

# VOLTAGE AQUATICS

## Message from the Coaches

Thank you to all the parents who volunteered and supported the IMX Invitational swim meet in April! We had 61 Voltage swimmers compete in the meet and achieve new PRs! This experience would not have been possible without our great Voltage families!

The month of May officially brings in the start of the Long Course Summer Season, meaning most meets are held in 50 meter pools (instead of the 25 yard pools that we practice in).

For years the "American Standard Short Course" pool has been a 25 yard pool. Almost all high school pools and most college pools are 25 yards long and most high school and college meets are run as short course meets. USA Swimming Club teams generally swim short course meets from September through March. The international standard is meters. The Olympics, Pan-American Games, and World Championships are held in 50 meter pools. In this country, most 50 meter pools are outdoors due to the cost of building an indoor 50 meter pool. For that reason our long course season is generally from March through August.

Eventually we all will be at swim meets during the spring and summer that are long course. This will cause some confusion about times. The times will be slower because a 50 meter swim is approximately 5 yards longer than a 50 yard swim. Another factor are turns. There are less turns in long course swimming and generally, turns are faster than swimming -- we can push off the wall faster than we can swim.

Some people attempt to "convert" a short course time to a long course time or visa versa. The conversion factors are not precise due to differences in turns, strokes, and individual's ability to swim the extra distance at speed. Conversions can lead to unrealistic expectations and disappointments, or to a false sense of achievement. For those reasons we do not convert

times. We simply say that each swimmer has two sets of best times, one for long course and one for short course

I hope to see many of you racing in long course meets this summer!

~Coach Phoebe

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## Important Dates

May 17 – 19: *Spring Fling*, Boise

June 1: *Mashed Potato Dash*, Idaho Falls

June 3: Summer Schedule Starts

June 20-23: *Firecracker Invitational*, Missoula, MT

July 4: No practice

July 5: No AM practice

July 19 – 21: *Summer Championships*, Twin Falls

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