

# 43 TIPS, TRICKS, CHEERS & HACKS

f o r s w i m m i n g n e w b i e s









A COLLECTION  
OF HELPFUL,  
AND USELESS,  
HINTS TO GET  
STARTED IN THE  
**#FUNNESTSPORT**



# WHICH TEAM IS BEST FOR ME?

*Which team fits with what I want to do and learn?*

*Which team fits with my lifestyle?*

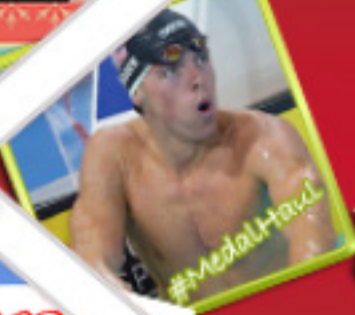
SUMMER LEAGUE	VS.	YEAR-ROUND TEAM
Most only practice during the summer. Usually about an hour/practice	 Time Commitment	Practice year round. Depending on age, usually 1-2 hours/practice
3-5	 # of practices/week	10-Under: 1- 2-3 11-12: 3-5 13 & Over: 5-6+
Minimal: Local meets	 Travel	Intermediate: Several travel meets by car or bus
Focused on fun	 Coach's Attitude	Focused on FUN, technique and progression
Entry-level	 Competition	Entry level -Intermediate- Advanced
Play games with friends after practice	 Swimmer Attitudes	Focused on fun and progression





Show us why  
swimming is the  
#funnest sport

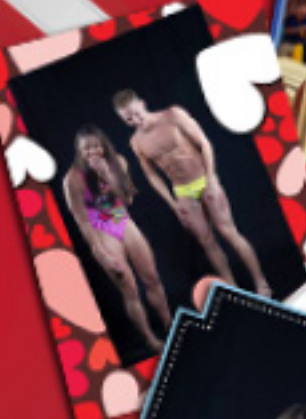
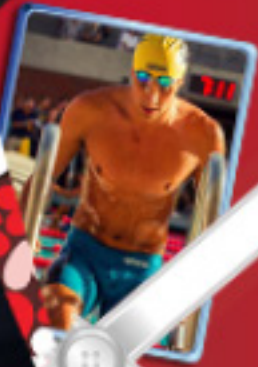
Post your "funnest" swimming pics  
on Instagram and tag @arenausa.



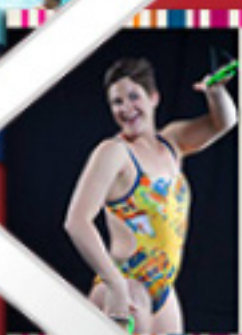
#HOLLYWOOD



#LOVEMYTEAMMATES



#fastandfit



CRAZY SWIMMER!!!!

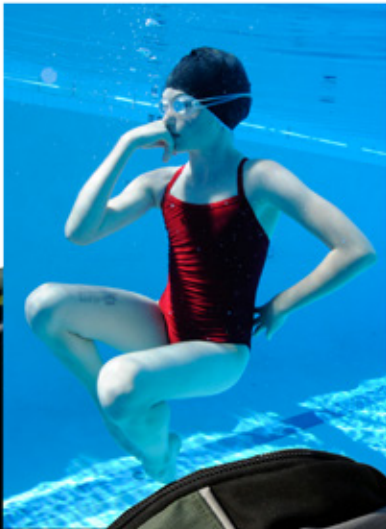
arena®



arenausa.com

# SWIMMING BAG SEARCH

Things you might find  
if you're a swimmer.



O	L	K	Y	F	S	J	P	S	G	N	E
X	O	O	I	N	I	A	W	H	O	O	I
W	U	P	A	C	D	N	L	A	G	I	P
B	A	C	M	D	K	E	S	M	G	T	R
T	K	T	L	A	W	B	C	M	L	O	A
S	I	E	E	O	H	A	O	Y	E	L	H
X	S	U	T	R	P	S	F	A	S	Q	S
S	U	N	S	C	R	E	E	N	R	H	L
L	E	K	R	O	N	S	C	A	R	D	S
B	A	G	T	A	G	S	A	K	R	A	P

BAGTAGS  
CARDS  
KICKBOARD  
PARKA  
SHARPIE  
SUIT  
WATER

BUOY  
FINS  
LOTION  
SHAMMY  
SNACKS  
SUNSCREEN  
CAP

GOGGLES  
PADDLES  
SHAMPOO  
SNORKEL  
TOWEL







Get in the  
**FUNNEST SPORT**  
Gear up at [speedousa.com](http://speedousa.com)



#funnestsport  
 [speedousa](https://www.instagram.com/speedousa)

Speedo and  are registered trademarks of and used under license from Speedo International Limited.



# SWIM PIC TIPS

HOW TO TAKE PICS OF YOUR KIDS' SWIM MEET LIKE A PRO.

*Six tips for swimming photos, from Al Bello of Getty Images and Donald Miralle of Donald Miralle Photography (donalsmiralle.photoshelter.com):*

## BACKGROUND

Look for background. Make sure it's a nice, clean background that doesn't have clutter or messiness or unwanted things in your frame behind the swimmer.

## COMPOSITION

Compose your photo. Compose your swimmer in the middle of the lane, between two lane lines or something like that. If you're in the stands, keep an eye on what your background is.

## SURROUNDINGS

Gain access to where you want to be. Make sure you are familiar with the people you are working with at the event. Be courteous. Don't make a nuisance of yourself. Be aware that you're in the swimmer's world, and you have to be respectful to the swimmers and the officials that are running the meet. You're not the most important person in that room, they are. You're just visiting.

## RESPECT

Also, be respectful of the athletes and other photographers, especially those who have been doing this for longer than you have. Do your best to learn from what's been done in the past and create your own style and approach to photography. Don't think just because you have a camera with a big lens means you take good photos and you're entitled to something.

## TESTING

Try different things. Don't be afraid to make mistakes. If you're not making mistakes, you really aren't trying. Great photos come from people who try to push the envelope a little bit. Those who don't try to push get average photos. Anyone who's an amateur photographer can read up on different photo techniques – to work with light, to do all kinds of blurs. There's a lot that can be done in swimming, especially if it's outside. It's a wonderful sport to photograph, and a lot of good photos to be had.

**MOST IMPORTANTLY, HAVE FUN OUT THERE!**





A full-page background image of a swimmer, Chloe Sutton, underwater in a pool. She is wearing a black TYR swim cap, yellow goggles, and a colorful patterned swimsuit. She is in a streamlined position, reaching forward with her arms. The water is clear blue, and there are lane lines visible.

**TYR**

**EAT  
SLEEP**

**SWIM  
REPEAT**

CHLOE SUTTON | 2X OLYMPIAN

**TYR.com**



# SWIM-INK

COMING TO A HEAT AND  
LANE NEAR YOU!



## EAT MY BUBBLES

helps your swimmer psych  
out other swimmers.



## HEAT AND LANE ASSIGNMENTS

helps your swimmer know  
where to be and what to swim.



## SHARK

helps your swimmer finish  
aggressively into the wall.



## WINGS

helps your swimmer fly  
through the water. Seriously,  
they go a lot faster.

Show off your own designs by using the hashtag #funnestsport.  
Our favorites will be featured in the USA Swimming swim art gallery!







A WINKSY AND A SMILE  
FOR OUR FRIENDS AT

**C+M**

WHO CREATED  
THE FUNNEST  
CAMPAIGN  
THERE IS.

[collemcvoy.com](http://collemcvoy.com)



SPECIAL THANKS TO



FOR SUPPORTING THE  
#FUNNESTSPORT

[swimmingcoach.org](http://swimmingcoach.org)



# SWIM CHEERS

The 4 most annoying (yet impactful) cheers for swim parents

## 1-2-3 LET'S GO (INSERT NAME)

Start right when the whistle blows for the swimmers to step onto the blocks (best with a group)

## HUP!

Yell every time a breast-stroker or butterfly comes up for a breath.

## KICK!!!

Swimmers usually stop using their legs towards the end of a race. Remind them to keep kicking!

## WHISTLE

The louder the better! See which parent can whistle the loudest.

Capture a video of your team's best cheers and share them using the hashtag #funnestsport

Five finalists will be featured on SwimToday social media. The video with the most votes (likes) will win a USA Swimming official megaphone.

KAITLIN B. KELLY







BASKETBALL. FOOTBALL. CANNONBALL.  
WHICH SOUNDS THE MOST FUN TO YOU?



FIND A TEAM. JOIN THE FUNNEST SPORT THERE IS.

© 2014 USA Swimming

  
SWIMTODAY.ORG



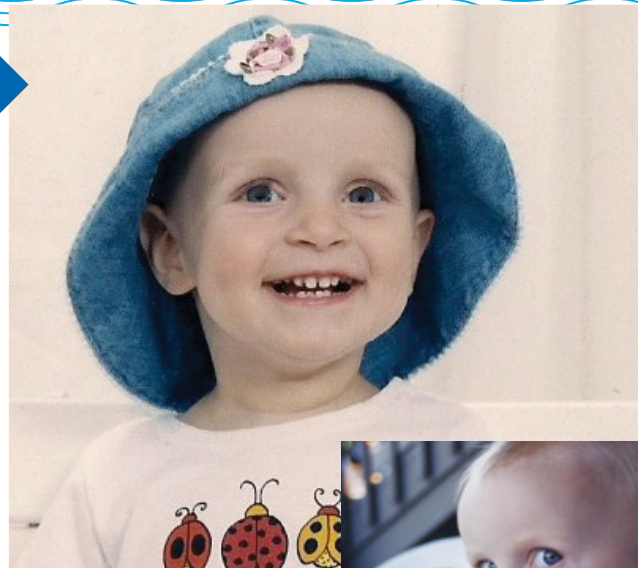
# OLYMPIANS THEN & NOW



- ▶ This little slugger played on an all-boys tee-ball team, and emerged as a star player, though she expressed frustration that her male teammates were not paying attention, “DIGGING HOLES IN THE OUTFIELD,” and not trying to be better.
- ▶ Growing up in St. Petersburg, Florida, SHE WANTED TO PLAY ALL SPORTS AND BE THE BEST AT EACH ONE. She was so eager, she had the keys ready and waiting at the door for her mother when it was time to practice or play, and she had to be the first one in the car with her seatbelt on.
- ▶ SHE LOVED TO GO FISHING WITH HER FATHER, and her first catch, a big flounder, provided a full meal for the entire family.

This Swim Kid is Megan Romano

- ▶ Though swimming is her sport, her favorite sports team – THE NHL’S WASHINGTON CAPITALS – plays on a different form of water.
- ▶ As a young swimmer, this future gold medalist LOOKED UP TO FELLOW POTOMAC VALLEY PRODUCT KATE ZIEGLER, who was her teammate in the 800m free on the 2012 U.S. Olympic Team.
- ▶ This teenager became THE FIRST AMERICAN WOMAN to qualify for World Championships in the 200, 400, 800 and 1500 freestyle events.
- ▶ At 16, this 2012 Olympic gold medalist and 2013 world champion was named the USOC SPORTSWOMAN OF THE YEAR in 2013.



This Swim Kid is Kate Ledecky







**The Gift That Won't  
Shoot Your Eye Out**

**12 Issues | Subscribe at [SWIMMINGWORLD.COM/GIFT](https://swimmingworld.com/gift) | Use promo code: **SWfriend****

Twitter - @swimmingworld Instagram - @swimmingworldmag

# ***#TeamUnified***



## **What's Your Story?**





# YOU KNOW YOU'RE A SWIM PARENT

## WHEN...



**You** ask your high school aged son if he has shaved for the meet...and mean his legs.

**You** children do not have birthdays.....they age up.

**The** only thing you know about a town, school or college is how to get to their pool. And where the best eatery is nearby.

**You** schedule your appointments and the rest of your life around swim practice and swim meets.

**When** you lean over to the mother next to you and say, "I wish he'd stop breathing so much!"

**You** are on vacation and your kid jumps in the hotel pool and immediately starts doing laps to warm up.

**You** carry goggles and swim caps in your purse.

**When** math problems are explained in terms of meters and laps.

**Your** food bill is larger than your house payment!

**When** preparing 5 meals a day for your little swimmer is completely normal.





# Great pool = great fun!



Enjoy the funnest sport in a safer, healthier pool with this self-paced, online training course.

- Prepare for emergencies
- Identify layers of protection
- Care for and maintain your pool
- Fix cloudy pool water
- Deal with algae in your pool

**Home Pool Essentials™**  
Maintenance and Safety

*Keeping Pools Safer.  
Keeping Pools Open.*



**American  
Red Cross**

**[www.HomePoolEssentials.org](http://www.HomePoolEssentials.org)**

# The #FunnestSport Isn't Just for Kids.



## IT'S FOR EVERYONE



Get Started at [usms.org](http://usms.org)





**1** After practice, hang your suit on the outside of your bag. It will dry quicker and will keep the inside of your bag fresh!

# 10 SWIMMING HACKS

**2** Use anti-fog spray on your goggles so you can see clearly the whole practice. If you don't have any, just try spit!

**3** Using a bungee cord for a goggle strap lets you quickly and easily adjust the tightness of your goggles.

**4** When putting on a tight race suit (or jeans after practice) put plastic bags over your feet to help the suit slide on with ease!

**5** To put on a swim cap – simply turn the cap inside-out, fill it with water, and have a friend drop it on your head! It's fun too!

**6** Pulling on the laneline during practice can make backstroke easy. *Just don't get caught!*

**7** To practice proper diving technique, put a noodle across the lane and dive over it.

**8** Instead of hanging on the laneline, sit on a kickboard to stay afloat.

**9** Practicing bubble rings is a great way to work on lung capacity.



**10** If your fins are too loose - try wearing socks. It really works!

*Have a swimming hack of your own?* Share it with us by using the hashtags #funnestsport & #swimhacks. We will retweet our favorites!







SPECIAL THANKS TO



**Colorado  
TIME SYSTEMS®**  
A PLAYCORE Company

FOR SUPPORTING THE  
#FUNNESTSPORT

[coloradotime.com](http://coloradotime.com)

**M**ake sure you sign up for Deck Pass and start sending us photos of where you and your friends use Deck Pass. Find us and tag us with the #wheredoyoudeckpass hashtag.

#WHERE DO YOU DECK PASS

THE OFFICIAL  
APP OF



DON'T HAVE DECK PASS?  
**GET IT TODAY!**

Available on the  
**App Store**

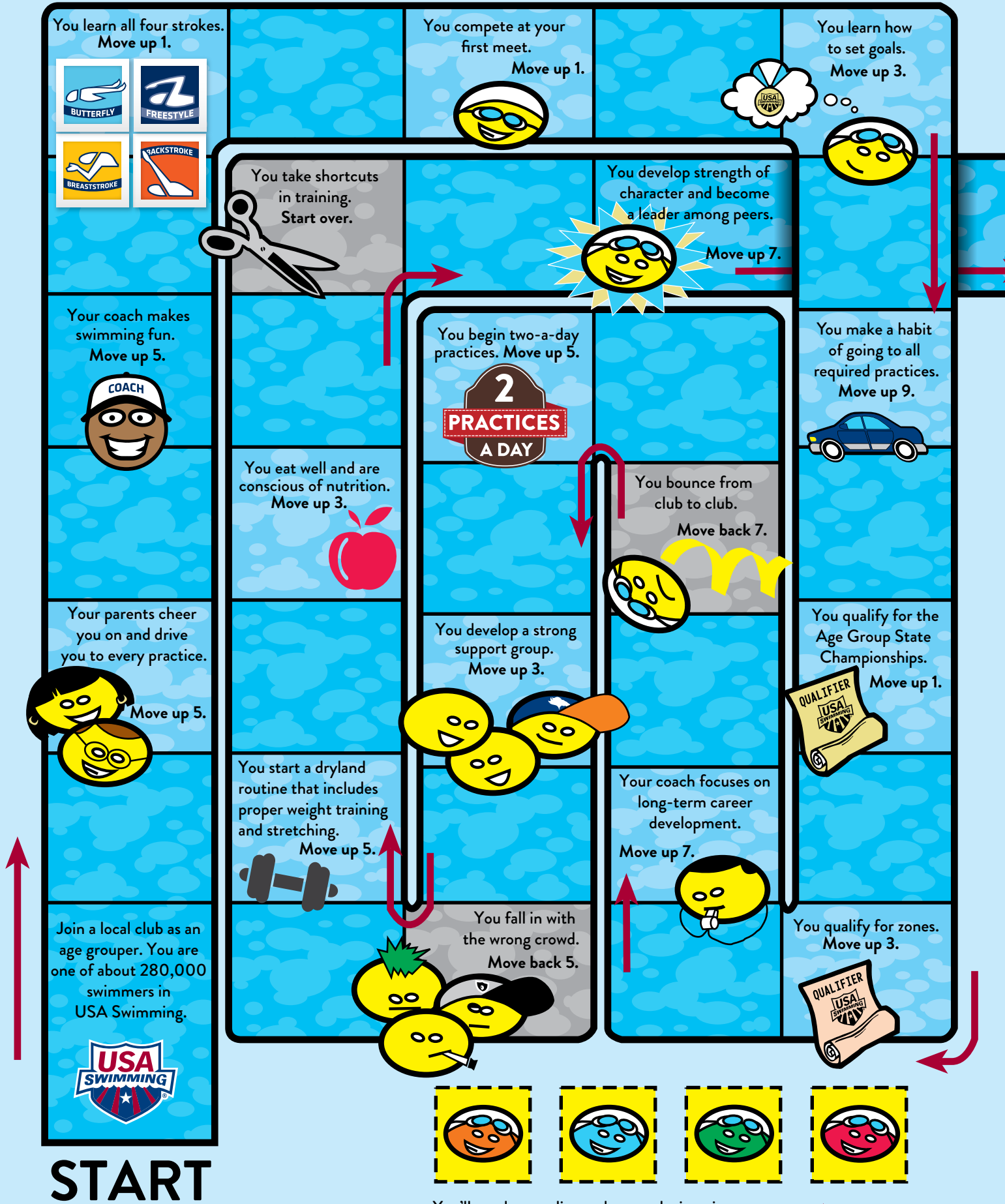
and



Google play

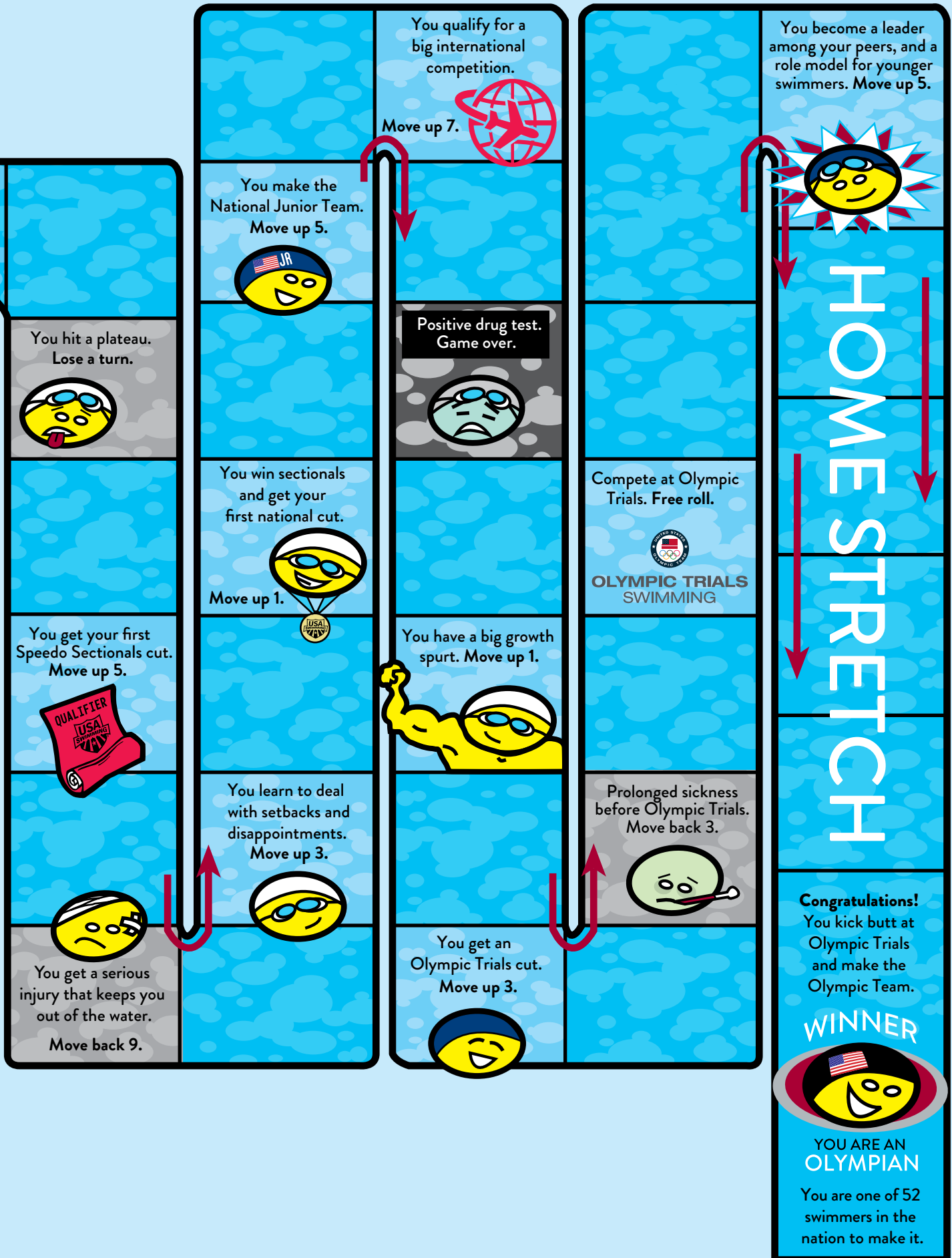


# From AGE GROUPEE to OLYMPIAN



You'll need some dice and some playing pieces.  
You can print this out and use the pieces right up here.







# GET IN THE FUNNEST SPORT THERE IS.

Health, fun, family, friends. Swimming brings it all together. Find a club, join a team and jump in.

FIND A SWIM TEAM

