



Swim Torrance is a year-round, USA Swimming club program. Our swimmers are expected to compete in both short course and long course seasons.

## **What are the differences between Short Course and Long Course seasons?**

### Short Course:

- 25 yard pool (think collegiate swimming pool)
- Season goes from end of August to end of March (7.5 months)
- Notable meets: WAG, PAC Champs, Spring JOs, Sectionals, Winter JRs

### Long Course:

- 50m pool (think Olympic swimming pool)
- Season goes from end of March to beginning of August (4.5 months)
- Notable meets: PAC Champs, Summer JOs, Sectionals, Futures, Summer JRs, Nationals, Olympic Trials

## **So when do we take a break? We usually take a few general ones:**

- 1 week during the TUSD spring break
- Between Long Course and Short Course for 2 weeks in mid-August.
- A few days around the Christmas holiday.
- We may also sometimes take a day or two off around other major holidays, depending on pool availability (Thanksgiving, Labor Day, New Years, etc.).

## **What if your school's break does not coincide with Swim Torrance's break?**

- We understand not all school districts match up for Spring Break. Have your swimmer communicate this with their lead coach so they are aware and can discuss solutions of when to train.
- The expectation during the 2-week break between Long Course and Short Course is that our swimmers avoid doing laps at a pool. We want them to stay physically active, but would rather it be through something not related to what they do during the other 49 weeks of the year. The goal is for them to miss swimming when they come back to start Short Course Season at the end of August.
- For the holidays mentioned above, if the program has specific days off, your swimmer has those days off. If you are travelling and we have some of those days off, but not all, the expectation is that your swimmer finds pool time when the swimmers back in Torrance have practice.