

SWIMMING TERMS



Q. What is a competitive swim team?

A. Rochester Swim Club (RSC) is a year-round swim team, which provides swimmers of all ages, through training and guidance, the opportunity to develop the skills necessary to become world class citizens and athletes. RSC is a USA Swimming and AAU affiliated organization based in Rochester, Minnesota. RSC provides an opportunity for all athletes to swim in a safe, healthy environment while pursuing the highest level of personal development, both in and out of the pool.

Q. Are there any requirements for my swimmer to join the Rochester Swim Club?

A. RSC swimmers need to know how to swim all four competitive strokes. If new to RSC, please schedule an evaluation so we can find the best place for your swimmer or diver within RSC.

Q. What do I do to start?

A. By contacting Autumn Kappes – CEO, autumn.kappes@rochesterswimclub.com

Q. What is RSC's website?

A. www.rochesterswimclub.com

Q. Do you have a trial period?

A. Each new swimmer is given a two-week trial period. Swimmers transitioning from Prep Squad to team are not considered new swimmers.

Q. How is the Rochester Swim Club organized?

A. RSC is a non-profit 501c3 organization, governed by an advisory Board of Directors and administrated by our CEO Autumn Kappes. All communication regarding club function/administration/operations should be directed at Autumn Kappes.

RSC is affiliated with USA Swimming, Minnesota Swimming, Inc. and Amateur Athletic Union Swimming (AAU).

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Q. What is USA Swimming?

A. USA Swimming is the National Governing Body for the sport of swimming. It administers competitive swimming in accordance with the Amateur Sports Act. They also provide programs and services for members, supporters, affiliates and the interested public. Visit <http://www.usaswimming.org/> for more information.

Q. What is Amateur Athletic Union (AAU)?

A. AAU is an amateur sports organization based in the United States. A multi-sport organization, the AAU is dedicated exclusively to the promotion and development of amateur sports and physical fitness programs. Visit <http://www.aausports.org> for more information.

Q. What is Minnesota Swimming, Inc. (MSI)?

A. 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. Minnesota Swimming, Inc. (MSI) is our Local Swimming Committee. MSI's geographical area consists of the state of Minnesota. Visit <http://www.mnswim.org> for more information.

FINANCIAL OBLIGATIONS

The Rochester Swim Club employs professional coaches, pays USA, AAU, and Minnesota Swimming fees, purchases equipment for swimmers, and incurs other necessary expenses.

Q. What is the total cost per year for my child?

A. Swimmers are required to pay yearly registration fees for USA Swimming, AAU, and/or Minnesota Swimming. Monthly dues for the season vary from group to group and are available online.

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Q. What equipment and outfitting will my child need and how much does it cost?

A. Swimmers need suits, caps, and goggles along with other equipment set at the beginning of the season by your swimmer's coach. Team Suits and RSC apparel is available through the TEAM STORE line on the website.

SWIM PRACTICE

Q. Where are swim practices held?

A. Rochester Swim Club practice is held at:

Rochester Recreation Center,
21 Elton Hills Drive, Rochester, MN 55901

We also utilize other facilities: John Marshall High School (Spring), Soldiers Field and Silver Lake (Summer).

Q. How many days a week will my child have swim practice?

A. The practice schedule varies depending on the swimmers age and ability. The practice schedule is posted on the RSC website.

Q. Who will be coaching my child? What is this coach's background and experience?

A. Every group has a coach that is responsible for that group. All RSC coaches are registered with USA Swimming, Minnesota Swimming and AAU. They have also completed all required certifications, trainings and testing required by USA Swimming and Minnesota Swimming.

Q. Do I drop my child off or can I stay and watch practice?

A. Parents are welcome to watch practice. However, parents must watch from the bleachers and not interrupt practice. If parents need to communicate with their swimmer during practice, they should inform the coach and the coach will take the swimmer out of the water. Parents are asked to wait until after practice to talk to their swimmer or the coach. Coaches are always willing to set up times outside of practice to meet with swimmers/parents if they have questions or concerns.

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Q. What is Dryland training?

A. Dryland is a session during practice outside of the pool, which can include stretching, jogging, stationary exercise and other physical activities designed to provide extra strength training and cardiovascular exercise. Dryland training is also important for injury prevention.

Q. What are the differences between short course and long course seasons?

A. Short course (SC) is swimming in a pool that is 25 yards. Long course (LC) means swimming in a pool that is 50 meters (like the Olympics). There are seasons for each. SC season is September - March, and LC season is April - August.

Q. What strokes do the swimmers use in competition?

A. Freestyle, backstroke, breaststroke, and butterfly.

Q. What is Freestyle?

A. Freestyle is usually the front crawl with the flutter kick, but any stroke or combination of strokes is legal as long as the swimmer does not walk on the bottom of the pool or use the lane line to gain momentum and touches the walls on turns.

Q. What is Backstroke?

A. Backstroke is done on the swimmer's back. A flutter kick is used while the arms alternate (one then the other). Swimmers cannot roll past 90 degrees from their back as they stroke and cannot roll onto their sides or stomach when approaching the finish wall. (Many younger swimmers tend to do this to see how close they are to the wall; they will need to learn to count the number of strokes they need to take after they pass under the flags.)

Q. What is Breaststroke?

A. The breaststroke uses the whip kick (or frog kick is acceptable), while arms pull underwater simultaneously. The two hands must touch the wall simultaneously on the turn and finish.

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Q. What is Butterfly?

A. In the butterfly, the feet and knees are together on the kick (dolphin kick), while arms move simultaneously. The two hands must touch the wall simultaneously on the turn and finish.

MEET WORKERS AND PARENTAL RESPONSIBILITIES

Most teams depend heavily on meet workers to perform a variety of tasks. Hosting meets is our only source of fundraising. By hosting meets locally, we save families money on hotels, food, gas, etc.

Q. How can I contribute to my child's team if I know very little about swimming?

A. You can contribute by helping with meets, fundraisers and team activities. Your biggest contribution will be your unconditional love and support for your swimmer.

Q. What is expected or required of parents?

A. Parents are expected to be a meet worker at home meets and team activities and to participate in team fundraisers.

Q. Who can I ask when I have questions?

A. The coach is the best place to start if you have questions directly related to your swimmer.

Chain of command when an issue/question/concern arises:

- Contact your lead coach
Still a concern, contact the head coach
Still a concern, contact the CEO
Lastly, still a concern, contact all members of the Board of Directors