

WELCOME to GREAT LAKES SAILFISH SWIMMING

Great Lakes Sailfish Swimming is a non-profit, board operated USA Swimming Team. We offer aquatic opportunities for most ages and experience levels. Practices are held at Cleveland State University, Gilmour Academy, Mayfield Wildcat Sports and Fitness ,Orange High School and the Chagrin Valley Athletic Club.

Our programs are designed to help swimmers develop at their own pace and provide a natural progression. GLSS is fortunate to have a strong, experienced and dedicated coaching staff in place to support our swimmers. Their goal is to deliver a safe and positive environment in which athletes can progress in the sport of swimming while developing skills such as, communication, independence, responsibility, teamwork and dedication that will help them achieve excellence in all aspects of life.

The information in this handbook is to help you understand a bit more about Great Lakes Sailfish Swimming and the sport in general. Please take the time to review. Our coaches and board members are available to you if you have any questions as you navigate your way through the handbook and the upcoming season.

A successful swim team requires time and dedication from our coaches, swimmers, parents, and Board of Directors. We thank you in advance for all you will do this year to help your swimmer, coaches and team.

Thank you for choosing,



...the FASTEST in the water!

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GREAT LAKES SAILFISH SWIMMING PROGRAMS

Competitive Swim Team

Is a year round USA Swimming program that competes in both the short course and long course season. Below is a basic description of each group:

Bills - High School Swimmers

Senior swimmers expected to train year-round in order to improve and excel. Continued emphasis on technique along with significant training and conditioning. Doubles and dryland are an important part of the program.

Fins

This group is for advanced year-round Age Group swimmers. Emphasis of practices will be learning how to improve by training and conditioning while maintaining proper technique.

- Must be able to read a clock for send offs and knowing times
- Achieved at least one A time standard
- Proficient in all strokes and turns
- Understand concept of race strategies and how to incorporate them into daily practice
- Must be able to make 10x100 on 1:30

Tails

Practices will continue implementing skills and proper technique learned in Gills. Swimmers will develop good practice habits and increase interval training. Start building endurance and introduce effort levels and race strategies.

- Ability to maintain proper basic interval work in practice
- Proficient in starts and turns
- Expected to participate in competitive meets

Gills

First level of competitive swimming. Stroke instruction is emphasized and interval training is introduced.

- Ability to focus for length of practice
- Legal in 3.5 competitive strokes
- Understanding of basic drills and swim terms
- Desire to participate in meets

These guidelines were created to structure the Age Group and Senior Group programs for long term development. All group placements are done at the coach's discretion.

Junior Sailfish

An introduction to competitive swimming. Focus on learning proper technique for all four strokes, gaining endurance and learning the foundations of the sport while having fun.

- Ability to swim a 25 of freestyle and backstroke
- Have an idea of breaststroke and butterfly

Pre Season ONLY

High school swimmers looking to get in shape during the fall. Some attention will be paid to stroke and turn technique, but emphasis will be on conditioning.

College Swimmers

College swimmers looking for a place to train during the summer and/or over breaks.

All GLSS programs require USA Swimming registration.

COMPETITIVE SWIMMING 101

Governing Organizations

USA Swimming: USA Swimming is the national governing body for the sport of swimming. Great Lakes Sailfish Swimming participants must be members of this organization. Membership, which is renewed in the fall of each year, provides limited, co-benefit accident and liability insurance for swimmers participating in supervised workouts and swim meets. Visit www.usaswimming.org for more information including rules, current time standards, and many other resources for parents and swimmers.

Lake Erie Swimming: Lake Erie Swimming (LESI)) is a member of USA Swimming and is the Local Swim Committee (LSC) that governs GLSS area. Its responsibilities include processing memberships, scheduling competitions, training /certification of officials, athlete recognition programs, and assembling the Lake Erie Zone Team. Visit <http://www.lakeerieswimming.com> for more information.

Geographic Structure

USA Swimming divides the country into four zones: Western, Central, Eastern, and Southern. GLSS is part of Lake Erie Swimming and competes in the Central Zone.

Seasonal Structure (Short vs. Long Course)

Swimming is a year-round sport that is divided into two seasons with championship meets held at the end of each season.

The short course season lasts from September through March. All practices and meets are typically conducted in 25-yard pools. The United States is the only country that competes in 25-yard pools. High school and collegiate competition is conducted in the 25-yard format and is considered a winter sport in Ohio.

The long course season lasts from April through early August. Most swim meets are conducted in 50-meter pools. Practices are held in a combination of 25-yard and 50-meter pools. All international competition takes place in either 25-meter or 50-meter pools. The Olympics are always held in a 50-meter pool.

Time Standards

USA Swimming establishes National Age Group Motivational Time standards for each age group every four years. The current standards will be in place until August 31, 2020 and are available on USA Swimming's website here: <https://www.usaswimming.org/Home/times/time-standards>.

Time standards and age determine the type of meet in which a swimmer may participate. Age group standards progress from (slower to faster) B, BB, A, AA, AAA, and AAAA. In addition, there are also specific time standards for various USA championship meets. Click [here](#) to view those

GLSS awards time standard patches for 12 and under swimmers when they reach a new level. Please fill out the request when your child earns a patch. More information found [here](#)

COMPETING for GLSS

Competition Schedule

A competition schedule for each season is available on our website under “Events” tab. Newsletters will include a reminder of registration due dates. Please contact your coach if you have questions about meets or events. **Swimmers may not attend meets not listed on our schedule without permission from their coach.**

Meet Entries

All meet entries are completed thru our Team Unify site under the “Events” Tab. If you click on a specific meet it will take you to the meet page that provides information about the meet including the meet packet. The meet packet provides meet information about the sessions, entry limits and event listings. You then select to attend or decline to sign your swimmer up before the registration due date. **We can not enter swimmers after the GLSS due date.**

Some meets require qualifying times. Please check that your swimmer has achieved the qualifying times.

GLSS will invoice your account once our entries have been submitted and approved. You will be charged on the first of the month following the registration due date. The **meet entry fees** are as follows:

- **Per event Fee** (Typically range \$6-10, USA National meets are higher)
- **Meet Surcharge** - LESI \$2 per swimmer, travel meets and USA meets may vary
- **A facility fee** charged by the meet host, if applicable
- **GLSS surcharge** - \$4 per swimmer that helps cover the administrative cost (meet pay, relays, processing fees)
- **Travel Meets** outside of the LE LSC - \$40 for one swimmer and \$65 for two or more swimmers.

Once the entries for a swim meet have been turned in to a host team, the swimmer is responsible for their entry fees whether they swim or not.

A final entry report will be posted when the meet entries are approved. Changes or additions to the entries are at the discretion of the host team.

Competition Apparel

All GLSS swimmers are expected to wear team attire when competing. Our goal is to arrive at meets looking like a team. This also helps coaches identify swimmers, improves team recognition and team spirit.

Regular Season Meets- 1 Day Meet

Navy with Yellow Sailfish Cap
2018 Registration T-shirt

Multiple day Meets or Championship Meets (LESI, USA or NCSA)

Friday - Any GLSS shirt

Saturday- Championship shirt or any GLSS T-Shirt or Meet shirt

Sunday - Registration shirt

Swimmers should always be prepared to wear GLSS attire, shirt or sweats, on the podium.

Competition Suit Policy

Swimmers should wear a GLSS Speedo team suit or similar suit to most regular season meets. Coaches will advise which suits can be worn at each meet. “Tech Suits” should only be worn at designated meets or when approved by coach.

SWIM MEET 101

Swimmers Should Bring

- ❖ **Goggles and Swim caps** - Swimmer should have at least two of each in case one breaks.
- ❖ **Swimsuits** - Good to have a backup suit just in case. It is best if swimmers arrive in their suit ready to swim.
- ❖ **Towels** - Having at least two towels is always helpful.
- ❖ **Clothing** - Swimmers need to stay warm on deck. Team t-shirt, sweat shirt, pants or shorts. Things will get wet. You might want other clothes for after meet.
- ❖ **Water and Snacks** - Swimmers need to stay hydrated. Healthy snacks and water are the best.
- ❖ **Sharpies** - Used to write heats and lane on hand. Ideally parents or swimmers should note event number and name before swimmers arrive.

Before Warm-Ups Swimmers Should:

- ❖ **Arrive Early** - Swimmers should be on deck 15 minutes before their assigned warm up time for stretching.
- ❖ **Circle/Sign In** - If the meet is **deck-seeded** swimmers will need to circle in. This means the swimmer will find their name on posted sheets and circle. If a swimmer does not circle in they will not be assigned a heat or lane.
- ❖ **Find the Team** - Look for coaches and other teammates and put your stuff down in that area. It is important the team sits together. This helps the swimmers get to know each other and the coaches to communicate with the swimmers as needed. Sometimes meets have team areas off the pool deck (in gyms etc).
- ❖ **Put Events on Hand** - If swimmer hasn't done it yet they should get events on their hand with a sharpie.
- ❖ **Be Prepared to Warm Up** - Swimmer should be in their suit with cap and goggles and listening for coaches instructions.

During the Meet Swimmers Should:

- ❖ **Find Heat and Lane Assignments** - If the meet is **deck-seeded**, swimmers will need to find heats and lanes on posted heat sheets. If the meet has been **pre-seeded**, swimmers can find heats and lanes in heat sheets ahead of time.
- ❖ **Listen and be Aware** - Swimmers will need to know when their event is coming up and either report behind the blocks or to the **clerk of course**.
- ❖ **If a Swimmer Misses an Event** - Swimmer and a GLSS coach should try and see if the Meet referee can get them in a different heat. Typically, the swimmer is out of luck, but it's worth a try.

- ❖ **Swim!**- Have fun, swim fast and do your best!
- ❖ **Go see the Coaches** - After swimming a race , the swimmers should go talk to the coaches to review their swim. This allows for immediate feedback.
- ❖ **Relays** - Swimmers should check with coaches to see if they are on a relay. No swimmer should leave a meet without checking with a coach first.
- ❖ **Check if they Qualified for Finals*** - If a swimmer qualifies for finals and is not planning on swimming, they need to scratch within 30 minutes of results being announced. A swimmer who does not scratch and does not show will be taken out of the rest of the meet or fined. Alternates may scratch into finals always check before leaving the meet. **Please note swimmers should swim in Finals if they qualify**

***Only some meets have Finals**

Before Leaving a Swimmer Should:

- ❖ **Clean up** - Swimmers should make sure their area is clear of trash and they have all their belongings.
- ❖ **Pick up Awards** - If awards are being handed out at the meet, it is the swimmers job to check results and if they placed, pick up their own award.

What Parents Should Do:

- ❖ **Help you swimmer pack** - Make sure your swimmer knows what they need but please let them pack their own bags.
- ❖ **Get them to the pool** - Make sure swimmer arrives at least 15 minutes before warm up.
- ❖ **Allow Swimmer** - To circle in, find coaches, find their heats and lane...be independent.
- ❖ **Cheer and be Supportive** - Watch, cheer and support your swimmer and their teammates.
- ❖ **Please Remember** -The Pool deck is for swimmers, coaches, officials and volunteers only. This is a **USA Swimming Safe Sport rule**

GLSS APPAREL and IMX

Apparel

We are a Speedo sponsored team. We offer Speedo suits, sweats, bags, equipment and other items through our online team store @ [Aquatic Outfitters](#).

- ❖ Swimmers who join the competitive team receive a registration T-shirt.
- ❖ New swimmers receive a silicone cap. Returning swimmers can purchase one discounted silicone cap in the fall.
- ❖ Swimmers will receive one championship shirt per year if they attend one of the following meets:
 - **8 and under Champs**
 - **LESI Age Group or Senior Champs**
 - **USA Championship Meet**
- ❖ Swimmers will receive one silicone cap the first time they attend:
 - **Sectionals -yellow**
 - **Futures & NCSA Jr. Nationals-Silver**
 - **USA Swimming Nationals - Royal**
- ❖ Swimmers attending NCSA Nationals or USA Nationals are eligible for complementary Speedo products

Extra Caps are always available to purchase for \$15 during the season.

GLSS Meet Shirts- A specially designed meet shirt is available for purchase for one or more of our team hosted meets.

Family and friends who want to support the team can order a team shirt at the beginning of the season. Old shirts are sometimes available at a reduce cost. Special items (magnets, socks, towels, caps etc) may be offered at different times throughout the season.

IMR/IMX Challenges

The IM Ready (IMR) and IM Xtreme (IMX) challenges allow swimmers to compete in specific events, track their times and earn a score which allows them to compare their progress against other swimmers locally and nationally. Once an athlete has completed all of the events in their chosen challenge, they can log into the OnDeck app to find their score.

GLSS swimmers who complete the IMR or IMX challenge will be awarded prizes at the end of the season!



9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13 and over: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM



9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13 and Overs: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

...the FASTEST in the water!

FINANCIAL POLICY

Types of Fees

- **A Non Refundable GLSS Registration fee is due at registration for all programs.** This fee covers USA Swimming and Lake Erie registration, processing fees and other administrative cost.
- **Family Booster Fee of \$100** is also due at registration. This covers team T-shirt, team awards, etc. (*competitive team only*)
- **Competitive Team Annual Membership Dues** help cover expenses incurred by the team, including coaches' salaries, pool rental and pool supplies, lifeguards, safety equipment, professional fees and more. These can be paid in full by 9/30 or monthly.
- **Wildcat Membership Fee:** Swimmers practicing at **Mayfield** need to purchase a Wildcat membership, \$40 for residents and \$160 for non-residents. GLSS will reimburse **Competitive team members** 50% of the fee at registration and 50% in May if still consistently swimming at Mayfield pool. **Pre season only swimmers** who are non residents will be reimbursed 40% of the fee at registration.
- **Program Fee:** Covers expenses incurred by program, including coaches' salaries, pool rental and pool supplies, lifeguards, safety equipment, professional fees and more. Paid when registering for the program.
- **Non-Recurring Fees:** Meet entry fees, travel meet fees, special event fees, equipment and apparel fees. These fees are charged through the GLSS website and vary per family.
- **Late Fees:** If the monthly payment is not received in full by the 15th of the month, a late fee of \$15 per month will be assessed to the family's account.

Membership Fee Discounts (*competitive team only*)

- **Payment in Full Discount:** A \$50 discount applies to the payment in full of annual membership fees if paid by September 31. Yearly paid dues are non-refundable.
- **Multi-Swimmer Discount:** Families that register multiple swimmers will receive 4% off the membership fees for each swimmer. Multi-Swimmer discount may be used in conjunction with the "payment in full" discount.

Important Information

All Fees are automatically billed on the 1st of each month through the GLSS website to the credit card or debit card on file.

A family may suspend annual membership dues at any time. **Written notification must be received by the 15th of the month in order to suspend billing for the next invoice.** Please send this request to glsswimming@gmail.com and your coach. In the event a swimmer suspends membership dues and returns during the same season a \$25 reactivation fee will be assessed.

If a swimmer is transferred to a different practice group by the coaching staff, the monthly installment will be changed to the cost associated with the new group.

If a swimmer moves to the competitive team from a program they will need to pay the Family Booster Fee, unless they already have a family member on the Competitive team.

Financial Aid

GLSS Financial Aid is available for annual membership dues only. Meet fees and expenses are not able to be discounted. Financial aid is awarded based on merit and need. It will only apply for one season and you must reapply each year. Families seeking financial aid must be in good standing with volunteer hours and team policies. *All information will be kept confidential. Please complete and submit the Elaine Miller application below and submit to glssswimming@gmail.com in order to request GLSS financial aid. Your application will be reviewed by GLSS board and then submitted to Lake Erie Swimming.*

LESI Financial Aid

Lake Erie Swimming offers aid through the **Elaine Miller Fund**. The purpose of the Elaine Miller Fund is to provide funds to those LESI swimmers who otherwise would be unable to continue in competitive swimming or to attend special swimming events. Click [here](#) for the application. Completed applications should be submitted to glssswimming@gmail.com

All GLSS Families must have an active Visa, MasterCard or checking account on file in the Team Unify system. Failure to maintain valid credit card or checking account information can result in failed payments and late fees. Accounts with payments past 30 days overdue will be contacted by GLSS and a resolution sought. If an account goes past due over 60 days, swimmers will not be allowed to participate in practice, programs or meets.

TEAM SUPPORT POLICY

GLSS greatly appreciates your contribution of team support throughout the year to help with various events. We host three meets and participate in LESI meets that require us to provide volunteers. Our meets serve as fundraisers to offset operating cost and are an important part of our annual budget.

The following our 2018-2019 Team Support Requirements:

- 1) All GLSS swimmers should participate in GLSS hosted meets.
- 2) The family of every swimmer participating in the meet is required to fill a minimum of one team support position during your swimmers session(s).
- 3) A “Job Sign up” will be posted on our website at least a month before a GLSS meet and one week before an LESI meet. If you do not sign up for a job one will be assigned to you. [Team Support Jobs for meets](#)
- 4) If you can not fulfill your assignment you are responsible for providing a replacement.
- 5) Families who have a swimmer(s) qualify for finals are required to provide at least one team support for that session
- 6) If you, or your replacement, do not show up for your assigned job at at GLSS hosted meet you will be fined \$115 per job not completed.
- 7) If you, or your replacement, do not show up for a job you are assigned at a LESI meet you will be fined \$115 per job. This is what our club is fined by the LSC for each spot we do not fill.
- 8) If you would like to opt out of team support requirements you may choose to pay an additional \$800 per year at registration for us to hire workers. Please opt out and pay at registration so we can plan accordingly.

MARK YOUR CALENDARS and PLAN AHEAD

Event	Date	Location
Stevie Grieshammer High School Preview	October 28, 2018	CSU
Frozen	February 3, 2019	CSU
Robert F Busbey Invitational	May	CSU
LESI Hosted meets	March and July	TBD

Other Support Opportunities:

- Provide hospitality donations for meets to help offset our cost.
- Supply in-kind donations from your business or solicit from the community
- Become a GLSS Sponsor or share our sponsorship information with friend, families or businesses.

SPONSORSHIP OPPORTUNITIES

Great Lakes Sailfish Swimming has several ways families, businesses and organizations can help support our team. GLSS has a website, newsletters, Social Media platforms and hosts several swim meet throughout the season. We can provide a unique opportunity to reach hundreds, even thousands of swimmers, coaches, parents, officials and members of the surrounding communities.

Sailfish Sponsor: \$2000

A full-page advertisement in all three swim meet programs (Oct, Feb & May).

Your logo on Great Lakes Sailfish Swimming Club's website with a link to home page.

An ad in our newsletter once every two months.

Thank You shout out on the team's social media accounts including Facebook, Twitter and Instagram At least three times a year.

A public Thank You from the swim meet announcer each session (12) of our meets.

Billfish Sponsor: \$1000

A ½ page advertisement in all three swim meet programs (Oct, Feb & May).

Your logo on Great Lakes Sailfish Swimming Club's website with a link to their home page.

A Thank You shout out on the team's social media accounts including Facebook, Twitter and Instagram.

A public Thank You from the swim meet announcer during our meets (3).

Meet Program Sponsor

An Event Sponsor: \$25

An event sponsor receives the ability to write a message containing 36 characters on three separate lines. An example would be "Event #2, Women's 200 Freestyle: Sponsored by the Smith Family. Have Fun swim Fast"

1/4 Page Advertisement: \$50

Perfect for a business card size advertisement.

1/2 Page Advertisement: \$75.

Opportunity to create a unique advertisement for an individual or business.

Full Page Advertisement: \$100.

A full-page ad provides an excellent opportunity to create a unique advertisement, especially for a local business. It's also a great space to create a take-away such as a coupon.

In Kind Sponsor

Provides donations of goods or services to the team. They will be acknowledged on social media, listed on our website with a link and have an ad placed in the swim meet program.

If you have any questions about Great Lakes Sailfish Swimming advertising opportunities, or wish to support the team in any manner, please contact us at glsswimming@gmail.com or click here to fill out a Sponsorship Form.

Great Lakes Sailfish Swimming (GLSS) is a member of USA Swimming, Inc., is a year-round, competitive swim team offering high quality professional coaching for all ages and abilities. GLSS has been incorporated since 2013 and is a 501(c)3 not-for-profit organization run by an elected Board of Directors.

CODE of CONDUCT and SAFE SPORT POLICY

Swimmer Code of Conduct

GLSS's Code Conduct ensures every member of the Great Lakes Sailfish Swimming represents the team and themselves in a positive manner. The following code is in effect throughout the year.

- 1) GLSS swimmers will exhibit good sportsmanship at all time. They win or lose gracefully and congratulate their opponents.
- 2) Swimmers will be respectful of their peers, coaches, officials, parents and facilities at all times. They will follow all policies and guidelines set in place by GLSS.
- 3) Swimmers will always present a positive image on social media. The Internet is permanent and public. Do not post anything you would not want coaches, swimmers or parents to see. Inappropriate or disrespectful post will not be tolerated.
- 4) Swimmers will not consume or purchase alcohol, tobacco, or use any e-cigarettes, vaporizing devices or any other illegal drug or USOC banned substance of any kind.
- 5) Will not use cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices

Failure to comply with this Code of Conduct will result in disciplinary action which could include removal from the GLSS.

Parent Code of Conduct

GLSS's parent Code of Conduct helps create a supportive environment for our swimmers and coaches.

- 1) GLSS parents will exhibit good sportsmanship and encourage their swimmers to do the same.
- 2) Parents will recognize that GLSS coaches are professionals and allow them to coach without interference.
- 3) Parents with a concern related to any coach or official within GLSS, should discuss the concern with a coach or board member privately and in a professional manner. If the response is unsatisfactory, a parent may submit a formal written complaint to the board. The board will create a panel to review.
- 4) Parents will be respect and cooperate with coaches, officials, team members and parents at all times. They will follow all policies and guideline set in place by GLSS.
- 5) Parents will always present a positive image on social media. The Internet is permanent and public. Do not post anything you would not want coaches, swimmers or parents to see. Inappropriate or disrespectful post will not be tolerated (more in communication policy).
- 6) Parents will not access locker rooms in use by athletes. In addition they will not cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices.

Violation of this Code of Conduct will be brought to the Board of Directors and could result in the removal from GLSS

Safe Sports Policies

- Electronic Communication Policy
- Bullying Action Plan
- Travel Policy
- Photograph Regulations

FACILITY and PRACTICE GUIDELINES

Our athletes safety is a priority. We are guest of at all of our practice facilities. The use of these facilities is a privilege. Below our guidelines that GLSS swimmers and families need to follow.

GLSS swimmers will:

1. Maintain a cooperative and respectful attitude toward the coach, teammates and facilities.
2. Practice at the pool and time they are registered. Unless otherwise directed by a coach or Board member
3. Be ready to begin practice on time. Swimmers should be in the pool area with all necessary equipment, ready to begin practice at least 10 minutes before the scheduled time at which their practice is to begin. This will allow for proper stretching and any pre-practice instruction necessary.
4. Observe and comply with the rules of any pool used.
5. Practice lane etiquette. Swimmers who stop in the middle of any set for any reason should rejoin their lane as quickly as possible with the least disruption as possible.
6. Disruptive behavior during practices will not be tolerated. The intent of practice is to improve technique and endurance.

Locker Room Policy:

1. The locker room is a place to get ready for practice as well as shower and change afterwards. It is not intended to be a social place therefore swimmers should limit their locker room use to 15 minutes.
2. Locker room use is limited to GLSS swimmers only. No parents, siblings or friends are permitted.
3. Respect the property of others and leave the locker room clean and orderly.
4. Remember use of the locker room is a privilege.
5. Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area.

Parents:

1. Should drop their children off 15 minutes before practice and pick them up no later than 20 minutes after the conclusion of practice.
2. Will not be allowed on deck during practice or at meets. This is a USA Swimming Safe Sport Rule.
3. Address questions and concerns either by e-mail or face to face before or after the practice session.
4. Will supervise non-swimming siblings at all time.
5. Should not try and communicate with a swimmer or the coach during practice.
6. Respect facility parking rules and not hold up traffic or park illegally.

COMMUNICATION

WILL BE ADDED SOON!

Our website does list all our social media information.

SWIMMING TERMINOLOGY

Age Group - Division of swimmers according to age. National Age Group Divisions 10 & under, 11-12, 13-14, 15-16 and 17-18.

Circle in/Check-in - If a meet is deck seeded swimmers need to circle their name on posted sheets before warm up. If swimmer doesn't circle in they will not be entered in the meet.

Circle seeding - A method of seeding top 18-30 swimmers in a prelims/finals meet.

Clerk of Course - Swimmers report to an area where they are lined up by heat and lane and escorted to blocks.

Deck Entries - Entries accepted during a meet if space is available. Swimmer must have proof of USA membership if not already in meet.

Deck Seeded - Swimmers circle in and meet is seeded during warm up. Swimmers will need to find their heats and lanes from posted heat sheets.

Deck Pass App - The official mobile application of USA Swimming.

DQ - Disqualification is when a swimmer commits an infraction of the rules and is observed by an official.

Finals - The session of a meet where prelims were previously held to determine the finalists (usually 6 to 20 in number depending on pool size and whether or not consolation finals are being held). The finalists compete to determine the winner.

Fly Over Starts - Start procedures at a meet in which swimmers of the previous heat remain in the water, close to the wall, during the start of the next heat.

Futures - USA swimming meet a step above Sectionals and below Junior Nationals. Swimmers who achieve cuts can participate.

Heat Sheet - Listing of meet events with swimmers heats and lanes.

IM - Individual Medley an event that uses all four competitive strokes (butterfly, backstroke, breaststroke and freestyle).

IMX/IMR - USA swimming program that encourages versatility in swimmers. Swimmer completes a series of events and receives a score. Swimmers who complete the challenge will receive an award.

JUNIOR NATIONALS – A USA Swimming National Championship meet for swimmers 18 or younger, who have swum specified qualification times. National junior championship meets are conducted both short course (December) and long course (August).

Long Course - A 50 meter pool.

LSC - Local Swim Committee, the governing body that govern swimming at the local level. There are 59 LSC's in the country. Our LSC is Lake Erie Swimming Inc.

Mid-States - Ohio and Lake Erie join together to create Team Ohio and compete against Indiana, Kentucky, Michigan and Missouri Valley. Swimmers who achieve a AA time from September - December of the current season may apply. Top four swimmers in each event are selected.

NAG Times (NAGTS) - National Age Group Time Standards -B, BB, A, AA, AAA and AAAA

Nationals – USA Swimming meet conducted in December and August for swimmers who qualify.

NCSA - National Club Swimming Association. NCSA holds a Junior National spring meet in Orlando and a summer meet. They also hold a Spring Age Group Championship in Orlando. Swimmer must achieve time standards.

On Deck App - Official app for GLSS team unified website. Allows you to view best times, read team news, sign up for jobs, compare local and national time standards, update swimmer profiles, access results, check on your account balances.

Pre-seeded - Swimmers do not need to circle in. Meet will be seeded from submitted entries. Heat sheets typically available.

Prelims - In certain meets, especially championship meets, the qualifying rounds used to determine the finalists.

Proof of Time - A requirement at some meets to make certain that all swimmers have legally met the time standards for that meet. Monetary fines may or may not be assessed for any failed swim at meets.

Psych Sheet - A printed order of events by session with swimmers listed in order, usually fastest to slowest according to their entry times. It does not show heats. Typically available for purchase at admissions.

Speedo Sectionals - First step towards National meets.

Short Course - 25 yard or 25 meter pool.

Scratch - To withdraw from an event after having declared an intention to participate. In a Prelims and Finals (championship) format, swimmers who qualify for finals usually have 30 minutes to scratch.

Slower than B meets - Swimmers participating in these meets have not achieved NAG B times yet.

Timed Finals - A meet format in which swimmers' times from the heats are their final time in the event. The swimmers with the fastest times are the event winners.

Time Standards - Swimmer must have achieved a certain time in order to participate in meet.

Time Trial - A sanctioned "time-only" swim which is not part of a regular meet (usually used for qualifying purposes).

Travel Meets - Travel to other LSC meets to compete against different swimmers. Requires hotel stay and additional charges.

USA Swimming Card/Number- A membership card with a unique number assigned to a swimmer when he/she joins USA Swimming.

Zone Meet - USA Swimming is divided into 4 zones: Eastern, Southern, Central and Western. Lake Erie is part of the Central Zone. Any 14 and under swimmer who has a AAA time makes the team. They travel together and compete against the other Central Zone Teams.

ADDITIONAL RESOURCES

Great Lake Sailfish Swimming Website

https://www.teamunify.com/Home.jsp?_tabid_=0&team=leglsoh

Lake Erie Swimming Website

<http://www.lakeerieswimming.com>

USA Swimming Website

<https://www.usaswimming.org>