



Swimmer's & Parent's Handbook

2014-2015

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1. General Information

Introduction to Pacific Dragons Swim Team (PDST)

In ancient Chinese history, the dragon is a symbol of luck, virtue, peace, and longevity. Dragons are confident, idealistic, passionate, brave, and generous. A dragon will do everything to make his or her dreams come true. Translating the dragon's characteristics into competitive swimming, PDST strives to teach important life skills through the experience of swimming, helping our swimmers achieve their dreams. Determination, perseverance, persistence, positive thinking, and teamwork are some of the attributes our swimmers will take with them into all aspects of their lives. PDST strives to provide a training environment to allow our swimmers to reach their maximum potential and to possess the admirable characteristics of a dragon.

Pacific Dragons Swim Team (PDST) is a year round competitive USA Swimming team that participates in Pacific Northwest Swimming (PNS), the local USA swimming organization representing nearly 5,000 athletes in western Washington. PNS offers competition for all ability levels, age 5 and over.

PDST offers high quality professional coaching and advanced technical instructions for our swimmers of all ages and abilities. The goal of our team is to provide every team member an opportunity to improve swimming skills and achieve success at his or her highest level of ability either as a novice or as an international competitor in swimming. The team has well-qualified coaches offering years of coaching experience with swimmers from young age groups to professional level training. The team also boasts managerial experience that will provide a seamless, well-organized operation. With the strong support from our parents, PDST will create an outstanding training environment to allow our swimmers to achieve their best potential.

Team Contact Information

Team Email: PDSwimTeam@gmail.com

Specific Email to Team Coaches: CoachesAtPDSwimTeam@gmail.com

Team phone: 425-449-2173

Team drop-in box: Located at Mary Wayte Pool, outside of pool manager's office (on the wall), this box is checked periodically. You can drop any PDST related items here.

Mailing Address: Pacific Dragons Swim Team, PO Box 2983, Issaquah, WA 98027 (the mail is checked periodically).

Team communication methods

We rely on team website and emails as our primary team communication methods. In the Registration each season, you will register your email(s) for the team to contact. The email address(es) are taken into team's communication system and you will receive team related information through email.

In situation, you need to change your contact information, such as email or phone number, please log-into your PDST account and update such information by yourself.

In an emergency situation, such as unplanned canceled practice due to the pool condition, or inclement weather condition etc., PDST will send 1) an email; and concurrently 2) a SMS (texting) to notify affected group or the entire team. You will be asked to setup your SMS in your account (see SMS setup instruction in the section of “PDST Emergency System” section”)

Each practice group will select a parent representative who will be in close communication with the team to resolve any ongoing issues of that group and to improve team’s support to every swimmer on the team.

If a parent or swimmer needs to talk to a coach or head coach, please request an appointment by sending an email to: **coachesatpds swimteam@gmail.com**. In the email, please be sure to list a purpose for the meeting so we can prepare to address it adequately.

If you have an urgent matter, you can reach us by calling the team phone at: **425-449-2173** and we will respond to you as soon as we can.

Please do not talk to coach before, during, and after practice without pre-arrangement or an appointment as coaches will need to focus on coaching and perform other team related matters with their respective working schedule. Team related news, events, and other information are also posted on the website. Please check team website frequently at: <http://www.pdswimteam.org>

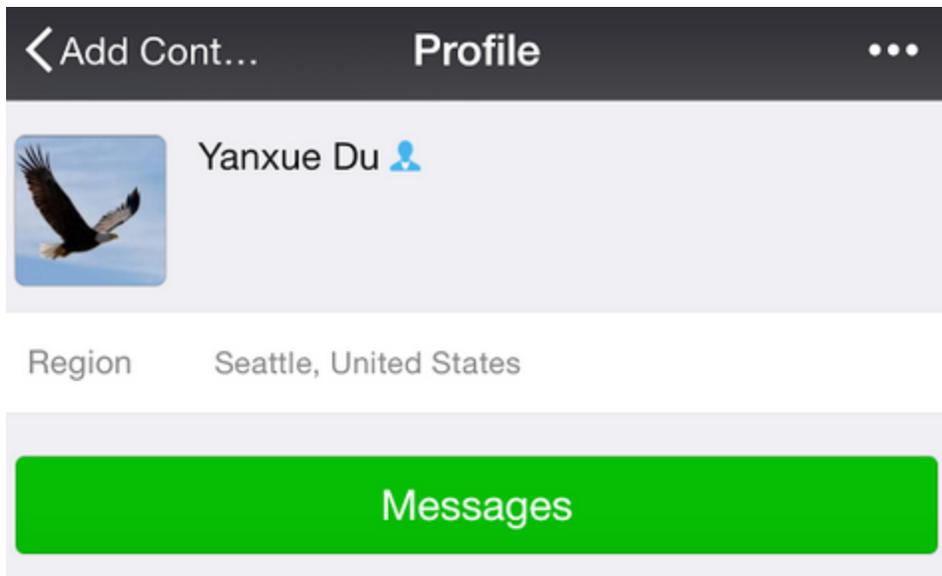
- **Websites: All information can be found at team websites:**

PDST website: www.PDSwimTeam.org

- **PDST Community (WeChat (微信) mobile App)**

In addition, to supplement above PDST official dual emergency communication channel, there are GROUP based wechat (微信) organized by each group parent rep, we think this social media based communication channel can enhance our communication and we think our parent should be aware of this tool and join it if you can (not official PDST communication but helpful).

Contact (search for) Yanxue Du in your Wechat to request to join PDST Wechat group



To-do list for a new PDST swimmer & family

To join PDST, request a tryout, once accepted by PDST, following the instruction to register at PDST. Our registration process is online at <http://www.pdswimteam.org/MemRegStart.jsp?team=pnpdst>.

New PDST family registration instructions



1. Go to PDST website at www.pdswimteam.org, click “start registration” see illustration above.
2. Click **register now** and fill as a "new user" with your email that you want to use. 2a. Create your own password and fill in all required information in the fields (you can have other email IDs added here).

3. Click **add new Member** to add your swimmer-fill all required info. Select Pre-team/pre-competition group. Click add.
4. Read all agreements and sign
5. You are presented with a 'summary' page-review info and if it is correct, then click **Proceed to Checkout**.
6. You are presented with all the detailed info as you had filled. If any info need to be changed click "**edit registration**" at the top. Otherwise, click "**submit order**".
7. You are done. Mail the check payable to "PDST" with the printed receipt to the listed PDST mailing address.
8. Print out the "print-friendly receipt" with the listed registration fee paid and during the season hand over to the on-deck coach when you come to your first practice.

To ensure you receive PDST team email:

The way to ensure you receive team email is to configure this email address "notifications@teamunify.com" as one of your contacts in your email contact directory as PDST email is routed through Teamunify (PDST database/system admin) server.

Once your account is approved by PDST and activated, please complete the ACH payment setup and SMS setup for emergency communication.

To add an SMS (texting) number in a member account:

1. Log into your PDST account
2. Click the **Add SMS** button to the right of the box (if you have added your cell phone number for SMS (texting before, then click the SMS number, then click "**Verify**" on the right).

Type	Value	Carrier	Verified
Login Email	[REDACTED]		<input checked="" type="checkbox"/>
Email	[REDACTED]		<input type="checkbox"/>
SMS	425-[REDACTED]	AT&T Wireless	<input checked="" type="checkbox"/>

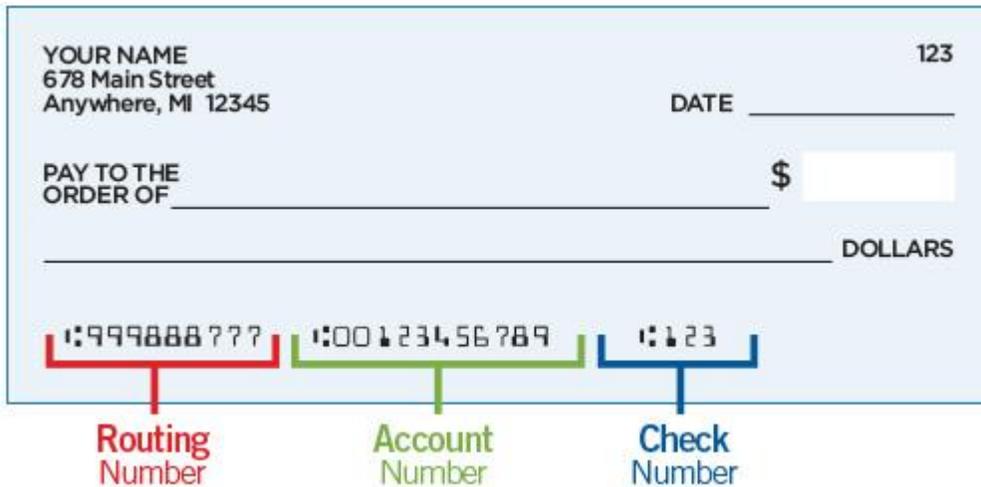
3. Fill in the Cell Number and Cell Carrier in the pop up and click the **Send** button
4. A pop up will notify you that a text has been sent to the cell number for verification
5. Check your cell phone for this message and get the Verification / Validation code. Note that some cell carriers can take a while to deliver the message.

6. Enter the code in the "Verification Code" field and click **Verify**. This **MUST** be done by **YOU** to be activated for use in PDST SMS system
7. The cell number will appear in the box with the "Verified" checkbox checked

Complete ACH payment setup

The ACH payment setup is easy BUT you have to do it correctly in order to make it work (due to the privacy policy in place, PDST will have NO WAY to verify if you have correctly setup this but the setup is relatively easy.

1. Sign into your PDST account
2. Go to **My Account** THEN **Setup Auto Pay**
3. Click the "Current Payment Method" drop down and select either **Automatically charge BANK ACCOUNT** below
4. Click the **Edit** link to the right of the "**Bank Account on File**"
5. Fill in the bank account (**9 digit routing number and the account number**) – see picture below.



6. Click **Save Changes**

Obtain up-to-date Practice Schedule

Go to PDST website (under "team info", then "monthly schedule" to check regular practice schedule, which is a PDF file posted at the website, and any irregular (changed) practice for your group: Also please reference to *Section 4, part c: Practice schedule information* in this handbook for detailed information. You can also subscribe to PDST practice calendar on your mobile phone by following the instruction below.

How to see Team Calendar Web view

You can directly view the team practice calendar from team website in two ways. You will need to first log on to the team site in order to view the calendars.

1. Monthly schedule pdf format

This provides you a holistic view of the team practice and you can save it for offline reference. This has been the primary resource for monthly practice calendar.

2. Team calendar

- a) This view is a feature from Team Unify

- You can select monthly view or list view
- You can use Pick a Calendar dropdown list to switch between the group calendars

Any additional questions please email or call team staff, team contact information is listed in the *Section 1, part of this handbook*. Once again, welcome to PDST.

2. Team Philosophy

Vision

To create a challenging and nurturing environment in supporting our swimmers to achieve the excellence in competitive swimming and translate the learning experience in swimming into real life. The experience at PDST will build a lifetime-enduring ethic for our swimmers and enable them to succeed in their future endeavors.

Mission

PDST (**Pacific Dragons Swim Team**) is a competitive swim team seeking to enable all of its swimmers to reach their highest potential as an athlete and as a person through excellence in its coaching, training, and caring

Culture

We seek to create a respectful, cohesive, and vibrant culture for all of our athletes and athlete's families. Win or lose, a high respect and caring are fostered for our teammates, for our competitors, and for ourselves.

3. Responsibilities

Code of conduct for all PDST members

All members of PDST, from our Coaches, Swimmers, and Parents are expected to follow the code of conduct of US Swimming and PDST code of conduct policies for its coaches, swimmers, and parents.

PDST Swimmer's Code of Conduct

Objective: The purpose of this conduct policy is to ensure that every swimmer is provided with a safe, positive training environment that allows them the opportunity to reach their maximum individual potentials.

- A swimmer's conduct at practices and swim meets should support every other swimmer's ability to learn and the coach's ability to teach other swimmers.
- Each swimmer should be committed to strive for his (her) own goals and for the good of the team.

Basic Responsibilities and conduct expected from all swimmers

- Understand that swimming is a privilege and not a right.
- Swimmers should be on time for all practices and meets. Pool time is very valuable.
- Follow the safety rules or safety action plan of each pool completely. Always keep safety first for your own and other swimmers around you while at each facility.
- Swimmers should be active participant in all team practices, competitions, fundraising events and other team activities.
- Focus on every drill and every set. Be committed to putting forth your best effort each day.
- Swimmers should notify the coach in advance if they are planning to leave practice or swim meet early.
- Swimmers are expected to wear team uniforms at the meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water.
- Follow coach's instructions completely. Inquire politely and clearly when in doubts. Disruption of practice by an athlete will be grounds for removal.
- Swimmers are expected at all times to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline.
- Display positive behaviors at all times as a representative for the PDST and Pool facility. Respect and care facilities used for practices and meets. Vandalism, intentional damage to property or theft of property will not be tolerated.
- To exercise self-control. No one has the right to interfere with training, safety or the wellbeing of others.
- Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gesture by any swimmer should be reported and will be disciplined by the coach staff.

Swimmers have the right to

- Be treated with respect and consideration.
- Feel safe in a caring environment.
- A high quality swim program which takes into account their strengths and needs.
- Express their ideas and opinions respectfully.
- Be positively encouraged to do better, to be congratulated on a good performance, and to be provided feedback and instruction to improve.
- Expect the coach, after being made aware of a limiting physical condition, will not ask the swimmer to perform or train in a manner that the coach knows will be harmful to the swimmer.
- Set his or her own swimming goals with the coach, and to change these goals if circumstances arise.
- Have any violations of the Code of Conduct explained to the swimmer including the coach's expectation for correcting the violation.
- Know that violations of the Code of Conduct will be reported to the swimmer's parents.

PDST Parent Code of Conduct:

By participating in competitive swimming, your child will develop skills and values such as sportsmanship, confidence, self-respect and self-discipline. The camaraderie among swimmers is unique with many becoming lifelong friends. By parents and coaches collaboration, your child will translate the pursuit of excellence into lifetime-enduring working ethic, to be applied to his/her future endeavor. Parent Code of Conduct is a guide for Swimming Parents, to help you and your child succeed in a productive and enjoyable environment in our swim team. Please keep in mind when reading this guide that we all tend to forget our children are just that –children, and they learn from our actions as adults. Make sure that swimming is a positive experience for your child by your behavior.

- Demonstrate respect for all swimmers, coaches, other swimmers and other parents/guardians.
- Give coaches support they need to help them do their jobs better.
- Assist swimmers in setting realistic goals for participation in meet and practice.
- Emphasize fun, skill development and other benefits of sports participation—e.g., cooperation, competition, self-discipline and commitment.
- Support the core PDST values and PDST mission, and comply with US Swimming Code of Conduct.
- Discuss and assist their swimmer in understanding the Code of Conduct
- Encourage their swimmer to respect the rights and feeling of others.

- Behave in such a way that does not discredit to the swimmers, the team, or competitive swimming. Any disagreement with a meet official should be brought to the attention of the coach and handled by the coach.
- Refrain for yelling instructions to your swimmer during practice and swimmer meets.
- Play and be an active part of their child's swimming.
- Be in regular contact with their swimmer's coach.
- Report all violations of the Code of Conduct to the Head Coach or team President.

Parents have the right to:

- Expect that his or her swimmers and family will be treated with respect and consideration.
- Be informed of their swimmer's progress and be notified of any behavior concerns and violations of the Code of Conduct.
- Have their swimmer in a safe, friendly environment that builds self-esteem and a sense of belonging.
- Discuss matters pertaining to their swimmers with the age group coach before or after practice, or to set up an appointment to do so.

Coach/Team Staff Code of Conduct and responsibilities

Conduct Expected from All PDST Coaches and staff members

- Abide by the rules and regulations of US Swimming and FINA and follow procedures for enforcement of the PDST codes of conduct.
- Maintain professional standing in an honest manner and preserve the reputation of PDST and the US Swimming coaching profession
- Be professional and accept responsibility for all actions
- Extend professional courtesy to other coaches, athletes and their parents by keeping all parties informed in matters of athletes entering/leaving training programs
- Make decisions based upon the best interest of the swimmer's sports, education and vocational careers
- Acknowledge the individual talents and potential of swimmers
- Set appropriate training programs based upon the developmental level of the swimmer
- Maintain a balanced emphasis of swimming involvement with educational and career objectives
 - Direct all observations and recommendations regarding all aspects of swimming to the appropriate persons

- Be constructive in criticisms and direct comments, observations to the relevant individuals or organizations
- Respect the efforts of appointed and elected representatives of PDST and US Swimming
 - Reject the use of performance enhancing drugs in swimming and abide by the guidelines set forth by national and international regulatory bodies
- Respect the health and dignity of swimmers to compete on the basis of their abilities
 - Exercise a standard of care consistent with the professional qualifications as a swimming coach
- Refrain from any form of sexual harassment toward athletes and colleagues
- Show concern for the health, safety, and welfare of athletes and colleagues
- Keep all relevant qualifications up to date
 - Respect the right, dignity and worth of every human being with the context of the coach's involvement in swimming
- Refrain from any discriminatory practices on the basis of gender, race, religion, ethnic background, or special ability/disability

The Coaches and staffs have the right to

- Be treated as a professional and has a right to be treated with respect by all swimmers, parents, and other coaches.
- Be treated with respect and consideration.
- Work in a safe non-threatening environment.
- Expect the full support of all parents for the PDST program.
- Expect swimmers to participate and be involved in a productive manner.

The Coaches and staffs have the responsibility to

- Support the core PDST values and PDST mission, and comply with US Swimming Code of Conduct.
- Be positive role models for the swimmers.
- Provide the best swim program possible, accommodating individual swimmers needs.
- Create and maintain order in a safe, nurturing environment.
- Work with swimmers, parents, and peers in a fair and positive manner.
- Discuss and assist each swimmer in understanding the Code of Conduct.
- Communicate, on a regular basis, with parents and swimmers regarding each swimmer's program and progress. Includes informing the swimmers parents of any behavior concerns and violations of the Code of Conduct.

- Place swimmers in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he or she will be placed in a more challenging training group by the coach.
- Make the final decision concerning which meets PDST swimmers may attend. With regard to which events a swimmer competes in, the coaching staff will also make the final decision.
- Report all violations of the Code of Conduct to the Head Coach.

Conflict Resolution

Swimmers Swim. Coaches Coach. Parents/Guardians Cheer. It is hard for enthusiastic parents/guardians not to issue well-meaning instructions to their swimmers. However, when those instructions are inconsistent with the coaches' direction, it can create stress and confusion for the swimmer. It is best for parents/guardians to partner with the coach in providing skill-development related feedback to their swimmers. Parents/Guardians should also support the coaches in addressing the sacrifices and challenges involved in being part of a team.

When swimmers have a conflict with their coach, a fellow player, etc. swimmer's Parents/Guardians or swimmers (age appropriate) should personally initiate the resolution process and adhere to the conflict resolution procedure outlined below.

- Air concerns with the swimmer's individual coach.
- If dissatisfied, air concerns with Head coach/PDBC.

4. Coaching and Training Philosophy

PDST coaching staff

Nothing has a greater influence on the quality of children's sports than the excellence of the coaching. Unfortunately, well qualified and knowledgeable youth coaches are hard to find.

PDST coaches are the cornerstone of our swimming program. Our coaches are experienced national level coaches as well as competitive swimmers from youth. Coach XiaoWei Xu was a provincial champions during their competitive swimming era in China. Following university graduation specializing in physical education and coaching, they became excellent and proven swimming coaches with demonstrated ability to identify, teach, develop, and train swimmers of various ages and ability levels through their 30 years of swimming coaching career in China. Their consistent deep understanding and caring attitude towards their swimmers have been the keys to the successes in their careers. In addition, Coach Ren Xu is also an deep experienced manager and gained his respective managing experience through professional training

and through his work in China and in US. Combined management skills will provide our team with a sound foundation in operation and in turn provide a positive, well-organized training environment for the team.

The coaching staff defines success as improvement in four areas; positive attitude, effort, skill mastery, and time improvement for each swimmer. We believe that there are no good or bad swimmers, but rather many swimmers who are at different levels of development. Our aim is to provide a successful developmental experience for all who enter our team.

PeiYong Li/Head Coach

Coach PeiYong Li swam with the Sichuan Men's Swimming Team & China National Youth Swimming Team during the 1970's. Over the course of his competitive swimming career, he won gold and silver medals in China's National Swimming Championship meets (200 meter and 400 meter individual medley (IM) in 1976, and 1974). After retiring from competitive swimming, he graduated from Beijing Physical Education University (top ranked university for Chinese athletes to attend and trained for future coaches). He became a coach of the Sichuan Women's Swimming Team after the graduation. He was a coaching member of the China National Swimming Team for the 20th European Swimming Championship in 1998 and the National team coaching member for China during the 12th Asian & Pacific Swimming & Diving Championship in 1998. Coach PeiYong Li received China's National Level 1 Swimming Coach certificate (highest level in China) and was awarded the National Outstanding Swimming Coach Award by China National Sport Bureau. He has more than 26 years of professional swimming coaching experience in China. Coach Li has mentored and coached many outstanding Chinese swimmers, such as women swimmer Zhao Jing etc, he personally identified, and coached Zhao Jing for many years. Zhao Jing won gold medals in 20th European Swimming Championship in 100m free style, 100m back stroke, 200m individual medley, and 100m butterfly representing China Junior National Swimming Team in 1998. She was also a gold medalist in 200m & 400m individual medley, and 200m backstroke of the 13 & 14 age group in 12th Asian and Pacific Swimming and Diving Championship in 1998.

As a coach, he has published many articles discussing his views on modern swimming training methods, and advanced training techniques used by other countries. His publications and presentations emphasize the importance of more individualized training and discuss how to achieve it. He was a member of China National Swimming Association Amateur Coach Advisory Committee providing swimming training guidance and supervision from 1996 to 2004. Coach Li immigrated to USA in the fall of 2008 as a "National Talented Swimming Coach" under US immigration law, and is looking forward to contributing his excellent swimming coaching skills to this team and will take on head coaching position in the team.

Coach PeiYong Li is an US Swimming certified head coach (level 3 or equivalent).

XiaoWei Xu/Senior Coach

As a swimmer at Chengdu Women's Swimming Team, Coach XiaoWei Xu won five Gold medals at Sichuan Provincial Swimming Championship in 1974 (200m and 400m IM, 800m free style, and anchored in two 4 x 100m relays). After graduating from Chengdu Physical Education University, she began coaching in 1978. Since then, she has coached at Chengdu Women's Swimming Team and was the Age Group Head coach of Chengdu Swimming Sporting School in Sichuan, China before moving to the US. With her outstanding coaching work, she was awarded China's National Level 1 Swimming Coach, the highest-level swimming coach certificate in China. She was also granted the National Outstanding Amateur Swimming Coach Award by the Swimming Management Center of China National Sport Bureau. She has 30 years of amateur, youth, and competitive swimming coaching experience. She has recruited and personally coached many leading Chinese swimmers in China including Huang Xin: National Champion in 100m Butterfly in 1998 and 200m Bronze medal winner in the World Short-Course Swimming Champ in Paris in 1996. Huang Xin was a member of Chinese National Swimming Team & currently a coach of Sichuan Swimming Team in China. Other swimmers brought up by Coach XiaoWei Xu included Xu Jie (male), 1500m free style gold medalist at age of 16 in the 1st National City Swimming Championship in 1988. Song Dong (male), 400m free style silver medalist at age of 16 and Guan Xuemin (male), gold medalist at age of 12 at the National Age Group Swimming Championship in 2000 etc. She had an outstanding swimming coaching career and demonstrated excellent skills to work with young age kids in early swimming learning and training stage in China. Her immigration to USA was also granted in the fall of 2008 under US "National Talented Swimming Coach" immigration category. Coach Xu looks forward to applying her outstanding swimming teaching and coaching skills with her new swimmers.

Coach XiaoWei Xu is an US Swimming certified swimming coach (level 1 or equivalent).

Jason Xu/Assistant Coach

Jason has been swimming since age 10. He grew up in Bellevue, WA and trained under Coach Li and Xu since age 12 at PDST, qualifying for Speedo Western Region Senior Sectionals in all the freestyle events. He has been selected to the PNS NACC (North American Challenge Cup) team three times (2011-Mexico, 2012-Canada, and 2013-Federal Way, WA) and represented PNS at the Western Zone Championship once (2012, Grand Junction, CO), placing 7th in the 100 free, and anchoring 2nd place finishes in the Boys 15-16 200 Medley Relay and 400 Medley Relay. Jason will mostly work with PDST's Pre-comp to Regional groups. He began coaching this year and hopes to pass his experience and dedication to other PDST swimmers. He will be studying biology and also swimming for Pomona College this fall.

John Michael Yasutake/Assistant Coach

John Michael is a retired Marine and Gulf War Veteran. He has been swimming for 30+ years, and competed for his high school swim team at the time. He is dedicated and

wanting to share his love for the sport, has fun teaching young swimmers at lessons and during the practices. His active teaching style and effective ways to challenge the swimmers to reach their full potential are well received by the swimmers and the parents. He has coached in various levels in the past 15 years and is pleased to join PDST coaching group. John Michael will mostly work with PDST swimmers from Pre-comp to Regional groups.

Eric Yang/Assistant Coach

Eric has been swimming since age 10. He grew up in Bellevue, WA and trained under PDST Coaches Li and Xu since age 11 at PDST, earning first place in 200 Breast Stroke and 2nd places for both 50 and 100 Breast Stroke events in boy's 11-12 group at 2009 winter PNS SC Champ meet.

Eric mostly work with younger swimmers at PDST or pre-team swimmers at PDST. He began coaching this year and hopes to pass his experience and dedication to other PDST swimmers.

Ren Xu/Assistant Coach & Team Admin

Ren enters swimming coaching field as an already dedicated swimmer's parent and an experienced manager with a degree in business administration (MBA). Coach Xu will dedicate himself to providing operational support for the team. He looks forward to using all his skills to work with our two outstanding swimming coaches, all parents, and swimmers to enable our swimmer's to achieve the best they can be. Ren will also represent the team in all meetings and team development with USA Swimming, PNS, pool management members, and other PNS swim teams, as well as assist other two coaches at all swimming meets. In addition, Ren will work closely with our team booster club to ensure our team operate in seamless condition to support the development of our swimmers.

All our coaches also hold Red Cross certification in First Aid, CPR and Safety Training and the certification from US Swimming in swimming coaching.

PDST Training Concept

Our team is a US Swimming year round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. The goal of the PDST is to provide every swimmer an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor.

In brief, our team will rely on several key attributes of training in daily practice. We will use advanced swimming training theories as the foundation for practice, improve basic physical conditions of each swimmer, teach and apply excellent stroke techniques, and focus on controlled training intensity and swimming efficiency in all practices. A good

coach will be able to identify and develop each swimmer's physical potential and winning mentality through practice. Analyzing effective swimming training, PDST Coach wrote in a published research article: "Swimming practice is about thousands of the technical replicates of the stroke. A coach absolutely needs to ensure the correct stroke technique is formed (taught) and practiced in each training to improve" and "It will NOT be difficult to imagine the consequence of the hundreds, and thousands repetitive LESS OPTIMAL strokes practiced by a swimmer and that should NOT have happened to the swimmer." Accordingly, the trainings in our team will focus on swimming foundations, improving the stroke techniques and use correct strokes with the training intensity (efficiency). All of these will be extended at various levels into the practice groups, accomplished using both dry-land exercise and in-water practice. Improved times in competitive meets will come from better stroke techniques and higher swimming efficiency in trainings. Simply put, there are two ways to improve swimming time, increased power and/or reduced water resistance. These two parameters can be achieved with good supervised practice and improved techniques. In our training, we will deploy various methods to achieve these aims.

"Swimming training is a science as well as an art," described by PDST Head Coach. Swimming training needs to be science-based, but also needs to be individualized in order to maximize each swimmer's unique potential. Our coaches will gradually individualize training plans according to the physiological, physical, and mental characteristics of each swimmer in our team. We will also adjust our plans by carefully monitoring the recovery of each swimmer after the training to ensure we achieve desired practice aims.

Practice Schedule Information

Regular practice schedule is published at team website: <http://pds swimteam.org>; under "Team Info" section; this schedule only changes at a preannounced fixed date.

There are days when a specific pool will close due to repair, religious holiday, school district holiday or team attends a meet etc, team will do the best to have our practice adjusted accordingly or practice is canceled for that day. When the schedule change or cancellation happens, the specific adjusted schedule or cancellation for the group(s) and/or for a specific day is emailed out at the earliest time when the information is available to the team AND is always posted at PDST website.

When there is an inclement weather condition, PDST inclement weather policy takes into effect. Please refer to *Section 9 of this handbook* for details.

Practice safety rules

The quality of the practice for each swimmer can only be achieved and approached if we ensure that our swimmers strictly follow the safety guideline. We request our parents to communicate to your swimmer(s) regarding our safety first philosophy. We will strictly follow the safety guideline listed below to ensure we practice safely in the practice.

Detailed Practice Safety Rules

- a) Safety is absolutely NUMBER 1 priority in all PDST operations. This principle is in all our code of conduct requirements and will be enforced and strictly followed at all times by all of us. Any violation by a swimmer can result in the practice suspension up to a week. If there is no improvement after a suspension, PDST reserves right to ask the swimmer in violation of the safety rule to leave the team.
- b) In practice, swimmers need to:
 - Respect and support each other in the practice. Any aggression or attempted aggression is strictly prohibited.
 - All swimmers should follow circle swim rule and stay on the side of the lane (not in the middle). Swim in the middle of the lane is strictly prohibited.
- c) Passing rule at the practice:
 - During a pass, it is the passer's (the swimmer who wanted to pass another swimmer) responsibility to ensure a safe pass can be achieved.
 - During a pass, a quick, clean pass should be achieved (by the passer). When initiate a pass, the passer should touch the foot of the swimmer in the front by hand (no grabbing here); the front swimmer who has been touched by the passer is required to yield quickly by stopping at the right side of the passer (lane side) and/or going under the water.
 - At the end of the lane: The front swimmer is also required to stop and yield at the wall end when a following swimmer is quickly approaching to the wall at same time or right behind the front swimmer (with practice knowledge that the swimmer behind is a faster swimmer in that stroke) during the timed or coach instructed multi-lap practice.

Do's and Don'ts for parents and swimmers

We are responsible to follow the rules at each pool (repeated violations can lead to lose our pool contract). Team reserve the right to bar a swimmer's from practice when there are repeated violations by the swimmer or parents.

- At all pools, please follow the listed policy
 - Do not cell phone use in the locker room
 - Do not use of the facility by our parents or non-PDST swimmers unless you have the membership at the facility
 - Take a shower before going into the pool
 - Do not park in the reserved or club member parking spot unless you are permitted (as a member etc.)
 - Keep noise down – respect other members

- In each specific pool, please pay special attention to
 - Sign your name in at JCC front desk when you enter JCC building
 - Park your car at the side of the building at MSC
 - Using family changing area at Sammamish Club pool
 - Share showers with other PDST swimmers – not enough shower space at Sammamish Club pool

Below is the list of some specific “Do Not Do” items listed for your swimmer and our parents.

- Swimmers, please do not
 - run around pool deck
 - run with sandals
 - play before our practice & hit other patrons in public or lobby area
 - Yell/scream inside the locker room
 - Go into the pool earlier and/or stay in the pool after PDST practice ends
 - Use JCC towels while not being a JCC member
- Parents, please do not
 - Park in the reserved parking spot
 - Park in the marked “no parking” area, even for a few minutes or just a drop off
 - Use cell phone in a locker room
 - Use club equipment while not being a club member at JCC
 - forget bringing swim wears (have a backup set in the bag)
 - arrive at the meet a few minutes prior to the event, drop swimmer at the pool

Training pool locations:

Listed pools are frequently used practice pools by PDST

Pool Name	Address	Phone
Mary Wayte (MW)	8815 SE 40th St. Mercer Island, WA 98040	206-296-4370
Jewish Community Center Pool (JCC)	3801 E. Mercer Way, Mercer Island, WA 98040	206-232-7120
Mercerwood Shore Club Pool (MSC)	4150 E. Mercer Way, Mercer Island, WA 98040	206-232-1622
Bellevue Aquatic Center (BAC):	601 143rd Ave. NE. Bellevue, WA 98007	425-452-4444
Hazen Pool @ Hazen High School	Hoquiam Ave NE, Renton, WA 98059	(425) 204-4230
South Kitsap Community Pool	425 Mitchell Avenue, Port Orchard, WA 98366	(360) 874-5741
Weyerhaeuser King Co. Aquatic Center (KCAC)	650 Southwest Campus Drive, Federal Way, WA 98023	(206) 296-4444

5. PDST Practice Groups and Requirement

General Guideline

Each new swimmer will be placed in the practice group best suited for him or her, so that each swimmer can enjoy some degree of success in a relatively short time. Since swimming is an individual sport, each child will perform differently, but you can be sure that your child will get out of it as much as he or she puts into it.

The practice groups are structured to be low key and developmental in the younger groups and more competitive in the older groups. We look for long term development for our swimmers at their careers and peak in high school and college, where national trips and scholarships can be earned. The program is designed to allow more free time for other activities early in their careers. Swimmers and their families in the older groups are asked for more dedication to the sport, as this is necessary to compete at a higher level.

PDST practice groups are organized primarily by ability levels with seven practice groups: Pre-comp Group, Developmental Group, Novice Group, Age Group, High School Group; Regional Group and Advanced ½ Group. There will be swimming specific dry-land trainings each week supervised by the coach and, of course, the in-water practice. There can be different practices set for each swimmer or a sub-group of swimmers within the group. Sufficient practice time for each swimmer is vital, and we encourage our swimmers to attend all practices each week.

Pre-comp Group (pre-comp)

The aim of this group is to teach each swimmer the basic stroke and kicking techniques in order for the swimmer to form solid foundation for the competitive swimming in the future.

Developmental Group (Dev3/4)

The primary focus for this group is to learn the correct stroke techniques, which means constantly correct the wrong ones through the practice. Swimmers will gradually establish 4 good strokes with the rhythm, coordination and continuation. In the meantime, gradually teach the concept of arm stroke acceleration, kicking with whole body coordination and balancing. Combined all above, swimmers will gain the understanding of the fundamentals of forward moving know-how in the water. The practice will also teach and practice effective breathing techniques, and increase aerobic breath ability. Also in the practice, swimmers will be taught to think through the various swimming concepts and translate the concepts into actions, therefore, set up the foundation to enable them become good swimmers, who can learn and explore the swimming.

Goals for Developmental Group:

- Swimmer is motivated to listen to coaches and try to improve
- Courteous to other swimmers in pool
- Acquire good techniques for 4 strokes
- Acquire good kicking techniques
- Acquire good balance and some turn techniques
- Can swim for 50 yards in 4 strokes.

Dev Group swimmer/parents can choose practice 3 times a week or 4 times a week.

Novice Group (Nov4/5)

Swimming practices not only is a process to learn the stroke techniques, but also provide a way to proactively thinking, understanding and raise the ability of the imagination in terms of competitive swimming. In the practice, one of the training focuses for this group is to instill the foundation of the stroke techniques. Through this process, it will allow a swimmer to adapt to the correct strokes easier and faster. During the practice, the focus is more about having the correctness of the strokes, rather than the practice yardages. In the meantime, the practice will also employ methods to enhance swimmer's buoyancy, flexibility/agile response, explosiveness, body coordination, and the in-water fluidity. Therefore, we will establish the correct, and standard techniques. We will also set the in-water dynamic modeling which is vital at the beginning of the learning in swimming and will set a good foundation into the next stage.

Goals for Novice Group:

- Swimmer is motivated to listen to coaches and try to improve
- Swimmer is courteous to other swimmers in pool
- Learn good techniques for 4 strokes
- swim 200 IM legally
- kick with time limit
- Learn push offs, various starts, and all turns efficiently
- Acquire initial pacing and final spirit techniques
- Gain the confidence and ability to attend the PNS swim meet with desired outcome (time).

Novice Group swimmer/parents can choose practice 4 times a week or 5 times a week.

Age Group (Age)

Continue the practice guidelines from the Developmental Group. In addition, the practice will establish advanced, complete good stroke techniques. Gradually fit the practices into an individualized practice model. Continue to improve breath-holding technique, while emphasize more breathing rhythm and cycle in swimming. Stroke practices are highly repetitive. Therefore, ensuring having correct strokes from beginning will benefit swimmers enormously. Understand and learn the "force" and the "counter-force" principle in the water with the strokes and utilize the various ways for body forward movement. Demonstrate the advance methods of arm acceleration and

the force for accelerated body movement in the water. Focus on swimmer's understanding of these advanced swimming methods through teaching and practice and in turn raise the levels of a swimmer in the group.

Goals for Age Group:

- Understand and enhance buoyancy, flexibility/agile response, explosiveness, body coordination, and the water fluidity
- Swim 400IM legally with correct stroke techniques
- Improve fluidity in turns and push-offs and increase the proficiency
- Start to use underwater kicking techniques
- Improve dive entry into water techniques
- Improve pacing and spiriting techniques
- Increased endurance in distance swim
- Begin learning how to manage effort and intensity through practice
- Learn and improve goal setting skills
- Have multiple age group gold times are required to stay in this group with a goal of achieving PNS champ time standards

High School Group (HS1/2)

This group is for PDST swimmers or former PDST swimmers who like to retain their swim skills during the school year while attending the high school swim team. Practices will be held 3-4 times a week. Certain qualifications and restrictions apply. Inquire for more info if interested.

There are two sub groups inside HS group, HS2 is with swimmers who has higher level and can sustain higher level of training and practice more time at each practice.

Regional Group

Continue the practice guidelines from the Age Group. In addition, the practice will establish advanced, complete good stroke techniques. Gradually fit the practices into an individualized practice model. Continue to improve breath-holding technique, while emphasize more breathing rhythm and cycle in swimming. Stroke practices are highly repetitive. Therefore, ensuring having correct strokes from beginning will benefit swimmers enormously. Understand and learn the "force" and the "counter-force" principle in the water with the strokes and utilize the various ways for body forward movement. Demonstrate the advance methods of arm acceleration and the force for accelerated body movement in the water. Focus on swimmer's understanding of these advanced swimming methods through teaching and practice and in turn raise the levels of a swimmer in the group.

Goals for the Regional Group:

- Minimum attendance is required and up to coach's discretion
- Understand and enhance buoyancy, flexibility/agile response, explosiveness, body coordination, and the water fluidity

- Attend each meet PDST participates
- Racing history in every event available
- Improve fluidity in turns and push-offs and increase the proficiency
- Start to use underwater kicking techniques
- Improve dive entry into water techniques
- Improve pacing and spiriting techniques
- Increased endurance in distance swim
- Begin learning how to manage effort and intensity through practice
- Learn and improve goal setting skills
- An PNS Age Group Champ time is required to stay in this group with a goal of achieving multiple Age Group PNS champ qualified times and/or Age Group Sectional times.

Advanced Groups ½ (Adv1/2)

Continue the practice guidelines from the Age Group. This group will enter more systematic, intensive, and advanced practices based on carefully monitored swimmer's physical condition, standardized stroke techniques, with the training plan fit into growth spurt as these factors continue to change in each swimmer. The ratio of the teaching and training will be carefully divided, enable intensive aerobic and anaerobic based trainings and carefully monitor each swimmer's training yield through the practices. In the practices, continue to focus on deploying correct stroke techniques in each set of the practice in order to raise swimmer's technical foundation and the distance endurance. In the meantime, reduce the potential physical fatigue, which can result in un-intentional erroneous stroke formation during the practice. Strive to provide a demanding and comprehensive training program for the swimmers will be a goal in this group as well.

Goals for Advanced Group

- Continue to improve buoyancy, flexibility/agile response, explosiveness, body coordination, and swimming fluidity
- Actively improve distance per stroke
- Translate power and athleticism developed in dry land training to speed in the water
- Swimmers will learn to actively monitor and fine tune their stroke techniques
- Understand well the spiriting and distance swim techniques
- Enhanced understanding of the pacing techniques
- Develop leadership skills with goal setting
- Manage swimmer's goals through practice and meets
- Develop high perseverance and determination through practices and teamwork
- Fulfill Minimum attendance requirements (up to coach's discretion)
- Have multiple PNS Champ qualifying times are required to stay in this group with a goal of achieving age group sectional time standard

6. Swim Meet

Introduction about the meet

Swim meets are organized throughout the year for various ability levels so that even novices can participate in the competitive experience. Meets are an important part of the training and the swimmers are encouraged to attend the meets each time. Our team will attend PNS organized swimming meets. For each meet, we will notify parents or swimmer through “primary email contact” listed in the registration form for event registration. Be sure to read the meet information file and identify the number events and time standards required to attend, then submit the meet event registration for your swimmer according the instructions from the email. In general, short course meets will start in October each year, and the meet schedule will be finalized in late August or early September at PNS team coach’s meeting. Short course meets will finish in March of each season with the PNS Sectional Championship meet in late March and, prior to it, the PNS championship meet scheduled for early December. Both will require qualifying times to attend. Throughout monthly PNS meets, swimmers will have ample opportunity to qualify for PNS Championship meet in December and then for the Sectional meet in March. Detailed qualifying times for each age and gender can be found at [PNS website](#) or our team website (**<http://www.pdswimteam.org>**). Year to year, qualifying times for each age group can change slightly so be sure to check the time standard at beginning of the season. In addition, our team will attend special PNS invitational meets when it is appropriate for the team. Starting April of each season, PNS will begin long course meet and our team will attend them as arranged through PNS and schedules allow. We will announce our long course meet schedule in Feb-March (usually) once PNS finalizes the meet schedule. The long course meet will end with the PNS Long Course Championship meet in late July each season. After that meet, our team will also finish our current season.

Meet Information

Each season, PDST will attend selected meets at various levels to ensure our swimmers have enough practices and attend sufficient meets. Current PDST meet schedule and information can be found at team [website](#) under “Meet Info” section

How to sign up for a meet

Refer to the meet schedule published on the PDST member-only website under “meet info” section to determine when the meets are.

- You will receive PDST email announcing a meet entry is open to your swimmer and you are able to sign up for the meet. You need to log-into your account and then enter your swimmer(s) to the meet and select the events to swim.
- More detailed meet information can be found from posted meet info file. Download the meet information from the team website under that specific meet. You will need to download the Adobe Acrobat Reader in order to download the

file. Print and retain the first three pages of the meet information. These pages will contain important details such as:

- **Name** and **date** of the meet
 - **Location** of the meet
 - **Directions** to the pool (meet).
 - **Age groups** for the meet (10andU: 10 years and under group etc. Note for each meet, this can change slightly and pay close attention as this will affect which session your swimmer will swim). (ALL USA meets use 1st day of the meet to calculate swimmer's age for the meet).
 - Meet and **order** (sequence) **of events**.
 - **Event Limit** (per meet, per session)
 - **Sessions** (how many session in how many days), warm-up and start times etc.
 - **Qualification time** if this meet requires, it will be stated in the meet information as well (such as Gold time, Sliver time or PNS Champ time, Time standards can be found on the "Meet Standards" page of this website, or latest version at PNS website under "Fast Time" section).
 - **Positive check-in(s)** required or not (if Yes, you need to sign that event at referee's desk for your swimmer at the time specified).
 - How the score is counted and **awards** etc.
 - **Event fees** to be paid and surcharge amount for the meet.
- Read meet information regarding entry qualification times and maximum number of events per day and per meet. Swimmers' best time for each event will be automatically shown in the system already. If you haven't swum in a meet for PDST before, or haven't swum a particular event, you will be entered as NT for "no time." Swimmers may also find their official times on the USA Swimming website, www.usaswimming.org by clicking on the times/time standards button under USA swimming tools (or paste this into your browser: <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1470&Alias=Rainbow&Lang=en>).
 - Do not enter relays. Coaches will set up relays for the meet and will notify your swimmer through email if he or she is participating in a relay.
 - Remember odd-numbered events are always girls' events and even-numbered events are boys' events.
 - If you have any questions, please ask your coach or other PDST members who has done this many times. Make sure to enter the meet and select the events before posted PDST meet entry deadline. Late entries are not accepted.
 - Keep the meet info with you until the meet. It contains answers to most of your questions.
 - Check meet time line at PDST website under that meet the day before the meet and print a copy IF it is posted (sometimes, there is no timeline published by the host team and you will have to be prepared and arrive at the pool conservative).
 - Arrive on time for your session and attend the warm-up supervised by team coach. Bring food and drinks with you, it can be a long session for you and your swimmer. Bring chairs if necessary. Some pools are hard to find a seat if you

arrive late. Find your PDST families to seat together. Talk to parents who will go into the same session as yours so you can work out the details of communication or location etc. before the meet.

- Be aware of the events (long distance event) which need positive check-in (sign at Ref Desk for your swimmer, Coach will try to do that as well if we know for sure your swimmer is here) and do that when you arrive but ultimately it is your responsibility to check-in for your swimmer as you know for sure your swimmer will be in the session of the meet.
- Check with team coach prior to your event and swim your event.
- Check with coach for the feedback after your swim.
- Enjoy your meet and have fun.

Your Swimmer's Meet Fee

At PDST, the meet fee for each swimmer is paid by each family while our Booster Club will cover all relay fees. Your swimmer's meet fee is directly invoiced into your PDST account and paid monthly (if there is) by you via ACH payment.

Type of meets

Meet is defined as a series of events held in one program. Some frequently heard meet names or meet series are listed below for your reference:

- **Challenge Meets:** Held generally once a month at various locations. Open to all swimmers regardless of age or ability. Meets are on Saturday and Sunday with each session lasting about 4 hours.
- **Grand Challenge Meets:** Held in March, August and December at various locations. Open to all ages and abilities.
- **Invitational Meets:** Held mostly April-July, though they can occur any month. Some have minimum time standards, generally slower than those required for PNS Championships, and some are open to all abilities.
- **Special Meets:** Unique restrictions and meet formats. Often 10 and under only, sprint events only, distance events only, pentathlon format or other unusual meet rules.
- **Q (Qualifying) Meet:** One day meet held in mid-November at King County Aquatic Center (KCAC). Open to all swimmers who have attained Silver time standards but who have not achieved any PNS Championships time standards.
- **PNS Championships:** Held in early August (long course) and mid-December (short course) at KCAC. Open to all ages who have attained the minimum time standards for each event.
- **Age Group Sectionals:** Held in mid-March at KCAC. Premier Age Group meet with swimmers from seven states competing. Open to all swimmers who meet the time standards for their age and event.
- **Western Zone Meet:** Held in mid-August. Location changes each year. All-Star team selected from among all PNS swimmers to compete against other LSC's. Swimmers must apply to be considered for selection to this team. Time standards are maintained with "automatic" and "consideration" times for each event.

- **Senior Sectionals:** Held in early March. Location changes each year. Open time standard meet. Senior version of the age group sectional meet. Open to all ages who meet the time standards.
- **Junior Nationals:** National level meet for ages 18 and under, sponsored by USA Swimming. Open to swimmers meeting time standards.
- **Senior Nationals:** Held in spring and summer. National and international competition sponsored by USA Swimming. Open time standard meet.
- **US Swimming Pro Arena Series:** Held multiple times each year for higher level of swimmers with a qualified time, this is a travel meet for qualified PDST swimmer(s).
- **U.S. Open:** Held in December. National level competition with open time standards. Sponsored by USA Swimming.

Please note that PDST will only attend selected meets in consideration of various levels of our swimmers and each meet's requirement. A figure illustrating the type of the meet and required qualifying time standard is listed below for demonstration purpose.



Attend a swim meet

Here, an example is provided for your reference.

Challenge series meets (Oct, Jan and Feb meets, also it is usually the 1st meet of the season for all PDST swimmers) have been a part of the training at PDST and a great way for swimmers to learn about meet preparation, meet procedures, and the art of racing in a low pressure meet situation. For swimmers to be successful, swimmers will need to be prepared! Listed below is some guidelines for setting up the best possible situation for you and your swimmer!

- **Pre-Meet Preparation:** Swimmers should have their swim bags packed with suit (PDST suit), PDST cap, goggles, warm clothes, and plenty of warm towels. Along with these items, it is important that swimmers are eating and hydrating properly before, during and after the competition. Staying away from food and drinks with high sugar content is very important. Food items that are easily digestible and easily ready to be eaten are highly recommended!
- **Before Meet Set Up:** Once you have arrived at the pool, swimmers should immediately check in with their coach. Once checked in, they are welcome to pick up a heat sheet,

they will need to find a place to sit where they will be able to cheer and follow the meet. Then they should write out their event's assignment, heat #, and lane etc.

- **Warm Up:** Once the swimmer's space is settled, the swimmer will need to get ready for warm up. They will not need equipment other than a suit, cap, and goggles for warm up. We meet behind the blocks about five minutes prior to the specified PDST warm up time. It is very important that they are on time for warm up so please make sure you have given yourself enough time to get to the pool. They will not be allowed to dive at the beginning of warm up but will be given an opportunity to when a designated lane is opened up for diving. Warm up is always supervised by a PDST coach unless there is a prior communication specifically indicating if other team coach will supervise our warmup.
- **Meet:** This is the fun part! When each swimmer is approaching his or her time to swim they will need to go to stand (sit) behind the blocks or specific staging area. Once there, they will need to check with the meet staff or the timers to confirm the heat # and lane assignment. Waiting behind the block for the heat and prepare yourself for the race.
- **After the Race:** When the race is complete, get out of the pool quickly or when the meet is doing "diving over start", stay in the pool until the swimmer from next heat dives into the pool and then get out. For backstroke, you should always get out of the pool to let the swimmer from next heat in. This will be a good time to check with the team coach for the feedback of your swim.

How to find your swimmer's best time

You can find your swimmer's best time or all the times at USA Swimming website:

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1470&Alias=Rainbow&Lang=en>

Time standards

Various qualifying time standards can be found at team website under "meet info"

Technical rules for swimming competition

For updated and complete rule information, please visit USA Swimming site at:

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1636&Alias=Rainbow&Lang=en-US>

Here are some basic rules for the four strokes:

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley.

In freestyle events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of

the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The breaststroke requires simultaneous movements of the arms on the same horizontal plane. 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 at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

The individual medley, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

Team Records

Team records are updated at the yearend by a parent volunteer and can be found at team website:

7. Pacific Dragons Booster Club (PDBC)

Introduction

PDST recognizes the invaluable support of our swim team parents to the success of our swimmers. The team will count on strong support of our parents through volunteering work for the team and for our swimmers. No swim team can run well without the support from the parents of the swimmers. The booster club (PDBC) is established to support our swimmers, the team and to advance the sport of swimming in the community.

The booster club is run by PDST parents.

The mission of PDST Booster Club is to provide a positive environment for all swimmers at PDST to develop their full potential as an athlete and as a person, and to advance swimming as a lifetime sport in the community by working with Pacific Northwest

Swimming (PNS) and US Swimming through its parent volunteer work, community outreach and other fund raising activities.

The Booster Club is an IRS recognized non-profit 501(c)3 organization.

PDBC structure

More PDBC information including its by-law, policies, and volunteer requirement can be found at PDST website under “Booster Club” section.

PDBC funding

PDBC provide many vital functions in supporting our PDST swimmers and the swimming community at large. For example, PDBC funds all PDST swimmer attended relays in each meet, sponsor team events, and purchase teamwears for our swimmers. PDBC counts on each of our family to have the sufficient fund to conduction its activities. As an IRS recognized non-profit organization, your donations to PDBC is tax-deductible. Also, PDBC is eligible to receive employer’s volunteering hour match donation.

Currently, corporations such as Microsoft, Amgen, and Adobe have certified PDBC’s non-profit status and match our parent’s volunteering hours with its employer based matching donation to PDBC. Many of our parents have volunteered for PDBC organized volunteer activities and also have their employer matched their volunteering time with company’s matching donations. It is important you report your volunteering hours at your employer’s matching donation site in order to having PDBC receive the matching fund.

If you are interested in knowing more of employer matching donation information or how to set it up, please contact Hanson Chong, our PDBC President and Wendy Wei, our PDBC Vice President.

Volunteering requirement

Swimming is different from many other sports in that many volunteers are needed to run a successful swim team. Families working together to run team events ensure a more rewarding and successful swimming experience for our children. PDST has many activities that require family participation and could not be run without your help.

Service Hour Requirements

The required service hours (volunteering hours) can be found at team website under “booster club”

The execution of the volunteer hours is divided in 2 parts, with at least 2/3 of the hours must be completed during the PNS short course season (Sept – end of April). The rest to be completed during the long course season (April-July)

Families will be invoiced at the end of short course season if 2/3 hour requirement is not fulfilled.

The volunteer hours are prorated monthly for a family joining PDST during the season.

Volunteer Hours Requirement Fee:

Families who have completed less than the minimum service hours will be billed \$40 for each hour less than the required. For example: a family in Advanced group, the required service hours are 26 hours. If the family has fulfilled 24 of the 26 hours by the end of the season, the family will be billed \$80.

The payment for insufficient hours can be recorded as tax deductible donations on payee's annual tax return as PDBC is a 501 (C) (3) nonprofit organization. Tax ID #27-1172674.

Families may choose to buyout the volunteer hours. Please contact the volunteer coordinator if you would like to choose this option.

Families who have completed their annual service hour obligations will not be assessed the fee.

Reporting Volunteer Hours and Billing:

Most volunteering hours will be recorded if you have signed up at team website. Reporting your non-recorded service (volunteering) hours to pdstservice@gmail.com. Make sure you list your name, your swimmer's name, time of volunteering, task items (for example, timer at PNS Champ meet, 7-28-2014 at KCAC, 8AM-12PM for 4 hours)

In effort to keep the families informed of their accumulated volunteer hours, a read only volunteer log will be available on PDST website. Families will be able to view the log for accuracy. Families should contact the volunteer coordinator at pdstservice@gmail.com for any updates or errors on the volunteer log.

Families must report their non-recorded hours to the volunteer coordinator via email.

Members leaving the team mid-season will receive a final prorated bill upon withdrawing.

The check is paid to PDST Booster Club (PDBC). Please write "Service Hour" and swimmer name(s) in memo line. There will be no banking or carryover of the hours from a season to the next season. Registration will be denied to swimmers of returning families who failed to fulfill their volunteer hours requirement until the fees assessed for prior season's unfilled volunteer hours are paid.

Examples of Volunteer Opportunities for 2014-2015 Season:

Following volunteer opportunities are projected for this season and are subject to change during the season. PDBC will announce new volunteering opportunities throughout the season per PDST needs.

- Parent locker room supervision for Novice and Developmental group
- PDST hosted meet – many, many parent volunteers needed
- Timer assignment during a meet
- Group representatives
- Team activity
- PNS officials (stroke and turn judge, starter, meet official etc.)

8. Links to useful swimming websites

[USA Swimming](#)

[Find Your Swimmer's Time](#) from USA Swimming website

[Find PNS meet results](#)

[Pacific Northwest Swimming \(PNS\)](#)

[Swim World Magazine](#)

[Universal Sports](#)

9. PDST Inclement weather policy

In the event of inclement weather, practice cancellations will be emailed by 2 hours before the start of the practice of that day to all current PDST registered members. In case of urgent situation (cancellation within 2 hours, emergency cancellation etc), PDST will activate PDST Emergency Protocol and send out 1) an email 2) SMS texting concurrently, we may even use Wechat to enhance the coverage.

PDST makes all reasonable attempts to make practice available to its members but safety for all our members remains the top priority in our consideration. However, there are multiple factors associated in PDST's practice as we use multiple pools with multiple pool operational rules in place. For example, some pools may be closed as their operational procedures are tied to their local school district's closures, and other pools will consider more location weather/road conditions.

Safe travel conditions must be a priority for everyone. Please use good judgment in considering practice attendance during challenging weather conditions. If PDST practice

is being held during periods of inclement weather, that does not mean PDST guarantees safe travel.

Note: If you are not receiving emails from PDST, you will not receive practice cancellations as the same system will be used.

10. PDST Family Communication Directory

PDST family directory is posted at team website under “Booster Club” section.

11. PDST Emergency SMS System

PDST will send any emergency communication such as emergency practice canceling or changes an email to the affected group or whole PDST, concurrently, a SMS texting will be sent out to the same affected group or the whole PDST. This will be the official PDST emergency communication channel going forward.

To add an SMS (texting) number in a member account:

1. Log into your PDST account
2. Click the **Add SMS** button to the right of the box (if you have added your cell phone number for SMS (texting before, then click the SMS number, then click “**Verify**” on the right).

Type	Value	Carrier	Verified
Login Email	[REDACTED]		<input checked="" type="checkbox"/>
Email	[REDACTED]		<input type="checkbox"/>
SMS	425 [REDACTED]	AT&T Wireless	<input checked="" type="checkbox"/>

3. Fill in the Cell Number and Cell Carrier in the pop up and click the **Send** button
4. A pop up will notify you that a text has been sent to the cell number for verification
5. Check your cell phone for this message and get the Verification / Validation code. Note that some cell carriers can take awhile to deliver the message.
6. Enter the code in the “Verification Code” field and click **Verify**. This MUST be done by YOU to be activated for use in PDST SMS system
7. The cell number will appear in the box with the “Verified” checkbox checked

12. PDST Gears

Limited PDST swim gears can be purchased at PDST, check available PDST gears at team website under “team info”, “PDST Gears” and follow the ordering instruction. Your order usually is delivered to you at practice, and directly billed into your PDST account.

13. PDST Private Lessons

PDST private lessons are provided for PDST swimmers only. The lessons are optional, not required schedules with PDST Coach’s spare time – To schedule a lesson, please contact us at PDSwimSchool@gmail.com

14. Sponsors:

PDBC/PDST accepts donation to support its swimmers via advertising at its website. Please contact PDST if such function is desired to your business and fit PDST/PDBC mission.

15. Appendix:

Swimming Glossary

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

- Age Group Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16, and 17-18. Some LSC's have divided the swimmers into more convenient divisions specific to their situations: (ie) 8-under, 13-Over, 15-Over, Junior, Senior.
- Alternate: In a Prelims/Finals meet, after the finalist are decided, the next two fastest swimmers other than the finalist are designated as alternates. The faster of the 2 being first alternate and the next being second alternate. If a finalist cannot participate, the alternates are called to take their place, often on a moment notice.
- Anchor: The final swimmer in a relay.
- Approved Meet: Swim meets conducted by organizations (other than USS member clubs or LSC's) that have applied to USS or the local LSC for approval. If approval is granted, swimmers may use times achieved as USS qualifying times. A USS official must be present at all sessions of the meet. Approval does not mean Sanctioned.

- Backstroke: One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swam as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back).
- Beep: The starting sound from an electronic, computerized timing system.
- Blocks: The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool, and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.
- Bonus Heat: The heat held during the finals session of a Prelims/Finals meet that is slower than the swimmers participating in Big Finals. The Bonus Heat may refer to Consolation Finals or an extra heat in addition to Consolation finals.
- Breaststroke: One of the 4 competitive racing strokes. Breaststroke is swam as the second stroke in the Medley Relay and the third stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
- Bull Pen: The staging area where swimmers wait to receive their lane and heat assignments for a swimming event. Area is usually away from the pool and has rows of chairs for the swimmers to sit. The Clerk of the Course is in charge of the Bull Pen.
- Butterfly: One of the 4 competitive racing strokes. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and first stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
- Camp: A swimming function offered by USS, your LSC, or a USS coach. There are many types of camps for just about every level of swimmer. When selecting a camp, ask for your coach's advice as to what will be the best for the swimmer, or call USS swimming for details on the many camps they offer.
- Cards: A card that is either handed to the swimmer in the bull pen or given to the timer behind the lane. Cards usually list the swimmers name, USS number, seed time. Event number, event description, and the lane and heat number the swimmer will swim in. Backup times are written on these cards. Each event has a separate card.
- Championship Finals: The top 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. The fastest heat of finals when multiple heats are held. Big Finals.
- Check-In: The procedure required before a swimmer swims an event in a deck seeded meet. Sometimes referred to as positive check in, the swimmer must mark their name on a list posted by the meet host.
- Clinic: A scheduled meeting for the purpose of instruction. (1e) Officials clinic, Coaches clinic.
- Code of Ethics: A Code of Conduct that both swimmers and coaches are required to sign at certain USS/LSC sponsored events. The Code is not strict and involves common sense and proper behavior.
- Consolation Finals: After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Consolations are the second fastest

heat of finals when multiple heats are held and are conducted before the Championship heat.

- Course: Designated distance (length of pool) for swimming competition. (le) Long Course = 50 meters / Short Course = 25 yards or 25 meters.
- Deadline: The date meet entries must be "postmarked" by, to be accepted by the meet host. Making the meet deadline does not guarantee acceptance into a meet since many meets are "full" weeks before the entry deadline.
- Deck: The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an "authorized" USS member may be on the deck during a swim competition.
- Deck Entries: Accepting entries into swimming events on the first day or later day of a meet.
- Deck Seeding: Swimmers report to a bull pen or staging area and receive their lane and heat assignments for the events.
- Distance: How far a swimmer swims. Distances for short course are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths), 500 yards (20 lengths), 1000 yards (40 lengths), 1650 yards (66 lengths). Distances for long course are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), 1500 meters (30 lengths).
- Disqualified: A swimmer's performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.
- Dive: Entering the water head first. Diving is not allowed during warmups except at the designated time, in specific lanes that are monitored by the swimmer's coach.
- Dropped Time: When a swimmer goes faster than the previous performance they have "dropped their time".
- Dryland: The exercises and various strength programs swimmers do out of the water.
- Entry Fees: The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.
- Entry Limit: Each meet will usually have a limit of total swimmers they can accept, or a time limit they cannot exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned.
- Electronic Timing: Timing system operated on DC current (battery). The timing system usually has touchpads in the water, junction boxes on the deck with hook up cables, buttons for backup timing, and a computer type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers time.
- Eligible to compete: The status of a member swimmer that means they are registered and have met all the requirements.
- Event: A race or stroke over a given distance. An event equals 1 preliminary with its final, or 1 timed final.

- False Start: When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.
- False Start Rope: A recall rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 50 feet from the starting end on meter pools.
- Fastest to Slowest: A seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heats followed by the next fastest and so on. Many times these events will alternate one girls heat and one boys heat until all swimmers have competed.
- Final Results: The printed copy of the results of each race of a swim meet.
- Fine: The monetary penalty assessed a swimmer or club when a swimmer does not achieve the necessary time required to swim in an event, and cannot prove they have done the time previously.
- Fins: Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not competition.
- Flags: Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.
- Freestyle: One of the 4 competitive racing strokes. Freestyle (nicknamed Free) is swam as the fourth stroke in the Medley Relay and fourth stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, 200 yds/mtr, 400 mtr/500 yd 800 mtr/1000 yds, 1500 mtr/1650 yds. (LSC's with 8-under divisions offer the 25 yd free).
- Goals: The short and long range targets for swimmers to aim for.
- Heats: A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers time swam, after all heats of the event are completed.
- Heat Award: A ribbon or coupon given to the winner of a single heat at an age group swim meet.
- Heat Sheet: The pre-meet printed listings of swimmers seed times in the various events at a swim meet. These sheets vary in accuracy, since the coaches submit swimmers times many weeks before the meet. Heat sheets are sold at the admissions table and are used mainly to make sure the swimmer has been properly entered in all the events they signed up for. Parents enjoy looking at the seedings prior to the race plus swimmers can tell the order the events will be conducted and get a rough idea how long the meet sessions will last.
- High Point: An award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards; check the pre meet information.
- Illegal: Doing something against the rules that is cause for disqualification.
- IM: Individual Medley. A swimming event using all 4 of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swam of each stroke. Distances offered: 100 yds, 200 yds/mtr, 400 yds/mtr.

- Insurance: USS offers "accident insurance coverage" which is automatic when swimmer, coach, official, pays their USS membership fee. Many restrictions apply, so check with your club for detailed information.
- King County Aquatic Center (KCAC): The Weyerhaeuser King County Aquatic Center located in Federal Way. This first class facility has two pools, 8 lanes wide and a cool down/warm up pool for before/after races. Meet fees are higher at this facility.
- Kick Board: A flotation device used by swimmers during practice. A lightweight object used with great accuracy by coaches.
- Lane: The specific area in which a swimmer is assigned to swim. (1e) Lane 1 or Lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from Right (lane 1) to Left (Lane 6).
- Lane Lines: Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.
- Lap: One length of the course. Sometimes may also mean down and back (2 lengths) of the course.
- Lap Counter: The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card.
- Leg: The part of a relay event swam by a single team member. A single stroke in the IM.
- Length: The extent of the competitive course from end to end. See lap.
- Long Course: A 50 meter pool.
- Mark: The command to take your starting position.
- Marshall: The adult(s) (official) who control the crowd and swimmer flow at a swim meet.
- Meet: A series of events held in one program. Some frequently heard meet names or meet series are listed below:
 - **Challenge Meets:** Held generally once a month at various locations. Open to all swimmers regardless of age or ability. Meets are on Saturday and Sunday with each session lasting about 4 hours.
 - **Grand Challenge Meets:** Held in March, August and December at various locations. Open to all ages and abilities.
 - **Invitational Meets:** Held mostly April-July, though they can occur any month. Some have minimum time standards, generally slower than those required for PNS Championships, and some are open to all abilities.
 - **Special Meets:** Unique restrictions and meet formats. Often 10 and under only, sprint events only, distance events only, pentathlon format or other unusual meet rules.
 - **Q (Qualifying) Meet:** One day meet held in mid-November at King County Aquatic Center (KCAC). Open to all swimmers who have attained Silver time standards but who have not achieved any PNS Championships time standards.

- **PNS Championships:** Held in early August (long course) and mid-December (short course) at KCAC. Open to all ages who have attained the minimum time standards for each event.
- **Age Group Sectionals:** Held in mid-March at KCAC. Premier Age Group meet with swimmers from seven states competing. Open to all swimmers who meet the time standards for their age and event.
- **Western Zone Meet:** Held in mid-August. Location changes each year. All-Star team selected from among all PNS swimmers to compete against other LSC's. Swimmers must apply to be considered for selection to this team. Time standards are maintained with "automatic" and "consideration" times for each event.
- **Senior Sectionals:** Held in early March. Location changes each year. Open time standard meet. Senior version of the age group sectional meet. Open to all ages who meet the time standards.
- **Junior Nationals:** National level meet for ages 18 and under, sponsored by USA Swimming. Open to swimmers meeting time standards.
- **Senior Nationals:** Held in spring and summer. National and international competition sponsored by USA Swimming. Open time standard meet.
- **U.S. Open:** Held in December. National level competition with open time standards. Sponsored by USA Swimming.
- **Meet Director:** The official in charge of the administration of the meet. The person directing the "dry side" of the meet.
- **Meters:** The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters is 50 meters, short course meters is 25 meters.
- **Mile:** The slang referring to the 1500 meter or the 1650 yard freestyle, both of which are slightly short of a mile.
- **NT:** No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before.
- **Officials:** The certified, adult volunteers, who operate the many facets of a swim competition.
- **OT:** Official Time. The swimmers event time recorded to one hundredth of a second (.01).
- **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 warmups or swim practice.
- **Paddle:** Colored plastic devices worn on the swimmers hands during swim practice. 5
- **Positive Check In:** The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer must mark their name on a list posted by the meet host.
- **Prelims-Finals:** Type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest 6 or 8 (Championship Heat) swimmers, and the next fastest 6 or 8 swimmers (Consolation Heat) return in the evening to compete in the Finals. A swimmer who has qualified in the

Consolation Finals may not place in the Championship Finals even if their finals time would place them so. The converse also applies.

- Pre-seeded: A meet conducted without a bull pen in which a swimmer knows what lane and heat they are in by looking at the Meet heat sheet, or posted meet program.
- Proof of Time: An official meet result, OVC, or other accepted form. Swimmers/Coaches must supply proof of time with some meet entries, and other meets it is not required unless a swimmer misses a cut of time at the meet.
- Psyche Sheet: Another name for a "Heat Sheet" or meet program.
- Pull Buoy: A flotation device used for pulling by swimmers in practice.
- Qualifying Times: Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. See "A" "AA" (etc.) times.
- Race: Any single swimming competition. (le) preliminary, final, timed final.
- Referee The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.
- Relays: A swimming event in which 4 swimmers participate as a relay team each swimmer swimming an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Medley relays are conducted over 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances.
- Sanction: A permit issued by an LSC to a USS group member to conduct an event or meet.
- Sanction Fee: The amount paid by a USS group member to an LSC for issuing a sanction.
- Scratch: To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events.
- Seed: Assign the swimmers heats and lanes according to their submitted or preliminary times.
- Seeding: Deck Seeding - swimmers are called to report to the Clerk of the Course. After scratches are determined, the event is seeded. Pre Seeding - swimmers are arranged in heats according to submitted times, usually a day prior to the meet.
- Session: Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group.
- Short Course: A 25 yard or 25 meter pool.
- Splash: United States Swimming newsletter that is mailed bi-monthly.
- Split: A portion of an event, shorter than the total distance, that is timed. (le) A swimmers first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.
- Stations: Separate portions of a dryland or weight circuit.
- Start: The beginning of a race. The dive used to begin a race.

- Starter: The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.
- Stand-up: The command given by the Starter or Referee to release the swimmers from their starting position.
- Step-Down: The command given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication everything is not right for the race to start.
- Stroke: There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle.
- Stroke Judge: The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be Disqualified.
- Submitted Time: Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets.
- Swimming World: The most informational and popular of the professional magazines. All swimmers and parents who are interested in swimming should consider a subscription.
- Taper: The resting phase of a senior swimmer at the end of the season before the championship meet.
- Team Records: The statistics a team keeps, listing the fastest swimmer in the clubs history for each age group/each event.
- Timed Finals: Competition in which only heats are swum and final placings are determined by those times.
- Time Standard: A time set by a meet or LSC or USS (etc) that a swimmer must achieve for qualification or recognition.
 - **Current time standards can be found under Meet Info on the PNS website. <http://www.pns.org/meetinfo/index.html> or PDST member-only website**
- Time standard also divided into 3 categories: SCY (short course yard time), SCM (short course meter time) and LCM (long course meet time) to reflect the time achieved under the pool condition (in 25 yard pool, 25 meter pool or 50 meter pool respectively).
- Timer: The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system.
- Time Trial: An event or series of events where a swimmer may achieve or better a required time standard.
- 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.
- Unattached: An athlete member who competes, but does not represent a club or team. (abbr. UNA) 7
- Unofficial Time: The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been checked, it will become the official time.

- USS: The governing body of swimming. United States Swimming.
- USS Number: A 12 part number assigned to a swimmer after they have filled out the proper forms and paid their annual dues. The first three parts include the two letter abbreviation for the LSC (Local Swim Committee) and the registration year. The next three parts are letters standing for the first initial of: Last Name/First Name/Middle Name in that order. The last 6 parts are numbers of swimmers birthdate: Day/Month/Year using zeros as place holders. For example: USS# for swimmer Kent Michael Nelson, a member of Indiana Swimming, registering for the 1993/94 year and born Aug.27, 1976 = IN4NKM082776.
- Cool-down: The loosing a swimmer does after a race when pool space is available.
- Warm-up: The practice and loosing session a swimmer does before the meet or their event is swum.
- Whistle: The sound a starter/referee makes to signal for quiet before they give the command to start the race.
- Yards: The measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length.
- Yardage: The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.

Brief guideline for a healthy swimmer

Please read many good nutrition articles published by USA Swimming:

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1714&Alias=Rainbow&Lang=en>

Why is nutrition important? To perform well in swimming and have enough energy to get through practices, you need to properly fuel your body. The two most important elements of fuel for your body are water and food. In addition, your body requires enough sleep to recover from workouts and efficiently process the nutrients you eat.

How much water do I need? Fluid is the most important nutrient for athletic performance! In order to stay properly hydrated and achieve optimal performance, you need to drink fluids before, during and after practice and swim meets. If your body is not getting enough water, you may become dehydrated. Signs of dehydration include thirst, headache, low energy, fatigue, nausea and chills.

- **2 hours before practice and meets** you should drink at least 16 ounces of water
- **15 minutes before practice and races** you should drink 16 ounces of water
- **During practice and meets** you should drink 5-10 ounces of water or sports drink, such as Gatorade

- **After the end of practices and meets** drink as much as you can within 15 minutes (at least 16 ounces). You may also need to replace fluids lost through sweat—yes, you DO sweat at swim practice— by drinking 16-24 ounces for every pound lost during practice.

What about juice, soda and sports drinks? Juice and soda are not good sources of hydration for swim meets and practices. They usually contain high concentrations of sugar, so they are harder for your body to absorb as fluid, which can lead to bloating, nausea and cramping during swims. Sports drinks contain carbohydrates in lower concentrations to provide energy while still being easily absorbed as a source of hydration. In general, water and sports drinks are the best sources of hydration for swim meets and practices.

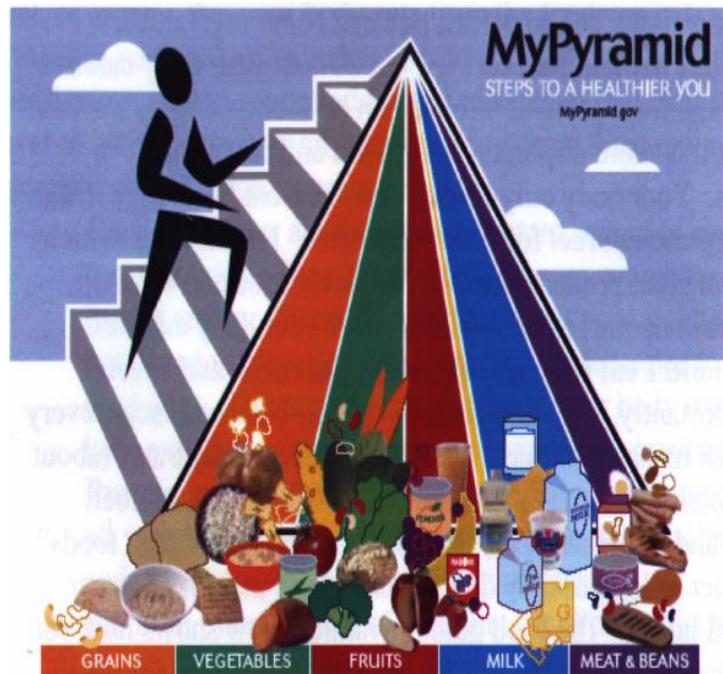
How does my body get energy? The calorie is the basic unit of fuel, or energy, that your body gets from the food you eat. Everyone needs a basic number of calories to keep their bodies functioning. Athletes need additional calories to fuel their high level of activity. In general, calories come from three main sources: carbohydrates, protein and fat.

- **Carbohydrates** are the most important source of energy for your body. They are made of glucose, which is used for instant energy. Extra glucose that is not used right away is converted to glycogen and stored in your muscles to be used later. This stored energy is what your body uses to keep you going through long races and daily practices.
- **Protein** is important for building and repairing muscles and all your body's cells. Protein helps regulate body functions and is very important for growing athletes.
- **Fat** is an essential part of your diet. It allows your body to absorb fat-soluble vitamins from the food you eat, and it insulates your body and internal organs. Fat is important for endurance because it allows your body to use fuel reserves effectively.

How can I get enough carbohydrates to keep my energy up? In general, 50-60% of your daily calories should be carbohydrates. There are two types of carbs. **Simple** carbohydrates are basic sugars found in foods that taste sweet, such as candy, cookies, soda and fruit. These simple sugars provide instant energy, but do not provide sustained energy, **Complex** carbohydrates, also known as starch, provide energy (calories) along with fiber, vitamins and minerals. These complex sugars are digested more slowly, so they provide a longer-lasting source of energy. Complex carbs include whole-grain bread, pasta, beans, cereal, rice and some vegetables.

What about protein and fat? About 20% of your daily calories should come from protein. Protein can be used as energy for your body, but it is more important for growth and

other body processes. Your body only breaks down protein for energy if it is not getting enough fuel from carbohydrates. Healthy fats, which come from plant products such as nuts, avocados and olive oil, should make up the remaining 25-30% of your daily calories. **What should I eat to perform well at practices and meets?** Most importantly, you should eat three well-balanced meals every day, which means each meal should contain carbohydrates (about 50%), protein (about 20%) and fat (25-30%), as well as fiber, vitamins and minerals. There is still room for some "junk foods" in your diet as long as they don't make up the majority of your daily food intake. The food guide pyramid below shows how you can achieve a balanced diet by eating a variety of foods from all five-food groups. Each food group is represented by a different colored wedge of the pyramid, to remind you that all food groups provide important nutrients. The size of each wedge in the pyramid represents the recommended proportion of each group in your daily diet.



On practice days breakfast, lunch and dinner should include complex carbohydrates, protein and healthy fat. Since swim practice requires your body to burn extra fuel, you should also eat a snack about an hour before practice to top off the energy stores in your muscles and a snack right after practice to refuel.

On meet days try to get up early enough to eat a regular breakfast 3-4 hours before your first race. If you have less than 3 hours to digest, you may want to eat a low-fat meal with a small amount of protein. You should eat a snack an hour before each race, and another snack within 15 minutes after each race. Just like at swim practice, you need to keep your fuel reserves high so your body has enough energy to swim each race.

Sample practice-day meals (or meals for the day before meets)

Breakfast:

- Whole-grain cereal with milk, fruit and orange juice Blueberry muffins, banana and milk
- Bagel or English muffin with peanut butter, fruit or juice and milk Yogurt and toast
- Toaster waffles with applesauce and milk

Lunch:

- Peanut butter sandwich, raisins, granola bar, baby carrots
- Chicken or turkey sandwich, fruit and milk
- Pasta with tomato sauce, bread, fruit or juice and milk Baked potato with cottage cheese and fruit or juice *LUNCH SHOULD ALWAYS INCLUDE 16 OUNCES OF WATER!

After-school snack:

- Yogurt, apple and 2 large pretzels
- Fruit and sports bar or cereal bar
- Fruit smoothie
- Dry cereal and fruit or juice
- Dried fruit and graham crackers
- *ALWAYS DRINK 8-16 OUNCES OF WATER BEFORE PRACTICE!

Recovery snack:

- Chocolate Milk
- Sports drink and trail mix with peanuts applesauce cup and peanut butter crackers
- Yogurt and fruit
- Graham crackers with peanut butter and juice
- *DRINK AT LEAST 16-24 OUNCES OF WATER AFTER PRACTICE!

Dinner:

- Grilled salmon, baked sweet potato, broccoli and a roll Pasta with tomato sauce, salad, bread and milk
- Chicken breast and veggie stir-fry with rice
- Turkey-burger with cheese and fruit salad
- Desserts could include chocolate-chip cookie with milk, a scoop of ice cream, fruit with peanut butter, or yogurt and granola

How To Be A Good Parent To An Athlete

Despite the best of intentions, many parents of younger athletes, from high school age and down, fail to recognize the detrimental effects they have on their children when it comes to handling participation in sports. Some exist as so under-involved that they tell their children that what they do lacks legitimacy and importance. Others, who represent the antithesis to the uninvolved, get so engrossed in the child's athletic life that they take over and morph into people who unfortunately shed their parental skin and become something obsessive and scary. Either way, or many places in between, many parents do not stop to consider how their behaviors, both explicit and implicit, influence the experiences their children have.

Today's sports world seems dominated by not the young athletes, but rather the aggressive parents who seemingly expect perfection. While some excellent parents exist, those who allow the coach to coach and the athlete to play, and, when the game

or practice is all over, go back to being mom or dad, others look at their children's athletic endeavors as if they were their own. Motivated by living vicariously through their children, hoping that their child will attain a college scholarship, obsessed with absolute achievement, or hell-bent on winning, these parents unknowingly hurt their children in countless ways. These injuries, while not physical, not only cheapen the athletic experience for the child, but also they seriously hinder the parent-child relationship, which may very well be the most devastating fact of all.

Understanding that most parents want nothing but the best for their child, and that what drives them to become so obsessive and critical is that fact, you can infer that if the parent can see the error of his or her ways, then productive change can occur. The alteration in behavior, however, cannot come without strategies for improvement, for just recognizing something and saying you will change is never enough. What follows is a series of suggestions, framed both positively and negatively, that can earnestly assist any parent in trying to bridge the divide that the intensity surrounding sports has created. If parents do not think they have an issue with any of this, check the list and reflect on what you actually do. Remember, your son or daughter will rarely every come out say that you are making these mistakes, so the responsibility to discover and fix it rests with you.

Leave Your Stopwatch At Home

The athlete already has a coach, so do not try to become another one. That coach will push the athlete, teach the athlete, encourage the athlete, discipline the athlete, and, most importantly, create a serious bond with the athlete. This relationship is one that is based on principles and expectations that do not relate to those wrapped within parenting. While similar, because they do not happen in the same environment with the identical emotions, they are, at their core, entirely different. Trying to be your son's or daughter's coach on the ride home, going over splits from the track or swings from batting practice, will confuse the athlete, thus challenging the loyalties established. Do not offer your insight or criticism on their performance, for they probably already know they did not do too well. They feel badly that they have disappointed themselves, their coach, and you. What they need in this moment is a parent, not another armchair coach who wants to rehash what they perceive to be their failures. If, one the other hand, they have a great day, do not belabor the point or say what else they could have done better; instead, tell them that they did a great job without analyzing each success, and remind them how proud you are of all the effort they invest. Then go home and have dinner.

When an athlete knows that his or her parent will break each moment of the game or practice down, the car ride home becomes a nightmare. This athlete would just assume get a ride with another family than have to sit through it. Hearing a parent's take on what happened creates conflict within the athlete, as often times the parental account does not match with what the athlete wanted or the coach needed. A new critical perspective will shut the athlete down and serve only as a source of future frustrations and strained relationships. If the athlete asks for your opinion, give a simple, non-

critical take and move on. Do not over-engage in the discussion. If the athlete wants to push the topic to places you feel are not progressive, like analyzing the coach or criticizing teammates, it is your job as parent to shut this down. Although speaking badly about others seems to happen rather easily in our culture, that does not make it right. Be a parent in this situation, not a fan. Encourage the athlete to put today behind and prepare for the next chance; this is good life advice anyway.

No Post-Game Analysis

When an athlete knows that his or her parent will break each moment of the game or practice down, the car ride home becomes a nightmare. This athlete would just assume get a ride with another family than have to sit through it. Hearing a parent's take on what happened creates conflict within the athlete, as often times the parental account does not match with what the athlete wanted or the coach needed. A new critical perspective will shut the athlete down and serve only as a source of future frustrations and strained relationships. If the athlete asks for your opinion, give a simple, non-critical take and move on. Do not over-engage in the discussion. If the athlete wants to push the topic to places you feel are not progressive, like analyzing the coach or criticizing teammates, it is your job as parent to shut this down. Although speaking badly about others seems to happen rather easily in our culture, that does not make it right. Be a parent in this situation, not a fan. Encourage the athlete to put today behind and prepare for the next chance; this is good life advice anyway.

Do Not Attend Practices

Inevitably, sidelines and bleachers grow full as the practice session progresses, a situation that many parents enjoy but most athletes abhor. Parents like to socialize with other adults, watch with a discerning eye what the coach is doing, and see how their son or daughter is performing. The problem that arises, however, is that practice is a place that encourages mistakes. Coaches want players to experience difficulty in practice because it exposes their flaws, weaknesses, and misunderstandings; therefore, the coach can assess them, make needed changes, and teach the players how to succeed. An athlete is less likely to feel comfortable making a mistake with his parent standing there watching. His entire life has been about seeking a parent's approval, so how can he fail and not feel badly? If he drops a fly ball or throws a bad pass, his first glance is into the stands to see if his parent saw it. There is not an healthier situation, both physically and psychologically, for a growing athlete to seek perfection in a place that requests mistakes. Read a book in the car or talk on your cell. Do not sit on the side and watch practice.

Never Disparage the Coach in Front of the Player

Although many parents feel they know the game better than the coach, offering this information to the athlete can only serve as counterproductive. While the parent may like criticizing the coach, telling the athlete that he or she does not know the game, does not know what to do, or does not care, what the parent really does here is create

a massive divide, one that normally goes unseen but not unfelt. Forced to choose between the one who loves him and the one who coaches him, the athlete often becomes conflicted and confused. As a result, he cannot perform to the best of his abilities on the field, nor does he wish to engage in additional conversation about the coach with the parent. Pressured by his parent's feelings, he fails to adequately receive the coaching and inspiration the coach extends, which sends his performance and enjoyment in the sport spiraling out of control. Likewise, not wanting to disturb his allegiance to the team and coach, the athlete struggles with his parent's commentary, for if he argues, he risks defying or hurting his family. Thus, by disparaging the coach in front of the player, the parent inadvertently harms the child. More damage will be done to the parent/child relationship in this matter than will be done to the player/coach relationship.

Never Disparage Teammates in Front of the Athlete

Knowing that one of the primary goals of any athletic venture is the socialization of young people, players often come to value their teammates closely. Thus, besmirching a player's teammates will drive a wedge between parent and child. As athletes get older, they become engrained in their own relationships, and grow less and less dependent upon their parents. The peer group becomes powerful, and criticizing it needlessly is, in the mind of a young athlete, a sin. Also, and possibly more dangerous, if the player listens to the parent's negative remarks and takes them to heart, an unhealthy and unproductive attitude will emerge for him at practice. He becomes a trouble spot in regards to team chemistry, and this approach will force any good coach to make some needlessly tough decisions. So, offering criticism of teammates cannot, in any conceivable way, promote a healthy environment for an athlete; instead, it teaches him poor values when he believes the negativity or it disturbs the relationship with his parent by making him choose between family and peers.

Never Speak for the Athlete

All athletes must learn to communicate effectively for themselves. A failure to do so only makes them weaker people as they cross the threshold from adolescence into adulthood. Parents who race in to see the coach at the first sign of trouble without ever encouraging the athlete to speak with the coach himself cripple their child. Getting a player to intelligently articulate his concerns, whether they revolve around playing time or something else, encourages maturation and provides the athlete with a strong sense of pride and ownership. However, athletes not pushed to handle their own business and instead allowed to hide in a parent's shadow, are taught that they do not need to have a purpose or maintain a true sense of self-confidence. They see the world as a place of excuses where someone will always do something for you; nothing could be farther from the truth. The only time a parent should consult a coach about an athletic issue is when the player has exhausted repeated attempts to do so himself.

Emphasize Ethics and Sportsmanship

Although winning and individual success seem to take priority, what must truly be the goals of any worthy athletic situation is the promotion of sportsmanship and ethics. At the close of any athletic season, a player must walk away with a strong foundation of ethical standards and an appreciation for sportsmanship. If not, no matter how good the player is athletically, they will forever be incomplete, as there will come a day when he can no longer play the game, and what will he do then? No player, coach, or fan likes to see an athlete, especially those with talent, act immaturely, forgetting about sportsmanship and choosing instead to employ showmanship. No person wants to deal with someone with questionable ethics who cannot be trusted at his word. Parents who emphasize winning or individual success teach their child a set of values that are destined to fail in life. While it may seem powerful or productive at the time, in the long run that athlete, as he moves forward into the adult world, will struggle.

Make it a Priority by Showing Up

Athletes, no matter the age, always sneak a peek over their shoulders to see if mom and dad are in the stands. No matter how much support a coach and teammates try to give, it is the parents who hold the ultimate approval. Life cannot be about a job or anything else. Being a parent is life's most critical job, so missing every game in a season for your work is simply failure. Go to work early, return to work after, but get to that game. Even if he is not playing, be there. If he feels like the coach has quit on him, he needs to see his parents so he does not feel they have quit on him too. If he hits a big basket or makes a diving catch, seeing his parent standing and cheering will be his memory, not necessarily the play itself. So much about sports is meant to bring families together. Do not miss the opportunities now because they do not come too often.

Support the Team

Even if a parent's child is not playing much or has encountered trouble during the year, a parent's job is to support the team unconditionally. The overall experience an athlete has represents the attitude he will take with him, and it will provide most of his memories as life progresses. Even if a parent sternly dislikes what has happened to the athlete, making the experience one of value must come first. Wallowing in negativity only worsens life. Instead, find ways to make the time a good one.

In the end, positive, involved parents make the experience an athlete has one to remember, while negative parents do almost unrecoverable damage. Think about the choices you make and the words you select because kids hear and interpret everything. Just like you, kids keep secrets, especially with their emotions when it

comes to their parents. Be kind, open, and positive, and you will help create a person who will do the same for his kids in the future.

Brief Biographies of Team Coaches

Head Coach PeiYong Li: Coach PeiYong Li swam with the Sichuan Men's Swimming Team & China National Youth Swimming Team during the 1970's. Over the course of his competitive swimming career, he won gold and silver medals in China's National Swimming Championship meets (200 meter and 400 meter individual medley (IM) in 1976, and 1974). After retiring from competitive swimming, he graduated from Beijing Physical Education University (top ranked university for Chinese athletes to attend and trained for future coaches). He became a coach of the Sichuan Women's Swimming Team after the graduation. He was a coaching member of the China National Swimming Team for the 20th European Swimming Championship in 1998 and the National team coaching member for China during the 12th Asian & Pacific Swimming & Diving Championship in 1998. Coach PeiYong Li received China's National Level 1 Swimming Coach certificate (highest level in China) and was awarded the National Outstanding Swimming Coach Award by China National Sport Bureau. He has more than 26 years of professional swimming coaching experience in China. Coach Li has mentored and coached many outstanding Chinese swimmers, such as women swimmer Zhao Jing etc, he personally identified, and coached Zhao Jing for many years. Zhao Jing won gold medals in 20th European Swimming Championship in 100m free style, 100m back stroke, 200m individual medley, and 100m butterfly representing China Junior National Swimming Team in 1998. She was also a gold medalist in 200m & 400m individual medley, and 200m backstroke of the 13 & 14 age group in 12th Asian and Pacific Swimming and Diving Championship in 1998.

As a coach, he has published many articles discussing his views on modern swimming training methods, and advanced training techniques used by other countries. His publications and presentations emphasize the importance of more individualized training and discuss how to achieve it. He was a member of China National Swimming Association Amateur Coach Advisory Committee providing swimming training guidance and supervision from 1996 to 2004. Coach Li immigrated to USA in the fall of 2008 as a "National Talented Swimming Coach" under US immigration law, and is looking forward to contributing his excellent swimming coaching skills to this team and will take on head coaching position in the team.

Coach PeiYong Li is an US Swimming certified head coach (level 3 or equivalent).

Coach XiaoWei Xu: As a swimmer at Chengdu Women's Swimming Team, Coach XiaoWei Xu won five Gold medals at Sichuan Provincial Swimming Championship in 1974 (200m and 400m IM, 800m free style, and anchored in two 4 x 100m relays). After graduating from Chengdu Physical Education University, she began coaching in 1978. Since then, she has coached at Chengdu Women's Swimming Team and was the Age Group Head coach of Chengdu Swimming Sporting School in Sichuan, China

before moving to the US. With her outstanding coaching work, she was awarded China's National Level 1 Swimming Coach, the highest-level swimming coach certificate in China. She was also granted the National Outstanding Amateur Swimming Coach Award by the Swimming Management Center of China National Sport Bureau. She has 30 years of amateur, youth, and competitive swimming coaching experience. She has recruited and personally coached many leading Chinese swimmers in China including Huang Xin: National Champion in 100m Butterfly in 1998 and 200m Bronze medal winner in the World Short-Course Swimming Champ in Paris in 1996. Huang Xin was a member of Chinese National Swimming Team & currently a coach of Sichuan Swimming Team in China. Other swimmers brought up by Coach XiaoWei Xu included Xu Jie (male), 1500m free style gold medalist at age of 16 in the 1st National City Swimming Championship in 1988. Song Dong (male), 400m free style silver medalist at age of 16 and Guan Xuemin (male), gold medalist at age of 12 at the National Age Group Swimming Championship in 2000 etc. She had an outstanding swimming coaching career and demonstrated excellent skills to work with young age kids in early swimming learning and training stage in China. Her immigration to USA was also granted in the fall of 2008 under US "National Talented Swimming Coach" immigration category. Coach Xu looks forward to applying her outstanding swimming teaching and coaching skills with her new swimmers.

Coach XiaoWei Xu is an US Swimming certified swimming coach (level 1 or equivalent).

Coach John Michael Yasutake: John Michael is a retired Marine and Gulf War Veteran. He has been swimming for 30+ years, and competed for his high school swim team at the time. He is dedicated and wanting to share his love for the sport, has fun teaching young swimmers at lessons and during the practices. His active teaching style and effective ways to challenge the swimmers to reach their full potential are well received by the swimmers and the parents. He has coached in various levels in the past 15 years and is pleased to join PDST coaching group. John Michael will mostly work with PDST swimmers from Pre-comp to Regional groups.

Coach John Michael Yasutake is an US Swimming certified swimming coach (level 1 or equivalent).

Coach Jason Xu: Jason has been swimming since age 10. He grew up in Bellevue, WA and trained under Coach Li and Xu since age 12 at PDST, qualifying for Speedo Western Region Senior Sectionals in all the freestyle events. He has been selected to the PNS NACC (North American Challenge Cup) team three times (2011-Mexico, 2012-Canada, and 2013-Federal Way, WA) and represented PNS at the Western Zone Championship once (2012, Grand Junction, CO), placing 7th in the 100 free, and anchoring 2nd place finishes in the Boys 15-16 200 Medley Relay and 400 Medley Relay.

Jason will mostly work with PDST's Pre-comp to Regional groups. He began coaching

this year and hopes to pass his experience and dedication to other PDST swimmers.
Coach Jason Xu is an US Swimming certified swimming coach (level 1 or equivalent).

Coach **Eric Yang**: Eric has been swimming since age 10. He grew up in Bellevue, WA and trained under PDST Coaches Li and Xu since age 11 at PDST, earning first place in 200 Breast Stroke and 2nd places for both 50 and 100 Breast Stroke events in boy's 11-12 group at 2009 winter PNS SC Champ meet.

Eric mostly work with younger swimmers at PDST or pre-team swimmers at PDST. He began coaching this year and hopes to pass his experience and dedication to other PDST swimmers.

Coach Eric Yang is an US Swimming certified swimming coach (level 1 or equivalent).

Coach **Ren Xu**: Ren enters swimming coaching field as an already dedicated swimmer's parent and an experienced manager with a degree in business administration (MBA). Coach Xu will dedicate himself to providing operational support for the team. He looks forward to using all his skills to work with our two outstanding swimming coaches, all parents, and swimmers to enable our swimmer's to achieve the best they can be. Ren will also represent the team in all meetings and team development with USA Swimming, PNS, pool management members, and other PNS swim teams, as well as assist other two coaches at all swimming meets. In addition, Ren will work closely with our team booster club to ensure our team operate in seamless condition to support the development of our swimmers.

Coach Ren Xu is an US Swimming certified swimming coach (level 1 or equivalent).

PDST history and Achievements

Year	PNS LC Champ Meet (July)	PNS14 & Under SC Champ Meet (Dec.)	NW Age Group SC Sectional Champ Meet (March)	PNS NACC Team (Aug.)	PNS Western Zone Team (Aug)	Other Highlights
2009		34th				Sept 1st, First season started with only 29 swimmer
2010	15th	7th			3	January : Booster Club established. April : US Swimming Level 1 Club recognition
2011	11th	5th	14th	3		January: 1st PDST swimmer ranked in the National Age Group Top 16
2012	5th	4th	7th	4	11	1 st PDST swimmer to break Age Sectional records
2013	4th	5th	6th	10	2	PDST swimmers broke Age Sectional 200Y medley relay record. 1st PDST swimmer to break the Western Zone Age Group record in 100M backstroke
2014	4th	coming	6th	PNS not attending this meet	8	First PDST swimmer achieved US Swimming National Junior Times

PDST Records

PDST Team Record is posted at PDST member website.

Local Pools and Directions

Hazen Pool (Renton, WA):

From Bellevue, go south on I-405. Take the Sunset Boulevard Exit. Go east until you reach 142nd SE (Hoquiam Avenue). Turn right on this road. The high school and pool is 1/2 mile on right. The pool entrance is at the rear of the parking lot

King County Aquatic Center (Federal Way, WA):

From Bellevue take I-405 South and merge onto I-5 South to Exit 142B. Take this exit and follow it around the corner to the right (348th St.). Continue going west on 348th St. (this road becomes Campus Drive), and the pool will be on the right about 1.25 miles from I-5. The street address is 650 SW Campus Drive.

Mary Wayte Pool (Mercer Island, WA):

From Bellevue, go West on I-90 to Island Crest Way exit. Go south approximately 1 1/2 miles to

SE 40th Street (1st stoplight) and turn left. Go 2 blocks and pool is on the right (at north end of Mercer Island High School). The street address is 8815 SE 40th.

Jewish Community Center Pool at Mercer Island (JCC Pool)

3801 E. Mercer Way, Mercer Island, WA 98040; Phone: 206-232-7120

Mercerwood Shore Club Pool (MSC Pool)

4150 E. Mercer Way, Mercer Island, WA 98040; Phone: 206-232-1622

Bellevue Aquatic Center (BAC Pool): 601 143rd Ave. NE. Bellevue, WA 98007.

Phone: 425-452-4444

South Kitsap High School (Port Orchard Pool, WA):

Both Routes take about 75 - 90 minutes. Check the Ferry schedule for the morning sailing that will get you to the pool in time for warm-ups.

From West Seattle/Southworth Ferry: Take a left on Sedgewick and follow around to Jackson. Take a right on Jackson and follow the road down the hill to the traffic light. Turn left and drive about 1/2 mile to the South Kitsap High School. Turn right before the school and the pool is down the hill on the left.

From I-5 (faster route): Go south on I-5 past the Tacoma Dome. Take Hwy 16 (Bremerton Freeway) to the Sedgewick Road Exit. Turn right on Sedgewick to Bethel. There is a traffic light there. Turn left on Bethel and go to the "Y" in the road. Keep to the right at the "Y". This is Mitchell Road. The high school is approximately 1 mile up on the right.