

# **Salem YMCA Sharks**

## **Swim Team**

### **Handbook**

**Salem Family YMCA  
We build strong kids, strong families, and  
strong communities.**

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**Welcome to the Salem YMCA Sharks Swim Team!** The purpose of this handbook is two-fold: to explain to new members just what the Sharks Swim Team is and to outline various. It is a valuable reference tool, and will help families become familiar with important information and rules of the team.

### **Why Swim?**

The United States Swimming (USS) age group swimming program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health, by teaching healthy fitness habits.

### **Physical Development**

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like it so much?

1. Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills.
2. Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well.
3. Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
4. Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
5. Swimming is the most injury-free of all children's sports.
6. Swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Master's Swimming programs are still training and racing well into their 80's.

### **Intellectual Competence**

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally their accomplishments in learning and using new skills contribute to a stronger self image.

### **Purpose of YMCA Sharks Swim Team**

The Salem YMCA Sharks Swim Team exists to assist youth in pursuing their potential. This includes, but is not limited to, athletic ability and character development. Swim team exists to

provide an opportunity for youth to grow and develop. It is available to anyone able to complete the required prerequisite.

### **YMCA Mission Statement**

“To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.”

YMCA Sharks Swim Team achieves this through:

#### **Mind**

Goal setting – Swimmers are encouraged to set goals, both in and out of swimming, and make a plan to achieve these goals.

Delayed Gratification – Swimming teaches that reaching goals can take months and even years. By monitoring progress and experiencing small improvements over time, swimmers learn the importance of mental focus and fortitude.

#### **Body**

Practice—Athletes are expected to make a commitment to improve as a person and as an athlete. Coaches teach that athletes get in return based on what they put in, regardless of which activity they are involved in.

Nutrition—Good nutrition is paramount in the life of an athlete. Regular conditioning puts great demands on growing bodies. If athletes are to stay healthy, they must eat foods that provide the best nourishment. Coaches will regularly discuss this in detail to the swimmers. Parental support is needed to ensure an adequate diet for swimmers.

#### **Spirit**

Spirit is expressed through enthusiasm. Enthusiasm comes from the pursuit of accomplishment. Coaches are committed to teaching methods of accomplishment as well as the core character values through example as well as in theory.

### **YMCA Sharks Swim Team Mission Statement**

To allow each swimmer to achieve his/her potential both in and out of the water through the core values of Care, Honesty, Respect, and Responsibility.

#### **Philosophy**

YMCA Sharks Swim Team observes two basic philosophies:

- 1) Swimmers first, winning second
- 2) The Golden Rule, or, treat others as you would like to be treated.

#### **Vision**

To serve the greater Salem community by building an excellent competitive swim team dedicated to the total development of its athletes.

### **Goals**

1. To build an excellent swim team.
2. To give children in the greater Salem community an opportunity to swim to the best of their ability.
3. To provide a safe environment that allows effective progress.
4. To make the learning process fun!

### **United States Swimming**

Year-round athletes pay an annual registration fee of \$49.00. Athletes receive a membership card (held by the CSC registration person) and have both liability and secondary medical insurance coverage.

Salem YMCA Sharks Swim Team is a club member of USS by paying the annual national fee. Membership benefits include USS Rules and Regulations, membership certificate and certificate of insurance. Clubs joining USS have liability insurance coverage for approved insured activities.

USS is the ruling body of sanctioned swimming meets in the United States. USS meets are designed to protect the swimmer, provide fair and equitable conditions of competition, and promote uniformity in the sport so that no swimmer shall obtain an unfair advantage over another.

### **Coaching Staff**

All coaches are certified and experienced in swimming and coaching.

### **Coaches' Responsibilities**

The coaches' job is to supervise the entire competitive swim program. The YMCA Sharks Swim Team coaching staff is dedicated to providing a program for youngsters that will enable them to learn the value of striving to improve oneself--"to be the best you can be." Therefore, the coaches make the decisions in matters affecting training and competition.

1. The coaches are responsible for placing youngsters in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group by the coach.
2. Sole responsibility for stroke instruction and the training regimen rests with the YMCA Sharks Swim Team coaching staff. Each group's practices are based on sound scientific principles and are geared to the specific goals of that group.
3. While parent and swimmer input is always considered, the coaching staff will make the final decision concerning which meets YMCA Sharks Swim Team

swimmers may attend. The coaching staff also makes the final decision concerning which events a swimmer is entered into.

4. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer encouragement and motivation as well as constructive criticism regarding the swimmers performance. (It is the parent's job to offer love and understanding regardless of their youngster's performance)
5. The building of a relay team is the sole responsibility of the coaching staff.

The coaching staff is constantly updating and improving the YMCA Sharks Swim Team program. It is the swimmers' and parents' responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

### **Membership**

The YMCA is a membership organization. YMCA membership is encouraged to participants involved in our programs and is required for the Intermediate and Advanced groups. Our program is set up on a monthly fee schedule and dues are paid monthly by bank draft with our EZ Pay system.

### **Scholarships**

Financial assistance is available for the YMCA Sharks Swim Team and Y membership to those who qualify.

### **Fundraising**

When additional funds are needed for swim team expenses; coaches, swimmers, and parents will determine whether to engage in fundraising activities, or to assess fees to cover costs. If fundraising activities are undertaken, all members of the team are expected to participate. A minimum requirement will be determined, at which everyone must assist. A "buy-out" option may be determined, which would enable members to simply donate funds, if they do not wish to participate in selling products or other fundraising.

### **Parent Boosters**

Parent boosters and the Parent Advisory Club make our team thrive! Parental support is expected, but not required. Disclaimer: Parents are expected to support their swimmers and express their love and pride when swimmers are challenged (success or defeat). Unacceptable behavior includes parents publicly humiliating or threatening their children, others, and/or coaches or officials. Every swim should be followed with a family show of support. Let the coaches do the critiquing.

### **Travel**

Travel costs are the responsibility of the swimmers and their families.

## **Training Groups**

The YMCA Sharks currently have four training groups divided by age and ability. These groups are decided on by the coaching staff and allow for the best progress for the swimmer. The groups are broken down as follows:

**Mako sharks** – This is the beginning level group. Here we try and make swimming fun while teaching the legal strokes to the swimmers. Makos practice for one hour three days a week.

**Hammerhead sharks** – The Hammerheads know how to swim legal strokes and are working on endurance while also changing their stroke to make them race ready. They also take more personal responsibility by learning how to read a workout and pace clock.

**Tiger sharks** – The first group to attend ninety minute practices, these swimmers work on their endurance while changing smaller parts of their stroke and taking personal responsibility by tracking times while pursuing goals.

**Great White Sharks** – This group includes the senior level swimmers and swimmers approaching senior level competition.

## **Training sessions**

Training sessions are the most important aspect of competitive swimming. Consistent training is needed to progress through the classes of swimmers. Therefore it is important that each swimmer attends as many practices as possible in order to derive the full benefits of the program. Pool availability is our most limiting factor. Don't waste it.

## **Weight Training**

Weight training assists in strength development. It is available only to swimmers who have demonstrated the following: At least one year of consistent swim training, expresses desire to reach higher standards in swimming through specific goals, displays appropriate maturity (work ethic), is at least 13 years old, and has coaches' recommendation. All training begins with introduction and correct form development with little or no resistance before increasing workloads.

## **Practice and Attendance policies**

The following guidelines are to inform parents and swimmers of the coaches' policies regarding practice. These policies have been developed over many years and are designed to provide the best possible practice environment for all.

1. Each training group has specific attendance requirements appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. The team does, however, encourage younger swimmers to participate in other activities in addition to swimming. The expectation level of attendance increases as swimmers move to higher groups.
2. Swimmers should arrive at the YMCA no earlier than 15 minutes prior to their workout time. They should also be picked up no later than 30 minutes after their practice is over. Swimmers should be ready to swim five minutes prior to the start of their practice.

3. If a youngster is late for practice, we ask that the parents send a note with the child explaining the reason for tardiness.
4. Plan for your swimmer to stay the entire practice. The last part of practice is often the most important. Also, announcements maybe made at the end of practice. In the event that your child needs to be dismissed early from practice, a note from the parent for each dismissal is requested.
5. Occasionally, most of a practice group may be attending a meet, in which case you will be notified of a practice change or cancellation.
6. Swimmers are to enter the building and go directly to the pool area.
7. During practice sessions, swimmers are not to leave the pool area without a coach's permission. If any swimmer needs to complete homework before practice or leave practice early to do homework, he/she must do their homework on the pool deck so the coaches will know where he/she is located, unless leaving with a parent.
8. The team has an obligation to act as guests while in the YMCA (both swimmers and parents). Every member of the team needs to do everything possible to respect this privilege. Any damages to YMCA property may result in financial liability of the swimmers parents. Any damage may also result in the swimmer being asked to leave the team permanently.
9. Parents are not allowed on the pool deck during practice unless it is an emergency. However, parents are allowed to observe practice from the observation area in the main pool. Please be considerate and keep conversations at a low volume level during practice. Do not try to communicate with any swimmer from the observation area. This is not only distracting to the swimmer, but can also be distracting to the entire team as well as the coach.

### **Illness & Injury**

If your swimmer will be out of the water over a long period of time with an injury or illness, please notify the YMCA Sharks Swim Team office (503 399-2767) or the Aquatics Office (503-399-2792) so the coaching staff is aware of the problem.

### **Swimmer's Training Responsibility**

As a swimmer's level of swimming ability increases so does his/her responsibility. The program is designed to encourage all swimmers to be Senior Swimming bound. As swimmers improve this is a deep commitment that requires great effort on all parts. A swimmer has responsibilities to the team, the coach, his/her parents, and most importantly to themselves. Swimmers need to prepare themselves for a 100% effort each time they come to practice.

Swimmers will be required to bring specified training accessories (i.e., goggles, caps, etc.) to workouts. It is the swimmer's responsibility to make sure these items are properly adjusted and

that spares are readily available. Equipment adjustment and repair will not be accepted as excuse to miss part of a training session.

### **Code of Conduct**

1. Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension from the team.
2. Never interfere with the progress of another swimmer, during practice or otherwise.
3. At all team functions, whether practice, meets, or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team.
4. All members of the team, whether parents or swimmers, continue to protect and improve the excellent reputation the team has throughout the state and country.
5. All “Tiger” and “Great White” team members will be required to sign the "Honor Code". A copy of this is given in Appendix C.

### **Parents....Your Athlete Needs You**

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress your youngster makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join the YMCA Sharks Swim Team and reacquaint yourself with this section if you are a returning YMCA Sharks Swim Team parent.

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/hers children's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as an athlete.

**The Coach is the Coach!** - We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces best results. When parents interfere with opinions as to how the swimmer should swim or train it causes considerable confusion as to whom the swimmer should listen to. If you have a problem, concern, or complaint, please contact the coach.

**Best kind of parent** - The coach's job is to motivate and constructively criticize the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

**Ten and Unders** - Ten and Unders are the most inconsistent swimmers and this can be frustrating for parents, coaches, and the swimmer alike! Parents and coaches must be patient and permit these youngsters to learn to love the sport. When a young swimmer first joins the YMCA Sharks, there may be a brief period in which he/she appears to slow down. This is a result of the added concentration on stroke technique, but this will soon lead to much faster swims for the individual.

**Not every time** - Even the very best swimmer will have meets where they do not do their best times. These "plateaus" are a normal part of swimming. Over the course of a season times should improve. Please be supportive of these "poor" meets. The older swimmers may have only two or three meets a year for which they will be rested and tapered.

**Fat cats don't fight** - Swimmers are expected to keep an optimum body weight and percent of body fat. Physiologists have found that female swimmers should be 10-18% and males should maintain 4-12% body fat for optimum performance. Parents should contribute to the education of proper nutrition and eating habits (see the section on nutrition in this handbook).

### **Parents' Responsibilities**

- I. Please make every effort to have your swimmers at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits.

- II. The greatest contribution you can make to your swimmer's progress is to be a loving, supportive parent. On page 23 in this handbook is a reprint of an article called, "The Ten Commandments for Parents of Athletic Children". It offers some very useful and sound advice on communicating with your swimmer.
- III. In Appendix "A" located at the end of this book there is a copy of the "Terms and Conditions for Participation in the Shark Swim Team" that you signed when you registered with the Team. Please familiarize yourself with these items.
- IV. The following is a transportation policy that is in effect for all functions related to the team:

*It is hereby the stated policy of the Sharks Swim Team, effective immediately and until either revoked or restated by the Sharks Swim Team, that transportation of swimmers and/or coaches to practices, meets, or any other event considered to be a team function by any non-public conveyance, as defined to include privately owned vehicles, is recognized by the YMCA Sharks Swim Team as a purely private agreement between the parties involved and that neither the YMCA Sharks Swim Team, nor the YMCA Sharks Swim Team staff, separately or as a group, except for the parties directly involved can be or will be considered as a party to such arrangement and that any liability in any form arising from such arrangement is purely and completely the responsibility of the parties involved.*

### **Communication**

**Family File** - Most written communication, such as the newsletter, meet information sheets and schedules, cut times, etc., will be put in a file folder on deck that has your family name on it. It is the swimmer's responsibility to check their folder daily.

**Shark Bites** - The team publishes a monthly newsletter called "Shark Bites". Results of the last swim meet(s), general information from the coaching staff and announcements from the Parent Advisory Club are covered in the newsletter. Make sure you and your swimmers read the contents of this when it is distributed.

**Voice Messaging** - The coaching staff requests that each swimmer or parent notify the coach ahead of time if they will not be at practice either through direct communication or by leaving a message with the office (503) 399-2767.

**Telephone Committee** - The team has a telephone committee that exists to provide emergency communication, e.g., canceled or changed workouts. The staff does not want to overuse or misuse this tool and therefore tries to print as much information as possible.

**Bulletin Boards** - The bulletin board at the pool provides meet information in detail and entry summaries for upcoming meets. It is the swimmer or parents responsibility to double check each meet entry after it is posted. Mistakes sometimes happen in meet entries, however, it is much easier to fix them one month prior to a meet than on the actual day of competition.

When contacting the coaches, please be considerate. The best way to speak with the coaches is to meet them after practice. They usually make themselves available for 10 minutes to answer questions, provide information, etc. Sending a note to the coach with your swimmer is a good way to get information to them. Office E-mail is checked daily so feel free to E-mail with any information. ([salemssharks@hotmail.com](mailto:salemssharks@hotmail.com))

### **PROBLEMS WITH THE COACH?**

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach:

- I. Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
- II. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 20-75 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short term inconvenience.
- III. If your child swims for an assistant coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the head coach join the dialogue as a third party.
- IV. If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

### **The Ten Commandments for Parents of Athletic Children**

Reprinted from The Young Athlete by Bill Burgess included in "The Swim Parents Newsletter"

- I. Make sure your child knows that—win or lose, scared or heroic—you love him/her, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- II. Try your best to be completely honest about your child's athletic ability, his/hers competitive attitude, their sportsmanship, and their actual skill level.

- III. Be helpful, but don't coach him/her on the way to the pool or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
- IV. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve his/her swimming skills and attitudes. Help him/her to develop the feel for competing, for trying hard, for having fun.
- V. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his world turns bad. If he/she is comfortable with you – win or lose – he/she is on their way to maximum achievement and enjoyment.
- VI. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
- VII. Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.
- VIII. Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
- IX. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.
- X. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.

### **Competitive Strokes**

The four competitive strokes are (1) freestyle, (2) backstroke, (3) breaststroke, and (4) butterfly. Events are held in all of the competitive strokes at varying distances depending on the age-group of the swimmer. In addition, there is a combination of the strokes swum by one swimmer called the individual medley. Other swimming events include relays, which are a group of four swimmers who either all swim freestyle (freestyle relay) or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle (medley relay).

### **Swim Seasons**

The swim year is divided into two seasons. The winter, or "short course", season runs from mid-September to mid-March. The meets are held in a 25-yard pool. The summer, or "long course", season runs from early April to mid-August. Meets are generally held outside in 50 meter pools (Olympic size).

### **Competition...And the winner is...**

The YMCA Sharks Swim Team staff does not see the first place person as the only winner. We'd rather look to see who behaves like a winner. There are certain characteristics of a winner, and every swimmer, no matter where they place, has the opportunity to emulate those characteristics: concentration, listening skills, and working toward goals.

A sport is not an end in itself, but a vehicle we use to teach children life skills and how to reach their potential. We use sport as organized play to demonstrate and measure one's abilities. Seen in that light, winning without learning is not the YMCA Sharks Swim Team's desired intention. In competition, the important measure is not who collected the most medals, or even who improved the most seconds. The real critical measure is who learned the most from the competitive experience.

Swimmers quickly forget the medals, records, and other material benefits. They will, however, remember the development of interpersonal skills, discipline, listening skills, time management, goal setting, and enhanced self- image. These are the things that make the swimmer a more successful person with a better chance of living a life closer to their peak potential, and to contribute to the world they live in.

### **Levels of Achievement**

There are seven different age group classifications recognized by United State Swimming, (the governing body of the sport): 8-Under, 10-Under, 11-12, 13-14, 15-16, 17-18, and Senior. The Senior classification includes any age registered swimmer who has achieved the prescribed qualifying time for the event. Not all age group classifications are offered at every swim meet. The swimmers age on the first day of a meet will govern the swimmers age for the entire meet.

Within each age-group there are different nationally recognized levels of achievement based on times. All swimmers begin as "C" swimmers. As they improve, they advance from "C", to "BB", "B", "A", "AA", "AAA", and ultimately "AAAA". The times required for each ability

level are published each year by United States Swimming. This permits fair, yet challenging, competition on all levels.

In some cases, a swimmer may be in a different class in each stroke. An example: a "C" breaststroke time, a "B" freestyle time, and an "AA" backstroke time.

Some swim meets set certain qualification standards. In order to swim in a certain classification, a swimmer must have achieved the qualifying time for that particular classification.

### **Types or Levels of Swim Meets**

- 1) Dual Meets/YMCA-Occasionally, the YMCA Sharks Swim Team will compete with one other team in a dual meet. These meets help promote team unity, but usually limit the number of events a swimmer may enter.
- 2) Developmental Meets-These meets generally do not have any qualification time standards. Most of the time these meets offer each one of the competitive strokes in the two distances offered for each group. Each swimmer is usually allowed to enter from 3-5 events per day.
- 3) Qualification Meets-These meets have some type of qualification time standard(s) that a swimmer must meet in order to enter the meet. Our state swimming body, Oregon Swimming, Inc., sets these standards.
- 4) YMCA Regional Meet – At the end of the short course season the YMCA holds a Regional Championship meet for all the YMCAs in Oregon, Washington, Idaho, and Alaska. Swimmers must be current YMCA members and meet a “Regional” time standard. In the past these time standards are roughly between a “B” and an “A” time.
- 5) State Championships-At the end of each short course (winter) and long course (summer) season, a State Championship meet is sanctioned by Oregon Swimming, the governing body of swimming in the state of Oregon. Oregon swimming sets the qualifying time standards for these championship meets. Generally, the standards fall between the national "A" and "AA" time standards. There are three championships held each season: the 10&Under Age Group Championship, the 11-14 Age Group Championship and the Senior Championship open to any swimmer in the state who has met the qualifying standards regardless of age.
- 6) Zone Championships - After the state championships are held in the summer, a swimmer may qualify to participate in the Western Zone Championships by swimming a national "AAA" time. This is an all-star meet where swimmers compete as a member of the Oregon Zone team competing against other states from the west.
- 7) Speedo/USS Junior National Championships-One of the highest levels of achievement Shark swimmers strive for is the participation in the Junior National Championships. United States Swimming sponsors an eastern United States

Junior National meet and a western United States Junior National meet each season. Shark swimmers meeting qualifying time standards for this meet travel to different locations throughout the western half of the United States to compete against the best 18-Under swimmers in the nation.

- 8) Phillips 66/USS National Championships (Senior Nationals)-Other than the Olympic Trials and the World Championship Trials, each of which is held every four years, the highest level of competition for our senior swimmers is the USS National Championships. As with the Junior Nationals, Shark swimmers meeting the national qualifying time standards travel to various cities throughout the U.S. to compete against America's best swimmers. Swimmers can qualify for national teams that represent the U.S. in international competition by their performances at Senior Nationals.

### **Meet Schedule**

Each season's meet schedule is distributed at the outset of the season.

- 1) The meet schedule has been established with the expectation that swimmers will attend most meets available at their classification level. However, it is not mandatory to attend meets. One can also choose to enter only one day of a two or three day meet.
- 2) On an average, we want all team members to compete once every month. The meet schedule is established with this philosophy in mind. In some cases, meets of a similar classification are scheduled as close as two weeks apart or as far as one month apart. This happens when the meets that the coaching staff has to choose from offer no other alternative.
- 3) As a general rule, we will not permit any swimmer to compete in competition on two successive weekends (except in championship meets). In a situation where there is a "developmental" meet one weekend and a "B" meet the following weekend, the swimmer must choose one meet or the other. This policy holds true for all levels of competition.
- 4) The coaching staff reserves the right to make the final decision concerning meets YMCA Sharks Swim Team swimmers may attend.
- 5) Team Effort Meets-Team championship meets are either indicated on the meet schedule or talked about in the parent meetings. Since the coaching staff places the most emphasis on these meets, Shark swimmers who are qualified are highly encouraged to attend. The YMCA Regional, Oregon State Age Group, and Senior Championships are always considered "Team Effort Meets".

### **Philosophy of Competition**

The YMCA Sharks Swim Team engages in a multi-level competition program with United States Swimming that, like our training program, attempts to provide challenging, yet

success-oriented competitive situations for swimmers of all ages and abilities. The following policies outline our philosophy:

- 1) We emphasize competition with oneself. Winning ribbons, medals, or trophies is not our main goal. Even if the swimmer finishes first, but has swum poorly in comparison to his/her own past performances, he/she is encouraged to do better. The individual's improvement is our primary objective.
- 2) Sportsmanlike behavior is of equal importance of improved performance. All the coaches teach swimmers how to behave like a champion when the swimmer have both a "good" and a "bad" swim. Respect for officials, congratulations to other competitors, encouragement to teammates, determined effort, and mature attitudes are examples of behaviors praised and rewarded by the Shark Swim Team coaching staff.
- 3) A swimmer is praised for improving his/her stroke or time. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's responsibility to provide love and encouragement that bolster the swimmer's confidence along the way.
- 4) Swimmers are taught to set realistic, yet challenging, goals for meets and to relate those goals to practice to direct their training efforts.
- 5) Swimmers are prepared and encouraged to compete in all swimming events, distances, and strokes. This policy promotes versatility and encourages the swimmer to explore his potential in the wide range of events offered in competitive swimming. Oftentimes, a swimmers "best" stroke changes as they mature and his/her body goes through physical changes.

### **Everything That You Always Wanted to Know About Swim Meets:**

Swim meets are a great family experience! They're a place where the whole family can spend time together. Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask the coach or another parent.

#### **Before the Meet Starts**

- 1) Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information handed out to all YMCA Sharks swimmers and also in the team newsletter.
- 2) Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces.
- 3) Find the check-in place and either you or your swimmer will need to check themselves in.
  - a) This is usually around the area marked "Clerk of Course".

- b) Check for special posted instructions in the area. Usually one will need to circle the swimmer's name or "#" before each swimmer's name, in each event they are swimming, that day. If this is not done, the swimmer will not be allowed to swim that event.
  - c) This is done so that the people running the meet know who is actually at the meet.
- 4) Once "checked in", write each event-number on your swimmer's hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen for.
  - 5) Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
  - 6) After warm-up, your swimmer will go back to the area where his/her towels are and sit there until the next event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
  - 7) The meet will usually start about 10-15 minutes after warm-ups are over.
  - 8) According to USS rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.
  - 9) Heat Sheets. A heat sheet is usually available for sale in the lobby or concession area of the pool. Heat sheets generally sell for one to two dollars per day. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event.

### **Meet Starts**

- 1) It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait awhile.
- 2) A swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the "clerk of course". Swimmers should report with his/her cap and goggle. Generally, girls' events are odd-numbered and boys' events are even-numbered. Example: "Event #26, 10-Under Boys, 50 freestyle, report to Clerk of Course."
- 3) The "Clerk of Course" area is where all swimmers checked in before the warm-up.
  - a) The people running the "Clerk of Course" will give a card to each of the swimmers swimming that event. This card will tell each swimmer his/her heat and lane number.
  - b) The clerk will usually line up all the swimmers and take them down to the pool in correct order.

- c) Depending on the meet, either the people at clerk will give the card to the timers at the end of each lane or the people at the clerk will instruct the swimmers to hand their cards to the timers when it is their turn to swim. These cards are important because they tell the people running the meet who actually swam each event.
  - d) You can expect at least 4-8 heats of each event.
- 4) The swimmer swims their race.
- 5) After each swim:
- a) He/she is to ask the timers (people behind the blocks at each lane) his/her time.
  - b) He/she should go immediately to their coach. The coach will ask him/her their time and discuss the swim with each swimmer.
  - c) Generally, the coach follows these guidelines when discussing swims:
    - 1) Positive comments or praise
    - 2) Suggestions for improvement
    - 3) Positive comments
- 6) Things you, as a parent, can do after each swim:
- a) Tell him/her how great they did! The coaching staff will be sure to discuss stroke technique with them. You need to tell him/her how proud you are and what a great job he/she did.
  - b) Take him/her back to the towel area and relax.
  - c) This is another good time to check out the bathrooms, get a drink or something light to eat.
  - d) The swimmer now waits until his/her next event is called and starts the procedure again at the "Clerk of Course".
- 7) When a swimmer has completed all of his/her events he/she and their parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and he/she is not there. (The coaches speak from experience on this issue).

#### **What to Take To the Meet**

- 1) Most important: Swim Suit and Sharks Cap—and goggles (if your swimmer uses them).
- 1) Baby or talcum powder—to “dust” the inside of swim cap. This helps preserve the cap and makes it easier to put on.
- 2) Towels-Realize your swimmer will be there awhile, so pack at least two.
- 3) Something to sit on. Example: sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
- 4) Sweat suits: bring one. Each swimmer may want to bring two because they can get wet and soggy.

- 5) T-shirts: Two or three. Same reason as above.
- 6) Games: travel games, coloring books, books, anything to pass the time.
- 7) Food: Each swimmer is usually allowed to bring a small cooler. Suggestions for items to bring:

Drinks: Water, Fruit juice, Gatorade

Snacks: Granola bars, fun fruits, yogurt, cereal, Jell-O cubes, sandwiches

Please do not hesitate to ask any other Shark Swim Team parent for help or information!

### **Special Parent's Note**

The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly! At some of the meets, the parents are allowed to sit with the swimmers at the blanket area (those are most of the meets not held at the natatorium). If you don't think that a gym floor is comfortable, feel free to bring folding chairs to sit on.

### **Very Basic Swim Meet Rules**

**Starts** The swimmers are not allowed a false start. If they jump the start and the starter thinks they are trying to get an advantage (whether intentional or not-it does not matter), they will be taken out of the race. This is not like the Olympics where they are allowed two false starts.

### **Turns and finishes**

- 1) Freestyle: feet have to touch the wall
- 2) Backstroke: swimmers have to be on their back when they touch the wall. After he/she touches, he/she can then turn around, but he/she must push off on their back. At the finish a swimmer must finish on his/her back. A swimmer may not roll over and grab the wall until they have first touched it.
- 3) Breaststroke and Butterfly:
  - (a) Swimmers have to touch with both hands at the same time.
  - (b) A swimmer may not freestyle kick off the wall in either breaststroke or butterfly.
  - (c) When swimming butterfly, both arms must move at the same time.

### **Championship Meets**

One of our team goals is to qualify as many swimmers as possible for the Championship meet(s). Whether attendance is REQUIRED or OPTIONAL, the Championship meet is a special experience and extremely important in the athletes development.

As our season progresses, all of the swimmers get excited and motivated to "go for a State cut". Unfortunately, some of the swimmers do not have the consistent practice habits or the USS meet experience to make the cut, yet, through an extremely psyched swim and a lot of desire, they do the time. Because they don't have the practices and meet experience, the

swimmer will probably not repeat the time at the Championship meet. They really don't belong there.

As an Age Group swimmer, our swimmers learn they swim faster at the Championship meet than at any other time during the season. They are prepared for this; they are taught this; we practice this. If a young swimmer goes to the Championship meet and is not properly prepared, the experience is negative and can affect other championships later in his/her swimming career.

We, as coaches, believe that the honor of competing in a Championship meet is earned through consistent practice habits and competitive experience at USS swim meets. There's a big difference between "wanting" to go to the championships and "deserving" to be at the championships. Talent plays a supporting role to commitment.

To insure that all of our swimmers are properly prepared for their championships:

- 1) Meet attendance and participation throughout the entire season is important. USS meets offer the experience necessary for the championships.
- 2) Practice habits must be within our recommendations for the group the swimmer trains with. "Consistency" is the key word.

The State Championship is not the ultimate goal. It is a seasonal goal that should lead to Zones, Junior & Senior Nationals, and beyond. Making the "cut off time" is simply a requirement to attend the meet. The goal is to be as prepared as possible and perform to the best of one's ability at the meet. Sometimes swimmers get the "end" and the "means" mixed up.

Swimmers are special people and deserve to have positive experiences as rewards for their dedication and commitment. Let's make sure that parents, swimmers, and coaches, are laying the foundation for the best possible experience at the Championship meet.

### **Prelims & Finals**

Meet Format - In a preliminaries and finals meet format, the object of the preliminary swim is to qualify for the evening finals session. If a swimmer places among the top 8 (in an 8 lane pool) after his/her morning swim they then qualify to swim in the Championship finals in the evening session. Some meets also swim a Consolation final. If a swimmer places from 9th - 16th place from preliminaries, he/she qualifies to participate in the Consolation finals in the evening session. In the evening finals session, the Consolation heat is swam first followed immediately by the Championship heat. During the prelims, the results are usually posted within 1/2 hour of the conclusion of the event. If a swimmer does not wish to swim in a final swim he or she may "scratch" the event and not be penalized. This must take place within a half hour of the posting of the preliminary results. Therefore, within approximately 1 hour of the end of an event, a swimmer should know if they have made finals. A swimmer should never leave the meet without making sure if they are a finalist or an alternate. United States Swimming rules dictate that if a swimmer makes a finals event and fails to show up they are barred from participating in the remainder of the meet (individual events and relays). Alternates (the 17th & 18th place swimmers) should check with his/her coach about attending finals.

Circle Seeding - Used only in the prelims of Championship meets with events that have "prelims & finals". This affects only the top 24 seeded swimmers (8 lane pool) which compete in the last 3 heats. All other heats are regular seeding. Circle seeding goes like this: The

fastest seeded swimmer will be in the last heat in lane 4. The second fastest swimmer will be in the second to last heat lane 4. The third fastest swimmer will be in the third to last heat lane 4. The fourth fastest swimmer will be in the last heat lane 5 and so on. For an event with 60 swimmers, the seeding would look like this: #=swimmers seed in prelims

(Lanes 1 - 8)

	Lane	Lane	Lane	Lane	Lane	Lane	Lane	Lane
Heat 1		#59	#57	#58	#60			
Heat 2	#55	#53	#51	#49	#50	#52	#54	#56
Heat 3	#47	#45	#43	#41	#42	#44	#46	#48
Heat 4	#39	#37	#35	#33	#34	#36	#38	#40
Heat 5	#31	#29	#27	#25	#26	#28	#30	#32
Heat 6	#21	#15	#9	#3	#6	#12	#18	#24
Heat 7	#20	#14	#8	#2	#5	#11	#17	#23
Heat 8	#19	#13	#7	#1	#4	#10	#16	#22

The finals are seeded like a regular meet as are any events that are swam as timed finals such as relays, distance freestyles and other events most often held on Friday evening as a timed finals session.

### **Awards & Placing**

The swimmers who participate in the championship finals receive awards as listed in the meet information. The swimmers who participate in the consolation finals often do not receive awards, but do score points for the team. One very important thing: Once a swimmer has made the championship final, the worst they can place is 8th, regardless of how slow they may swim in finals. The swimmers who participate in the consolation finals may place no better than 9th (the winner of the heat) regardless how fast they swim. It has been known to happen that the winner of the consolation finals swims a time that would have placed him/her 2nd or 3rd in the championship finals, but the highest he/she can score is 9th. That is why it is important to swim very fast in the morning prelims session to make the championship finals. If a swimmer is disqualified in finals, they do not score points or get awards, however, a non-finals swimmer cannot be moved up to score. The place simply is not awarded. Alternates occasionally get to swim and can score the same as any other swimmer.

### **Receiving Awards in Public**

Whenever there is a system of presenting awards at a meet, it is customary for swimmers to be prompt and to cooperate fully with dignity and respect at the presentations. It is also customary for YMCA Shark Swim Team swimmers to be polite and modestly thankful for any awards they receive. It is appropriate to congratulate other swimmers and receive the same with poise and a "thank you". Good sportsmanship is essential. If photos are being taken, we ask the swimmer to remain until the shooting is complete, being sure to cooperate with the photographer. Do not ham it up! The picture may be special to someone else. The image a swimmer presents is a direct reflection of the team.

### **Out of Town Meets**

Trips to meets in other cities become an important aspect of a swimmer's career while advancing through the age group ranks. Shark Swim Team has established the following policies for the safety of the swimmer and peace-of-mind of parents:

- 1) Parents are to be responsible for arranging transportation and lodging to away meets, with the exception of Nationals and those competitions so designated. **DO NOT ASK YOUR SWIMMER(S) TO HANDLE THIS JOB.** Oftentimes, a certain hotel will be designated as "team headquarters."
- 2) Parents are encouraged to attend out-of-town meets with their swimmers and to chaperon other youngsters. These trips can be great fun for parents and swimmers alike. They also are a rare opportunity to participate in a special way in each young swimmer's career.
- 3) A coach has too many responsibilities to the entire team to accept responsibility for an individual swimmer. Therefore, do not ask a coach to provide transportation.
- 4) Any swimmer riding in a car is responsible to the parent/driver for his/her behavior and is expected to adhere to the Shark Swim Team "Honor Code" at all times.
- 5) A medical release and emergency telephone number should be given to the parent/driver with whom your swimmer is riding in case emergency medical treatment is required.
- 6) An appropriate contribution is expected from each passenger in a car to the driver/owner to help defray gasoline and related expenses.

## NUTRITION

Reprinted from  
"Training Agenda", a  
USS Sports Medicine and Science Series

Everything you do influences your performance, but your food choices have the most effect due to the long term and short term benefits. A proper diet, including proper selection of foods, will help your training and performance while also achieving a healthy lifestyle once you stop competing.

To help ensure a balanced diet, remember that there are no magical nutrition remedies. So forget the fads and eat a variety of wholesome foods from the four food groups--milk, meat, fruits & vegetables, and grains. Foods in these groups provide protein, fat carbohydrate, fiber and all the necessary vitamins and minerals. Your ideal diet should include the following percentage of calories:

Carbohydrate	50-60%
Fat	20-30%
Protein	14-18%

This nutrition series is designed to help you better understand good nutrition and to provide guidelines for ideal food choices. Within sports, there are four major periods that nutrition will impact:

1. **During Training** – Training represents the period in which athletes spend most of their time. Therefore, this category represents the most critical period. During this time, a diet high in carbohydrates is important. This is important since it is not uncommon for athletes training 4-6 hours a day to burn 2500 to 4000 calories a day. The best way to replenish these calories is with a high carbohydrate diet. By being conscious of this and by taking high carbohydrate foods or drink in the first 30 minutes following a workout, you can minimize depletion of energy stores.
2. **Pre-event Nutrition** – The major purpose of the pre-event diet is to ensure sufficient energy and fluid for the athlete. Two to three days before competition, a high carbohydrate diet with plenty of fluids should be emphasized. The pre-event meal should include a light, high carbohydrate meal three to four hours before the event.
3. **Nutrition During Competition** – Provided that good nutrition practices were followed during training, middle distance and sprint events will not be limited by nutrition-related factors. During a three to four day competition, make sure you consume plenty of fluids and each meal should include high carbohydrate, low fat selections.
4. **Nutrition After Competition** – High intensity work will deplete the muscle's energy supplies. Therefore, carbohydrates play an important role after competition to make sure energy stores are maintained.

## Food Choices

The best food choices include a well balanced, mixed diet with choices from each of the four food groups. You can get all the nutrients you need by selecting a variety of foods in the recommended serving size from each of the following food groups:

<b>Food Group</b>	<b>Selections</b>	<b>Servings</b>
<b>MILK</b>	Milk, Cheese, Yogurt, Cottage Cheese, Ice Cream (Vitamins & Protein)	4 or More
<b>MEAT</b>	Meat, Fish, Poultry, Eggs, Beans, Peas, Nuts (minerals & protein)	2 or More
<b>FRUIT &amp; VEGETABLES</b>	Fresh, Frozen, Canned, Dried and Juiced Fruits and Vegetables (Vitamins and Carbohydrates)	8 or More
<b>GRAIN</b>	Cereals, Breads, Rolls, Pasta, Muffins, Pancakes (Carbohydrates and Minerals)	8 or More
<b>OTHERS</b>	Cakes, Cookies, Pies, Candy Soft Drinks, Chips (Carbohydrates and Fat)	ONLY if you need additional calories AFTER selections from above

**Fast Food Nutrition (??)** Yes! "Fast Food" restaurants play an important role in the diets of athletes on the go. Today, these restaurants can provide a viable source of good nutrition--but the choice is yours and selection is critical. Here are some guidelines to make wiser choices:

**Menu Adjectives** – Fat content must be watched when selecting menu items. If you see one of the following words, try to make another selection:

*Fried, Crispy, Breaded, Scampi Style, Creamed, Buttery, Au Gratin, Gravy.*

Selection adjectives that are **good** include:

*Marinara, Steamed, Boiled, Broiled, Tomato Sauce, In Its Own Juice, Poached, Charbroiled.*

### **Restaurant Choices**

Depending on the restaurant you go to, here are some tips when selecting foods:

**Mexican** - Choose pot beans instead of refried beans and chicken or bean burritos and tostados. Ask for baked, soft corn tortillas instead of deep fried shells. Salsas are fine, but watch your chip intake.

**Italian** - Pasta with marinara sauce is good, but watch alfredo sauces. Pizza, plain or with vegetables, is a good choice. Bread is good (watch the butter). Low-fat Italian ices are better than rich dessert choices.

**Chinese** - Stir fried and steamed dishes, like chicken & vegetables and rice, are good choices. Minimize fried egg roll intake or avoid all together.

**Burger Places** - Salad bars are great but watch the dressing. Look for grilled burgers, hold the mayonnaise and go light on the cheese. Watch your french fry intake (select a baked potato with a little butter if you can) and go easy on the milk shakes.

**Breakfast Cafes** - Always ask for butter on the side of pancakes, toast, muffins, etc. Select fresh fruit, juices and whole-grain breads and muffins.

## Fast Food Choices

Listed on this page are a partial list of fast foods and their calorie & fat content. When selecting, always go with the low fat choice.

	Calories	Fat (gm)		Calories	Fat (gm)
<b>Breakfast</b>					
Juice	80	0	<b>Fish</b>		
English Muffin/Butter	186	5	Fish Sandwich	450	30
Scrambled Eggs	180	13	Seafood Platter	471	35
Ham, Chs., Mushrm					
Omelet	290	20	<b>Pizza (3 slices of 12 inch pizza)</b>		
Egg McMuffin	340	20	Cheese	510	8
French Toast (2 slices)	400	20	Pepperoni	430	17
Sausage with Biscuit	467	35			
			<b>Potatoes</b>		
<b>Burgers</b>			Plain, baked	215	0
Hamburger	262	15	Regular Fries	220	15
Cheeseburger	318	20	Baked, Cheese &		
Quarter Pound Burger	427	25	Broccoli	541	25
Quarter Pound			Baked with Cheese	590	40
Cheese-Burger	525	35			
Big Mac	570	40	<b>Mexican</b>		
Whopper with Cheese	760	50	Taco	179	6
			Beefy Tostado	291	15
<b>Chicken</b>			Bean Burrito	343	15
Drumstick	117	5	Taco Salad	390	20
Chicken Sandwich	320	10			
Chicken nuggets, 6300	23		<b>Milk and Milk shakes</b>		
Chicken Salad Sandwich	386	20	2% Milk	120	5
Chicken Club Sandwich	620	35	Whole Milk	150	10
			Milk shake	350	10
<b>Desserts</b>					
Soft Serve Cone	185	5			
Strawberry Sundae 320	10				
Carmel Sundae	361	10			
Frosty (12 oz)	400	15			
Cherry Pie	260	15			

**Nutrition Do's & Don'ts** Carbohydrate intake is important during every stage of nutrition. For each meal and snack, follow these Do's and Don'ts listed on this and the next page for wise food choices during training.

	<b>Do</b>	<b>Don't</b>
<b>Breakfast</b>	<p>Eat hot cereals like oatmeal or oat bran.                      Select whole-grain or high fiber cold cereals.                      Eat breads, including muffins, biscuits and bagels.                      Try milk, skim or low fat is best.                      Choose fruit, including fresh, canned and fruit juices.                      Drink hot beverages such as hot chocolate and hot apple cider.                      Eat pancakes, waffles and French toast.                      Chooses eggs up to two or three times weekly.                      Choose fat-free toppings like syrups and jams as an alternative to butter.</p>	<p>Eat sausage, ham or bacon more than once or twice weekly                      Opt for eggs every day                      Choose sugary children's cereals                      Choose fast food breakfast sandwiches and fat-laden croissants every day.                      Use too much margarine or butter.                      Eat doughnuts or pastries daily.                      Skip breakfast.</p>
<b>Lunch</b>	<p>Pack a lunch when possible.                      Choose whole-grain breads.                      Choose lean meats like turkey over salami or bologna.                      Use mustard and ketchup as condiments.                      Choose a hamburger over hot dogs.                      Choose a baked potato over French fries.                      Eat pasta as much as you like, but choose tomato sauces rather than cream sauces.                      Try pizza without fatty meat toppings.                      Eat hearty soups and stews.</p>	<p>Eat fast-food meals too frequently.                      Eat fried foods like fish'n'chips too frequently.                      Overuse condiments like mayonnaise or salad dressings.                      Eat fatty and salty luncheon meats too often.                      Skip lunch.                      Choose prepared salads containing excessive mayonnaise or salad dressing.</p>
<b>Dinner</b>	<p>Eat pasta dishes.                      Choose pizza with vegetable and lean meat toppings.                      Try Chinese food with rice and fresh vegetables.                      Select fish often. Broiled or poached is best.                      Trim visible fat from meats and remove skin from poultry.                      Have soups, salads and plenty of vegetables.                      Eat as much bread as you like.                      Include potatoes, rice or beans when available.                      Choose fresh fruit, yogurt or Jell-O for dessert.</p>	<p>Choose deep-fried meals more than twice a week.                      Eat high-fat meals like hot dogs or sausages in excess.                      Choose meals with heavy cream sauces or gravies.                      Ruin a baked potato or bread with too much butter.                      Have cakes, ice cream and pies every night.</p>
<b>Snacks and Beverages</b>	<p>Pack nutritious snacks like fruit, raisins and nuts.                      Have rolls, muffins and breads when you get a break.                      Snack on popcorn, pretzels and breadsticks.                      Drink eight to ten glasses of fluids every day.                      Drink nonfat or low fat milk.                      Drink fruit juices, sparkling waters and plain water.                      Drink hot ciders, soups and hot chocolate.</p>	<p>Count on potato chips or tortilla chips as good snacks.                      Eat cupcakes or cream-filled pastries to satisfy hunger.                      Eat ice cream, cakes or candies in excess.                      Drink too many soft drinks.</p>



## GLOSSARY

A Glossary of those strange and wacky words we use in the sport of swimming. Parents! 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".

"A"	Time classification for a swimmer. National Age Group Time Standard "A". "A" time is .01 seconds faster than the "BB" time standard and .01 slower than the "AA" time standard. See the NAGT published chart.
"AA"	Time classification for a swimmer. .01 faster than "A" time standard.
"AAA"	Time classification for a swimmer. .01 faster than the "AA" time standard.
"AAAA"	Time classification for a swimmer. .01 faster than the "AAA" time standard. This is the fastest time standard listed on the NAGT chart. Times faster than this are approaching National cuts or Top Times consideration.
A-Meet	Swim meet which requires swimmers to have previously achieved an "A" time standard in the events they wish to enter.
A-B Meet	Swim meet that offers separate competition for both "A" swimmers and "B" swimmers, usually with medals for the "A" swimmers and ribbons for the "B" swimmers. Swimmers compete in separate brackets against other swimmers of their own ability. Usually only "A" swimmers can score individual event team points.
A-B-C	Swim meet similar to the A-B meet except that there are 3 divisions. This type of meet includes every ability level of swimmer from Novice to very experienced. All swimmers "A" time or faster compete in the "A" division, and all swimmers "C" and down compete in the "C" division. The "B" division is the most limited with both top (.01 slower than "A") and bottom (.01 faster than "C") limitations.
Achiever Card	A recognition card or certificate proving the swimmer has made a specific time in an event. The card list the distance, stroke, swimmers time, date and place of meet, swimmers name, and meet referees signature.
Add Up	Aggregate Time - times achieved by 4 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 Group	Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16, 17-18. Some LSC's 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 finalist are designated as alternates. The faster of the 2 being first alternate and the next being second alternate. If a finalist cannot participate, the alternates are called to take their place, often on a moment's notice.
Anchor	The final swimmer in a relay.
Approved Meet	Swim meets conducted by organizations (other than USS member clubs or LSC's) that have applied to USS or the local LSC for approval. If approval is granted, swimmers may use times achieved as USS qualifying times. A USS official must be present at all sessions of the meet. Approval does not mean Sanctioned.
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.
"B"	Time classification for a swimmer. National Age Group Time Standard "B". "B" time is .01 seconds faster than the "C" time standard and .01 slower than the "BB" time standard. See the NAGT published chart.
"BB"	Time classification for a swimmer. National Age Group Time Standard "BB". "BB" time is .01 seconds faster than the "B" time standard and .01 slower than the "A" time standard. See the NAGT published chart.
B-Meet	Swim meet which requires swimmers to have previously achieved a "B" time standard in the events they wish to enter. Some meets have no bottom cut time allowing "C" swimmers also to compete.
B-C Meet	Swim meet that offers separate competition for both "B" swimmers and "C" swimmers, usually with ribbons for the "B" swimmers and smaller ribbons for the "C" swimmers. Swimmers compete in separate brackets against other swimmers of their own ability. Swimmers are not allowed to enter an event that they have an "A" time in.

Backstroke	One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swam as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
Banner	A team sign that is displayed at swim meets. Banners are usually made from nylon material and carry the Team Logo and possibly the name of a popular team sponsor. Some size restrictions are enforced at certain meets.
Beep	The starting sound from an electronic, computerized timing system.
Big Finals	The top 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Big Finals is the fastest heat of finals when multiple heats are held.
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 LSC or USS.
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.
Bottom	The floor of the pool. Bottom depths are usually marked on the walls or sides of the pool.
Breaststroke	One of the 4 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 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
Bull Pen	The staging area where swimmers wait to receive their lane and heat assignments for a swimming event. Area is usually away from the pool and has rows of chairs for the swimmers to sit. The Clerk of the Course is in charge of the Bull Pen.
Bulletin	One of the most important communication devices for a swim club. Bulletin boards are usually in the entrance Board ways of pools and have timely information posted for swimmers and parents to read.

Butterfly	One of the 4 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 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
Button	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.
Camp	A swimming function offered by USS, your LSC, or a USS coach. There are many types of camps for just about every level of swimmer. When selecting a camp, ask for your coaches advice as to what will be the best for the swimmer, or call USS swimming for details on the many camps they offer.
Cap	The 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.
Cards	A card that is either handed to the swimmer in the bull pen or given to the timer behind the lane. Cards usually list the swimmers name, USS number, seed time, event number, event description, and the lane and heat number the swimmer will swim in. Backup times are written on these cards. Each event has a separate card.
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 meet.
Championship Finals	The top 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. The fastest heat of finals when multiple heats are held. Big Finals.
Check-In	The procedure required before a swimmer swims an event in a deck seeded meet. Sometimes referred to as positive check in, the swimmer must mark their name on a list posted by the meet host.

Check-Out	The parents job at the motel. This is listed here to remind parents to request "Late Check Out" times if offered at no charge by the motel. This makes the last day of the meet a little less hectic.
Chlorine	The chemical used by most pools to kill the bacteria in water and keep it clean 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. (Ie) Lane 4 in the final 3 heats. See rule book for exact method for seeding depending on the lanes in the pool.
Clinic	A scheduled meeting for the purpose of instruction. (Ie) Officials clinic, Coaches clinic.
Closed Competition	Swim meet which is open to the members of an organization or group. Summer club swim meets are considered to be "Closed Competition".
Club	A registered swim team that is a dues paying member of USS and the local LSC.
Code	A set of rules that have been officially published.
Code of Ethics	A Code of Conduct that both swimmers and coaches are required to sign at certain USS/LSC sponsored events. The Code is not strict and involves common sense and proper behavior.
Colorado	A brand of automatic timing system.
Consolation Finals	After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, 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.
Convention	United States Aquatic Sports annual, week long, meeting where all rules changes are decided and working committees are established. Representatives are sent by each LSC to make up the voting body.
Course	Designated distance (length of pool) for swimming competition. (Ie) Long Course = 50 meters / Short Course = 25 yards or 25 meters.

Deadline	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"USS 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.
Dehydration	The abnormal depletion of body fluids (water). The most common cause of swimmers cramps and sick feelings.
Developmental	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).
Disqualified	A swimmers performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.
Dive	Entering the water head first. Diving is not allowed during warmups except at the designated time, in specific lanes that are monitored by the swimmers coach.
Diving Well	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.
Division I-II-III	NCAA member colleges and universities are assigned divisions to compete in, depending on the schools total enrollment. Division I being the large universities and Division III being the smaller colleges.

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 A vs. Team B, Team A vs. Team C, and Team B vs. Team C.
Dual Meet	Type of meet where two (2) teams/clubs compete against each other.
Draw	Random selection by chance.
Dropped Time	When a swimmer goes faster than the previous performance they have "dropped their time".
Dryland	The exercises and various strength programs swimmers do out of the water.
Dry Side	That part of the Code book (rule book) that deals with the "Administrative" Regulations of Competition.
Entry	An Individual, Relay team, or Club roster's event list into a swim competition.
Entry Chairperson	The host clubs 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 touchpads 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 time.
Eligible to compete	The status of a member swimmer that means they are registered and have met all the requirements.
Equipment	The items necessary to operate a swim practice or conduct a swim competition.

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.
False Start Rope	A recall rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 50 feet from the starting end on meter pools.
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.
Fees	Money paid by swimmers for services. (Ie) Practice fees, registration fee, USS membership fee, etc.
FINA	The international, rules making organization, for the sport of swimming.
Finals	The final race of each event. See "Big Finals", "Consolation Finals", "Timed Finals", etc.
Final Results	The printed copy of the results of each race of a swim meet.
Fine	The monetary penalty assessed a swimmer or club when a swimmer does not achieve the necessary time required to swim in an event, and cannot prove they have done the time previously.
Fins	Large rubber fin 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.
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 4 competitive racing strokes. Freestyle (nicknamed Free) is swam as the fourth stroke in the Medley Relay and fourth stroke in the

I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, 200 yds/mtr, 400 mtr/500 yd 800 mtr/1000 yds, 1500 mtr/1650 yds. (LSC's with 8-under divisions offer the 25 yd free)

Gallery	The viewing area for spectators during the swimming competition.
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	The blank firing pistol used by the starter to start the races.
Gun Lap	The part of a freestyle distance race (400 meters or longer) when the swimmer has 2 lengths plus 5 yards to go. The starter fires a gun shot over the lane of the lead swimmer when swimmer is at the backstroke flags.
Handbook	A reference manual published by teams/clubs and LSC's or other swimming organizations.
Hats	See "caps".
Headquarters	The motel designated by the meet host. Usually, hospitality rooms and meetings relating to the meet will be held at this location. Many times this motel is one of the sponsors of the meet.
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 swam, after all heats of the event are completed.
Heat Award	A ribbon or coupon 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.
Horn	A sounding device used in place of a gun. Used mainly with a fully automatic timing system.
Illegal	Doing something against the rules that is cause for disqualification.
IM	Individual Medley. A swimming event using all 4 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 yds, 200 yds/mtr, 400 yds/mtr.
Insurance	USS offers "accident insurance coverage" which is automatic when swimmer, coach, official, pays their USS 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.
J.O.	Junior Olympics. An age group championship meet conducted by the LSC.
Jump	An illegal start done by the 2nd, 3rd, or 4th member of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall.
Juniors	A USS National Championship meet for swimmers 18 years old or less. Qualification times are necessary. National Meets are conducted both short course (in April) and long course (in August).
Jr/Sr Camp	A training and information camp sponsored by the LSC for those swimmers registered in the LSC who National Camp qualified for USS Junior or USS Senior Nationals.
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.
Kyroscope	A brand of automatic timing system.
Lane	The specific area in which a swimmer is assigned to swim. (Ie) Lane 1 or Lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from Right (lane 1) to Left (Lane 6).
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	One length of the course. Sometimes may also mean down and back (2 lengths) of the course.
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.
Late Entries	Meet entries from a team or individual that are received by the meet host after the entry deadline. These entries are usually not accepted and are returned to sender.
Leg	The part of a relay event swam by a single team member. A single stroke in the IM.
Length	The extent of the competitive course from end to end. See lap.
Little Finals	After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Little Finals are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.
Long Course	A 50 meter pool.
LSC	Local Swim Committee. The local level administrative division of the corporation (USS) with supervisory responsibilities within certain geographic boundaries designated by the Corporation

Lycra	A stretch material used to make competitive swim suits and swim hats.
Malfunction	A mechanical or electronic failure - not a human failure by the swimmer.
Mark	The command to take your starting position.
Marshall	The adult(s) (official) who control the crowd and swimmer flow at a swim meet.
Medals	Awards given to the swimmers at meets. They vary in size and design and method of presentation.
Meet	A series of 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.
NAIA	National Association of Intercollegiate Athletics
NAGTS	National Age Group Time Standards - the list of "C" through "AAAA" times published each year.
Nationals	USS senior or junior level meets conducted in March/April and August. See Senior or Junior Nationals.
NCAA	National Collegiate Athletic Association
Newsletter	A written communication published by a team or association.
NGB	National Governing Body
Non-Conforming Time	A short course time submitted to qualify for a long course meet, or vice versa.
Novelty Meet	A meet that does not fall into a specific category because of limited events, sessions, or age brackets.

Novice	A beginner or someone who does not have experience.
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.
NSSA	National Swim School Association
NT	No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before.
Nutrition	The sum of the processes by which a swimmer takes in and utilizes food substances.
Nylon	A material used to make swim suits.
Officials	The certified, adult volunteers, who operate the many facets of a swim competition.
Olympic Trials	The USS 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.
Omega	A brand of automatic timing system.
OSAA	Oregon School Activities Association, a non-profit organization that coordinates interscholastic sports and activities for Oregon high schools.
OSI	Oregon Swimming Inc. The Local LSC
OT	Official Time. The swimmers event time recorded to one hundredth of a second (.01).
OTC	Olympic Training Center in Colorado Springs, Colorado.
OVC	Official Verification Card. A 3 copy form for certifying a national qualifying time made by a swimmer and issued only by a verification official of the area in which the meet was held.
Open Competition	Competition which any qualified team, 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 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.
Paddle	Colored plastic devices worn on the swimmers hands during swim practice.
Pelican Pete	The "Safety Mascot" of USS swimming.
Plaque	A type of award (wall plaque) given to swimmers at a meet.
Pool	The facility in which swimming competition is conducted.
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.
Practice	The scheduled workouts a swimmer attends with their swim team/club.
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 6 or 8 (Championship Heat) swimmers, and the next fastest 6 or 8 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.
Pre-seeded	A meet conducted without a bull pen in which a swimmer knows what lane and heat they are in by looking at the Meet heat sheet, or posted meet program.
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 of time at the meet.
Psyche Sheet	Another name for a "Heat Sheet" or meet program.
Pull Buoy	A flotation device used for pulling by swimmers in practice.
Qualifying Times	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. See "A" "AA" (etc.) times.

Race	Any single swimming competition. (I.e.) preliminary, final, timed final.
Ready Room	A room pool side for the swimmers to relax before they compete in finals.
Recall Rope	A rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 50 feet from the starting end on meter pools.
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 USS and the LSC.
Relays	A swimming event in which 4 swimmers participate as a relay team each swimmer swimming 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.
Rest Area	A designated area (such as a gymnasium) that is set aside for swimmers to rest during a meet.
Ribbons	Awards in a variety of sizes, styles, and colors, given at swim meets.
Safety	The responsible and careful actions of those participating in a swim meet. USS and each LSC now have a "Safety Coordinator" and each meet must have "Marshalls" in charge of safety.
Sanction	A permit issued by an LSC to a USS group member to conduct an event or meet.
Sanction Fee	The amount paid by a USS group member to an LSC for issuing a sanction.
Schedule	USS or LSC list of meets with dates, meet host, meet location, type of meet, and contacts address and phone.
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.

Seed	Assign the swimmers heats and lanes according 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	A USS National Championship meet for swimmers of any age as long as the qualification times are met.
Senior Nationals	Nationals are conducted long course in the spring (usually in late March) and in the summer (usually in late July or August).
Session	Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group.
Shave	The process of removing all arm, leg, and exposed torso hair, to decrease the "drag" or resistance of the body moving through the water. Used only by Seniors at very important (Championship) meets.
Short Course	A 25 yard or 25 meter pool.
Simultaneously	A term used in the rules of butterfly and breaststroke, meaning at the same time.
Splash	United States Swimming newsletter that is mailed bi-monthly.
Split	A portion of an event, shorter than the total distance, that is timed. (Ie) A swimmers first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.
Stations	Separate portions of a dryland or weight 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.

Still Water	Water that has no current caused by a filter system or no waves caused by swimmers.
State	A meet held twice a year (Short Course and Long Course) sponsored by the LSC. It is common to hold a Championship Senior meet and Age Group meet separately. Qualification times are usually necessary.
State Qualifier	A swimmer who has made the necessary cut off times to enter the State meet.
Stand-up	The command given by the Starter or Referee to release the swimmers from their starting position.
Step-Down	The command given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication everything is not right for the race to start.
Stroke	There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, 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. The three most popular styles/types of suits worn are: Nylon, Lycra, and Polyester.
Swim-A-Thon	The "Fund Raiser" copyrighted by USS swimming for local teams to use to make money.
Swim America	The professional swim lesson program administrated by the American Swim Coaches Assoc. licensed to Coaches.
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	The most informational and popular of the professional magazines. All swimmers and parents who are interested in swimming should consider a subscription. Ask your coach for address.
Taper	The resting phase of a senior swimmer at the end of the season before the championship meet.
Team	USS Registered club that has the right to compete for points.
Team Records	The statistics a team keeps, listing the fastest swimmer in the clubs history for each age group/each event.
Timed Finals	Competition in which only heats are swum and final placings are determined by the those times.
Time Standard	A time set by a meet or LSC or USS (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 10	A list of times compiled by the LSC or USS or Swimming World that recognizes the top number of swimmers Top 16 in each age group (boys & girls) in each event and distance.
Touch Out	To reach the touchpad and finish first in a close race.
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.
Transfer	The act of leaving one club or LSC and going to another. Usually 120 days of unattached competition is required before swimmer can represent another USS club.
Travel Fund	A sum of money set aside for a swimmer to use for travel expenses and entry fees to specified meets.
Tri-meet	A meet with 3 team competing for points to see who places 1st-2nd-3rd.

Trophy	Type of award given to teams and swimmers at meets.
Unattached	An athlete member who competes, but does not represent a club or team. (abbr. UNA)
Uniform	The various parts of clothing a swimmer wears at a meet. May include: Parka, Warmup 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.
USS	The governing body of swimming. United States Swimming.
USS Number	A 12 part number assigned to a swimmer after they have filled out the proper forms and paid their annual dues. The first three parts include the two letter abbreviation for the LSC (Local Swim Committee) and the registration year. The next three parts are letters standing for the first initial of: Last Name/First Name/Middle Name in that order. The last 6 parts are numbers of swimmers birthdate: Day/Month/Year using zeros as place holders. For example: USS# for swimmer Kent Michael Nelson, a member of Indiana Swimming, registering for the 1993/94 year and born Aug.27, 1976 = IN4NKM082776.
USOTC	United States Olympic Training Center located in Colorado Springs, Colorado.
Vertical	At right angle to the normal water level.
Vitamins	The building blocks of the body. Vitamins do not supply energy, but are necessary for proper health.
Warm-down	The loosing a swimmer does after a race when pool space is available.
Warm-up	The practice and loosing session a swimmer does before the meet or their event is swum.
Watch	The hand held device used by timers and coaches for timing a swimmers races and taking splits.
Water	For the purpose of filling swimming pools and swimmers drinking to properly hydrate themselves.

Weights	The various barbells / benches / machines used by swimmers during their dry land program.
Whistle	The sound a starter/referee makes to signal for quiet before they give the command to start the race.
Work Out	The practice sessions a swimmer attends.
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 calculated for each practice session.
Zones	The country is divided up into 4 major zones: Eastern - Southern - Central - Western. At the end of the long course season (in August) the Zone Administration sponsors a championship age group meet.