



## Wave Parent Handbook

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## **1. Team Mission, USA Swimming and Pacific Northwest Swimming**

Mission: The mission of Wave Aquatics is to create an environment where excellence is expected every day.

### About USA Swimming:

USA Swimming is the National Governing Body for competitive swimming in the United States. USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act, which specified that all Olympic sports would be administered independently. Prior to this act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, Indiana. USA Swimming Headquarters office was established in Colorado Springs, Colorado, in 1981 and is located at the Olympic Training Center.

As the National Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements the policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent the United States in international competition.

### About Local Swimming Committees:

Within the United States, there are fifty-nine (59) Local Swimming Committees (LSCs). Each LSC is responsible for administering USA Swimming activities in a defined geographical area and has its own set of bylaws under which it operates. A House of Delegates with representation of athletes, coaches, members of the Board of Directors and clubs is responsible for managing the business affairs of the LSC.

Our LSC is Pacific Northwest Swimming. Pacific Northwest Swimming, Inc. (PNS) geographic territory is the state of Washington west of, but not including, the Counties of Okanogan, Chelan, Kittitas and Yakima and north of, but not including, the Counties of Cowlitz, Skamania and Klickitat. PNS promotes swimming for the benefit of swimmers of all ages and abilities; supports the USA Swimming Core Values of Build, Promote, Achieve; and governs in accordance with the standards, rules, regulations, policies and procedures of FINA and USA Swimming.

Wave Aquatics is a USA Swimming and PNS registered club.

### About Wave Aquatics:

Wave Aquatics is a volunteer organization with a professional coaching staff. Administrative decisions are made by the board of directors which includes the two head coaches and 6 parent volunteer members. All swimming decisions are made by the head coaches. The board and the clubs members help to support the coach's efforts and ultimately the success of the swimmers.

## **2. Your role as a Parent**

## The Parent-Athlete Relationship

Competitive swimming programs provide many benefits to young athletes including self-discipline, good sportsmanship, and time management skills. Competition allows the swimmer to experience success and to learn how to treat success and failure as two sides of the same coin, while becoming healthy and physically fit. As a parent, your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child to continue. Show your interest by ensuring your child's attendance at practices, by coming to swimming meets and volunteering for your club at swim meets, or by participating in fundraising, etc.

Parents contribute to the success experienced by the child and the team. Parents serve as role models and their children emulate their attitudes. Be aware of this and strive to be positive role models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents and teammates. Remember that you are teaching your child at all times.

### **Be Enthusiastic and Supportive**

Remember that your child is the swimmer. Children need to establish their own goals, and make their own progress towards them. Be careful not to impose your own standards and goals. Do not over burden your child with winning or achieving best times. Let them know that first they are the child you love, and second, a swimmer. Tell them you will love them whether they swim well or not, and ask only that they give their best effort. Learning about oneself while enjoying the sport is the most important part of the swimming experience. The swimming environment encourages learning and fun, which will help your child develop a positive self-image.

### **Positive Parenting Tips**

1. Your child needs your emotional, physical, and financial support. Be liberal in providing this support.
2. Support but do not push your child.
3. Understand development – long-term development as an athlete, and growth and development as it impacts performance.
4. Be realistic in terms of expectations; factor in age and skill level; be aware of your child's perception of your expectations.
5. Emphasize performance and effort, not just outcome. The athlete only has control over his/her performance. Define and measure success as giving maximal effort and as personal improvement.
6. Keep winning in perspective.
7. Do not bribe.
8. Give plenty of encouraging and rewarding statements. Criticize sparingly.
9. View swimming as an arena in which to teach your child about commitment, hard work, and coping with adversity.
10. Work to form an effective Coach-Athlete-Parent Triangle.

# Keeping the Fun in Swimming

*By Suzie Tuffey, Ph.D., Former USA Swimming Sport Psychology Director*

A few years ago, USA Swimming conducted a survey to try to understand why kids participate in swimming and why kids drop out of swimming (Results from this survey were printed in the December 1996 issue of USA Swimming's Splash magazine). Probably the most important finding from this survey was that 'fun' played a huge role in participation. Kids stay in the sport because it is fun and, conversely, kids leave the sport because it is no longer fun. Based on this finding, USA Swimming decided to conduct a follow-up research project to try to identify exactly what is fun and what is not fun about swimming. In the first phase of this project, we held focus group interviews with a total of 48 age-group swimmers (Ages 8-18) from three USA Swimming clubs. The athletes were asked a variety of questions to uncover their perception of 'fun aspects' and 'not such fun aspects' of swimming. Specific to this article, two questions focused on the influence of parents on kids' swimming enjoyment - "What do parents do that makes swimming fun?" and "What do parents do that takes away from the fun of swimming?" The question was not whether parents have an influence on kids' swimming enjoyment (because we know they do) but on the specific things parents do and say which influences the fun in swimming, both positively and negatively.

Through these focus group interviews, the kids were able to help us better understand the influence parents can have on their enjoyment of swimming. From a review of the athletes' responses, several 'themes' seem evident regarding the things parents do and say to their swimmers that have a positive and a detrimental influence on swimming enjoyment. It is important to be aware of these things that impact enjoyment because, as we have found, enjoyment influences participation in swimming and we all want the kids to stay involved in swimming and enjoy the experience. As you read on, keep in mind that this is coming directly from age group swimmers; the words are taken directly from athletes and reflect their experiences in swimming.

What do parents do that makes swimming fun? And what do parents do that takes away from the fun of swimming?

## **Provide Support**

One resounding theme coming from the kids was that parents increase the fun in swimming by providing unconditional encouragement and support. For the most part, it seems that a physical presence at meets and interest in what their child is doing goes a long way toward enhancing swimming enjoyment. The kids seem to enjoy swimming when they feel their parents support them regardless of the performance outcome. This theme is illustrated by the following:

"My parents are very supportive. I know, like, my parents will be happy for me whatever I do. I mean, if I do bad, they'll still be comforting and if I do good they'll be happy for me, you know. It's just, I think the people that their parents are so pushy, I think that they're gonna, um, they have the most potential to quit because they have so much pressure on them." (Age 15-18)

"She (mom) doesn't expect anymore from me than I expect from myself which I think that's important because when parents start placing expectations on their kids, like, it just makes the kids more stressed. I just think parents should be very supportive." (Age 15-18)

"Just knowing that he (dad) is there, you know. I can go up and ask for 50 cents for some food or something. It has actually given me that support feeling that my parent, one parent, is there." (Age 15-18)

"You need reassurance (after swimming poorly), like, they still love you. They're still going to give you a ride home." (Age 13-14)

"I always want my mom to be there. I always want someone to be there watching me, cheering me and stuff like that and I kind of don't feel like I want to do as well when they're not there. I kind of feel like I need to show them even though they tell me I don't need to show them." (Age 13-14)

### **Don't push too much**

A theme that was identified by the kids as detracting from the experience of fun in swimming related to parents' pushing too much. Some of the kids felt that excessive pushing by their parents to practice, compete and perform well detracted from the fun of swimming, as exemplified below:

"Well, I don't exactly like it sometimes because they push me too hard that it makes me feel bad and I just don't like to swim sometimes because they push me so much." (Age 10 and under)

"I saw this one mom who was yelling at her kid, like, 'I spend so much money on you. I can't believe you did so bad today.' And the kid was already crying and her mom's like yelling at her and her mom throws her stuff down and leaves. If my mom ever did that, I'd just want to quit because you need encouragement from everyone around you if you want to win." (Age 13-14)

"On the day you don't want to go to practice and you're not feeling well, they force you."

"Oh, I hate that!"

"And is that good?" (interviewer)

"Oh, no, that's bad"

"No, it makes you get worse." (Ages 11-12)

### **Learn Optimal 'Push'**

Interestingly, there was a positive side to this idea of 'parental pushing'. Kids talked about the role of parents in enhancing fun in swimming by providing a push. However, caution is warranted as there is a fine line between pushing in a positive way and pushing to the detriment of kids' enjoyment. As evidenced below, it seems a slight push from parents can enhance subsequent enjoyment and, as kids point out, is often needed.

"I think your parents sort of want you to do things and I think you kind of grow to like it you're sort of pushed firmly by them." (Age 15-18)

"I think that parents need to push their kids a little more when they're younger because I know when I was like 11 or 12, there would be days where I didn't want to go to practice." (Age 15-18)

"They kind of push us to go to swimming and it makes us, like, feel better that we swam." (Age 11-12)

"I like it when my parents push me because I was out for a year and I became a C swimmer because I aged up and just this last meet, in all of my things, I became a B swimmer instead because my parents were cheering me on and they pushed me." (Age 8-10)

It's kind of good for them to kind of maybe push you now or make you go to practice now." (Age 10 and under)

### **Resist Assuming the Role of Coach**

A last theme evident from kids' responses tied to the idea that when parents take on the roles and responsibility of the coach it takes away from the fun in swimming. Critiquing races, offering suggestions on what went wrong or how to improve, and placing expectations on performance are examples of things parents do that tend to decrease the kids' enjoyment. An exception to this seems to be that when parents have credibility as swimmers, advice is sometimes welcome as it is viewed as coming from an 'expert' as opposed to a parent. To be sure, however, parents may want to ask their kids if they want advice or suggestions regardless of the parent's swimming background. Kids talk about this detrimental influence:

"My mom, I mean, my parents are supportive of me and they're like, fine, but sometimes my mom is just like she keeps asking me everything about what do I think I did wrong if it's a bad race and I want to just forget about it. It is really annoying when she keeps asking me." (Age 13-14).

"They don't know as much as a coach. Like my mom, she tries to tell me what to do and I don't listen to her, but it is annoying." (Age 11-12)

"Well. Sometimes they annoy me because they like I don't keep my head down enough and they are like 'you've got to keep that head down'. They keep annoying me about that." (Age 8-10)

"If I've had a bad race and my mom is telling me what I did wrong, I won't really listen to her. But if I did pretty well and she's still pointing some things wrong that can make me faster, then I'll take it to my coach and let him help me so I can do better." (Age 13-14)

"I like it whenever my dad gives me goals 'cuz he's a master swimmer. But my mom, whenever she's in the pool, all she does is like float and she doesn't like to get her hair wet unless she's in the shower so when she says 'you gotta keep on doing this', I'm having a hard time believing it because she doesn't really swim that much. She just likes playing around with it." (Age 10 and under)

"My dad used to be a swimmer and he, like, almost made it to the Olympics so him just being there is like a real big motivation and he gives me advice and stuff." (Age 13-14)

### **What does all this mean?**

1. Taken in conjunction, it seems that kids want parents to be a presence in their swimming. But, they want this presence to be one of unconditional support with little advice. In essence, the kids seem to be saying, 'Mom and Dad, support my efforts but don't try to help me swim faster'.
2. Parental 'push' was mentioned by the kids in both a positive and negative vein. Because of individual differences in needs and preferences, it is probably very difficult for parents to define and identify an "optimal push"; a push that is strong enough to be beneficial but not so strong that it is perceived as overpowering by the kids. However, for the benefit of the kids, every effort should be made to walk this fine line and try to achieve an 'optimal push'.

# 10 Commandments for Swimming Parents

by Rose Snyder, Managing Director Coaching Division, USOC

Former Director of Club Services, USA Swimming

(adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

## **I. Thou shalt not impose thy ambitions on thy child.**

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

## **II. Thou shalt be supportive no matter what.**

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

## **III. Thou shalt not coach thy child.**

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

## **IV. Thou shalt only have positive things to say at a swimming meet.**

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

## **V. Thou shalt acknowledge thy child's fears.**

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

## **VI. Thou shalt not criticize the officials.**

Please don't criticize those who are doing the best they can in purely voluntary positions.

## **VII. Honor thy child's coach.**

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

## **VIII. Thou shalt be loyal and supportive of thy team**

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

## **IX. Thy child shalt have goals besides winning.**

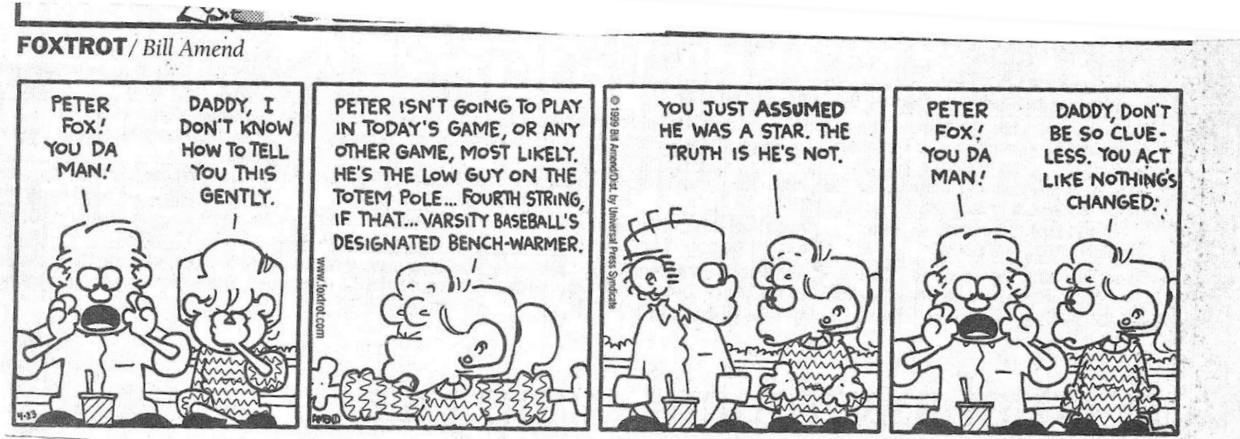
Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

## **X. Thou shalt not expect thy child to become an Olympian.**

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

### **Other Notes for Parents of Swimmers**

- Swimmers of the same age can vary in terms of physical maturity by as much as 5 years.
- Not all teams train the same way. At Wave we emphasize learning strokes and techniques as we believe this is the best way for swimmers to achieve both short term and long term success. As swimmers advance through the groups, and their strokes become more polished training (physical fitness) takes a larger role in the practices and the swimmers development. Too much training too early can lead to short term success but can also limit long term success.
- You have no idea what another swimmer's level of talent, training, or how much or how often they swim each week.
- These notes add up to one thing: comparing your swimmer to other swimmers is comparing apples to oranges.



### **3. Vacations**

Vacations are important for all families so they can travel, learn, and spend some relaxing, fun time together. Wave realizes this, and we have breaks during the year following each season. We typically take a week break in December and March/April. We also take a more extended break in August from 3-4 weeks.

Because swimming is such an environmentally specific sport (in addition for the need to be in great physical shape), time out of the water will negatively affect swimmer's performances at meets.

If you take a vacation in the middle of a swim season there a few things to keep in mind:

- The closer to the end of the season the time off occurs, the greater impact it will have on the swimmer's performance on their final meet that season
- You can swim with other USA Swimming Clubs while on vacation- Wave hosts swimmers visiting the Seattle area fairly regularly. You can find teams through the USA Swimming website:

[USA Swimming LSC Portal Link](#)

- Swimming solo is *not* a good way to stay in shape- it's better than nothing, but not much. We highly recommend finding a team you can practice with while you are out of town.

The best time to take vacations with regards to swimming is during the team breaks.

We expect all Wave swimmers to be available to participate in the championship meets at the end of each season: December, March, July. We post the meet schedule for the year (September-August) during our summer break so families can plan with those meets in mind.

Keep in mind that your swimmers are working hard to finish the season on a positive note; making the championship meet, making finals at the championship meet, dropping time, etc. They need your support at home in addition to what they're getting at the pool during practice. Getting them to practice on a consistent basis without breaks is a simple, effective way to help them achieve their goals.

## **4. Great Ways to Help the Team**

Wave Aquatics runs in part because of the effort of the coaching staff, but just as important is the families who support the team- not just by going to practice and paying dues, but by helping the team with an occasional day to day operations or special events.

Most parents work and have jobs that require skills- skills that could be used to help the team. If you have skills in marketing, budgeting, accounting, finance, communication, etc. you could use those to help the team in some way.

Even if you don't, there are other ways to help the club that simply require a willing spirit on your part.

Remember that by helping your club, you are helping to create a better long lasting environment for your child as well as the other children on the team.

Currently here is a list of things that you can volunteer to assist with:

**1. Executive Board-** if you have business experience and know how to work well as part of a team this is a great place for you to use your expertise. Members of the board are selected and interviewed by the existing Executive Board.

***I have just been asked to submit myself as a candidate for the board. What kind of commitment will this mean?***

*Becoming a member of the club's board of directors is an important decision, a decision that requires a great amount of consideration. Find out from current board members what their experience has been, like what kind of time commitment and responsibility are involved. Most clubs should have already defined roles and responsibilities outlined in its by-laws or team policies. Ask your coach or team president for a copy of these documents.*

**2. Officiating-** officiating at meets helps the meets run better, you have a chance to positively represent Wave Aquatics, and you get to learn about the sport of swimming up close.

***What does it take to be an official?***

*You need to become certified by the Local Swim Committee (LSC) Officials Chair to become an official. Each LSC establishes its own criteria for training and certifying its officials. The national standards are ensured through taking a series of tests. Officials are trained to be consistent in their knowledge of the rules and protocol involved in each position. This consistency is fostered through USA Swimming and LSC officials workshops. If you are really interested in becoming an official, speak with one of the officials during a break at your next meet. Or, feel free to contact your LSC officials chair for more information.*

**3. Booster Board-** the team booster board is a body of parents whose main objectives including improving social opportunities and interactions for both parents and swimmers on the team, providing fun team activities away from the pool.

**4. Team Marketing/Advertising-** recruiting new swimmers and families is an ongoing process and has a big impact on the financial health of the team. Currently we have a couple parents who help the coaches. Any help here would be welcome and sometimes parent word of mouth is our best sales pitch.

**5. Meets**- Wave hosts several meets every year. We always need help running meets. The big areas we can use help with are:

- Set up/ Break down
- Concessions
- Awards
- Clerk of Course
- Computer Operator
- Timing System Operator
- Announcer
- Soliciting Sponsors for heat sheet ads
- Officiating
- Hospitality

Volunteering ahead of time takes a heap of stress off of the Meet Director. To sign-up:

1. Go to [www.waveaquatics.org](http://www.waveaquatics.org)
2. Sign in
3. Go to Meets and Events
4. There will be a job sign-up button on the event- click on that to sign-up

**6. Social Events**- Social events are a great way for the kids and families to have fun outside (or even inside) the pool and build camaraderie and team spirit. If you have a great social idea, and maybe the time/energy to help organize it talk to your coach. It doesn't have to be elaborate- it could be as simple as breakfast after Saturday practice.



## **5. Group Structure and Move-up Requirements**

The team is broken into different practice groups that are divided up by age and ability. Swimmers can be the same age but be vastly different in physical and mental maturity, experience and skill. The group structure allows for some flexibility in an effort to accommodate each individual.

Group age ranges are as follows:

Explore 1: 5-7 years old

Explore 2: 7-10 years old

Challenge 1: 8-10 years old

Challenge 2: 7-10 years old

Achieve 1: 11-14 years old

Achieve 2: 9-13 years old

Excel 1: 12-15 years old

Excel 2: 10-13 years old

Varsity: 13-18 years old

Perform: 13-18 years old

High Performance: 13-18 years old

The Move-up Requirements can be found on the team website, but you must be logged in to see them. The Move-up Requirements are a generalization to provide goals for the swimmers. The coaches will place the best performing swimmers in the highest groups first and work their way down.

Other Notes:

1. Only the coaches have the final say as to whether an athlete is truly ready for and fits into the next group
2. Move-ups are merit based. Swimmers must perform well enough in order to advance
3. There must be room in the next group in order for swimmers to advance. Due to pool time/space limitations, we also have group size limitations. In the event that a group is full we will move up swimmers when a spot opens up. Swimmers moving up have priority over new/returning swimmers who have not been in the water with Wave.

## 6. Power Points

### Hy-Tek Power Points; What it is

Every swim listed in the USA Swimming times database includes a Hy-Tek Power Point value. This point system allows for comparison of the quality of performances across strokes, distances and events, as well as between age groups.

### How it works

So how exactly does the Hy-Tek power point system work? The power point scale ranges from 1 to 1100 points. The higher the points, the stronger you are in that event. Wave is using these points as part of the move-up requirements to keep them fair and objective.

#### *Current needed events and power points to move to the **Silver Group**:*

100 Free, 50 Fly, 50 Back, 50 Breast, 100 IM (short course) **or** 200 IM (long course);

Need 1400 Power Points (280 points per event average)

#### *Current needed events and power points to move to the **Gold Group**:*

500 Free (short course) **or** 400 Free (long course), 100 Fly, 100 Back, 100 Breast, 200 IM;

Need 1600 Power Points (320 points per event average)

#### *Current needed events and power points to move to the **Senior Group**:*

500 Free (short course) **or** 400 Free (long course), 200 Fly, 200 Back, 200 Breast, 200 IM, 400 IM;

Need 2400 Power Points (400 points per event average)

### Why Use it as a Swimmer

Ever wonder how your long course times compare to your short course times? Wonder no more. Comparing your season swims is just one way Hy-Tek Power Points can be of use to you. Here are other ways to use it:

- So you're pretty decent in your events across the board, but you want to know which events are stronger for you on a national scale. Use Hy-Tek power points! For example, you can compare your score in the 100 back vs. the 200 back or across several freestyle distances such as the 100, 200, and 400.
- You can look at the strength of one stroke vs. another stroke. For example, compare your freestyle to your breaststroke.
- You can determine the quality of your short course vs. long course swims. This comparison is a great way to measure progress from the end of the short course season through the long course season.

### **Find Your Power Points**

You can calculate your power point score instantly by using the IMR, IMX & Power Point calculator. Simply select your event and age, enter your time into the calculator and then click on the Calculate button.

A swimmer also has the option of looking at and printing the chart of all point values from 2 to 1,100 with corresponding times for the selected event. These tables make it possible to look at specific events and research the point value assigned to various times for that event. Note: All 8-under athletes use the 9 yr old scores.

### **Power Point Calculator Link**



## 7. Swim Meets

### Are meets important?

Absolutely. They are a valuable and integral part of being on the team. Meets help coaches better understand the swimmers they are dealing with and can provide some great learning and teaching opportunities.

- Following each race there is typically great coach to swimmer feedback
- Coaches can see racing what they don't see in practice
- Learning experiences for both swimmer and coach
- Motivation for swimmers
- Fun because racing is fun
- A chance to hang out with friends out of the water between races
- A place to build team spirit and camaraderie
- The challenge and fun of swimming a personal best time

### Is my child ready to swim in a meet?

- If they are on the swim team then they are ready for it
- Intersquad meets are a low key easy way to get started competing
- Being able to dive or do flip turns is not required- then can start in the water if needed and open turns are fine
- At intersquad meets athletes for the most part choose their events and race their teammates whom they practice with every day
- The coach's primary objectives in order are #1- for the kids to have fun and #2 for the kids to learn something

### Which Meets to Attend?

This depends on your swimmers age and ability. Generally 1-2 meets a month is fine. The meet schedule gives some details as to which meets you should attend based on groups or qualifying times. Any questions ask your coach. It is expected that each swimmer attend all Wave hosted meets that they are qualified for, and the season ending championship meet that your swimmer is qualified for.

### How do I sign up?

1. Go to [www.waveaquatics.org](http://www.waveaquatics.org)
2. Sign in (sign in button is upper left side of page below main buttons)
3. Click on Meets & Events button
4. Click on meet of choice from list on that page
5. Upper right side of page there is a Attend this Event button- click on that
6. You will see- **Click on Member Name to declare for this Event:**
7. Click on your swimmer's name, then on the next page you will see where it says select- there is a drop down, you want 'Yes please sign \_\_\_\_\_ up for this event'

- Below that there is space for notes to the coach such as Tina really wants to swim the 50 breast, or whatever.

**Important!:** If you can only be there for one day of the meet be sure to let the coach know. Otherwise they will sign your swimmer up for both days of the meet. You should do this in the notes section (step #8 above) when you sign up for a meet.

**8 & Unders** are an exception to that- we will only sign them up for the 8 & Under events unless prompted to do otherwise. 8 & Under events (the 25's of all the strokes) almost always take place during one session of the meet so families of young swimmers don't have to attend both days. If you think your 8 & Under swimmer is ready for some longer races, talk to your coach about it.

#### Packing for the meet:

- Be sure to have the appropriate team T-shirt for the day(s) you are at the meet as well as a team suit, cap and bag, goggles, extra goggles, extra suit, extra cap, towels, deck shoes and something to keep warm in between events.
- Kids can get cold once they get wet so shoes and clothes to wear between races are important. Remember that a cold swimmer is a slow swimmer!
- Outdoor meets you may need a bit more such as sun screen, a tarp or canopy, sun glasses, hat, etc. Keeping an eye on the forecast and being prepared is important for outdoor meets. Most of our meets are indoors, but during the summer we do attend a few outdoor meets.
- You can pack food- but pack wisely. Bring things your kids like, that are easy to digest (foods high in fat and/or protein are slow to digest) and provide nutrition for your kids. Fruits, veggies, bagels, etc. are all easy to pack and good choices. Many meets have a concessions stand, and if you don't have time to pack food and just want to bring money you will need to help your kids make healthy choices.
- Be sure to bring beverages. Even though they are swimming, kids can still sweat when they are warming up and racing. They need to replenish their body with fluids.

#### When should we arrive at the meet?

Always arrive 15 at least minutes before the start of warm-up. This allows you to find where other families from the team are sitting, for you and your swimmer(s) to get settled, get a heat sheet and do the E-H-L Grid (below). If your swimmer is not doing any races until later in the meet the coaches still expect you to be there for warm-ups with everyone else. Meets are a team event, so even if your swimmer will have to wait a couple hours after warm-up before they swim, they can still cheer and support their teammates.

You can find warm-up start times in the meet information for the morning sessions. The timeline will give you an idea as to when the afternoon session warm-up times will begin. The timeline is usually posted online the week of the meet. The weekly email updates include links directly to the meet page making it easy to find the information.

#### Race Sequence

For each race at a meet, swimmers should go through the following 5 steps:

1. Check in with coach for tips and strategies
2. Warm-up as needed
3. Race
4. Warm down as needed
5. Check in with coach for feedback, splits, etc.

**Meet Glossary** (*A more comprehensive glossary is at the end of this handbook*)

**Session:** Meets are typically broken up into sessions that are not meant to exceed 4 hours not counting the warm-up. Most challenge meets have 4 sessions- 2 on Saturday and 2 on Sunday. Typically age or age groups and gender are placed in one session a day so that swimmers will only attend one session of the meet. At championship meets swimmers may swim in two sessions- prelims (short for preliminaries) and finals.

**Prelims/Finals:** Most championship type meets have a preliminary session in which the fastest swimmers from the morning advance to the finals session to swim again. How many swimmers advance is outlined in the meet information and can range from 6 to 24 swimmers. Advancing to finals is based on times. Preliminary swims do not count towards awards or team points. Only swims during finals count for placing, awards and team points.

**Meet Information:** Meet hosts put together meet information that provides general rules for their meet, event order, directions to the pool, qualifying times, etc. Wave will post this on the event page for that meet along with the swimmers entered events, timeline information, relay assignments, etc.

**Timeline:** Meet hosts publish a timeline which gives a rough estimate as to how long each session, should last, and when each event should start. Most meets have more than one session per day. Wave posts the timeline on the team website on the event page for that meet along with the meet information so families know when they need to be at the pool.

**Warm-up:** allows the swimmers a chance to get used to the pool, loosen up their muscles and rehearse any skills they have been working on- or need to remember for their races. As mentioned above, you should arrive 15 minutes before the start of scheduled warm-up.

**Warm-down:** allows the swimmers bodies to recover faster between races, loosens the muscles and helps to remove waste products that can affect a swimmers performance in their next race or the next day. Swimmers should warm down first thing after every race.

**Event:** Races at meets are placed in a particular order then given event numbers. Events can be divided up by

- Age group, as in 11 and 12 year olds, 8 and Unders, etc.
- Gender, so boys and girls swim in separate heats
- Age, so 9 year olds only race other 9 year olds
- Open, meaning everyone swims together regardless of age, often these can be divided by gender

**Heats:** Pools only have so many lanes (usually 6-8) so there are usually many heats of swimmers within a single event in order to accommodate all the swimmers who signed up for that race. At most meets the heats are arraigned by time from slow to fast. Distance events (events longer than 200 yards) might be swum fast to slow at some meets- the meet information will usually detail that.

At some meets, the last 3 heats may be circle seated- so the fastest 3 heats are divided up. At those types of meets, the fastest 2 full heats from the 1<sup>st</sup> session or round (called prelims or preliminaries) come back and race at night in what is called finals.

**Lane:** Each pool will be divided into lanes to allow swimmers to race without interference from one another. Usually a steel cable with plastic floats divides the lanes- these also cut down on waves. These are called Lane Lines.

**E-H-L Grid:** A grid written on a swimmers arm or leg so they know what events, heats and lanes they will be racing in. See example on next page:

| E  | H | L |
|----|---|---|
| 23 | 5 | 2 |
| 33 | 7 | 4 |
| 47 | 3 | 3 |

## **8. Swimming in College**

### **College Swimming 101**

It's that time of year again – the time when high school students begin to think about their collegiate futures. But where do you start? How do you become a student-athlete in the collegiate world of swimming? Searching for a university with a specific major, a certain geographic region, a certain athletic ability, as well as a team and a coach that will match your personality and skill can be daunting.

Most student-athletes become overwhelmed by the search – especially those who are trying to balance their current academic and athletic obligations. To overcome this factor, it's important for you to launch your educational search early as early as your freshman year of high school. To help with the recruiting process, USA Swimming has created a timeline for those high school swimmers seeking out a collegiate career.

### **College Recruiting Timeline**

#### **Freshman/Sophomore Year**

During your freshman and sophomore years, begin familiarizing yourself with universities at [www.ncaa.org](http://www.ncaa.org). Begin by looking at schools that have the major you want. Your diploma will be more important than your swimming times after graduation! Then research the academic reputation of the college.

After narrowing your search down by academics, you can begin to factor in swimming programs. Check out the team records and the coach's history with the team. Then, send the coaches of the programs you're interested in a cover letter, with an athletic resume that includes the following:

- **Personal Information:** Your name, birth date, address, phone number, email
- **Education Information:** GPA and test scores
- **Training background:** How many workouts per week, yardage, hours per workout, dryland routine and years you've been swimming
- **Competition background:** Send them a record of your times/improvement
- **Extracurricular activities:** Any/all other activities you're involved in

\*\*Be sure to send coaches updated letters and info annually!

During your first two years in high school, college coaches can send you a questionnaire in response, and

general team info, but no recruiting materials. Also be sure to check initial-eligibility requirements because there are certain courses you will need to take to be eligible to swim as a freshman in college.

## **Junior Year**

After you have begun your junior year, college coaches can begin sending you official recruiting material.

You should be sending updated information to them, and narrowing your list of universities to select from. During your junior year, you need to sign up for the NCAA Initial-Eligibility Clearinghouse. You can do it online at [www.ncaachlearinghouse.net](http://www.ncaachlearinghouse.net). It currently costs \$50.

On July 1 between your junior and senior years, college coaches can officially begin calling you. They are only allowed to speak with you once per week, but may send unlimited mailings and email.

## **Senior Year**

Once your senior school year has begun, you may take five “official” visits where the university pays for any/all of your trip to college campuses. These five visits must be to different campuses. You may go to any campus “unofficially” (where you pay for all your expenses) as many times as you like, and at any point in the selection process...during any year of school.

When visiting campuses and meeting coaches, be sure to take a list of questions with you that you want to know about the team and university. Keep a journal of your visits, and write down your impressions of each place. List as many details as possible, so that you can compare the campuses after you’ve visited a number of them. Remember, you are choosing the place where you want to be happy for the next four years of your life! To view a list of sample questions, [click here now](#).

If you decide you’re really not interested in a particular school and the coach continues to call you, simply tell the coach you’re not interested. It’s a difficult thing to do, but it will save both of you time in the long run. If the coach gets mad or says mean things to you for not wanting to join his/her program, then it probably confirms that you didn’t want to swim for this person anyway!

There are two “signing” periods for scholarships if you are offered one. The first early is in November and the

late one is in April. There are pros and cons to both. If you take your visits early and are sure of your decision, then by all means, sign early! It takes a load of pressure off your shoulders in the spring semester!

Some college coaches may say to wait to sign, as they may have more scholarship money available in the spring semester to offer. While this is an attractive offer to consider, it is also a gamble because the scholarship money could also be depleted in the spring.

Some coaches may offer a full scholarship, while others may offer a partial scholarship, which can include any of those segments. Division I and II schools offer athletic scholarships, and Division III only has academic scholarships. If you are not sure about which college is right for you, then signing during the late period might be right for you. Give yourself more time to think over the decision, and make the one that's right for you.

Your high school guidance counselor can help you through this process, too. Your counselor can help you with financial aid information and getting your test scores sent to universities before your official visits. They may also have resources to tell you about the academic reputations of the schools you're looking at. Don't be afraid to ask questions and get help! The more informed you are, the more easily you're going to make the best decision for yourself!

*Thanks to Kim O'Shea, Linda Conger, and Wendy Peel for contributing to this article.*

## **9. Nutrition**

*There is lots of information regarding nutrition out there, but below are some things we recommend based on the advice of professional nutritionists. If you are looking for more information, we recommend contacting:*

Kim Larson, R.D., C.D.

[kimdlarson@comcast.net](mailto:kimdlarson@comcast.net)

425 870 2354

### **Refueling: After Practice or Meet**

#### **Refueling with Fluids**

The harder and longer you work out, the more fluid you lose through sweat.

Replacing fluids is the first step in refueling your body after work outs. Drink 2-3 cups of fluid for every pound you lose during practice or meet. Weigh yourself before and after work out to determine sweat loss.

#### **Carbohydrates**

During swimming, you rely on stored carbohydrate in the muscle, liver and blood for energy. Refueling your muscles right after you swim keeps your muscles ready to go for the next work out, whether later in the day or the next day. Your muscles are like sponges, ready to soak up nutrients for the next workout.

#### **Protein**

To re-energize after a hard workout, you want to consume protein along with carbohydrates and fluids. Your protein to carbohydrate ratio following a workout should be ~ 1:4. Try to eat a snack within 15-30 minutes of getting out of the pool. Studies show carbohydrates supply muscles with energy and protein helps the body store more carbohydrates and recover better than eating protein alone.

#### **Fluids- Best Choices**

- Water
- Sports Drinks like Gatorade (powder is less expensive than ready to drink)
- Carnation Instant Breakfast (mix with water or milk)
- 100% Juices (apple, grape, cranberry cocktails, pineapple, orange, etc.)
- Flavored Milks (chocolate, strawberry, vanilla, etc.)

#### **Recovery Foods- Carbohydrates**

- Cereal or Granola Bars
- Energy Bars (30 grams or more carbohydrate per serving- read label)
- Fig Newtons
- Graham Crackers- plain, cinnamon or chocolate
- Whole Grain Crackers

- Bagels
- Pretzels
- Animal Crackers
- Muffins
- Pop Tarts
- Oatmeal or Peanut Butter Cookies
- Gingersnaps
- Single serving fruit salad cups or apple sauce
- Fresh Fruit- satsumas, oranges, grapes, bananas, apples
- Dried Fruit- raisins, cranberries, apricots, mangos, etc.
- Trail Mix

### **Protein- Best Choices**

- Cheese Sticks or Cubes
- Pudding Cups
- Single Serving Yogurts
- Natural Peanut Butter
- Nuts and Seeds
- Jerky
- Energy Bars
- Milk- plain, flavored or soy milks

### **Top 30 Foods for Swimmers**

| Foods             | Featured Nutrients |         |                  |       |                                    |
|-------------------|--------------------|---------|------------------|-------|------------------------------------|
|                   | Carbohydrate       | Protein | Antioxidants     | Fiber | Other                              |
| 1. Blueberries    | ✓                  |         | ✓ Anthocyanins   |       |                                    |
| 2. Blackberries   | ✓                  |         | ✓ Anthocyanins   |       |                                    |
| 3. Strawberries   | ✓                  |         | ✓ Vitamin C      |       |                                    |
| 4. Oranges        | ✓                  |         | ✓ Vitamin C      |       | Heperidin                          |
| 5. Mango          | ✓                  |         | ✓ Vitamins A & C |       |                                    |
| 6. Broccoli       |                    |         | ✓ Vitamins A & C | ✓     | Vitamin K                          |
| 7. Carrots        |                    |         | ✓ Vitamins A & C | ✓     | Vitamin K                          |
| 8. Tomatoes       |                    |         | ✓ Vitamins A & C | ✓     | Lycopene                           |
| 9. Sweet Potatoes | ✓                  |         | ✓ Vitamins A & C |       | Potassium, Iron, Copper, Manganese |
| 10. Avocado       |                    |         |                  | ✓     | Vitamin K, Folate, Potassium       |

|                       |   |   |                  |   |   |
|-----------------------|---|---|------------------|---|---|
| 11. Spinach           |   |   | ✓ Vitamin A      |   | Vitamin K, Folate, Iron, Manganese, Magnesium |
| 12. Mixed Greens      |   |   | ✓ Phytonutrients |   |   |
| 13. Potatoes          | ✓ |   | ✓ Vitamin C      |   | Vitamin B6, Copper                            |
| 14. Bananas           | ✓ |   | ✓ Vitamin C      |   | Vitamin B6, Potassium                         |
| 15. Almonds           |   |   | ✓ Vitamin E      |   |   |
| 16. Cranberries       | ✓ |   |                  |   | Hippuric Acid                                 |
| 17. Oatmeal           | ✓ | ✓ |                  | ✓ | Manganese                                     |
| 18. Granola           | ✓ | ✓ |                  | ✓ | Manganese                                     |
| 19. Olive Oil         |   |   | ✓ Vitamin E      |   | Oleic Acid                                    |
| 20. Black Beans       | ✓ | ✓ |                  | ✓ | Folate  |
| 21. Yogurt            | ✓ | ✓ |                  |   | Calcium, Phosphorus                           |
| 22. Milk              | ✓ | ✓ |                  |   | Calcium                                       |
| 23. Orange Juice      | ✓ |   | ✓ Vitamin C      | ✓ |   |
| 24. Whole Grain Bread | ✓ | ✓ |                  | ✓ | Manganese                                     |
| 25. Whole Grain Pasta | ✓ | ✓ |                  | ✓ | Vitamin B                                     |
| 26. Eggs              |   | ✓ |                  |   | Vitamin K, Choline, Leutin                    |
| 27. Beef              |   | ✓ |                  |   | Iron, Zinc, Vitamin B12                       |
| 28. Salmon            |   | ✓ |                  |   | Omega-3 Fats                                  |
| 29. Shrimp            |   | ✓ |                  |   | Selenium, Vitamin D, Vitamin B12              |
| 30. Chicken           |   | ✓ |                  |   | Selenium, Niacin                              |

## **3 Winning Steps Performance Meal Guide**

This information was put together by Dave Ellis, RD, CSCS. Mr. Ellis is the former coordinator of performance nutrition at the University of Nebraska and the University of Wisconsin.

### **Step #1: Incorporate Fruits, Vegetables and Seeds Into Your Meal...**

- Seeds and nuts are a great source of vitamin E and essential oils.
- Become familiar with the "High Priority List". These fruits & vegetables are a good source of both vitamin A & C.

#### Good Sources Vitamin E

- Sunflower seeds or Oil
- Safflower Nuts or Oil
- Flaxseed (linseed) or Oil
- Pumpkin Seed or Oil
- Borage Seed or Oil
- Black Currant Seed or Oil
- Almonds, Brazil, Hazelnuts & Peanuts, Peanut Butter
- Apricot Oil, Canola (rapeseed) Oil, Corn Oil, Virgin Olive Oil, Peanut Oil, Primrose Oil, Rice Bran Oil, Sesame Oil, Soybean Oil, Mayonnaise
- Wheat Germ & Whole Wheat Flour, Some Fortified Cereals
- Avocado or Guacamole
- Salmon, Sardines, Mackerel, Trout, Clams, Oysters & Scallops

#### High Priority List- Good Sources Vit. A & C

- Tomatoes
- Tomato Sauce or Marinara
- Salsa, Tomato Juice or V8
- Red Peppers (Hot or Sweet)
- Pimento
- Dark Salad Greens like:  
Collard, Mustard or Turnip  
Spinach, Garden or Water Cress  
Swiss chard, Kale, Romaine  
Beet or Dandelion Greens  
Chicory, Parsley or Dill Weed
- Broccoli or Brussels Sprout
- Mixed Vegetables or Soups with Carrots & Good Source of Vit. C
- Slaw with Carrots
- Winter Squash (Butternut, Hubbard)
- Yams or Sweet Potatoes
- Grapefruit (Pink or Red)
- Mandarin Oranges or Tangerines
- Watermelon (3rd Choice)
- Cantaloupe
- Guava (3rd Choice)
- Mango (3rd Choice) Walnuts,
- Dried Papaya (3rd Choice)
- Some Fortified Breakfast Cereals  
(most lack Vit. A)
- Sport Alliance:  
Energy Mix or Bar  
Recovery Mix or Bar  
Protein Isolate Mix or Bar

#### Good Sources Vit. C

- Oranges
- Pineapple
- Kiwi or Strawberries
- Blackberries or Raspberries
- Lemon or Lime
- Raisins
- Honeydew Melon
- Mixed Fruit Cocktail
- Fruit Juice (fortified/fresh)
- Asparagus or Green Beans
- Bean Sprouts
- Cabbage (Bok Choy)
- Cauliflower or Pea Pods
- Radish or Kohlrabi
- Green/Yellow Peppers  
(Sweet or Hot)
- New Potatoes w/Skin
- Black Currants or Rose Hips

#### Good Sources Vit. A

- (Carotenoids)
- Carrots (3rd Choice)
- Pumpkin (3rd Choice)
- Green Peas or Okra
- Minestrone Soup
- Chile Powder or Paprika
- Chives or Scallions
- Endive
- Coriander (Cilantro)
- Leaf Lettuce
- Leeks or Fennel
- Tomato Catsup or BBQ or French Dressing (3rd Choice)
- Apricots or Peaches
- Prunes or Persimmon
- Skim Milk or Yogurt
- Cheese, Liver, Egg Yolk

### **Step #2: Alter Your Carbohydrate Intake Relative To Your Activity...**

- When building meals before or after activity, try to eat about half the food on your plate from a variety of carbohydrates.
- When not active, reduce your total intake of carbohydrates especially "Third Choice Carbs." (high insulin response)...
- Instead select "Best or Second Choice Carbs." (low insulin response)...

#### Best Choice Carbs.

-**Beans:** Black, Brown, Butter, Kidney, Navy, Green, Red or Soy Beans

-**Peas:** Split Peas, Dried Peas, Chickpeas (garbanzo beans)

-**Pasta:** Fettuccini or Egg Noodles

-**Grains:** Barley, Rye, or Lentils Supro Protein Enriched: Pasta/Noodles, Grits, Oatmeal, Soups or Breads

-**Vegetables:** Amaranth, Artichokes, Cucumbers, Pickles, Eggplant, Mushrooms, Onions, Turnips, Water Chestnuts, Summer Squash (Crookneck, Scallop, Zucchini) or Acorn Squash

-Most Vegetables In The Vit. A & C List Above...

-**Fruits:** Cherries, Pears, Plums, Nectarines or Blueberries

-Less Than 10g. Sugar (Sucrose), Fructose

#### Second Choice Carbohydrates

-**Whole Grain Breads & Rolls:** Whole Grain, Multi Grain, Oatmeal, Bulgur Bran, Rye, Pumpernickel, Sourdough, Bagels, Pita Bread, Taco Shells, Flour Tortilla

-**Grains:** Barley Flour, Buckwheat, Bulgur, Couscous, Cornmeal, Whole Meal Rye, Whole Wheat Flour, Oat Bran

-**Rice:** Brown or Wild Rice

-**Muffins:** Apple, Bran, Blueberry, Carrot, Corn, Oatmeal

-**Breakfast Cereal:** All Bran, Bran Chex, Cherrios, Cream Of Wheat, Life, Museli, Rice Bran, Mini Wheats, Shredded Wheat, Special K

-**Crackers/Snack Chips:** Rye Crisp, Wheat Crackers, Wheat Thins, Water Crackers, Popcorn

-**Pasta:** Linguine Noodles, Macaroni, Ravioli, Spaghetti, Pasta Noodles, Tortellini, Vermicelli, or Orzo

-**Vegetables/Starches:** Acorn Squash, Butternut Squash, Beetroot, Sweet Corn, New Boiled Potatoes w/Skin, Boiled White Potatoes, Sweet Potatoes or Yams (unsweetened), Green Peas, Grits

-**Beans/Peas:** Baked Beans, Black-eyed Peas, Pinto Beans, Ramano Beans, Lima Beans, Haricot (Navy) Beans (White)

-**Soups:** Black Bean, Green Pea, Lentil, Split Pea, Tomato, Pasta or Noodle Based

-**Fruits:** Apples, Unsweetened Apple Sauce, Bananas, Cranberries, Grapes, Raisins

-Unsweetened Apple Juice, Tomato Juice

-Most Fresh Fruits and Unsweetened Fruit juices in the Vitamin A & C List Above...

-**Sweets:** Pound Cake, Banana Cake, Sponge Cake, Oatmeal Cookies, Digestive Cookies

-More than 10g Sugar, Lactose

-Sports Alliance Energy Mix & Recovery Mix or Bar

#### Third Choice Carbohydrates

-**White Bread & Rolls:** Non-Whole Grains, Bread Sticks, French Bread, Kaiser Rolls, Croissant, Crouton, Doughnut, Danish, Melba Toast, English Muffin, Animal Crackers, Angel Food Cake, Vanilla Wafers

-**Cereal:** Non-Whole Grain Cereal, Coco Pops, Corn Bran, Corn Chex, Corn Flakes, Crispix, Golden Grahams, Grapenuts, Total, Puffed Rice, Rice Crispie Treats, Weetabix, Granola, All The Cartoon Character Cereals

-**Grains:** White rice, Instant (Parboiled) Rice, Millet, White Flour, Tapioca, Brown Rice Pasta, Rice Cakes

-**Quick Breads:** Crepes, Pancakes, Waffles, or Biscuits

-**Crackers/Snack Chips:** Pretzels, Cheese Puffs, Corn Chips, Tortilla Chips, Saltines

-**Potatoes:** Hashbrowns, Mashed, Baked, Russet, French Fries, Fried Chips,  
-Parsnips, Rutabaga, Refried Beans, Fava Beans (Broad Beans)

-**Fruits:** Dates, Figs, Kumquat, Prunes, & A Few Other Concentrated Fruits Identified as “(3rd Choice)”

-**Sweets:** Sweetened Soft Drinks, Teas, Fruit Drinks, Frozen Ice Milk, Yogurt, Frozen Custard, Most Candy Bars, Hard Candy, Chocolate, Maltose, Glucose, Honey, BBQ Sauce, Catsup, Cocktail Sauce, Honey, Jam, Jelly, Molasses, Syrup, Teriyaki Sauce or Glaze

### **Step #3: Select a Lean Protein Source...**

-“Best Choice Protein” has the lowest fat content while “Third Choice Protein” has the highest.

-Athletes in training have higher protein requirements and need to distribute their protein intake throughout the day.

| Body Weight | Ounces fish, poultry, beef or egg@/Day | Fluid ounces of milk or recovery mix/day | Servings of vegetable protein* or soy protein isolate/day |
|-------------|--|--|---|
| 100         | 8 oz.                                  | 16 fl.oz. (2 cups)                       | 1 cup beans or 15g. soy isolate                           |
| 150         | 12 oz.                                 | 24 fl.oz. (3 cups)                       | 1.5 cup beans or 22.5g. soy isolate                       |
| 200         | 16 oz.                                 | 32 fl.oz. (4 cups)                       | 2 cup beans or 30g. soy isolate                           |

@ 1 egg = 1 oz., \*beans, peas, whole grain bread, cereal, nuts, seeds

#### (Low In Fat) Best Choice Protein

- Skim Milk, Fat Free Cheese, Cottage Cheese From Skim
- Yogurt From Skim
- Fat Free Frozen Ice Milk, Yogurt or Pudding (No Sugar)
- 95% Lean Enriched Meats w/Supro Protein
- 95% Lean Ground Beef or Turkey
- Trimmed Beef or Pork Tenderloin
- Trimmed Beef or Pork Roast
- 95% Lean Encased Meats (Sausage, Hotdog, Bologna, Etc.)
- 95% Lean Canadian Bacon or Ham
- White Meat Skinless Shake & Bake Chicken
- White Meat Skinless Turkey
- Venison or Veal
- White Meat Tuna In Water
- Non Fried Fish & Seafood
- Egg Whites
- Beans & Peas
- Lentils & Tofu
- Whole Grains
- Brewer's Yeast
- Sports Alliance Supplements:

#### Second Choice Protein

- 2% Milk
- Low Fat Cheese, Ricotta Cheese, Skim Mozzarella Cheese
- Regular Yogurt or Cottage Cheese
- Frozen Ice Milk, Low Fat Yogurt or Low Fat Pudding
- 85% Lean Meats Fortified w/ Supro
- 85% Lean Ground Beef or Turkey
- Trimmed Choice or Select Steaks
- Trimmed Corned Beef or Brisket
- 85% Lean, Reduced Fat Encased Meats (Sausage, Bologna)
- Turkey Bacon or Sausage
- 85% Lean Canadian Bacon or Ham
- Trimmed Pork Chops
- Baked Chicken Strips or Nuggets
- Dark Meat Skinless Shake & Bake Chicken, Strips or Nuggets
- Dark Meat Skinless Turkey
- Skinless Duck or Pheasant
- Trimmed Lamb
- Dark Meat Tuna in Water
- Non Fried Oriental Entrees
- Whole Eggs From Flax Fed Hens
- Nuts or Seeds or Peanut Butter

Protein Isolate Mix or Bar w/Supro

Recovery Mix or Bar

-Soy, Milk or Egg Protein Isolate

Third Choice Protein Restrict Use, High in Saturated Fat & Cholesterol

- Whole Milk
- Regular Cheese
- Ice Cream or Frozen Custard
- 75% Lean Ground Beef
- Untrimmed Prime Steaks
- Encased Meats: Regular Sausage, Bratwurst, Polish hotdog, Kielbasa, Pepperoni, Salami, Summer Sausage or Bologna
- Bacon
- Ham On The Bone
- Beef or Pork Ribs
- Fried Chicken, Strips or Nuggets
- Baked Chicken With Skin
- Fried Fish or Fried Seafood
- Mexican or Italian Food w/Heavy Cheese & Meat
- Burger w/Cheese & Mayo
- Whole Eggs

## **10. Team Equipment**

*Below is a list for each group of what the kids need to have for practices and/or meets. Some other thoughts and recommendations:*

- ❖ Swimmers are expected to wear their team suit to practice, and they must wear them to meets.
- ❖ Have an extra suit for practices in case you lose one or a teammate needs one to borrow.
- ❖ Buy only polyester suits as the fabric lasts much, much longer. It is usually a few dollars more than the Lycra suits but well worth it.
- ❖ Make sure the suits fit and are snug. Sizing up is not a good strategy. If there are any wrinkles in the suit once it is on, try the next size down.
- ❖ Extra caps and goggles are great to have on hand in case something breaks or is lost. I suggest having one pair of goggles for practice and the other pair for meets that maybe has the straps tightened a bit making them better for diving.
- ❖ Get a sharpie and go nuts. Most kids on the team have the same equipment and kids will accidentally walk off deck with other swimmers things. Put your kids name on everything you can.
- ❖ The pools have kickboards and pull buoys available for the kids to use. Some people do like to buy their own but it is not necessary.
- ❖ When you register with Wave each swimmer should receive a Team Cap (either 1 silicone or 2 latex), 3 Team T-shirt's (to be worn at meets!) and a Team Water Bottle.

**At meets each swimmer is required to have:**

- 2 team suits\*
- A team cap (if they wear one)
- A team bag
- The correct team T-shirt for that day of the meet\*\*

\*When a swimmer steps on the blocks at a meet, they must be wearing a team suit and if they choose to wear a cap it must be a Wave cap. The exception to this is swimmers at championship meets (PNS, Regionals, Senior Sectionals, Etc.) may wear a 'technical racing suit' instead of their team suit, however they must warm-up in their team suit.

\*\*Wave meet t-shirts must be worn in the following order at meets:

- Day 1-Classic Black Wave Aquatics t-shirt
- Day 2-White Wave Aquatics t-shirt
- Day 3-Purple Wave Aquatics t-shirt
- Day 4-Wild Card Wave Aquatics t-shirt (your choice)
- Day 5-Classic Black Wave Aquatics t-shirt

### **Explore**

1. 2 Team Suits
2. Team Cap
3. Team Bag
4. Goggles that work
5. Extra pair of goggles that work

6. Extra Cap
7. Extra Suit

**Challenge**

1. TYR Crossblade Training Fins
2. 2 Team Suits
3. Team Cap
4. Team Bag
5. Goggles that work
6. Extra pair of goggles that work
7. Extra Cap
8. Extra Suit

**Achieve**

1. TYR Crossblade Training Fins
2. 2 Team Suits
3. Team Cap
4. Team Bag
4. Goggles
5. Extra Goggles
6. Extra Cap
7. Extra Suit

**Excel**

1. TYR Crossblade Training Fins
2. Paddles
3. 2 Team Suits
4. Team Cap
5. Team Bag
6. Goggles
7. Extra Goggles
8. Extra Cap
9. Extra Suit

**Varsity**

1. TYR Crossblade Training Fins
2. 2 Team Suits
3. Team Cap
4. Team Bag
5. Goggles
6. Extra Goggles
7. Extra Cap
8. Extra Suit

**Perform/High Performance**

1. TYR Crossblade Training Fins
2. Tempo Trainer

3. Pull Buoy
4. TYR Mentor Paddles
5. Mesh Equipment Bag (TYR Doggy Bag)
6. Team Suit
7. Team Cap
8. Team Bag
9. Goggles
10. Extra Goggles
11. Extra Suit
12. Extra Cap

## **11. FAQ's**

**Q.** If my swimmer is signed up for a meet and doesn't swim until several hours after the warm-up, can I bring them to the meet later instead of being there for warm-up?

**A.** Our expectation is that all swimmers are there for warm-up if they are swimming in the meet that day. Part of being at a meet and being on a team is that there will be down time at meets. Bring homework, a good book, cards, games, ipod, whatever. We want you to be there as part of the team and to cheer for your teammates.

**Q.** I signed up for a meet and now we can't go. What should I do?

**A.** If it is not past the sign-up deadline you can still go on to the website and remove your swimmer from the meet. If it is past the deadline, you will need to contact your coach. We will make adjustments if possible, but past a certain deadline the meet host will not be able to change the entries. Please note however that whether or not you attend a meet, if you are signed up for a meet and do not attend you are still liable for the entry fees for that meet.

**Q.** How often should my swimmer attend practice?

**A.** As often as possible. Swimming is a specialized sport in that it is done in a completely different environment than what we spend most of our time in. The more time they can log in the water, the faster they will improve and be able to advance. As swimmers get older fitness takes on more importance, however some training can't be done every day. By missing days you may be missing integral parts of training that will help you to swim fast at the end of the season.

**Q.** Which meets are the most important meets to attend?

**A.** Any Wave hosted meets for certain as your attendance helps support the team in addition to giving your swimmer a chance to race. The season ending championship meets are also highly important and the coaches expect all Wave swimmers to attend the meet they are qualified to swim in.

## **12. Resources**

Here are a few places online where you can find information about swimming:

[www.waveaquatics.org](http://www.waveaquatics.org)

Of course! Provides information on upcoming meets, results, team news, etc.

[www.pns.org](http://www.pns.org)

Our LSC webpage provides meet info and results, upcoming events, and a realtime link that allows you to see results from meets swum at the Weyerhauser King County Aquatic Center (WKCAC) in Federal Way, WA.

[www.usaswimming.org](http://www.usaswimming.org)

All kinds of information here- including the SWIMS data base where you can look up your best times.

<http://collegeswimming.com>

For those of you interested in college swimming, this is a great place to start.

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

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

Articles, forums, videos, photos etc. Stays on top of current events in the swimming world, and a great place to see what is going on with some of your favorite super star swimmers.

## 13. Glossary of Swimming Terms

A Glossary of those strange and wacky words we use in the sport of swimming. You may or may not find these words in the English Dictionary, and if you do, their definitions will probably be radically different than the ones listed in this Glossary. Relax and take your time reading. Soon you'll be understanding and maybe even speaking some "SWIMSLANG".

- **Aggregate Time-** times achieved by four swimmers in individual events which are added together to arrive at a provable relay entry time.
- **Admission-** Certain swim meets charge for spectators to view the meets. These are usually the larger more prestigious meets. Sometimes the meet program (heat sheet) is included in the price of admission.
- **Age Groups-** Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16, 17-18. Some LSCs have divided the swimmers into more convenient divisions specific to their situations: (i.e.) 8-under, 13-Over, 15-Over, Junior, Senior.
- **Alternate-** In a Prelims/Finals meet, after the finalists are decided, the next two fastest swimmers other than the finalists are designated as alternates. The faster of the two being the first alternate and the next being second alternate. If a finalist cannot participate, the alternates are called to take their place.
- **Anchor-** The final swimmer in a relay or a donut eaten right before competition.
- **Approved Meet-** A meet conducted with sufficient USA Swimming officials to certify conformance to USA Swimming rules. The meet may include competitors who are not USA Swimming members. The meet may be a competition sanctioned at the LSC level with the added approval of USA Swimming because both member and non-member athletes will be competing.
- **ASCA-** The American Swim Coaches Association. The professional organization for swim coaches throughout the nation. Certifying coaches and offering many services for coaches' education and career advancement.
- **Backstroke-** One of the four competitive racing strokes, basically any style of swimming on your back. Backstroke is swum as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter (LSCs with 8-under divisions offer the 25 yd back).
- **Beep-** The starting sound from an electronic, computerized timing system.
- **Blocks-** The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool, and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.
- **BOD-** Board of Directors of the Local Swim Committee (LSC), USA Swimming (USA-S) or the team.
- **Bonus Heat-** The heat held during the finals session of a Prelims/Finals meet that is slower than the swimmers participating in Big Finals. The Bonus Heat may refer to Consolation Finals or an extra heat in addition to Consolation finals.
- **Breaststroke-** One of the four competitive racing strokes. Breaststroke is swam as the second stroke in the Medley Relay and the third stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter. (LSCs with 8-under divisions offer the 25 yd breast)
- **Butterfly-** One of the four competitive racing strokes. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and first stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter (LSCs with 8-under divisions offer the 25 yard fly).

- **Button or Pickle-** The manual Timing System stopping device that records a back-up time in case the touch pad malfunctioned. The button is at the end of a wire, plugged into a deck terminal box. There are usually 3 buttons per lane. It is the timers responsibility to push the button as the swimmer finishes the race.
- **Cap-** The silicone, latex or Lycra covering worn on the head of swimmers. The colors and team logo's adorning these caps are limitless. National Caps, State Team Caps, award caps, plain practice caps, etc.
- **Car pool-** The major transportation service provided by parents of a swim club, to shuttle swimmers to and from practices. Families will sometimes set up car pools to help share the duty of transporting swimmers to and from practice.
- **Carbohydrates-** The main source of food energy used by athletes. Refer to a Nutritional Manual for more information.
- **Championship Meet-** The meet held at the end of a season. Qualification times are usually necessary to enter the meet.
- **Championship Finals-** The top six or eight swimmers (depending on the number of pool lanes) in a Prelims/Finals meet who, after the prelims are swum, qualify to return to the Finals. The fastest heat of finals when multiple heats are held.
- **Check-In-** The procedure required before a swimmer swims an event in a deck-seeded Meet or event. Sometimes referred to as positive check-in, the swimmer must mark their name on a list posted by the meet host. Most meets have positive check in for the distance events; anything longer than 200 yards/meters.
- **Chlorine-** The chemical used by most pools to kill the bacteria in water and keep it clear and safe to swim in.
- **Circle Seeding-** A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes. (i.e.) Lane 4 in the final three heats. See rule book for exact method for seeding depending on the number of lanes in the pool.
- **Closed Competition-** Swim meet which is only open to the members of an organization or group.
- **Club-** A registered swim team that is a dues-paying member of USA-S and the local LSC.
- **Code of Ethics-** A Code of Conduct that both swimmers and coaches are required to sign at certain USA-S/LSC sponsored events. The Code is not strict and involves common sense and proper behavior.
- **Consolation Finals-** After the fastest six or eight swimmers, the next six or eight swimmers (depending on the number of pool lanes) in a Prelims/Finals meet who, after the prelims are swum, qualify to return to the Finals. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.
- **Course-** Designated distance (length of pool) for swimming competition. (ie) Long Course = 50 meters / Short Course = 25 yards or 25 meters.
- **Deadline-** Usually refers to the date meet entries must be "postmarked" by, to be accepted by the meet host. Making the meet deadline does not guarantee acceptance into a meet since many meets are "full" weeks before the entry deadline.
- **Deck-** The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an "authorized" USA Swimming member may be on the deck during a swim competition.
- **Deck Entries-** Accepting entries into swimming events on the first day or later day of a meet.
- **Deck Seeding-** Swimmers report to a bull pen or staging area and receive their lane and heat assignments for the events. Most meets do not operate in this fashion.

- **Dehydration**- The abnormal depletion of body fluids (water). The most common cause of swimmers cramps and sick feelings. Swimmers do sweat when they swim just as they would when exerting themselves out of the water.
- **Developmental Meet**- A classification of meet or competition that is usually held early in the season. The purpose of a developmental meet is to allow all levels of swimmers to compete in a low-pressure environment.
- **Distance**- How far a swimmer swims. Distances for short course are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths), 500 yards (20 lengths), 1000 yards (40 lengths), 1650 yards (66 lengths). Distances for long course are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), 1500 meters (30 lengths).
- **Disqualification** – A swimmer's performance is not counted due to a rule infraction.
- **Dive**- Entering the water head first. Diving is not allowed during warm-ups except at the designated time, in specific lanes that are monitored by the swimmer's coach.
- **Diving Well or Dive Tank**- A separate pool or a pool set off to the side of the competition pool. This pool has deeper water and diving boards/platforms. During a meet, this area may be designated as a warm-down pool with proper supervision.
- **Double Dual**- Type of swim meet where three teams compete in dual meets against each other at the same time. Separate meet scores would be kept for Team Avs. Team B, Team A vs. Team C, and Team B vs. Team C.
- **Dual Meet**- Type of meet where two teams/clubs compete against each other.
- **Dryland**- The exercises and various strength programs swimmers do out of the water.
- **Entry**- An individual, relay team, or club roster's event list in a swim competition.
- **Entry Chairperson**- The host club's designated person who is responsible for receiving, and making sure the entries have met the deadline, or returning the entries if the meet is full. This person usually will find discrepancies in the meet entries and notify the entering club to correct any errors.
- **Entry Fees**- The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.
- **Entry Limit**- Each meet will usually have a limit of total swimmers they can accept, or a time limit they cannot exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned.
- **Electronic Timing**- Timing system operated on DC current (battery). The timing system usually has touch pads in the water, junction boxes on the deck with hook up cables, buttons for backup timing, and a computer-type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers times.
- **Eligible to Compete**- The status of a member swimmer that means they are registered and have met all the requirements.
- **Event**- A race or stroke over a given distance. An event equals 1 preliminary with its final, or 1 timed final.
- **False Start**- When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.
- **Fastest to Slowest**- A seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heats followed by the next fastest and so on. Many times these events will alternate one girls heat and one boys heat until all swimmers have competed.
- **FINA**- The international rules-making organization for the sport of swimming.

- **Final Results**- The printed copy of the results of each race of a swim meet. Teams usually post these online.
- **Fins**- Large rubber flipper-type devices that fit on a swimmers feet. Used in swim practice, not competition.
- **Flags**- Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall. Often referred to as backstroke flags, these help swimmers to know when they are approaching the wall while swimming backstroke.
- **Format**- The order of events and type of swim meet being conducted.
- **Fund Raiser**- A money making endeavor by a swim team/club usually involving both parents and swimmers.
- **Freestyle**- One of the four competitive racing strokes. Freestyle (nicknamed Free) is swum as the fourth stroke in the Medley Relay and fourth stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, 200yards/meter, 400mtrs/500yds, 800mtrs/1000yds, 1500mtrs/1650yds. (LSCs with 8-under divisions offer the 25 yd free).
- **Goals**- The short- and long-range targets for swimmers to aim for.
- **Goggles**- Glasses-type devices worn by swimmers to keep their eyes from being irritated by the chlorine in the water.
- **Gun/Bell Lap**- The part of a freestyle distance race (400 meters or longer) when the swimmer has two lengths plus five yards to go. The starter fires a gunshot or rings a bell over the lane of the lead swimmer when the swimmer is at the backstroke flags.
- **Handbook**- A reference manual published by teams/clubs and LSCs or other swimming organizations.
- **Heats**- A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers time swum, after all heats of the event are completed.
- **Heat Award**- A ribbon, coupon, candy, etc. given to the winner of a single heat at an age group swim meet.
- **Heat Sheet**- The pre-meet printed listings of swimmers' seed times in the various events at a swim meet. These sheets vary in accuracy, since the coaches submit swimmers times many weeks before the meet. Heat sheets are sold at the admissions table and are used mainly to make sure the swimmer has been properly entered in all the events they signed up for. Parents enjoy looking at the seedings prior to the race plus swimmers can tell the order the events will be conducted and get a rough idea how long the meet sessions will last.
- **High Point**- An award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards; check the pre meet information.
- **HOD**- House of Delegates. The ruling body of an LSC composed of the designated representative of each club plus the board of directors (BOD) of the LSC. One vote per club and board member. PNS has a HOD meeting in the fall and spring each year.
- **IM**- Individual Medley. A swimming event using all four of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swam of each stroke. Distances offered: 100 yards, 200 yards/meters, 400 yards/meter.
- **Insurance**- USA Swimming offers "accident insurance coverage," which is automatic when a swimmer, coach, or official pays their USA-S membership fee. Many restrictions apply, so check with your club for detailed information.
- **Interval**- A specific elapsed time for swimming or rest used during swim practice.
- **Invitational**- Type of meet that requires a club to request an invitation to attend the meet.
- **Juniors**- A USA-S Championship meet for swimmers 18 years old or less. Qualification times are necessary.

- **Kick**- The leg movements of a swimmer. A popular word to "yell" to encourage swimmers during a race.
- **Kick Board**- A flotation device used by swimmers during practice. A lightweight object used with great accuracy by coaches.
- **Lane**- The specific area in which a swimmer is assigned to swim. (ie) Lane 1 or Lane 2. Lanes are usually marked with a number and divided by lane lines.
- **Lane Lines**- Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.
- **Lap Counter**- The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card.
- **Leg**- The part of a relay event swum by a single team member. A single stroke in the IM.
- **Long Course**- A 50-meter pool.
- **LSC**- Local Swim Committee. The local level administrative division of the corporation (USA-S) with supervisory responsibilities within certain geographic boundaries designated by the Corporation.
- **Lycra**- A stretch material used to make competitive swim suits and caps.
- **Marshall**- The official who controls the crowd and swimmer-flow at a swim meet. Sometimes called a Deck Marshall.
- **Meet**- A series of competitive events held in one program.
- **Meet Director**- The official in charge of the administration of the meet. The person directing the "dry side" of the meet.
- **Meters**- The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters is 50 meters, short course meters is 25 meters.
- **Mile**- The slang referring to the 1500 meter or the 1650 yard freestyle, both of which are slightly short of a mile.
- **Nationals**- USA Swimming National Championship meet conducted in March/April and August.
- **Natatorium**- A building constructed for the purpose of housing a swimming pool and related equipment.
- **Non-Conforming Time**- A short course time submitted to qualify for a long course meet, or vice versa.
- **NRT National Reportable Time**- A time list published once a year, which if a swimmer equals or betters the time on the list, they may submit their time in that event for consideration for national recognition.
- **NT (No Time)**- The abbreviation used on a heat sheet to designate that the swimmer has not swum that event before.
- **Observed Meet**- A meet that is not conducted according to USA Swimming rules (high school, YMCA) where a request for observation has been processed and approved in advance. Sufficient USA Swimming officials are present to certify that the athletes' swims are in compliance with USA Swimming technical rules.
- **Observed Swim**- A swim observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules.
- **Officials**- The certified adult volunteers who operate the many facets of a swim competition.
- **Olympic Trials**- The USA-S sanctioned long course swim meet held the year of the Olympic Games to decide what swimmers will represent the USA on our Olympic Team. Qualification times are faster than Senior Nationals.
- **Open Competition**- Competition which any qualified club, organization, or individual may enter.

- **Parka**- Large 3/4 length fur lined coats worn by swimmers. Usually are in team colors with logo or team name.
- **Pace Clock**- The electronic clocks or large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warm-ups or swim practice.
- **Paddles**- Colored plastic devices worn on the swimmers hands during swim practice.
- **Positive Check In**- The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer must mark their name on a list posted by the meet host.
- **Prelims**- Session of a Prelims/Finals meet in which the qualification heats are conducted.
- **Prelims-Finals**- Type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest six or eight (Championship Heat) swimmers, and the next fastest six or eight swimmers (Consolation Heat) return in the evening to compete in the Finals. A swimmer who has qualified in the Consolation Finals may not place in the Championship Finals even if their finals time would place them so. The converse also applies.
- **Proof of Time**- An official meet result, OVC, or other accepted form. Swimmers/Coaches must supply proof of time with some meet entries, and other meets it is not required unless a swimmer misses a cut off time at the meet.
- **Psych Sheet**- An entry sheet showing all swimmers entered into each individual event ranking them in order of fast to slow based on entered times. Different than a heat sheet which will show not only every swimmer in an event, but also what heat and lane they are swimming in.
- **Pull Buoy**- A flotation device used for pulling by swimmers in practice.
- **Qualifying Times**- Published times necessary to enter certain meets.
- **Referee**- The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.
- **Registered**- Enrolled and paid as a member of USA-S and the LSC.
- **Relays**- A swimming event in which four swimmers participate as a team. Each swimmer completes an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Medley relays are conducted over 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances.
- **Sanction**- A permit issued by an LSC to a USA-S group member to conduct an event or meet.
- **Sanctioned Meet**- A meet that is approved by the LSC in which it is held. Meet must be conducted according to USA Swimming rules. All participants, including coaches, athletes and officials, must be USA Swimming members.
- **Scratch**- To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events.
- **Sectionals**- Nickname for Speedo Championship Series (see below).
- **Seed**- Assigned heats and lanes according for swimmers to their submitted or preliminary times.
- **Seeding**- Deck Seeding: swimmers are called to report to the Clerk of the Course.  
After scratches are determined, the event is seeded. Pre Seeding: swimmers are arranged in heats according to submitted times, usually a day prior to the meet.
- **Senior Meet**- A meet that is for senior level swimmers and is not divided into age groups. Qualification times are usually necessary and will vary depending on the level of the meet.

- **Senior Nationals**- A USA-S National Championship meet for swimmers of any age as long as the qualification times are met.
- **Session**- Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group.
- **Short Course**- A 25-yard or 25-meter pool.
- **Speedo Championship Series**- Open "senior level" meets held in the spring and summer. Each Zone may hold up to four meets. Meets are commonly called "Sectionals." Qualifying times, sites, dates and meet rules are determined locally.
- **Splash**- The USA Swimming magazine that is mailed bi-monthly. A benefit of being a member of USA Swimming.
- **Split**- A portion of an event that is shorter than the total distance and is timed. (i.e.) A swimmer's first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.
- **Staging area**- where swimmers wait to receive their lane and heat assignments for a swimming event. Area is usually somewhere on deck and has rows of chairs that are numbered for the swimmers to sit in. This is sometimes done for 8 & Under swimmers.
- **Stations**- Separate portions of a dryland, weight, or in water training circuit.
- **Start**- The beginning of a race. The dive used to begin a race.
- **Starter**- The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.
- **Stopwatch**- The hand held device used by timers and coaches for timing a swimmers races and taking splits.
- **Stroke**- There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, and Freestyle.
- **Stroke Judge**- The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be disqualified.
- **Submitted Time**- Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets.
- **Suit**- The racing uniform worn by the swimmer, in the water, during competition.
- Suits are usually made out of Lycra or Polyester. Wave's team suit is a polyester suit with the team logo printed on it.
- **Swim-A-Thon**- The "Fund Raiser" trademarked by USA Swimming for local clubs to use to make money.
- **Swim-off**- In a Prelims/Finals type competition, a race after the scheduled event to break a tie. The only circumstance that warrants a swim-off is to determine which swimmer makes finals or an alternate, otherwise ties stand.
- **Swimming World**- A paid-subscription swimming magazine.
- **SWIMS**- USA Swimming system that keeps track of every time swum by all swimmers. Available through the USA-S website.
- **Team Records**- The statistics a team keeps, listing the fastest swimmer in the clubs history for each age group/each event. These are posted on the team website.
- **Timed Finals**- Competition in which only heats are swum and final placings are determined by those times.
- **Time Standard**- A time set by a meet or LSC or USA-S (etc) that a swimmer must achieve for qualification or recognition.

- **Timer**- The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system.
- **Time Trial**- An event or series of events where a swimmer may achieve or better a required time standard.
- **Top 16**- A list of times compiled by the LSC or USA-S that recognizes the top 16 swimmers in each age group (boys & girls) by each event and distance. The number 16 was arbitrarily chosen because it would normally fill the finals and consoles heats at a swim meet.
- **Touch Pad**- The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race.
- **Unattached**- An athlete member who competes, but does not represent a club or team. (abbr. UN)
- **Uniform**- The various parts of clothing a swimmer wears at a meet. May include: parka, Warm-up jacket, team duffel bag, sweat pants, suits, hat, goggles, T-shirt, etc.
- **Unofficial Time**- The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been checked, it will become the official time.
- **USA-S**- The governing body of swimming--USA Swimming. USA Swimming The national governing body of the sport headquartered in Colorado Springs.
- **USA-S ID Number**- A 16-part number assigned to a swimmer after they have filled out the proper forms and paid their annual dues. The first 6 parts are numbers of a swimmer's birth date: Day/Month/Year using zeros as place holders. The next three spaces are the first three letters of the athlete's legal first name. The next letter is the middle initial, followed by the first four letters of the swimmer's last name. For example: USA-S ID# for swimmer Suzanne Eileen Nelson and born Aug.27, 1976 = 082776SUZENELS.
- **Warm-down**- The recovery swimming a swimmer does after a race when pool space is available.
- **Warm-up**- The practice and "loosening-up" session a swimmer does before the meet or their event is swum.
- **Weights**- The various barbells, benches, machines, etc. that can be used by swimmers during their dryland program to build strength or work on form.
- **Whistle**- The sound a starter/referee makes to signal for quiet before they give the command to start the race.
- **Yards**- The measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length.
- **Yardage**- The distance a swimmer races or swims in practice. Total yardage can be tracked for each practice session along with the intensity of the swimming.
- **Zones**- The country is divided up into 4 major zones: Eastern - Southern - Central - Western. Wave and PNS are in the Western Zone.