

Georgetown Scott County Sharks

2021-2022 GSCS TEAM HANDBOOK

GSCS



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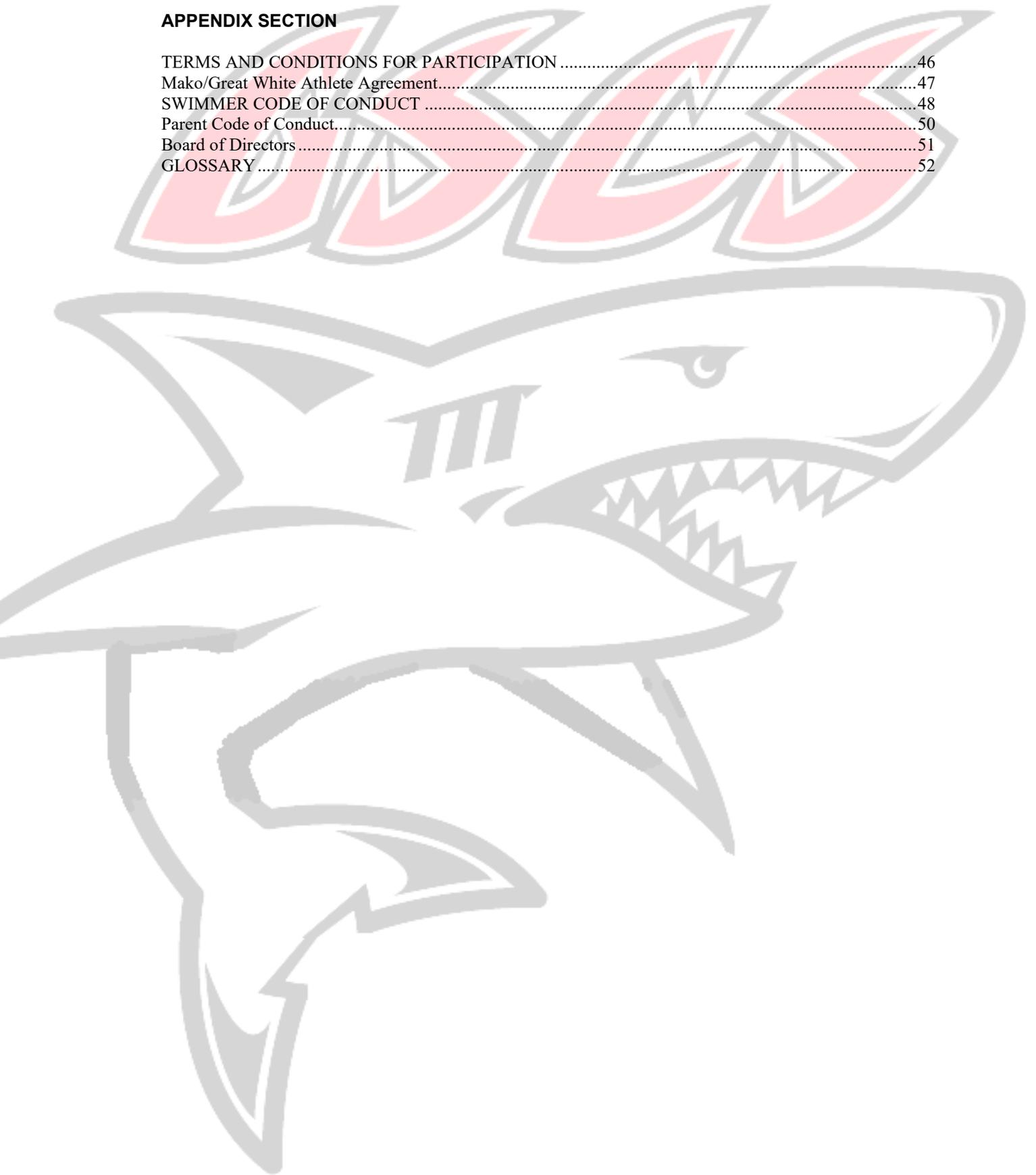
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INTRODUCTION AND TEAM PHILOSOPHY – SECTION A

Introduction

The purpose of this handbook is two-fold: to explain to new members just what the Georgetown-Scott County Sharks are and to outline various policies that affect all swimmers, year after year. It should be read by all families so that they may become familiar with important facts and rules of the club.

Why Swim?

The USA Swimming (USA) age group swimming program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health, by teaching healthy fitness habits.

Physical Development

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like it so much?

- Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills.
- Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well.
- Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
- Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
- Swimming is the most injury-free of all children's sports.
- Swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Master's Swimming programs are still training and racing well into their 80's.

Intellectual Competence

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally their accomplishments in learning and using new skills contribute to a stronger self image.

"Preparation for Life"

by Phil Hansel,

Reprinted from: Swimming World magazine

February 1988

Not everything we do in life is a pleasant experience. Not everything we do is beneficial. Not everything is productive. Not everything is a nurturing, loving experience. Life is full of negative, destructive experiences. Rejection, defeat and failure surround all of us. The trick is to be prepared to deal with this side of life and learn to overcome discouragement.

I have always felt that the great value of swimming as a sport is that it prepares one for life. The total swimming experience is made up of people, attitudes, beliefs, work habits, fitness, health, winning and losing, and so much more. Swimming is a cross section of lifetime experiences. It can provide so many learning situations. A swimmer learns to deal with pressure and stress, sometimes self-imposed, sometimes applied by others. One learns to deal with success and failure. One learns teamwork and discipline.

Swimming becomes a self-achievement activity. There is only one person in the water in a given lane in any race. The responsibility for performance ultimately lies with the individual. How well the individual has prepared physically and mentally to a large degree will determine the performance level.

Many swimming experiences can be of the disruptive, discouraging type. But at least a young swimmer learns that this is part of life, and the swimmer must learn to cope.

By learning how to handle frustration and disappointment, the young swimmer gains confidence. The swimmer learns dedication and commitment. Through perseverance, a swimmer learns to overcome adversity. All of these experiences tend to develop an individual who is better able to handle life's hardships and face problems.

As coaches and parents, we tend to preach that hard work will lead to victory. We preach that clean living and proper training such as diet, sleep and regular attendance at workouts will lead to winning. Though in the long run for a productive successful life, these are probably truthful concepts that don't always work in short term situations.

We have all been in situations where a bigger, more gifted person with poor work habits is the victor in race after race. Or we've known others who never seem to study, yet get good grades. We've known business people who never seem to lift a finger, yet for one reason or another, they close deal after deal.

These things just are not fair. Yet this is one of the valuable lessons that swimmers learn: "Life is not fair." We don't all start out in life with the same physical, mental, emotional and financial resources. In that respect, "Life is not fair."

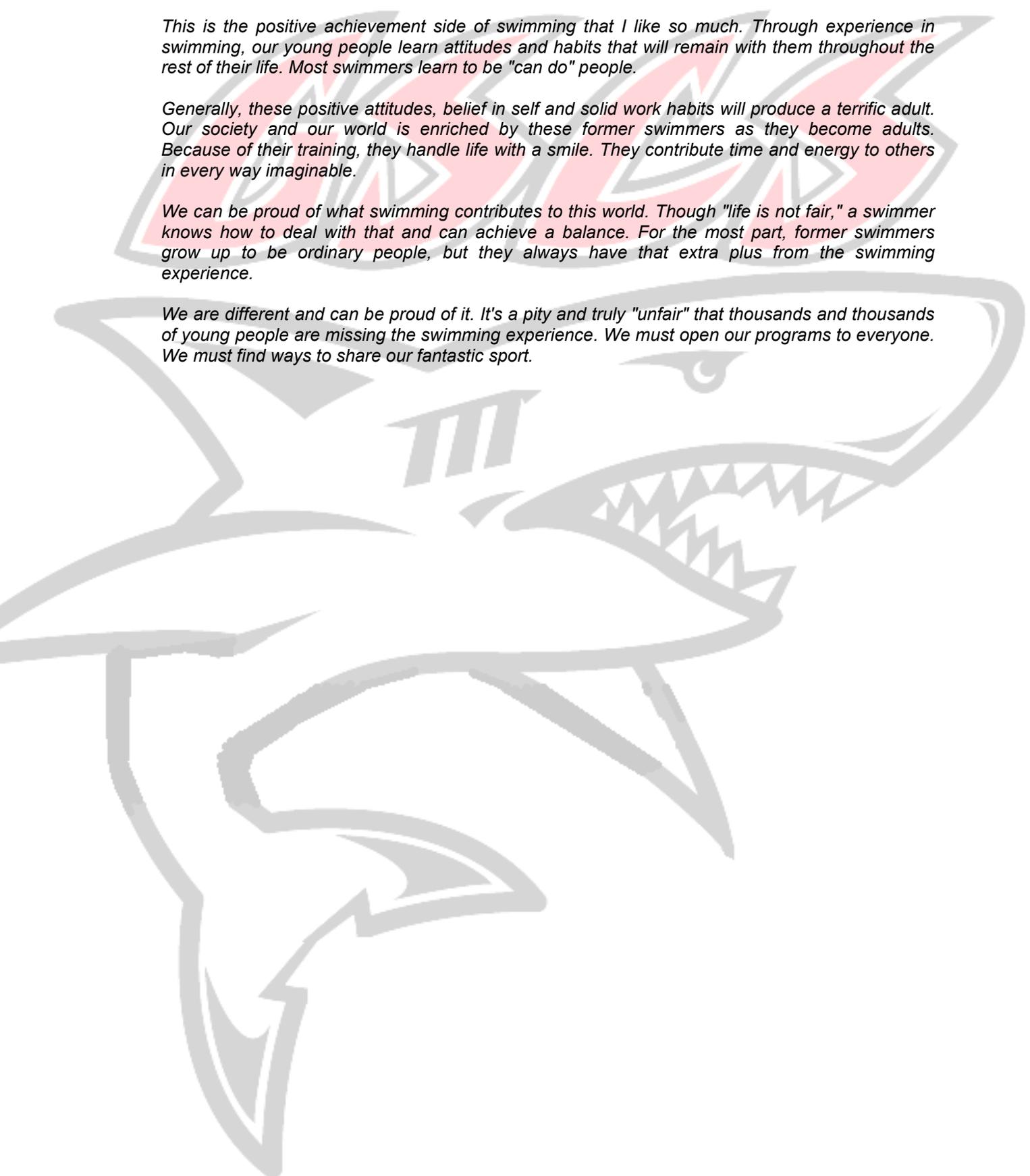
A swimmer must learn what is fair for one is not necessarily fair for another. A swimmer learns we are all different and each individual controls his or her own destiny. A swimmer learns to emphasize given talents and skills. A swimmer learns to improve on a regular basis. By not setting limits and restrictions, this improvement will surely lead to success. A swimmer learns if he or she does their best, then there are no failures. A swimmer learns to set realistic goals. Once a goal is reached, then new goals must be established. A swimmer learns that effort becomes an individual crusade. If the ultimate goal is an Olympic gold medal, then with the proper talent, dedication, belief and support, all swimmers believe it can be done.

This is the positive achievement side of swimming that I like so much. Through experience in swimming, our young people learn attitudes and habits that will remain with them throughout the rest of their life. Most swimmers learn to be "can do" people.

Generally, these positive attitudes, belief in self and solid work habits will produce a terrific adult. Our society and our world is enriched by these former swimmers as they become adults. Because of their training, they handle life with a smile. They contribute time and energy to others in every way imaginable.

We can be proud of what swimming contributes to this world. Though "life is not fair," a swimmer knows how to deal with that and can achieve a balance. For the most part, former swimmers grow up to be ordinary people, but they always have that extra plus from the swimming experience.

We are different and can be proud of it. It's a pity and truly "unfair" that thousands and thousands of young people are missing the swimming experience. We must open our programs to everyone. We must find ways to share our fantastic sport.



General Description and Objective

The Georgetown-Scott County Sharks offer a guided age-group youth program for children age 5 and up, from the beginning swimmer to the most competitive and skilled swimmer.

When a young person becomes a member of the Sharks he/she learns the values of sportsmanship and team work. Swimming, through the Sharks, provides physical, emotional and intellectual skills that will last a lifetime

The mission of the Georgetown-Scott County Sharks is:

To prepare student-athletes to flourish in the sport of swimming, and throughout life by teaching technical skills, competition, and sportsmanship.

TEAM PHILOSOPHY

The team philosophy is encompassed in the words COURAGE and PERSEVERANCE, both of which are developed and expressed to others through example.

COURAGE is the willingness to accept risk(s) and endure failings. Courage does not exist unless there is a situation that presents the opportunity for success. We encourage our athletes to embrace these opportunities and not fear the outcome.

PERSEVERANCE is the backbone of success in any endeavor in life. One cannot succeed at the highest levels without enduring some set-backs. These difficult times can create a lack of faith, low self-esteem, and an obvious drop in enthusiasm. Perseverance is the quality that transcends these difficult times. It allows the individual to find the true strength of their character.

The Sharks believe that COURAGE and PERSEVERANCE developed by swimming are attributes that should be highlighted over and above individual accomplishment, and will prepare the individual for the challenges they will face in life.

USA Swimming

As the National Governing Body for the sport of swimming in the United States, USA swimming is a 300,000-member service organization that promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport through clubs, events and education. Our membership is comprised of swimmers from the age group level to the Olympic Team, as teams for international competition including the Olympic Games, and strives to serve the sport through its core objective: Build the base, Promote the sport, Achieve competitive success.

Mission Statement

USA swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Amateur Sports Act. We provide programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport.

Vision Statement

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

Core Objectives

USA Swimming has adopted three core objectives. These core objectives establish the foundation of the strategic business plan for our sport. USA Swimming encourages all members to participate in the local, regional and national efforts to ensure that these objectives are accomplished.

Build the Base

We seek to expand our membership in order to share our sport with as many other people as possible. We are especially committed to sharing the values of our sport with young people who may discover that swimming is an activity they can enjoy for their entire life.

Promote the Sport

We want swimming to receive as much publicity as possible because we believe that the more people learn about our sport the more inclined they will be to join the ranks of our membership. We are proud of our sport and we seek to celebrate it whenever possible.

Achieve Competitive Success

USA Swimming has been ranked as the number one swimming nation in the world for more than 40 years. We seek to continue this tradition of competitive excellence. When our elite athletes are successful in fulfilling their Olympic dreams our society benefits from the inspiration these athletes give us.

USA Swimming
1 Olympic Plaza
Colorado Springs, Colo. 80909
719.866.4578

How Is USA Swimming Organized?

International - *The international federation for the aquatic sports is the Federation Internationale de Natation 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.*

Zone - *We are divided into four separate zones – central, eastern, southern and western. Each zone elects two representatives to the national Board of Directors.*

Local - *Within the United States, there are fifty-nine (59) Local Swimming Committees (LSCs). Each LSC is responsible for administering USA Swimming activities in a defined geographical area and has its own set of bylaws under which it operates. A House of Delegates with representation of athletes, coaches, members of the Board of Directors and clubs is responsible for managing the business affairs of the LSC.*

How USA Swimming Operates

USA Swimming is a non-profit organization made up of very dedicated volunteers and support staff. Interested volunteers donate their time, energy and expertise at every level from the national Board of Directors to the local swimming clubs. There are over 30 standing committees. Staff liaisons, along with these committees, create, implement and evaluate USA Swimming programs. The House of Delegates meets annually to determine the rules and regulations for the following year. Between yearly meetings of the House of Delegates, an elected USA Swimming Board of Directors is charged with the responsibility of making decisions for USA Swimming. A support staff at Headquarters in Colorado Springs implements the policies and provides service to members.

COACHING STAFF AND TEAM STRUCTURE – SECTION B

HISTORY

The Georgetown Scott County Sharks was founded in 2006 by Michael and Trish Goff, along with direct support of the Georgetown Scott County Parks & Recreation. The club's purpose was to provide a community based, year round competitive swim program. This remains one of the club's major purposes today. However; since 2006, the club has expanded its mission and goals to include establishing a comprehensive swim and training program for our community.

COACHING STAFF

Nothing has a greater influence on the quality of children's sports than the excellence of the coach. The GSCS staff consists of professionally trained coaches. They, as member coaches in the American Swimming Coaches Association, have access to the most comprehensive training and certification program for youth coaches of any sport in the United States. Certified coaches in U.S.A. Swimming programs possess training and experience in the physiology and psychology of adolescent development. Our coaching staff provides the assurances that the time your children spend in swimming will be quality time.

Coaches

Josh and Ellen Bloomfield

Josh and Ellen have a combined 45 years of swimming and coaching experience. Josh has excelled in coaching through USA swimming by tripling his previous club's membership based on emphasizing core team values. He is a fitness trainer by trade, and enjoys teaching swimmers that healthy habits can be established early, setting the stage for competency in life. Ellen has dedicated her life's work to developing youth through her high school teaching career, and continuing education. She is a second generation teacher/coach, and it shows. Josh and Ellen are also swim team parents.

Matt Stephens

Tim Lowry

COACHES RESPONSIBILITIES

The coaches' job is to supervise the entire competitive swim program. The GSCS coaching staff is dedicated to providing a program for youngsters that will enable them to learn the value of striving to improve oneself--"to be the best you can be." Therefore, the coaches must be in total control in matters affecting training and competition.

1. The coaches are responsible for placing youngsters in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/ she will be placed in a more challenging training group by the coach.
2. Sole responsibility for stroke instruction and the training regimen rests with the GSCS coaching staff. Each group's practices are based on sound scientific principles and are geared to the specific goals of that group.
3. The coaching staff will make the final decision concerning which meets GSCS swimmers may attend. The coaching staff also makes the final decision concerning which events a swimmer is entered into.
4. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmers performance. (It is the parent's job to offer love and understanding regardless of their youngster's performance)
5. The building of a relay team is the sole responsibility of the coaching staff.

The coaching staff is constantly updating and improving the GSCS program. It is the swimmers' and parents' responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

TEAM LEVELS

GSCS uses a "progressive" age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. A well-defined, long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmer's physiological prime. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge must be introduced to the training program. In this respect, "too much too soon" is more often the cause of failure to achieve maximum potential in senior swimming than in the reverse situation.

In addition to emphasizing long-term rather than short-term results, it is also important that we establish training groups of swimmers who are compatible in respect to abilities, commitment levels and goals. Unfortunately, this is not always the most convenient approach to take, but it is always the most productive.

At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long term goal of total excellence is always in mind. As each child is different, he/she will progress at his/her own rate. The coaching staff recognizes this fact by making team assignments based on a swimmer's physical, mental, and emotional level of development.

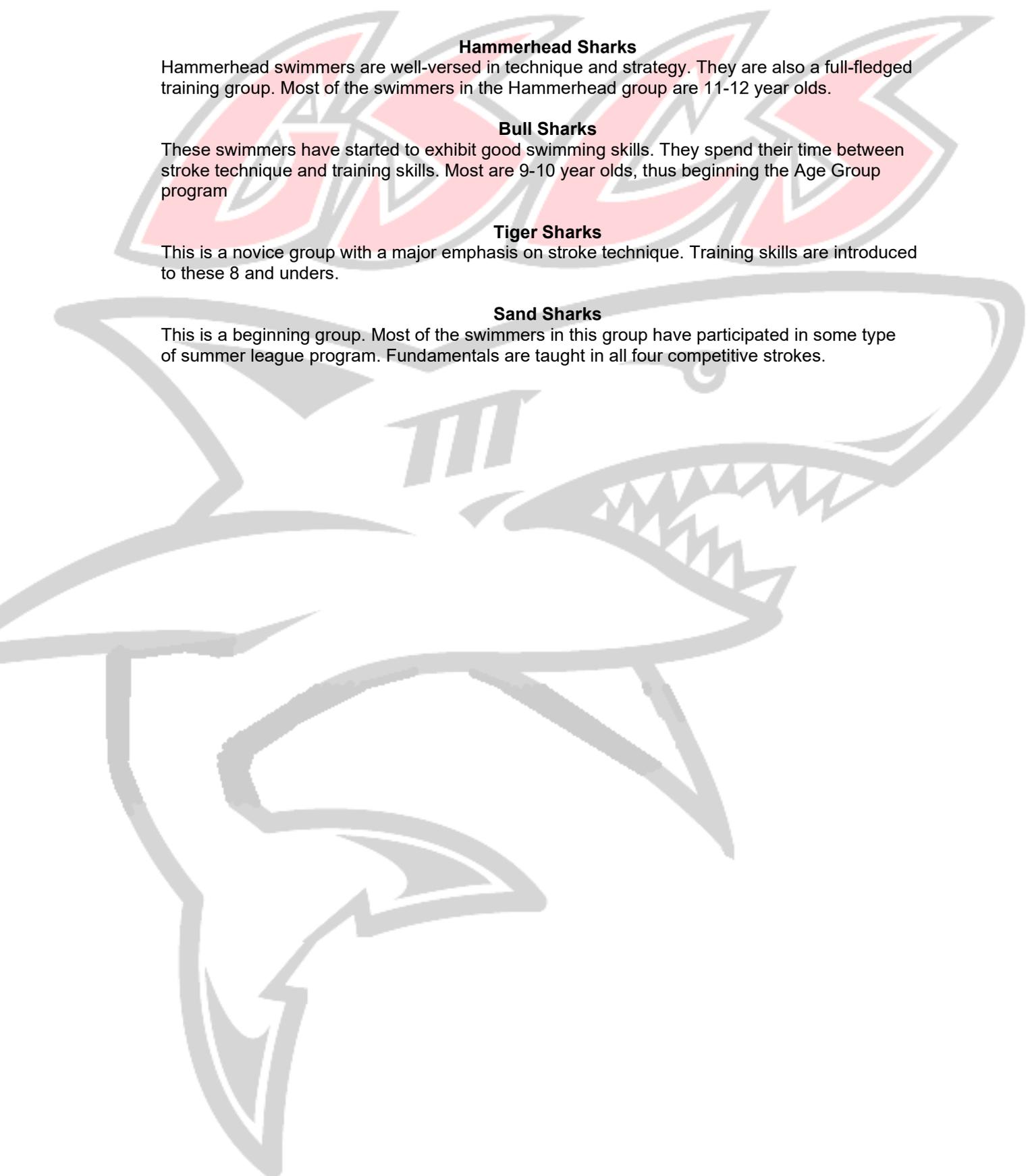


Mako Sharks

The Mako group experiences "senior level" training and displays team leadership. Most participants have aspirations to swim in college and compete on a national level. Dedication levels are HIGH. Ages range from 15-18 years.

Great White Sharks

The Great White group consists of mostly 13 and 14 year old swimmers. These swimmers are expected to be mature, dedicated, responsible, and dependable. As our more advanced swimmers increase their commitment to swimming, we insist that they maintain good academic standing.



Hammerhead Sharks

Hammerhead swimmers are well-versed in technique and strategy. They are also a full-fledged training group. Most of the swimmers in the Hammerhead group are 11-12 year olds.

Bull Sharks

These swimmers have started to exhibit good swimming skills. They spend their time between stroke technique and training skills. Most are 9-10 year olds, thus beginning the Age Group program

Tiger Sharks

This is a novice group with a major emphasis on stroke technique. Training skills are introduced to these 8 and unders.

Sand Sharks

This is a beginning group. Most of the swimmers in this group have participated in some type of summer league program. Fundamentals are taught in all four competitive strokes.

SWIMMER'S TRAINING SESSIONS AND RESPONSIBILITIES – SECTION C

TRAINING SESSIONS

Training sessions are the most important aspect of competitive swimming. Consistent training is needed to progress through the classes of swimmers. Training schedules are designed to provide only slightly more time than is required for a swimmer to accomplish this. Therefore it is important that each swimmer attends as many practices as possible in order to derive the full benefits of the program. Pool availability is our most limiting factor. Don't waste it.

PRACTICE AND ATTENDANCE POLICIES

The following guidelines are to inform parents and swimmers of the coach's policies regarding practice. These policies have been developed over many years and are designed to provide the best possible practice environment for all.

1. Each training group has specific attendance requirements appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. The club does, however, encourage younger swimmers to participate in other activities in addition to swimming. The expectation level of the coaches to attend practices increases as swimmers move to higher groups.
2. For the swimmers protection, they should arrive at the pool no earlier than 15 minutes prior to their workout time. They should also be picked up no later than 15 minutes after their practice is over. Swimmers should be ready to swim/dryland five minutes prior to the start of their practice.
3. In case a youngster is late for practice, it is our hope that the parents will send a note with the child explaining the reason for tardiness.
4. Plan to stay the entire practice. The last part of practice is very often the most important. Usually, there are also announcements made at the end of each practice. In the event that your child needs to be dismissed early from practice, a note from the parent for each dismissal is required.
5. Occasionally, most of a practice group may be attending a meet, in which case you will be notified of a practice change or cancellation.
6. Swimmers are to enter the facility and go directly to the pool area. A swimmer found in any other part of the facility could damage our relationship with the Pavilion.
7. While on facility grounds, the swimmers are the responsibility of the coaching staff.
 - A. During practice sessions, swimmers are never to leave the pool area without coach's permission.
 - B. If any swimmer needs to complete homework before practice or leave practice early to do homework, he/she must do their homework on the pool deck so the coaches will know where he/she is located.

8. The club has an obligation to act as guests while in the facility (both swimmers and parents). Every member of the club needs to do everything possible to respect this privilege. Any damages to Pavilion property may result in financial liability of the swimmers parents. Any damage may also result in the swimmer being asked to leave the team permanently.
9. Parents are not allowed on the pool deck during practice unless it is an emergency.
10. Parents are allowed to observe practice from the balcony. Do not try to communicate with any swimmer from the observation area. This is not only distracting to the swimmer, but can also be distracting to the entire team as well as the coach.
11. In the summer, parents may observe outdoor practice outside the fence in the grassy area of the outdoor pool.

ILLNESS AND INJURY

Whenever possible, the coach should be informed in advance of an illness or injury. Regardless of how serious or trivial it may be, it will almost always be possible to find a physician (or parent) who will recommend abstaining from training and one who will recommend a modified approach. For this reason, the coach must be the one to determine if the absence is excusable (especially for the advanced swimmers). It is helpful to find a family physician who appreciates the importance of participation and who understands the repercussions associated with missed meets and training sessions.

If your swimmer will be out of the water over a long period of time with an injury or illness, please notify a GSCS representative at board@gscs.club.

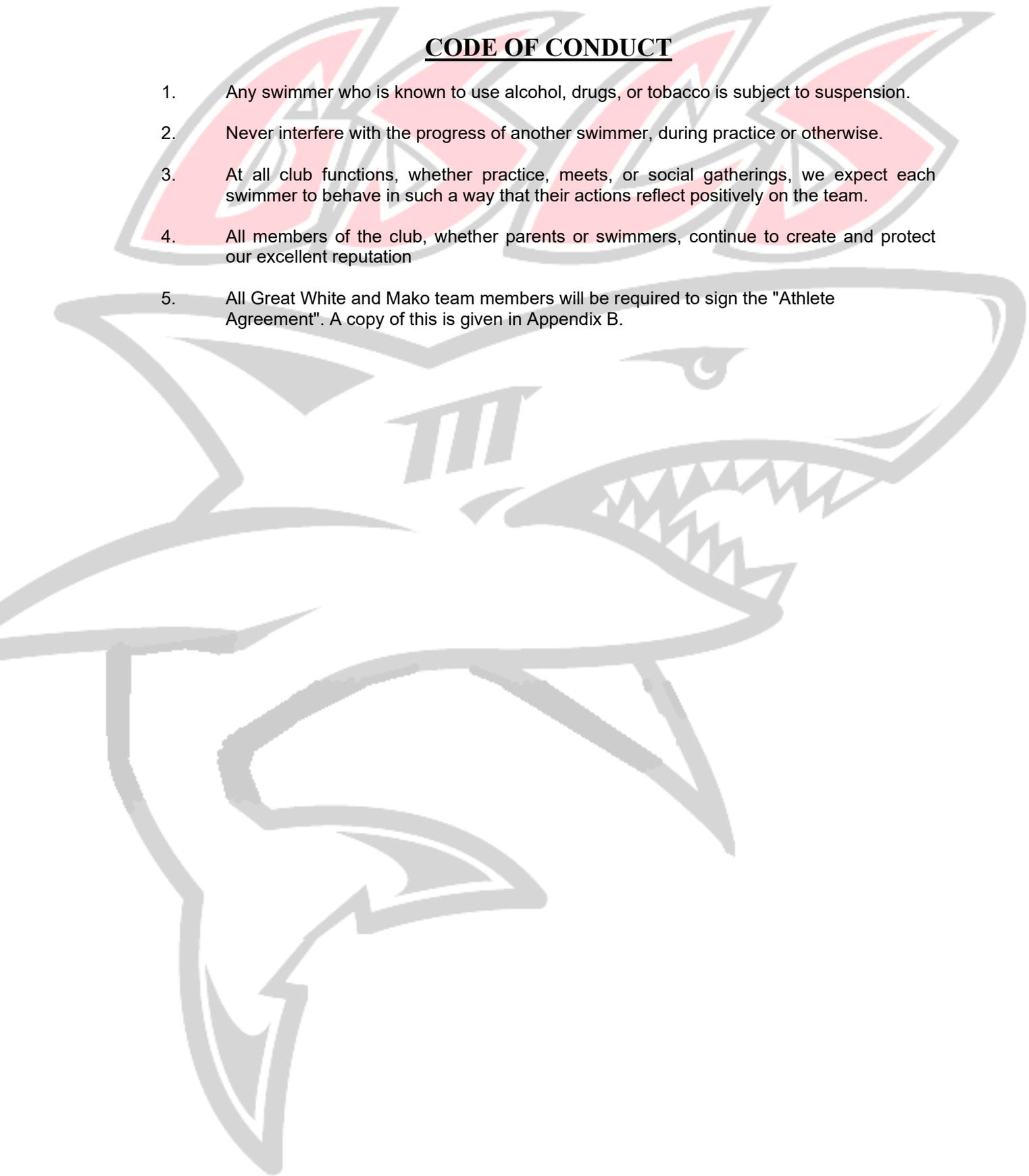
SWIMMER'S TRAINING RESPONSIBILITIES

As a swimmer's level of swimming ability increases so does his/her responsibility. The program is designed to encourage all swimmers to be Senior Swimming bound. As swimmers improve, this is a deep commitment that requires great effort on all parts. A swimmer has responsibilities to the team, the coach, his/her parents, and most importantly to themselves. Swimmers need to prepare themselves for a 100% effort each time they come to practice

Swimmers will be required to bring specified training accessories (i.e., goggles, flippers, etc.) to workouts. It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as excuse to miss part of a training session.

CODE OF CONDUCT

1. Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension.
2. Never interfere with the progress of another swimmer, during practice or otherwise.
3. At all club functions, whether practice, meets, or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team.
4. All members of the club, whether parents or swimmers, continue to create and protect our excellent reputation
5. All Great White and Mako team members will be required to sign the "Athlete Agreement". A copy of this is given in Appendix B.



Disciplinary Code and Procedures

Whereas GSCS is established to promote the sport of swimming and in the process help to develop the character of the individual swimmers,

Whereas, for the orderly operation of GSCS certain rules and regulations and procedures for enforcing same must be established,

Whereas, it is the expressed intention of GSCS to set forth procedures that will aid in identifying behavior the club finds undesirable and define a process for addressing an alleged occurrence.

Therefore, be it resolved that the following shall be the Disciplinary Code & Procedures:

This Disciplinary Code shall apply to all behavior occurring during or at an activity or function that is associated with GSCS including but not limited to: swim practice, swim meets, team trips, team outings, or individual group outings and addresses objectionable behavior by members of GSCS occurring outside of club activities.

The types of objectionable behavior shall be divided into three (3) classifications:

Class I – Shall deal with the behavior that is considered very severe and disruptive, possibly life threatening and/or in direct violation of governmental laws. These are actions that are so detrimental that it is not desirable to have such a person associated with the team.

Class II – Shall deal with behavior that is considered disruptive; having a detrimental effect on one's self, other members of the team, or the general public; causes significant damage to the reputation of the club and/or their coaches; leading to the possible injury of self or other persons.

Class III – Shall deal with behavior that is somewhat disruptive; does not portray GSCS in a good light; and other actions that are not in compliance for good behavior as a member of a team or society in general.

Class I Objectionable Behavior:

Unacceptable Behavior (including, but not limited to): Sale or distribution of illegal drugs; conviction of felony and fighting that results in the severe bodily injury of any person (regardless whether at a club activity or not).

Disciplinary Procedure:

- Board shall send notice of hearing to parent/guardian and swimmer via certified mail.
- Hearing before quorum of Board of Directors with parent/guardian and swimmer being given the opportunity to be present; the facts shall be presented by the Board President or his/her designee; Head Coach shall be present in advisory role.
- Board decision to be mailed to the parent/guardian and swimmer within one week via certified mail.

Recommended Discipline:

May result in membership termination or other action as determined by the board of directors.

Class II Objectionable Behavior:

Unacceptable behavior as a member of GSCS at GSCS team functions practices and meets. This behavior would include, but not be limited to: Possession or use of illegal drugs, alcohol, or tobacco, theft, or significant vandalism.

Disciplinary Procedure:

- Hearing before Disciplinary Committee consisting of three members of the Board of Directors chosen by a majority of the Board.
- Committee shall send notice of hearing to Parent/Guardian and swimmer via certified mail with parent/guardian and swimmer being given the opportunity to be present;
- The facts shall be presented by the Board President or his/her designee; the Head Coach shall be present in an advisory role.
- Board Committee decision to be mailed to the parent/guardian and swimmer within one week via certified mail.

Recommended Discipline:

1st Offense – Suspension* from the team for a minimum period of thirty (30) days of the swimmer's season (these days may extend into the swimmer's next season, if needed).

2nd Offense - Suspension* from the team for a minimum period of sixty (60) days of the swimmer's season (these days may extend into the swimmer's next season, if needed).

3rd Offense – Shall be considered a violation of Class I Objectionable Behavior and handled according to the disciplinary proceedings of Class I Objectionable Behavior.

* Terms of suspension shall be spelled by the Disciplinary Committee and must be adhered to by the swimmer/parents in order to be reinstated by the Committee at the end of the suspension period. During the periods of suspension, swimmers remain a member of GSCS and thereby all dues and fees are still due in full from the swimmer. The swimmer cannot be reinstated until any fees and/or dues that are in arrears are paid in full. Additionally, during periods of suspension, all work session requirements remain the responsibility of the swimmer and any missed session will be charged in accordance with the then current fee schedule.

Class III Objectionable Behavior:

Unacceptable behavior at GSCS practices, competitions and team functions that include, but are not limited to: minor vandalism, being disruptive in practices or meets, abusive language or behavior, insubordination to members of the coaching staff, chaperones, or others, littering, other acts of misconduct as determined by the coaching staff.

Disciplinary Procedure:

- Handled by the Coaching staff (Parents will be involved if anticipated discipline will result in a suspension).

Recommended Discipline:

As determined by the coaching staff (including but not limited to, extra laps, clean-up duties, suspension from practice, and/or suspension from meet(s)). Repeated Class III offenses may result in the offense being considered a Class II Objectionable Behavior.

During all investigations into allegations of Class I & II offenses, involving questioning or interviewing of the subject swimmer, a parent, or guardian of such swimmer shall be present.

SWIMMER'S TRAINING SEASONS AND RESPONSIBILITIES – SECTION D

PARENTS... YOUR ATHLETE NEEDS YOU

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress your youngster makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join GSCS and reacquaint yourself with this section if you are a returning GSCS parent.

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. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/hers children's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as an athlete.

The coach is the Coach!: We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and oftentimes insurmountable, confusion as to whom the swimmer should listen to. If you have a problem, concern, or complaint, please contact the coach.

Best kind of parent: The coach's job is to motivate and constructively criticize 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.

Ten and Unders: Ten and Unders are the most inconsistent swimmers and this can be frustrating for parents, coaches, and the swimmer alike! Parents and coaches must be patient and permit these youngsters to learn to love the sport. When a young swimmer first joins GSCS, there may be a brief period in which he/she appears to slow down. This is a result of the added concentration on stroke technique, but this will soon lead to much faster swims for the individual.

Not every time: Even the very best swimmer will have meets where they do not do 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 have only two or three meets a year for which they will be rested and tapered.

Fat cats don't fight: Swimmers are expected to keep an optimum body weight and percent of body fat. Physiologists have found that female swimmers should be 10-18% and males should maintain 4-12% body fat for optimum performance. Parents should contribute to the education of proper nutrition and eating habits (see the section on nutrition in this handbook).

PARENTS RESPONSIBILITIES

Please make every effort to have your swimmers at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits. They will serve your children well.

1. The greatest contribution you can make to your swimmer's progress is to be a loving, supportive parent. Later in this handbook is a reprint of an article called, "The Ten Commandments for Parents of Athletic Children". It offers some very useful and sound advice on communicating with your swimmer.
2. In Appendix "A" located at the end of this book there is a copy of the "Terms and Conditions for Participation in the GSCS" that you signed when you registered with the Club. Please familiarize yourself with these items.
3. The following is a transportation policy that is in effect for all functions related to the club:

It is hereby the stated policy of GSCS, effective immediately and until either revoked or restated by the GSCS Board of Directors, that transportation of swimmers and/or coaches to practices, meets, or any other event considered to be a club function by any non-public conveyance, as defined to include privately owned vehicles, is recognized by the GSCS as a purely private agreement between the parties involved and that neither GSCS, nor the GSCS Board of Directors, separately or as a group, except for the parties directly involved can be or will be considered as a party to such arrangement and that any liability in any form arising from such arrangement is purely and completely the responsibility of the parties involved.

COMMUNICATION

Web site - The club has a website that provides 24 hour information regarding age group practice times, meet information, social functions, and more.

E-mail - The club will e-mail with important or emergency information, e.g., canceled or changed workouts, or late meet entries

Bulletin Boards - The bulletin board at the Pavilion provides meet information in detail and entry summaries for upcoming meets. It is the swimmer or parent's responsibility to double check each meet entry after it is posted. Mistakes sometimes happen in meet entries, however, it is much easier to fix them one month prior to a meet than on the actual day of competition.

When contacting the coaches, please be considerate. The best way to speak with the coaches is to meet them after practice. Sending a note to the coach with your swimmer is a good way to get information to them.

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. Listed below are some guidelines for a parent raising some difficult issues with a coach:

1. 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.
2. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 6-30 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.
3. If your child swims for an assistant coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the head coach join as a third party.
4. 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/she is the only one who can resolve the problem.

The Ten Commandments For Parents of Athletic Children

Reprinted from *The Young Athlete* by Bill Burgess included in "The Swim Parents Newsletter"

I. *Make sure your child knows that – win or lose, scared or heroic – you love him/her, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.*

II. *Try your best to be completely honest about your child's athletic ability, his/hers competitive attitude, their sportsmanship, and their actual skill level.*

III. *Be helpful, but don't coach him/her on the way to the pool or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.*

IV. *Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve his/her swimming skills and attitudes. Help him/her to develop the feel for competing, for trying hard, for having fun.*

V. *Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his world turns bad. If he/she is comfortable with you – win or lose – he/she is on their way to maximum achievement and enjoyment.*

VI. *Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.*

VII. *Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.*

VIII. *Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.*

IX. *Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.*

X. *Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.*

BOARD OF DIRECTORS AND FINANCIAL INFORMATION – SECTION E

BOARD OF DIRECTORS

The administrative functions of the club are overseen by the Board of Directors. The board consists of parents elected for one year terms. The elections for board positions are held annually at the spring banquet.

Mission Statement The guiding mission statement of the Board of Directors which all decisions are measured against is:

With the main focus of the club always on the swimmer, the Board of Directors exists to ensure the continuation and excellence of GSCS by:

Providing necessary business functions, assisting and supporting the coaching staff, and communicating.

Board Job Responsibilities

Each board member is assigned a specific area of responsibility. For a list of the current members and their positions, please see Appendix B located in the back of this handbook. Following are the board positions and their general areas of responsibility:

Board of Directors

Board Composition. The Board shall be comprised of 9 Members. 7 of which are to be elected from the Regular Members. The remaining 2 shall automatically be (1), the Chairman of the Georgetown Scott County Parks & Recreation Board, or his designee, and (2) a Member of the Pavilion Management Staff.

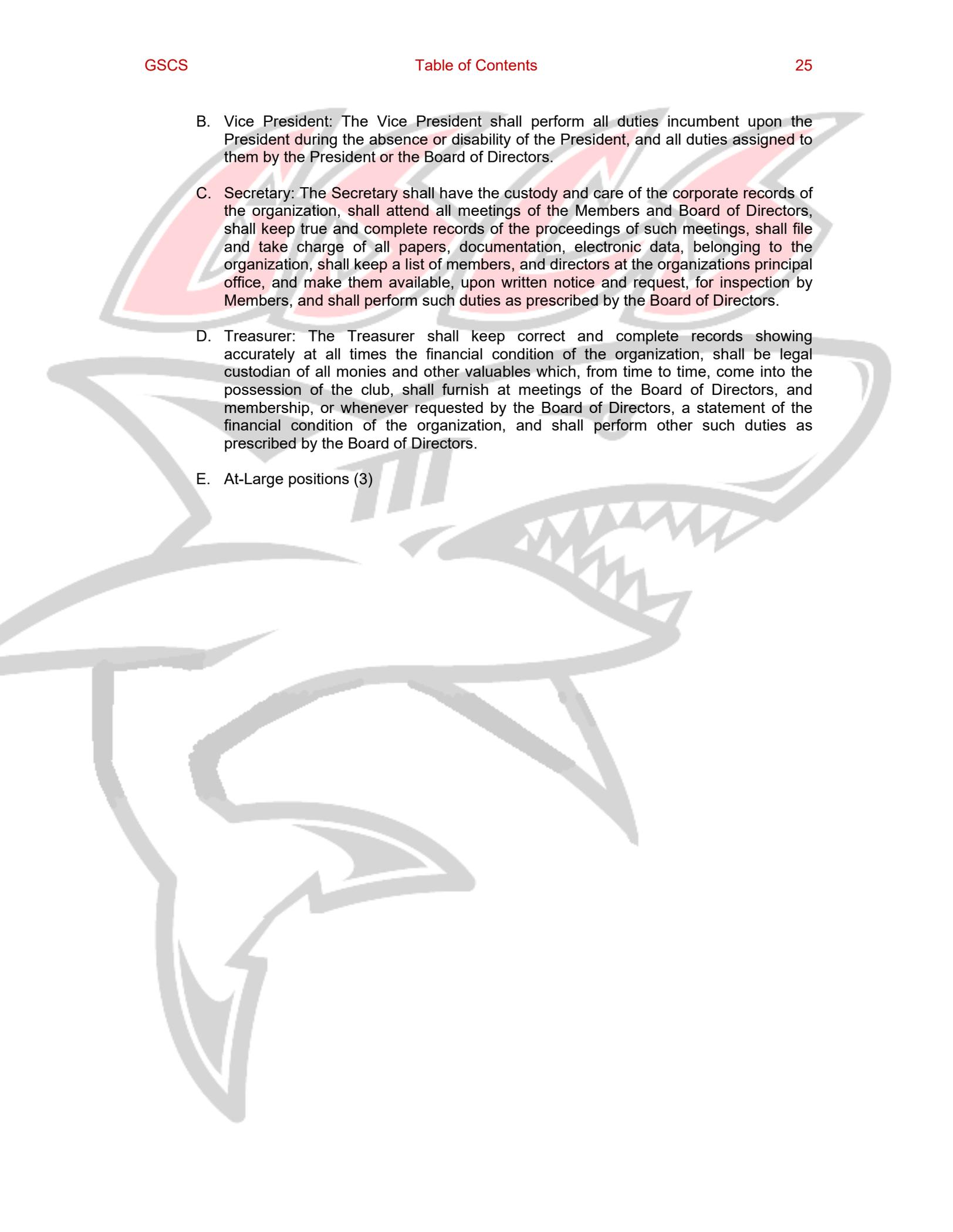
Terms. The Terms of all Directors shall be 1 year.

Powers of the Board. The Board shall manage, regulate and supervise the operation of the organization. It shall attend to all business and internal affairs of the organization, and shall make such arrangements for carrying on the business as it deems best and necessary to maintain a viable organization as a going concern. In addition to the powers expressly conferred upon the Board by these By Laws, the Board may exercise all the powers of the Corporation, and to all such lawful acts which are not in violation of statute, law, ordinance, charter or these by laws, which are required deemed necessary, done or exercised in furtherance of the organization. The Board shall have the power to adopt rules and regulations outside theses By Laws, and alter and amend same from time to time for the conduct of business for the organization.

Committees: The Board of Directors shall have the authority to establish committees as may be necessary to further promote the interests, activities, and business of the organization. Such committees may be comprised of both Directors and Regular Members.

Officers; The Board of Directors shall annually elect from the Directors a President, Vice President, Secretary, Treasurer, & Director of committees.

- A. **President:** The President shall preside at all meetings of the membership, and of the Board of Directors, shall perform such other duties as determined by the Board of Directors, and shall perform and discharge any and all other duties as generally devolve upon an executive officer.

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- B. Vice President: The Vice President shall perform all duties incumbent upon the President during the absence or disability of the President, and all duties assigned to them by the President or the Board of Directors.
- C. Secretary: The Secretary shall have the custody and care of the corporate records of the organization, shall attend all meetings of the Members and Board of Directors, shall keep true and complete records of the proceedings of such meetings, shall file and take charge of all papers, documentation, electronic data, belonging to the organization, shall keep a list of members, and directors at the organizations principal office, and make them available, upon written notice and request, for inspection by Members, and shall perform such duties as prescribed by the Board of Directors.
- D. Treasurer: The Treasurer shall keep correct and complete records showing accurately at all times the financial condition of the organization, shall be legal custodian of all monies and other valuables which, from time to time, come into the possession of the club, shall furnish at meetings of the Board of Directors, and membership, or whenever requested by the Board of Directors, a statement of the financial condition of the organization, and shall perform other such duties as prescribed by the Board of Directors.
- E. At-Large positions (3)

FEE STRUCTURE

A commitment to GSCS is for a year of swimming (Short course season runs from late August through mid-late March and Long course season runs from late April through mid-late July). GSCS dues are payable in one lump sum, 8 monthly installments (September thru April), or 11 monthly installments. We offer a 5% discount if you pay for the entire year by September 10th. The fee schedule is as follows:

Registration Fee: \$190 (includes the following)

- 2021-2022 GSCS Registration Fee: **\$100** (includes 1 team t-shirt & 1 latex practice cap)
- 2022 USA Swimming/ KYLSC Membership: **\$90 (Annual fee set by USA Swimming & KYLSC)**

The term of this Contract is from September 1, 2021 through August 31, 2022.

Annual dues		Payment options	option 1:	option 2:	option 3:
			Annual if paid by Sept 10 (5% discount)	Monthly Installments (8 payments) September - April	Monthly Installments (11 payments) September - July
Mako*	\$1,625.00		\$1,543.75	\$203.13	\$147.73
Great White*	\$1,500.00		\$1,425.00	\$187.50	\$136.36
Bull Shark	\$1,225.00		\$1,163.75	\$153.13	\$111.36
Tiger Shark	\$1,075.00		\$1,021.25	\$134.38	\$97.73
Sand Shark	\$925.00		\$878.75	\$115.63	\$84.09

Sibling Discount: 15% on additional active siblings

The parent/guardian shall be responsible for the total annual dues for each swimmer regardless of the length of membership or level of participation, except during the trial period. The default payment option for all memberships will be option 1, 8 monthly installments, unless explicitly noted by parent/guardian. A trial period is available only to new swimmers who have never been members of the GSCS swim team; and will be limited to 30 calendar days starting from the swimmer's first day of practice. If a swimmer changes practice groups pursuant to the agreement of the Head Coach and the swimmer's parent/guardian during the Contract year, the parent/guardian shall be responsible for any associated increase in dues, and the monthly installment payments shall be appropriately increased for each of the remaining monthly installment payments. Automatic drafts and credit card payments are charged on the first of the month. Payments by check are due by the 15th of each month. Late payments are subject to a \$20 late fee.

Meet entry fees are the responsibility of the parent/guardian for each swimmer. These additional charges will be included as part of the monthly billing. The host teams will set the fee for each swimmer and event, and GSCS will add \$1 to each swimmer fee and event fee. Once entries have been submitted to the host team, entry fees will be billed whether or not the swimmer participates in event.

**In addition to water workouts, some swimmers in these groups will require dry land weight workouts and there may be an additional fee.*

**Families providing an active USA swimming official will receive a \$150 annual discount.*

*****Due to lane space, we have a limited number of team memberships available. Swimmers will be assessed and placed in the appropriate practice group according to their level. Registration priority goes to returning swimmers.**

NO fundraising obligations.

NO annual pavilion member discounts.

ENTRY FEES

At the beginning of the season you will receive a meet calendar for the remainder of the season. You will be billed separately for each upcoming meet that your swimmer's training group is participating in. The coaching staff will select the events your swimmer will be swimming, then send the meet entry form via e-mail, and hard copy placed in the Family File. The entry fee bill will usually be due four –seven days after the Entry Form has been distributed. Typically, you can expect to be charged \$4.00-\$12.00 per swim depending on the meet entered. In most meets, swimmers can swim three to five events per day. GSCS will then write the host club a check for all the entry fees collected for the swimmers on our team. These checks will often run over a thousand dollars for a large meet. Periodically, you will receive a statement listing your entry account balance. This statement will also include any relay billings that were not included as part of the normal meet billing.

Characteristic of any business, GSCS expenses begin the first day of every month. A positive cash flow is required to assure payroll requirements and various other expenditures. It is; therefore, imperative for all GSCS parents to pay their swimmer's monthly installment on or before the first of each month, just as you do your credit card, mortgage or utility payments. If fees are not current, your swimmer will not be allowed to participate in practice.

It is the responsibility of the member to notify the coach and treasurer of intention to terminate, or cancel a team membership. Failure to notify the treasurer may cause a member to be unnecessarily billed for monthly dues. If a member quits the program or is dropped from the program because of overdue bills, overdue and current account balances are immediately payable in full.

If you have any questions about any billing you may have received, please contact the treasurer immediately at the email address listed in Appendix E.

FUND RAISING REQUIREMENTS

NO Fundraising obligations

INSURANCE

It is required of GSCS swimmers that they have a current United States Swimming (USA) membership. This membership not only supports swimming throughout the country, it also provides very important accident medical insurance for every swimmer and every club. Each swimmer is covered at any organized practice of GSCS and every competition that is USA sanctioned.

Specific information on the insurance can be found on the USA swimming website under the "swim clubs" tab, "club operations", and "insurance and risk management".

TEAM UNIFORM

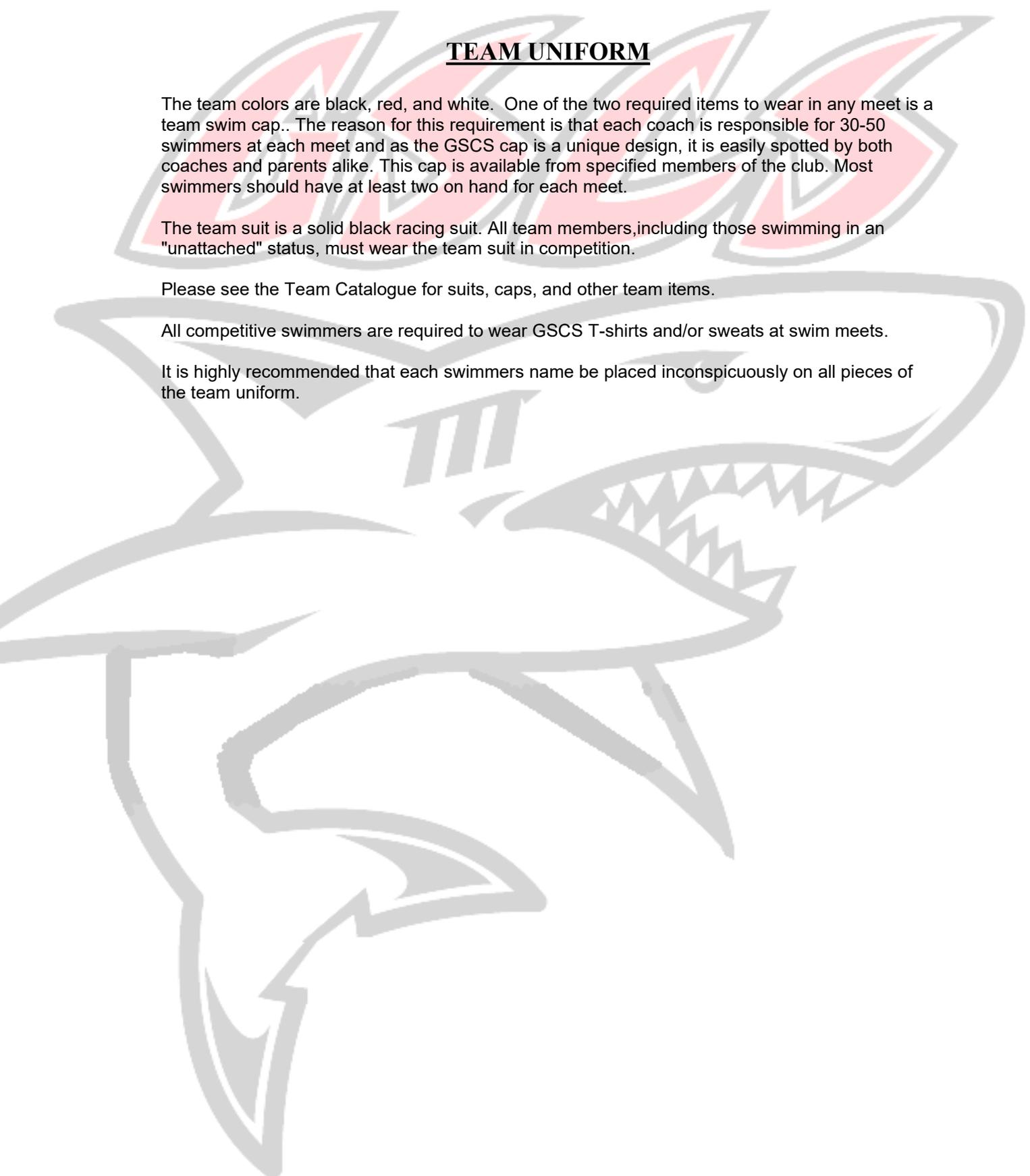
The team colors are black, red, and white. One of the two required items to wear in any meet is a team swim cap.. The reason for this requirement is that each coach is responsible for 30-50 swimmers at each meet and as the GSCS cap is a unique design, it is easily spotted by both coaches and parents alike. This cap is available from specified members of the club. Most swimmers should have at least two on hand for each meet.

The team suit is a solid black racing suit. All team members,including those swimming in an "unattached" status, must wear the team suit in competition.

Please see the Team Catalogue for suits, caps, and other team items.

All competitive swimmers are required to wear GSCS T-shirts and/or sweats at swim meets.

It is highly recommended that each swimmers name be placed inconspicuously on all pieces of the team uniform.



SWIM MEETS – SECTION F

COMPETITIVE STROKES

The four competitive strokes are (1) freestyle, (2) backstroke, (3) breaststroke, and (4) butterfly. Events are held in all of the competitive strokes at varying distances depending on the age-group of the swimmer. In addition, there is a combination of the strokes swum by one swimmer called the individual medley. Other swimming events include relays, which are a group of four swimmers who either all swim freestyle (freestyle relay) or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle (medley relay).

SWIM SEASONS

The swim year is divided into two seasons. The winter, or "short course", season runs from mid-September to mid-March. The meets are held in a 25-yard pool. The summer, or "long course", season runs from early April to mid-August. Meets are generally held outside in 50 meter pools (Olympic size).

COMPETITION ...and the winner is...

The GSCS staff does not see the first place person as the only winner. We'd rather look to see who behaves like a winner. There are certain characteristics of a winner, and every swimmer, no matter where they place, has the opportunity to emulate those characteristics: concentration, listening skills, and working toward goals.

Sports is not an end in itself, but a vehicle we use to teach children life skills and how to reach their potential. We use sport as organized play to demonstrate and measure one's abilities. Seen in that light, winning without learning is not GSCS's desired intention. In competition, the important measure is not who collected the most medals, or even who improved the most seconds. The real critical measure is who learned the most from the competitive experience.

Swimmers quickly forget the medals, records, and other material benefits. They will, however, remember the development of interpersonal skills, discipline, listening skills, time management, goal setting, and enhanced self- image. These are the things that make the swimmer a more successful person with a better chance of living a life closer to their peak potential, and to contribute to the world they live in.

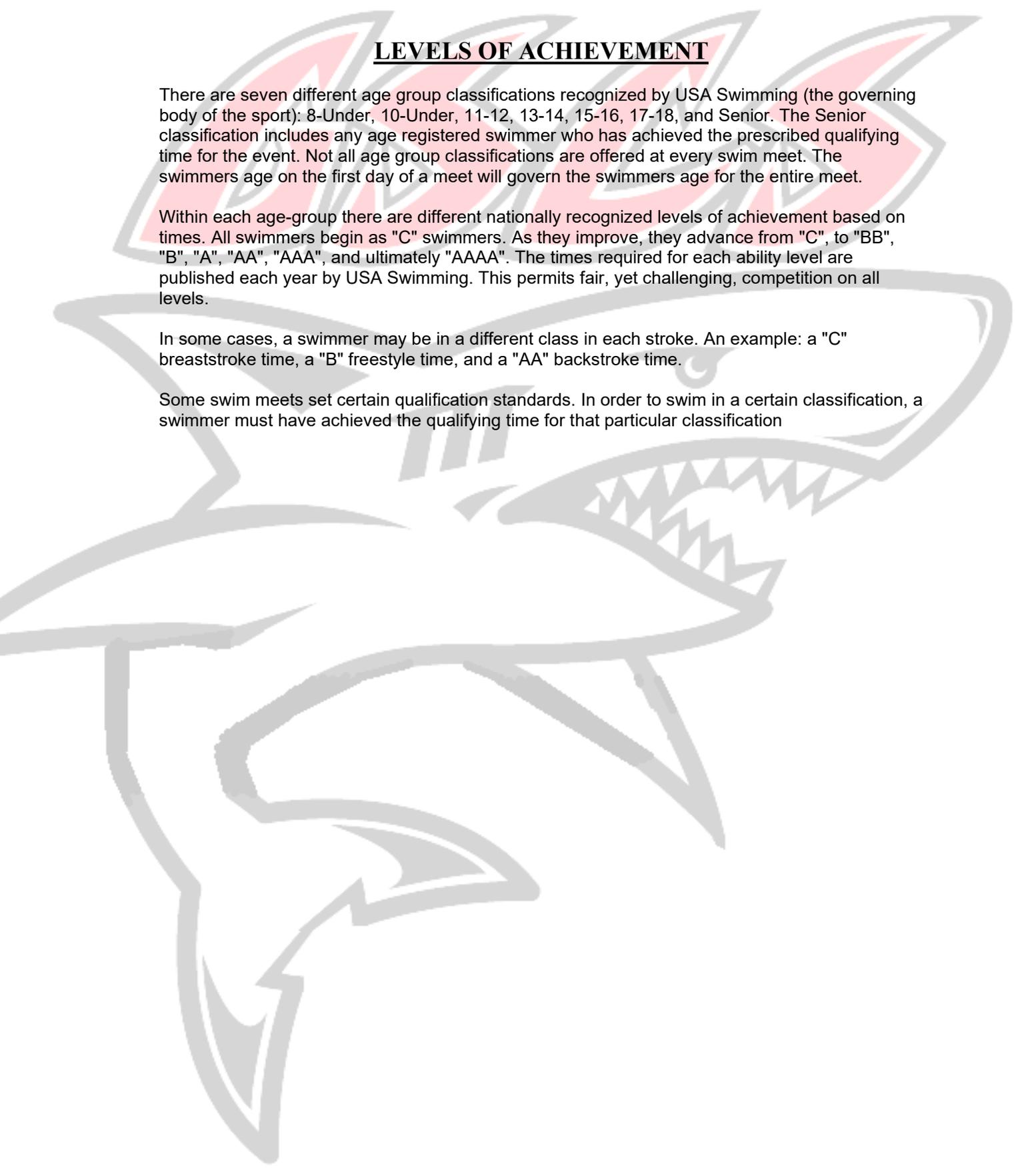
LEVELS OF ACHIEVEMENT

There are seven different age group classifications recognized by USA Swimming (the governing body of the sport): 8-Under, 10-Under, 11-12, 13-14, 15-16, 17-18, and Senior. The Senior classification includes any age registered swimmer who has achieved the prescribed qualifying time for the event. Not all age group classifications are offered at every swim meet. The swimmers age on the first day of a meet will govern the swimmers age for the entire meet.

Within each age-group there are different nationally recognized levels of achievement based on times. All swimmers begin as "C" swimmers. As they improve, they advance from "C", to "BB", "B", "A", "AA", "AAA", and ultimately "AAAA". The times required for each ability level are published each year by USA Swimming. This permits fair, yet challenging, competition on all levels.

In some cases, a swimmer may be in a different class in each stroke. An example: a "C" breaststroke time, a "B" freestyle time, and a "AA" backstroke time.

Some swim meets set certain qualification standards. In order to swim in a certain classification, a swimmer must have achieved the qualifying time for that particular classification



TYPES OR LEVELS OF SWIM MEETS

Dual Meets-Occasionally, the GSCS will compete with one other team in a dual meet. These meets help promote team unity, but usually limit the number of events a swimmer may enter.

Developmental Meets-These meets generally do not have any qualification time standards. Most of the time these meets offer each one of the competitive strokes in the two distances offered for each group. Each swimmer is usually allowed to enter from 3-5 events per day.

Qualification Meets-These meets have some type of qualification time standard(s) that a swimmer must meet in order to enter the meet.

State Championships-At the end of each short course (winter) and long course (summer) season, a State Championship meet is sanctioned by Kentucky Swimming, the governing body of swimming in the state of Kentucky. Kentucky swimming sets the qualifying time standards for these championship meets. Generally, the standards fall around the "A" time standards. There are two championships held each season: the Age Group Championship for swimmers 12-Under and the 13-Over Championship.

Zone Championships - After the state championships are held in the summer, a swimmer may qualify to participate in the Southern Zone Championships by coach selection. This is an all-star meet where swimmers compete as a member of the Kentucky Zone team competing against other states from the south.

Sectional Championships-Swimmers may qualify by time standard to compete against swimmers from other states in the southeastern zone.

Junior National Championships-One of the highest levels of achievement GSCS swimmers strive for is the participation in the Junior National Championships. USA swimming sponsors this meet for competition between the best 18-under swimmers in the nation.

US Open-Other than the Olympic Trials and the World Championship Trials, each of which is held every four years, the highest level of competition for our senior swimmers is the US Open Championships. As with the Junior Nationals, GSCS swimmers meeting the national qualifying time standards travel to various cities throughout the U.S. to compete against America's best swimmers. Swimmers can qualify for national teams that represent the U.S. in international competition by their performances at US Open.

MEET SCHEDULE

Each season's meet schedule is distributed at the outset of the season.

1. The meet schedule has been established with the expectation that swimmers will attend every meet available at their classification level. We do not schedule a meet unless we feel it is important to participate. However, it is not mandatory to attend meets. One can also choose to enter only one day of a two or three day meet.
2. On an average, we want all team members to compete once every three or four weeks. The meet schedule is established with this philosophy in mind. In some cases, meets of a similar classification are scheduled as close as two weeks apart or as far as one month apart. This happens when the meets that the coaching staff choose from offer no other alternative.
3. As a general rule, we will not permit any swimmer to compete in competition on two successive weekends (except in championship meets). In a situation where there is a "developmental" meet one weekend and a "B" meet the following weekend, the swimmer must choose one meet or the other. This policy holds true for all levels of competition.
4. The coaching staff reserves the right to make the final decision concerning meets GSCS swimmers may attend.
5. Team Effort Meets-Team championship meets are either indicated on the meet schedule or talked about in the parent meetings. Since the coaching staff places the most emphasis on these meets, GSCS swimmers who are qualified are highly encouraged to attend. The Kentucky State Age Group and Senior Championships are always considered "Team Effort Meets".

PHILOSOPHY OF COMPETITION

GSCS engages in a multi-level competition program with USA swimming that, like our training program, attempts to provide challenging, yet success-oriented competitive situations for swimmers of all ages and abilities. The following policies outline our philosophy:

1. We emphasize competition with oneself. Winning ribbons, medals, or trophies is not our main goal. Even if the swimmer finishes first, but has swum poorly in comparison to his/her own past performances, he/she is encouraged to do better. The individual's improvement is our primary objective.
2. Sportsmanlike behavior is of equal importance to improved performance. All the coaches teach swimmers how to behave like a champion when the swimmer has both a "good" and a "bad" swim. Respect for officials, congratulations to other competitors, encouragement to teammates, determined effort, and mature attitudes are examples of behaviors praised and rewarded by the GSCS coaching staff.
3. A swimmer is praised for improving his/her stroke or time. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's responsibility to provide love and encouragement that bolster the swimmer's confidence along the way.

Swimmers are taught to set realistic, yet challenging, goals for meets and to relate those goals to practice to direct their training efforts.

Swimmers are prepared and encouraged to compete in all swimming events, distances, and strokes. This policy promotes versatility and encourages the swimmer to explore his/her potential in the wide range of events offered in competitive swimming. Oftentimes, a swimmer's "best" stroke changes as they mature and his/her body goes through physical changes.

**EVERYTHING YOU
WANTED TO KNOW ABOUT
SWIM MEETS...BUT, WERE
AFRAID TO ASK
(or didn't know what to ask):**

Swim meets are a great family experience! They're a place where the whole family can spend time together. Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets.

Before the Meet Starts

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information handed out to all GSCS swimmers and also in the team newsletter.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces.
3. Find the check-in place, your swimmer will need to check themselves in if required by the meet.
 - A. This is usually around the area marked "Clerk of Course".
 - B. Check for special posted instructions in the area. Usually one will need to circle the swimmer's name or "#" before each swimmer's name, in each event they are swimming, that day. If this is not done, the swimmer will not be allowed to swim that event.
 - C. This is done so that the people running the meet know who is actually at the meet.
4. Once "checked in", if your swimmer does not have a heat sheet, write each event-number on your swimmer's hand, or an index card in ink. This helps him/her remember what events he/she is swimming and what event number to listen for.
5. Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
6. After warm-up, your swimmer will go back to the area where his/her towels are and sit there until the next event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink and snack, and gets fully clothed.
7. The meet will usually start about 10-15 minutes after warm-ups are over.
8. According to USA rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.
9. Heat Sheets. A heat sheet is usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event.

Meet Starts

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait awhile.
2. A swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report behind the blocks or to the "clerk of course". Swimmers should report with his/her cap, goggle, and warm clothing item like a parka. Generally, girl's events are odd-numbered and boy's events are even-numbered. Example: "Event #26, 10-Under Boys, 50 freestyle, report to Clerk of Course."
3. If swimmers are instructed to report to the "Clerk of Course":
 - A. The people running the "Clerk of Course" will give a card to each of the swimmers swimming that event. This card will tell each swimmer his/her heat and lane number.
 - B. The clerk will usually line up all the swimmers and take them down to the pool in correct order.
 - C. Depending on the meet, either the people at clerk will give the card to the timers at the end of each lane or the people at the clerk will instruct the swimmers to hand their cards to the timers when it is their turn to swim. These cards are important because they tell the people running the meet who actually swam each event.
 - D. You can expect at least 4-8 heats of each event.
4. The swimmer swims their race.
5. After each swim:
 - A. He/she is to ask the timers (people behind the blocks at each lane) his/her time.
 - B. He/she should go immediately to their coach. The coach will ask him/her their time and discuss the swim with each swimmer.
6. Things you, as a parent, can do after each swim:
 - A. Tell him/her how great they did! The coaching staff will be sure to discuss stroke technique with them. You need to tell him/her how proud you are and what a great job he/she did.
 - B. Take him/her back to the towel area and relax.
 - C. This is another good time to check out the bathrooms, get a drink or something light to eat.
 - D. The swimmer now waits until his/her next event is called and starts the procedure again.
7. When a swimmer has completed all of his/her events he/she and their parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and he/she is not there. (The coaches speak from experience on this issue).

What Happens If Your Child has a Disappointing Swim

If your child has a poor race and comes out of it feeling bad, talk about the good things. The first thing you say is, "Hey, that is not like you. You're usually a top swimmer." Then you can go on and talk about the good things the child did. You never talk about the negative things.

If your child comes up to you and says, "That was a bad race, don't tell me it wasn't," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.

What To Take To The Meet

1. Most important: Swim Suit and GSCS Cap--and goggles (if your swimmer uses them).
2. Baby or talcum powder--To "dust" the inside of swim cap. This helps preserve the cap and makes it easier to put on.
3. Towels-Realize your swimmer will be there awhile, so pack at least two.
4. Something to sit on. Example: sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it. (Red or Black if possible).
5. Sweat suits: bring one. Each swimmer may want to bring two because they can get wet and soggy.
6. T-shirts: Two or three. Same reason as above.
7. Games: travel games, coloring books, books, anything to pass the time.
8. Food: Each swimmer is usually allowed to bring a small cooler. It is better to bring snacks. They usually have snack bars at the meet, but the lines are long and most of the time they only sell junk food. Suggestions for items to bring:

Drinks: Hi-C, Fruit juice, Powerade, water

Snacks: Granola bars, Fun fruits, yogurt, cereal, jello cubes, sandwiches

Once you have attended one or two meets this will all become very routine. Please do not hesitate to ask any other GSCS parent for help or information!

These meets are a lot of fun for the swimmers! He/she gets to visit with his/her friends, play games, and meet kids from other teams. He/she also gets to "race" and see how much he/she has improved from all the hard work he/she has put in at practice.

Special Parent's Note

The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly! At some of the meets, the parents are allowed to sit with the swimmers at the blanket area. If you don't think that a gym floor is comfortable, feel free to bring folding chairs to sit on.

Very Basic Swimming Rules

Starts

The swimmers are not allowed a false start. If they jump the start and the starter thinks they are trying to get an advantage (whether intentional or not-it does not matter), they will be taken out of the race. This is not like the Olympics where they are allowed two false starts.

Turns and finishes

1. Freestyle: feet have to touch the wall
2. Backstroke: swimmers have to be on their back when they touch the wall. After he/she touches, he/she can then turn around, but he/she must push off on their back. At the finish a swimmer must finish on his/her back. A swimmer may not roll over and grab the wall until they have first touched it.
3. Breaststroke and Butterfly:
 - A. Swimmers have to touch with both hands at the same time.
 - B. A swimmer may not freestyle kick off the wall in either breaststroke or butterfly.
 - C. When swimming butterfly, both arms must move at the same time.

CHAMPIONSHIP MEETS

Policy One of our team goals is to qualify as many swimmers as possible for the Championship meet(s). Whether attendance is REQUIRED or OPTIONAL, the Championship meet is a special experience and extremely important in the athletes development.

As our season progresses, all of the swimmers get excited and motivated to "go for a State cut". Unfortunately, some of the swimmers do not have the consistent practice habits or the USA meet experience to make the cut, yet, through an extremely psyched swim and a lot of desire, they do the time. Because they don't have the practices and meet experience, the swimmer will probably not repeat the time at the Championship meet.

As an Age Group swimmer, our swimmers learn they swim faster at the Championship meet than at any other time during the season. They are prepared for this; they are taught this; we practice this. If a young swimmer goes to the Championship meet and is not properly prepared, the experience is negative and can affect other championships later in his/her swimming career.

We, as coaches, believe that the honor of competing in a Championship meet is earned through consistent practice habits and competitive experience at USA swim meets. There's a big difference between "wanting" to go to the championships and "deserving" to be at the championships. Talent plays a supporting role to commitment.

To insure that all of our swimmers are properly prepared for their championships:

1. Meet attendance and participation throughout the entire season is important. USA meets offer the experience necessary for the championships.
2. Practice habits must be within our recommendations for the group the swimmer trains with. "Consistency" is the key word.

The State Championship is not the ultimate goal. It is a seasonal goal that should lead to Zones, Sectionals, Junior National, and beyond. Making the "cut off time" is simply a requirement to attend the meet. The goal is to be as prepared as possible and perform to the best of one's ability at the meet. Sometimes swimmers get the "end" and the "means" mixed up.

Swimmers are special people and deserve to have positive experiences as rewards for their dedication and commitment. Let's make sure that parents, swimmers, and coaches, are laying the foundation for the best possible experience at the Championship meet.

Prelims & Finals

Meet Format In a preliminaries and finals meet format, the object of the preliminary swim is to qualify for the evening finals session. If a swimmer places among the top 8 (in an 8 lane pool) after his/her morning swim they then qualify to swim in the Championship finals in the evening session. Some meets also swim a Consolation final. If a swimmer places from 9th - 16th place from preliminaries, he/she qualifies to participate in the Consolation finals in the evening session. In the evening finals session, the Consolation heat is swam first followed immediately by the Championship heat. During the prelims, the results are usually posted within 1/2 hour of the conclusion of the event. If a swimmer does not wish to swim in a final swim he or she may "scratch" the event and not be penalized. This must take place within a half hour of the posting of the preliminary results. Therefore, within approximately 1 hour of the end of an event, a swimmer should know if they have made finals. A swimmer should never leave the meet without making sure if they are a finalist or an alternate. USA Swimming rules dictate that if a swimmer makes a finals event and fails to show up they are bared from participating in the remainder of the meet (individual events and relays). Alternates (the 17th & 18th place swimmers) should check with his/her coach about attending finals.

The finals are seeded like a regular meet as are any events that are swam as timed finals such as relays, distance freestyles and other events most often held on Friday evening as a timed finals session.

Awards & Placings

The swimmers who participate in the championship finals receive awards as listed in the meet information. The swimmers who participate in the consolation finals often do not receive awards, but do score points for the team. One very important thing: Once a swimmer has made the championship final, the worst they can place is 8th, regardless of how slow they may swim in finals. The swimmers who participate in the consolation finals may place no better than 9th (the winner of the heat) regardless how fast they swim. It has been known to happen that the winner of the consolation finals swims a time that would have placed him/her 2nd or 3rd in the championship finals, but the highest he/she can score is 9th. That is why it is important to swim very fast in the morning prelims session to make the championship finals. If a swimmer is disqualified in finals, they do not score points or get awards, however, a non-finals swimmer can not be moved up to score. The place simply is not awarded. Alternates occasionally get to swim and can score the same as any other swimmer.

Receiving Awards in Public

Whenever there is a system of presenting awards at a meet, it is customary for swimmers to be prompt and to cooperate fully with dignity and respect at the presentations. A club uniform is to be worn when accepting the award. It is also customary for GSCS swimmers to be polite and modestly thankful for any awards they receive. It is appropriate to congratulate other swimmers and receive the same with poise and a "thank you". Good sportsmanship is essential. If photos are being taken, we ask the swimmer to remain until the shooting is complete, being sure to cooperate with the photographer. Do not ham it up! The picture may be special to someone else. The image a swimmer presents is a direct reflection of the team.

OUT OF TOWN MEETS

Trips to meets in other cities become an important aspect of a swimmer's career while advancing through the age group ranks. GSCS has established the following policies for the safety of the swimmer and peace-of-mind of parents:

1. Parents are to be responsible for arranging transportation and lodging to away meets, with the exception of Nationals and those competitions so designated. **DO NOT ASK YOUR SWIMMER(S) TO HANDLE THIS JOB.** Oftentimes, a certain hotel will be designated as "team headquarters."
2. Parents are encouraged to attend out-of-town meets with their swimmers and to chaperon other youngsters. These trips can be great fun for parents and swimmers alike. They also are a rare opportunity to participate in a special way in each young swimmer's career.
3. A coach has too many responsibilities to the entire team to accept responsibility for an individual swimmer. Therefore, do not ask a coach to provide transportation.
4. Any swimmer riding in a car is responsible to the parent/driver for his/her behavior and is expected to adhere to the GSCS "Honor Code" at all times.
5. A medical release and emergency telephone number should be given to the parent/driver with whom your swimmer is riding in case emergency medical treatment is required.
6. An appropriate contribution is expected from each passenger in a car to the driver/owner to help defray gasoline and related expenses.

BUS TRIP POLICY

It is important for swimmers to participate in meets both with and without their parents in attendance. This adds to the growth experience a child can gain from competitive swimming, teamwork, and individual initiative. As a swimmer progresses to the National level, oftentimes they attend these meets without his/her parents. It is, therefore, necessary for a swimmer to learn to travel without his/her parents.

1. All GSCS swimmers must travel with the team and stay in the hotel with the team on all bus trips.
2. GSCS swimmers must remain with the team for the duration of the trip (including meals and team functions).
3. If a GSCS swimmer would like to return with his/her parents, he/she may leave if his/her meet is over and arrangements were made prior to the start of the trip with a signed permission slip. However, the swimmer is still responsible for full round-trip transportation costs.
4. The full amount of designated transportation will be collected in advance or billed to accounts. These amounts are not refundable.
5. All release forms must be signed prior to the trip.
6. The "Honor Code" must be followed by all swimmers. Regulations must be followed as set forth by coaches and chaperones.

NUTRITION – SECTION G

GENERAL NUTRITION

*can be individualized throughout the course of the season

Everything you do influences your performance, but your food choices have the most effect due to the long term and short term benefits. A proper diet, including proper selection of foods, will help your training and performance while also achieving a healthy lifestyle once you stop competing.

To help ensure a balanced diet, remember that there are no magical nutrition remedies. So forget the fads and eat a variety of wholesome foods from the four food groups--milk, meat, fruits & vegetables, and grains. Foods in these groups provide protein, fat carbohydrate, fiber and all the necessary vitamins and minerals. Your ideal diet should include the following percentage of calories:

Carbohydrate	50-60%
Fat	20-30%
Protein	14-18%

This nutrition series is designed to help you better understand good nutrition and to provide guidelines for ideal food choices. Within sports, there are four major periods that nutrition will impact:

During Training

1. Training represents the period in which athletes spend most of their time. Therefore, this category represents the most critical period. During this time, a diet high in carbohydrates is important. This is important since it is not uncommon for athletes training 4-6 hours a day to burn 2500 to 4000 calories a day. The best way to replenish these calories is with a high carbohydrate diet. By being conscious of this and by taking high carbohydrate foods or drink in the first 30 minutes following a workout, you can minimize depletion of energy stores.

Pre-event Nutrition

2. The major purpose of the pre-event diet is to ensure sufficient energy and fluid for the athlete. Two to three days before competition, a high carbohydrate diet with plenty of fluids should be emphasized. The pre-event meal should include a light, high carbohydrate meal three to four hours before the event.

During Competition

3. Provided that good nutrition practices were followed during training, middle distance and sprint events will not be limited by nutrition-related factors. During a three to four day competition, make sure you consume plenty of fluids and each meal should include high carbohydrate, low fat selections.

After Competition

4. High intensity work will deplete the muscle's energy supplies. Therefore, carbohydrates play an important role after competition to make sure energy stores are maintained.

Food Choices

The best food choices include a well balanced, mixed diet with choices from each of the four food groups. You can get all the nutrients you need by selecting a variety of foods in the recommended serving size from each of the following food groups:

Food Group	Selections	Servings
MILK	Milk, Cheese, Yogurt, Cottage Cheese, Ice Cream (Vitamins & Protein)	4 or More
MEAT	Meat, Fish, Poultry, Eggs, Beans, Peas, Nuts (minerals & protein)	2 or More
FRUIT & VEGETABLES	Fresh, Frozen, Canned, Dried and Juiced Fruits and Vegetables (Vitamins and Carbohydrates)	8 or More
GRAIN	Cereals, Breads, Rolls, Pasta, Muffins, Pancakes (Carbohydrates and Minerals)	8 or More
OTHERS	Cakes, Cookies, Pies, Candy Soft Drinks, Chips (Carbohydrates and Fat)	ONLY if you need additional calories AFTER selections from above

Fast Food (??)

Yes! "Fast Food" restaurants play an important role in the diets of athletes on the go. Today, these restaurants can provide a viable source of good nutrition--but the choice is yours and selection is critical. Here are some guidelines to make wiser choices:

Menu Adjectives

Fat content must be watched when selecting menu items. If you see one of the following words, try to make another selection:
Fried, Crispy, Breaded, Scampi Style, Creamed, Buttery, Au Gratin, Gravy.

Selection adjectives that are **good** include:

Marinara, Steamed, Boiled, Broiled, Tomato Sauce, In Its Own Juice, Poached, Charbroiled.

Restaurant Choices

Depending on the restaurant you go to, here are some tips when selecting foods:

Mexican - Choose pot beans instead of refried beans and chicken or bean burritos and tostados. Ask for baked, soft corn tortillas instead of deep fried shells. Salsa is fine, but watch your chip intake.

Italian - Pasta with marinara sauce is good but watch alfredo sauces. Pizza, plain or with vegetables, is a good choice. Bread is good (watch the butter). Low-fat italian ices are better than rich dessert choices.

Chinese - Stir fried and steamed dishes, like chicken & vegetables and rice, are good choices. Minimize fried egg roll intake or avoid all together.

Burger Places - Salad bars are great but watch the dressing. Look for grilled burgers, hold the mayonnaise and go light on the cheese. Watch your french fry intake (select a baked potato with a little butter if you can) and go easy on the milk shakes.

Breakfast Cafes - Always ask for butter on the side of pancakes, toast, muffins, etc. Select fresh fruit, juices and whole-grain breads and muffins.

Fast Food Choices

Listed on this page are a partial list of fast foods and their calorie & fat content. When selecting, always go with the low fat choice.

		Calories	Fat (gm)
Breakfast	Juice	80	0
	English Muffin/Butter	186	5
	Scrambled Eggs	180	13
	Ham, Chs., Mushrm		
	Omelet	290	20
	Egg McMuffin	340	20
	French Toast (2 slices)	400	20
	Sausage with Biscuit	467	35
Burgers	Hamburger	262	15
	Cheeseburger	318	20
	Quarter Pound Burger	427	25
	Quarter Pound		
	Cheese-Burger	525	35
Chicken	Big Mac	570	40
	Whopper with Cheese	760	50
	Drumstick	117	5
Desserts	Chicken Sandwich	320	10
	Chicken nuggets, 6300	23	
	Chicken Salad Sandwich	386	20
	Chicken Club Sandwich	620	35
	Soft Serve Cone	185	5
Fish	Strawberry Sundae 320	10	
	Carmel Sundae	361	10
	Frosty (12 oz)	400	15
	Cherry Pie	260	15
	Fish Sandwich	450	30
Pizza (3 slices of 12 inch pizza)	Seafood Platter	471	35
	Cheese	510	8
	Pepperoni	430	17
Potatoes	Plain, baked	215	0
	Regular Fries	220	15
	Baked, Cheese & Broccoli	541	25
Baked with Cheese	590	40	
Mexican	Taco	179	6
	Beefy Tostado	291	15
	Bean Burrito	343	15
	Taco Salad	390	20
Milk and Milk shakes	Milk shake	350	10
	2% Milk	120	5
	Whole Milk	150	10

Nutrition Do's & Don'ts

Carbohydrate intake is important during every stage of nutrition. For each meal and snack, follow these Do's and Don'ts listed on this and the next page for wise food choices during training.

	Do	Don't
Breakfast	<p>Eat hot cereals like oatmeal or oat bran. Select whole-grain or high fiber cold cereals. Eat breads, including muffins, biscuits and bagels. Try milk, skim or lowfat is best. Choose fruit, including fresh, canned and fruit juices. Drink hot beverages such as hot chocolate and hot apple cider. Eat pancakes, waffles and french toast. Chooses eggs up to two or three times weekly. Choose fat-free toppings like syrups and jams as an alternative to butter.</p>	<p>Eat sausage, ham or bacon more than once or twice weekly Opt for eggs every day Choose sugary children's cereals Choose fast food breakfast sandwiches and fat-laden croissants every day. Use too much margarine or butter. Eat doughnuts or pastries daily. Skip breakfast.</p>
Lunch	<p>Pack a lunch when possible. Choose whole-grain breads. Choose lean meats like turkey over salami or bologna. Use mustard and ketchup as condiments. Choose a hamburger over hot dogs. Choose a baked potato over french fries. Eat pasta as much as you like, but choose tomato sauces rather than cream sauces. Try pizza without fatty meat toppings. Eat hearty soups and stews.</p>	<p>Eat fast-food meals too frequently. Eat fried foods like fish'n'chips too frequently. Overuse condiments like mayonnaise or salad dressings. Eat fatty and salty luncheon meats too often. Skip lunch. Choose prepared salads containing excessive mayonnaise or salad dressing.</p>
Dinner	<p>Eat pasta dishes. Choose pizza with vegetable and lean meat toppings. Try chinese food with rice and fresh vegetables. Select fish often. Broiled or poached is best. Trim visible fat from meats and remove skin from poultry. Have soups, salads and plenty of vegetables. Eat as much bread as you like. Include potatoes, rice or beans when available. Choose fresh fruit, yogurt or jello for dessert.</p>	<p>Choose deep-fried meals more than twice a week. Eat high-fat meals like hot dogs or sausages in excess. Choose meals with heavy cream sauces or gravies. Ruin a baked potato or bread with too much butter. Have cakes, ice cream and pies every night.</p>
Snacks and Beverages	<p>Pack nutritious snacks like fruit, raisins and nuts. Have rolls, muffins and breads when you get a break. Snack on popcorn, pretzels and breadsticks. Drink eight to ten glasses of fluids every day. Drink nonfat or lowfat milk. Drink fruit juices, sparkling waters and plain water. Drink hot ciders, soups and hot chocolate.</p>	<p>Count on potato chips or tortilla chips as good snacks. Eat cupcakes or cream-filled pastries to satisfy hunger. Eat ice cream, cakes or candies in excess. Drink too many soft drinks.</p>

Appendix A

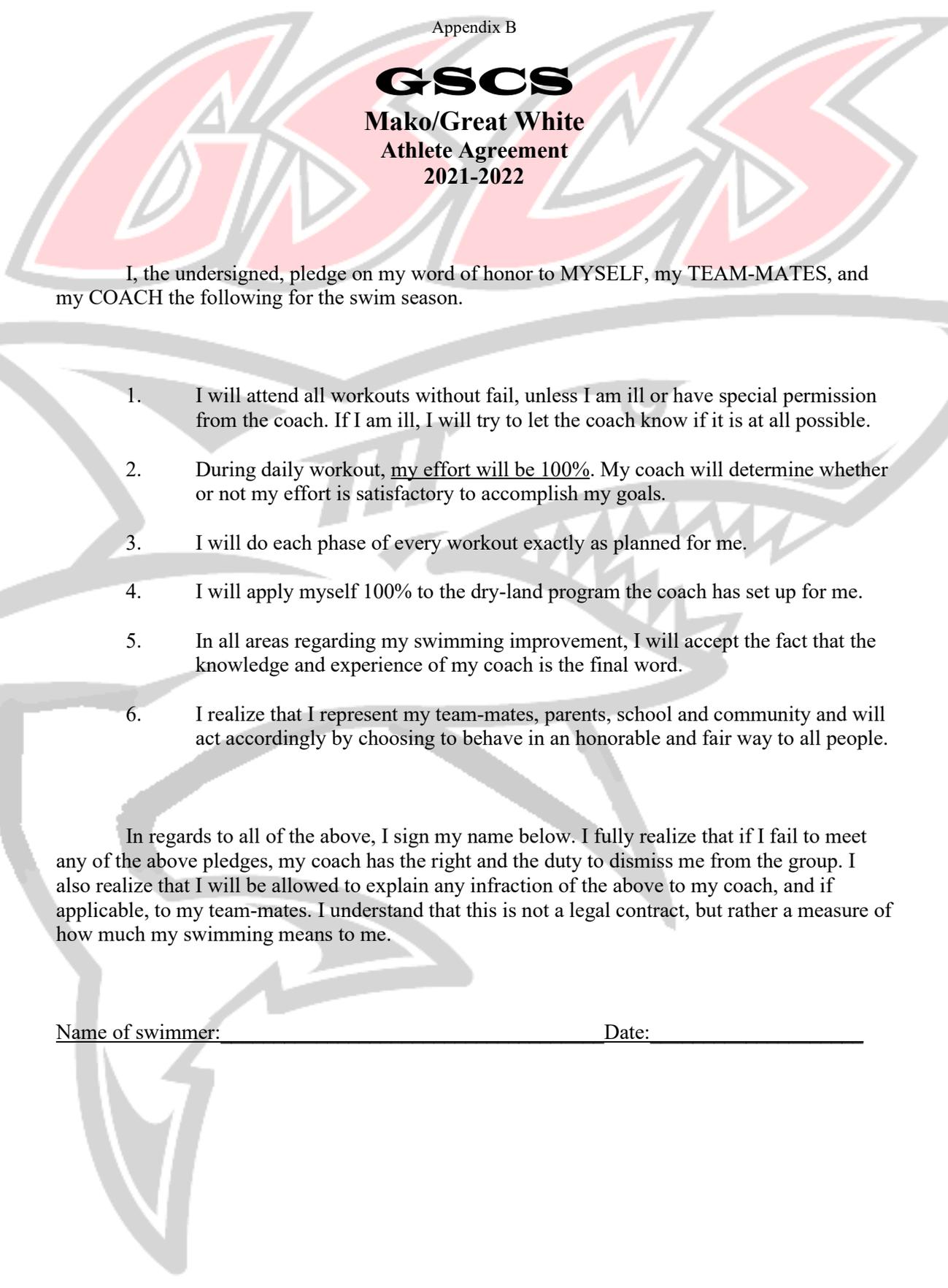
TERMS AND CONDITIONS FOR PARTICIPATION

1. The yearly club registration fee and USA Swimming registration fee are not refundable and must be paid prior to the swimmer entering the water. New swimmers to the GSCS may participate for a maximum of two weeks prior to payment of the USA registration fees.
2. When a swimmer is moved from one group to another, he/she must pay the monthly fee for the highest group in which they participate.
3. MONTHLY DUES ARE TO BE PAID BY THE FIRST (1ST) DAY OF THE MONTH. NONPAYMENT OF MONTHLY DUES PAST THE DUE DATE, WHICH IS THE FIRST (1ST) DAY OF THE MONTH, WILL NECESSITATE NON-PARTICIPATION FOR THE SWIMMER(S) UNTIL PAYMENT IS MADE.
4. Meet entry fees are in addition to the monthly dues. Nonpayment of entry fees will also necessitate non-participation for the swimmer(s) until payment is made.
5. Should a swimmer decide to discontinue participation in the program with the GSCS, the monthly dues for the month of which he/she swims any portion thereof and any outstanding entry fees are considered an obligation to GSCS, and are payable upon termination of participation.
6. EACH FAMILY IS REQUIRED TO SIGN AND RETURN THE SWIM MEET CONTRACT THAT IS ATTACHED. FAILURE TO COMPLY WITH THE ITEMS SPECIFIED WILL RESULT IN A FIFTY DOLLAR (\$50.00) PER SESSION ASSESSMENT TO THAT FAMILY.
7. All swimmers, who are members of GSCS, are required to participate at their highest level of achievement in championship meets (including relays).
8. No fundraising obligation.
9. Each parent and swimmer is responsible for reading and understanding the contents of the "GSCS Handbook".
10. Each Mako and Great White team swimmer will be asked to sign a swimmer "Code of Conduct". Failure to comply with this code may result in the swimmer being asked to leave the team.
11. Any checks returned to the GSCS for Non-Sufficient Funds will be subject to a \$25.00 additional handling charge.
12. GSCS will provide a meal and participation trophy at the year end banquet to only those swimmers who complete the season and who are current on all fees.
13. All families are required to volunteer to work at least one swim meet as either a timer or an official.

I understand and agree to the above terms and conditions of GSCS in exchange for the privilege of my child(ren), registered with this form, to participate in the activities and swimming program of GSCS.

(Signature of Parent or Guardian) _____ Date: _____

Appendix B



GSCS
Mako/Great White
Athlete Agreement
2021-2022

I, the undersigned, pledge on my word of honor to MYSELF, my TEAM-MATES, and my COACH the following for the swim season.

1. I will attend all workouts without fail, unless I am ill or have special permission from the coach. If I am ill, I will try to let the coach know if it is at all possible.
2. During daily workout, my effort will be 100%. My coach will determine whether or not my effort is satisfactory to accomplish my goals.
3. I will do each phase of every workout exactly as planned for me.
4. I will apply myself 100% to the dry-land program the coach has set up for me.
5. In all areas regarding my swimming improvement, I will accept the fact that the knowledge and experience of my coach is the final word.
6. I realize that I represent my team-mates, parents, school and community and will act accordingly by choosing to behave in an honorable and fair way to all people.

In regards to all of the above, I sign my name below. I fully realize that if I fail to meet any of the above pledges, my coach has the right and the duty to dismiss me from the group. I also realize that I will be allowed to explain any infraction of the above to my coach, and if applicable, to my team-mates. I understand that this is not a legal contract, but rather a measure of how much my swimming means to me.

Name of swimmer: _____

Date: _____

Appendix C

**GSCS 2021-2022
SWIMMER
CODE OF CONDUCT****General Swim Meet Policies**

1. No swimmer shall attend a meet unless accompanied by a parent or a chaperone arranged for by the swimmer's parents.
2. No swimmer shall drive a car to, from, or at an away swim meet unless accompanied by a parent or chaperone. Swimmers 19 years of age and older may drive themselves, but may not be accompanied by younger swimmers.
3. Meet warm-up times, which are set by the coaching staff and published in the team meet information, are to be strictly adhered to by all team members.
4. In general, it is preferred that team members check with the coaches prior to leaving a meet. Should it become necessary for a swimmer to leave a meet early, his/her coach must be notified.
5. Swimmers are expected to meet with their coach before and after each of their events.
6. In prelim & final meets, all swimmers who qualify to compete in the finals are expected to participate in the finals. All team members are strongly encouraged to return to the finals sessions to support the team and take advantage of the opportunity to learn from watching the finals. At times, alternate and relay positions open up that need to be filled.
7. All team members are expected to follow the team uniform policy. Be proud to wear your red and black. Your personal appearance shall be neat and appropriate at all times.
8. Swimmers are expected to sit with the team and participate in all team meet activities and team meetings.
9. Team members and parents are expected to display proper respect and sportsmanship toward coaches, officials, meet administrators, and fellow competitors.
10. As a matter of team pride and courtesy to the meet host, swimmers are expected to leave the GSCS team area in a neat and clean condition at the conclusion of each session of the meet.
11. All questions swimmers or parents may have concerning meet results, an officiating call, or the conduct of a meet, should be referred to the GSCS coaching staff only. Our coaches, in turn, will pursue the matter through appropriate channels.
12. In accordance with USA Swimming rules, parents are expected to remain in the spectator area and off the immediate competitive deck unless they are working the meet in an official capacity.

Team Travel Policies

1. All team members are reminded that when traveling on trips, competing in meets, and attending other meet- related functions, you are representing both yourself and the GSCS program. Your behavior must positively reflect the high standards of the club.
2. All swimmers and chaperones traveling with the team will attend all team functions and are expected to know all travel/meeting schedules and strictly adhere to them. Coaches will establish warm-up times and other trip related timetables as needed. Being prompt and on time is essential.
3. Swimmers are expected to remain with the team at all times during a trip. Swimmers are not to leave the pool, the hotel, or any other place at which the team has gathered without the permission of a coach or chaperone.
4. Rooms and travel vehicles are to be treated with respect and kept neat. Belongings should be kept together and all trash deposited appropriately. Any damage to rooms or vehicles will be the responsibility of the parties involved and may result in being sent home early from a trip.
5. When traveling by van, swimmers must wear seat belts and remain seated at all times.
6. Male swimmers are not allowed in female swimmers' hotel rooms, nor are female swimmers permitted in male swimmers' rooms unless a chaperone/coach has granted permission (i.e. for a small group to watch a movie).
7. Swimmers are to refrain from inappropriate physical contact.
8. All swimmers are expected to strictly adhere to the curfew established by the coaching staff. At curfew, all lights, TV's, electronic equipment, etc. must be turned off and no talking is permitted.
9. Swimmers are expected to be quiet and respect the rights of teammates and other hotel guests during evening hours and the rest time between prelims and finals. There is to be no telephone use after curfew and no room-to-room telephone use during afternoon rest time.
10. All telephone and incidental room charges must be paid prior to curfew on the final night of the trip.
11. When group meals are contracted for with a hotel or restaurant, all swimmers and chaperones on the trip are expected to participate in and share the cost of these meals.
12. Swimmers are expected to travel with and stay with the team on team travel trips. Any exceptions to this policy must be approved by the Head Coach or his designee prior to the trip.
13. Chaperones must agree to fulfill their responsibilities to the swimmers entrusted to their care and to the other chaperones and coaches. Swimmers may not be chaperones.
14. Violation of these rules will result in disciplinary action, including the possibility of being sent home from the meet at the expense of the swimmer's family.

I have read and understand this Code of Conduct and by this signature, agree to abide by it.

Swimmer's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Appendix D
GSCS
Parent Code of Conduct
2021-2022

It is hereby acknowledged and agreed by the undersigned that in consideration of your child (children) being accepted as a member of GSCS that you agree to and understand the following Code of Conduct. The following code will be enforced for the swim season and will cover all activities pertaining to your involvement as a parent with GSCS, the use of any facility, and also include behavior during scheduled competition times, at all away meets and for the duration of all organized travel arranged by GSCS Swimming, or United States Swimming for the purpose of competition or training. **A parent's disregard for the following code in part or in whole may result in, but is not limited to, action ranging from verbal warning to dismissal from the team.**

Parents, please keep in mind the following code of conduct is in accordance with recommendations made by United States Swimming and The American Swim Coaches Association. Ultimately, the goal of such a code is to ensure a positive environment for the development of your swimmer(s). In addition, our intentions are not only to ensure a swimmer's individual maturity but to also promote a positive and encouraging team atmosphere. With that in mind, the following conduct is unacceptable:

- A. Coaching your child (children) during any portion of a workout or competition
 - i. You are involved in one of the few youth sports programs that offer professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support and a safe place to return to at the end of the day. The coach is responsible for the technical part of the job.*
 - ii. You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.*
 - B. Attempting to discuss issues concerning your swimmer(s) with any member of the coaching staff during scheduled workout time
 - C. Attempting to discuss issues concerning your swimmer(s) with any member of the coaching staff during competition (excluding emergency situations)
 - D. Entering the pool deck during practice or watching practice from any deck level seating (parents are free to attend all practices but may only do so from the balcony level)
 - E. Parents are expected to get their children to practice and meets on time – in the event circumstances do not permit your child's (children's) punctual arrival a note is required
 - F. Competing with or criticizing the coach in the presence of your child or other parents on the team
 - G. Imposing your own ambitions on your child (children)
 - H. Criticizing officials during competition or in front of your swimmer(s) at any time
 - I. Pulling a swimmer from practice or competition early due to dissatisfaction in his/her performance or a disagreement with a staff member
 - J. Encouraging your child to focus solely on winning (focusing on the outcome too heavily rather than the process)
 - K. Campaigning against the coaching staff (talking negatively about the coaching staff to other parents on the team)
 - L. Excessive Cheering at meets and competitions
- * Be supportive of your child and encourage his/her efforts**

Suggestions for contacting coaches:

Please be considerate when contacting the coaches. The best way to contact the coaches is by email. Sending a note with your swimmer is also a good way to get information to coaches. Otherwise, call the team phone, 502-542-2056, and leave a message for your coach. Please do not attempt to talk to the coach during practice, during dryland or workout. A coach should not be contacted at home unless an extreme emergency is at hand or he/she has confidentially extended that privilege by offering you his/her personal number.

**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 but in fact this approach often results in new problems being created.

1) Try to keep foremost in your mind that you and the coach have the best interest 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 a good rapport and a constructive dialogue.

2) Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or the training group that can range in size from 20-200 members. On occasion, an individual child's needs 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.

All participants of GSCS agree to the rules and guidelines as set forth in the GSCS Code of Conduct. Furthermore, the staff reserves the right to discipline and (or) remove a parent if adherence to such guidelines and rules are not met.

PARENT/GUARDIAN SIGNATURE: _____ **DATE:** _____

PARENT/GUARDIAN SIGNATURE: _____ **DATE:** _____

Appendix E

**GSCS
Board of Directors
2021-2022**

www.gscs.club/Contact.jsp?team=ksgscs



Appendix F

GLOSSARY

A Glossary of those strange and wacky words we use in the sport of swimming. Parents! You may or may not find these words in the English Dictionary, and if you do, their definitions will probably be radically different than the ones listed in this Glossary. Relax and take your time reading. Soon you'll be understanding and maybe even speaking some "SWIMSLANG".

"A"	Time classification for a swimmer. National Age Group Time Standard "A". "A" time is .01 seconds faster than the "BB" time standard and .01 slower than the "AA" time standard. See the NAGT published chart.
"AA"	Time classification for a swimmer. .01 faster than "A" time standard.
"AAA"	Time classification for a swimmer. .01 faster than the "AA" time standard.
"AAAA"	Time classification for a swimmer. .01 faster than the "AAA" time standard. This is the fastest time standard listed on the NAGT chart. Times faster than this are approaching National cuts or Top Times consideration.
A-Meet	Swim meet which requires swimmers to have previously achieved an "A" time standard in the events they wish to enter.
A-B Meet	Swim meet that offers separate competition for both "A" swimmers and "B" swimmers, usually with medals for the "A" swimmers and ribbons for the "B" swimmers. Swimmers compete in separate brackets against other swimmers of their own ability. Usually only "A" swimmers can score individual event team points.
A-B-C	Swim meet similar to the A-B meet except that there are 3 divisions. This type of meet includes every ability level of swimmer from Novice to very experienced. All swimmers "A" time or faster compete in the "A" division, and all swimmers "C" and down compete in the "C" division. The "B" division is the most limited with both top (.01 slower than "A") and bottom (.01 faster than "C") limitations.
Achiever Card	A recognition card or certificate proving the swimmer has made a specific time in an event. The card list the distance, stroke, swimmers time, date and place of meet, swimmers name, and meet referees signature.
Add Up	Aggregate Time - times achieved by 4 swimmers in individual events which are added together to arrive at a provable relay entry time.
Admission	Certain swim meets charge for spectators to view the meets. These are usually the larger more prestigious meets. Sometimes the meet program (heat sheet) is included in the price of admission.
Age Group	Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16,17-18. Some LSC's have divided the swimmers into more convenient divisions specific to their situations: (ie) 8-under, 13-Over, 15-Over, Junior, Senior.
Alternate	In a Prelims/Finals meet, after the finalist are decided, the next two fastest swimmers other than the finalist are designated as alternates. The faster of the 2 being first alternate and the next being second alternate. If a finalist cannot

participate, the alternates are called to take their place, often on a moments notice.

Anchor	The final swimmer in a relay.
Approved Meet	Swim meets conducted by organizations (other than USA member clubs or LSC's) that have applied to USA or the local LSC for approval. If approval is granted, swimmers may use times achieved as USA qualifying times. A USA official must be present at all sessions of the meet. Approval does not mean Sanctioned.
ASCA	The American Swim Coaches Association. The professional organization for swim coaches throughout the nation. Certifying coaches and offering many services for coaches education and career advancement.
"B"	Time classification for a swimmer. National Age Group Time Standard "B". "B" time is .01 seconds faster than the "C" time standard and .01 slower than the "BB" time standard. See the NAGT published chart.
"BB"	Time classification for a swimmer. National Age Group Time Standard "BB". "BB" time is .01 seconds faster than the "B" time standard and .01 slower than the "A" time standard. See the NAGT published chart.
B-Meet	Swim meet which requires swimmers to have previously achieved a "B" time standard in the events they wish to enter. Some meets have no bottom cut time allowing "C" swimmers also to compete.
B-C Meet	Swim meet that offers separate competition for both "B" swimmers and "C" swimmers, usually with ribbons for the "B" swimmers and smaller ribbons for the "C" swimmers. Swimmers compete in separate brackets against other swimmers of their own ability. Swimmers are not allowed to enter an event that they have an "A" time in.
Backstroke	One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swam as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
Banner	A team sign that is displayed at swim meets. Banners are usually made from nylon material and carry the Team Logo and possibly the name of a popular team sponsor. Some size restrictions are enforced at certain meets.
Beep	The starting sound from an electronic, computerized timing system.
Big Finals	The top 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Big Finals is the fastest heat of finals when multiple heats are held.
Blocks	The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool, and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.
BOD	Board of Directors of the LSC or USA.

Bonus Heat	The heat held during the finals session of a Prelims/Finals meet, that is slower than the swimmers participating in Big Finals. The Bonus Heat may refer to Consolation Finals or an extra heat in addition to Consolation finals.
Bottom	The floor of the pool. Bottom depths are usually marked on the walls or sides of the pool.
Breaststroke	One of the 4 competitive racing strokes. Breaststroke is swam as the second stroke in the Medley Relay and the third stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
Bull Pen	The staging area where swimmers wait to receive their lane and heat assignments for a swimming event. Area is usually away from the pool and has rows of chairs for the swimmers to sit. The Clerk of the Course is in charge of the Bull Pen.
Bulletin	One of the most important communication devices for a swim club. Bulletin boards are usually in the entrance ways of pools and have timely information posted for swimmers and parents to read.
Butterfly	One of the 4 competitive racing strokes. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and first stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
Button	The manual Timing System stopping device that records a back-up time in case the touch pad malfunctioned. The button is at the end of a wire, plugged into a deck terminal box. There are usually 3 buttons per lane. It is the timers responsibility to push the button as the swimmer finishes the race.
Camp	A swimming function offered by USA, your LSC, or a USA coach. There are many types of camps for just about every level of swimmer. When selecting a camp, ask for your coaches advice as to what will be the best for the swimmer, or call USA swimming for details on the many camps they offer.
Cap	The latex or lycra covering worn on the head of swimmers. The colors and team logo's adorning these caps are limitless. National Caps, State Team Caps, award caps, plain practice caps, etc.
Car pool	The major transportation service provided by parents of a swim club, to shuttle swimmers to and from practices.
Cards	A card that is either handed to the swimmer in the bull pen or given to the timer behind the lane. Cards usually list the swimmers name, USA number, seed time, event number, event description, and the lane and heat number the swimmer will swim in. Backup times are written on these cards. Each event has a separate card.
Carbohydrates	The main source of food energy used by athletes. Refer to a Nutritional Manual for more information.
Championship Meet	The meet held at the end of a season. Qualification times are usually necessary to enter meet.

Championship Finals	The top 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. The fastest heat of finals when multiple heats are held. Big Finals.
Check-In	The procedure required before a swimmer swims an event in a deck seeded meet. Sometimes referred to as positive check in, the swimmer must mark their name on a list posted by the meet host.
Check-Out	The parents job at the motel. This is listed here to remind parents to request "Late Check Out" times if offered at no charge by the motel. This makes the last day of the meet a little less hectic.
Chlorine	The chemical used by most pools to kill the bacteria in water and keep it clear and safe to swim in.
Circle Seeding	A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes. (Ie) Lane 4 in the final 3 heats. See rule book for exact method for seeding depending on the lanes in the pool.
Clinic	A scheduled meeting for the purpose of instruction. (Ie) Officials clinic, Coaches clinic.
Closed Competition	Swim meet which is open to the members of an organization or group. Summer club swim meets are considered to be "Closed Competition".
Club	A registered swim team that is a dues paying member of USA and the local LSC.
Code	A set of rules that have been officially published.
Code of Ethics	A Code of Conduct that both swimmers and coaches are required to sign at certain USA/LSC sponsored events. The Code is not strict and involves common sense and proper behavior.
Colorado	A brand of automatic timing system.
Consolation Finals	After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.
Course	Designated distance (length of pool) for swimming competition. (Ie) Long Course = 50 meters / Short Course = 25 yards or 25 meters.
Deadline	The date meet entries must be "postmarked" by, to be accepted by the meet host. Making the meet deadline does not guarantee acceptance into a meet since many meets are "full" weeks before the entry deadline.
Deck	The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an "authorized" USA member may be on the deck during a swim competition.
Deck Entries	Accepting entries into swimming events on the first day or later day of a meet.
Deck Seeding	Swimmers report to a bull pen or staging area and receive their lane and heat assignments for the events.

Dehydration	The abnormal depletion of body fluids (water). The most common cause of swimmers cramps and sick feelings.
Developmental	A classification of meet or competition that is usually held early in the season. The purpose of a developmental meet is to allow all levels of swimmers to compete in a low pressure environment.
Distance	How far a swimmer swims. Distances for short course are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths), 500 yards (20 lengths), 1000 yards (40 lengths), 1650 yards (66 lengths). Distances for long course are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), 1500 meters (30 lengths).
Disqualified	A swimmers performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.
Dive	Entering the water head first. Diving is not allowed during warmups except at the designated time, in specific lanes that are monitored by the swimmers coach.
Diving Well	A separate pool or a pool set off to the side of the competition pool. This pool has deeper water and diving boards/platforms. During a meet, this area may be designated as a warm-down pool with proper supervision.
Division I-II-III	NCAA member colleges and universities are assigned divisions to compete in, depending on the schools total enrollment. Division I being the large universities and Division III being the smaller colleges.
Double Dual	Type of swim meet where three teams compete in dual meets against each other, at the same time. Separate Meet scores would be kept for Team A vs. Team B, Team A vs. Team C, and Team B vs. Team C.
Dual Meet	Type of meet where two (2) teams/clubs compete against each other.
Draw	Random selection by chance.
Dropped Time	When a swimmer goes faster than the previous performance they have "dropped their time".
Dryland	The exercises and various strength programs swimmers do out of the water.
Dry Side	That part of the Code book (rule book) that deals with the "Administrative" Regulations of Competition.
Entry	An Individual, Relay team, or Club roster's event list into a swim competition.
Entry Chairperson	The host clubs designated person who is responsible for receiving, and making sure the entries have met the deadline, or returning the entries if the meet is full. This person usually will find discrepancies in the meet entries and notify the entering club to correct any errors.
Entry Fees	The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.

Entry Limit	Each meet will usually have a limit of total swimmers they can accept, or a time limit they can not exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned.
Electronic Timing	Timing system operated on DC current (battery). The timing system usually has touchpads in the water, junction boxes on the deck with hook up cables, buttons for backup timing, and a computer type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers time.
Eligible to compete	The status of a member swimmer that means they are registered and have met all the requirements.
Equipment	The items necessary to operate a swim practice or conduct a swim competition.
Event	A race or stroke over a given distance. An event equals 1 preliminary with its final, or 1 timed final.
False Start	When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.
False Start Rope	A recall rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 50 feet from the starting end on meter pools.
Fastest to Slowest	A seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heats followed by the next fastest and so on. Many times these events will alternate one girls heat and one boys heat until all swimmers have competed.
Fees	Money paid by swimmers for services. (Ie) Practice fees, registration fee, USS membership fee, etc.
FINA	The international, rules making organization, for the sport of swimming.
Finals	The final race of each event. See "Big Finals", "Consolation Finals", "Timed Finals", etc.
Final Results	The printed copy of the results of each race of a swim meet.
Fine	The monetary penalty assessed a swimmer or club when a swimmer does not achieve the necessary time required to swim in an event, and cannot prove they have done the time previously.
Fins	Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not competition.
Flags	Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.
Format	The order of events and type of swim meet being conducted.
Fund Raiser	A money making endeavor by a swim team/club usually involving both parents and swimmers.

Freestyle	One of the 4 competitive racing strokes. Freestyle (nicknamed Free) is swam as the fourth stroke in the Medley Relay and fourth stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, 200 yds/mtr, 400 mtr/500 yd 800 mtr/1000 yds, 1500 mtr/1650 yds. (LSC's with 8-under divisions offer the 25 yd free)
Gallery	The viewing area for spectators during the swimming competition.
Goals	The short and long range targets for swimmers to aim for.
Goggles	Glasses type devices worn by swimmers to keep their eyes from being irritated by the chlorine in the water.
Gun	The blank firing pistol used by the starter to start the races.
Gun Lap	The part of a freestyle distance race (400 meters or longer) when the swimmer has 2 lengths plus 5 yards to go. The starter fires a gun shot over the lane of the lead swimmer when swimmer is at the backstroke flags.
Handbook	A reference manual published by teams/clubs and LSC's or other swimming organizations.
Hats	See "caps".
Headquarters	The motel designated by the meet host. Usually, hospitality rooms and meetings relating to the meet will be held at this location. Many times this motel is one of the sponsors of the meet.
Heats	A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers time swam, after all heats of the event are completed.
Heat Award	A ribbon or coupon given to the winner of a single heat at an age group swim meet.
Heat Sheet	The pre-meet printed listings of swimmers seed times in the various events at a swim meet. These sheets vary in accuracy, since the coaches submit swimmers times many weeks before the meet. Heat sheets are sold at the admissions table and are used mainly to make sure the swimmer has been properly entered in all the events they signed up for. Parents enjoy looking at the seedings prior to the race plus swimmers can tell the order the events will be conducted and get a rough idea how long the meet sessions will last.
High Point	An award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards; check the pre meet information.
HOD	House of Delegates. The ruling body of an LSC composed of the designated representative of each club plus the board of directors (BOD) of the LSC.
Horn	A sounding device used in place of a gun. Used mainly with a fully automatic timing system.
KHSAA	Kentucky High School Athletic Association
Illegal	Doing something against the rules that is cause for disqualification.

IM	Individual Medley. A swimming event using all 4 of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swam of each stroke. Distances offered: 100 yds, 200 yds/mtr, 400 yds/mtr.
Insurance	USA offers "accident insurance coverage" which is automatic when swimmer, coach, official, pays their USA membership fee. Many restrictions apply, so check with your club for detailed information.
Interval	A specific elapsed time for swimming or rest used during swim practice.
Invitational	Type of meet that requires a club to request an invitation to attend the meet.
J.O.	Junior Olympics. An age group championship meet conducted by the LSC.
Jump	An illegal start done by the 2nd, 3rd, or 4th member of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall.
Juniors	A USA National Championship meet for swimmers 18 years old or less. Qualification times are necessary. National Meets are conducted both short course (in December) and long course (in August).
Kick	The leg movements of a swimmer. A popular word to "yell" to encourage swimmers during a race.
Kick Board	A flotation device used by swimmers during practice. A lightweight object used with great accuracy by coaches.
Lane	The specific area in which a swimmer is assigned to swim. (Ie) Lane 1 or Lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from Right (lane 1) to Left (Lane 6).
Lane Lines	Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.
Lap	One length of the course. Sometimes may also mean down and back (2 lengths) of the course.
Lap Counter	The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card.
Late Entries	Meet entries from a club or individual that are received by the meet host after the entry deadline. These entries are usually not accepted and are returned to sender.
Leg	The part of a relay event swam by a single team member. A single stroke in the IM.
Length	The extent of the competitive course from end to end. See lap.

Little Finals	After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Little Finals are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.
Long Course	A 50 meter pool.
LSC	Local Swim Committee. The local level administrative division of the corporation (USA) with supervisory responsibilities within certain geographic boundaries designated by the Corporation
Lycra	A stretch material used to make competitive swim suits and swim hats.
Malfunction	A mechanical or electronic failure - not a human failure by the swimmer.
Mark	The command to take your starting position.
Marshall	The adult(s) (official) who control the crowd and swimmer flow at a swim meet.
Medals	Awards given to the swimmers at meets. They vary in size and design and method of presentation.
Meet	A series of events held in one program.
Meet Director	The official in charge of the administration of the meet. The person directing the "dry side" of the meet.
Meters	The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters is 50 meters, short course meters is 25 meters.
Mile	The slang referring to the 1500 meter or the 1650 yard freestyle, both of which are slightly short of a mile.
NAIA	National Association of Intercollegiate Athletics
NAGTS	National Age Group Time Standards - the list of "C" through "AAAA" times published each year.
Nationals	Junior level meets conducted in March/April and August. See Junior Nationals.
Natorium	A building constructed for the purpose of housing a swimming pool and related equipment.
NCAA	National Collegiate Athletic Association
Newsletter	A written communication published by a club or association.
NGB	National Governing Body
Non-Conforming Time	A short course time submitted to qualify for a long course meet, or vice versa.
Novelty Meet	A meet that does not fall into a specific category because of limited events, sessions, or age brackets.

Novice	A beginner or someone who does not have experience.
NRT	National Reportable Time. A time list published once a year, which if a swimmer equals or betters the time on the list, they may submit their time in that event for consideration for national recognition.
NSSA	National Swim School Association
NT	No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before.
Nutrition	The sum of the processes by which a swimmer takes in and utilizes food substances.
Nylon	A material used to make swim suits.
Officials	The certified, adult volunteers, who operate the many facets of a swim competition.
Olympic Trials	The USA sanctioned long course swim meet held the year of the Olympic Games to decide what swimmers will represent the USA on our Olympic Team. Qualification times are faster than Senior Nationals.
Omega	A brand of automatic timing system.
OT	Official Time. The swimmers event time recorded to one hundredth of a second (.01).
OTC	Olympic Training Center in Colorado Springs, Colorado.
OVC	Official Verification Card. A 3 copy form for certifying a national qualifying time made by a swimmer and issued only by a verification official of the area in which the meet was held.
Open Competition	Competition which any qualified club, organization, or individual may enter.
Parka	Large 3/4 length fur lined coats worn by swimmers. Usually are in team colors with logo or team name.
Pace Clock	The large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warm-ups or swim practice.
Paddle	Colored plastic devices worn on the swimmers hands during swim practice.
Plaque	A type of award (wall plaque) given to swimmers at a meet.
Pool	The facility in which swimming competition is conducted.
Positive Check In	The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer must mark their name on a list posted by the meet host.
Practice	The scheduled workouts a swimmers attends with their swim team/club.
Prelims	Session of a Prelims/Finals meet in which the qualification heats are conducted.

Prelims-Finals	Type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest 6 or 8 (Championship Heat) swimmers, and the next fastest 6 or 8 swimmers (Consolation Heat) return in the evening to compete in the Finals. A swimmer who has qualified in the Consolation Finals may not place in the Championship Finals even if their finals time would place them so. The converse also applies.
Pre-seeded	A meet conducted without a bull pen in which a swimmer knows what lane and heat they are in by looking at the Meet heat sheet, or posted meet program.
Proof of Time	An official meet result, OVC, or other accepted form. Swimmers/Coaches must supply proof of time with some meet entries, and other meets it is not required unless a swimmer misses a cut of time at the meet.
Psyche Sheet	Another name for a "Heat Sheet" or meet program.
Pull Buoy	A flotation device used for pulling by swimmers in practice.
Qualifying Times	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. See "A" "AA" (etc.) times.
Race	Any single swimming competition. (Ie) preliminary, final, timed final.
Ready Room	A room pool side for the swimmers to relax before they compete in finals.
Recall Rope	A rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 50 feet from the starting end on meter pools.
Referee	The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.
Registered	Enrolled and paid as a member of USA and the LSC.
Relays	A swimming event in which 4 swimmers participate as a relay team each swimmer swimming an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Medley relays are conducted over 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances.
Rest Area	A designated area (such as a gymnasium) that is set aside for swimmers to rest during a meet.
Ribbons	Awards in a variety of sizes, styles, and colors, given at swim meets.
Safety	The responsible and careful actions of those participating in a swim meet. USA and each LSC now have a "Safety Coordinator" and each meet must have "Marshalls" in charge of safety.
Sanction	A permit issued by an LSC to a USA group member to conduct an event or meet.
Sanction Fee	The amount paid by a USA group member to an LSC for issuing a sanction.

Schedule	USA or LSC list of meets with dates, meet host, meet location, type of meet, and contacts address and phone.
Scratch	To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events.
Seed	Assign the swimmers heats and lanes according to their submitted or preliminary times.
Seeding	Deck Seeding - swimmers are called to report to the Clerk of the Course. After scratches are determined, the event is seeded. Pre Seeding - swimmers are arranged in heats according to submitted times, usually a day prior to the meet.
Senior Meet	A meet that is for senior level swimmers and is not divided into age groups. Qualification times are usually necessary and will vary depending on the level of the meet.
Senior	A USA National Championship meet for swimmers of any age as long as the qualification times are met.
Session	Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group.
Shave	The process of removing all arm, leg, and exposed torso hair, to decrease the "drag" or resistance of the body moving through the water. Used only by Seniors at very important (Championship) meets.
Short Course	A 25 yard or 25 meter pool.
Simultaneously	A term used in the rules of butterfly and breaststroke, meaning at the same time.
Splash	USA Swimming newsletter that is mailed bi-monthly.
Split	A portion of an event, shorter than the total distance, that is timed. (Ie) A swimmers first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.
Stations	Separate portions of a dryland or weight circuit.
Start	The beginning of a race. The dive used to begin a race.
Starter	The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.
Still Water	Water that has no current caused by a filter system or no waves caused by swimmers.
State	A meet held twice a year (Short Course and Long Course) sponsored by the LSC. It is common to hold a Championship Senior meet and Age Group meet separately. Qualification times are usually necessary.
State Qualifier	A swimmer who has made the necessary cut off times to enter the State meet.

Stand-up	The command given by the Starter or Referee to release the swimmers from their starting position.
Step-Down	The command given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication everything is not right for the race to start.
Stroke	There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle.
Stroke Judge	The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be Disqualified.
Submitted Time	Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets.
Suit	The racing uniform worn by the swimmer, in the water, during competition. The three most popular styles/types of suits worn are: Nylon, Lycra, Paper.
Swim-A-Thon	The "Fund Raiser" copyrighted by USS swimming for local clubs to use to make money.
Swim America	The professional swim lesson program administrated by the American Swim Coaches Assoc. licensed to Coaches.
Swim-off	In a Prelims/Finals type competition, a race after the scheduled event to break a tie. The only circumstance that warrants a swim-off is to determine which swimmer makes finals or an alternate, otherwise ties stand.
Swimming World	The most informational and popular of the professional magazines. All swimmers and parents who are interested in swimming should consider a subscription.
Taper	The resting phase of a senior swimmer at the end of the season before the championship meet.
Team	USA Registered club that has the right to compete for points.
Team Records	The statistics a team keeps, listing the fastest swimmer in the clubs history for each age group/each event.
Timed Finals	Competition in which only heats are swum and final placings are determined by the those times.
Time Standard	A time set by a meet or LSC or USA (etc) that a swimmer must achieve for qualification or recognition.
Timer	The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system.
Time Trial	An event or series of events where a swimmer may achieve or better a required time standard.

Top 10	A list of times compiled by the LSC or USA or Swimming World that recognizes the top number of swimmers Top 16 in each age group (boys & girls) in each event and distance.
Touch Out	To reach the touchpad and finish first in a close race.
Touch Pad	The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race.
Transfer	The act of leaving one club or LSC and going to another. Usually 120 days of unattached competition is required before swimmer can represent another USA club.
Travel Fund	A sum of money set aside for a swimmer to use for travel expenses and entry fees to specified meets.
Tri-meet	A meet with 3 team competing for points to see who places 1st-2nd-3rd.
Trophy	Type of award given to teams and swimmers at meets.
Unattached	An athlete member who competes, but does not represent a club or team. (abbr. UNA)
Uniform	The various parts of clothing a swimmer wears at a meet. May include: Parka, Warm-up jacket, Team duffel bag, sweat pants, suits, hat, goggles, T-shirt, etc.
Unofficial Time	The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been checked, it will become the official time.
USS	The governing body of swimming. United States Swimming.
USA Number	A 12 part number assigned to a swimmer after they have filled out the proper forms and paid their annual dues. The first three parts include the two letter abbreviation for the LSC (Local Swim Committee) and the registration year. The next three parts are letters standing for the first initial of: Last Name/First Name/Middle Name in that order. The last 6 parts are numbers of swimmers birthdate: Day/Month/Year using zeros as place holders. USOTC United States Olympic Training Center located in Colorado Springs, Colorado.
Vertical	At right angle to the normal water level.
Vitamins	The building blocks of the body. Vitamins do not supply energy, but are necessary for proper health.
Warm-down	The loosing a swimmer does after a race when pool space is available.
Warm-up	The practice and loosing session a swimmer does before the meet or their event is swum.
Watch	The hand held device used by timers and coaches for timing a swimmers races and taking splits.
Water	For the purpose of filling swimming pools and swimmers drinking to properly hydrate themselves.

Weights	The various barbells / benches / machines used by swimmers during their dryland program.
Whistle	The sound a starter/referee makes to signal for quiet before they give the command to start the race.
Work Out	The practice sessions a swimmer attends.
Yards	The measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length.
Yardage	The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.
Zones	The country is divided up into 4 major zones: Eastern - Southern - Central - Western. At the end of the long course season (in August) the Zone Administration sponsors a championship age group meet.