

Attleboro YMCA  
Tsunami Swim Team Handbook



**YATTLEBORO**

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## **I. ATTLEBORO YMCA – Mission Statement**

The YMCA of Attleboro is a charitable organization dedicated to the physical, mental and spiritual development of all regardless of age, race, religion, gender, income or ability. It fosters personal growth through quality programs and services provided in a positive environment by committed staff and volunteers.

*\*\*Confidential financial assistance, funded by our Best Friends campaign, is available so that everyone in our community can participate in our programs and services regardless of their ability to pay.*

## **II. OVERVIEW OF THE SWIM TEAM**

The philosophy of the Attleboro YMCA Tsunami Swim Team is to provide a competitive swimming program that allows all interested swimmers to develop their abilities in an environment that stresses the overall growth of the individual in a way that is consistent with the YMCA values and principles. Tsunami Swimming provides a program that meets the diverse needs of the beginning swimmer all the way through to the elite swimmer. Our program is designed not only to facilitate each swimmer's development, but also to provide an orderly progression from one level to the next.

Attleboro YMCA Tsunami competes as both a member of the YMCA Eastern Massachusetts League (EMASS) and as a registered USA Swimming team. Attleboro YMCA Tsunami swimmers participate in USA Swimming on an optional basis as YMASS.

The Attleboro YMCA offers a competitive swim program on a year-round basis. The Short Course Season begins in September and continues through mid-March. Competitive meets take place in a 25 yard pool. The Long Course Season is from late April to mid-July. Most competitive meets are held in a 50 meter pool and the majority of Long Course meets are USA Swimming meets. Finberg Flyers is another swim program offered at the Norton Outdoor Center usually beginning around July 1<sup>st</sup>.

### III. SWIM TEAM PRACTICE

#### A. Practice Groups

The swim team is divided into 5 practice groups. Practice group placement is determined by the coaches based on age and ability during the 1<sup>st</sup> two practice evaluation sessions. If during the course of the season the coaches feel that a group change is necessary, this will be discussed with both the swimmer and parents.

A description of each practice groups is as follows:

**Diamond** group works on developing team skills while focusing on stroke technique. They are required to swim one length of the pool freestyle with their face in the water. This group emphasis is on learning all four strokes and is skills based.

**Silver** group continues to build upon the basic principles learned in the Diamond group. These swimmers start to develop a more serious distance base and focus on individual medley training (all 4 strokes in one event).

**Purple** group continues to build upon the principles learned. Workouts will increase in intensity and distance. An emphasis continues to be placed on stroke efficiency and racing strategies are introduced.

**Gold** group swimmers are introduced to mental training along with a basic dry land routine focusing on overall physical conditioning and injury prevention. This group is just as committed as the platinum group only younger. This group will continue the learning curve of racing strategies.

**Platinum** group will learn more about the mechanics of swimming and the basic physics of strokes. Emphasis in the fall is on streamlining, short axis and long axis body movements, starts, turns, and core body strength. Workouts will once again increase in distance and intensity as the season progresses.

B. Practice Times

Swimmers are expected to arrive at practice on time. This allows for stretching time and any updates from the coach. Practice times are posted on the teams website, [www.attleboro-tsunami.com](http://www.attleboro-tsunami.com). Practice times may and will change during the year due to weather, swim meets and other unforeseen circumstances. Parents will be notified of any changes via email.

During the Short Course season, all swimmers will be allowed to practice from the beginning of the season (mid-September) until the YMCA New England Championships (mid-March). Only those swimmers who have qualified for additional Championship meets ( YMCA nationals, etc. ) will continue to practice until they depart for their meet.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Diamond	3:45-5:00-B		3:30-4:30			11:15-12:15
Silver	4:30-6:00 PS		4:30-5:30		5:30-6:30	9:00-10:30
Purple	4:00-5:15	4:00-6:00	5:30-6:45	4:00-5:15		9:00-10:30
Gold	5:15-6:45	7:00-8:30 PS	6:30-8:00 PS	5:15-6:45		7:00-9:00
Platinum PM	6:45-8:45	6:00-8:15	6:45-8:45	6:45-8:45	3:30-5:30	7:00-9:00
Platinum AM	5:30-7:00		5:30-7:00		5:30-7:00	

Practice schedule and # of practices listed are subject to change

**Pool Codes-** Unless otherwise noted the practices are held in the Sweet Pool in the Downtown location.

**Downtown Branch:** B=Balfour  
**Pleasant Street Branch:** PS (formerly Activity Center)

All Long Course swimmers will practice from the beginning of the season in late-April until Age Groups Championships which are usually held in late July.

## D. Attendance

Tsunami Swim Team does not have an attendance policy. If a swimmer will routinely not be attending practice on a certain day because of a scheduling conflict, their coach should be notified of this at the beginning of the season.

Although each group practices have a specified number days of practice, each swimmer and their parent should discuss with their coach the number of days the swimmer should be practicing. This is an individual decision that will be determined by such factors as age, ability and attitude.

## IV. SWIM MEETS

### A. YMCA Meets

#### 1. YMCA Dual Meets

The YMCA EMASS League has 5 divisions consisting of approximately 30 teams located in Eastern Massachusetts. Attleboro YMCA Tsunami is a Division I team. During the Short Course season they compete against each of the other teams in this division (Andover, Beverly, Burbank (Reading), Hockomock, South Shore (Quincy) and Melrose) in a closed interassociation meets (dual or invitational). To facilitate a more efficient meet, Division I teams divide their teams into two locations for most dual meets. This means that half of the team would stay at their home pool and host the meet and the other half would travel to the other YMCA's pool. Depending on the size of the other team, this division can be by either sex or age group. For example, all swimmers age 12 and under would stay "home" and all 13 and over would travel to the other team's pool.

Each YMCA team has a boys' and girls' team competing in five different classes of swimmers. Class is determined by the age of the swimmer on December 1.

- Class E - 8 and under
- Class D - 9-10
- Class C - 11-12
- Class B - 13-14
- Class A - 15-18

Therefore 8 and under Girls are competing against the other team's 8 and under Girls, as are the 8 and under Boys, 9-10 Girls, 9-10 Boys, etc. (See YMCA Swim Meet Order of Events, Section XI.)

Dual meets are usually held on Saturday afternoons and can last 2-4 hours depending on the number of swimmers. Each swimmer can swim 3 events. In most situations, the swimmers will swim in both individual events and relays.

All members of the Swim Team are expected to attend the YMCA Dual Meets. If a swimmer cannot attend, they **MUST COMMUNICATE THIS TO EITHER DAVID OR ANDREW—ASSOCIATE HEAD COACHES**. Unless notified otherwise, the coaches will enter all swimmers in the meet. It causes much confusion on the day of the meet if swimmers unexpectedly do not attend. If a last minute emergency occurs, the parents should call the Swim Team extension (508-222-7422 ext. 133) and leave a message that their swimmer will no longer be able to attend the meet.

Swimmers are expected to be on deck 15 minutes before warm-ups begin. Swimmers should expect to remain at the meet until the last event is over (to cheer on their team), unless prior arrangements have been made with the coach.

Temperatures on pool decks can range from extremely warm to chilly. Swimmers should bring the appropriate clothes for either situation (warm-up pants, sweatshirt, sandals, etc.) in addition to water bottles, snacks and towels.

## 2. YMCA Championship Meets

**EMASS District Championships** are held in late-January/February for all swimmers who attain a qualifying time. A qualifying time (cut time or time standard) is the swim time that must be achieved to attend certain meets. These times can be attained at Y Dual Meets, Invitational Meets or at USA Meets. District qualifying times will be made available as the season progresses. Until they are available, the prior year times will be left on the website so that swimmers have an indication of the necessary times.

**New England Regional Championship** are the next level of YMCA championships. They are held at Brown University in March. The

qualifying times for this meet are significantly faster than those for the District meet. These times will also be available later in the season.

The highest level of YMCA Competition is the **YMCA National Championship** held each spring in Fort Lauderdale, FL. Over the past 10 years, the Tsunami Swim Team has had several swimmers qualify for this very prestigious meet.

### 3. YMCA Invitational Meets

The team will attend YMCA invitational meets. These meets are hosted by a YMCA and usually last 2 days. Swimmers can usually swim 3-5 individual events per day. These meets differ from Dual Meets in that they are attended by multiple teams. The hosting team charges an entry fee for each event. These fees must be paid by the swimmer before the start of the meet.

#### B. USA Swim Meets

If a Tsunami swimmer chooses to register as a USA swimmer, they can also attend USA Swimming sponsored meets. There is an additional cost to register as a USA Swimmer, if you have any questions pertaining what these costs cover please speak with one of the Associate Head Coaches, David or Andrew. These meets offer swimmers the opportunity to compete more often and to swim events they might not normally swim at a YMCA meet. USA Swimming is the largest swim organization in the world. It is the governing body for competitive swimming in the United States. New England Swimming, Inc. is the regional division of USA Swimming.

The Tsunami Swim Team usually attends about 4 meets during the Short Course season. USA meets are held on weekends and can sometimes include Friday night events. The meets we attend are usually within an hour drive of the Attleboro area (i.e. Quincy, Wheaton College) but can be as far away as the University of New Hampshire. At USA meets, a swimmer can usually swim up to 5 events per day. Because of this, USA meets give the swimmers the opportunity to swim events that they might not be able to swim at a YMCA meet. Like YMCA meets, swimmers would be competing against other swimmers of the same age and sex. But unlike YMCA meets, swimmers are placed in heats according to their times and therefore are racing against swimmers of comparable ability.

At the beginning of the season, the coaching staff will select meets for the team to enter. USA Swimmers will be given a schedule of these meets and asked to return the list, indicating if there are dates that they will not be able to attend. They can exclude whole meets or just certain days of a weekend meet. Unfortunately, USA meets usually have more entries than they can accommodate and therefore not all teams that submit an entry are accepted into the meet. If this happens early in the season, we will try to substitute a different meet. But because these changes can be very last minute, it is extremely important that **all USA swimmers check their e-mail or our website ([www.attleboro-tsunami.com](http://www.attleboro-tsunami.com)), on a daily basis**. So for example, if the Tsunami entry for a meet the 2<sup>nd</sup> weekend in January is not accepted, one of the Co-Head Coaches might decide to submit an entry for a different meet being held the 3<sup>rd</sup> weekend of January. We might only be able to give our swimmers a day or two notice of this change, so we will need a very quick response as to whether you want to attend the substituted meet.

## USA Championships

As with YMCA swimming, there are different levels of USA Championships available at the end of the season. Qualifying times, dates and locations will be made available as soon as they have been determined. Again, prior year qualifying times can be found on the Attleboro YMCA Tsunami website under “Time Standards”.

## V. RESPONSIBILITIES AND EXPECTATIONS

As with all YMCA programs, the Tsunami Swim Team emphasizes the Core Values of Respect, Responsibility, Honesty and Caring. The behavior of our swimmers, coaches and parents at practices and at meets should exemplify these values.

### A. Swimmers

In order to demonstrate Respect towards our coaches and fellow swimmers, the following rules are to be followed at all practices and meet warm-ups, unless otherwise instructed.

#### 1. Practice Behavior

- If a coach is speaking to the group, swimmers should give her/him their full attention. Heads above the water and hands on wall.
- Swimmers should always do flip turns when doing free and back, and should streamline off every wall. Opens turns are for breast and fly only.
- Swimmers should not walk on the bottom of the pool and should not stop in middle of a LAP, SWIM, or SET.
- Allow 5 seconds between swimmers when starting from the wall.
- While kicking, swimmers should be in single file and should not pull on lane lines or hand pull between swimmers.
- Swimmers should always do the ENTIRE warm up and cool down.
- Swimmers should be courteous to other swimmers in the lane:
  - Faster swimmers go first;
  - No dragging off front swimmers;
  - If you need to pass the swimmer in front of you, tap their feet;
  - If you are tapped, LET THEM PASS.
- **BE ON TIME!** Arrive 10 minutes before practice starts to stretch and gather your equipment so you are ready to get the pool on time. If you have a time conflict, discuss it with your coach.
- All equipment and trash (empty water bottles, snack wrappers, etc) should be put away/thrown away before anyone leaves the pool deck.
- Swimmers are expected to display responsible behavior in the locker room by cleaning up after themselves, limiting the time spent in the shower, being respectful of other YMCA members in the locker room, and helping to maintain the YMCA facility. No roughhousing!

- Keep your hands to yourself, no pulling on, spitting on, or grabbing other swimmers.

## 2. Swim Meet Behavior

- All swimmers must sit with the team at all times during the meet. If you need to leave the pool deck for any reason, first tell your coach.
- BEFORE and AFTER your event, each swimmer must report to the coach.
- Conduct oneself in a mature, responsible and courteous manner.
- Ipods, MPG's and personal entertainment electronics are allowed on deck with earphones. No speakers.
- Swimmers must be dressed in team suit/cap for every meet. Team suits are not to be used during practice.
- Dress appropriately – sweats and footwear should be worn.
- Healthy snacks should be brought to the meets, NO JUNK FOOD
- At YMCA Dual Meets, all swimmers are expected to remain at the meet until the end. They will also participate in a team cheer before and at the conclusion of the swim meet.
- Clean up area before leaving.
- Orderly warm-ups in assigned lanes. NO DIVING DURING WARM-UPS until instructed by coach.
- No horseplay allowed during meets.
- ALL DUAL MEETS ARE MANDATORY. (If a swimmer has an extreme obligatory conflict (i.e. family wedding, religious ceremony, etc. they should speak to their coach in advance.)

### Disciplinary Action

There will be NO WARNINGS. FAILURE TO COMPLY WITH TEAM RULES WILL RESULT IN A SUSPENSION FROM THE TEAM. To return to the team, the swimmer must set an appointment with the coaches. This meeting MUST be attended by a parent or guardian.

### B. Coaches

The Tsunami coaches are expected to display Respect, Responsibility, Honesty and Caring towards their swimmers, parents and fellow coaches. This will be accomplished through the following:

- Coaches are expected to provide positive reinforcement and spirit.

- Coaches will be rotated throughout the practice groups. However, sufficient consistency must be maintained so that coaches get to know the individual swimmers, their strengths and weaknesses.
- Coaches should establish individual goals for each swimmer.
- Coaches will provide assessments throughout the year, through meetings with the parent/swimmer, if requested by the parent/swimmer.
- Coaches will place emphasis on strokes, turns, starts and technique in addition to endurance.
- Coaches provide discipline, especially regarding lane etiquette.
- Coaches are expected to treat each swimmer equally. Star swimmers and “squeaky wheels” are not treated differently from anyone else.
- Coaches provide supervision during stretching and dryland exercises.
- When setting up a YMCA swim meet, the coaches will determine the events for a swimmer. They are the ones in a position to know what is best for the team. However, the coaches should be aware of what events a swimmer likes and dislikes.
- At a swim meet, coaches should handle disqualifications (“DQs”) appropriately by focusing on the next race and explaining the reason for the disqualification

### C. Parents

For the total experience of competitive swimming, the parents are needed to carry the development of sound values into the home. This program faces an important challenge; it is combining good physical development and fun with the formation of very important and basic values, such as teamwork, cooperation and individual goal achievement. Here are some ways parents can help.

- **Parents will be required to volunteer for at least one home meet.**
- Parents should make the time to discuss practice and meets at home. Listen to your child’s feelings, as well as the words. Share your ideas and feelings. Your interest in their activity could open new communication channels.
- Parents should emphasize achieving established goals and striving for personal bests. Goal setting is an important aspect of competitive swimming. Goals are set at the beginning of the season between the coach and the swimmer. The goals should be realistic; challenging, but achievable. As the athlete achieves their goals, new goals can be

- Parents should balance their involvement with their swimmers by keeping in mind that they should support their children and provide positive encouragement, but allow the coaches to do the coaching!
- Parents should help encourage their swimmers to try different events in order to make them more versatile and to help the team. Although YMCA swimming is both a team and individual sport, event participation is based on what is best for the team. **The ultimate decision of which events an athlete participates in at a YMCA meet is made by the coaches.**
- Swimming is a unique sport. Parents should be supportive of the different ways to measure success and winning. Success may be experienced by setting personal bests, by winning (or placing in) an event, or by winning the meet. More importantly, as long as each athlete gives it their all, they will have had a successful meet.
- Fair play, respect, teamwork, self-esteem and team spirit are essential in the building of a successful team. It is important that the entire team remain on the pool deck cheering for the teammates during the meet. Athletes are expected to stay at the pool until the last event is finished at a YMCA meet. The team will go through a series of cheers for Tsunami and our opponents at the start and conclusion of the meet. Other teams usually reciprocate with their own cheers. Parents are expected to refrain from having a swimmer leave the deck early.
- At practice, athletes are grouped by age and skill level. To promote teamwork and team spirit, it is important to keep practice times consistent. ***Parents should request schedule changes only in extreme situations.***
- Teamwork sometimes includes resolving conflicts that arise. Parents are expected to help bring these issues to the attention of the coaching staff. Also, parents can assist and monitor locker room supervision before and after practice.
- Swim meets should be fun and exciting for team members. However, meets can seem long and drawn out for spectators, especially younger children. Here are a few hints to make the meets more enjoyable for spectators:
  - VOLUNTEER TO TIME ... training will be provided and there are usually 2-3 timers per lane. The meet will go by faster and you will gain a greater understanding of the sport.
  - Help with the concession stand between your child's events.

- Assist with ribbon writing, officiating, scoring, etc at home meets.
- Keep a record of your swimmer's times. Meet results are posted on the bulletin boards.
- Bring a book to read. Bring activities (books, crayons, electronic games, etc.) for siblings).
- Dress in layers, wearing light/cool clothes. It may be freezing outside but spectator areas in the pools can be very warm.
- Bring along a chair. Sometimes spectator seating can be limited.
- Parents should feel free to attend practice. However, so as not to interfere with practice and the attention the coaches are giving to the swimmers, the best time to talk to the coaches will be before and after practice. *No discussions with swimmers or coaches will be permitted during practice time. In order to assist with this we ask that all parents stay in the designated spectators area during practice (upstairs in the sweet pool and the spectators area in the balfour pool).*
- Parents should check for swim team communication on a daily basis. Please see the Communication section below.
- The coaches, athletes and Parent Volunteer Efforts would like to have all parents participate in the program. Please help out however you can whether it is at meets or at the Booster Club social events. Please see the Parent Volunteer Effort section below.

Just as your child is growing, so may you. Perhaps in some different ways, swimming will provide your family with an avenue for closer ties and companionship. Being on the swim team is a big commitment for the athlete. You need to dedicate yourself to the program as well. Be supportive and the rewards will be endless.

## COMMUNICATION

To try to facilitate the best means to communicate to all families, the swim team will post announcements in several different ways. All information will be posted on the Swim Team bulletin boards located in the hallway to the Sweet Pool at the Downtown Branch.

Our most timely way of communicating, especially last minute changes, is via e-mail and postings to the opening page of our website ([www.attleboro-tsunami.com](http://www.attleboro-tsunami.com)). There are numerous times that changes beyond our control occur and to get this information out quickly, we have found it very helpful

to use these forms of communication. For this reason, **please check your e-mail and the website on a daily basis.** For those families without internet access, it would be helpful for you to coordinate with another family who would be willing to call you with any last minute changes.

## VII. TEAM PICTURE

A team photo is taken each year. All swimmers should be in attendance and wearing their team suit (but not their cap). Reprints of the picture are available for sale and information will be available throughout the season.

## VIII. PARENT VOLUNTEER EFFORTS

Volunteer assist in various swim team activities, including the following:

- Meet Management – Responsible for running the YMCA dual meets including the score table, officials, timers, and all the paper work involved such as score sheets, timing slips, etc.
- Concessions – Organizes the concession stands that are set up for the YMCA dual meets.
- Social Events – Research, organize and run various activities throughout the season so as to provide the swimmers with fun social events including the End-of-Year Banquet.
- Website – Under the direction of the Associate Head Coaches, maintains the website with current information such as the meet and practice schedules, meet results and team records.
- Publicity – With approval from a Associate Head Coach, write articles for the local papers to communicate meet results.

The Parents Volunteer Efforts cannot sufficiently assist the team without the cooperation and commitment from all team families. In order for each committee to successfully support the team, every family is required to make a contribution by volunteering.

## **IX. GLOSSARY OF TERMS** (from USA Swimming Parent Handbook)

**Block** - The starting platform.

**Bulkhead** - A moveable wall, constructed to divide a pool into different courses, such as a 50-meter pool into two 25-yard courses.

**Choice** – During practice sets, any of the competitive strokes.

**Circle Swimming** - Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to safely swim in each lane.

**Coach** - A person who teaches and trains athletes in the sport of swimming.

**Cut** - Slang for qualifying time. A time standard necessary to attend a particular meet or event.

**Distance Events** - Term used to refer to events over 400 meters/500 yards.

**DQ** - Disqualification. This occurs when a swimmer has committed an infraction of some kind (e.g. freestyle kick in butterfly.) A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.

**Drill** - A teaching exercise involving a portion of a stroke which is used to improve technique.

**Dryland Training** - Training done out of the water that aids and enhances swimming performance; usually includes stretching and calisthenics.

**Entry Form** - Form on which a swimmer enters a competition. Usually includes club and swimmer name, USA Swimming number, age, sex, event numbers, event names and entry times.

**False Start** - Occurs when a swimmer is moving before the start is sounded. In USA Swimming, one false start will result in disqualification.

**Final** - The championship heat of an event in which the top swimmers from the preliminaries compete.

**Finish** - The final phase of the race; the touch at the end of the race.

**Flags** - Backstroke flags placed 5 yards (short course yards) or 5 meters (long & short course meters) from the end of the pool. The flags enable backstrokers to execute a backstroke turn safely and more efficiently.

**Goal** - A specific skill or time achievement a swimmer sets and strives for. Can be short or long term.

**Gutter** -The area along the edge of the pool in which water overflows during a race and is circulated through the filtration system.

**I.M.** - Short for Individual Medley. An event in which the swimmers uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

**Lap counter** - A set of display numbers used to keep track of laps during a distance race longer than 500 yards. (Also, the title given to the person who counts for the swimmer, stationed at the opposite end from the start.)

**Long Course** - A pool 50 meters in length. USA Swimming conducts most of its summer competition in long course pools.

**Long Distance** - Term used to refer to events of 800 meters/1000 yards, to 1500 meters/1650 yards.

**LSC** - Local Swimming Committee. The governing body for swimming at the local level. There are 59 LSCs in the United States. We are members of New England Swimming

**Meet** – Competition designed to be a learning experience. By implementing what has been learned in practice the swimmer races against the clock to determine improvement.

**Middle distance** - Term used to refer to events of 200 yards/meters to 400 meters/500 yards.

**National Reportable Timers/Top 16** - Time standards set for both short and long course to give national recognition to the fastest 16 swimmers in each stroke, distance, gender and age group. Achieving these standards allows a swimmer's time to be submitted for consideration each year. They do not guarantee achieving a Top 16 ranking.

**Negative Split** - Swimming the second half of the race equal to or faster than the first half.

**Official** - A judge on the deck of the pool at a sanctioned competition who enforces USA Swimming rules. There are stroke and turn judges, administrative officials, starters, timers and referees.

**Pace Clock** - Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice; may also be digital.

**Prelims** - Short for preliminaries. Also called Heats or Trials. Those races in which swimmers qualify for the championship, consolation finals or semi-finals.

**Q-Time** - Qualifying time necessary to compete in a particular event and/or competition. Also known as a cut

**Relay** - An event in which four swimmers compete together as a team to achieve one time.

**Scratch** - To withdraw from an event prior to it being held in a competition.

**Shave** - Prior to major competitions, older, more experienced swimmers sometimes shave their entire bodies to reduce resistance and heighten sensation in the water.

**Short Course** - A pool 25 yards or 25 meters in length. USA Swimming conducts most of its winter competition in short course yards.

**Split** - A time recorded from the official start to the completion of an intermediate distance within a longer event. Also the time for one of the four individuals in a relay. Under certain conditions, splits may also be used

as official times, for example, the lead off swim in a relay, or the lead off portion of an event.

**Sprint** - Describes the shorter events (50 and 100). In training, to swim as fast as possible for a short distance.

**Stroke** – During practice sets, any of the competitive strokes except freestyle

**Streamline** - The position used by swimmers when starting or pushing off the walls designed to reduce water resistance.

**Taper** - The final preparation phase, sometimes referred to as “rest.” The slow gradual reduction of work loads and intensities in preparation for season ending competition.

**Time Standards** - Performance requirements to enter a swimming competition. Standards are determined for local swim meets by the LSC.

**Time Trial** - A time-only swim, which is not part of a regular meet.

**Touch Pad** - A large touch sensitive board at the end of each lane where a swimmer’s finish is registered and sent electronically to the timing system.

**USA Swimming** - USA Swimming, Inc. is the national governing body for competitive swimming in the United States.

**USA Swimming Registration Number** - A number assigned to a swimmer upon joining USA Swimming. The membership card with this number may be required at any given competition.

**Warm Down** - Low intensity swimming used by swimmers after a race or main practice set to rid the body of excess lactic acid and to gradually reduce heart rate and respiration.

**Warm Up** - Low intensity swimming used by swimmers prior to a main practice set or race to get muscles loose and warm. Warm up gradually increases heart rate, respiration and helps to prevent injury.

**Watches** - Stopwatches used to time swimmers during a competition. When totally automatic timing equipment is used, watches serve as a back-up method.

**Weight training** - A form of dryland training that is suggested only for older swimmers. Excessive weight training in younger swimmers can injure the growth plates and cause bone and joint problems later in life.

**Zones** - USA Swimming is divided into the Eastern, Southern, Central and Western Zones. The Zone meets are the highest level of age group competition available to USA Swimming age group swimmers.