



DEFY

Swimming



Parent Handbook
2021-2022

TABLE OF CONTENTS

Coaches Contact	1
Introduction	2
Coaches Philosophy	2
Sign Up / Registration	3
Swimmer Responsibilities	3
Parent Responsibilities	4
Home Meet Responsibilities	5
Season Length & Equipment	6
Practice Groups	7
COVID Policies	
Swim Meets	9
YMCA vs USA Swimming League	10
Setting Records	11
Finances & Lap-A-Thon	11
Season Ending Banquet	11
Communication	12
Suit Policy	13-14
Safe Sport & Bullying Policy	15-16
IMR & IMX Scores & Definitions	17
Glossary of Swimming Terms	18
Our Logo	19

Head Coach

Matt Montgomery

mmontgomery@defymca.org

(w) 667-3086

(c) 460-8471

Assistant Coaches

Jim Goodman

jbgood@defymca.org

Zach Cravens

eskimoswimmer@yahoo.com

Brian Townsend

btownsend@defymca.org

Caring * Honesty * Respect * Responsibility

INTRODUCTION

Welcome to the Down East Family YMCA Dolphin Swim Team. This handbook will serve as your introduction to the team and is intended to give you an idea of how the team operates and functions as well as give expectations of swimmers and parents alike.

The team is registered with YMCA and USA Swimming. All swimmers are YMCA swimmers and have the option to join USA swimming. We offer year round opportunities for training and competition. Our team has grown to average over 100 swimmers, aged 6 to 20, during the winter season. We are equipped to develop swimmers of all abilities, from the novice to National qualifiers.

We are as proud of our state records and national qualifiers as we are our National Honor Society members and YMCA and Youth Leadership Award winners.

DEFY strives to offer a fun learning environment that allows an athlete to learn skills, set goals, develop a positive work ethic, while providing a positive experience where the self motivated swimmer can thrive. In doing so, we hope to provide productive student athletes that will be confident self motivated leaders and role models for the future.

COACHES PHILOSOPHY

To provide an atmosphere that promotes individual and team development through a commitment to hard work, goal setting, personal achievement, self discipline and team spirit.

Swimmers who wish to engage in other extracurricular activities are encouraged to do so. We believe in developing well rounded individuals and recognize that family activities and academic achievement are considered higher priorities than swimming. Goal setting is an important part of our development of swimmers. We try to make sure that swimmers understand that their goals should be closely associated with the amount of time they are willing to spend working towards those goals.

We strive to challenge each swimmer to be their best. While swimmers develop at different rates, swimmers of different ages require different types of training, regardless of their speed or experience. Our goal is to develop a lifelong love for the sport of swimming for all of our athletes. We look at the big picture for each swimmer. We work to provide the foundation for swimmers to find success at this level and beyond. In the past 15 years more than 80% of our graduating seniors have gone on to swim at the collegiate level.

As with any other endeavor, swimmers will get from swimming what they are willing to put in. We will work with the swimmers to help set short term and long term goals consistent with the amount of time they are able to give to swimming.

SIGN UP / REGISTRATION

In order to participate with DEFY swimmers must register and pay subsequent dues. Participating swimmers must fill out a Swimmer Information form and sign a Swimmer Code of Conduct form at the time of registration.

National YMCA policy states that swimmers must be members of their team's YMCA.

We offer an open registration, where families may register most anytime throughout the year. Registering after December 1st may prevent a swimmer from being able to compete with the team during the winter season.

Scholarships are available through our Membership For All Scholarship & the Paul Mazgaj Scholarship Fund

SWIMMER RESPONSIBILITIES

All swimmers on DEFY have certain responsibilities to remain in good standing on the team. Swimmers not in good standing risk losing ongoing participation on the team. We ask swimmers, regardless of their age, to follow our rules and regulations.

- Follow the Code of Conduct for DEFY swimmers.
- Follow all YMCA rules when on YMCA grounds.
- Show up to practices and meets on time with the necessary equipment and a good attitude.
Unsportsmanlike conduct or disrespect is not tolerated.
- Stay home if you are sick. Illness can spread quickly on a swim team. If you stay home from school, stay home from practice.
- Communicate with the coaches if they are not going to be able to attend a practice or meet that they are registered for.
- Attend all dual meets and the YMCA State Meet.*
- Participate in team fundraisers.

* There is flexibility to this rule with swimmers aged 11 & under. Communication with the coaches is the key!

PARENT RESPONSIBILITIES

The DEFY Swim Team is a parent-run organization. We need every family to participate in some function to make the season a success. All parents have responsibilities in order to assist the coaches in creating a safe, fun and respectful atmosphere on our team. These responsibilities include the following:

- Being familiar with the Standard of Conduct and helping their swimmer meet this standard.
- Communicating concerns and issues to the coaches in a timely and appropriate manner. Please feel free to phone us or meet with us BEFORE or AFTER practice.
- Checking the Team Bulletin Board weekly for updates.
- Ensuring their swimmer is on time to practices and meets. If an absence is anticipated for a practice or lateness occurs due to an unforeseen event, please contact the coach as soon as possible.
- Ensuring their swimmer is mentally and physically prepared to participate in practices and meets. The swimmers should be healthy and well rested. Please do not allow your swimmer to swim when ill. If they stayed home from school due to illness, please do not allow them to attend practice!
- Ensuring their swimmer has the appropriate equipment to train and compete in.
- Participating in fundraising events that benefit the team.
- Participating in the DEFY organization in some capacity.

It is our experience that the swimmers who are most successful have parents who encourage their children and are involved in team functions. Parents are encouraged to support their children from the stands. Your child wants you to cheer for them when they succeed and encourage them when they don't. Please let the coaches do the coaching.

In order to further assist the coaching staff in focusing their attention on the swimmers during practices, we respectfully request that parents do not approach their children during practices and meets. It is very important for you swimmer's progress that they develop a quality coach-swimmer relationship.

HOME MEET RESPONSIBILITIES

Aside from getting your swimmer to the meet on time and prepared (well rested, fed and with proper equipment), parents are responsible for running our home swim meets. Every parent is responsible for providing something for our concession stand. The concession stand is our biggest fundraiser each year. The money we make selling concessions is used to provide equipment for the team, as well as to cover the cost of awards, travel expenses and trainings for coaches and officials. Each Monday before a home swim meet, we will post a sign up sheet for concessions.

The following are the roles needed to be filled for home swim meets. A sign-up sheet will be posted on the team bulletin board on the Monday preceding each home meet.

Concession help: Parents are needed to help sell concessions. If we have enough help, those parents can rotate so that they won't miss their swimmer's events.

Timers: We need 13 timers for each meet. These parents get the best seat in the house! Timing is not difficult, and you don't need to fear messing up, because timers simply backup an automated timing system.

Set up/Clean up: We need an average of 6 people to help set up and clean up after swim meets. Those parents usually need to be available about an hour before and an hour after the meet.

Officials: We need officials for our swim meets, including Y States. These officials do not need any prior experience. We will send anyone interested to the proper trainings. We try to have new officials the opportunity to "shadow" experienced officials until they are ready to go on their own. This is the BEST way to learn about swimming. We encourage new families to get involved, as many of our seasoned officials are parents of senior swimmers and won't be with the team much longer.

Swimmer line-up help: Two people are needed to assure that swimmers make it to their events.

Team area supervisor: Two people are needed to supervise the area where swimmers sit between events and to occasionally check the locker rooms to ensure safety and proper behavior.

Computer help: We need people to be trained to assist with the timing console and laptop to run the meet. Another great view of the meet.

Awards: We need people to order, organize and prepare awards before and during swim meets.

SEASON

The Winter Season begins in October and continues through the last meet a swimmer is eligible for. Swimmers who participate in 3 YMCA meets and meet all other team requirements are eligible to swim at the YMCA State Championship the first weekend in March. Some swimmers may qualify for additional meets that may be held as late as mid April.

A swimmer is encouraged to practice with the team until their last meet. Once a swimmer competes in their last meet they are finished with their season. Our Spring/Summer Season usually begins in early May.

The Spring/Summer Season usually lasts from early May until the swimmer's last eligible meet, usually held in early August. There is a separate registration fee for the Spring/Summer Season.

EQUIPMENT

Swimmers provide their own swimwear and accessories for practices and meets. All items should be marked with the swimmers name. This equipment includes:

- Practice suit (a durable suit that can withstand pool chemicals. It is not necessary or recommended to purchase expensive suits/styles for practice.)
- Team suit ("matching" suits are available to wear at meets but swimmers are not required to buy them.)
- Goggles
- Swim cap
- Water bottle
- Fins: Recommended for Spinner & up.
- Snorkel: Recommended for Pilot & up.

Certain practice groups, like the National Team, may require swimmers to acquire additional equipment.

Team suits are at registration. Suits may be ordered after this time by the swimmer. If a swimmer does not order a team suit, we request that swimmer to order a suit with similar colors. Local businesses sell suits and many sites online sell suits for very low prices. These "grab bag" suits are great for practices. Some sites include: www.swimoutlet.com, www.onlineswimshop.com and

PRACTICE GROUPS

Practice groups are based on both age (as of December 1, 2021) and ability.

It is very important that swimmers practice in the appropriate group. Practices are designed according to a swimmers age group. And while the coaches understand that occasionally exceptions must be made to accommodate busy family schedules, we ask that parents confer with coaches regarding any scheduling conflicts.

Please note that except for Pre-National & National Groups we do not have required practices. What we list below are what we recommend for each group. Swimmers should speak with their coaches about what they should be doing for attendance based on their goals for the season.

Dusky:

Must be able to swim 25 freestyle and 25 backstroke.

Bottlenose:

Minimum age 9. Must be able to swim 100 Free & 100 back, be able to do aflipturn and dive off the block.

Pilot Whale:

Minimum age 12. Must be able to swim a legal 200 IM and at least 1 BB time from the previous season. These times are available on our team website.

Killer Whale:

Must be in High School.

Mornings:

We will be offering morning practices beginning later in the fall for qualified swimmers. Swimmers must be a minimum age of 13 and meet other standards.

COVID POLICIES

The Dolphins will consistently adjust COVID related policies based on current Maine & Federal CDC guidelines.

Any changes to these policies will be communicated via email and through the team website.

Effective September 7, 2021

Practices

- Masks will be worn by everyone entering the facility and remain on in all common areas (lobby, locker room, pool deck).
- Masks will be removed when swimmers are ready to enter the water or are able to maintain 6' distance from others.
- Coaches may remove masks when coaching as long as they are able to maintain 6' distance from others.
- Swimmers are encouraged to limit their time in the locker room or come to the pool ready to swim in order to avoid the locker room. Masks must be worn in the locker room at all times, except in the shower.
- Parents or family members who are attending practices must wear a mask while on the pool deck, regardless of vaccination status or the ability to maintain 6' distance from others.
- If an individual has contracted COVID 19, it is their responsibility to inform the YMCA within 24 hours of a positive test.
- If an individual has close contact with a COVID 19 individual they must quarantine for 10 days or produce a negative COVID 19 test seven days after the contact.

Swim Meets

Guidelines are currently being developed by the YMCA & USA Swim leagues we participate in.

MEETS

Meets include dual, closed, invitational & championship meets. These meets are held almost exclusively on Saturdays or Sundays. Home swim meets are held at the Down East Family YMCA.

Early in the winter meet season a meet schedule will be distributed. As soon as a swimmers/family knows which meets they are unavailable for the season, they should let the coach know so that rosters can be done with more accuracy.

Swimmers usually compete against swimmers in their age group. A swimmers age is determined by **how old they are on December 1 of the current season** for YMCA meets and the age they are on the first day of the meet for USA meets. Age groups are 8 & under, 10 & under, 12 & under, 14 & under, and senior, which is actually 12 + older. If this does not make sense, it will soon enough. Some meet formats have non gendered, and/or multi aged events. Not all meets are scored as team results. Swimmers generally swim 3-4 times per meet and meet ribbons are awarded based on race finish. Meets can last from 2:30 – 4 + hours dictated by any of a dozen different factors.

If a swimmer is unable to attend a scheduled meet due to illness or other extenuating circumstances, they **MUST** notify the coach as soon as possible before the meet in question.

Dual Meets: All swimmers are strongly encouraged to participate in the dual meets each year. DEFY provides busses to away dual swim meets, though swimmers are not required to ride the bus. A parent note is required if a swimmer elects to ride the bus only 1 way.

Closed & Invitational Meets: Invitational meets are held both home and away. Some invitations have qualifying times or age requirements. **Swimmers are responsible for entry fees for all USA meets and may be responsible for additional fees to help cover coach/team expenses.** The team covers all fees for YMCA meets. We host one invitational meet on the Wednesday of February break. This is a big fundraiser for the team and families are strongly encouraged to make themselves available for that meet.

Championship Meets: These include Y States, Winter Championships & Y Nationals, among other events. Each Championship meet has it's own eligibility requirements which will be detailed on our event page. The team will cover meet fees for all YMCA Championships. Individuals will be responsible for meet fees for USA Championships.

YMCA vs USA Swimming

We are members of both the Pine Tree Swim League (YMCA) and Maine Swimming Incorporated (USA). We participate in more YMCA meets during the winter season than USA meets. Most of the USA meets require more travel, have entry fees associated with them and may include qualifying time standards. USA Swimming offers additional opportunities, including exposure to more racing and longer distance events than offered at many Y meets. We encourage any swimmer who wishes to participate in more meets to consider registering with USA Swimming. Swimmers who meet qualifying standards for USA Championship meets will be encouraged to register with USA Swimming.

YMCA Swimming

- All swimmers who register with DEFY are automatically registered with YMCA swimming.
- YMCA recognizes the following age groups:
8 & under, 9-10, 11-12, 13-14, 15-20.
A swimmers age is determined by their age as of December 1, 2017.
- The YMCA State Championships is open for any swimmer who competes in 3 YMCA dual meets during the season.
- The team covers all entry fees and coaches expenses for all YMCA meets, including championships.
- Coaches choose the events for swimmers in most YMCA meets.
- There are very few YMCA meets offered May - August.

USA Swimming

- Swimmers must pay an additional registration fee to participate in USA meets/events.
- USA recognizes the following age groups:
10 & under, 11-12, 13-14, 15 & over.
A swimmer's age is determined by their age as of the first day of the meet contested.
- The USA State Championships (Junior Olympics) is open for any swimmer who is registered and meets the qualifying times.
- The swimmer is responsible for all entry fees and coaches expenses for all USA meets, including championships.
- Swimmers often may choose their events in USA meets.
- Most of the Spring and Summer meets are USA meets.

Swimmers who wish to participate in USA meets must be registered with USA swimming before attending the meet. Please don't hesitate to ask the coaching staff if you are not sure if USA Swimming is right for your swimmer.

SETTING RECORDS

To set a DEFY age group record, a swimmer must be representing DEFY at either a YMCA or USA Swimming meet or appropriate time trial.

To set a Pine Tree Cluster YMCA (Maine YMCA league) swimming record, a swimmer must be a full YMCA member in good standing, representing their YMCA in any officially sanctioned YMCA meet.

To set a Maine USA Swimming state record a swimmer must be a USA swimming member in good standing and be participating in a sanctioned USA swim meet or time trial.

YMCA State records may not be set at a USA meet and visa versa. No DEFY team record may be set by a swimmer that has competed for any post secondary institution or masters swim meet.

FINANCES

YMCA membership fee's and team fee's are paid to the YMCA and help the Y to pay the coaching staff as well as support staff needed to oversee/manage the team program. The team is in turn responsible for its own expenses such as transportation, meet entry fees, officials, meet ribbons, banquet awards, equipment, etc...

DEFY raises its monies to operate by holding an annual winter season LAP-A-THON. Swimmers are issued a pledge card in which they are asked to raise money by soliciting pledges from relatives, teachers, friends, neighbors, businesses or any other creative place that can find. Awards will be given to swimmers who reach certain levels of money raised.

Paul Mazgaj Scholarship Fund: Families meeting the financial criteria may apply for a scholarship to help defray some of the cost of registration.

SEASON ENDING BANQUET

The awards banquet is usually held in late March or early April. The banquet is a chance for swimmers to be recognized for their efforts over the winter season.

All swimmers receive a certificate of participation for the season. YMCA State Championship Awards are handed out at the banquet.

TEAM COMMUNICATION

Email: It is important that we have up to date email contacts for all of our swimmers. We send out weekly emails regarding upcoming events. We use a blind carbon copy on our emails so that your email address won't be compromised. The best way to get a hold of the coaching staff is to use email. During practices coaches are usually too engaged with the swimmers to be able to hold lengthy conversations. We try to respond to each email within 24 hours during the week.

Bulletin Board: The bulletin board in the pool area is a great resource to stay up to speed on the latest news, results, qualifying times and upcoming events.

Facebook & Instagram: We manage a team Facebook page at facebook.com/DEFYDolphins. We also have an Instagram account, @defydolphins.

Website: The team's website is <https://teamunify.com/medefy> (also accessible through defymca.org). This site has all of our schedules, forms, contact information and upcoming events, as well as good information regarding swimmer nutrition and training. We also use the site to sign up for swim meets, buses, concessions and team jobs. Each family is given an account where they can access their swimmer's times, sign up for meets, buses and team jobs. This information is only accessible to the coaches and the registered account (you won't be able to see other swimmer's times). TeamUnify can only recognize one email per account. Swimmers with divorced/separated parents are encouraged to register a shared email that would be accessible to each parent in order to access their swimmer's account.

OnDeck Parent App: OnDeck Parent is the world's first mobile application designed for parents on swim teams. Busy parents will gain easy access to team news and up-to-date information on their children, including every swim meet swum, best times and upcoming swim meets and much, much more.

- Compare your swimmer's times against local and national time standards
- Receive Push Notifications from your Team and Coaches
- Sign-up for upcoming coming jobs offered by the swim team

Coaches: Perhaps your best resource is your coaching staff. Please do not hesitate to ask questions, give feedback, tell us more about your swimmer or simply say hello!

SWIM SUIT POLICY

DEFY takes great pride in carefully considering all aspects of our program from USA Swimming Safe Sport to the competitive development of our athletes. Our team culture has had an enormous impact on the success and growth of our team. The aim of the policies outlined below is to further define that culture in order to improve our unity as a team and ensure that our attire at meets and practice is consistent with our philosophy. Please read all four parts of this team attire policy outlined below.

Practice Suits

Swimmers are discouraged from wearing team suits during practice. This will keep your team suits looking new and prolong the life of the team suits, and instill the idea that team suits are part of the team uniform used exclusively for team meets.

Team Suits

A Team suit is not required, but encouraged. Dressing uniformly is a way for us to unite as a team. At all meets, we want to make our presence known as a team. Our team policy is that for all meets, DEFY swimmers are encouraged to wear a team suit and team cap. If a family is unable to afford a team suit they are encouraged to apply for a scholarship to help defray the cost of the suit. If a swimmer chooses a different competition suit, we encourage that the suit be all black or of a similar style & color pattern of the team suit. Team suits may be purchased through our team website. Tech suits may only be worn at certain competitions (see next page).

Swim Caps

DEFY team caps are strongly encouraged at meets for all swimmers who choose to wear a cap.

Having all of our swimmers wearing the same cap encourages team unity and enables our coaches to easily spot our swimmers in the pool. Our coaches will have extra caps available at meets. Swimmers may choose to wear a more technical cap at Championship meets as long as the cap has no other logo (other than the cap brand) on it.

For hygienic reasons relating to the facility, all swimmers with hair shoulder length and longer are required to wear caps at practice. Most girls and many boys with

short hair wear caps in order to protect & contain their hair so that they may use proper technique. If your swimmer wears a cap at practice, they may wear a cap of their choice.

Tech Suits

"Tech suits" such as the Speedo LZR or the Arena Carbon are engineered to reduce a swimmer's drag in the water, enhancing performance. Tech suits compress the body. Their effectiveness diminishes the more they are worn and the more they are stretched. We believe that this is not appropriate for younger swimmers to use a swimsuit to this effect. We want our developing swimmers to value hard work, skill, and technique as the means to improvement. Tech suits can undermine these values. A list of restricted suits will be available on our website.

Our YMCA & USA Swim League has recently passed legislation banning the use of these suits for children aged 12 & under.

13 & overs: Our Team policy is that swimmers will not wear a Tech Suit at any meet, other than a Championship Meet, without the consent of the coaches. Consent may be given on a case to case basis.

Non Tech Suits approved for 12 & unders for Championship meets:

A new, tight fitting suit, may give a swimmer a mental edge at a championship meet. While the Tech Suits will do little physically for a 12 & under swimmer, a new suit feels faster. The following are examples of suits which are approved for 12 & unders at Championship Meets. Speedo Aquablade, Speedo Fastskin, Arena Powerskin (not open back), XP TYR Fusion 2. A full list will be available on our website. **When in doubt, please ask a coach!**

SAFE SPORT

Safe Sport is USA Swimming's (USAS) program to eliminate sexual abuse, bullying and misconduct in our sport. We are proud to be Maine's first Safe Sport Recognized Program!

At DEFY we believe that the experience of children and young athletes should be guided by what is best for the safe and healthy development of the young person. Young athletes who participate in our sport have a unique opportunity for learning. In working with each child, it is essential that we are mindful of their physical, emotional, and developmental needs. We must also be particularly diligent in recognizing the unique vulnerabilities that are an inherent part of childhood. It is the responsibility of all adults to not only recognize these vulnerabilities, but to develop the knowledge and skills needed to create and maintain a safe and child-centered environment.

The Safe Sport Program is outlined on our team website. It includes the following:

- A complete copy of the Minor Athlete Abuse Protection Policy
- Team Travel Policy
- Anti-Bullying Policy
- Photography Policy
- Safe Sport Training for Athletes & Parents
- Safe Sport Best Practices
- Contact information for dealing with a Safe Sport Concern

Deal with a Safe Sport Concern

USA Swimming
(719) 866-4578

USA Center for Safe Sport
Call (720) 524-5640

or find more information at www.uscenterforsafesport.org

BULLYING POLICY

We are committed to providing a caring, friendly and safe environment for all our members, so they can swim in a secure atmosphere. Bullying of any kind is unacceptable, and if it does occur, swimmers and parents should be able to tell and know that incidents will be dealt with promptly and effectively.

Anyone who knows that bullying is occurring is expected to tell a coach, staff or athlete/mentor.

What is Bullying? Bullying is the use of aggression which hurts another person whether intentional or not. Bullying results in pain and distress. Examples of bullying may include:

- Name calling and spreading rumors of many kinds.
- Exclusion or ostracism in many forms.
- Tormenting such as hiding goggles/floats/kickboards, threatening gestures, or taking and breaking property.
- Physical aggression, including sexualized aggression.
- Digital and online behaviors that parallel any of the above.

Objectives of DEFY Anti-Bullying Policy:

- The DEFY Swim Team will not tolerate bullying in any form.
- All coaches, parents and swimmers should have an understanding of what bullying is.
- All parents, swimmers and coaching staff should know what the club policy on bullying is and what they should do if bullying arises.

DEFY as a team takes bullying seriously. All swimmers and parents should be assured that they will be supported when bullying is reported. Swimmers should report incidents to their coach, parents, or any trusted peer or older swimmer. Parents are expected to contact the Head Coach if ANY DEFY member is being bullied.

Please see our website for our full policy and disciplinary procedures.

IMR & IMX SCORES

Swimming to encourage swimmers to branch out and try races they might not normally try. Swimmers who compete in a wider variety of races in a season tend to stay with the sport longer and not get in a rut.

An IMX or IMR score is only established after a swimmer has swum all of the events required for their age group in a meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMX/IMR purposes. Additionally, a swimmer must complete all of the events in the same course (SCY or LCM) to have a score in that particular course.

IM READY (IMR)

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

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, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances.

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, 14, 15, 16, 17, & 18-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

HOW DO I SCORE POINTS?

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek. We will be posting scores once we have swimmers who have completed the necessary events.

AWARDS

We will hand out awards for everyone who has completed the IMR & IMX Challenges at the Banquet in April. The top IMX scorers for the team for boys & girls on will also receive a plaque with their score.

GLOSSARY OF SWIMMING TERMS

BLOCK- The starting platform.

CONSOLATIONS- The second fastest heat in the finals. These swimmers can not move in to the finals for places.

CUT- Qualifying time. A time standard necessary to attend a particular meet or event.

DQ- Disqualified. This occurs when a swimmer has committed an infraction of some kind; e.g., freestyle kick during butterfly.

DRILL- An exercise involving a portion or part of a stroke, used to improve technique.

DRYLAND TRAINING- Training done out of the water that aids and enhances swimming performance; usually includes stretching, calisthenics and / or weight training.

EXHIBITION- Competing in a heat as a "practice," no points earned by exhibition swimmer, but the time is official.

FALSE START- Occurs when a swimmer is moving before the start is sounded. In USA-S and YMCA, one false start will result in a DQ.

FINAL- The championship heat of an event in which the top swimmers from the preliminaries compete.

FLAGS- Backstroke flags placed 5 yards (short Course) or 5 meters (long course) from the end of the pool.

HEAT- Specific race in an event. Each race is numbered by heat, usually the last heats are the fastest times.

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

OFFICIAL- A judge on the deck of the pool at a sanctioned competition who enforces rules. There are stroke and turn judges, starters, timers and referees.

PACE CLOCK- Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice; may also be digital.

PRELIMS- Slang for preliminaries, also called Heats or Trials. Those races in which swimmers qualify for the championship and consolation finals in the events.

SCRATCH- To withdraw from an event in a competition.

SPLIT- A time recorded from the official start to the completion of an initial distance within a longer event. Also the time for one of the four individual in a relay. Under certain conditions, splits may also be used as official times, for example, the lead off swim in a relay, or the lead off portion of an event.

TIME TRIAL- A time-only swim which is not part of a regular meet.

TOUCH PAD- A large sensitive board at the end of each lane where a swimmer's finish is registered and sent electronically to the timing system.

OUR LOGO



Our logo features our team mascot, the dolphin. The dolphin embodies the traits we admire in successful swimmers: intelligence, playfulness, social and, of course, FAST! The wave in the logo is a playful spin on the Yin and Yang symbol, which symbolizes balance and unity.

Yin and Yang describes how apparently opposite or contrary forces are actually complementary, interconnected, and interdependent in the natural world, and how they give rise to each other as they interrelate to one another. In the world of swimming, the idea of opposing forces comes into play often: Air & Water. Drag & Propulsion. Work & Recovery. Coach & Swimmer. Individual & Team.

We talk to our athletes often about balance. We talk about the need to reach as far with our left arm as we do with our right in freestyle. We talk about the need for good breath control and fast breathing. We talk about power and finesse. We also talk about the balance of work & play. If swimmers are not having fun they will not succeed, if they don't succeed they aren't having fun.

Balance is important out of the pool as well. All swimmers have times where they struggle with balancing school work, social life and swimming. Successful swimmers fit these pieces together and realize that this is a constant, shifting balance.

We hope our logo helps our swimmers, coaches and parents keep in mind the delicate balances that come in to play to ensure success.

GO DEFY!