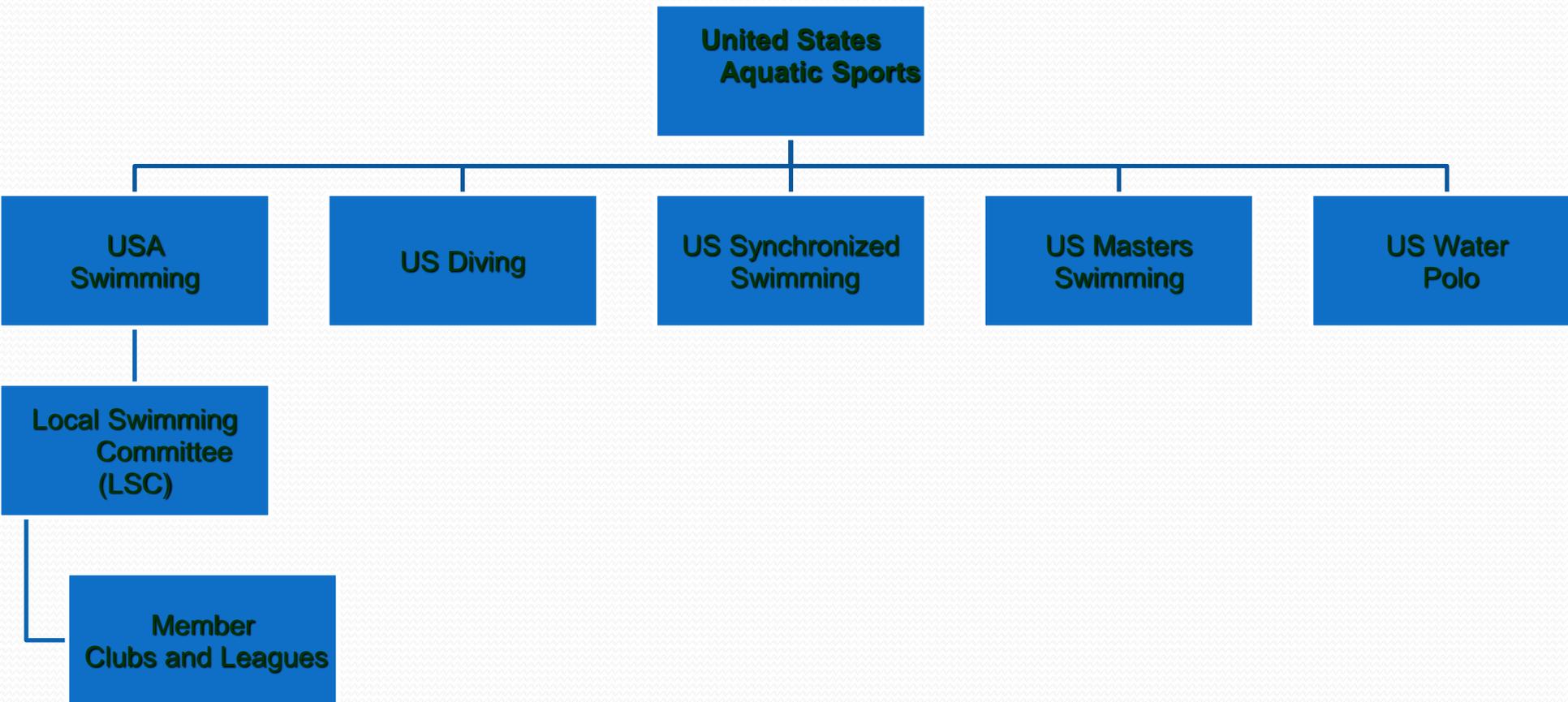


OLYMPUS

AQUATICS

Competitive Swimming Basics for Parents

# Competitive Swimming Organizational Structure - National



# USA Swimming Philosophy

## **Vision Statement**

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

## **Core Objectives**

- Build the base
- Promote the sport
- Achieve competitive success

# Geographic Areas of USA Swimming

- Eastern Zone – 12 LSC's
- Southern Zone – 15 LSC's
- Central Zone – 15 LSC's
- Western Zone - 17 LSC's
  - Alaska, Arizona, Central California, Colorado, Hawaiian, Inland Empire, Montana, New Mexico, Oregon, Pacific, Pacific Northwest, San Diego-Imperial, Sierra Nevada, Snake River, Southern California, **Utah**, Wyoming

# Utah Swimming Incorporated (UTSI)

- One of 59 administrative subdivisions of USA swimming. These subdivisions are known as Local Swimming Committees, or LSCs.
- USI's territory includes the state of Utah.
- USI is made up of more than 3,000 registered athlete members and more than 30 member clubs.
  - Each member club is required to have at least one individual who is:
    - a coach member of USA Swimming and who has completed CPR, first aid, and Coaches Safety Training.
    - Coaches, officials, and other non-athlete members of UTSI and USA Swimming are required to complete a background check and athlete protection training.
    - All swimmers participating in sanctioned activities (including club practices and workouts, competitions and meets, etc.) must be registered athlete members in good standing of Utah Swimming and USA Swimming.
- Utah Swimming is governed by a House of Delegates, which includes representation from all of Utah's club members and which meets once a year, and by a Board of Directors, which meets monthly.

# USA Swimming Membership

- Membership includes:
- Mandatory insurance coverage for practices and meets
- Subscription to Splash magazine
- Membership number: combination of the swimmers' birthdate and name. Middle initial is important!
  - MMDDYYFIRMLAST

# Olympus Aquatics

- Olympus Aquatics (OA) is a 501 (C) (3) non-profit corporation:
  - Competitive Swim Team
  - Pre-comp Team
  - Swim Lessons
  - Master's
  - Water Polo
- Parent owned, governed by a parent board
- Established in 2013
  - Practice held at Granite High School Aug-2013-April 2014
  - OHS pool opened in April 2014
- OA Handbook is available on the OA website

# OA Mission & Vision Statement

## **Mission Statement**

The Olympus Aquatics mission is for all members to cultivate, teach, train, and believe in every single swimmer's pursuit of excellence in mind, body, and spirit.

## **Vision Statement**

Our vision is to be among the best swimming clubs in the country by providing our community with great learning opportunities, great training opportunities, great relationships, and the greatest most rewarding total athletic experience possible.

# Key OA Policies to review - Facility

- **Closed Deck Practice** – Coaches, Athletes and USA Swim Officials allowed on Deck – **Parents upstairs.**
- **South Door** – Do not enter or knock. Do not open for your buddy. Please support this!
- **Main Entry** – Shoes in shelves. No shoes on deck.
- **Please Shower** – Keeps the water clean.
- **Wear clothes to and from practice.**
- **Fire lane** – Please do not park or wait here – It is an accident or injury waiting to happen. Be idle free.

# How do I find out about team items like meets, social events, entry deadlines, schedule changes?

- We send out e-mails to your email address we have on file. Please read these messages carefully.
  - 99% of questions are answered in these emails
- We also have our upcoming meets/social events posted on our team website under “Events.”
- Calendar on the OA website
- Announcements made on the news page- OA website
- We post updates to the GroupMe app
  - Schedule changes will happen, we try to keep changes to minimum. We realize that you have come to depend on a certain schedule, and we don't take making changes to the schedule lightly.

# USE THE WEBSITE!

# Website: [www.olympusaquatics.com](http://www.olympusaquatics.com)

The screenshot displays the Olympus Aquatics website homepage. At the top, the header features the organization's name "OLYMPUS AQUATICS" and "Salt Lake City, Utah" in a bold, white font against a dark background of splashing water. To the right of the header are logos for "WORLD 100", "USA SWIMMING", and "UTAH SWIMMING". Below the header is a navigation menu with links for Home, Swim Team, OA Calendar, Events, Lessons, Masters, Water Polo, Triathlon, Safe Sport, Team Records, and Gear.

The main content area is divided into several sections. On the left, there is a sidebar with a "Sign In" button, "Start Registration" and "More Information" links, a "TeamFeed" section, and a "Contact Us" button. Below this is a large circular logo for "OLYMPUS AQUATICS SWIMMING" featuring a stylized swimmer. Further down are social media links for Facebook, Twitter, and Instagram.

The central section contains a "FOR LIVE UPDATES AND INFO" banner with a QR code and the GroupMe logo. Below this banner is a vertical menu with links for "Olympus Aquatics Registration", "Coaches", "2021 Summer Lesson Info", and "2021 Summer ORCA Registration".

The bottom section includes a "News" area with a date "5/31/21" and a headline "Athlete applications for Age Group Zones are now open". To the right of the news is a "Swim Meets" section with tabs for "Swim Meet" and "Team Functions", and a "CHAT Non-Qualifier" link.

At the very bottom, there is a "Proud Partners of Olympus Aquatics" section with logos for USA and Utah.

# Olympus Aquatics Contacts

- Head Coach: Tom Thorum
  - [coachthorum@gmail.com](mailto:coachthorum@gmail.com)
- Registration: Melissa Stringham
  - [mmstringham@yahoo.com](mailto:mmstringham@yahoo.com)
- Billing: Melissa Stringham
  - [mmstringham@yahoo.com](mailto:mmstringham@yahoo.com)
- Volunteer Coordinator: Becky Barton
  - [beckylbarton@hotmail.com](mailto:beckylbarton@hotmail.com)
- Social Media/Publicity: Shawn Stringham
  - [shawn@olympusaquatics.com](mailto:shawn@olympusaquatics.com)
- Apparel/Team Gear: Matt Morton/Kim Lund
  - [mattmorton@gmail.com](mailto:mattmorton@gmail.com), [thelunds@me.com](mailto:thelunds@me.com)
- Other questions:
  - [olympusaquaticsclub@gmail.com](mailto:olympusaquaticsclub@gmail.com)

# What is my role during my swimmer's practice?

- You are welcome to view practice from the bleachers. You can run errands. You are not required to stay at the pool during your athlete's practice.
- We ask that you pick your child up on time from practice. If it's cold- make sure they have warm clothes.
- Please refrain from coaching from the bleachers:  
giving hand signals, getting their attention, or otherwise disrupting the group. We try hard to keep their attention, and this can distract coaches and swimmers.

# Why are parents not allowed on deck?

- To eliminate as many distractions as possible
  - Distraction to coaches and swimmers
- Safety
  - Only USA Swimming members are allowed on deck during practice (coaches, swimmers, officials, board members)
    - Completed background check
    - Completed Athlete Protection Training

# How do I communicate with my child's coach?

- The coaches have a compacted schedule while on the pool deck coaching. It serves the athletes well if their attention is focused on the swimmers during their practice times. Please do not interrupt practice or try to talk to them between practice.
- Preferred method of contact is by email. If you have not heard back from your coach within 24 hours, email [olympusaquaticsclub@gmail.com](mailto:olympusaquaticsclub@gmail.com) and they will try to get you an answer.
- Coach office hours by appointment
  - You can also send a direct message via GroupMe or text

# GroupMe

**FOR LIVE UPDATES AND INFO**



groupme

## What if I need to get my child out early?

- Have your child inform the coach ahead of time, and when you need to get your child out, it is OK for you to get your swimmer's attention and remind them that they need to leave.

## If my child is going to miss a practice, who do I notify?

- No need to notify anyone. We'll see you next practice.
- If a medical reason will keep your athlete out of the water for an extended period of time, send your coach an email.

# What does my swimmer need to bring to practice?

- Each group has specific gear items required. These items are listed in the team handbook on our website.
- All of our swimmers **MUST** have:
  - **Swimsuit**
  - **Goggles**
  - **Towel**
  - **Water bottle**
  - **Fins**
- Kickboards and pool buoys are provided
- OA swim caps are available for purchase (\$10) in the pool office from our coaches/staff.
- We ask that all swimmers rinse off in our showers prior to getting in each day. This helps keep our water clean!
- No Band-Aids or gum allowed in the pool

# Competitive Swim Seasons

- Short Course Season: Sept 1-March 31
  - Competitions occur in 25 yard pools (OA)
  - High School Season – November through February
  - Championship Meets: qualifying times
    - Utah Senior State February
    - Utah Short Course Age Group Championships (14 & under) March
    - Sectionals Mid March
    - Far Western Championships (late March or early April)
- Long Course Season – April 1 – August 31
  - Competitions occur in 50 meter pools
  - Championship Meets: qualifying times
    - Utah Long Course State mid-late July
    - Sectionals (mid July)
    - Far Westerns (late July)
    - Senior Zones (late July)
    - Age Group Zones (14 & under, early August)

# Is there any time off from practice in year-round swimming?

The seasons generally run as follows:

- Short Course – September 1<sup>st</sup> through State in March, usually 26 weeks.
- Long Course – First week of April through State in late July, usually 17 weeks.
- There is a two week break in August and usually a week break in late March/early April (spring break).
- No practice on major holidays
- Typically practice is cancelled when the team will be at a meet (watch for schedule updates).

# How does a meet get approved (sanctioned)?

- Host team prepares a sanction application and submits it to the USI sanction chair for review and approval.
  - Meet Director, Admin official, Referee and Starter must be named on the application.
  - Event file (created in Meet Manager) must also be submitted along with payment
- Once the sanction # is received, the meet info will be posted and advertised.
- Once sanctioned, athletes can select events.

# Swim meet sign up

- **Events are posted to the website. Once the meet is sanctioned and all information is available, an invitation email will be sent to all relevant swim team groups. If you cannot attend, make sure to decline.**
- **Swim meet entries are completed online**
  - [www.olympusaquatics.com/events](http://www.olympusaquatics.com/events)
- **Make sure to sign up (or decline) prior to the registration deadline**
- **Pay careful attention to:**
  - The meet dates, times, and location
  - The limit on the number of events per session/day
  - Open vs age-specific events; if selecting an open event explain rationale in the notes section
- **Leave messages for the coach in the notes section**
  - For example, selected open events on purpose, cannot attend specific sessions/days, etc.
- **Coaches will review and approve selected events**
  - Changes may be made to your selections, make sure to review your approved events online
  - **Coaches may register swimmers for meets and you will be required to pay the meet fees unless you decline the registration by selecting “No” on the event signup page prior to the meet registration deadline.**
- **To confirm what events your swimmer is entered in, check online or use on deck parent. Approved events will have a red checkmark.**
  - Meet fees will be invoiced to your account

# What events do I select?

- Any events that your swimmer has a “no time” (NT)
  - Each swimmer is encouraged to try every event that is age appropriate (i.e., an event at state)
    - For example, an 8 year old doesn't need to swim the 1650 free
    - A 13 year old doesn't need to swim the 50 fly
  - Some meets don't allow NTs (e.g. last chance meets)
- Any events they haven't swam this season or recently
  - Swimmers continuously improve and grow each year
- Any events in which they are trying to achieve a motivational time, state time, zone time, etc.
- IMX/IMR events
  - Some meets are designated IMX meets and awards are given based on IMX score achieved at the meet
    - Our OA IMX challenge is an IMX meet. This helps our swimmers get an IMX score early in the season and to see their rankings. It also helps our club- the % of swimmers with IMX/IMR scores is encouraged by USA swimming
- 50/100 freestyle: this really helps our relays! We score most of our points from relays at state (2 per gender/age group)

# IMX/IMR

- The IM Xtreme Games promote and reward versatility in age group swimming while advocating greater participation and development across a range of events. The goal is to enable long term success in swimming.

## **IMX (IM Xtreme) Events:**

- 10 & Under – 100 Fly, 100 Back, 100 Breast, 200 IM, and 200 Free
- 11 & 12 – 100 Fly, 100 Back, 100 Breast, 200 IM, and 400/500 Free
- 13 & over– 200 Fly, 200 Back, 200 Breast, 200 IM, 400 IM, and 400/500 Free

## **IMR (IM Ready) Events:**

- 10 & Under : 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)
- 11 & 12 : 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)
- 13 & over: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

- An IMX or IM Ready score is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season.
  - Additionally, a swimmer must complete all of the events in the same course (SCY – Short Course in Yards or LCM – Long Course in Meters) to have a score in that particular course.
- Awards are given each season (SC & LC) by USI based on IMX/IMR score by age & gender. Swimmers are ranked within their club, by state, and nationally.

# IMX/IMR

## HOW DO I SCORE IMX POINTS?

- Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek. See the Power Points page for more information and to use the Power Point Calculator on [www.USASwimming.org](http://www.USASwimming.org).

## HOW DO I PARTICIPATE?

- Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a *Deck Pass Account*, then compete in each required event, at a sanctioned meet, at least once in a season. Deck Pass is the tool that we reviewed during the Parent Informational Meeting and is an application that you can download to an I-Phone, I-Pad, I-Pod Touch or via [www.USASwimming.org](http://www.USASwimming.org) and helps swimmer track their results individually, helps them compare their scores against others in our area, or nationally, and then awards them “badges” and points towards goals.
- OA awards certificates each year at our banquet that displays their scores for either IMR or IMX including their national, zone, LSC and club rankings.

# Deck Pass Plus

## **Deck Pass Plus**

Take full advantage of your USA swimming membership online by creating a Deck Pass account (it's free):

See all of your child's personal-best times

Track the meets they swim in

Track your child's improvement

Check out seasonal bests

Compare times to swimmers nationwide

See the digital patches they earn



# What is an IM event?

- IM = Individual medley (individual swim)
  - Butterfly
  - Backstroke
  - Breaststroke
  - Freestyle
- IM = Individual medley (relay event)
  - Backstroke (in water start)
  - Breaststroke
  - Butterfly
  - Freestyle

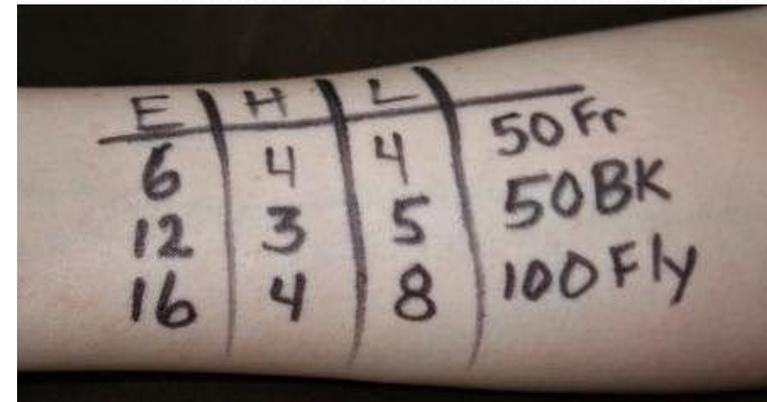
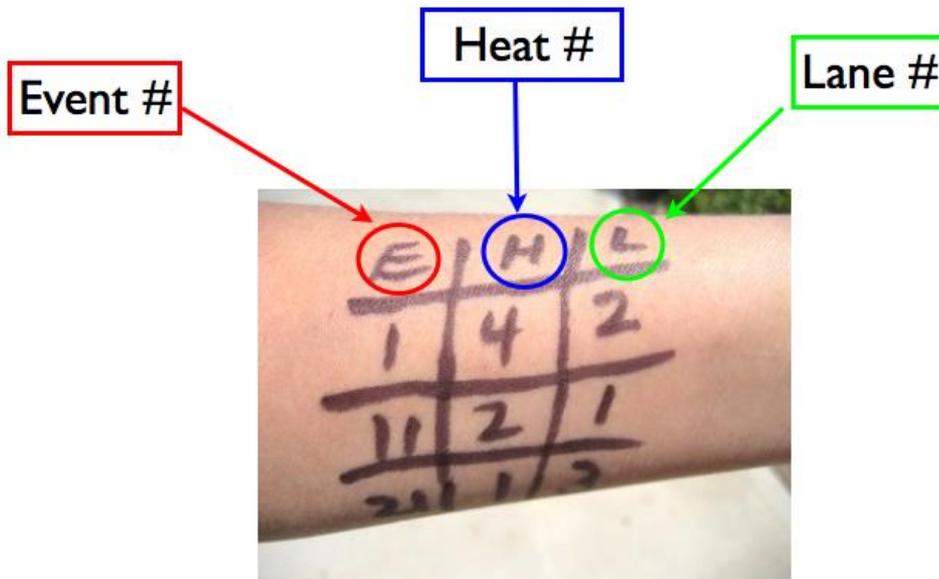
# What does my swimmer need to bring to a meet?

- OA Gear, we are a team and it is important that we RESPECT the CULTURE and look like a team.
  - T-shirt colors usually fade to black
    - 2 day meet: Day 1: white, Day 2 black
    - 3 day meet: Day 1 white, Day 2 silver, Day 3 black
- Other required items:
  - Ready to race attitude
  - 2 OA Caps: this helps coaches identify swimmers in the water
  - 2 pairs goggles
  - Several towels
  - Parka
  - Swim bag
  - Warm ups or other warm clothes
  - You may also want to pack a few healthy snacks, bottled water, maybe a sports drink or two. Concessions vary from meet to meet.

# How do the swimmers find their heat and lane assignments?

- Upon arrival and check-in, the meet director will produce heat sheets for each event and provide this information to the coaches.
- Heat sheets may be sold at concessions or check in.
- Check the meet mobile app.
- Heat sheets are often taped to a wall or white board in multiple locations at the facility.
- For younger swimmers, please assist your swimmers in writing the event, heat and lane assignment on their arm. About 1-2 events (15 minutes) prior to a swimmers' race, the swimmer should check in with the coach and line up to race. Add 5 minutes for a restroom pit stop!

# What is arm marking?



The above grid show this swimmer is in event #1, heat #4 and in lane #2

Their next event will be event #11, heat # 2 and lane # 1

# Parent Responsibilities - Meets

- Be on time – **Swimmers should be on deck 15 minutes before their scheduled warm-up time**
- Stay until the coach tells the swimmer it is ok to leave –check if they are on a relay
- Help your swimmers find their heat and lane assignments and get to their races on time.
- Respect all officials
- Athletes report to their coach before and immediately after each of their events
- Parents don't try to talk to the coaches on deck during the meet. If your child is disqualified in an event, look at the posted results to see why. If you need more info, email or text their coach.

# Timer Information

- As a visiting team, OA may be required to provide timers for 1-2 lanes. There will be a timers meeting prior to start time- listen for an announcement. Attend even if you are 2<sup>nd</sup> shift.
- Anyone 11 and older can be a timer.
- Parents / Sponsors of swimmers registered to swim in a meet are asked to serve as timers for that meet.
- It is the responsibility of each volunteer to sign up online. [Assigned Timers must check-in to receive credit toward their volunteer commitment to OA.](#)
- Parents are responsible to negotiate any assignment changes with other parents assigned to the meet or with other parents in the Club.
- Swimmers often must provide their own timers for long distance events  $\geq$  400 meters/ 500 yards.

# Types of swim meets

- **Developmental Meet** - These meets are beginning level meets and the best place to learn what competitive swimming is all about. Swimmers will try new events at these meets. NT's (No Times) are allowed at these meet. NT's mean that a swimmer has not achieved a legal time in an event. Developmental level meets are usually 1 day meets and are a Timed Finals format.
  - **Mini Meet** - These meets are developmental level meets and typically for 12-under swimmers.
- **Open/Invitational meets** - This is the next level of swim meet. These meets are usually require that a swimmer have a time in an event or have met a qualifying time for that event and/or time. These meets can be from 2-4 days long depending on when the meet is. The Invitationals can be broken down into different types (B/C, Non-Qualifier, Championships) of meets based on qualifying times. Also, these meets can be a Prelims/Finals format .

# Types of swim meets continued

- **B/C Finale** - One of the two types of season ending meets for Utah. This is the season ending meet for swimmers that have achieved 3 or less state qualifying time standards.
- **SC State Championships / LC State Championships** - This is the big meet of the season for most swimmers. Swimmers must achieve a qualifying time in an event to compete in this meet. The state meets run for 4 days.
  - SC is separate for Age group/seniors, LC is combined
- **Western Zones, Sectional, Jr. Nationals, Futures, Nationals** - These meets are top end championship meets with challenging time standards. Also, these meets are regional and national level meets with participating swimmers from all over the country, and last anywhere from 3-7 days.

# Types of Swim Meets

Timed Finals – all swimmers swim each of their events once

There are multiple heats

As heats are completed, the times will be posted in a central location

Times from all heats are compared and places awarded according to times

Awards are typically given to the coaches at the end of the meet

Awards are distributed in family folders the next week at practice

Most meets follow this format

Prelims/Finals – all swimmers swim each event once

The top 8-24 swim again in finals

Finals are typically held later that afternoon or evening

Awards are given according to times posted at finals

Each heat at finals is scored separately: If someone who was 9<sup>th</sup> at prelims is faster than someone who was 1<sup>st</sup>-8<sup>th</sup> at finals, the best they can place is 9<sup>th</sup>

Championship Meet – usually follow the prelim/finals format

Coaches focus on the championship meet all year

Swimmers train hard all year to see how well they can do at this meet

All swimmers with qualifying times are expected to attend!

**DO NOT MISS YOUR SWIMMER'S CHAMPIONSHIP MEET**

# What is the difference between a Timed Finals format and a Prelims/Finals format?

- In a Timed Finals format, swimmers swim each race only once. Most invitationals, developmental meets and dual meets are Timed Finals meets.
- In a Prelims/Finals format, swimmers compete in each event in the Preliminary session and the top swimmers advance to the Finals session. Evening sessions can be made up of a Championship Heat (A final), Consolation Heat (B final ) and sometimes a Bonus heat (C final). Some invitationals and all state championships, far westerns, zones, sectionals and higher level meets are Prelims/Finals formatted meets. Penalties apply for missing events.

# What is a DQ?

- A DQ means the swimmer was disqualified from the race and will not receive an official time for the race.
- Each meet is staffed by USA Swimming officials who are responsible for paying careful attention to every detail of the swim, from start to finish.
- There are a number of infractions that can result in a DQ, including a false start, incorrect stroke or kick, or illegal finish.
- In the event of a DQ, the official will raise their hand and report the infraction to the meet referee. The coach will be notified to explain the infraction. Though a DQ can be upsetting to the swimmer, most swimmers experience them and they should be considered an educational experience.
- **Do not discuss a DQ with an official. Your swimmer should talk with their coach.**

# Why are swimmers required to participate in at least 1 meet per month

- OA is a COMPETITIVE swim team. Meets are the fun part of swimming! This is where the swimmers have the opportunity to see how they are progressing and watch their hard work and dedication pay off. Meets are where the swimmers learn what areas they can improve in and try different races.
- The state championship is the big meet of the season for most swimmers. Swimmers must achieve a qualifying time in an event to compete in this meet. By competing in 1 meet per month, swimmers have more opportunities to achieve state qualifying times.
  - ALL swimmers with state qualifying times are expected to participate in the state championship meets.

# Swim meets – No Shows

- If you sign up to attend a meet, go to the meet.
- Impacts of missing a meet
  - Pay for events not attended
- Entry fees & coach fees are non-refundable
  - \$10 coaching fee per swimmer per meet
- If you must miss a meet due to emergencies, notify **your coach ASAP**

# Can I enter meets not on the meet schedule? Yes

- We have a meet schedule that we post online and adhere to. We add meets from time to time, and some meets get canceled for various reasons.
- OA swimmers are allowed to enter the meets that are not on our schedule that are appropriate for that swimmer's level.
- Request permission from the Head Coach and submit your entry manually.

# What are qualifying times and time standards?

- Time standards are times that a swimmer achieves at swim meets that meet a specific criteria. Swimmers are grouped into different age groups by gender for different time standards.
- The Utah Age Group State Championship time standards are the times that a swimmer must achieve in order to participate in the state championships (i.e. qualifying times).
- USA Swimming has created Motivational Time standards that swimmers can use to monitor and gauge their progress. The Motivational Time standards are based on a percentage of national reportable times and then broken down further into divisions. The first division is B, followed by BB, A, AA, AAA, AAAA.
- Most of the Utah championship qualifying times are between BB and A times. The largest percentage of swimmers in the country are less than an A time standard in any given event. Western Zone time standards are close to a AAA time.

# How are age group motivational time standards determined?

- Age Group motivational standards are set on a four year, or “quad”, base. The current Age Group standards started on 9/1/2021 and run through 8/31/2024.
- USA Swimming takes the last time of the top 16 for the previous four years and compares it to the 16th fastest time in an age group for the current year. If there is no difference, the motivational time standard remains the same.
- Time standards for short course meters and long course meters are based off of the time standards for short course yards. A formula that multiplies the distance conversion by the short course yards base time is used.
- There is a link to these time standards on the OA site
- Awards are given to OA swimmers based on these time standards annually at our awards banquet in April.

# Where can I find the time standards?

- On our team website under the times tab
- Links to the Utah swimming website
- USA swimming website

# Goal setting

EVENT	BEST TIME	GOAL TIME	ACHIEVEMENT INTERNAL ACTIONS & HABITS	ACHIEVEMENT EXTERNAL NEEDS & HELP
50 Free	32.00	29.00 (A cut)	go to every practice work hard in practice sleep, eat well	competition suit- mom/dad coach critique technique good food in the house
100 Free	1:10.30	1:04.00 (state cut)	improve my dive increase strength work hard	enroll in CT enroll in dryland mom and dad pay

Goals: motivational times, state qualifying times, etc.

Incremental, realistic, achievable goals. Once achieved set new goals

Keep a journal to track success or use deckpass

Rewards for achieving goals

Nate Last- Mental Grit

# Why are swimmers required to attend a minimum number of practices per week?

- Our coaches design training plans seasonally to prepare the swimmers for the championship meets. These workouts build on each other. If swimmers miss practice they may fall behind the rest of the group. This not only affects their progress but also their confidence.
- As the group levels advance, the attendance requirements increase and skills/drills/intervals also progress in complexity and intensity.
- Our program incorporates Ultra Short Race Pace Training (USRPT).
- **Why do we use USRPT?** Very simple...CONSISTENCY and CHALLENGE. Our workouts are developed by our coaching staff who put A LOT of time into their training method, schedule of the season and focus to make sure your swimmer's can be their best and achieve their goals!

# USRPT: Ultra-short race-pace training

- USRPT prepares the athlete for the specific physiological demands of a race scenario
- The athlete must learn to accurately monitor their times
- The athlete must promptly begin repetitions and immediately record their time upon completion of each repetition
- The athlete must also become self-aware of technical details that enhance or deter their performance
  - Stroke count, underwater kicks, and quality of technique must be monitored by the athlete in order to match the desired and required details of a BEST Effort.

# Swim groups

- Alpha, beta, gamma
  - Senior Team (15-over)
  - 13-14
  - 11-12
  - 9-10
  - 8-under
- Locations
  - Olympus High Aquatic Center - 4055 South 2300 East, Holladay Utah
  - The Sportsmall - 5445 South 900 East, SLC Utah

# Why hasn't my swimmer moved up into a higher group?

- The coaches try to create the best possible workout environment possible. Group and lane assignments are based on several factors and NOT just race times. Just because a swimmer does well in a meet does not mean that they are ready for the next level or lane. Coaches look at attendance, work ethic, ATTITUDE, consistency, workout performance, meet participation, USRPT set results, group requirements, maturity levels, ability to get along with others and many other factors before they decide to move someone up.
- They also try to follow a schedule of move-ups in between seasons. This allows them to build a cohesive and well structured environment that allows athletes to have stability and consistency, which are critical factors toward success.

# On Deck Coach

- Manage rosters
- Track attendance
- Track workouts
- Time with the stopwatch
- View swimmers best times
- Compare times to time standards
- View meet entries
- View which swimmers have achieved specific qualifying times



# On Deck Parent

- Access your TeamUnify account
- View messages
- View your swimmer's best times
- View time standards
  - See how close your swimmer is to qualifying time
- Convert times
- View your swimmer's meet entries
- Signup for jobs, view signup



# Meet mobile

- Get swim meet results in real time
- View Heat Sheets, Psych Sheets, Lane Assignments & More



# When will results be posted?

- Results are posted to the team website within 24 hours after they are received from the host team.
  - This can range from 1 day to 1 month following the conclusion of the meet.
- Results are not official until they are posted to the USA swimming SWIMS database (linked to your deckpass account)
  - This can range from 2 days to more than 1 month following the conclusion of the meet.

# Transferring clubs

- Swimmers may transfer club affiliation by completing a transfer form with the swimmer's name, address, birth date, the name of the club from which the swimmer is transferring, and the date of last competition with that club. All transfer forms should be sent to Shawn Stringham ([shawn@olympusaquatics.com](mailto:shawn@olympusaquatics.com)).
- If you transfer clubs and wish to enter a meet, and if you have represented a previous club in competition within 120 days of the meet, you must enter your affiliation as "unattached" for that meet. Once the 120 day unattached period is complete, you may now enter meets attached to your new club.

# If I'm also swimming for my high school team, can I participate in Club meets?

- The Utah High School Athletic Association (UHSAA) the governing body for high school athletics in Utah, requires that Utah high school swimmers must compete unattached in any USA Swimming meets held during the high school season (November 1-February 28).
- For Utah registration purposes, swimmers swimming in high school competition do not need to change their registration status with the UT Registration Chairman; however, they must enter any USA-S competition as "unattached" during the season. If a swimmer enters a meet as attached to their club during the high school season, s/he must change his or her affiliation to unattached with the clerk of the course at the meet.
- If you plan to change your club affiliation during this period, you can use the high school as a part of your 120 day unattached period.

# Resources

- The Talent Code, Daniel Coyle
- Grit, Angela Duckworth
- The Power of Habit, Charles Duhigg
- Smarter Faster Better, Charles Duhigg
- Good to Great, Jim Collins
- A Step by step Guide to USRPT, by Dr Brent Rushall, 2014
- Team website

[www.olympusaquatics.com](http://www.olympusaquatics.com)

# Website: [www.olympusaquatics.com](http://www.olympusaquatics.com)

## OLYMPUS AQUATICS Salt Lake City, Utah



UTAH  
SWIMMING

Home Swim Team OA Calendar Events Lessons Masters Water Polo Triathlon Safe Sport Team Records Gear

Sign In

Start Registration

More Information

TeamFeed

Contact Us



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Proud Partners of Olympus Aquatics



Olympus Aquatics  
Registration

Coaches

2021 Summer  
Lesson Info

2021 Summer  
ORCA Registration

### FOR LIVE UPDATES AND INFO



Olympus Aquatics is a year-round competitive age-group and masters swim team, lesson program and water polo club offering high-quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to national competitor.

Olympus Aquatics currently trains at Olympus High Aquatics Center (4055 South 2300 East) on the campus of Olympus High School.

All of our coaches are expert swimmers and pride themselves in their ability to teach stroke mechanics while building the entire athlete. They provide assurances that the time children spend in swimming will be quality time.

We are a nonprofit club run by a Board of Directors and volunteers who meet regularly.

Members are encouraged to be involved in team activities and fundraisers.

**Mission Statement:** The Olympus Aquatics mission is for all members to cultivate, teach, train, and believe in every single athlete's pursuit of excellence in mind, body, and spirit. While always being focused on the health, well-being and safety of our athletes.

**Vision Statement:** Our vision is to be among the best swimming, water polo and triathlon clubs in the country by providing our community with great learning opportunities, great training opportunities, great relationships, and the greatest most rewarding total athletic experience possible while maintaining utmost physical, emotional and mental well-being and safety of all the members of our community.

News

5/31/21  
Athlete applications for Age Group Zones are now open

Swim Meets

Swim Meet Team Functions

CHAT Non-Qualifier  
Jun 10, 2021 (08:00 AM) - Jun 12, 2021 (02:00 PM)

# Volunteerism

- We are a board and parent run organization and count on all of you!
- Minimum Commitment: 36 hours per year (9/1-8/31) at a rate of  $\geq 9$  hours per quarter
- Opportunities
  - Work all OA hosted meets
    - Hosted meet positions listed under job signup tab
  - Be a timer at home and away meets
  - Become an official

# Officials

## Types of Officials

- Stroke & Turn (S&T)
- Starter (SR): "Take your mark"
- Chief Judge (CJ): helps report DQs
- Deck Referee (DR): Whistle blower
- Meet Referee (MR): Top official at meet
- Administrative Official (AO): Run computer, timing console

A minimum of 4 officials are required to run a swim meet MR, SR, AO, S&T

OA currently has 8 certified officials: 1 MR, 0 SR, 1 AO, 6 S&T

2 S&T officials are currently training to be a starter

## How to become an Official

- Create an account online with USA Swimming
- Attend a USA-S approved Official's Clinic
  - Friday Sept. 16, Provo Rec Center: 6:00-9:00 p.m. Administrative Officials Clinic
  - Saturday Sept. 17, Provo Rec Center: 1:00-4:00 p.m. Stroke and Turn clinic
- Complete an open book Official's test online at [www.USASwimming.org](http://www.USASwimming.org)
- Register with both USA Swimming and OA
- Pass the Level 2 Background Check
- Complete the Athlete Protection Training
- Complete 24 hours of on deck training

# Officials

## **Benefits of Becoming an Official**

- Help support an excellent sport for children and promote a healthy lifestyle for children. We can't run meets without officials!
- Gain a more thorough understanding of swimming; help your swimmer understand the rules.
- Get closer to the action; know what's happening on deck with the best view of the pool.
- Dress "fashionably": white polo shirt and khaki/black pants!
- Fulfill volunteer obligations: all hours worked count toward your volunteer commitment.
- All OA meet fees are waived (e.g., coaches fees). Many meets also waive swimmer meet fees or provide a gift card.
- Receive great hospitality during sessions officiated.
- Free heat sheet!

**If interested, visit**

**<http://www.swimutah.com/>**

**Officials tab**

**Contact Sheri Holmen**

**sheri.holmen@gmail.com**

# Questions?

- Email:

[olympusaquaticsclub@gmail.com](mailto:olympusaquaticsclub@gmail.com)

[coachthorum@gmail.com](mailto:coachthorum@gmail.com)

[shawn@olympusaquatics.com](mailto:shawn@olympusaquatics.com)

[mmstrigham@yahoo.com](mailto:mmstrigham@yahoo.com)

