 100), or they may negative split the race. Negative splitting occurs when a swimmer deliberately swims the second half of the race faster than the first.

These race strategies should come from your coach. Remember, thou shalt not coach your child. (Commandment #3 – Section VI)

The Course and Season

Competitive pools may be short course (25 yards or meters) or long course (50 meters). Southeastern Swim Club trains nearly year round, but the swim meet schedules are divided into two seasons. The winter, or short course, season usually begins in mid-September and ends in mid-March. Meets during the winter season are held in a 25-yard pool. The summer, or long course, season typically runs from early April through early August. Meets during the long course season are usually held outside in 50-meter Olympic-sized pools. However, there are some summer competitions held inside in 50-meter pools.

The international standard used in the Olympics is 50 meters. World records are accomplished in meter pools. United States Swimming maintains records for 25 yards, 25 meters, and 50 meters.

While it would be impossible to list the source of every thought or idea that found its way into this handbook, there are certain ones that need to be recognized. These are the ones that made this document possible.

Though they may have not been directly quoted here, the writings and teachings of Doc Counsilman and Dr. Ernest Maglischo have had a great influence on all of the things that we are currently doing at Southeastern. Their work has been adapted to fit our program, and without the great contributions they have made to the sport of swimming, many teams, ours included, would not have been able to enjoy much of the success they have had.

Dr. Alan Goldberg has been a savior for the mental training side of our sport and also an expert at developing and enhancing interpersonal relationships. He has counseled swimmers, parents, and coaches. His handouts are legendary, and no swim clinic would be considered complete without a talk by Dr. Goldberg. Examples of his work are constantly present in this document, and we graciously thank him. Additionally, we express appreciation to Larry Zoller, head coach of Mount Vernon Swimming. He has a unique grasp on what swimming is all about.

United States Swimming has developed information resources concerning most aspects of swimming and the operations of swim clubs. Much of their information has provided guidance for our club, and some is contained in this document. Thanks to the Athletic Directors at Hamilton Southeastern High School, Greg Habegger and Jim Self. They, along with the Hamilton Southeastern School Board, have been steadfast in their support for the club.

In the end, this book, first created in 1996 (with major updates in 2008 and 2019) was the product of one of the hardest working volunteer Board of Directors you could find. Successive Board of Directors have "raised the bar" with their efforts to build a great swim club. The first time we needed a handbook, I sat down and wrote one. Later, Arlene McDonald had a huge impact in expanding "how to SSC." She is still involved in the local swimming community to this day.

Our handbook is a manual for how to get the most out of Southeastern Swim Club. While the club used to reprint and distribute hard copy versions of the handbook, nowadays you will find the handbook docked on our team website. We think this handbook will change in relevance as your career as a swim family advances through the stages from novice to seasoned high school swimmer. Take a stroll through the pages from time to time and we hope this becomes a valuable resource for swimmers and parents alike.

-Andy Pedersen