



Starkville Shockwave Aquatics Team

Starkville, MS

Swimmer's and Parent's Handbook

Swim Team Handbook

MISSION STATEMENT

Our mission is to provide a rewarding, exciting experience for the youth and parents of our community through instruction and competition in swimming. We aim to develop the characteristics of dedication, personal responsibility, goal setting, team building, and sportsmanship and provide opportunities for youth to develop and excel in a supportive environment. Finally, we strive to promote an appreciation for swimming both as a sport and as a life-long healthy form of exercise and enjoyment.

To accomplish this mission, the Mississippi Shockwave Aquatics has several key goals and objectives:

1. Promote the physical and emotional well-being of the swimmers through a rigorous training program in a supportive environment that stresses *personal development and improvement*.
2. Develop a strong *team* where individual swimmers support each other through the rigors and ups and downs of training and competition.
3. Regularly place swimmers in the state competition and to be the top competitive program in the state of Mississippi.
4. Develop swimmers that are competitive on a regional and national level.

Swimming is a *team* sport. While swimmers spend most of their time competing in individual events and striving to improve individual times, swimmers are also competing as part of a team at each swim meet. As such, swim team members are expected to attend swim meets, and, if qualifying, attend the state meet. Additionally, swimmers need the support of each other to be successful in the long swim seasons and training sessions. To develop a *team* requires the cooperation and active involvement of the coaches, swimmers, *and* parents. This handbook is divided into three sections. First, there is an introduction to the coaches, their philosophies of coaching, and their responsibility in the team. Next, there is a description of the swimmer's role in this process with some helpful hints for swimmers. Finally, there is a section for parents. Parents are encouraged to read this section to help understand what swimming means for their kids, their role in the team, and some "do's and don'ts" as parents of a swimming athlete.

The Coaches

The Shockwave is fortunate to have two outstanding coaches. Robert Gonzalez “Coach Gonzalez” coaches the seniors and Robert P. Gonzalez “Coach Robert” coaches the juniors. Our coaches are extremely dedicated to the team goals and work with swimmers virtually 7 days a week! Below is a brief biography of each coach with their coaching philosophy.

Head Coach—Robert Gonzalez



Coach Gonzalez has been a professional swimming coach for over 25 years, and has worked with some of the finest coaches and athletes in the United States. He is currently the only “Level 5” rated swim coach by USA Swimming in Mississippi. There are no other coaches higher than a Level 3 in Mississippi. Coach Gonzalez has served as a Zone coach and All-Star coach in Louisiana and Mississippi and has served as a senior coach for many swimming camps throughout the United States. As Head

Coach, he has produced many National Championship qualifiers, Junior Champions, State Champions, High School State Champions, Junior National Record holders, state record holders, and United States Top 16 ranked swimmers in almost every age, stroke, and distance. Coach Gonzalez was awarded the American Swim Coaches Association Award of Excellence in 1981, 1986, and 1991.

Previously, Coach Gonzalez was the coach of the Falcon Aquatic Team (1991-2000), Caledonia High School Team (1994-2000) and the Mississippi School for Math and Sciences Team (1994-2000). Prior to the Falcon Aquatic Team, he was Head Coach of Swim Columbus (1989-1991) and the Knights of Columbus Swim Team (1980-1988). Coach Gonzalez was awarded the High School District Coach of the Year in 1995, 1997, and 1998, and was Coach of the Year in Louisiana in 1985, 1986, and 1988. In addition, Coach Gonzalez was Coach of the Year for Mississippi in 2003.



Coach Gonzalez is a graduate of Nicholls State University (BA, BS, MS) where he was on the Dean’s List. In the pool, Coach Gonzalez was a National Qualifier in the 100 yard breaststroke in 1974. Also, at the YMCA Masters National Championship in 1986, he placed third in the 50 and 100 yard breaststroke.

Coach Gonzalez is currently employed as a Math and Science teacher at West Lowndes County School. He has three children, Robert Paul (Coach Robert), Jessica, and Stephanie. All three children have been actively involved in swimming and all are Mississippi State Champion and State Record holders.

Assistant Coach—Robert P. Gonzalez

Coach Robert P. Gonzalez has been associated with Mississippi swimming for over 15 years as both swimmer and coach. In his two years as coach, Coach Robert has produced several individual state champions and one state record holder. Coach Robert has also revamped a 10 and under program into a steady and competitive group that has not previously existed with Shockwave. Coach Robert also coaches at Starkville High School where he helped lead the Starkville High girls' team to their highest finish in school history in 2005.

As a swimmer, Coach Robert set 37 individual state records and was awarded as the Mississippi Swimmer of the Year for a record eight times. Coach Robert achieved Top 16 swims eight times in his career including a lifetime best of fourth nationally in 2000 in the 50 and 100 breaststroke. Also, Coach Robert holds the Mississippi All-time scoring record as the only swimmer to ever eclipse the 15,000 point mark in a career.

Coaching Philosophy

“It is my belief that being part of a team will provide you with lifelong skills that will help you to succeed for years to come. Success in the program is not determined merely by the score, but by your personal efforts and performances as well. I will do my best to educate you in the sport by providing opportunities for practicing the fundamentals of stroke technique, and the conditioning a swimmer needs for competition. In return, I ask that you optimize these opportunities by putting forth 100% effort in practices and competitions. Pushing yourself and your teammates to work their hardest is the key to a successful swimmer and team.”

Coaches Responsibilities

The coaches' job is to supervise the entire competitive swim program. The Starkville Shockwave 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 must be in total control 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 Shockwave coaching staff. Each group's practices are based on sound scientific principles and are geared to the specific goals of that group.
3. The coaching staff will make the final decision concerning which meets Shockwave swimmers may attend. The coaching staff also makes the final decision concerning which events a swimmer is entered into. If parents wish to enter swimmers into meets where Shockwave are not attending as a team, the **must enter as "unattached"** to avoid confusion with meet directors and billing.
4. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer 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.

Our contract with the coaches covers **5 daily practices and 6 swim meets per year**. However, our coaches devote considerably more time and their own resources to the team. Coaches are at the pool for practice 6 days per week and the team typically attends 12-15 swim meets per year. This added time is at their expense. Please show gratitude for their dedication.

Swimming is a year-round sport, divided into two seasons—short course, which runs from September through February, and long course, which runs from May through August. The coaches follow a season-long training program. The purpose of this program is to prepare swimmers for competing at the state and higher level swim meets during each season.



For Swimmers



Congratulations on joining the most competitive swim team in the State of Mississippi. Swimming is fun! But, swimming is also hard work. Progressing and being competitive requires a high level of commitment to the sport. While you are competing against yourself (for times) and others at swim meets, it is important to remember that you are a part of a team. Support your team members. Your support will make your teammates better, and their support will help you.

In this section, we will discuss issues like training schedules, nutrition, and other aspects of swim training.

TRAINING SESSIONS

Training sessions are the most important aspect of competitive swimming. Consistent training is needed to progress through the classes of swimmers. Training schedules are designed to provide only slightly more time than is required for a swimmer to accomplish this. 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.

Training Schedule

The team trains in the Sanderson Center on the MSU campus. Shockwave rents this space at considerable expense to the team. We are fortunate to have a facility like this available to accommodate the large size of the team.

Here is the "typical" practice schedule for the short course season:

Level 1

During the school year— M-F, 3:30-4:10pm

During the summer— M-F, 8:00-8:40am

Level 2 (Group 1)

During the school year— M-F, 4:10-5:10pm

During the summer— M-F, 8:40-9:40am

Level 2 (Group 2)

During the school year— M-F, 5:10-6:00pm

During the summer— M-F, 9:40-10:30am

Level 3 (Group 1)

During the school year— M-F, 4:00-5:00pm

During the summer— M-F, 8:00-9:00am

Level 3 (Group 2)

During the school year— M-F, 5:00-6:00pm

During the summer— M-F, 9:00-10:00am

Level 4 (Senior Team)

During the school year— M-F, 4:00-6:00pm

Saturday, 12:00-2:00pm

During the summer— M-F, 8:00-10:00am

M-F, 3:30-6:00pm

Sat and Sun, 9:00-11:00am

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 club does, however, encourage younger swimmers to participate in other activities in addition to swimming. The expectation level of the coaches to attend practices increases as swimmers move to higher groups.
2. Swimmers should be ready to swim at least five minutes prior to the start of their practice.

3. Plan to stay the entire practice. The last part of practice is very often the most important. Usually, there are also announcements made at the end of each practice.
4. If a swimmer must leave practice early, please notify the coach before practice begins to minimize disruptions during the practice session.
5. Please be aware that practice schedules often change around swim meets. Check your email and/or ask the coaches about potential changes.
6. Swimmers are to be escorted in and out of the Sanderson by an adult. Absolutely no exceptions.
7. The team has an obligation to act as guests while in the Sanderson (both swimmers and parents). Every member of the club needs to do everything possible to respect this privilege.

ILLNESS AND INJURY

The coach should be informed in advance of an illness or injury. If your swimmer will be out of the water over a long period of time with an injury or illness, please notify the coaching staff.

SWIMMERS TRAINING RESPONSIBILITIES

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, flippers, 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 club 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 club, whether parents or swimmers, continue to protect and improve the excellent reputation the club has throughout the state and country.

NUTRITION

Reprinted from
"Training Agenda", a USA Swimming
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:

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.

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.

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.

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:

Food Group	Selections	Servings
MILK	Milk, Cheese, Yogurt, Cottage Cheese, Ice Cream (Vitamins & Protein)	4 or More

MEAT	Meat, Fish, Poultry, Eggs, Beans, Peas, Nuts (minerals & protein)	2 or More
FRUIT & VEGETABLES	Fresh, Frozen, Canned, Dried and Juiced Fruits and Vegetables (Vitamins and Carbohydrates)	8 or More
GRAIN	Cereals, Breads, Rolls, Pasta, Muffins, Pancakes (Carbohydrates and Minerals)	8 or More
OTHERS	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. Salsa is 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)
Breakfast	Juice	80	0		Cherry Pie	260	15
	English Muffin/Butter	186	5				
	Scrambled Eggs	180	13				
	Ham, Chs., Mushrm			Fish	Fish Sandwich	450	30
	Omelet	290	20		Seafood Platter	471	35
	Egg McMuffin	340	20				
	French Toast (2 slices)	400	20		Pizza (3 slices of 12 inch pizza)		
Sausage with Biscuit	467	35		Cheese	510	8	
				Pepperoni	430	17	
Burgers	Hamburger	262	15				
	Cheeseburger	318	20	Potatoes	Plain, baked	215	0
	Quarter Pound Burger	427	25		Regular Fries	220	15
	Quarter Pound				Baked, Cheese &		
	Cheese-Burger	525	35		Broccoli	541	25
	Big Mac	570	40		Baked with Cheese	590	40
Whopper with Cheese	760	50					
Chicken				Mexican	Taco	179	6
	Drumstick	117	5		Beefy Tostado	291	15
	Chicken Sandwich	320	10		Bean Burrito	343	15
	Chicken nuggets, 6	300	23		Taco Salad	390	20
	Chicken Salad Sandwich	386	20				
	Chicken Club Sandwich	620	35		Milk and Milk shakes		
Desserts					2% Milk	120	5
	Soft Serve Cone	185	5		Whole Milk	150	10
	Strawberry Sundae	320	10		Milk shake	350	10
	Carmel Sundae	361	10				
	Frosty (12 oz)	400	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.

	Do	Don't
Breakfast	<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 lowfat 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>
Lunch	<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>
Dinner	<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 jello 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>
Snacks and Beverages	<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 lowfat 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>

For Parents

Having your child as a swimmer is both fun and rewarding for your child and you. Below, you will find some helpful hints for making their experience the best it can possibly be. But first, there are some “rules of the game” that we ask all parents to follow.

1. On deck, the Coach’s word is absolute. It is important to remember that this swim team is not a “public access” sport. That is, we receive no state funding. Disciplinary problems will be handled by the coaches in consultation with parents and severe and consistent problems can result in dismissal from the team. Coaches make all decisions regarding placement of swimmers in ability groups. They do not make these decisions lightly and have years of experience swimming at championship levels. You may be tempted to think you know what is best for your child, but rely on the professional that has been hired to do their job. You are always free and encouraged to discuss progress, goals, and performance of your child with the coach, but **do not** raise those issues while the coach is on deck. This takes their attention away from the swimmers.
2. Questions and concerns about coaching should first be raised with the coach, not Board members. Financial questions and concerns should be raised with the Board members, not the coach.
3. You must walk your child back to the pool. No exceptions. This is Sanderson’s rule for liability purposes. We do have a parent/coach available to assist parents. Please contact the Board for contact information.
4. You are free to stay for practice. We are the only swim program in the state that has open practices. We encourage parents to see their children in action to give them some appreciation for the difficulty of practices and training. But, as above, please do not interfere with the coaches during practice. While it may appear that they are “doing nothing,” they are actively watching the performance of the swimmers to assist in designing optimal training programs for each swimmer.
5. The coaches are contracted to practice 5 days a week (excluding holidays). But you will notice quickly, they are there 7 days a week most often and on most holidays. This extra time is “*out of their pocket.*” They are doing this because they love swimming and want your children to have the best shot at being successful. Please remember the extra times available for swimming before complaining about schedule changes or other extraordinary events.
6. Because we receive no outside funding and to keep the cost of the swim program at a minimum, the team engages in a few fundraising activities throughout the year. We NEED YOUR SUPPORT. If we do not get active participation, we may have to raise fees to cover all costs. We also

always need parent volunteers to assist with the team banquet and in running our team swim meet in December. Just a few hours of time can go a long way to making this the best experience possible for your child. Your active participation sends a clear signal to your child that this is a worthwhile activity, which will help them be excited, even in those long practices! Finally, consider learning to become a meet official. It is not a difficult task and helps the team when they host meets.

OK, enough with the rough stuff. Below are a few ideas that will help you as a parent of a swimmer and information that you will find useful in getting to know the team and the sport. First are the “10 Commandments” of swimming. These reiterate some of the general concepts from above, but are important to remember to assist you in making swimming fun and rewarding for your child.

The Ten Commandments for Swimming Parents

1. **Thou shalt not impose your ambitions on your child.** Remember that swimming is you *child's* activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to their personal best.
2. **Thou shalt be supportive no matter what.** There is only one question to ask your child: “Did you have fun?” If meets and practices are not fun, your child should not be forced to participate.
3. **Thou shalt not coach your child.** You have taken your child to a professional coach, do not undermine that coach by trying to coach your child on the side.
4. **Thou shalt only have positive things to say at a swimming meet.** If you are going to show up at swimming meets, you should cheer and applaud, but never criticize your child or the coach.
5. **Thou shalt acknowledge thy child's fears.** A first swimming meet or first event can be stressful. It is appropriate for your child to be afraid. Don't yell or belittle, but be supportive and assure them that the coach would not put them in an event they are not ready for.
6. **Thou shalt not criticize the officials.** If you do not have the time or desire to volunteer as an official, do not criticize those who are doing the best they can.
7. **Honor thy child's coach.** The bond between coach and swimmer is a special one built over time. Do not undermine that relationship by criticizing the coach in the presence of your child.
8. **Thou shalt not jump from team to team.** The grass is never greener on the other side of the fence. All teams have their internal problems. Switching teams will only serve to slow the progress of your child. Evaluate your team early on, make a decision, and stick with it.
9. **Thy child shalt have goals besides winning.** Giving an honest effort is as important as winning. Setting reasonable personal goals and achieving them will serve the long-term interest of your child.
10. **Thou shalt not expect thy child to become an Olympian.** There are approximately 225,000 swimming athletes in the United States. There are only 52 spots on the Olympic Team every four years. That makes the odds of your child making the team at around 1 in 4,300. Make it fun and let the rest take care of itself.

As you can tell, putting “too much” pressure on your child can be detrimental. But what is “too much?” Of course, you want your child to succeed and they often need gentle nudges to help them through tough times. Here are 9 simple questions to ask yourself to protect from placing too much pressure on your child.

1. Is winning more important to you than it is to your child?
2. When your child has a poor swim, is your disappointment obvious?
3. Do you feel that you have to “psyche” your child up before competition?
4. Do you feel that winning is the only way your child can enjoy the sport?
5. Do you conduct “post mortems” immediately after competition or practice?
6. Do you feel that you have to force your child to go to practice?
7. Do you find yourself wanting to interfere during practice or competition thinking that you could do better?
8. Do you find yourself disliking your child’s opponents?
9. Are your child’s goals more important to you than to your child?

Of course, you are going to answer “yes” to some of these questions from time to time. But, consistently applying pressure on your child can make it less fun and ultimately lead to their disliking the sport.

Other information such as nutritional programs are included in the Swimmer’s section as well as information about swim meets and common terms are included at the end of this document. As always, contact members of the Board or the coaches if you have questions.

General Information and Frequently Asked Questions

Fee Structure

Fees for swimming are based on the “Level” of the swimmer. For the first swimmer in the family, the fees are as follows:

Level 1--\$45/month	Level 2--\$50/month
Level 3--\$55/month	Level 4--\$60/month

The second and third swimmers from the same family receive a \$15/month reduction in fees. There is no charge for the 4th or more swimmers.

Payment in full of fees at the beginning of each month is required. Accounts not paid after the 15th of the month will be charged a \$10/swimmer late fee. Accounts not paid by the end of the month will result in suspension of swimmers from the swim team until dues are paid in full plus applicable late fees.

Occasionally, swimmers go inactive for a period (long summer vacations, etc.). Please notify the treasurer prior to inactive periods to avoid billing confusion. Also, payment of monthly fees must be made prior to reactivation of the swimmer (this is both to insure fees are paid in a timely manner and for insurance purposes).

In addition to monthly fees, each swimming family is responsible for a \$200/year fundraising commitment. This commitment can be met in many ways. Sales or purchases of “heat sheet ads” for the annual swim meet, swim-a-thon contributions/sales, raffle ticket sales/purchases, etc. There are many opportunities to contribute to the fundraising activities of the team. Fundraising is critical to keeping monthly swim fees low.

Entry fees

At the beginning of the season you will receive a meet calendar for the remainder of the season. You will be billed separately for each upcoming meet that your swimmer is participating in. The entry fee bill will be due at the time the coach requests. **You must pay that bill on time! Fees for meets are paid directly from the coach’s pocket.**

Typically, you can expect to be charged \$1.50-\$3.00 per event depending on the meet entered. Your bill will include a \$25/swimmer charge to pay for the coaches travel expenses. In addition, there will be a \$4/child team fee, which goes to cover entries into relays and other team expenses incurred at swim meets. In most meets, swimmers can swim three to five events per day.

Here are a few general questions that parents often ask and information that will be useful to you.

What is the structure of the team and who makes the decisions?

The team has two main points of decision. First, the coaches make all decision regarding individual swimmers, training, meet participation, etc. Our coaches are professional, seasoned veterans of swimming with many swimming titles and coaching awards. Second, the Board makes financial and policy decisions regarding the team. The Board is composed of volunteer parents who work to organize events, fundraising, and other items the team needs to operate, as well as the coaches. It is important to remember that the Board needs your assistance in these endeavors to make the team successful! We encourage parents to volunteer their time and get involved. There are many possibilities for you to contribute!

As stated earlier, the team is generally organized in two broad groups. (1) Junior swimmers—these are swimmers who are developing stroke technique and conditioning. These range from beginners who are just learning basic stroke mechanics to intermediates who are refining stroke technique and beginning competitive swimming workouts to develop competitive conditioning. (2) Senior swimmers—these are swimmers who are intermediate to advanced swimmers. Workouts for this group are longer and more intense and intended to develop competitive swimmers at all levels of competition. Within both broad groups are different groupings of swimmers based on their current abilities. The coaches make group assignments based on their assessment of your child's performance. It is important to remember that they will place your child in the group that gives them the best chance to succeed and will periodically move swimmers in and out of different groups to match them with their current training needs.

Why are the monthly fees so high?

Well, actually, the fees are quite reasonable compared with other swim teams across the state and nation. Our swim fees are the lowest in Mississippi, where other swim teams charge between \$75-\$200/month. However, we do have to pay a number of monthly fees that are included in your bill. Most importantly, we have no "home" pool. We must pay \$15 per child per month for use of the Sanderson Center pool. We are guests in their facility and must follow their rules (as discussed previously). That leaves us with \$30 per month to pay the coaches and other operating expenses. We typically operate at either a monthly break-even or even a monthly deficit. That's why fundraising is so important!! When the Board asks for you to give a bit of time to raise money, it is actually so the Board does not have to raise the monthly swim rates!

What is USS and why do I have to pay a fee?

The USS is United States Swimming, which is the governing body of all amateur competitive swimming in the United States. USS is the youth development body for the U.S. Olympic Team and sanctions swim meets for our competitions. Each swimmer on the team is required to be a member of USS for a couple important reasons. First, the fee for USS covers insurance for the team, the Sanderson, the Board, and the coaches for accidents that may occur while in the pool. No membership, no swimming, no questions. Additionally, each child must be a member of USS to compete in a USS sanctioned swim meet. If they are not members, they cannot compete. Your child will receive a subscription to *Splash* magazine as a part of the membership fee, which has good articles about training and competition that your child will enjoy reading.

My child's appetite has increased substantially since swimming. What should I do?

Feed them, but healthily (see the nutritional information in the Swimmer's Section). Your child, especially those in the intermediate and above groups, are many times swimming over a mile each practice. They are burning a lot of calories. Manage their diets, but do not be too restrictive on their food intake.

My child is not progressing as fast as he/she/I think they should. Why?

There are a number of potential reasons for this.

1. First, and most importantly, remember that it takes about 4 years to develop a swimmer. They will go through different stages of development and different swimmers develop at different paces. DO NOT expect your child to swim for 6 months and become an expert, effortless swimmer. IT DOES NOT HAPPEN. Be patient. Encourage your swimmer. And be supportive.
2. Second, ask yourself how often are they swimming. Most typically, significant progress can not be made if your child is not swimming **at least** three days per week. At younger ages and beginner stages, more than three days per week is probably counter-productive. However, as they develop their stroke technique, conditioning becomes increasingly important, so more frequent and longer practices are needed. Keep in mind that most top line competitive swimmers are swimming 6-7 days per week and 2-4 hours per day. Talk to the coach about what is most appropriate for your child given their goals for swimming and their stage of development.
3. Finally, do not expect your swimmer to return from your summer vacation and swim as fast as they did before vacation. Swimming is probably the most unforgiving sport in this respect. One week off

affects conditioning. Your child will need breaks, but just remember to take that into account when they need a week or two to get back into top shape!

If they are training all of the time, when do we take vacations?

The coaches understand and encourage family activities. After all, these are children! The long course season ends at the end of July and the short course season ends at the end of February. The optimal times for vacations are August, March, and as early in June as possible. **We ask that you not schedule vacations during the state swim meets.**

There are so many swim meets. Do we have to attend them all?

No. Attending a swim meet can be costly between eating out, gasoline, and hotel rooms. However, we do require that all swimmers attend “home” meets. During the short course (winter) season, we have one meet in Starkville and one meet in Tupelo that are considered “home” meets. During the summer, we have one “home” meet in Tupelo. But, if your child earns a time that qualifies them for the state meet, they are **expected** to attend. During 2006, we lost the state short course championship by 1.5 points (the closest state meet in U.S. swimming history) because some swimmers chose not to attend. This was a blow to those swimmers who worked so hard during the year. Please remember that failure to attend meets affects everyone involved in the swimming program.

**EVERYTHING YOU ALWAYS
WANTED TO KNOW ABOUT
SWIM MEETS...BUT, WERE
AFRAID TO ASK
(or didn't know what to ask):**

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 coach Beets Calabrese (846-3366). She is not only a coach, but also is a mother of three swimmers.

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 swimmers via email prior to the meet.
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. Once you get there, you will need a "heat sheet" which will show the order of events, lane assignments, etc., for your child.
4. 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 USA Swimming 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 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:
 - a. Positive comments or praise
 - b. Suggestions for improvement
 - c. 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.

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 Happens If Your Child has a Disappointing Swim

If your child has a poor race and comes out of it feeling bad, talk about the good things. The first thing you say is, "Hey, that is not like you. You're usually a top swimmer." Then you can go on and talk about the good things the child did. You never talk about the negative things.

If your child comes up to you and says, “That was a bad race, don’t tell me it wasn’t,” there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. “All right, you have had a bad race. How do you think you can do better next time?” Immediately start talking about the positive things.

What To Take To The Meet

1. Most important: Swim Suit and Cap--and goggles (if your swimmer uses them).
2. Baby or talcum powder--To “dust” the inside of swim cap. This helps preserve the cap and makes it easier to put on.
3. Towels--Realize your swimmer will be there awhile, so pack at least two.
4. 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.
5. Sweat suits: bring one. Each swimmer may want to bring two because they can get wet and soggy.
6. T-shirts: Two or three. Same reason as above.
7. Games: travel games, coloring books, books, anything to pass the time.
8. Food: Each swimmer is usually allowed to bring a small cooler. It is better to bring snacks. They usually have snack bars at the meet, but the lines are long and most of the time they only sell junk food. Suggestions for items to bring:
Drinks: Hi-C, Fruit juice, Gatorade
Snacks: Granola bars, Fun fruits, yogurt, cereal, jello cubes, sandwiches

Once you have attended one or two meets this will all become very routine. Please do not hesitate to ask any other parent for help or information!

These meets are a lot of fun for the swimmers! He/she gets to visit with his/her friends, play games, and meet kids from other teams. He/she also gets to “race” and see how much he/she has improved from all the hard work he/she has put in at practice.

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 Swimming 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

Policy 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 nor the USA Swimming meet experience to make the cut, yet, through and 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 USA Swimming 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. USA Swimming 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. USA Swimming rules dictate that if a swimmer makes a finals event and fails to show up they are bared 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.

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 & Placings

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 can not 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. A club uniform is to be worn when accepting the award. It is also customary for Carmel Swim Club 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. Shockwave 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. **DO NOT ASK YOUR SWIMMER(S) TO HANDLE THIS JOB.**
2. Parents are encouraged to attend out-of-town meets with their swimmers and to chaperone 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 “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.

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: (ie) 8-under, 13-Over, 15-Over, Junior, Senior.
Alternate	In a Prelims/Finals meet, after the finalist 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 moments notice.
Anchor	The final swimmer in a relay.
Approved Meet	Swim meets conducted by organizations (other than USA Swimming member clubs or LSC's) that have applied to USA Swimming or the local LSC for approval. If approval is granted, swimmers may use times achieved as USA Swimming qualifying times. A USA Swimming 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 USA Swimming.
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 and 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 USA Swimming, your LSC, or a USA Swimming 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 USA 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, USA Swimming 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 clear and safe to swim in.
- Circle Seeding A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes. (I.e.) Lane 4 in the final 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. (I.e.) 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 USA Swimming 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 USA Swimming/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. (I.e.) 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 USA Swimming member may be on the deck during a swim competition.
Deck Entries	Accepting entries into swimming events on the first day or later day of a meet.

Deck Seeding	Swimmers report to a bullpen 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 warm-ups 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 (rulebook) 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 can not 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 girl's heat and one boy's heat until all swimmers have competed.
Fees	Money paid by swimmers for services. (I.e.) Practice fees, registration fee, USA Swimming 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.
IHSAA	Indiana High School Athletic Association
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 and freestyle. Equal distances must be swam of each stroke. Distances offered: 100 yds, 200 yds/mtr, and 400 yds/mtr.
Insurance	USA Swimming offers “accident insurance coverage” which is automatic when swimmer, coach, official, pays their USA Swimming 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.
I.S.	Indiana Swimming Association
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 USA Swimming 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 USA Swimming Junior or USA Swimming Senior Nationals.
Kick	The leg movements of a swimmer.
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. (I.e.) 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 club 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 I.M.
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 (USA Swimming) with supervisory responsibilities within certain geographic boundaries designated by the Corporation
Lycra	A stretch material used to make competitive swimsuits 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	USA Swimming senior or junior level meets conducted in March/April and August. See Senior or Junior Nationals.

Natatorium	A building constructed for the purpose of housing a swimming pool and related equipment.
NCAA	National Collegiate Athletic Association
Newsletter	A written communication published by a club 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 USA Swimming 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.

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 club, organization, or individual may enter.
Parka	Large 3/4-length fur lined coats worn by swimmers. Usually are in team colors with logo or team name.
Pace Clock	The 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 USA 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 swimmers 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 USA Swimming and the LSC.
Relays	<p>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:</p> <p>1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order.</p>

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. USA Swimming 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 USA Swimming group member to conduct an event or meet.
Sanction Fee	The amount paid by a USA Swimming group member to an LSC for issuing a sanction.
Schedule	USA Swimming 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 USA Swimming 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	USA Swimming newsletter that is mailed bi-monthly.
Split	A portion of an event, shorter than the total distance, that is timed. (I.e.) 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 Paper.
Swim-A-Thon®	A fundraiser copyrighted by USA Swimming for local clubs to use to make money.
Swim America	The professional swim lesson program administrated by the American Swim Coaches Association. 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	USA Swimming 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 USA Swimming (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 USA Swimming 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 USA Swimming 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 teams competing for points to see who places 1st, 2nd and 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, Warm-up jacket, Team duffel bag, sweat pants, suits, hat, goggles, T-shirt, etc.

Unofficial Time	The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been checked, it will become the official time.
USA Swimming	The national governing body of swimming in the United States.
USA Swimming 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: USA Swimming # 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 dryland 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.

