

# Neptune Swimming Team Handbook



## Mission Statement

Neptune Swimming is a nonprofit organization dedicated to the sport of swimming and aquatic activities. Neptune Swimming provides a competitive program of swimming for Sonoma County residents of diverse backgrounds.

## Vision Statement

Our vision is to inspire and enable our members to achieve their full potential in the sport of swimming, and in other areas of their lives. We are committed to the improvement of our sport and strive to provide the highest standard of education and training available.

Neptune Swimming will operate under the auspices of USA Swimming to serve our athletes, non-athletes, coaches, clubs, and affiliated members. USA Swimming is the national governing body for the sport of swimming. For more information on USA Swimming, go to [www.usaswimming.org](http://www.usaswimming.org).

## Neptune Swimming

Established in 1955, the Neptune Swim Team is one of the oldest swimming teams in Northern California. The club is organized to teach and enhance competitive swimming abilities through the basic principles and fundamentals of training and competitive swimming.

All phases of amateur competitive swimming are promoted while offering a consistent program designed to allow athletes to achieve their potential.

The team operates on a year-round basis and is open to all levels of swimmers from age 5 through college age.

The Neptunes use Ridgway Swim Center in Santa Rosa and the Healdsburg Swim Center. Each pool is staffed and operated by their respective city's Recreation & Park Department.

Throughout the years, the Neptunes have consistently produced many of the region's top swimmers – from age group champions to an Olympic Gold Medalist.

### **New to Competitive Swimming?**

Welcome! For the new swimmer and his/her family, reading this entire booklet is likely to be a confusing experience. However, certain subjects are very important to a new swimmer's success and enjoyment of the sport. We've marked those important topics within a shaded box like this one so that you won't miss them.



## Operations

### Board of Directors

Neptune Swimming is governed by a Board of Directors, consisting of eight interested and active parent volunteers elected by the voting membership, with the head coach serving as the ninth member of the board. The voting membership consists of the parents or guardians of the swimmers, each having one vote per parent, for a possible two votes per family.

The Board consists of a President, Vice-President, Secretary, Treasurer and five directors at large. Directors are elected for a two-year term of office, with alternating years of expiration. In other words, four Directors are elected one year and four the following year. Directors can serve no more than two consecutive terms except by unanimous vote of the Board.

Each September, a General Membership meeting open to all Neptune parents is held. Board elections take place by ballot after the August Board meeting, with results announced at the General Membership meeting. The installation of the new Board of Directors takes place at the October Board meeting.

For a member to serve on the Board of Directors, they need to have held club membership for one year and have actively participated as a member of the club. Only one member of a family may serve on the Board of Directors at a time.

The Board of Directors meets monthly. Parent input is always welcome. For information or questions regarding Board of Director business, please contact the club president or individual [Board members](#).

### Membership & Dues

An application form including emergency information must be completed and placed in the “new membership” folder at either pool.

#### **Annual Family Membership**

There is an annual family membership fee is payable when the family joins the team. The membership fee of \$120 is renewable annual each September.

#### **USA Swimming**

In order to join Neptune Swimming, a swimmer must also join USA Swimming. This is the governing body of swimming, which provides liability coverage for the Neptunes. USA Swimming membership is renewable annually each October.



## Monthly Dues

A participation fee must be paid in advance at the beginning of each month for each child who swims any portion of the month. If a swimmer changes swim groups in the middle of the month and this results in a dues increase, the dues increase will become effective the first of the following month. If a first-time Neptune swimmer joins the program after the 15<sup>th</sup> of the month, dues will be pro-rated at one-half the monthly dues. Dues will not be pro-rated at any other time.

Swim Group	1st Swimmer	2nd Swimmer	3rd Swimmer
<b>Neptune Swimming 2009</b>			
Seahorse 1	\$56	\$42	\$31
Seahorse 2	\$56	\$42	\$31
Red 1	\$74	\$56	\$42
Bronze 1	\$74	\$56	\$42
Red 2	\$74	\$56	\$42
White	\$87	\$66	\$49
Bronze 2	\$87	\$66	\$49
Blue	\$96	\$72	\$54
Silver	\$112	\$84	\$63
Senior Gold	\$112	\$84	\$63
Black	\$122	\$92	\$69
Senior Elite	\$133	\$100	\$75

### **Paying Your Dues on Time**

Dues become delinquent on the 10<sup>th</sup> of each month. On the 10<sup>th</sup>, an email notice will be sent to your family email account. If dues are not received by the dues chairperson by the evening of the 15<sup>th</sup>, a \$25 late fee will be assessed and the swimmer will not be allowed back in the water until both dues and late fees have been paid in full.

## Fundraising

### **Sponsorship**

The team offers a variety of annual corporate Neptune Swimming sponsorships. Corporate sponsors receive recognition through banners displayed at home meets and special events, full page advertisements in Neptune swimming meet programs, annual plaques, and their business name prominently displayed on the team web site.



# Neptune Swimming



PACIFIC  
SWIMMING



## Team Fundraising

The team generates significant financial support through annual fundraisers. The main fundraisers are swim-a-thon and swim meets. Parents are required to participate in Fundraising activities and Secondary Family obligations.

### **Primary Family Obligation**

All families are required to participate in each fundraiser by selling a minimum amount or by contributing set dollar amount, as notified by the Board of Directors.

Participation is mandatory even for families of “unattached” swimmers or swimmer’s who are on break, yet intend to return.

## Volunteering

Swimming is a volunteer sport; it literally cannot happen without parental support, this support is essential. Parent volunteer forms are available in the file boxes for parents to report their hours each month. For some events, parents can sign up in advance on the team website (Job Signup) for volunteer duties. When the website is used to sign up, the volunteer hours are automatically logged in your account.

### **Secondary Family Obligation**

Each Neptune family is required to volunteer 24 hours each year. You have the option of paying \$25 per hour in lieu of working – but your time is really needed. You can also earn credit by bringing in a corporate sponsor. Timing at meets may fill only a portion of the requirement.





# Neptune Swimming



PACIFIC  
SWIMMING



## Swim Groups

Neptune Swimming offers up to eleven different swim groups. Each swimmer receives individual consideration before being placed in a group. The swim groups in order of ability are: Seahorse 1, Seahorse 2, Red 1, Bronze 1, Red 2, White, Blue, Bronze 2, Silver, Gold, Black & Senior Elite.

Group assignments and groups changes are the subjective decision of the entire coaching staff. The coaches consider several factors when placing a swimmer or moving them to another group; these factors are generally related to the swimmer's age, ability, and commitment to the sport. As swimmers advance, the expectations and practice requirements of them also increase. While no one factor determines a group change, key considerations are:

- **Ability to train:** A consistent ability to hold repeat times and intervals in all aspects (e.g., swimming, kicking, pulling, drills) is the primary consideration for a group change. The swimmer must demonstrate his/her ability to handle the training load of the next training group, as determined by specific guidelines established for that group. This is important for self-image and success of the swimmer.
- **Technique:** Mastery of all aspects taught at the current level including stroke technique, starts, and turns are required.
- **Attendance:** Consistent attendance at daily practice demonstrates the swimmer's dedication to the training required to satisfy the more rigorous performance criteria of the next group.
- **Attitude:** Can the swimmer handle increases in stress, adversity, and "bad luck" with a positive attitude? Is the swimmer devastated by minor setbacks? Does the swimmer enjoy practice? Does the swimmer help lead the group?
- **Social Age:** Can the swimmer relate to their future peers in the next group? Will the swimmer be socially accepted? Is the swimmer "socially" ready to move to the older groups?





# Neptune Swimming



PACIFIC  
SWIMMING



## Communication

Good communication among all parties - coaches, parents, and swimmers – is vital to the smooth operation of Neptune Swimming. The club communicates through the Internet, family file folders, email, and meetings and conferences.

### Neptune Swimming Website

The team website is [www.santarosaneptunes.com](http://www.santarosaneptunes.com). Within our web site, you will find

- **What's New:** news of upcoming team events such as swim meets, social functions, and educational opportunities.
- **Results:** Meet results and summaries.
- **Calendars:** Monthly calendars for the team and each individual training group are updated regularly.
- **Records:** Top times reports by swimmer and pool length (i.e., 25 yard, 50 meter) and team records.
- **Swim Groups:** Provides practice times by pool and swim group.
- **Volunteers:** Information for volunteering in general and current or upcoming volunteer opportunities.
- **Links:** Popular links to swimming related websites.
- **My Account:** Each family has a personal account that can be accessed with your family login name (i.e., your email address on record with the team). Upon joining the team, you will be given a numbered password.

### **Check the Team Website Often**

The team website is updated frequently, sometimes on a daily basis. Through the website you can sign up for volunteer opportunities, see what meets or events are coming up, and check your family volunteer obligation or financial account. The coaches recommend that you check the website every week.

### Family File Folders

A file box is located at each pool that contains folders for every family currently swimming at that pool. It is recommended that swimmers and parents check their folders on a weekly basis for awards and important notices.



For certain Championship meets, a special folder is set up for team entries. Folders are also used for communication with chairpersons and other members of the team, such as coaches, dues, membership, and awards.

## Team Email

The team web site is responsible for contacting all team parents via email when pertinent information arises. Please contact the web site administrator of any changes in email address in order to keep the team roster updated (see annotated figure below).

On the website, select "contact" to provide new Information.

## Meetings and Conferences

The annual General Membership meeting is held in September for all Neptune swim parents. The meeting includes information regarding the state of the team and direction for the future, the voting of newly elected board members, and open discussion and dissemination of other team information.



# Neptune Swimming



PACIFIC  
SWIMMING



Meetings are generally held at Neptune functions, including the awards banquet, the talent show, and other team events. Throughout the year individual swimmer to coach or swimmer/coach/parent conferences may be arranged to handle individual problems or discuss swimmer goals.

## Social Functions

The Neptunes plan social functions throughout the year to encourage team/group cohesiveness. These functions offer excellent opportunities for teammates to become better acquainted.

### Social Functions

Social functions usually include:

- **Spirit Week:** Held during August the week prior to the Redwood Empire Aquatic League (REAL) meet, events are usually held every day. This is a particularly good opportunity for younger and older swimmers to interact.
- **Talent Show:** Held at least once a year, everyone enjoys a potluck dinner while watching skits, music, dance, and other talents presented by the swimmers.
- **Awards Banquet:** Held once a year in the Fall.
- **Swim Meets:** Held at least once a month, swim meets are always a primary way to get to know your fellow swimmers and their parents.



### Team Pictures

During the summer each year, we have a professional group photo taken of each training group. Optional individual and small group photos are available. Picture day is held sometime during the summer.



# Neptune Swimming



PACIFIC  
SWIMMING



## Team Awards

At the Awards Banquet in the Fall, swimmers are awarded for their achievements during the previous year. Awards include:

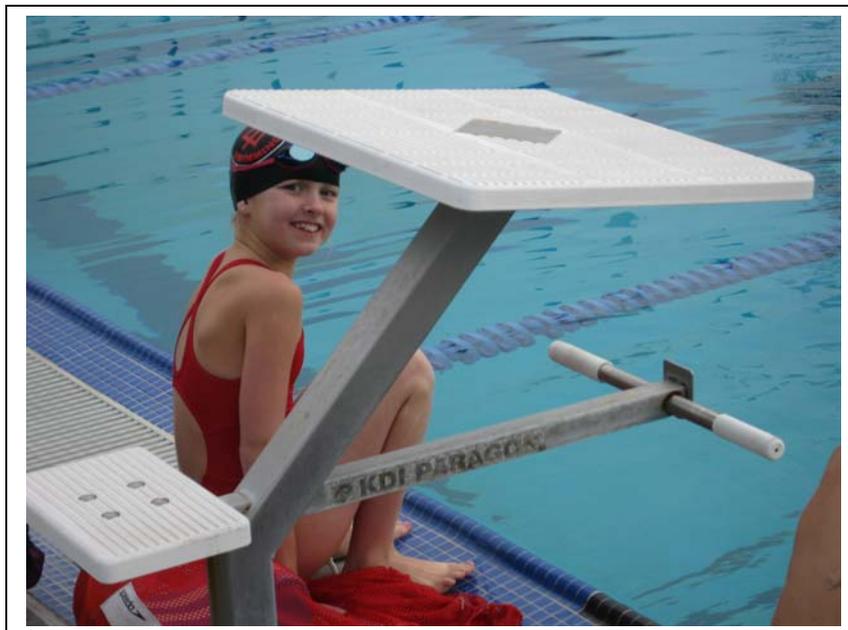
- New Team Record certificates for records achieved in the previous swim season.
- Academic All-American certificates for swimmers who achieve 3.5 GPA or equivalent in the previous semester.
- Highest level of time standard achieved during the past season (each swimmer is eligible for one award - either certificate, trophy, or plaque).
- Recognition of special efforts by the coaches.

Recognition is also given to coaches and parents who have made extraordinary contributions to our team.

## Rules and Swimmer Obligations

### USA Swimming Rules

Neptunes swimming adheres to USA swimming rules. These rules ensure the safety of our swimmers and the smooth operation of the team.



## Important Rules/Obligations for Swimmers and Parents

### USA Rules

1. Parents are not allowed on the pool deck during swim practice. Should a parent wish to discuss a matter with a coach, he/she must wait until the practice session has ended and set up an appointment with the coach. Email is the preferred method of communication with the coaching staff.
2. Smoking and the use of tobacco products are prohibited on the pool deck, in locker rooms, in spectator seating or standing areas, and in all areas used by swimmers. Sale and use of alcoholic beverages are prohibited in all areas.

### Practice and Meets

3. Swimmers should not arrive at the pool more than 15 minutes before their scheduled swim/dryland practice time.
4. Keep a notebook for your swimmer with their meet times, USA Swimming registration card, Pacific Swim guide, etc. Bring it to the meets so your records can be current.
5. Swimmers should not leave a swim meet without first notifying the coaching staff.

### Overall

6. Never criticize your child's performance. Let the coach discuss these matters with the swimmer. Coach/parent conferences can be scheduled.
7. Parents should review the Swimmer Obligations with their swimmer(s).
8. Please inform the coaching staff and Dues Chairperson of extended absences due to injury or illness. Written notice should be placed in the head coach's and dues folder so you will not be charged for the months your swimmer does not swim.





# Neptune Swimming



PACIFIC  
SWIMMING



## Swimmer Obligations

Every swimmer (and parent) needs to review and follow their obligations. Adherence to these obligations is important to building a successful swimming career.

### **Swimmer Obligations**

- Swimmers are responsible for beginning each workout at the scheduled time (e.g., not five or ten minutes late). Warm up is an essential part of the workout and tardiness can cause problems with lane cohesiveness.
- Swimmers should assist the coaches in setting up and putting away any equipment that is needed. Help is also needed with lane lines and pool covers.
- Swimmers should wear their team suits at all swim meets, including team caps and any other team apparel.
- Swimmers are expected to behave respectfully toward teammates, public pool users, and city employees.
- If a swimmer has signed up for a meet and finds that he/she cannot attend, the coach should be notified immediately. This is especially important during Championship meets and any meet with relays.
- Swimmers should keep a record of their best meet times. This is important for goal setting and a measuring tool on improvement.

## Discipline/Complaint Procedure

Discipline problems are dealt with on an individual basis. Swimmers must understand their responsibilities to the coaching staff, parents, other team members, practice schedules, meet schedules, and to personal property. Deviant behavior will be dealt with immediately in the form of a reprimand, temporary suspension, or possible termination from the team. Swimmers should discuss all questions or problems with their coach; these conversations will be kept confidential. Parents with questions or problems concerning their swimmer should feel free to talk with the coach before or after swim practice or set up a meeting via email. Questions or concerns regarding the operation of the club should be discussed with the head coach or the club president. It is unacceptable to discuss personnel or team operation issues with other team members. Items can be placed on board meeting agenda to be discussed by the board of directors.



# Neptune Swimming



PACIFIC  
SWIMMING



## Hierarchy of Swimming

### Federal Internationale de Natation Amatuer (FINA)

[FINA](#) is the world governing body for swimming, diving, water polo, and synchronized swimming for all countries that participate in the Olympic Games.

### USA Swimming

[USA Swimming](#) is the national governing body for our country. In order to compete in FINA recognized competition, swimmers must belong to USA Swimming. The Neptune Swimming organization is a member of USA Swimming and therefore offers our swimmers the ability to compete in all levels of amateur competition, including the Olympic Games, if qualified. USA Swimming also provides its member teams with important insurance coverage.

### National Zones

Zones have been comprised on a national level based on the geographic sections of the country. They are Eastern, Central, Southern and Western. Each Zone elects two members to serve on the board of directors for USA Swimming. Neptune Swimming is in the Western Zone<sup>1</sup>.

### Local Swimming Committee (LSC)

The LSC is the administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming. Each LSC has a board of directors, holds regular meetings, and has standing committees which serve such areas as finance, membership, registration, meet sanctions, and meet scheduling.

One of the primary functions of each LSC is to determine the type of meets it would like to hold. For example, Far Westerns is one of the premier age group meets in the United States and it belongs to the Pacific Swimming LSC. Far Westerns is an open competition to all USA Swimming swimmers who qualify based on the set time standards.

The LSC also determines time standards. For example, the [Pacific Swimming LSC](#) determines the time standards for Junior and Senior Women & Men and Senior Trials & Finals meets. USA Swimming on the other hand, determines the time standards for Grand Prix, Junior and Senior Nationals, and Olympic Trials.

---

<sup>1</sup> This is not the same as “Zone 3”.



# Neptune Swimming



PACIFIC  
SWIMMING



## Neptune Swimming LSC

Pacific (PC) is the name of the Neptune Swimming's LSC. You will need to supply this information whenever you enter a swim meet.

### Local Zones

Within Pacific Swimming, local zones have been formed further dividing the area. There are five zones located within Pacific, all identified by numbers. Neptune Swimming is located in Zone 3.

Each club has a Zone Representative who attends monthly meetings and reports back to the Neptune board of directors. Any concerns regarding Pacific or USA Swimming should be addressed to the Zone Representative, Tony Scott, who will in turn take it before the Zone Committee.

### League

A league is a group of organized swim teams who participate in dual meets with a final championship meet at the end of the predetermined season. The Neptunes are a member of the REAL which has a summer competition season.





## Swim Meets

### Classes of Competition / Time Standards

Swimming is divided into classes of competition and time standards to assure fair and adequate competition. Time standards regulate the qualification of swimmers for each class by setting a minimum and maximum time. Time standards are re-evaluated and announced each year. Time standards<sup>2</sup> can be found in your Pacific Swim guide or online at [pacswwim.org](http://pacswwim.org).

#### **C, B, A, JO, FW, and PRT:**

Age group swimming is where virtually all swimmers begin, and the C and B standards are the basic developmental and meet entry time standards used in Pacific's age group program. C is the entry-level standard and a B time is everyone's first big goal. A, JO, FW and PRT times are higher-level motivational standards.<sup>3</sup>

**JO meet standard:** The Junior Olympic (JO) meet standard is the qualifying time standard for the JO meets that are offered in Pacific in March, July, and December<sup>4</sup>.

**Far Western meet standard:** The Far Western meet standard, also known as the Q time standard, is the qualifying time standard for the two Far Western Championship meets that Pacific host each year in early April and early August<sup>4</sup>. The Far Western meet standard is currently the fastest time standard in Pacific used for meet entry purposes.

**PRT (Pacific Recognition Time):** For 8/unders, PRTs are the time standard used for compiling the top times each year for this age group. For the other age groups, PRTs are a recognition time standard between Q and National Reportable Times.

**NRT (National Reportable Time or Top 16 Reportable Time):** the national age group time standard established by USA Swimming to compile the top 16 USA Swimming age group times each season.

**Junior:** provides open competition to all swimmers based on qualifying times (not age).

**Senior:** provides open competition to all swimmers regardless of age, based on qualifying times.

**Sectionals:** Nickname for the Speedo Championship Series. Open "senior level" meets held in the spring and summer. Qualifying times, sites, dates and meet rules are

---

<sup>2</sup> There are no time standards for the 6-under age group and there are only B, A, and PRT standards for the 8-under age group.

<sup>3</sup> 8/unders do not have all of these standards.

<sup>4</sup> There are no separate JO or FW times for 8/unders -- they must qualify for JO or FW meets at the 10/under standard.



# Neptune Swimming



PACIFIC  
SWIMMING



determined locally. There are no age groups. Sectional Championships are generally held in December and July.

**WZCT (Western Zone Consideration Time):** a long course (50 m) time standard established by Pacific Swimming which is used in the selection process for the team that represents Pacific Swimming at the annual Western Zone Championships in August.

It is important to note that all meets conducted by USA and Pacific Swimming members must be sanctioned and received a sanction number. Sanctioning a meet requires that all entrants and clubs are members of USA Swimming, and that all USA and Pacific rules and regulations are in effect.

## Types of Meets

As noted in the previous section, time standards are used to determine participation in various meets. There is a wide range of meets in which Neptune Swimming participates. For all meets, check with your coach and team web site regarding participation requirements, check the calendar frequently regarding entry deadlines, and remember to enter meets as early as possible because many of them fill up very quickly.

### C/ B / A+ Meets

These meets are open to all Neptune swimmers, regardless of previous racing experience. Each swimmer is responsible for his/her own entries, which can be mailed or completed online via swim connection.

### Championship Meets

These meets offer prelims (also called trials) in the morning and finals in the afternoon. Swimmers are responsible for completing their own entries. The Championship meets regularly attended by Neptunes include the following:

- **REALs:** Held in early August – no minimum time standards required
- **Zone 3's:** Held in January, typically requires specific qualifying times or better.
- **Junior Olympics:** Held in March, July, and December; requires JO times or better.
- **Far Westerns:** Held in April and August; requires FW times or better.
- **Sectionals:** Typically held in December and July; requires Pacific sectional qualifying times.
- **Senior Nationals:** Held in December and July; requires qualifying times.

### Dual Meets / Racing Series

This is the best place for new swimmers to begin competition. Dual meets are held between two or three teams. This is a short meet, generally lasting about 3-4 hours. Swimmers are responsible for their own meet entries.



# Neptune Swimming



PACIFIC  
SWIMMING



## **Pacific Swimming All-Star teams:**

North American Challenge All-Star Team & Western Zone All-Star Team members are often selected at the Far Western meet. If you intend to compete for a spot on one of the All-Star teams, you must have achieved at least 4 Western Zone times (WZT). The 80-member Pacific Swimming All-Star team travels together as a group to and from the week-long North American Challenge and the Western Zone championships where they compete against other All-Star teams. The location of these meets varies, and has included Hawaii, Canada, and Mexico.

The Zone All-Star meet is held in March with teams competing from Pacific Zone 1, Zone 2 (North and South), and Zone 4. Sixteen swimmers, eight girls and eight boys, from age groups 8-under up to the 13-14 are chosen by submitting their fastest times and are selected by Zone 3. Swimmers participating in the meet receive a cap and a t-shirt from the Zone. A Swimmer wishing to be considered for selection should see her/his coach.

## **USA Swimming Meets**

USA meets are the higher qualifying meets that include Grand Prix/ Short Course Nationals/ Junior Nationals/ US Open/ Senior Nationals & Olympic Trials meets.





# Neptune Swimming



PACIFIC  
SWIMMING



## General Meet Information

There are a few very important items to note about swim meets as listed in the text box. It is very important to check the team web site for the meet schedule and to talk with your swimmer's coach for a list of appropriate meets.

### Important Meet Information

- All swimmers must be registered athletes with USA Swimming. Swimmers are required to register on an annual basis and this must be done through the team membership chairperson in October. Families will be notified accordingly.
- The hosting team sends out meet sheets approximately 1-2 months before the meet. This sheet will list the schedule of events, dates of the meet, location and directions, entry deadline, awards, and meet requirements.
- Copies of appropriate meet sheets are found on the team web site under meet/event schedule tab.
- All meets in Pacific swimming are listed on Pacific Swimming's web site [pacsweb.org](http://pacsweb.org), giving the date, location, type of meet and a contact person for more information.
- Meets are generally held on weekends (both Saturday & Sunday) on a year round basis. Meets are also held on some 3-day Holiday weekends. Some championship meets start on Wednesday or Thursday.

## Online Entries

All meets offer you the option of entering the meet online. This allows you to receive immediate confirmation of your entry into the meet. Please note that online entry services generally charge a processing fee for the use of their service that is in addition to the entry fee you are required to pay to enter the meet. Use of online entry services is voluntary and in no way required or expected of a swimmer. It's a good idea to keep a copy of any confirmation form or email you receive from the online entry service and bring it to the meet with you.

Enter only individual events for which you qualify (your coach will enter relays). For example, in a B/C meet you may not enter events in which you have equaled or bettered an A time. Also as an example, in an A+ meet you may only enter events in which you have achieved an A time or better. Enter your best time for each event.



# Neptune Swimming



PACIFIC SWIMMING



Finally, mail or hand deliver your entry, with the appropriate fee, to the address on the meet sheet by the deadline given. An example consolidated entry card is shown below.

CONSOLIDATED ENTRY CARD		
NAME : LAST FIRST INITIAL		
JONES JANIE J		
CLUB CODE	IF UNATT SWIM CLUB	CLUB NAME
AAQ		ANYTOWN AQUATICS
AGE	DATE OF BIRTH	AMT. PD.
13	APRIL 1, 1984	\$11.00
USS REG NUMBER	PIC7JJJJ040184	
SEX:	M	<input checked="" type="radio"/> F
	AGE GROUP 13 - 14	
EVENT NO.	DISTANCE / STROKE	ENTRY TIME
5	200 IM	2 : 37.89
15	100 FREE	1 : 04.56
25	100 FLY	1 : 21.23
45	100 BACK	1 : 17.89
55	50 BREAST	: 39.01
65	50 FREE	: 30.12
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
COACH:	TOM SMITH	
SWIMMER'S ADDRESS	555 MAIN STREET ANYTOWN, CA 94400	
PHONE #	(415) 340-0000	





# Neptune Swimming



PACIFIC  
SWIMMING



## Meet Events

The events held at a swim meet vary, depending on the type of meet held. Events are divided into individual events based on stroke and distance. Some distances are only swum in meters while others are only conducted in yards.

- **Strokes: Freestyle, Backstroke, Butterfly, Breaststroke & Individual Medley (at least 1 length of each stroke in the following order: Fly, Back, Breast, Free)**
- **Distance: 50, 100, 200, 400 (meters), 500 (yards), 800 (meters), 1000, 1500 (meters), 1650 (yards)**

### What's the difference between short and long course?

A short course pool is 25 yards (or, occasionally, 25 meters) long; a long course pool is 50 meters long. The majority of swimming competition in America, and the majority of the pools, are short course yards, while in other parts of the world, meter-length pools and long course competition tend to be more prevalent. Most U.S. national and major international championships -- such as World Championships and the Olympic Games -- are held at the long course distance, although short course meters competition is becoming increasingly popular on the international scene.

The annual swimming calendar in the U.S. is divided into two seasons. From September to March, virtually all competition is short course, building toward regional and national championship meets like Sectional Championships in early March, the USA Swimming Spring Championships in early April (which is actually swum long course), Pacific's short course Far Western Championships in late March, and, on the collegiate level, NCAA division championship meets in March.

April through August is long course season. During this period, swimmers train at, and meets are offered at, the long course distance whenever possible. Long course season culminates with local, regional, and national long course championship meets in late July and early August.

## Age Groups

The age of a swimmer on the first day of a meet determines the age category in which he/she will swim that entire competition.

Boys and girls swim separately and are divided into age groups. Age groups are as follows: 6-under, 8-under, 9-10, 10-under, 11-12, 13-14, 15-16, 17-18, 13-18, and Open. Some meets will group one or more age groups together in competition but will usually award the age groups separately.



# Neptune Swimming



PACIFIC SWIMMING



## Relay events

Relays are composed of four swimmers, all girls, all boys, or mixed from the same age groups. Occasionally fun relays are held with various combinations of age-groupers. Relay types include: 200 Freestyle, 200 Medley, 400 Freestyle, 400 Medley, and 800 Freestyle. The medley relays order of strokes is backstroke, breaststroke, butterfly, and then freestyle. All relays are chosen by the coaching staff – athletes are selected by times achieved in an official USA swimming sanctioned meet.

## Meet Procedures and What to Bring to a Meet

### Procedures

All levels of meets have some common procedures including when swimmers should arrive, check-in, find the team area, get heat and lane assignments, talk to the coach after the race, and warm down.

- **Arrival Time:** swimmers should arrive at the meet 15 minutes before the scheduled warm up time (most warm ups begin at 7:30 am – so arrival time would be 7:15 am).
- **Check-In:** the swimmer is responsible for checking in for all of his/her events. This should be done as the first thing upon arrival to the competition; failure to check in will result in the swimmer being scratched from their events with no refund.
- **Team area:** the swimmer should then check in with their specific coach, find out where the team area is, set up in the tent area, and get their suits on.
- **Warm-up:** the swimmer should get into the pool at the designated time set by the coach to complete the meet warm up. This is the swimmers time to practice race strategies, race turns, race dives, and get comfortable with their surroundings. *Missing the warm up time is not beneficial to fast swimming.*
- **Heat/Lane Assignments:** Prior to each event, the meet administrators will post a heat/lane assignment sheet. Heat/lane sheets are typically posted in 4-5 locations surrounding the competition area. The swimmer is responsible for knowing their heat and lane assignment. *Names are listed alphabetically and will appear as follows:*

Name	Team	Age	Assignment
John Smith	SRN	(7)	heat 5/ lane 3

- **Race:** After checking in with their coach, the swimmer arrives to the starting area two to three heats before they are scheduled to swim. *Swim hard and swim smart.*
- **After the race:** the swimmer is expected to get their time and then check in with their coach to talk about the race. This is really important to the maturation of the swimmer as a racing swimmer.
- **Warm down:** Once the coach/swimmer are done talking about the race, the swimmer is then expected to swim a certain number of laps (determined by the



# Neptune Swimming



PACIFIC  
SWIMMING



coach) of easy swimming to relax the muscles and allow the recovery process to begin.

- **Nutrition:** Eating throughout the day and drinking plenty of fluids will also encourage the muscle recovery process.
- **Results:** Roughly 30 minutes after each race, the results from that event will be posted in multiple locations around the competition area. If the meet is listed as Trials & Finals the swimmer should determine whether they placed into the finals before leaving the meet. If they do place into the finals, they are expected to come back at the designated time for warm up and competition. Failure to show up for finals will result in a disqualification and scratched from the rest of the meet.

## What to Bring to a Meet

There are a few basic items that are needed at a meet and many optional items.

### Meet Gear

#### Required

- Team suit.
- Team cap (these are *sometimes* available for purchase from the coach or a designated parent).
- Warm clothing such as team parka, team sweats, shoes, and socks. It is important to keep your muscles warm- even in sunny weather. Mark all of your team apparel with your name.
- Towels – bring two or three per swimmer.
- Nutritious Foods – Most meets serve food, but not always the most nutritious food. Good ideas include fresh fruit, water, juices, energy bars, Gatorade, bagels, sandwiches, noodles, rice, and baked potatoes. Eating a balanced diet even on meet day is important to performing great.
- Directions, top times list, and event numbers.
- USA Swimming registration card.

#### Optional

- Pop up/easy up/tent.
- Folding chairs.
- Sleeping bag.
- Video/ card games, books, or other entertainment.
- Hat and sunscreen.



# Neptune Swimming



PACIFIC  
SWIMMING



## Team Gear

### Swim Suits

Neptune Swimming is currently sponsored by NIKE & Johnson's Pool & Spa. Therefore, the NIKE competition suit with Neptune Swimming logo are ordered from Johnson's Pool directly at 707-837-0604, email at [swimnsave@johnsonpoolandspa.com](mailto:swimnsave@johnsonpoolandspa.com) or [click here to go directly to the team order form](#). All meet participants should wear Neptune Swimming competition suits.

### Caps

Neptune swimming caps are available through the team merchandise dealer, and should be worn at all meets. Neptune caps are available for purchase at team meets and specific practices.

### Parkas

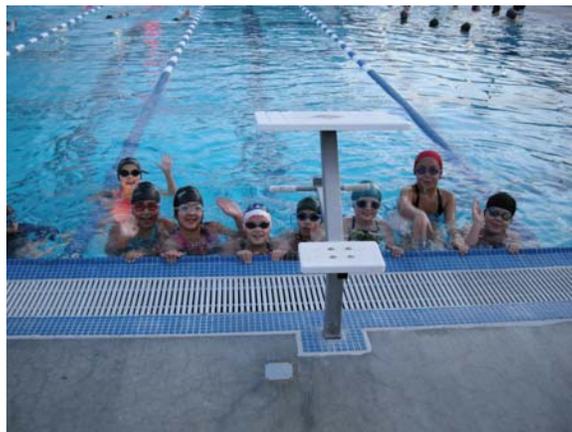
Neptune parkas with fleece lining can be purchased through Johnson's Pool & Spa. Lettering is optional and is an additional charge; the standard is to have the swimmer's name on the front in red script and Neptune Swimming in lettering on the back.

### Sweatshirts

Will be available for purchase at Johnson's pool soon.

### Training Equipment

The swimmers family should purchase a mesh bag, kickboard, long fins, paddles, pull buoys, snorkel's, and breaststroke fins as requested by their coach. It is important to mark them clearly with the swimmer's name.





# *Neptune Swimming*



PACIFIC  
SWIMMING



2005 - 2006