

Coeur d'Alene Area Swim Team Parent Handbook

2025-2026

TABLE OF CONTENTS

FORWORD Welcome from USA Swimming.....	3
Coaches Welcome.....	4
Mission Statement.....	4
Purpose.....	4
Expectations.....	5
Parents.....	5
Swimmers.....	5
KROC Expectations during practices.....	5
How to Stay Informed.....	6
Parent Handbook.....	6
Website and mobile APP.....	6
SMS/Text Messages.....	6
Email.....	7
Policies and Procedures.....	7
CROC Talk.....	7
Registration and Fees.....	7
Dues.....	8
Other Fees.....	8
Fundraising.....	8
Service Hours.....	8
The Basics.....	9
Groups and Move-Up Criteria.....	9
Required Equipment.....	9
Schedules.....	10
Practice and Meet Attendance.....	10
Practice Times.....	10
Zone, Club and Meets.....	11
Social Activities.....	11
Officials.....	11
Apparel.....	11
Safe Sport.....	12
Required Training.....	12
Swim Meets.....	12

Long Course and Short Course.....	13
How to register for meets?.....	13
What should I bring?.....	13
Expectations.....	14
What is a Heat sheet?.....	14
Meet Mobile/Swimmerly APPS.....	14
Why do they write on their arms?.....	15
Why did my child DQ?.....	15
Common Disqualifications.....	15
What are Time Standards?.....	15
Terms.....	19

Welcome to the exciting world of swimming! By joining USA Swimming, your child has become a member of one of the country's largest, most organized, and competently coached youth sports.

This handbook will acquaint you with the sport of competitive swimming and introduce you to the organization of USA Swimming. We want to let you know how important your role as a volunteer is to our sport. As a volunteer, you can be actively involved in many programs and instrumental in strengthening swimming in the United States. With a positive attitude and a willingness to lend a hand, you will also have a great impact on your child's athletic environment and their love of swimming.

There are many benefits to participating in the sport of swimming, including meeting terrific people. The camaraderie among swimmers is unique; many swimming buddies become lifelong friends. In addition to being around fine people, swimming provides one of the most beneficial forms of exercise for cardiovascular and overall fitness. Possibly the greatest benefits of participating in an organized swimming program are the life skills your child will develop. These skills include time management, self-discipline, and sportsmanship.

Research has shown that the main motivation for children to choose sports is their desire to have fun. Age group swimming can be fun, exciting, and rewarding. Many children improve rapidly during the developmental stages due to growth and improved technique and it is difficult to resist the tendency to push young athletes. At this stage, however, the emphasis should be placed on technique and not intense training. We also recommend that the training schedule for developmental swimmers be flexible enough to provide them with time to participate in other activities. Since swimming careers can extend well into adulthood, swimming at the youngest levels needs to be fun, pressure free, and filled with learning experiences. This will ensure that swimming remains enjoyable throughout their lives.

Once a child reaches puberty, scientists and coaches feel more serious training can begin. This can be a particularly frustrating time for swimmers. During this transition from age group to senior swimming and from childhood to young adulthood, an athlete may experience a plateau in performance while skills and physical abilities struggle to become equal with each other. Best times can be few and far between while training times are increasing and can require more time and dedication. While the coaches have prepared swimmers for this change, many parents may begin to question whether a child's swimming career is over at this point. These factors, coupled with the other normal difficulties of puberty, can sometimes lead a swimmer to leave the sport prematurely. Parents and coaches must be cooperative and very supportive during this period of adjustment, realizing that it will likely pass, and the rewards will be even better.

This handbook is designed to help you help your child succeed in swimming. Remember that not every swimmer becomes a world record holder, but everyone gains from their swimming experience. Supporting your child in any of their activities can be one of the most rewarding experiences of your life. Please ask questions of your coaches and officials, as well as the

experienced parents on your team. They all have the same goal: to provide your child with the best possible experience in swimming. Keep in mind that the swimming program only works because of dedicated people like you! Thanks for helping to make swimming the best youth sport.

USA Swimming handbook can be located at:

<https://www.teamunify.com/njptac/UserFiles/File/USA%20Swimming%20Parents%20Handbook.pdf>

COACHES WELCOME

Greetings to our CAST Families and welcome to the new 2054-26 swim season! The swimmers are both the reason we are together and the common thread that connects us all. Let's begin this season with a renewed perspective in mind and lots of positive energy and momentum forward. Now is the time to focus on building our swim team's family, team culture, and community bonds. Our goal is to lead CAST in creating the best possible environment for our swimmers. We can help them grow and thrive, not just in swimming, but in life skills that can have a lasting impact on their future well-being. Every swimmer on CAST deserves this opportunity, so collectively we can embrace this new reason for the season!

A feeling of optimism and positivity in the air as we all are happy to be back at the pool!

The possibilities for growing our team and strengthening our bonds are endless. Lots of fun and exciting things are in the works, so stay tuned. The team strives to send monthly newsletters and utilize social media as well as the Slack app to communicate announcements and reminders to the CAST families. We look forward to hearing about your ideas to help promote the reason for this season!

MISSION STATEMENT

The Coeur d'Alene Area Swim Team's mission is to provide athletes with a safe, healthy, and positive environment where committed coaches and swimmers may realize their potential at any level of swimming and learn skills that will enable success in swimming and life.

PURPOSE

The purpose of this Association shall be to promote interest and participation in amateur competitive swimming by providing the organizational resources to recruit, train, and support the year-round operation of the swim team, and enter the team into competition. The Association represents the interests of the swim team to the Inland Empire Swimming (IES) organization, other sports organizations, and the community. This representation is performed in accordance with the bylaws and under the rules prescribed by USA Swimming, Inc., Inland Empire Swimming, and the Coeur d'Alene Area Swim Team.

EXPECTATIONS

We use swimming as a vehicle to teach children life skills and how to reach their athletic potential. In competition, the most important measure is not who collected the most medals, or even who improves the most—the critical measure of who learned the most and enjoyed the experience. There are certain characteristics our swimmers can emulate, no matter where they are. These characteristics are concentration, listening skills, sportsmanship, time management, discipline, dedication, and working toward a goal.

Our team is only as good as the people on it and our expectations for everyone are simple:

PARENTS

- Set the right example and demonstrate sportsmanship and respect.
- Volunteer, cheer, and have fun.
- Encourage your child and leave the coaching to the coach.
- Communicate concerns. Please do not interrupt the coach while coaching.

SWIMMERS

- Be a good teammate and demonstrate good sportsmanship at practice and meets, supporting your teammates.
- Pay attention to coaches.
- Be respectful to teammates and coaches.
- Have fun and do your best. It's a lot more important than being the best.
- Show respect for all facilities and other property during practice.
- Be honest.
- Do not bully, threaten, or intimidate anyone.
- Keep your hands to yourself.

The Code of Conduct can be found in the forms on the website. We take these offenses very seriously. Make sure you are familiar with these policies, how to report a violation and our process to investigate any allegation or issue.

KROC EXPECTATIONS DURING PRACTICES

Please help us keep a good relationship with the Kroc Center and abide by their policies and regulations.

- During any practices, parents should sit at the bleachers at the end of the pool, or on the turn sides of the pool. Recently the Kroc has also allowed CAST families to utilize the blue chairs above the pool. Kroc asks that we actively clean and monitor this area. It is up to the discretion of the Kroc center to revoke the use of this area at any point. Only athletes can be behind the blocks or in the bleachers behind lanes 1-10 or on the side bleachers by lane 10 (under the clock in front of lifeguard office windows).

- No photos/video per Kroc policy.
- Athletes need to utilize the locker rooms for changing before and after practice. Athletes may ONLY use the cabanas if there is an adult present or they are over the age of 17.
- Please do not approach coaches during practice to ask team questions. Please save this for before or after all practice times or reach out anytime through email.
- Cell phones may not be out in the locker room.

HOW TO STAY INFORMED

There are a variety of ways to find the information you seek. The website should be your first stop as it contains documents, handbooks, and copies of prior communications. If you can not find what you need, please ask. Parents are also encouraged to engage with the team utilizing the Slack app. Please contact ryanchase@swimcast.org for access and help.

PARENT HANDBOOK

Yes, this very handbook you are reading. The handbook is designed to be a quick one-stop shop to help you find answers to questions and locate the information you need.

WEBSITE AND MOBILE APP

Our team website can be located at [Coeur d'Alene Area Swim Team Home \(gomotionapp.com\)](http://Coeur d'Alene Area Swim Team Home (gomotionapp.com)). This page is a repository for all things CAST. This is where you will find commitments, documents, schedules, time standards, records, and much more.

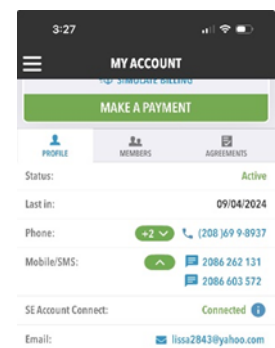
Once logged in you will be able to see your payments, commit to meets, view the calendar, and find a member directory.

Team Unify offers a mobile app called OnDeck. This is a mobile version of our website.

SMS/TEXT MESSAGES

Please make sure your account is up to date with the phone numbers you want to receive our messages. This could be if a practice is cancelled due to a pool issue, or a reminder about a meeting or event.

In Team Unify (the website) select Membership and My Account. In the Profile section, you will see Mobile/SMS. This is where you would add any phone number you would like to receive group SMS/TEXT messages.



EMAIL

Email is the quickest way for us to pass on information, answer questions, and distribute time-sensitive updates. Make sure you register all the emails you want to receive communications.

Group emails are sent so ensure your email filter does not send them to spam.

Questions can be sent to the board or Head Coach by email.

Please be patient and respectful. Remember we are all in this together and want to have the best team we can.

teamadmin@swimcast.org

headcoach@swimcast.org

chair@swimcast.org

vicechair@swimcast.org

secretary@swimcast.org

POLICIES AND PROCEDURES

CAST has published policies and procedures published on our website. These can be found in the Team Documents section.

CROC TALK

The parent led communication committee publishes a monthly newsletter that will be emailed to all CAST families and posted on the team's website. This will highlight current team news and important information from the Head Coach and the Board. It will also include a team calendar with upcoming meets, events, and deadlines, a Coach's Corner, and articles, amongst other things to keep families informed.

We encourage swimmers and parents to submit photos, articles, and other news to be published each month.

REGISTRATION AND FEES

CAST's Board of Directors works to keep dues as low as possible and still cover wages for the coaching staff, pool rental space, travel, and other business and team costs. We do this by monthly fees. To offset the monthly dues fees, we have a fundraising and service hour requirement each family must meet.

All information on Dues, Fees, and penalties can be found on the team webpage under the CAST Membership-Cost-Structure document.

DUES

Annually you will be required to re-register for CAST. This renews your contract for the year and will take place in August. Dues are assessed monthly based on the level of training team you are on. Dues must be paid on the first of each month or a late fee will be assessed. Early cancellation will result in a discontinuation fee (plus any unpaid meet fees and balances).

There is a multi-swimmer discount for families with more than one swimmer.

Limited financial aid is available. The application, if needed, is on the website under forms.

OTHER FEES

Yearly you will renew your monthly USA Swimming registration. This is paid directly to USA Swimming.

KROC Center dues: CAST utilizes the Kroc Center for training. You must have a membership to use the facility. Discounts are available for CAST members.

Swim Meet Fees: When you commit to a swim meet you will be charged various costs. A CAST fee per meet, a fee by the host team, and an IES fee.

FUNDRAISING

Along with dues, we still need significant donations to balance our budget. Fundraising is required for each swimmer. The level of commitment is based on the training group. For families with multiple swimmers, it is capped at the two highest levels. Fundraising is completed through various opportunities such as the sponsorship Drive, Swim a Thon, and other fundraising events.

If you do not fundraise the full amount or don't wish to participate in fundraising, you will be responsible for the amount required. This will be billed on August 1st.

Fundraising forms and requirements are in the forms on the team website.

SERVICE HOURS

The only way we function is through the dedicated participation of parent volunteers. Volunteering is essential to our success. Each family will be responsible for a set number of volunteer hours. These hours can only be met by volunteering at meets, officiating, or serving as a board member.

All families are required to volunteer at our home meet Adam England in November. Other opportunities are timing at away meets or posted volunteer opportunities on the website and team communications. If you time at an away meet- take a photo of the schedule showing your hours and email our member coordinator so you can have your hours applied.

secretary@swimcast.net

Unfulfilled hours will be billed on August 1st or upon discontinuation of membership. Service hours are prorated based on the joining date.

****If your swimmer will not compete in travel meets, ensure your volunteer hours are completed at the Adam England Meet. *****

THE BASICS

How our team works.

GROUPS AND MOVE-UP CRITERIA

CAST offers a comprehensive competitive swim program and has seven year-round training groups. Bronze, Silver, Gold, Emerald, Championship, Elite and Pre-National. Age and/or time standards are utilized to place swimmers in the correct group. The training groups can be found on our website.

Move-up Criteria are identified on our website for swimmers when they age or qualify to move up. Move-ups typically take place after the short course season in March and the long course season in August but can be done sooner upon the coach's recommendation.

Goal Meetings will be offered twice per year, once in the fall and once in the spring. Corresponding with the start of long and short course competitions.

Intro to CAST and Seasonal Swim Programs: throughout the year CAST will work to offer developmental swim team programs. These are short-term commitments with our swim team and are perfect for those who want a swim team experience without the year-round competitive commitment. These programs are designed to be a fun, no-pressure, yet instructional transition to bridge the gap between swim lessons and swim teams. These programs are also designed to help swimmers develop the skills and abilities necessary to try out for the competitive swim program.

REQUIRED EQUIPMENT

CAST has required equipment for both practice and meets. CAST requires a black Arena team suit for competitions along with a branded CAST cap. You can ask the Head Coach for a cap on deck or at meets or the apparel coordinator has the team caps as well. Team caps cost \$12 and will be billed to your account.

All equipment can be purchased at <https://www.swimoutlet.com/collections/swimcast> under the team page (CAST Swim). Approved Arena team suits can also be found on the team page. You will be provided a membership to Swim Outlet which provides you a discount. Once you purchase your team suit, contact the apparel coordinator apparel@swimcast.org to have the suit logo placed on the garment. Please contact our apparel coordinator to set you up with a SwimOutlet membership and for any equipment or questions about the team uniform and apparel.

Equipment Requirement for Practice:

Bronze (2 items): Arena kickboard + Long floating fins (choice of Finis or Sporti brand)

Silver (4 items): Arena kickboard + Long floating fins (choice of Finis or Sporti brand) + Arena pull buoy + *****Arena Hand Paddles*****

Gold/Emerald/Champs/Elite/Pre-Nat (5 items): Arena kickboard + Arena Power Pro Fins (shorter fins) + Arena pull buoy + *****Arena Hand Paddles***** + Arena Snorkel

*****Arena Hand Paddles*****: the paddles come in (XS, S, M, or L); please ask your coach for recommended size

Developmental/Seasonal Swim Team/Intro (2 items): Arena kickboard + Long floating fins (choice of Finis or Sporti brand)

SCHEDULES

We are grateful to partner with the KROC center for space in the competition pool. Our schedule typically changes three times a year. Summer, Fall, and Winter. During the months of September-November, the pool is very busy, and our lane space and times are adjusted for the High School Swim Team.

Morning and evening practices are offered.

Schedules are posted on the team website for reference.

PRACTICE AND MEET ATTENDANCE

Recommended practice attendance is listed on the Team Structure as well as the move-up guidelines. Attendance is not mandatory for the age-based teams (Gold, Silver, and Bronze), but 50-75% attendance is required to qualify for the upper-level teams.

Meets are a great way to put your hard work to the test and obtain times for your races. Our age-based teams (Gold, Silver, and Bronze) do not require meet attendance. To progress to higher level teams, there are meet requirements, however, to qualify for these teams you must have time standards which are obtained by competitions.

All information can be located on the Goal Setting and Move-Up Process document on the website.

PRACTICE TIMES

Practice times will change throughout the year. Typically, we will adjust for summer schedules, Fall Schedules due to shared pool space with high school swim, and then winter schedules. Our schedules are worked around the lanes and pool availability provided by the Kroc Center. Schedules can all be found on the team website.

ZONE, CLUB AND MEETS

We are in the Western Zone and our local club is Inland Empire Swim Club (IES). We attend meets sanctioned by the IES. IES has a Facebook page for those with Social Media and often posts photos and other helpful information.

SOCIAL ACTIVITIES

CAST holds a variety of social activities and welcomes the opportunity for parents to suggest, volunteer, and/or plan events for the team. Some of the primary events the team sponsors are:

Annual Banquet

Pool Party

Summer BBQ

Volunteer opportunities such as Ironman Bag Stuffing and Adopt a Mile.

Do you want to help, but do not want to serve on the board? We are always looking for parents to help plan fun activities and gatherings to build up our CAST family. We have introduced parent led committees as a way for parents to be more involved in the team. Please reach out to teamadmin@swimcast.org or ryanchase@swimcast.org to be added to committees.

OFFICIALS

You know what? We really need your help, and we will train you. Each swim meet requires each team to supply officials. If you have any interest in learning more about officiating or the rules of swimming and serving as an official please contact us and we will get you more information. You do not need to know anything to start, IES will train you! Officials can earn a stipend by working at sanctioned meets, and hours worked go towards your service hour commitment.

APPAREL

Arena merchandise is available on the SwimOutlet website for purchase and can then be given to the apparel coordinator to have the CAST logo applied to it. Please email apparel@swimcast.org to have the Arena apparel and gear logo'd.

Additional CAST merchandise is available for purchase through the apparel coordinator at various times throughout the year. Please email apparel@swimcast.org for an order form and for any questions you might have regarding apparel.

Show your CAST Spirit at meets and events.

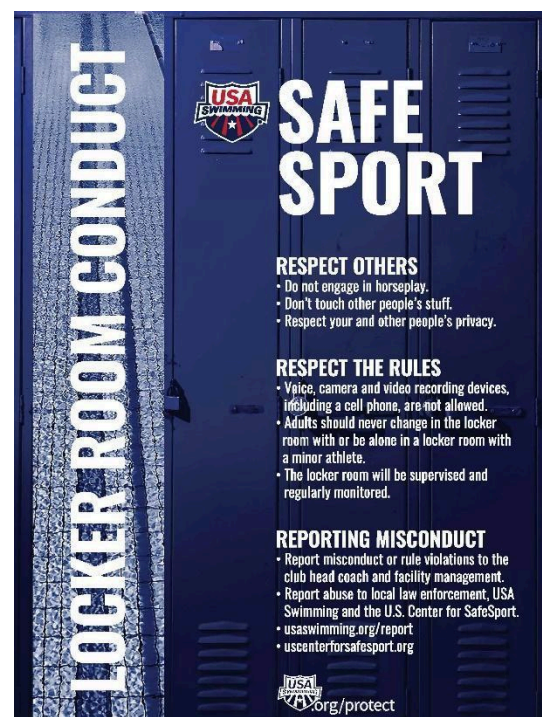
SAFE SPORT

CAST is a Safe Sport-recognized team. USA Swimming is committed to fostering a fun, healthy, and safe environment for all its members. For that reason, they have created a Safe Sport program and put in place a detailed Code of Conduct. Safe Sport provides policies, education, a reporting structure, and tools that are intended to serve all members as we work together to maintain this environment.

Visit the USA Swimming Safe Sport Website for more. [Safe Sport \(usaswimming.org\)](https://usaswimming.org)

Some of the Safe Sport rules you should be aware of:

- There is no cell phone usage, by anyone, behind the blocks or in locker rooms.
- All interactions with minor athletes and adults must be interruptible and observable.
- No Deck Changing
- Electronic communication between a coach and an athlete must include a parent or another adult.



Please see link below for CAST's Minor Athlete Abuse Prevention Policy (MAAPP) for further information, including the locker room policies for both our training facilities: The Kroc Center and Witter Pool

[CAST Minor Athlete Abuse Prevention Policy \(MAAPP\)](#)

REQUIRED TRAINING

Safe Sport provides free training to parents and athletes. We ask that every family and athlete over 13 complete this training.

Athlete Protection Training is required by USA Swimming and CAST for any athlete once they turn 18 years old.

SWIM MEETS

Swim meets are a fun way for a swimmer to see the progress of their hard work and challenge themselves with competition. Attending swim meets is a great way to display sportsmanship, cheering on other swimmers in and out of the water during the meet.

Swim meets provide the opportunity for swimmers to improve their times, it is the ultimate feedback for how they have trained and teaches the value of hard work. However, not every meet is going to be successful, so it also helps them cope with disappointment, which helps them identify areas to improve.

The biggest reason is camaraderie. This is where relationships are made and developed. There is nothing like watching athletes cheer for each other, screaming themselves hoarse at meets. Watching them huddle at the coach's table timing or getting feedback and advice. This is where relationships solidify, and the bonds of a team come together.

LONG COURSE AND SHORT COURSE

Swimming has two seasons- Long and Short Course. There are time standards for each course so your swimmer will have long and short course times.

Long Course- This season runs between May and September and ends with Long Course Championships. These meets are held outdoors and completed in a 50-meter pool. These meets require travel.

Short Course- This season runs from September to April and ends with Jr. Champs and Champs. These meets are in a 25-yard pool indoors. We hold a home meet, and we attend local meets in Spokane and the surrounding areas. Some meets require travel.

HOW TO REGISTER FOR MEETS?

The meet schedule is located on the website once you sign in. From the menu select Event and you will see a list of meets. Swimmers will not qualify for all meets, some have time standards, some are age-specific, etc. There will be a FOR: description that will help you know what meets you should attend. Click the Red Attend/Decline and declare your intent.

The coaches will register your swimmer for events in the meet.

If there are things you want the coaches to know- for example, only attending one day of the meet, please note that in the comments when you declare.

You can look at the event when it gets closer. Click on your swimmer's name on the declaration page and it will show you what your swimmer was registered for. The event will show the distance and the stroke. You can see distances from 25 to 1500 and then the stroke. IM is a medley- a certain distance of each stroke.

All events are subject to coach approval.

WHAT SHOULD I BRING?

- 1- Required team suit. We recommend bringing a spare swimsuit in case you need it.
- 2- Team Swim Cap. This can be purchased from the coaches at a meet, but make sure you get one before the meet during practice, so you are prepared ahead of time.
- 3- Goggles- always bring a spare set.
- 4- Towels- bring 2 as they get wet.
- 5- Team shirts, sweatshirts, and/or a parka to wear between events.
- 6- Camp Chairs- some meets have bleacher seating, but some meets are so crowded it is nice to have chairs to sit outside of the congestion.
- 7- Water- bring water to stay hydrated for everyone.
- 8- Nutrition- There are snacks usually for purchase, but your swimmer will need energy and food. Don't count on concessions and bring plenty of food for your swimmer and family.
- 9- Sharpie and highlighter to mark your swimmers' arms and heat sheets.
- 10- Entertainment- some meets are 3-4 hours; others are all day. There may be a long wait between events.

EXPECTATIONS

1. Be on time for warmups.
2. When you arrive, look for other CAST members in gear. We try to sit together and show support. This is a great way to meet other parents. Don't be shy- introduce yourself.
3. Purchase the heat sheets or use Meet Mobile to get your swimmer's events and heats.
4. Swimmers need to check in with the coach before their event.
5. It is the swimmer and parent's responsibility to ensure the swimmer is at the blocks for each event on time. They will not hold the race to find the swimmer. Watch the display boards for what event/heat they are on. Should be behind the blocks for three heats before their race.
6. Parents cannot talk to officials directly. Communicate with the coach if you have a question.
7. After the swim, the swimmer will talk to the coach for feedback.
8. Remember your responsibility as a parent is to make sure your child knows that win or lose you love him/her, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life that they can look to for constant positive reinforcement.
9. Allow the Coach to coach. The relationship between the swimmer and coach is important. When a parent interferes with the coach's opinion as to how the swimmer should swim or train, it confuses the swimmer on who to listen to.

WHAT IS A HEAT SHEET?

The heat sheet is a document that provides a timeline for all events. It will show the event number, heat number, and lane your child will be swimming. These can be provided or they can cost money to purchase. There are always heat sheets posted at meets on the wall for swimmers to view.

MEET MOBILE/SWIMMERLY APPS

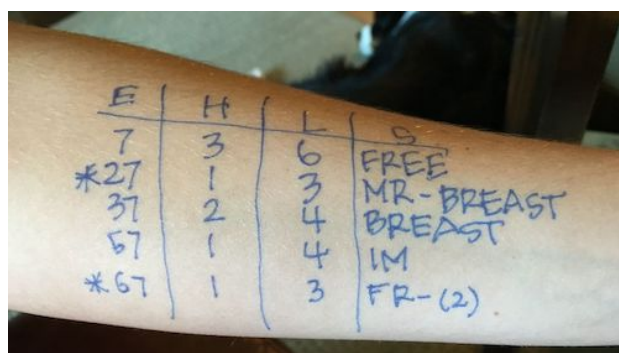
Meet Mobile and Swimmerly are APPs many people utilize. There is a cost associated with both.

Meet Mobile will show you the event, and the heat sheets and send you results.

Swimmerly helps you track swimmers and their time and how close they are to the next time standard.

WHY DO THEY WRITE ON THEIR ARMS?

It is important to mark your swimmer's arm with a sharpie at the beginning of the meet. From the heat sheet identify the Event, Heat, and Lane. Across the top of a grid write E, H, L. Write the event, the heat, and the lane for each event in the grid.



WHY DID MY CHILD DQ?

In swimming, your child will experience a disqualification (DQ). It happens to everyone. This can be a traumatic experience for a swimmer. A DQ is a violation of the rules as observed by an official. During a meet, you may see an official raise a hand. This may signal that they observed a rule violation. If the violation is confirmed, it will be written up on a DQ slip, signed by the official and deck referee, and then processed by the Administrative Official. The coaches will receive a copy of the slip.

Please do not approach an official and question a DQ. The coach will receive the information during the meet and be able to explain why the DQ occurred. Only the coaches can protest a disqualification.

FALSE STARTS:

When a swimmer initiates a start prior to the signal they may be disqualified. A false start must be duly confirmed by the Starter and the Deck Referee officials.

FREESTYLE:

This is the hardest stroke to be disqualified because there are limited stroke rules.

Here are some examples of how you can be disqualified, which are also true for every stroke:

1. Stroke and kick - may be swam in any manner
2. Turns and finish - some body part must touch the wall. If a swimmer misses the wall during the turn, they may go back and touch the wall. Freestyle is the only stroke they are permitted to go back to the wall after turning.
3. Stroke - pulling on the lane line to gain an advantage.
4. Stroke - pushing off the bottom to continue swimming. (Standing on the bottom is legal, but pushing off isn't.) Freestyle is the only stroke when a swimmer is permitted to touch the bottom.
5. Interrupting another swimmer's race.

BACKSTROKE:

Swimmers may swim in any manner but have to remain on their backs, except for turns in multi-lap races. For younger swimmers who are disqualified, it typically is a spatial-awareness issue of looking for the wall. Older swimmers tend to disqualify on their turn. The turn is a technical undertaking, and it can take time to master.

1. Stroke - turning shoulders past vertical towards the breast (stomach) any time during the swim (other than at the turn) is cause for disqualification. Turning past vertical is defined as rolling more than 90 degrees towards the breast.
2. Turn - This is tricky, but the rule states swimmers may roll to their breast, take one single arm or double arm stroke, and, IN ONE CONTINUOUS MOTION, turn in any manner and then push off the wall on their back. The "one continuous motion" is defined in 2 ways:
 - Once a swimmer has rolled past vertical, they must immediately initiate an arm pull.
 - Once the arm pull is complete, the swimmer must initiate the turn, usually by starting a flip turn.

****** It is important that the swimmer remains in motion and does not glide at any point once the turn has been initiated. Swimmers also can remain on their back the entire length and touch with any body part. Once they have touched the wall they can turn in any matter they choose, but they must be on their back when they leave the wall.

3. Finish - must touch the wall with any body part while remaining on the back, shoulders can not go past 90 degrees.

BUTTERFLY:

The butterfly is a more challenging stroke, especially for younger swimmers who lack the upper body strength to propel themselves through the water with force. These infractions are typically caused by late or long breath timing, sinking body position (caused by the head being up), or some combination.

1. Stroke - arms must simultaneously recover OVER the water from wrist to shoulder. While the arms may not look symmetrical, as long as the hands come out of the water and enter the water at the same time the stroke is legal.
2. Kick - the legs and feet must kick together. The legs and feet do not need to be on the same level, but shall not alternate, scissor or breaststroke kick.
3. Turns and finish - a swimmer needs to touch simultaneously with both hands at, above, or below the water's surface. The hands can not overlap on the touch at the turn or finish. The hands do NOT have to be on the same level. (i.e. one hand could be under the water the other could be above).

BREASTSTROKE:

This can be the most challenging stroke to swim legally. Breaststroke is the only stroke that has a cycle that must be used: one arm stroke, one leg kick in that order. In addition, the breaststroke kick is vastly different from the other strokes because the propulsion comes from the bottom of the foot, instead of the top like the other 3 strokes. It can be counter-intuitive for some kids who are learning to find the power and propulsion in the water. Ask the coaches for help if you notice an asymmetrical kick persisting, as there are a few dryland exercises that can help.

1. Stroke - the stroke cycle must be one arm pull followed by one leg kick. You cannot pull twice then kick or vice versa. At the start or after a turn the swimmer must start with an arm pull and then a leg kick. This cycle must be continued throughout the race. I.E. no double pulls or double kicks. The head must break the surface of the water during each cycle.
2. Stroke - the hands and arms will be brought back simultaneously underwater, but shall not be brought back beyond the hipline except for the first after the start and each turn.
3. Kick - Both feet must be turned OUT during the propulsive part of the kick. Some swimmers tend to turn out one foot, but not the other. This ends up being a scissors kick. If both feet are turned in this is considered a butterfly kick. Both the scissors and dolphin kicks are violations.

4. Turns - underwater pull-out, the first stroke after the start and each turn a swimmer may bring their hands past the hipline, and prior to the first breaststroke kick, they may take one butterfly kick. The swimmer's head must break the surface of the water before the widest part of the second stroke.
5. Turns and finish - a swimmer needs to touch simultaneously with both hands at, above, or below the water's surface. The hands can not overlap on the touch at the turn or finish. The hands do NOT have to be on the same level.

INDIVIDUAL MEDLEY:

1. Stroke, turns, and finish - The race will be swam $\frac{1}{4}$ the prescribed distance in the order of butterfly, backstroke, breaststroke, freestyle. All the individual stroke rules apply during that segment of the race.
2. Transitions - swimmers must finish each stroke according to the finish rules before transitioning to the next stroke. In other words, the butterfly to backstroke turn must incorporate a butterfly FINISH. The transition from backstroke to breaststroke is the most often violated transition because the swimmer must finish backstroke on their back before turning onto their breast. A body part, usually the hand, must touch the wall while remaining on the back before any kind of flip turn can be initiated
3. Stroke - for the freestyle leg of the IM (or Medley Relay), the stroke can not be swam in the manner of another stroke. THEREFORE a swimmer **cannot** swim on their back, or use arm strokes or legs kick from the other strokes.

RELAYS:

1. Each swimmer will $\frac{1}{4}$ the prescribed distance. No swimmer is allowed to swim more than one leg of the race.
2. The medley relay will be swum in the order of: backstroke, breaststroke, butterfly, freestyle. The freestyle leg **cannot** be swum in the manner of the other 3 strokes.
3. Stroke, turns, and finish - All rules apply in relays as for the individual strokes as previously described.
4. Early Take-offs - Relay starts require the swimmer on the blocks to have some part of his/her body still TOUCHING THE BLOCKS when the swimmer in the water touches the wall.

WHAT ARE TIME STANDARDS?

Swimming time standards are benchmarks set by swimming organizations to categorize swimmers based on their performance. These standards help swimmers, coaches, and

competitors to gauge progress and set goals. They vary by age group, gender, and event. For example B, BB, A, AA times.

These time standards are for long course and short course. They can be located on our website or the USA Swimming website.

TERMS

Age Group Swimming The program through which USA Swimming provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent.

Nationally recognized age groups are 10 and under, 11-12, 13-14, 15-16, and 17-18. Local meets may also include events for 8 and under and single age categories.

Alternate: In a Prelims/Finals meet, after the finalists are decided, the next two fastest swimmers other than the finalists are designated as alternates. The faster of the two is the first alternate and the next is the second alternate. If a finalist cannot participate, the alternates are called to take their place.

Anchor: The final swimmer in a relay. Also, a term coaches use for the beginning of all four strokes indicating the “high elbow”, “catch,” or “early vertical forearm.”

Backstroke: One of the four competitive racing strokes, basically any style of swimming on your back. Backstroke is swum as the first stroke in the Medley Relay and the second stroke in the Individual Medley. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter (LSCs with 8-under divisions may offer the 25 yd back).

Block: The starting platform.

Breaststroke: One of the four competitive racing strokes. Breaststroke is swum as the second stroke in the Medley Relay and the third stroke in the individual medley. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter. (LSCs with 8-under divisions may offer the 25 yd breast)

Butterfly: is one of the four competitive racing strokes. Butterfly (nicknamed FLY) is swum as the third stroke in the Medley Relay and the first stroke in the individual medley. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter (LSCs with 8-under divisions may offer the 25-yard fly).

Championship Meet: The meet is held at the end of a season. Qualification times are usually necessary to enter these meets.

Championship Finals: The top six or eight swimmers (depending on the number of pool lanes) in a Prelims/Finals meet who, after the prelims have swum, qualify to return to the Finals. The fastest heat of finals when multiple heats are held.

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.

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 three heats. See the rule book for the exact method for seeding depending on the lanes in the pool.

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.

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

Deck Entries: Accepting entries into swimming events on the first day or later day of a meet.

Deck Seeding Heat: and lane assignments are posted after swimmers have checked in or have "scratched" (indicated they will not participate in the event.)

Distance Events: Term is 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 that is used to improve technique.

Dryland Training: Training done out of the water that aids and enhances swimming performance; usually includes stretching and calisthenics (also see weight training).

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.

Entry Limit: Each meet will usually have a limit of total swimmers they can accept or a time limit they cannot exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned.

Electronic Timing: A timing system that removes most of the human error. 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.

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.

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

Heat Sheet: The pre-meet printed listings of swimmers' seed times in the various events at a swim meet.

High Point: An award given to the swimmer scoring the most points in a given age group at a swim meet. Not all meets offer high-point awards; check the pre-meet information.

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

IES: Inland Empire Swimming- this is our 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.

Lane Lines: Continuous floating markers attached to a cable stretched from the starting end to the turning end to separate each lane and quiet 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: A set of display numbers used to keep track of laps during a distance race longer than 500 yards. (Also, the title is 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 competitions in long course pools.

Long Distance: Term is 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 LSC's in the United States. We are apart of the Inland Empire Swim Club (IES)

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

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. These officials include stroke and turn judges, administrative officials, starters, timers, and referees.

Open Water Swims: A freestyle event from 5000 meters to 25,000 meters, conducted in a natural body of water, such as a lake, river, or ocean.

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

Positive Check In: The procedure required before a swimmer swims an event in a deck-seeded or pre-seeded meet. The swimmer or coach must indicate the swimmer is present and will compete.

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.

Sanction: A permit issued by an LSC to a USA-S group member to conduct an event or meet.

Scratch: To withdraw from an event before it is held in a competition.

Short Course: A pool 25 yards or 25meters 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.

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 workloads and intensities in preparation for season-ending competition.

Time Standards: Performance requirement 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.

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