



Welcome Packet and Handbook

Parents and Swimmers,

Welcome to the Camillus Swim Club. We are glad you chose our club to train with. Our club is a USA sanctioned competitive swim team offering high quality coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to make friends and have fun all while improving their swimming skills, reaching their goals, and achieving success.

The purpose of this Welcome Packet and Handbook is to provide to the new and returning members an overview of the sport of swimming and an outline of the policies and procedures of the Camillus Swim Club. This packet should provide you with all the information you will need for the being part of the team.

All families, new and returning, should read this packet so that they may become familiar with important facts and rules of the club.

If you have questions about anything, please feel free to contact us at camilluswimclub@gmail.com

Welcome to Competitive Swimming.
See You At The Pool,

The Camillus Swim Club (CSCI)

Our Mission

To share our knowledge and passion for swimming, to inspire and empower our swimmers to dream big, and to encourage excellence in all that we do while providing a safe environment for all to develop.

Our Motto

“Veni. Natavi. Vicci.”
I came. I swam. I conquered.

ABOUT THE TEAM

The Camillus Swim Club is a member of USA Swimming, the national governing body of the sport in the United States. USA Swimming is governed at the regional level by Local Swimming Committees (LSCs). Camillus Swim Club is also a member of the Niagara Swimming LSC www.niagaraswim.org.

BACKGROUND

The Camillus Swim Club began in the early 1990's ...

CLUB COMMUNICATION

Electronic Communication (E-mail)

The CAMILLUS SWIM CLUB INC communicates via email to our members. Please ensure that your family checks the email address you provide at the beginning of the season. Emails will contain important information regarding swim meets, training schedule changes, upcoming events, coaches' communication, fundraising, etc. It is the responsibility of each family to ensure they check their email to receive this information. Please advise the registrar if your email address changes.

Web Site

A wide variety of Club and swim information is also available online at www.camilluswimclub.org. You will mostly utilize the website to register for the team, register for swim meets, and check practice schedules.

OnDeck Parent App (Smart Phone - Android and Apple)

Busy parents will gain easy access to team news and up-to-date information on their children, including attendance for each swimmer, every swim meet swum, best times and upcoming swim meets and much, much more.

- Team Alias: nicsc

SOCIAL MEDIA

- FACEBOOK : <https://www.facebook.com/Camillus-Swim-Club-158407450894181/>
- TWITTER : <https://twitter.com/CamillusSwim>
- INSTAGRAM : <https://www.instagram.com/camilluswimclub/>

ORGANIZATION AND TEAM STRUCTURE

Board of Directors

The Club is managed by a Board of Directors. The board is composed of seven (7) elected officers with two (2) year terms. Once elected to the board, the seven members decide on who will hold the four (4) positions including the President, Vice President, Secretary/Registrar and Treasurer. The CSC Bylaws require annual elections be held on or before April 1st.

The Board's responsibility is to oversee the internal operation of the Club and to hire the Head Coach. The Head Coach conducts practices, selects and monitors assistant coaches, provides guidance and counseling to swimmers, and is responsible for activities directly connected to competitive swimming.

Standing Committees

The Club has several committees that function to provide for the normal operation of the Club. Standing committees are:

Publicity

Responsibilities include:

- Arranging annual picture taking (individual and group).
- Notification to swimmers – Emails of Dates and Times
- Collecting payment (Documenting payment and submitting to Club Treasurer for deposit).
- Social Media – Take and collect pictures from other club members to post on social media sites.

Awards and Incentives

Responsibilities include:

- Orders enough silver and gold star chevrons (consistent with the swimmers' progressive abilities) to be handed out at the end of the year banquet
- The timely ordering of awards, ribbons and medals for meets, arranges for personnel and coordinates the awards ceremonies (if any) at swim meets with the meet director

Social Committee

- Responsible for the End of The Year Banquet.
- Must stay within budget, pre-determined by the Treasurer at the start of the fiscal year.

Fund-Raising

- Solicits for and coordinates activities to help support and keep annual fees and dues down CSC for swimmers and parents. Past fund-raising activities have included Applebee's.
- Fundraising is a very important source of revenue for the club. Generating revenue through fundraising helps keep our membership dues as low as possible.
- Each Camillus Swim Club family is expected to participate in fund raising activities to benefit the club.
- The biggest fundraisers each year are the home meets which the club hosts. We usually host two meets during the fall and winter sessions. As hosts we are responsible for all aspects of the meet from registration and scheduling through record keeping and awards. During both morning and afternoon sessions we need 30 plus people to perform all necessary tasks to insure a smooth, successful meet. Well-run meets will encourage the participating clubs to return the next time.

USA SWIMMING

The Camillus Swim Club Swim Team is affiliated with USA Swimming, which is a national governing body responsible for the conduct and administration of swimming in the United States. USA Swimming formulates the rules, implements the policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent the United States in international competition. USA Swimming is organized into an international division, national division, zones, and local swimming committees.

Camillus Swim falls under the **Niagara Local Swimming Committee (LSC)**. This is our USA Local Swimming Committee (LSC) for western New York. Our LSC consists of 76 clubs with approximately 4500 swimmers. The geographical area covered by our LSC is Buffalo, Rochester, Syracuse and Binghamton. We are the sixth largest LSC in the country by the number of registered swimmers.

- More information can be found at their website:
www.niagaraswim.org

Eastern Zone Swimming

The mission of the Eastern Zone is: To develop a unified organization designed to work in cooperation with the LSCs to support and promote the Eastern Zone Swimming Membership.

- More information can be found at their website:
<http://www.easternzoneswimming.org/>

INSURANCE

It is required of all Camillus Swim Club swimmers that they have a current USA Swimming membership. This membership not only supports swimming throughout the country but also provides very important accident and medical insurance for every swimmer and every club.

Each swimmer is covered at any organized practice of Camillus Swim Club and every competition that is USA sanctioned. A summary of the coverage is listed below. More specific information about USA Swimming insurance is available on the USA Swimming official website, usaswimming.org.

The membership cost for USA Swimming is currently \$66 per year (2017). This fee is charged and collected at the time of registration.

USA Swimming has adopted two major insurance programs:

1. Secondary Accident Medical Protection;
2. A self-funded Liability Insurance Program.

These two programs are intended to provide reasonable protection for USA Swimming athletes and clubs while stabilizing cost.

SWIM SEASONS

USA Swimming divides the swim year into two seasons. **The winter** or “short course” season runs from early September to late March. The meets are typically held in a 25-yard pool. **The summer** or “long course” season runs from early April to mid-August. These meets are generally held in 50-meter pools (Olympic size).

CSCI SESSIONS

The Camillus Swim Club breaks the USA Swimming season into four sessions, as outlined below. Swimmers may join the team at any time, but

the beginning of a session is the most ideal time to begin. The club does not pro-rate fees for starting late. The Camillus Swim Club also offers the opportunity for your potential swimmer to attend a week of practices prior to joining the team.

- **Fall Session** (Begins September – Ends End of December)
 - Scholastic Package Offered for Girls Modified & Varsity Swim
 - Season: Sept – 2nd Week of November
- **Winter Session** (Begins January – Ends End of March)
 - Scholastic Package Offered for Boys Varsity & Modified Swim
 - Varsity Season: Season: Nov – 2nd Week of February
 - Modified Season: January – 1st Week of March
- **Spring Session** (Begins April – Ends Last Day of School)
- **Summer Session** (Begins End of June – Ends Mid August)

REQUIREMENTS

For a swimmer to become a member of the Camillus Swim Club Swim Team, the following requirements must be met:

- Swimmer must meet minimum swimming requirements set forth by coaching staff.
- All Swimmers wanting to join the team must be able to swim at least 25 yards (width of pool) without assistance. The swim team is not designed as an instructional lesson but to provide athletes the opportunity to improve their skills and gain confidence in the water. All first-time members will be required to pass a swim test to determine appropriate team placement.
- Swimmers and parent/guardians (if athlete is under age 18) must register and pay applicable registration fees for each swimming session through Camillus Swim Club Inc.
- Swimmers must be registered for the current year with USA Swimming.
- Swimmers transferring from another club within New York must pay a transfer fee and fill out appropriate paperwork to be returned to the Niagara Registrar.
- Swimmers and parent/guardians must have a signed copy of the Code of Conduct / Bully Policy on file through Camillus Swim Club. New signatures will be required at the swimmer's initial registration on the team and yearly at the beginning of each Fall session (September).
- All members and their parents/guardians are expected to help volunteer at club hosted swim meets and other fundraising events during the year.

- Members shall keep current on payment of all fees and register for swim meets by the stated deadlines.
- Swimmers will not be allowed in the water with outstanding balances unless all past and present fees are paid or prior arrangements have been made through the Club President and Club Registrar.

SWIM GEAR

We ask you to have your child ready each day with the following equipment:

- Racing Goggles
- Swim Cap (if worn)
- Swim Suit-Please note that racing style suits are preferred.
- Towel
- Training Fins
- Weather responsible clothing to wear after practice.
- Water bottle. (If wanted)

SWIM OUTLET

Camillus Swim Club has a partnership with **SwimOutlet.com** You can purchase training gear as well as team suits and apparel through them. Utilize the following link to view our team page.

PRACTICE SCHEDULE

The practice schedule can be found on our website under the PRACTICE SCHEDULE tab. Please check the schedule often, as times are subject to change. Please have your swimmers at practice at least 5 minutes prior to the group's start time.

Typical Group Practice Schedule

White: Monday & Wednesday & Friday from 5:00 – 6:00pm

Blue: Tuesday & Thursday from 5:00 – 6:00 pm; Friday 6:00 – 7:00 pm

Gold: Tuesday, Wednesday, Thursday from 5:00 – 6:15; Friday 6:00 – 7:15 pm

Junior: Monday through Friday; 5:45 – 7:15 pm

Senior: Monday through Friday; 5:15 – 7:15 pm

PRACTICE NOTES

Consistent practice attendance will yield the greatest improvement in your swimmer(s). **Try to be present and ready at the pool at least 5 minutes before the start of practice** so that we can start on schedule and make efficient use of our allotted time.

MISSING PRACTICE - The CSC understands that families and swimmers are involved in many activities away from the pool. However, In the event that you miss a swim practice due to other outside personal commitments, **it is not permitted to reschedule missed swim practice times.** The CSC does offer Saturday practices to all our swimmers as make-up days.

Coaches will determine which group a swimmer will be placed in. If a parent feels their child is placed in a wrong group, they can bring that to the attention of one of the coaches to address, however the coaches will have the last say to which group the swimmer will be assigned.

Once you have been approved via the registration platform on the website you are official on the team. If the coaches feel that a swimmer is not showing the effort that is required to be a part of this group, we reserve the right to allow another swimmer to take that person's place on the group.

OUTLINE OF GROUP ADVANCEMENT

The following is a list of criteria the Head Coach will use as general guidelines when moving a swimmer into a different practice level.

- **Attendance:** Has the swimmer reached recommended attendance level in his or her group? Is he or she willing to increase his or her commitment?
- **Technique:** Is the swimmer's technique strong enough to maintain during initial training or when training is increased?
- **Age:** Does the swimmer fall into the age parameters of the group?
- **Pace Clock Skills:** Does the swimmer know pace clock skills to be able to perform sets properly at the next level?
- **Body Conditioning:** Is the swimmer's body in proper condition for the appropriate swim level?
- **Maturity & Responsibility:** Is the swimmer demonstrates readiness and determination to advance to the next level of training. The must also present strong work ethic

PRACTICE CANCELATION

IN-CLIMANT WEATHER

In the event of poor weather conditions, we always follow the West Genesee School District's decision to close. Practice will be cancelled if West Genesee Schools close due to in-climate weather.

HIGH SCHOOL SWIM MEETS

Camillus Swim Club does NOT have practice when West Genesee High School has a Varsity or Modified Swim Meet.

PAYMENT

A swimmer **may not actively participate** in the program until the program fee payment is received by team administration according to applicable payment terms.

Split Payments: If you desire to split your payments we ask for the USA Swimming membership fee plus 1/2 of program fee upfront and the remaining 1/2 will be payable on or before specified date as applicable for the current season.

Multiple Swimmer Discounts: We offer multiple swimmer discounts for families. 10% for the first child, 15% for each additional child.

Prorated Fee: The CSC does not prorate fees.

Refunds/Termination/Account Credit:

- **REFUND:** The Camillus Swim Club has a firm **NO REFUND POLICY** concerning annual swimming dues and registration fees for swimmers who have registered with our club. Once a swimmer commits to the club, fees cannot be refunded due to the financial structure of the club. Our financial commitments involve annual contracts based on swimmer registrations. Camillus Swim Club is obligated to fulfill these contracts regardless of the number of swimmers we have in the water at any time. We understand our swimmers may experience, illness, injury, over-commitment, decreased interest or problems that may take them out of the water at some point during the season. While we regret these problems, **NO REFUND OF REGISTRATION FEE AND/OR DUES** can be made for swimmers who are out of the water.

- **TERMINATION** - Temporary or permanent termination from the program due to suspension or expulsion due to swimmer's actions, will not result in a refund of membership fees.
- **ACCOUNT CREDIT** - If a swimmer is injured and unable to swim per a physician's order, a credit will be applied to your account. You must provide a doctors note to the registrar by the treating physician.

USA SWIM MEETS

MEET FEES

Meet fees are charged for mostly every meet. Your swimming dues do not cover this expense. The fees will be automatically charged to your account. An invoice will be e-mailed to you monthly. Generally, local meets cost between \$10 to \$35 per swimmer. This includes individual event fees (typically \$5.00/event) as well as deck cost (typically \$5.00). Regional and National Meets have higher costs.

Prompt payment is expected when you register for swim meets. If you have past due payments over 30 days, you will be locked out from registering for additional swim meets through the online system until payment is made

The Four Competitive Strokes

Your swimmer will learn and improve upon the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. In addition, the swimmer will learn competitive starts, turns, and racing strategy.

Freestyle

In freestyle events, swimmers may swim whatever stroke they would like. Most commonly used is the front crawl, which is why coaches, swimmers and parents refer to the front crawl as freestyle. The arms alternate over the surface of the water while the legs flutter kick.

Backstroke

This stroke is easily identifiable as the only one done on the back. It is done using an alternating arm motion combined with a flutter kick. Backstrokers may flip onto their stomach to change direction at the wall, but it must be done in a continuous motion, with no more than one stroke permitted on the stomach. The swimmer must finish the race on the back.

Breaststroke

The breaststroke is done with a two-arm simultaneous stroke. The hands are pressed out from in front of the breast in a heart shaped pattern and

recovered under or on the surface of the water. The kick is a simultaneous, somewhat circular motion, similar to the action of a frog. On turns and the finish, the swimmer must touch the wall with both hands, simultaneously at, above, or below the water surface.

Butterfly

The butterfly also has two parts: the kick and the arm pull. The arm pull must be an over-the-water recovery (elbows breaking the surface of the water) with the arms moving simultaneously. The kick is a dolphin kick, with both legs moving together. Unlike breaststroke, there is no requirement to alternate the kick and the pull. Turns and finishes require a simultaneous two-hand touch at the wall.

Individual Medley (IM)

This event features all four strokes. An individual swims a specified distance starting with butterfly, then changing $\frac{1}{4}$ of the race to backstroke, then breaststroke, and ending with freestyle. In the medley relay, four swimmers will each swim one of the strokes.

RELAYS

CSC pays for relays in each meet. We will enter swimmers in either an A and B relay. You will know if you were entered in a relay by checking in the EVENTS section the website under your swimmers name or seeing your name listed in the swim program when you get to a swim meet. Coaches make all efforts to include all swimmers in relays at events.

SWIMMER AWARDS

Ribbons – Place, Time Improvement & Heat Ribbons

At all swim meets, ribbons are awarded for places one through ten, and points are awarded to the team for swimmers who place first through tenth place.

Black Time Improvement Ribbons presented for individual achievement in an event that resulted in a faster time than previous swims in that event.

"Heat Winner" ribbons are awarded at the swim race. They are presented to the swimmer who comes in first at the end of the race.

Meet Ribbons will be placed in the swimmer's folder at practice on Monday or Tuesday following a meet.

WHAT TO BRING TO MEETS

Here's a list of items your swimmer's bag should contain when attending a meet. Be sure to label everything with your swimmer's name.

1. **Most important:** Team Swim Suit, CSC cap, goggles and deck sandals. We recommend bring 2 sets of caps and goggles as they do break. NEVER wear untested, new goggles at a meet.
2. Towels - Your swimmer will be there awhile, so pack at least one per event they are in. Bring Plastic Bags to store wet towels in.
3. 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.
4. Something Warm to Wear - Team shirts/sweatshirts/warm ups: Swimmers and their clothes get very wet and soggy. Even if it is warm out be prepared with dry clothes.
5. Sharpies, Pens and Highlighters: To write down events and highlight them in the swim program.
6. Entertainment Items: travel games, coloring books, books, anything to pass the time. Some swimmers even get homework done.
7. Food: 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.
8. Water Bottle: A big one, with water in it! Or bottles of sports drink. Swimmers dehydrate easily. They don't realize they are sweating!
9. Toiletries - For after the meet
10. A DRY Change of Clothes - For after the meet (to remain dry in a swim bag they should be in a separate compartment or Ziploc bag!).
11. Medications – As per needed
12. Once you have attended one or two meets this will all become very routine to you and your swimmer. Please do not hesitate to ask any other CSC parent for help or information!
13. 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.

PROGRAMS

Note Programs at meets are often a few \$ (\$5.00 to \$10.00) and cash is the preferred method. Food is also available for purchase, but it sometimes gets costly so plan to bring some snacks with you if you want to save some \$.

PARENT NOTES

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!

TYPES OR LEVELS OF SWIM MEETS

1. **Developmental or Regional Meets** – They are open to all levels of swimmer and do not have any qualification time standards. Most of these meets offer each one of the competitive strokes in the distances offered for each age group. Starting April 2017, each swimmer allowed to enter 6 events per day, depending on the meet.

2. **Championship Meets** – These meets have some type of qualification time standards that a swimmer must meet in order to enter the meet. During the short course season (25 yard pools; our major season, from fall to early spring) the Bronze Championship meet is usually held in January, the Silver Championship meet is usually held in February, and the Gold Championship meet is usually held in March, followed by the Short Course Zone Championship at the end of March or early April. During the long course season (50 meter pools; late spring and summer) the Junior Olympics (JO's) Championship meet is at the end of July followed by the Long Course Zone Championship meet in August.

3. **Zone Championships** – After the gold meet in the spring and the JO meet in the summer are held, a swimmer may qualify to participate in the Eastern Zone Championships by swimming a national "AAA" time. This is an All Star meet where swimmers compete as a member of the Niagara District LSC Zone team against other District LSC's from the Eastern Zone.

4. **Speedo/USA Swimming Junior National Championships** – One of the highest levels of achievement Camillus swimmers strive for is the participation in the Junior National Championships. USA Swimming sponsors an eastern United States Junior National meet and a western United States Junior National meet each season. Camillus swimmers meeting qualifying time standards for this meet travel to different locations throughout the eastern half of the U. S. to compete against the best 18 & Under swimmers in the nation.

5. **Conoco-Phillips/USA Swimming National Championships (Senior Nationals)** – 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 swimmers is the USA Swimming National Championships. As with Junior Nationals, Camillus 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 Senior Nationals.

MEET SCHEDULE

At the start of each Short Course Swim Season (Early September), the CSC Board will meet and decide on which meets would be most beneficial for the Camillus Swim Club Swimmers. Distance, cost and quality of meet are determining factors used to choose swim meets. Each season's meet schedule is distributed at the beginning of the season.

Meets are scheduled to give the swimmers an opportunity to compete against swimmers of similar abilities within their age group.

Although attendance at meets is strongly encouraged, it is not mandatory. One can also choose to enter only one day of a two or three-day meet.

What If I want to Swim At A Non-Board Approved Swim Meet?

USA Swimming

- *302.1 REGISTRATION — All swimmers practicing with a member club or competing in events sanctioned by USA Swimming must be registered as athlete members of USA Swimming. Athlete members must meet the rules of eligibility contained in Article 303. **No swimmer alleged to be ineligible shall be denied the right to register and compete without being afforded the opportunity to refute the allegations relating to his/her possible ineligibility, pursuant to Part Four***
- NOTE: If you are currently not a CSC Club Member, but have a current USA Registration on file you are also invited to register for any swim meet per the Meet's Rules and Regulations.

HOW TO ATTEND MEETS NOT OFFERED THRU CSC...

- You fill out the paperwork in the PDF Meet Information Packet. All meets for Niagara can be found here - https://www.teamunify.com/SubTabGeneric.jsp?team=eznslsc&_st_abid_=145826
- On the paper work, Swimmers / Parents would indicate which events the swimmer was interested in.
- Email and Mail the Paperwork & Payment by the Registration Deadline

- Swimmers without a coach need to advise the Meet Director in advance, via email or phone call.
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water.
 - When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- When you arrive at the meet, find the Meet Director of the "Host Meet". They will make sure the visiting swimmers without a coach were paired up with a coach at the meet.
- Meet fees and paperwork are the responsibility of the parent and MUST be returned by the registration deadline.
- Swimmer/Parent attends the meet.

CAMILLUS SWIM CLUB
In-Climate Weather - Practice Cancellation Policy
Effective May 2015

Practice will be cancelled if
West Genesee Schools
close due to in-climate weather.

When practices are canceled; staff will send a reminder email,
post on Facebook,
Twitter (@CamillusSwim
and Instagram (CamillusSwimClub)

To sign up for email alerts to school and facility closings, visit
Localsyr.com and sign up.
<http://www.localsyr.com/weather/closings-delays>

There are no refunds for cancelled practices.

Locker Room Monitoring Policy Camillus Swim Club, Inc.

PURPOSE

The following guidelines are designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms and changing areas.

FACILITIES

The following is a description of our practice and competition facilities to allow athletes and their families to plan their use:

We practice at: West Genesee High School (full-time) & Burnett Pool (Limited Use)

This location has: A changing area that is shared with the general public and the school. As such, there are likely to be people who are not associated with the Camillus Swim Club in the changing area around the time of practice.

MONITORING

General Policy

Coaches and staff make every effort to recognize when an athlete goes to the locker room or changing area during practice and competition and, if they do not return in a timely fashion, we will check on the athlete's whereabouts.

We discourage parents from entering locker rooms and changing areas unless it is truly necessary. In those instances, it should only be a same-sex parent. If this is necessary, parents should let the coach or administrator know about this in advance.

If an athlete needs assistance with his or her uniform or gear (for example, a child under the age of eight), or an athlete's disability warrants assistance, then we ask that parents let the coach or an administrator know beforehand that he or she will be helping the athlete.

Camillus Swim Club has predictable and limited use of locker rooms and changing areas (e.g., immediately before and following practices and meets). This allows for direct and regular monitoring of locker room areas. While constant monitoring inside of locker rooms and changing areas might be the most effective way to prevent problems, we understand that this would likely make swimmers uncomfortable and may even place our staff at risk for unwarranted suspicion.

Therefore, we conduct a sweep of the locker rooms and changing areas before athletes arrive. Due to our staggered practices, with different groups arriving and departing throughout the evening. It is therefore not practical to constantly monitor locker rooms and changing areas over this extended course of time. While we do not post [staff, coach, parent, other adult] inside or at the doors of the locker rooms and changing areas, we do make occasional sweeps of these areas. A coach or designated board member conduct these sweeps, with women checking on female locker rooms, and men checking on male locker rooms.

USE OF CELL PHONES AND OTHER MOBILE RECORDING DEVICES

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:

Article 305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.

Camillus Swim Club – Last Updated 5/25/2016 (kb)



COACHING LANGUAGE

The Camillus Swim Club is dedicated to using the same vocabulary for swimmers of all ages and stages of development. We use the same terms whether instructing a novice or national swimmer. Utilization of the following vocabulary to convey common drills and techniques helps with consistency and progression through the different swim levels that the CSC offers.

Age Group: Division of swimmers according to age, usually in two-year bands.

Alternate Breathing: in freestyle swimming, breathing to the right side then swimming three strokes and breathing to the left side, then swimming three strokes and breathing to the right side, etc.

Anaerobic Training: training that improves your efficiency of your body's energy producing systems that do not require oxygen and can increase your muscular strength and tolerance for acid-base imbalances (such as the production of lactic acid) during high intensity effort.

Anchor: The final swimmer in a relay.

Anchor: the point in the stroke pattern where the hand feels the most resistance and begins effective propulsive movement.

Angle of Attack: the position or degree of angle that the hand enters the water.

Ascending: intervals or swims that increase in repeat time or decrease in speed

BB Meet: Swim meet which includes people who do not have CQ or District times in events.

Backstroke: One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swum as the first stroke in the Medley Relay and second stroke in the I. M.

Balance: refers to body position. Proper balance implies that your hips and head position are equally close to the surface of the water as you swim, as well as rolling equally to each side during the freestyle and backstroke.

Beep: The starting sound from an electronic timing system.

Bilateral Breathing: in freestyle swimming, breathing to the right side then swimming three strokes and breathing to the left side, then swimming three strokes and breathing to the right side, etc.

Blocks: The starting platforms located behind each lane. Blocks have a variety of designs and can be permanent or removable, but also incorporate a bar to allow swimmers to perform backstroke starts.

Body Position: the way your body sits in the water during swimming. Ideal body position requires that your body is as straight and long and as close to the surface of the water as possible.

Body Roll: refers to freestyle and backstroke swimming. Rolling from the left of your body to the right side and back again, etc. Swimming "flat" would be the sensation of swimming directly on your stomach all the time.

Bottom: The floor of the pool. In some pools these are movable to allow variation in the depth and use of the pool.

Breaststroke: One of the 4 competitive racing strokes. Breaststroke is swum as the second stroke in the Medley Relay and the third stroke in the I.M.

Butterfly: One of the 4 competitive racing strokes. Butterfly (nicknamed FLY) is swum as the third stroke in the Medley Relay and first stroke in the I.M.

Camp: There are many types of training camps for just about every level of swimmer. Normally organized by the individual clubs.

Cap: The silicone or latex covering worn on the head of swimmers. The colors and team logos adorning these caps are limitless. National Caps, award caps, plain practice caps, etc.

Carbohydrates: The main source of food energy used by athletes.

Catch: the point in the stroke pattern where the hand feels the most resistance and begins effective propulsive movement.

Chlorine: The chemical used by most pools to kill the bacteria in water and keep it clear and safe to swim in.

Circle Swim: Done when there are more than two swimmers in a lane. Swimmers swim up on the right side staying close to the lane line and return on the other in the same fashion. Always stay to the right of the black centre line. Each swimmer leaves 5 seconds apart so there is space between each person in the lane. This is referred to as lane etiquette, which includes other matters involving common courtesy.

Clock: The big clock on the wall or deck is used for interval training. The red hand goes around every minute (60 seconds). The 60 is sometimes referred to as the "top" and the 30 as the "bottom." Learn to calculate your times. Swimmers who watch the clock and know their times improve the most: they get feedback, learn pace, and improve technique.

Colorado: A brand of automatic timing system.

Consolation: Finals After the fastest 6 or 8 or 10 swimmers, the next 6 or 8 or 10 swimmers (depending on the number of pool lanes) in a heat/finals meet who, after the heat swim, qualify to return to the finals. Consolation or B finals are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat. These have largely been replaced at major meets by semi-finals.

Course: Designated distance (length of pool) for swimming competition. (i.e.) Long Course = 50 metres / Short Course = 25 metres. We normally swim 25 yard, Short course yards (SCY)

CQ Meet: Swim meet which includes people who have accomplished CQ qualifying times.

Deadline: The date meet entries must be 'post marked' or 'in' by, to be accepted by the meet host/club. Making the meet deadline may not guarantee acceptance into a meet since many meets are 'full' weeks before the entry deadline.

Deck Level: a system of recirculating water in a pool where the side of the pool is at or just below the level of the water. This generated a continuous flow out of the pool and into the filtration system. This design is very successful at preventing waves reflecting off the side of the pool.

Deck: The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an 'authorized' person may be on the deck during a swim competition.

Dehydration: The abnormal depletion of body fluids (water). The most common cause of swimmers cramps and sick feelings.

Descending: intervals or swims that decrease in time (1:15, 1:10, 1:05, 1:00, :55).

Descend: To swim each repeat in a faster time than the previous. Ex. 4 x 50 yard on a 1 minute interval. Do #1 in 50 seconds, #2 in 48 seconds, #3 in 46 seconds and #4 faster than 46 seconds

Development: A classification of meet or competition. The purpose of a developmental meet is to allow all levels of swimmers to compete in a lower pressure environment.

Disqualified: A swimmers performance is not counted because of a rules infraction.

Distance Free: Distance freestyle, mostly distances greater than 200 yards/meters

Distance: How far a swimmer swims. Distances for Short Course yards are 25 yards (1 length), 50 yards (2 lengths), 100 (4 lengths), 200 yards (8 lengths), 500 yards (20 lengths), 1000 (40 lengths), 1650 yards (66 lengths). Distances for short course meters are: 25 metres (1 length), 50 metres (2 lengths), 100 metres (4 lengths), 200 metres (8 lengths), 400 metres (16 lengths), 800 metres (32 lengths), 1500 metres (60 lengths). Distances for long course are: 50 metres (1 length), 100 metres (2 lengths), 200 metres (4 lengths), 400 metres (8 lengths), 800 metres (16 lengths), 1500 metres (30 lengths).

Districts Meet: Swim meet which includes people who have accomplished District Qualifying times.

Dive: Entering the water head first at the start of the race.

Diving Pit: 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 swim-down pool with proper supervision.

Drag suit: a second loose fitting swim suit worn by swimmers in workout and warm-up to add a certain amount of weight and resistance to the flow of the water around the swimmer.

Dropped Elbow: would be the opposite of the high elbow and ineffective for powerful propulsion through the water.

Dropped: Time When a swimmer goes faster than the previous performance they have 'dropped their time' or PBs

Dry land: The exercises and various strength programs swimmers do out of the water.

Electronic Timing: Timing system operated electronically. The timing system usually has touchpads in the water, junction boxes on the pool side with hook up cables, buttons for backup timing, and a computer type console that prints out the results of each race. Some systems are linked 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. In the UK this implies registration with the ASA

Entry Fees: The amount per event a swimmer or relay is charged. This varies depending on the type of meet.

Entry Limit: Each meet will usually have a limit of total swimmers they can accept before the meet will be closed and all other entries returned.

Entry: An Individual, Relay team, or Club event list into a swim competition.

Entry: dealing with how the hand enters the water at the beginning of the stroke (freestyle, backstroke and butterfly).

Event: A race or stroke over a given distance. An event equals 1 heat with its final, or 1 timed final.

FINA: Federation Internationale de National de Amateur, the international governing body of competitive swimming, diving, water polo and synchronized swimming.

FINA: The international, rules making organization, for the sport of swimming.

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.

False start: occurs when a swimmer leaves the starting block, or is moving on the block, before the starter starts the race.

Final Results: The printed copy of the results of each race of a swim meet.

Finals: The final race of each event to determine the overall classification.

Final: the championship final of an event in which the fastest eight swimmers from the heats or semi-finals compete.

Finish: the final propulsive phase of the arm stroke before the hand leaves the water.

Fins: Large rubber or other material fin type devices that fit on a swimmers feet. Used in training to aid development of kick and ankle flexibility

Flags: Pennants that are suspended over the width of each end of the pool approximately 5 meters/yards from the wall. to allow backstroke swimmers to determine where the end of the pool is

Four Beat Kick: 4 leg movements per arm stroke in freestyle. Similarly 2 and 6 beat kicks may be used.

Freestyle: One of the 4 competitive racing strokes. Freestyle (or Free) is swum as the fourth stroke in the Medley Relay and fourth stroke in the I.M. There are no rules governing the form of the stroke.

Gallery: The viewing area for spectators during the swimming competition.

Goals: Short and Long range targets set by swimmers, and agreed by the coaches, to aim for.

Goggles: eyewear worn by swimmers in the pool to protect the swimmers' eyes from the effects of chlorine in the water. Also improves vision underwater considerably!

Gravity wave: wave action caused by the swimmers' bodies moving through the water. Gravity wave move down and forward from the swimmer, bounce off the bottom of the pool and return to the surface in the form of turbulence.

Gun: The blank firing pistol used by the starter to start the races.

Gutter: the area at the edges of the pool in which water overflows and is recirculated into the pool. Deep gutters catch surface wave and don't allow them to wash back into the pool and affect races. Alternatively a pool may have no gutter and be deck level

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 swum, after all heats of the event are completed.

High Elbow: may refer to keeping a high elbow in the recovery phase of freestyle which encourages better balance and body roll. High elbow can refer the pull phase of freestyle where the elbow remains in a higher position over the hand, giving the sensation of reaching over a barrel when pulling through the water.

Horn: A sounding device used in place of a gun. Used mainly with a fully automatic timing system.

Hypoxia (Hypoxic) Training (breath control): training with a decreased concentration of oxygen that causes the constriction of blood vessels which, in turn, help muscles work more efficiently with what oxygen is available.

I.M.: Individual Medley, all four competitive strokes in the order of Butterfly, Backstroke, Breaststroke and Freestyle

IM: short for individual medley, an event in which the swimmer uses all four competitive strokes in the following order: butterfly, backstroke, breaststroke and freestyle.

Interval Training: consists of repeated bouts of moderate- to high- intensity activity separated by brief rest periods of approximately 20-40 seconds.

Interval: A specific elapsed time for swimming and rest used during swim practice.

Interval: The time given to complete a given distance, plus rest. For example

Kick Board: A flotation device used by swimmers during training when swimming with legs only.

Kick: The leg movements of a swimmer.

Lactic (Lactate) Acid: in the absence of oxygen, as with anaerobic training, your body will breakdown muscle sugar (glycogen) using a process that produces an acidic by-product waste called lactate acid. Your muscles may start to burn or ache as lactate acid accumulates and your body can't keep up with removing it from your muscle stores.

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.

Lane Ropes: the dividers used to delineate the individual lanes. These are made of individual finned disks strung on a cable which rotate on the cable when hit by a wave. The rotating disks dissipate surface tension waves in a competitive pool.

Lane: The specific area in which a swimmer is assigned to swim. (i.e.) Lane 1 or Lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes should be numbered from Right (lane 1) to Left (lane 6).

Lap Counter: The large numbered cards (or the person turning the cards) used during the freestyle events 400 meters/500 yards or longer. Counting is done from the starting end.

Lap: One length of the course.

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 swum by a single team member. A single stroke in the IM.

Length: Technically, a length is once across the pool; a lap is across and back. However most coaches use the terms interchangeably to mean simply once across the pool. Thus, 4 lengths in a 25 yard pool would be swimming across the pool 4 times, totaling 100 yards.

Length: The extent of the competitive course from end to end.

Log Book: A log of everything to do with swimming, including all training sessions and event best times. To be kept by the swimmer him/herself.

Long Course: a 50 meter long pool. The Olympic Games as well as all major international competitions are conducted long course. See also short course

Lycra: A stretch material used to make competitive swim suits and swim hats.

Marks: The command to take your starting position.

Marshall(s): The adult(s) (official) who control(s) 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 Director/Promoter: The person in charge of the administration of the meet.

Meet: A series of events held in one program.

Mid Fr: Middle distance freestyle, mostly distances between 100 yards/meters and 300

Mile: The slang referring to the 1500 meter or the 1650 yard freestyle, both of which are slightly short of a mile.

NQT: National Qualifying Time

NT: No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swum that event before.

Nationals: Senior, junior and age group meets conducted each year.

Negative Split: The second half of the swim is swum faster than the first half. Ex. 100 yard swim negative splitting-if the first 50 yards is swum around 60 seconds, then the second 50 must be swum faster than 60 seconds.

Negative split: a race strategy in the distance freestyle events in which a swimmer covers the second half of the race faster than the first half.

Neurological System Training: training that focuses on improving the reaction time at the site at which the motor neuron communicates with the muscle fiber. Super short sprints or spin drills help train this system.

Novice: A beginner or someone who does not have experience.

OT Official Time: The swimmers event time recorded to one hundredth of a second (.01).

Officials: The certified or qualified adult volunteers, who operate the many facets of a swim competition.

Official: a judge on the poolside. Various judges watch the swimmer's strokes, turns and finishes or are timers and starters.

Olympic Trials: The sanctioned long course swim meet held the year of the Olympic Games to decide which swimmers will represent the USA on our Olympic Team. Qualification times are faster than Senior Nationals.

Omega: A brand of automatic timing system.

Open Competition: Meet Competition which any qualified club, organisation, or individual may enter.

PB: 'Personal Best' - The best time a swimmer has done so far in a particular stroke/event

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: Hand paddles are 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.

Practice: Training. The scheduled work-outs a swimmers attends with their swim team/club.

Prelim: short for preliminary, also called heats. Those races in which swimmers qualify for the championship and consolation finals in the events.

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 CQT, NQT etc.

Race: Any single swimming competition. (i.e.) preliminary, final, timed final.

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.

Recovery: the phase the arm stroke where the arm travels over the water.

Referee: The head official at a swim meet.

Registered: It is necessary for all swimmers to be registered if racing in any meets.

Relay exchange: the exchange between the swimmer in the water and the next swimmer on the relay team. A perfect exchange will simultaneously have the finishing swimmer's hand on the touch pad and the starting swimmer's feet just touching the starting block with the rest of the starting swimmer's body extended over the water.

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 200m and 400m distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 200m, 400m, and 800m 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 colours, sometimes given at swim meets.

Roll: to move on the starting blocks prior to the starting signal. A roll is usually caught by the starter and called a false start, but swimmers will often try to guess the starter's cadence and get a good start. Similar to illegal procedure in football.

S-Pull Pattern: a method of pulling in freestyle swimming that encourages an outward and inward sweeping motion of the hand and arms rather than a straight back (point A to point B) motion. Allows for the arms to travel a greater distance through the water and

results in greater distance per stroke. The "S" pull pattern also encourages better body roll.

Safety: The responsible and careful actions of those participating in a swim meet. Listen to the safety notices read out at galas.

Scratch: To withdraw from an event after having declared an intention to participate. This practice should be avoided, it does not reflect well on either the swimmer or the Club.

Seed: Assign the swimmers heats and lanes according to their submitted or preliminary times.

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 Nationals: Long and Short courses are held each year.

Session: Portion of meet distinctly separated from other portions by time.

Set: Swim workouts are divided up into sets of swims in a particular stroke, style, and distance, such as kick sets, pull sets, Distance sets, sprint sets, I.M. sets, etc. Sets are given in terms of the distance to be swum, calculated in yards or meters depending on the pool. Therefore, a "set" of "25,s" means swimming one length of the pool before resting, "50's" means two lengths, and so on. Learn to think of your swimming in terms of yards or meters and not in terms of laps or lengths.

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. Usually used only at very important meets.

Shave: prior to a major competition a swimmer will shave his or her entire body. The removal of the hair provides less resistance between skin and water and heightens a swimmer's sensations in the water. A degree of psychological advantage may also be gained.

Short Course: A 25 yard or sometimes a 25 meter pool.

Simultaneously: A term used in the rules of butterfly and breaststroke, meaning at the same time.

Six Beat Kick: 6 leg movements during 1 freestyle stroke (both arms) for racing.

Skinsuit: a slang term for a swimsuit designed to have minimum drag in the water. While many swimmers use the traditional knitted lycra, the newest suit is woven lycra, called a "paper" suit because of its texture. There are continually new styles and fabrics put out on the market.

Split: A portion of an event, shorter than the total distance, that is timed. (i.e.) A swimmers first 25 or 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.

Split: a swimmer's intermediate time in a race. Splits are registered every 50 meters (or 25 yards depending on the pool and the equipment on hand) and are used to determine if a swimmer is on record pace.

Sports Medicine and Science: a comprehensive use of science and technology to develop better training methods for athletes. In U.S. Swimming, the sports medicine and science program deals with everything from blood and respiratory condition to the biomechanics of the swimmer to proper nutrition.

Stand-up: The command given by the Starter or Referee to release the swimmers from their starting position.

Starter: The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair take-off.

Start: The beginning of a race. The dive used to begin a race.

Stations: Separate portions of a dryland or weight circuit.

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.

Still Water: Water that has no current caused by a filter system or no waves caused by swimmers.

Stroke Judge: The official positioned at the side of the pool, walking the length of the course as the swimmers race. The stroke judge is required to determine that each swimmer is carrying out his or her stroke within the rules, and will disqualify any who aren't.

Stroke: There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle.

Submitted Time: Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets. For national championships they must be achieved in Designated Meets

Suit: The racing costume worn by the swimmer, in the water, during competition. These have developed from trunks to full body suits in recent years.

Swim-off: In a Heat/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.

Taper: The resting phase of a senior swimmer at the end of the season before a big meet.

Taper: reducing training volume and intensity to allow your body and mind a break from the rigors of intense training. This coupled with quality rest allow your body time to repair itself and to restore its energy reserves to prepare you for competition. Studies have found tapering to produce a marked increase in muscle strength.

Taper: the resting process in training for swimming competition. During the middle of the swimming season a swimmer may work out 10 to 15 thousand meters (8 to 10 miles)

each day. As major competition draws near, the swimmer will "taper" off the distances swum each day. A perfectly designed taper will enable the swimmer to compete at their peak capability and is one of the most difficult aspects of swim coaching.

Time Trial: An event or series of events where a swimmer may achieve or better a required qualifying time.

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.

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.

Touchpad: the area at the end of each lane in the pool where a swimmer's time is registered and sent electronically to the timing system then the scoreboard.

Touch: the finish of the race.

Travel Fund: A sum of money set aside for a swimmer to use for travel expenses and entry fees to specified meets.

Trophy: Type of award given to teams and swimmers at meets.

Turnover: the number of times a swimmer's arms turn over (cycle) in a given distance or time during a race.

Two Beat Kick: used for distance events, 800m plus for training and racing.

USS: United States Swimming, Inc., the national governing body for amateur competitive swimming in America.

Uniform: The various parts of clothing a swimmer wears at a meet. May include: Parka, Warm-up jacket, Team bag, track suit, 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.

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: used by the swimmer to rid the body of excess lactic acid generated during a race.

Warm-down: The loosening a swimmer does after a race when pool space is available. Essential to avoid injury.

Warm-up: The practice and loosening session a swimmer does before the meet or their event is swam. Essential to avoid injury.

Warm-up: used by the swimmer before the race to get their muscles loose and ready to race.

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. Training sessions in the 'Weights Room' (aka weights)

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.

Yardage: The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.

Zoomers: A special fin used for swimming and kicking.