

Information for New Swim Families

After you join the team your swimmer will be assigned to one of the training groups:

- **Senior:** Train at THE BERNIE in FWB and the DESTIN AQUATIC CENTER in Destin.
- **Junior:** Train at WOODLANDS IN BLUEWATER BAY and HURLBURT FIELD AFB.
- **Age Group:** Train at WOODLANDS IN BLUEWATER BAY, THE BERNIE in FWB and the DESTIN AQUATIC CENTER (**Blue**) in Destin.
- **Novice:** Train at THE BERNIE in FWB and the DESTIN AQUATIC CENTER (**Green**) in Destin.

Practice:

Check the team website on the front page. Your coach will be able to tell you how often you should attend.

What to bring to every practice?

Practice Suit

Goggles (have a back-up available just in case it breaks)

A drink (water or sports drink)

Swim Gear (see below)

Swim Cap (optional)

Towel

Swim Gear Needed:

<u>GROUP</u>	<u>SUIT</u>	<u>CAP</u>	<u>GOGGLES</u>	<u>FINS</u>	<u>BUOY</u>	<u>PADDLES</u>	<u>SNORKEL</u>
Novice	X	X	X	X			
Age Grp	X	X	X	X	X		
Junior	X	X	X	X	X	X	
Senior	X	X	X	X	X	X	X

All gear is available at The Sea Dragon at The Bernie in Fort Walton Beach (850) 863-8612 – Mention Coast Aquatics and receive a 10% discount.

SWIM MEETS

Swim meets are listed on the front page of the team website. Each swimmer has the opportunity to attend many meets per year between long and short course seasons. You will select whether your swimmer will attend or decline. You will also receive an email reminder to sign up as the meet gets closer. You may make suggestions as to which events your swimmer will swim in but their coach has the final decision. Our championship meets are held at the end of each swim season (in July and February) in Alabama or Tennessee. These require specific qualifying times in order to attend. Check the “Times” tab on the website and click on Times Standards and then the championship time standards for the current season.

Swim Seasons

Club swimming in the US has two major seasons. During the short-course season, swimmers swim in 25-yard pools. This season lasts from September to the end of March. The long-course season takes place in 50-meter pools and lasts from April to the end of August.

Travel

Except for the championship meets the team attends local swim meets that are generally within 2 hours driving distance - Panama City, Pensacola, Fort Walton Beach, Tallahassee, Mobile and Dothan. We also travel to Auburn, AL.

What to Bring to the Meet

- **Required:** Swimmer, team suit, team cap, goggles and towel.
- **Suggestions:** Extra goggles, extra cap, warm clothes or parka, black sharpie, highlighter, snacks, drinks, sunscreen.
- **For extra comfort:** Chairs, blankets, bleacher seats, books/entertainment, tents (for outside meets), cooler.

When to go

The week of the meet, Coach Brad or Coach Will send an email with warm-up times. It is a good idea to plan to get to the meet 15 minutes prior to warm up (parking, set up, time to change in the locker room)

At the Meet

Heat sheets are a printed out order of the events. You can buy a heat sheet for \$5 - \$10 dollars from the host team and sometimes you can download them from the swimming app Meet Mobile. Anyone at the meet can usually point you in the right direction for heat sheet sales.

You will see swimmers with their events written on their arms or legs with sharpies. They are written in the following way:

E	H	L	
1	2	5	50F

E = EVENT, H = HEAT and L = LANE. Then beside that you write the distance and actual event. This helps the swimmers remember which events they are swimming and also any volunteer who is guiding them to the blocks.

Before you swim

The coaches like to talk to the swimmers before and after their swim. Give your swimmer time to stop by the coach's table and still make it to the starting blocks.

Bullpen: Most meets have a "bullpen" for the 8 and under swimmers. This group of volunteers lines up the kids and gets them to the right lanes for their event. They usually start getting them organized 2 events before the one they are swimming in. Listen for announcements calling swimmers to the bullpen or watch for activity there.

Older swimmers should be at the start end of the pool and their lane during the event preceding theirs. If there aren't many heats in the preceding event or they are very short distance swims they may want to get there even sooner. It is the swimmer's responsibility to be in place for his/her event. You can check in with the lane timers on your lane if you want to make sure you are in the right place.

The results of each event will be posted, usually on a wall, as soon as possible and include the swimmer's official time.

After your swimmer has completed all of their races be sure to check in with the coach before you leave. Many meets have relay races at the end of the session. The coaches decide who will be on the relay teams. When you enter a meet and know that you won't be able to stay until the end of a session tell the coach and note that on your meet entry.

Points

Points from each place, in each event are determined by the number of lanes used during the meet. Any meet giving high point awards to teams and /or individuals utilizes some type of scoring system like this example:

Eight lanes:

Place	1-2-3-4-5-6-7-8
Points for Relays	18-14-13-10-8-6-4-2
Points for Individual events	8-7-6-5-4-3-2-1

Awards

Awards are presented at the end of a session. The swimmers and teams with the most points are given awards. Each meet varies as to the number of awards they present. Some give awards to the top 6 girls and boys in each age group. Meets also give ribbons with the swimmer's swim time and place, which are collected by the team and distributed later.

How the team runs

Coast Aquatics is a non-profit organization. We are parent-driven organization. It is solely the parents who run the swim club and all activities on a volunteer basis. The general membership elects a board of directors whose main job is to hire the head coach and fund the team.

Volunteering

Since our team-hosted swim meets bring in the most fundraising dollars to the team we count on each swim family to volunteer to work at all team-hosted swim meets. It is in our best interest to do so. This keeps our monthly teams fees low. You can volunteer in many ways with the team. You can be elected to the Board of Directors, become a swim official, help to run the swim meets.

Each year we host an inter-squad meet called the “Black and Blue”. This meet helps us raise additional funds we need to maintain our program, pools and is a great way for our team to bond and have some fun in the process. In addition our meets that we host are also a large source of revenue for the club and as club members you are expected to attend, support, and volunteer at these events.

Parents Role

In addition to volunteering, the role of the parents is to ensure the swimmer follows good habits of diet and rest, receives positive encouragement and has transportation to attend practices regularly and punctually and leaves the coaching to the coaches. If you ever have a problem and question concerning your swimmer’s training always ask your coach. Head coach, Brad Kale, is always willing to speak to parents as well.

Frequently Asked Questions

1. Are practices mandatory?
 - No, however consistency is important to see improvement in your swimmer.
2. How long do we swim?
 - This is a year round swim team. We take a small break in the summer and then again in the winter.
3. Is attending meets required?
 - No, however to see a swimmers progression attending meets is necessary. Cost can range \$5 to \$80 per meet. It all depends on how many events your child swims.
4. How do we pay for dues and meet fees?
 - Our main form of payment is through ACH, automatically debiting your checking account. You can pay monthly, semi-annually or yearly.
5. Can parents attend practices?
 - YES! Parents can attend practice anytime. Please sit in areas away from swimmers so you are not distracting them while they are being coached. Please refrain from asking the coach questions during practice. Try to do that before or after practice.

6. How does a team this size communicate?
 - We use the team web page, www.coastaquatics.org and email. Please make sure a good email was given when you signed up for the team.

Swim Terms

- **BULLPEN:** Where 8 & under swimmers report at a swim meet before each event.
- **CLERK OF COURSE:** Seeds swimmers into their events and provides cards/info to deck officials.
- **COURSE:** Designated distance over which the competition is conducted. Long course 50 meters. Short course=25 yards.
- **DECK ENTERED MEET:** Meet where all entries are accepted on the first or later day of that meet and subsequently seeded into events.
- **DECK SEEDED MEET:** Meet where all entries are due prior to first day of meet and swimmers must declare availability to swim prior to scratch deadlines.
- **D.Q. (DISQUALIFIED):** The swimmer's time is not considered in the competition due to an improper or illegal stroke technique or other rules infraction. The referee or stroke judge determines DQ's.
- **RELAY ENTRY CARD:** An event card filled out for each swimmer's events. These cards are to be picked up by each swimmer at the meet before his event, then given to the timer for his assigned lane.
- **FALSE START:** An error in which the swimmer leaves the block before the swimmer touches the wall on a relay event. Also a false start is given to any swimmer who makes any movement after being called to your mark, but before the starting signal has been given.
- **HEAT:** A division of an event in which there are too many swimmers to compete at one time.
- **INVITATIONAL COMPETITION:** For those swimmers, organizations, and clubs invited by the host club.

- **LSC - Local Swim Committee:** An administrative division of USA SWIMMING with supervisory responsibilities within certain geographic boundaries designated by USA SWIMMING.
- **OPEN:** Each age group will have no qualifying times. B/C swimmers may compete, but awards will only be given to the top 6 or 8 fastest swimmers. Also, may refer to a division at a swim meet that includes events that are open to all ages, but awards will only be given to the top 6 or top 8 fastest swimmers that swim each event within this division, regardless of age.
- **PEAK/TAPER:** A carefully planned program that involves getting a swimmer's body and mind into top or peak performance levels before a major competition. (You will witness the taper program for our Regionally and Nationally competitive swimmers only.)

- **PRELIMS & FINALS MEET:** A swimmer swims an event early in the day and returns later and swims that event again if he/she makes the consolation or final heat.
- **QUALIFYING HEATS:** Competition in which a number of heats are swum to qualify the fastest swimmers for the finals where final placing for the event will be determined by the final heat of the fastest 6 or 8 swimmers.
- **SEEDING:** Events seeded on the deck—Swimmers are called to report to the clerk of course for their event on the day of the meet. After scratches are determined they are then seeded in the proper heats. Pre Seeded Heats—Swimmers are arranged in heats in events according to submitted times and heat sheets are prepared prior to the day of competition.
- **SES:** Southeastern Swimming, our LSC.
- **SPLIT MEET:** The club hosting a swim meet may choose to divide age groups into whatever order it wished for the morning and afternoon sessions.
- **TIMED FINAL HEATS:** Competition in which placing in heats are determined by the times performed in the qualifying heats.
- **UNATTACHED:** An athlete member who competes but does not represent a club member of USA SWIMMING. (UNAT) Any swimmer, who transfers to another USA SWIMMING team, must swim unattached for 120 day between representing the two teams in competition.
- **UNITED STATES SWIMMING - USA SWIMMING:** The organization that conducts swimming programs and supervises amateur competitions in the United States.
- **WARM-UP:** A planned session prior to a meet or practice.
- **WARM-DOWN:** A period after a race/practice for the swimmer to loosen up the muscles to prevent stiffness or soreness.