

# HYDRO-SONIC TIBURONES PARENT HANDBOOK



# **HYDRO-SONIC TIBURONES PARENT HANDBOOK**

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**Our Mission: To develop self-esteem and realize potential in each swimmer through discipline, effort, and passion, under the guidance of caring, educated coaches.**

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## **SECTION 1: WHO ARE WE?**

The Hydro-Sonic Tiburones Swim Club is a small, strong, year-round, competitive swim team in the Gaithersburg, Germantown and Rockville area. We offer a variety of levels of swimming, from stroke clinic to senior competition training. Our coaches bring education, experience and integrity to their work with young people. At Hydro-Sonic, we focus on developing strong stroke technique and confident, capable swimmers.

## **SECTION 2: GENERAL INFORMATION**

### **ESSENTIALS**

Team website: [www.swimtibu.com](http://www.swimtibu.com)

Office phone: 240-683-TIBU (8428)

Office fax: 240-683-8429

Mailing address: PO Box 2155 \* Montgomery Village, MD 20886

### **CONTACTS**

Jorge Silva, Club Owner & Head Coach: [jds@swimtibu.com](mailto:jds@swimtibu.com)

Nathan Meadows, Head Age Group Coach: [nathan@swimtibu.com](mailto:nathan@swimtibu.com)

Scott Bogren, Website Director: [scottbogren@gmail.com](mailto:scottbogren@gmail.com)

### **PRACTICE LOCATIONS**

Quince Orchard (the Bubble or QO):  
16601 Roundabout Drive, Gaithersburg MD 20878 \* (301) 948-3116

Montgomery College, Rockville (MCR):  
1172 North Campus Drive, Rockville, MD 20850 \* (240) 567-7572

Montgomery College, Germantown (MCG):  
20200 Observation Drive, Germantown, MD 20876 \* (240) 567-7892

North Creek (NC):  
20215 Arrowhead Road, Montgomery Village MD 20886 \* (301) 926-9858

## **SECTION 3: TIBU POLICIES**

### **BEHAVIOR POLICY**

Swimmers are expected to behave respectfully toward coaches, peers, parents, officials, and facilities. The safety of our athletes is our first concern, which means that coaches must maintain discipline in a structured environment. Furthermore, swimmers learn and are best able to enjoy their experience in a controlled setting. It is not fair for one swimmer's misbehavior to interfere with the progress of the rest of the group. Therefore, the Tiburones Club has adopted the following policy regarding misbehavior:

- 1<sup>st</sup> offense: Coach speaks to swimmer and explains expectations and infraction.
- 2<sup>nd</sup> offense: Coach sits swimmer out for a period of the practice.
- 3<sup>rd</sup> offense: Coach removes swimmer from practice and calls parents.
- 4<sup>th</sup> offense: TIBU administration may remove swimmer from the program. In this instance, no refund will be granted.

Swimmers are expected to arrive on-time for practice. Any swimmer that arrives late will be asked to sit out of practice the same amount of time they were late.

Respect the coach. Respect the sport.

### **PROGRAM CHANGE/ WITHDRAWAL POLICY**

#### Program Change:

If a swimmer wishes to CHANGE programs, parents need to contact the office. If space is available, the office administrator will move the swimmer to the desired program for the remainder of the session. If the new program is more expensive than the initial program, TIBU will bill the family for the difference. If the new program is less expensive than the initial program, and the request for change is made within the first two weeks of the session, the family is responsible for the costs of the less expensive program. If a swimmer moves to a less expensive program after the two-week deadline, the family is responsible for paying all costs associated with the initial program.

#### Program Withdrawal:

If a swimmer wishes to WITHDRAW from a program, parents need to contact the office.

#### For session programs (Stroke Clinic, Advanced Clinic, and Jr. Dev.-Session 1 and 2)

If the withdrawal request is made within two weeks of the start date of the program, TIBU will refund a pro-rated amount of the program cost, less registration/office costs, to the family. Refunds will take 4-6 weeks to process. If a swimmer withdraws after the two-week deadline, TIBU will not issue a refund, and the family is responsible for any outstanding costs.

#### For yearly programs (Azul, Celeste Plus, Celeste, HSP, and Jr. Dev- full year)

If the withdrawal request is made within two weeks of the start date of the program, TIBU will refund a pro-rated amount of the program cost, less registration/office costs, to the family. Refunds will take 4-6 weeks to process.

If a swimmer withdraws after two weeks, TIBU will not issue a refund, and the family is responsible for any outstanding costs.

### Swim Lessons

If a swimmer wishes to WITHDRAW from a program, parents need to contact the office. If the withdrawal request is made before the third lesson, TIBU will refund a pro-rated amount of the program cost, less registration/office costs, to the family. If a swimmer withdraws after the third day, TIBU will not issue a refund, and the family is responsible for any outstanding costs.

### **VOLUNTEER POLICY**

Parent volunteers are needed throughout the year. All TIBU families are expected to volunteer for at least the minimum requirement for their swimmer's practice group.

### **MAKE-UP POLICY**

When possible, the office administration will make arrangements to accommodate swimmers at other practices. However, this is not always possible due to our maximum attendance guidelines.

**A special note for stroke clinic participants:** In the event that your swimmer misses a stroke clinic practice, please request a specific make-up date with the office. We will make an effort to accommodate all families for one missed stroke clinic practice; however, we cannot guarantee availability. Make-ups, when possible, may only be done within the session in which the child is enrolled.

### **INCLEMENT WEATHER POLICY**

In the event of inclement weather, it is sometimes necessary to cancel practice. We do NOT always follow MCPS cancellations. In the event of a weather-related closing (as long as we have electricity!), we will list the closing on the website and send out emails to all participants.

**A special note for Quince Orchard:** As the bubble is a non-permanent structure, safety guidelines require that the bubble close for thunder and for high winds. The guidelines for thunder closures are the same as those for your summer pool: the pool remains closed for 30 minutes following the last audible thunderclap. If this should happen during a practice, coaches will supervise the children in evacuating the bubble and waiting out the closure in an indoor room. If the weather forecast calls for high winds, Quince Orchard is likely to close as a precautionary measure.

### **HEALTH POLICY**

If your child is ill, please keep him/her home. As swimmers are in very close contact during practice, we ask that your child be fever-free for 24 hours before returning after an illness. Children with influenza, strep throat (prior to 48 hours of antibiotic treatment), and illnesses of the digestive system must stay home. Children with hair lice are required to stay away from the pool until they have been treated with lice-removal shampoo, checked, and found to be free of lice and nits. Finally, county health policy dictates that children with open sores be kept out of the pool.

If your child has a chronic health issue (such as diabetes or hearing loss) or a learning disability (such as ADD), please notify the office. **It is imperative that we have this information** so that we can safely and knowledgeably

teach your child. We will maintain confidentiality while making sure that our coaching staff is educated and informed in order to best help your child.

### **HEALTH PROBLEMS/INJURIES AT PRACTICE**

If your child becomes ill or is injured in practice to the extent where First Aid must be administered, you will be contacted that day to make you aware of the problem.

### **LATE PICK-UP POLICY**

Please pick up your swimmer on time after practice. That means within the first 15 minutes following the conclusion of the practice. In the event that a swimmer is not picked up on time, Tibu will charge the family according to the following schedule:

- Pick up after 15 minutes: \$10 charge
- Pick up after 30 minutes: \$20 charge
- Pick up after 45 minutes: \$30 charge

We have instituted this policy for your child's safety. It is imperative that our swimmers not be left waiting without adult supervision following their practices.

### **CODE OF CONDUCT/GRIEVANCE POLICY**

#### 1. Parents Code of Conduct

The influence, both good and bad, that a parent can have on their child's introduction to or continuation in sports is often misunderstood or underestimated. Your valuable contribution to your athlete is appreciated by Hydro-Sonic Tiburones.

- Please remember that where we practice is like your child's classroom, please respect the classroom.
- Make only positive encouraging comments to or about swimmers on ALL teams.
- Remember that making mistakes is part of the learning process – don't criticize.
- Discuss your concerns away from the swimmers and away from your child.
- Show respect for the officials, coaching staff, parents, and swimmers.
- Control your emotions.
- Get interested in your child's sport. Ignorance is not bliss for those around you.
- Learn the rules.
- Don't coach from the sidelines-don't coach at all.
- Get your child to meets and practices early.
- Don't allow your child to talk negatively about a teammate, a coach or an official – stick with the facts, not the emotion. Be sure to model this to your child, but not engaging in negative talk.
- Don't proliferate your child's negative behavior when they are discouraged. Help them realize the positive.

#### 2. Grievance Procedure

Knowing when to communicate and how to communicate with your athlete's coach is a concern for almost every parent at some time during the season.

Athletes should be encouraged to talk to the coach when a problem or concern arises. The appropriate manner for the athlete to approach the coach is to ask what they, the athlete needs to do in order to accomplish a goal. Parents can best help their athlete by guiding them through this process and supporting communication between the coach and the athlete. Athletes should be the one to approach a coach regarding “coaching decisions” not the parents.

**The athlete and parents *SHOULD*:**

1. Approach the coach to ask for a meeting time to be set. (Emailing or calling the coach to set a meeting time is best). Please do not approach a coach during practice or a meet. The coaches need to be focused on your swimmers during those times.
2. Expect meetings to be at a location other than a meet or during practice.
3. If the concern still remains unresolved, the parent should contact the office for intervention.

**The parent or athlete *SHOULD NOT*:**

1. Confront a coach during a practice or during meets.
2. Expect meetings to be set during practice or meets.
3. Attempt to “compare” or evaluate another athlete.
4. Use profanity towards the coach.
5. Harass or threaten the coach.
6. Discuss their concerns with any other parents or swimmers until a resolution has been reached with the coach.
7. Once you have dropped your child off at practice or a meet, please allow the coaches to handle all situations including behavioral and illness. If they coaches need your assistance, they will get you.
8. Parents are always welcome to observe, but are discouraged from participating in the coaching/discipline process.

## **SECTION 4: CLUB HISTORY**

Hydro-Sonic Tiburones is a small, strong, year-round, competitive swim team in the Gaithersburg, Germantown and Rockville area. We offer a variety of levels of swimming, from stroke clinic to senior competition training. Our coaches bring education, experience and integrity to their work with young people. At Hydro-Sonic, we focus on developing strong stroke technique and confident, capable swimmers. Come visit us and learn to Swim with the Sharks.

The Hydro-Sonic Tiburones Swim Team was established in January, 2002, by Jorge and Beth Silva. Having coached extensively in the Potomac Valley Swim League, Montgomery County Swim League (summer) and Montgomery County Public Schools (High School), the Jorge felt that there was a need for a small but passionate team in the Upper Montgomery County area. Our coaches’ education and background both in swimming and in coaching make us uniquely able to attend to swimmers’ stroke technique.

Since its inception, our team has more than quadrupled in size. We have added a variety of training groups so that we can now provide opportunities for those who swim on a casual basis as well as for those who pursue swimming as their number one extracurricular priority. We are proud of the highly qualified coaches on our staff, including Nathan Meadows and Jeremy Synder.

## SECTION 5: COACHES' BIOGRAPHIES

### **Jorge D. Silva**

Head coach Jorge D. Silva opened up the Hydro-Sonic Tiburones Swim Club in January 2002 after many years of coaching and swimming in Montgomery County. Jorge has served as a head coach in many area leagues, including MCSL, MCPS (high school), and Potomac Valley Swimming, where he got his start at the Ward's Wolverine Swim Club. After seven summers of coaching the Waters Landing Thunder team in Germantown, Jorge moved in 2008 to the Cloppers Mill Marlins team, where he continues to serve as the summer league head coach.

With the help of an excellent coaching and office staff, Jorge has grown and improved his club literally every year. He has trained MCPS County champions, Metros' finalists, PVS Sr. Champs champions, Junior Nationals qualifiers and an Olympic Trials qualifier. In addition to coaching this top tier of the program, Jorge continues to work regularly with all of his practice groups; he especially loves to coach the little guys in the developmental and clinic programs!

When it comes to swimming, Jorge "knows his stuff," and he really cares about the young people he coaches. In order to keep up with the latest developments in the world of swimming, Jorge researches extensively and attends the annual convention of the American Swim Coaches Association. Jorge is a perfectionist when it comes to correcting stroke mechanics; he believes that developing proper stroke technique can prevent many common swimming injuries. Having watched many talented young swimmers suffer from "burn-out" before high school, Jorge believes strongly in a gradual development of time in the water and yardage in practice. He wants his kids to like swimming and to want to continue swimming through high school and college; therefore, he deliberately places the emphasis on quality over quantity when training his younger athletes. Finally, what makes swimming with Jorge fun is his wacky sense of humor. Come watch a workout or two, and you'll see Jorge joking with the kids and creating laughter all around.

When not coaching, Jorge loves to read, watch silly movies, cook, collect shark memorabilia, draw, and scuba dive. He spends much of his time taking care of his two young daughters and is thrilled that the older one is now an official *Tiburon*.

### **Nathan Meadows**

After graduating from Gaithersburg High School in 1992, Nathan attended Towson State University, graduating in 1997 with a degree in English. While swimming for TSU, he earned a varsity letter all four years, primarily as a distance swimmer but also as an all-around filler (meaning he swam whatever his coach asked him to). In his third year, he finished 15th at the Southern States Conference Champs in the 1000 free; by the end of his senior year, he had recorded the 12th fastest 1000 in TSU history.

Nathan has been a full-time coach for 8 years and a summer league coach for 12 years. As a professional coach, he worked as the senior team coach of JFD for 5 years and played a large role in developing the JFD program over a 7 year period. At JFD, Nathan coached one Sectionals qualifier and seven LC Zone qualifiers. Nathan will be the head coach of the Potomac Glen Gators for the 6th time this summer; under his guidance, the team has grown from 50 to 120 swimmers. Finally, Nathan has served as the P.E. teacher at the Seneca Academy in Darnestown for 4 years. Nathan joined the Hydro-Sonic Tiburones in June 2004 as our Head Age Group Coach, where he has had tremendous success with his swimmers, having several swimmers finish in the top ten at all PVS Championship meets.

## **Jeremy Snyder**

Jeremy was a competitive swimmer for 15 years for the Long Beach Aquatics, in Long Beach, New York. He earned a varsity letter each of the five years he was a member of his high school team. Jeremy has several years of USA Swimming club coaching experience, including five years with the Long Beach Aquatics. Jeremy is also the current coach of The Potomac Glen Gators, and has also coached at Westleigh, Montgomery Square and Stonegate.

When not on the pool deck, Jeremy can be found teaching at A. Mario Loiederman middle school.

## **Mike Larson**

Mike started swimming at the age of 5 for Mill Creek Towne Marlins (MCT) in MCSL in A and B division through his entire career. He started swimming for Titan swimming at age 8 then moved to RMSC a year later and swam with them until he was 17 years old where he moved to Aua Hoyas. Mike currently holds records in several relay events and had previous individual records at MCT. While at MCT, Mike swam in Coaches Long Course and All-Stars many times throughout his swimming career. During PVS meets, Mike finished at various meets such as Age Groups, JO's, Tom Dolan, and Senior Champs. While swimming for Georgetown Prep, Mike finished at Metros every year and also finished at other championship meets.

Mike finished high school in 2008 and attended Clemson University where he majored in accounting. He also played water polo while attending Clemson. From Clemson, Mike received a Masters in Medical Sciences from Boston University in 2014. He is currently applying to medical and also works at Johns Hopkins in the Physical Medicine and Rehabilitation Department performing research predominantly on runners.

Mike started his coaching career at age 13 as a Coach In Training (CIT) at MCT. At the age of 16, Mike was hired as a Junior Coach at MCT. He also did the Sunday stroke clinic at Germantown for 2 winters. After 4 years at MCT, Mike left and became Head Coach of the Flower Hill Dolphins for 1 year. Mike started coaching at Hydro-Sonic Tiburones in February 2014 working with Advanced Clinic, Junior Development, Celeste, Celeste Plus, High School Prep, and Azul.

# **SECTION 6: PROGRAM DESCRIPTIONS**

## **CURRENT PROGRAM OFFERINGS**

### **1. SUMMER SWIM LESSONS**

The Hydro-Sonic Tiburones Swim Club offers summer swim lessons at three local outdoor pools:

- Waters Landing in Germantown — open to all
- Kings View in Germantown — open only to those who hold pool passes at KV
- King Farm — open only to those who hold pool passes at KF

Our instructors are trained to help your child learn to swim or improve his/her swimming skills, and lifeguards ensure safety in the pool area during lessons. In small groups, swimmers work to achieve a series of skills designed by Jorge Silva. Each swim lesson — session — is made up of 6 half-hour lessons over the course

of two weeks. To accommodate a variety of family schedules, we offer both morning and afternoon/evening lessons.

## **2. STROKE CLINIC**

We offer two sessions of Stroke Clinic, which are held at the Quince Orchard bubble. The Stroke Clinic is an opportunity for swimmers to focus on technique and stroke development, in a small-group environment. This program is appropriate for pre-teamers and beginning swimmers who can swim at least 10 meters. Coaches of younger swimmers are in the pool during clinic. Stroke clinic participants meet once per week on Saturday.

## **3. ADVANCED CLINIC**

There are two sessions for Advanced Clinic, also held at Quince Orchard. The Advanced clinic is for swimmers with a basic swimming foundation or swimmers who wish to hone their skills and work to develop technique and endurance. The primary focus in this group will be focus on stroke technique including finer points such as turns and starts. Advanced Clinic participants meet once per week on Saturday.

## **3. JUNIOR DEVELOPMENT**

This group serves as our introduction to year-round club swimming. Swimmers in this group will be exposed to various aspects of club swimming, with the primary focus on stroke technique. We feel that *with good technique, speed kinda just happens!* Swimmers from this group regularly qualify for Divisionals, MCSL Coaches Longcourse, and All Stars.

This level of training is appropriate for swimmers from 6 years old to 7<sup>th</sup> grade, who are legal in at least three strokes. Swimmers attend up to 3 practices per week, chosen from a variety of options. Swimmers may participate in meets, but this is not required. In the Junior Development group, coaches focus on developing strong stroke mechanics and swimming habits.

We offer the Junior Development program at Quince Orchard and at MC-Rockville.

## **4. HIGH SCHOOL PREP**

The High School Prep group is for swimmers 12 years and above who wish to focus on stroke technique and moderate training that will supplement High School and Summer League swimming. This is a less intensive option than our competition-level programs and is appropriate for those athletes who are involved in other time-consuming activities. Swimmers are expected to solid knowledge of all 4 competitive strokes in order to participate in this group. Winter (PVS) meets are optional for HSP swimmers.

## **5. VERDE**

TIBU Verde is the beginner-level competition group for swimmers 8-10 years old within the Hydro-Sonic organization. Members of this group have chosen to make competitive swimming a priority, with the goal of making top regional meets. In addition, all swimmers in TIBU Verde are expected to attend all PVS meets in which TIBU participates. This group is by invitation only based on top times and level of commitment. Any swimmer 8-10 1/2 who meets the minimum time requirements and is ready to make the sacrifice required to train at a high level can apply. Swimmers must submit their top times -- either PVS or MCSL -- in order to be considered for this group. Swimmers not interested in training at least two-four times per week should instead apply for the Junior Development program. Swimmers will be expected to train consistently throughout the entire season in order to attain their personal goals.

## 6. TIBU CELESTE

TIBU Celeste is the top level 9 & up group within the Hydro-Sonic organization. Members of this group have chosen swimming as their primary form of extracurricular activity, with the goal of making top regional meets. Celeste swimmers are expected to meet the minimum practice requirement of 3 practices each week, however, exceeding the practice minimum is HIGHLY recommended. In addition, all swimmers in TIBU Celeste are expected to attend all PVS meets in which TIBU participates.

This group is by invitation only based on top times and level of commitment. Any swimmer 9 and up who meets the minimum time requirements and is ready to make the sacrifice required to train at a high level can apply. Swimmers must submit their top times -- either PVS or MCSL -- in order to be considered for this group. Swimmers not interested in training at least three times per week should instead apply for the Junior Developmental program. Swimmers will be expected to train consistently throughout the year in order to attain their personal goals.

## 7. TIBU CELESTE PLUS

TIBU Celeste PLUS is an extension of TIBU Celeste, that includes up to 2 practices a week with the next level competition program, TIBU Azul. Members of this group have chosen swimming as their primary form of extracurricular activity, with the goal of making top regional meets. Exceeding the practice minimum of 3 practices a week is HIGHLY recommended. In addition, all swimmers in TIBU Celeste PLUS are expected to attend all PVS meets in which TIBU participates. This group is by invitation only based on top times and level of commitment. Swimmers will be expected to train consistently throughout the year in order to attain their personal goals.

## 8. TIBU AZUL

The TIBU Azul Competition Group helps swimmers move smoothly from intensive Junior to Senior level training. Members of this group choose swimming as their primary extra-curricular activity, with the aim of making top regional meets. Azul swimmers are expected to make a minimum of 4 practices a week, and coaches strongly recommend 5-6. As in the other Competition groups, swimmers are expected to attend all PVS meets in which TIBU participates.

This group is by **coaches approval** based on **top times**. Any swimmer who meets the minimum time requirements and is ready to make the sacrifice required to train at a high level can apply. Swimmers **must** submit their top times -- either PVS or MCSL -- in order to be considered for this group. Swimmers not interested in training at least 4 times per week should instead enroll in the High School program. Swimmers will be expected to train consistently throughout the year in order to attain their personal goals.

The Azul group practices both at MC-Rockville and at Quince Orchard and is coached both by Jorge and Nathan.

## SECTION 7: MEET PROCEDURES

The Tiburones team participates in selected meets within the Potomac Valley zone of the United States Swimming organization.

In order to enter these meets, a swimmer must become a member of Potomac Valley; this registration is completed by the Tiburones office, and each swimmer who joins the organization is given a laminated registration card. If your child is in one of the Competition programs, the cost of the PVS registration is included in your program, and we will automatically register your child. Swimmers in our full year JD and HSP

programs also have the PVS registration included in the program cost, however, meet fees are charged on a per meet basis. If your child is in our ADC program or JD session one or two, and he/she wishes to swim meets, please contact the TIBU office. We will take care of registering your child and obtaining the PVS card, and we will invoice you for the cost of registration and the first meet (\$120); after the initial \$120 fee, meet fees are charged on a per meet basis.

No-show policy: With the exception of illness, a swimmer who does not show up for a meet that he/she has been entered into, will be charged for the meet fees.

Prior to each season, the TIBU coaches create a tentative calendar of meets that we wish to enter as a team. Please be aware that PVS makes changes to its calendar frequently; therefore, it is sometimes necessary for our team to make changes as well.

As meets are posted on the PVS website ([www.pvswim.org](http://www.pvswim.org)), we list them on the TIBU website under the “Event” tab. About two weeks prior to the due date for meet entries, we also send an email to all families with children who are registered in PVS, reminding you to submit meet entries. You must then follow the instructions on our website for entering your child in events. Unlike in MCSL “A” meets, in PVS, the swimmer (rather than the coach) chooses his/her own events. If you are unsure which events your child should enter, please discuss this with his/her coach.

**It is essential that you submit your meet entries electronically by the due date listed on our website.** If you look directly at the meet announcement listed on the PVS web site, you will see a different (later) due date. **PLEASE USE THE DUE DATE LISTED ON THE TIBU WEBSITE.** This is the date by which we require entries to be submitted to our office so that we can process our team entry on time.

## **SECTION 8: SAFETY PLAN**

In the event of a pool emergency, TIBU coaches would work with pool staff according to pool guidelines and guidelines put forth by the American Red Cross in the Lifeguard Training and Safety Training for Swim Coaches courses. When possible, we would use the following media to convey information: email, website, and text.

In the event of a larger community emergency event, TIBU coaches would keep children safe by following the evacuation procedures established at each pool. Coaches would stay with swimmers until all children had been picked up by a parent/guardian at the evacuation site.

Here are the evacuation procedures for each of our pools:

### **MC-Rockville**

Should the PE building need to be evacuated, children would be escorted to the athletic fields along route 355.

### **MC-Germantown**

Should the PE building need to be evacuated, children would be escorted to the athletic fields between Route 118 and Observation Drive.

### **Quince Orchard**

Should the bubble need to be evacuated, TIBU swimmers would be escorted to the upstairs lounge.

## SECTION 9: GLOSSARY OF TERMS

**PVS (Potomac Valley Swimming):** our region/LSC within USA Swimming

**Time Standard/Qualifying Time, QTime:** time a swimmer must achieve in order to compete in an event

**NST (No Slower Than):** swimmer MUST meet or exceed the time standard in order to compete

**NFT (No Faster Than):** swimmer CANNOT meet or exceed the time standard in order to compete

**Conforming Time:** Q time standard that corresponds to the meet competition course

**Course:** designated distance where competition is conducted

**SCY-Short Course Yards (25yds):** the distance most often used by winter clubs, high school, and NCAA competition in USA

**LCM-Long Course Meters (50meters):** standard distance used for international competitions and the Olympics

**SCM: Short Course Meters (25M),** this is the distance used for MCSL season

*\*\*note about times, SCY will appear the fastest followed by SCM and the slowest times will be LCM*

**Deck Entry:** enrolling a swimmers in an event the day of the meet

**Heats:** A division of an event

**Preliminaries or Trials:** meet session(s) where heats are held

**Finals:** concluding session(s) of a meet where the top swimmers return to race again

**Consolation final (B or C Final):** fastest swimmers who did not achieve top 8

**Final (A final):** top 8 swimmers of a particular event)

**Scratch:** Withdraw an entry from competition. *\*\*For Championship meets with Trials/Finals swimmers have 30min from the time their event is announced to declare their intentions. Swimmers who fail to scratch will be seeded into finals session. Failure to appear will result in expulsion from the remainder of the meet.*

**LSC (Local Swimming Committee):** local governing body for USA-Swimming

**DQ:** disqualification, times achieved will not be recorded

**NT:** No Time (swimmer has never swum the event and therefore has no seed time)

**NS:** No Swim (swimmer did not show up)