

# **PERRY AQUATIC CLUB**

**BARRACUDA**

**SWIM TEAM**



**Parent and Swimmer Handbook**

## **Introduction**

This manual was developed for the purposes of (1) introducing new members and their families to the practices and purpose of **The Perry Aquatic Club (PAC )** and to (2) act as a reference for returning members and their families.

**The Perry Aquatic Club (PAC)** is a year-round swim team that offers guided instruction to age-group swimmers ages 5 and over. The team focuses on the development of stroke technique, increasing endurance, and strength development. Each member will also learn the value and importance of hard work, sportsmanship, teamwork and goal setting. Being a member of **PAC** will provide physical, intellectual and emotional skills that will last with your athlete for the rest of his or her life.

## **Mission Statement**

***To develop scholar athletes through education, hard work, and sportsmanship so that each may achieve his or her greatest potential.***

## **Team Philosophy**

**PAC** offers a training environment that provides a challenging but fun environment to develop and refine skills. Athletes are provided with success-oriented competition and instructed on how to grow from setbacks and defeat.

Our primary focus in the competition of young athletes is the race with one's self, the ability to use improvements in time and skill as a measure of success in competition. While there can only be one person finishing first, a victory can be obtained by "beating" your personal best.

As important as the technical skills of the sport, sportsmanship is also a major focus for the young athlete and his or her family. The word **compete** derives from the Latin *competere* meaning "to meet with". With this understanding, it comes to reason that athletes are competing with other athletes and not against. They work with their opponents to strive for victory. Sportsmanship extends out of the lanes and onto the deck with officials, coaches, other athletes and parents that all want to see fierce, friendly competition with respect for all and an understanding that we are all in this sport for the benefit of the kids.

Without a love of the sport, there would be no athletics. The first goal of **PAC** is to develop a love of the sport and from that grows the desire to become better than we previously were. **PAC** begins by nurturing this love, allowing the passion to help the development of the athlete. A major focus on skill development through the young years

and creation of a scholar athlete emerges as they get older. As children develop at different rates, the training cycles may differ from swimmer to swimmer, but the end goal is the same, develop the best practices for each individual that they may all reach success.

When the swimmers move on to high school and college, they will still find a home with **PAC** on our Senior Team. But what will last longer than the best times, are the memories of the team. The final goal of **PAC** is to develop a sense of **TEAM**, a unit working together for common goals; one that builds each member up by sharing goals, hard workouts, time on deck at meets, and even social occasions outside of swimming. The Team is more than just people swimming laps, it is a group that develops leaders, models excellent behavior, and builds quality people.

### **Membership**

Like many sports, swimming is a family commitment. As such, each family is considered a member of the team. In order to be considered a member in good standing, families must meet the following requirements:

- have a minimum of 1 active participant on the team (practicing and competing)
- be fully paid or in good status on payment plan with treasurer for all active participants
- participants be in good standing with team policies

Those families that are not in good standing on payments will be notified and their swimmer(s) will not be permitted to participate in all team functions until the payment is received.

### **What to Bring to Practice**

- Practice suit
- Swim cap
- Goggles
- Swim accessories (ie. personal fins, pull buoys, and kickboards)
- Water Bottle (with water, no sports drinks)
- Athletic shoes and clothes for dryland exercises
- Positive attitude

### **Responsibilities/Duties of the Coach(es)**

The coach's job is to supervise the entire competitive swim program. The **PAC** coaching staff is dedicated to providing a program for swimmers that will enable them to learn the value of striving to improve oneself. Therefore, the coaches must be in total control in matters affecting training and competition.

- The coaches are responsible for placing swimmers in practice groups. This is based on the age and ability of each individual. When it is in the best interest of a swimmer, she/he will be placed in a more challenging training group by the coach.
- Sole responsibility for stroke instruction and the training regimen rest with the **PAC** coaching staff.
- The coaching staff will make the final decision concerning eligibility for meets and lineups.
- The coaching staff also makes the final decision concerning which events a swimmer is entered into.
- At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will review the swimmer's performance. (It is the parent's job to offer love and understanding regardless of their swimmer's performance.)
- The building of a relay team is the sole responsibility of the coaching staff.

The coaching staff is constantly updating and improving **PAC**. It is the swimmers and parents` responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

### **Swimmer's 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 are also to behave in a manner to positively represent **PAC**.

Swimmers are to attend and participate in all meets and events in which they have been entered.

Swimmers will be required to bring specified training accessories (i.e., goggles, caps, etc.) to workouts. It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as excuse to miss part of a training session.

Swimmers are required to participate in fundraisers. These help benefit the swimmers and the swim club and are crucial to the success and continuation of the club.

## **Code of Conduct**

- Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension from the team.
- Never interfere with the progress of another swimmer, during practice or otherwise.
- 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.
- All members of the club, whether parents or swimmers, continue to protect and improve the excellent reputation of the club.

## **Parents**

Parents are the backbone of any organization. They drive the swimmers to practices and meets; they work at the home meets, and are a constant source of encouragement and support at away meets. Your responsibility as the parents are as essential a role to the team as the coaches and the swimmers.

### **Parents Responsibilities: Volunteer, Volunteer, and Volunteer!!!!!!**

- Have fun
- Support the team through volunteer time
- Encourage swimmers to attend all practices and meets
- Be supportive and loving towards your swimmers at all times while encouraging them to do their best
- Let the coach's coach. Your job is demanding enough without taking on additional responsibilities
- Keep communication with the coaches open and positive
- Please note that parents are not allowed on the pool deck during practice unless it is an emergency.
- We encourage parents to stay for/observe practice from the viewing stands and from the patio when open. Please do not try to communicate with any swimmer from the observation area. This is not only distracting to the swimmer, but can also be distracting to the entire team as well as the coach.
- Parent volunteers run the home meets. We need 100% participation from all parents to make everything run smoothly.
- Parents are expected to volunteer at a minimum of 3 meets. These can be home or away meets. Timers will be needed for away meets. Please volunteer to help your swimmers and our team. The following positions will need to be filled at home meets:
  - Officials
  - Timers
  - Scorers
  - Concessions
  - Parent Coordinators

## **Team Goals**

Every swimmer will.....

- learn the correct technique of the four competitive strokes, turns, and starts
- improve meet performance
- improve practice performance
- learn goal setting
- learn sportsmanship

Swimming ....

- has no bench sitters
- is healthy
- provides self discipline
- teaches the relationship between the team and the individual
- teaches organization

Every swim parent will....

- support the team through volunteering
- support their swimmer and fellow team swimmers by showing good sportsmanship
- encourage not discourage your swimmer(s)

## **Practice Schedules-Winter**

Practice is typically Monday through Thursday from 5:00 PM to 6:30 PM. Practice schedules will vary depending upon the season, pool schedule conflicts, and the training group. Schedules will be posted on the bulletin board and team website at <http://perrylocal.org/aquatics>. Remind texts will also go out if there is a change in schedule/practice times.

## **Practice Schedules-Summer**

Youth practice is typically Monday through Thursday from 5:00PM to 6:30PM. Practice schedules will vary depending upon the season, pool schedule conflicts, and the training group. Schedules will be posted on the bulletin board and team website at <http://perrylocal.org/aquatics>. Remind texts will also go out if there is a change in schedule/practice times.

High School is a **closed** practice typically Monday through Thursday from 7:00 AM to 9:00 AM. Practice schedules will vary depending upon the season, pool schedule conflicts, and the training group. Schedules will be posted on the bulletin board and team website at <http://perrylocal.org/aquatics>. Remind texts will also go out if there is a change in schedule/practice times.

## **Practice Guidelines**

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

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 to attend practices increases as swimmers move to higher groups.

### **Before Entering the Pool**

- Swimmers should arrive on the school grounds no earlier than 15 minutes prior to their workout time. *They should also be picked up no later than 15 minutes after their practice is over.*
- Swimmers should be ready to swim five minutes prior to the start of their practice.
- Swimmers are to enter the building through the “ramp doors” labeled as number 5 and go directly to the pool area. A swimmer found in any other part of the building could damage our relationship with the High School.
- Follow all Perry Pool rules
- No cell phones are allowed on the pool deck
- No jewelry (watches, rings, earrings, etc) during practice or meets
- Swimmers must take a shower before entering the pool
- Use lavatory prior to entering the pool
- Good behavior at all times, especially in the locker rooms (locker rooms are a privilege not a right)
  - Always remember Caring, Honesty, Respect, and Responsibility

### **Pool Etiquette**

- Practices will start and end on time. Swimmers who are over 10 minutes late will be required to wait and/to perform a modified warm up
- No hanging on the lane markers
- Do not throw kickboards, pull buoys, or other equipment
- The deck should be clear of kickboards, pull buoys, fins, etc. Use it, yours to put away!
- Starting blocks are to be used only when directed by a coach
- Every start, turn, and finish should be used as an opportunity to improve your skill

### **Etiquette for Coaching Staff**

- If a swimmer requires an early dismissal, has an injury, etc you are required to let coach know before practice starts
- When the coach asks for your attention, give it
- If there is a problem with another swimmer, please alert coach immediately

- Swimmers misbehaving may be excused from practice. If a swimmer is excused from practice, the coach will have the swimmer sit on a bench inside the pool area until practice is over. Parents will be notified.
- Swimmer should listen for announcements during practice and report those announcements to their parents

### **Etiquette for Fellow Swimmers, Facilities, and Other Facilities**

- No degrading, abusive, or profane language will be tolerated
- Support your teammates, do not belittle or degrade them
- Allow other swimmers to practice without distraction
- The club has an obligation to act as guests while in Perry High School and/or while attending away swim meets at other facilities (both swimmers and parents). Every member of the club needs to do everything possible to respect this privilege. Any damages to school property may result in financial liability of the swimmers parents. Any damage may also result in the swimmer being asked to leave the team permanently.

### **Illness and Injury**

All swimmers are required to complete an Emergency Medical Authorization Form.

Whenever possible, the coach should be informed in advance of an illness or injury. Regardless of how serious or trivial it may be, it will almost always be possible to find a physician (or parent) who will recommend abstaining from training and one who will recommend a modified approach. For this reason, the coach must be the one to determine if the absence is excusable (especially for the advanced swimmers). It is helpful to find a family physician who appreciate the importance of participation and who understands the repercussions associated with missed meets and training sessions.

If your swimmer will be out of the water over a long period of time with an injury or illness, please notify us at [theperryaquaticclub@gmail.com](mailto:theperryaquaticclub@gmail.com).

### **Time Standards**

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

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

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

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

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

## **Meet Information**

### **Meet Registration**

Meet information is available on the Perry Aquatic website (<http://perrylocal.org/aquatics>). Meet entry forms, time standards and other useful information will also be listed on the "Meet Information" and "Parent Information" pages. Notes and other timely information will be posted on the homepage of the website. Information from our LSC is available at [www.lakeerieswimming.com](http://www.lakeerieswimming.com). More articles of interest, high level meets and other information is available at [www.usaswimming.org](http://www.usaswimming.org).

### **Participation**

All PAC swimmers should plan to compete in as many meets as required by his or her developmental group.

### **What to Bring to Meet**

- Suit, cap, goggles, extra towels, and extra pairs of goggles
  - (sweats, many pools are cold, even in summer)
- Healthy snacks-cards, book, quiet game-lock for locker room
- Full water bottle
- Sharpie to write down meet events
- Portable chairs-some meets don't have enough seating for spectators
- Swimmers are required to stay on pool deck or designated area at all times with the team unless excused by the coach
- Some meets have a concession stand (optional)
- Make sure all personal possessions are labeled with swimmers name
- 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.

### **Before the Meet Starts**

Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information on the website.

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 or the team suit.

Find the check-in place and either you or your swimmer will need to check-in with a volunteer from the host team or circle-in by circling your swimmer's name on a posted list for all events. This is done so that the people running the meet know who is actually at the meet.

Once you are checked-in, write each event, heat, and lane number on your swimmer's hand in ink – a Sharpie works great. This helps him/her remember what events he/she is swimming and what event number to listen for.

Your swimmer should then get 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.

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.

The meet will usually start about 10-15 minutes after warm-ups are over.

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 will pursue the matter through the proper channels.

### **Heat Sheets**

A heat sheet is usually available for sale in the lobby or concession area of the pool. Heat sheets generally sell for two to three 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**

It is important for any swimmer to know what event numbers he/she is swimming. He/she may swim right away after warm-up or they may have to wait awhile. 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."

The "Clerk of Course" area is where all swimmers checked in before the warm-up. The clerk will line up all the swimmers and take them down to the pool in correct order. Depending on the meet, either the people at clerk will give the scoring card to the timers at the end of each lane or the people at the clerk will instruct the swimmers to hand their cards to the timers when it is their turn to swim. These cards are important because they tell the people running the meet who actually swam each event. You can expect at least 4-8 heats of each event.

The swimmer swims his or her race.

After each swim race, the swimmer should

- Ask the timers (people behind the blocks at each lane) his/her time.
- Go immediately to their coach. The coach will ask him/her their time and discuss the swim with each swimmer. Generally, the coach follows these guidelines when discussing the results: positive comments or praise and suggestions for improvement.

Things parents can do after each swim:

- Tell him/her how great they did! The coaching staff will be sure to discuss stroke technique with each swimmer. You need to tell him/her how proud you are and what a great job he/she did.
- Take him/her back to the towel area and relax.
- This is another good time to check out the bathrooms, get a drink or something light to eat.
- The swimmer now waits until his/her next event is called and starts the procedure again at the "Clerk of Course".

When a swimmer has completed all of his/her events, he/she and their parents get to go home. Make sure that you 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.

### **Special Parent's Notes**

Once you have attended one or two meets this will all become very routine. Please do not hesitate to ask any other **PAC** 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.

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. If you don't think that a gym floor is comfortable, feel free to bring folding chairs to sit on. You may also want to bring something for you to do between races.

### **USA Swimming Information**

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

USA Swimming is the national governing body for amateur, competitive swimming in the United States. At its headquarters office, located at the Olympic Training Center in Colorado Springs, Colorado, USA

Swimming staff interact with 59 Local Swimming Committees (LSCs), athletes, coaches and volunteers at

all levels to provide a variety of services to 220,000 registered athletes, 20,000 non-athletes and 2,500 swim clubs.

USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act which decreed that all Olympic sports would be administered independently. Prior to this Act, USA Swimming was then Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, Indiana. USA Swimming headquarters were moved to Colorado Springs in 1981.

Today, with its headquarters at the Olympic Training Center in Colorado Springs, Colorado, USA Swimming is a Group A member of the United States Olympic Committee. Independent and a model for all amateur sport national governing bodies, USA Swimming is in the vanguard of the Olympic movement around the world.

As the National Governing Body for the sport, USA Swimming is charged with the responsibility to formulate rules, conduct national championships, disseminate safety and sports medicine information,

select competitors to represent this country in international competition, ensure the development of its' member clubs and age group swimmers.

USA Swimming hosts three major swimming meets each year--the Phillips 66/USS Spring and Summer National Championships, and the US Open, sponsored by Speedo America. Additionally, USA Swimming holds four Speedo/Junior National Championship meets each year— two long course (50 meter pools) and two short course (25 yard pools).

Sixty-six percent (66%) of the revenues of the USA Swimming budget come from registration dues from athletes and membership fees from non-athletes and clubs. Without the support of its membership, USA could not offer quality programs to its members. The remaining revenues are generated through corporate sponsorship, United States Olympic Committee development funds, event income, publications and promotional merchandise.

Year-round athletes pay an annual registration fee of \$53.00. Athletes receive a membership card and have both liability and secondary medical insurance coverage. Membership benefits include USA Swimming Rules and Regulations, membership certificate and certificate of insurance. Clubs joining USA Swimming have liability insurance coverage for approved insured activities.

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

The International Center of Aquatic Research, dedicated in 1988, provides the opportunity for state-of-the art research and testing in the sport. The information gained through this facility, which includes a swimming treadmill, will be applied to improving swimming performances.

Obviously, the "wet" side of the sport receives a tremendous amount of money and attention, but the "dry" side of the sport receives considerable study as well.

Coaches and athletes education play an important role in USA Swimming. Programs such as the successful Coaches College, presenting the most current coaching and scientific literature, assist coaches in their efforts to provide optimal training conditions for their athletes.

USA Swimming National Headquarters strives to educate and inform its' membership through continued communication. Each year, USA Swimming publishes an updated version of the USA Swimming Rules and Regulations which is the final word in technical swimming rules. *Splash* is a bi-monthly publication providing current and timely information of interest to all USS members. *Lanelines*, the USA Swimming coach's newsletter, is also included in *Splash*.

The USA Swimming Headquarters provides a variety of services and programs for its membership. Some of the additional services provided by USA Swimming are fund-raising activities, sports medicine programs, video resources and general information about swimming related activities. USA Swimming staff members are available to assist in answering questions or providing additional information about USA Swimming. For information or assistance, contact: USA Swimming National Headquarters, One Olympic Plaza, Colorado Springs, CO 80909-5770 (719) 866-4578.

### **Physical Development**

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

Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills. Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well.

Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.

Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.

Swimming is the most injury-free of all children's sports.

Swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Master's Swimming programs are still training and racing well into their 80s.

*Parts reprinted from "A Tradition of Excellence" by USA Swimming.*

## Additional Information

### Rest & Nutrition

All swimmers should get at least eight hours of sleep every night. Swimmers should be fully hydrated before practice. Hydration before, during and after practice is the key. Swimmers should drink 2 quarts of water per day. Avoid drinks with caffeine. Make sure swimmers replace carbohydrates within 30 minutes of practice. The night before a meet, make sure all swimmers have a meal with protein and carbohydrates. The morning of a meet, have a healthy breakfast, like bananas, toast and juice. Avoid high sugar foods!

### **Remember, eat junk, and swim like junk!**

Carbohydrates are found in:

Grains

Fruits

Vegetables

Healthy snacks:

Fruit

Popcorn

Muffins

Bagels

Yogurt

Pretzels

Crackers

## The Language of Swimming

The following are some of the most common and important terms that go along with competitive swimming:

**Anchor** - The final swimmer in a relay and the point in the stroke pattern where the hand feels the most resistance and begins effective propulsive movement.

**Bell 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.

**Bullpen** – A staging area on or near the pool deck reserved as a gathering place for (usually young) swimmers before their swim event. By lining up children in the bullpen area according to heat and lane assignments, volunteer parents help minimize confusion and stress as the kids' transition to the starting blocks.

**Bulkhead** – A barrier wall fitted near the middle of a long course pool (or any pool longer than 25 yards) to convert one side into to a short course. Serves as a cat-walk for stroke & turn officials.

**Circle Swim**—When there are more than two swimmers in a lane during practice, swimmers swim up on the right hand side, staying close to the lane line, and return on

the other side ensuring that there is 5 seconds apart between the swimmer in front. This eliminates the risk of swimmers crashing into each other

**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.) Official's clinic, Coaches clinic.

**Cool-down**—A slower, longer swim as an essential injury prevention technique, used by the swimmer after a race to rid the body of excess lactic acid

**Course**—Designated distance (length of pool) for swimming competition.  
(I.e.) Long Course = 50 meters / Short Course = 25 yards or 25 meters.

**Cut**—A qualifying time for a competitive event

**DQ** — Disqualification

**Drill**—Broken stroke to work on a specific aspect of the stroke; SWIM SLOWLY

**Dry land**—The exercises and various strength programs swimmers do out of the water.

**False Start**—Leaving the block early

**Flutter Kick**—The alternating kick used in backstroke and front crawl, usually 6 kicks per cycle

**Heat**—A division of an event used to cut the number of participants, when a single race to determine the winner would mean too many swimmers competing at the same time.

**Heat Sheets**—the pre-meet printed listings of swimmers' heat and lane assignments and 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 seeding's 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 Elbow**—Refers to the recovery phase of the front crawl, where keeping a high elbow encourages better balance and body roll. Also refers to the pull stage of the stroke, where the elbow remains in a higher position over the hand, giving the sensation of reaching over a barrel when pulling through the water

**Illegal**—Doing something against the rules that is cause for disqualification.

**Individual Medley**—A combination of the four competitive swimming strokes swum in the following order; Butterfly, Backstroke, Breaststroke, Freestyle (usually front crawl)

**Interval**—A specific elapsed time for swimming or rest used during swim practice.

**Lap**—one length of the pool

**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.

**Lead-off**—The swimmer to execute the first leg of the relay.

**Leg**—The part of a relay event swam by a single team member. A single stroke in the 1M.

**Length**—A completed lap either up or down the pool. This may be a distance of 25y or 50m depending upon the size of the pool.

**Medley**— a race in which all four strokes are performed

**Negative Split**—When the second half of the race is swum faster than the first half

**Pace**—The speed that corresponds with a race distance, e.g. 1:20 (1 minute 20 seconds) per 100y.

**Qualifying Time (QT)**—A specified time that must be achieved for the swimmer to enter a competitive event.

**Relay**—a race with teams consisting of four swimmers, each of whom swims a different leg

**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**—To assign a swimmer to a heat or lane according to their qualifying time.

**Split**—A portion of an event, shorter than the total distance, which is timed. (I.e.) A swimmer's first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.

**Split Times**—The times taken for each individual section of a race.

**Start Position**—The position taken by the swimmer at the beginning of the race. The swimmer is required to have at least one foot at the front of the starting block and remain motionless until the start signal sounds. The most common position has the swimmer bent over, knees bent and feet shoulder width apart. Some swimmers prefer a track start with one foot forward and one foot back.

**Starter**—the official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.

**Starting Blocks**—the starting platforms located behind each lane. Pools normally have blocks installed 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. Most have bars near the base on the water side that swimmers use during backstroke starts.

**Stations**—Separate portions of a dry land or weight circuit

**Taper**—Reducing the intensity of training just before a race so that the swimmer may be fresh and in peak condition for the event.

**Touchpad**—an electronically stimulated pad that hangs on the end of the pool

**Turnover**—The number of times a swimmer completes one cycle of a stroke during a race.

**Yardage**—The distance a swimmer races or swims during the totality of their practice

### **Swimming Events:**

8 year olds and under:

25-yard freestyle, backstroke, breaststroke, butterfly

50-yard freestyle, backstroke, breaststroke, butterfly

100-yard individual medley or "1M"

(25 yards of butterfly, backstroke, breaststroke, and freestyle, in that order)

100-yard freestyle

9-10 year olds:

50-yard freestyle, backstroke, breaststroke, butterfly

100-yard freestyle, backstroke, breaststroke, butterfly

100-yard 1M, and sometimes the 200-yard 1M

200-yard freestyle, and sometimes the 500-yard freestyle

**Swimming Events (Cont.):**

11-12 year olds:

- 50-yard freestyle, backstroke, breaststroke, butterfly
- 100-yard freestyle, backstroke, breaststroke, butterfly
- 100-yard 1M, 200-yard 1M, and sometimes the 400-yard 1M
- 200-yard freestyle, 500-yard freestyle, and sometimes the 1000-yard freestyle and 1650-yard freestyle

13 and over:

- 50-yard freestyle
- 100-yard freestyle, backstroke, breaststroke, butterfly
- 200-yard 1M, 400-yard 1M
- 200-yard freestyle, 500-yard freestyle, 1000-yard freestyle, 1650-yard freestyle

**Who to Call for Help**

A question that goes unasked will never get an answer. The best way to get information is to check the website, bulletin board, team handbook, email, and notices that will be sent home with swimmers. Please refrain from asking questions of the coaching staff during practice. **Save questions for before or after practice!** Parents can also email questions to [theperryaquaticclub@gmail.com](mailto:theperryaquaticclub@gmail.com).



**Perry Aquatic Club**

**Swimmer's Agreement**

I, \_\_\_\_\_ have read the Perry Aquatic Club's handbook. By signing, I agree to abide by the handbook. I understand that violations of this handbook may jeopardize my team status and/or my participation in swim meets.

Swimmer Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date: \_\_\_\_\_