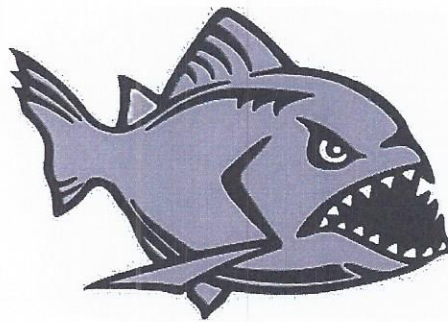


MICHIGAN CITY PIRANHA SWIM CLUB

HANDBOOK FOR SWIMMERS AND PARENTS



*Leading with excellence through commitment, dedication,
discipline, and sportsmanship.*

Revised: March 2023



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WELCOME TO MICHIGAN CITY PIRANHA SWIMMING!

Michigan City Piranha Swim Club is a program that provides opportunities for area youth to develop the skills necessary to successfully participate in competitive swimming while enjoying the social, physical, and mental rewards of the sport. Our mission is leading with excellence through commitment, dedication, discipline, and sportsmanship. Our vision is to continually strive for excellence while committed to the growth and success of everyone within a diverse environment.

We are members of USA Swimming, Inc., Indiana Swimming, Inc., and the Northwest Indiana Swim Conference. We offer programs ranging from learn to swim through our competition team, which is the feeder team for the Michigan City High School Wolves swimming teams. Our competition team has several levels/groups, beginning with anyone who knows one basic stroke and can swim one length of the pool (25 yards) through state and national level competitors.

Michigan City Piranha Swim Club is a non-profit organization with a volunteer parent Board of Directors. It is the responsibility of the Board to work with the coaching staff and oversee the daily and general operations of the Club including the receipt of fees, disbursement of funds, and organizing/running home swim meets. Our registration fees cover the cost of our coaching staff, our membership in the Northwest Indiana Swim Conference (NWISC), and state and national insurance requirements. To acquire equipment and cover other expenditures that may be necessary to field a competitive team, we must rely on team fundraising and community donations.

All Michigan City Piranha Swim Club members are required to have a current USA Swimming membership. This membership supports swimming throughout the country as well as providing accident and medical insurance for every swimmer in each club.

Team communication is relayed through Team Unify e-mails, our monthly newsletter, the pool bulletin board, and text messages.

This handbook should answer many of your questions. Please read all the information presented. You are asked to sign and return all forms. Your signature will represent a full understanding and agreement to all information provided. If you have specific questions regarding the Piranhas, please feel free to contact any of the board members whose contact information is posted on the club web site.

Again, welcome to Michigan City Piranha Swimming. Good luck to all our swimmers, and let's have a safe and fun swim season!

MEMBERSHIP POLICIES

1. Submit all registration forms by the designated deadline.
2. Be on time with fee payments. Swim fees must be kept up to date. If fees fall behind and there is no attempt to work with the Board to make payment arrangements, the Board has the right to file in Small Claims Court and to ask the swimmer(s) to leave the team.
3. Adhere to swim meet entry deadlines.
4. Support the Club by volunteering and aiding in its fundraising efforts throughout the year.
5. Swim families will be notified of the changes to this handbook in writing and will be requested to sign a form acknowledging the change.
6. There are two classes of membership in the Club: 1) Competitor Members and 2) Regular Members. Competitor Members are those swimmers who are members of the Club swim team. Regular Members are parent(s) or legal guardians of Competitor Members. The Board reserves the right to revoke either or both memberships for failure to comply with the policies contained herein.
7. If rejoining the Club, a meeting must take place between parents, coaches, and board members before the swimmer(s) participates in the first practice. A minimum probationary period of one swim season will be in effect and other terms and conditions may apply. If at any time the parent/swimmer is not following specific guidelines, the swimmer may be suspended or membership terminated with no refund of fees. The Board of Directors and coaches reserve the right to deny or terminate membership for any swimmer(s)
8. The following is a transportation policy that is in effect for all functions related to the club.
 - *It is hereby the stated policy of the Michigan City Piranha Swim Club, effective immediately and until either revoked or restated by the Michigan City Piranha Swim Club Board of Directors, that transportation of swimmers and/or coaches to practices, meets, or any other event considered to be a club function by any non-public conveyance, as defined to include privately owned vehicles, is recognized by the Piranha Club as a purely private agreement between the parties involved and that neither the Michigan City Piranha Swim Club, nor the Michigan City Piranha Swim Club Board of Directors, separately or as a group, except for the parties directly involved can be or will be considered as a party to such arrangement and that any liability in any form arising from such arrangements is purely and completely the responsibility of the parties involved.*

PRACTICE

Schedule

- Piranhas' practices are held at the Michigan City High School Pool.
- White Group: Monday - Friday 5 - 6:00 p.m. Swimmers do not have to attend all 5 days.
- Gray Group: Monday-Friday 5-6:30 p.m.
- Blue Group: Monday- Wednesday 5-6:30 p.m. & Thursday - Friday 5-7 p.m.
- Holiday cancellations/schedules will be announced. Also, occasionally practices are cancelled, or the location changed, because of other sporting events at the high school, or due to unforeseen circumstances. Any changes will be announced as soon as possible.
- Piranhas follow delays and closings per MCAS as well as MCAS disaster procedures in the event of inclement weather or on-site emergencies during practices or meets. □

Swimmers

- Swimmers require a practice suit, goggles, swim caps (if worn), and a towel.
- Swimmers should rinse off prior to entering the pool.
- There is no food allowed on deck during practice (including gum-chewing). Swimmers may bring water bottles.
- Swimmers are considered "Competitor Members" of the Michigan City Piranha Swim Club.

Parents

- Please make every effort to have your swimmers dropped off at practice on time.
- Swimmers must be picked up immediately after practice.
- According to USA Swimming rules (because of insurance purposes), the pool deck is for swimmers and registered USA Swimming members ONLY. Parents are not allowed on deck unless serving in an official capacity.
- Family members are encouraged to observe practice from the stands. Siblings should be supervised at all times and remain in the stands. The Club is not responsible for accidents.

PRACTICE (continued)

- Coaches are not available for questions during practice. If it is necessary to speak with a coach, please arrange to do so either before or after practice. Parent(s) or legal guardians of athletes are considered “Regular Members” of the Michigan City Piranha Swim Club.
- Competitor Members and Regular Members here after are referred to as “Members”.

SWIMMER'S CODE OF CONDUCT

1. Commitment to do my best with a positive attitude while listening to the coaches.
2. Be on time, with equipment, ready to practice.
3. Show respect for all coaches, teammates, officials, and competitors.
4. Promote positive high team spirit and morale.
5. Have respect and good behavior while using the MCHS facilities.
6. Stay drug, alcohol, and tobacco free. Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension from the team.
7. Never interfere with the progress of another swimmer, during practice or otherwise.
8. At all Club functions, whether practices, meets, or social gatherings, each swimmer is expected to behave in such a way that his or her actions reflect positively on the team.
9. My membership on Michigan City Piranha's is a privilege and I personally acknowledge those responsibilities associated with it.
10. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
11. Members of the Michigan City Piranha Swim Club are bound to the Code of Conduct and policies and procedures outlined in the Handbook for Parents and Swimmers. Any member or prospective member of the Club may be denied membership, censured, placed on probation, suspended for a definite or indefinite period with or without terms of probation, fined or expelled from the club if such member violates the provisions of the Handbook for Parents and Swimmers, or aids, abets or encourages another person to violate any of the provisions of the Handbook for Parents and Swimmers.
12. All members of the Michigan City Piranha Swim Club will abide by all policies set forth by USA Swimming and Indiana Swimming including but not limited to their policies on electronic communications, social media, and bullying. **All polices for USA Swimming and Indiana Swimming can be viewed on their respective websites.**

DISCIPLINARY PROCEDURES

The coaches have the authority to temporarily dismiss any swimmer for disobedience or if the swimmer is behaving in such a manner dangerous to themselves or others. All disciplinary reports will remain active and on file for a period of one (1) calendar year from the time of occurrence. After one year the reports will be held on file and considered inactive.

1. **First incident:** verbal warning to swimmer by coach. Appropriate behavior suggested to swimmer.
2. **Second incident:** written notification of swimmer's inappropriate behavior to parents by coach. Coach requests swimmer's cooperation with parent present and a discipline form will be filled out and placed on file. Discipline form must be signed by parent, swimmer, and coach before the swimmer may return to the pool.
3. **Third incident:** may result in membership termination or other action as determined by the Head Coach and Board of Directors.
4. In extreme situations, a swimmer's membership may be terminated by the coach without the three-warning procedure. The incident will be reviewed by the Piranha Board and Head Coach and a decision will be made regarding reinstatement of said swimmers club privileges.
5. The Board reserves the right to revoke either a Competitor Members' or Regular Members' membership or both memberships for failure to comply with the policies contained herein. (See Membership Policies for the definition of these Memberships).

PARENTS CODE OF CONDUCT

1. Provide swimmers with positive reinforcement after practices and swim meets.
2. Be on time with drop off and pick up of swimmers.
3. Be respectful of coaches, officials, and fellow Club members.
4. Represent Michigan City Piranhas Swim Club in a positive manner.
5. Discuss any team issues or concerns with the Coaching staff or a Board Member only.
6. At no time will a swimmer be entered in any meet that the Coach has not given approval on. If for any reason prior approval has not been given, the Board has the right to terminate the membership of the parents as voting members of the Club.
7. Parents understand that at any time if policies contained in this Handbook are not followed the Board retains the right to terminate the membership of the parents as voting members of the Club.
8. Parents understand that the Coaching Staff has the authority to choose the events of swimmers for duals, tri-meets, and Conference meets.
9. Support the team, as a parent volunteer, by donating time, expertise and energy as needed for meets and team activities.
10. Members of the Michigan City Piranha Swim Club are bound to the Code of Conduct and policies and procedures outlined in the Handbook for Parents and Swimmers. Any member or prospective member of the Club may be denied membership, censured, placed on probation, suspended for a definite or indefinite period with or without terms of probation, fined or expelled from the club if such member violates the provisions of the Handbook for Parents and Swimmers, or aids, abets or encourages another person to violate any of the provisions of the Handbook for Parents and Swimmers.

VOLUNTEERING AND FUNDRAISING

The Michigan City Piranha Swim Club is a cooperative venture that requires parent participation to run a successful program. The Club's fees do not pay for all the expenses of the program; a significant amount of Club expenses is obtained through fundraising activities. These activities account for approximately 50% of the operating revenues of the Club. Although fundraising is an important part of the program, volunteering your time is just as important to the Club's success. Any volunteer contribution you can make will be appreciated and will help strengthen the club.

Swim Meets (All Groups)- Volunteering

- A. All families *must* volunteer in some capacity at all meets and invitationals hosted by Michigan City Piranha Swim Club.
- B. The Club is responsible for providing timers for the Conference and Divisional meets at the end of the season. If you have a swimmer competing in these meets, your family *is required* to time a portion of the meet.
- C. For "A" and "B", Volunteer signups will be e-mailed out before each event/meet to the email addresses that are on file with the Club. It is the intent of the Club to allow 1-2 weeks for sign-ups prior to the date of the event/meet. If you are unable to work a session, we ask that you find another Club member to work that session for you.

Fundraising (All Groups)

As stated earlier, fundraising is an important part of our organization. *Families are required to participate in team fundraising.* The number of fundraisers during the season depends on the team's financial needs and the success of any fundraising project. Minimum financial expectations per family or swimmer are issued for each fundraiser when the fundraiser begins.

The Club's expenses that are often funded through our fundraising events include but are not limited to the following: MCPS coaches' travel and meet expenses, training equipment, awards, administrative expenses, awards for meets, web site fees, motivational events and awards, social expenses, supplemental payroll, coach's education, certifications, & background checks, swim meet expenses & sanctions, insurance dues, and all fees the Club may incur that are associated with USA Swimming.

COACHES RESPONSIBILITIES

The coaches supervise the entire Michigan City Piranha Swim Club competitive swim program. The coaching staff provides a safe, structured, and motivational learning environment for all swimmers. The coaches provide instruction and encouragement to lead the team and each individual swimmer to do their personal best. Therefore, the coaching staff must be in total control in matters effecting training and competition.

- The coaching staff has exclusive responsibility for swimmer's stroke instruction and training regimen.
- The coaches are responsible for placing swimmers in practice groups. This is based on what is in the best interest of the swimmer, his/her age, and/or ability level.
- The coaching staff has the authority to choose the events of swimmers for duals, tri-meets, and Conference meets.
- At meets, the coaches will conduct and supervise warm-up procedures for the team. The coaches will also offer feedback regarding the swimmer's performance following each race.
- Coaches have the exclusive responsibility for building relay teams.
- The coaching staff has the authority to dismiss any swimmer temporarily for disobedience or for behaving in a manner dangerous to themselves or others.
- The coaching staff has the authority to ask a parent or guardian to leave the pool area if they are being disruptive to the session or to a swimmer.

SWIM MEETS

Swim meets are a great experience! The Club competes in dual and invitational swim meets. The club will host some meets in the form of a Intra Squad meet or a Dual meet. While it is not required for your swimmer to participate in all meets, we highly encouraged the swimmers to participate in all meets especially, home meets; invitational meets are optional. If you or your swimmer have any reservations or concerns about your swimmer's ability to participate in any meets please contact the Head Coach.

The team meet schedule is determined by the head coach and will be distributed at the beginning of each season. The schedule has been established to give swimmers the opportunity to measure their progress at regular intervals. Members are encouraged to participate as scheduled.

On an average, team members should compete 1-2 times monthly. In some cases, meets are scheduled as close as two weekends apart or as far as a month apart. This happens only when the availability of meets offers no alternatives. As a rule, the coaching staff tries not to have swimmers competing on successive weekends.

The coaching staff reserves the right to make the final decision concerning which meets swimmers may attend. The head coach must approve any exceptions to the published schedule. The coaching staff feels very strongly that unscheduled meets are not always in the best interest of the swimmer. Attending too many meets may have several negative consequences such as swimmer burn out, discouragement due to bad or inconsistent swimming, disruption in critical training periods, etc. Please check with your swimmer's coach prior to swimming in any unscheduled meet.

The Club is required to send swim officials to represent Club Swimmers at swim meets and is required to have officials at all home meets. If a parent is interested in becoming an official, please contact a board member for more information.

Meet Entry

Invitational Meet information is available at the pool. Please log into our website at www.mcpiranhas.com to enter your swimmer's entries before their deadlines- no late entries will be accepted unless the host team reopens the entries. Some meets fill very quickly, and the Club has no control over the deadlines or cut-off points for participation of away meets. Meet fees will be posted to your account once the results file is received and uploaded to the system.

*Meet information can be found at www.inswimming.org as well. **All meet entry submissions and meet questions must be directed to either the Team Manager and/or Head Coach. Do not, in any circumstance, contact the meet host.**

For invitational meets, swimmers and parents may choose the events in which to participate. Coaches may be consulted for advice on which events are appropriate for swimmers to enter. Invitational swim meets are 2 or 3 days, with different events held each day. A swimmer may choose to participate every day (which may lead to a high-point winner) or choose to swim only one or two sessions of the meet. For dual meets, the coach will choose the events for the

SWIM MEETS (continued)

swimmer. If a swimmer is unable to participate in a scheduled dual, it is requested the coach be notified at least one week prior to the meet.

Club Relay Teams

The building of a relay team is the sole responsibility of the Piranha coaching staff.

In general, relays at invitational and dual meets will be determined based upon attendance at any given meet. For championship meets, the Club will field the fastest team(s) possible based on qualifying times

Individual qualifying times for relay consideration must be made by the conclusion of the NWISC meet for summer state, and the conclusion of the Divisional meet for winter state.

The Day of the Meet

What to bring: competition/team swimsuit, goggles (2 pairs recommended), team cap, 2 towels, water, and a healthy snack.

1. Arrive at the pool at least 15 minutes before the scheduled warm-up begins. For invitational meets, this time will be listed in the meet packet.
2. Upon arrival at an invitational (or “positive check-in”) meets, find the check-in location, and have the swimmer “check-in”. You will need to highlight the swimmer’s name and the events they are swimming that day. If this is NOT done, the swimmer will NOT be allowed to swim. The positive check-in is done so the people running the meet know who is there. Note: Check-in sheets are usually removed 30 minutes prior to the scheduled start of the swim session. Coaches will not check swimmers in!
3. Each event number that a swimmer is swimming should be written on his/her hand with permanent marker. This helps the swimmer remember what events he/she is swimming and what event to listen for.
4. Once on deck, swimmers should find their coaches and teammates. Teams sit together, so look for those familiar faces! Next, the swimmer needs to get his cap and goggles and report to the coach for warm-up instructions. It is very important for all swimmers to warm up with the team.
5. After warm-up, swimmers will go back to the team area and wait until his/her next event is called. This is a good time to use the bathroom, have a drink, and settle in. Once on deck, swimmers ARE NOT to leave the pool deck unless they check with a coach! This

SWIM MEETS (continued)

means no trip to concessions, the bathroom, or to visit parents. It is too easy to miss a race that way.

6. The meet will usually start 15 minutes after warm-ups are over.
7. 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 the meet should be referred to the coaching staff. They, in turn, will pursue the matter through proper channels.

Heat Sheets (Invitational Meets)

A heat sheet is usually available for sale in the lobby or concession area of the pool. 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 in an event for the first time, he will be entered as a no-time or “NT”. A no-time swimmer will usually swim in one of the first heats of the event. A heat sheet will be posted on the pool deck immediately before the start of the session for coaches and swimmers. A heat sheet posted on deck also lists the “heat” and “lane” each swimmer will swim in.

When the Meet Starts

1. It is very important for all swimmers to know what event they are swimming.
2. A swimmer’s event number will be announced and all swimmers must go and stand behind the lane they are swimming in and wait for their heat. They must pay attention so they do not miss their race.
3. At most invitational meets, there is a “Clerk of Course” for 8 and under swimmers. A swimmer’s event number will be called and they will be asked to “report to the Clerk of Course.” Swimmers should report with their caps and goggles to the clerk area. Generally, girls’ events are odd numbered, and boys’ events are even numbered.
4. The “Clerk of Course” area is where all 8 & under swimmers check in prior to an event. The Clerk will line up all the swimmers and take them to the pool in the correct order for their race (according to heat and lane).
5. The swimmer swims his/her race.
6. After each swim, swimmers should ask the timers behind the starting blocks for their time and go immediately to their coach. The coach will briefly discuss their race.

SWIM MEETS (continued)

7. When swimmers have completed all their events, they can go home. However, each swimmer must check with a coach before leaving to make sure he/she isn't included in a relay. It is not fair to other swimmers on the relay to have a teammate leave early.

The swimmer shall remain on deck the entire meet unless the coach gives permission to leave.

After the Meet

1. Parents should praise swimmers for their efforts and tell him/her how proud you are and what a great job he/she did. The coaching staff will discuss stroke technique and performance.
2. If your swimmer gets disqualified (DQ), use this as a learning experience. The officials attempt to seek out the swimmer or the head coach to inform as to the reason for the disqualification. Everyone has been disqualified at least once in this sport, even Michael Phelps. Never argue with the officials. If your swimmer has questions or concerns, please tell him/her to bring them to the coach's attention.

HOW TO GET DISQUALIFIED: Most Common Ways

FREESTYLE:

This is the hardest stroke to be disqualified in, because there are no real stroke rules. Here are some examples of how you can be disqualified:

1. **Failing to touch the wall** on the turn in a multi-lap race.
2. **Pulling on the lane line** to gain advantage.
3. **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.

BACKSTROKE:

Like the rules for freestyle, except swimmers must stay on their backs (except for turns in multi-lap races.)

1. **Turning shoulders past vertical towards the stomach** before completing a one lap race, or on the finish of a multi-lap race, is cause for disqualification. (This is defined as turning past the vertical-if you are flat on your back, you can't roll more than 90 degrees, or you are more on your stomach than on your back.)
2. **Pulling on the lane line** to gain advantage.
3. **The Turn:** This is tricky, but the rule is that swimmers may roll to their stomachs, take one arm stroke (or a double arm stroke) and, **IN ONE CONTINUOUS MOTION**, do a freestyle flip turn and then push off the wall on their back. The "one continuous motion" part of the rule is subjective. A guideline: If a swimmer rolls over, takes their one allotted arm stroke and then has to kick into the wall before they turn, they will probably be DQ'd.

BUTTERFLY:

1. **Both hands must touch simultaneously**, at the turn and finish, although they do NOT have to be on the same level. (I.e. one hand could be under the water the other could be above.)
2. **The feet have to kick together.** They can be separated, but they have to stay that way. If the feet start crossing, it's no longer a dolphin kick, it is a flutter kick—and it is a DQ.
3. **Arms must be recovered OVER the water.** If you pull down and then recover your arms for the next stroke under the water you're essentially swimming breaststroke, not butterfly. Arms must be recovered simultaneously **OVER** the water. (Typically, the position of the elbows determines if the arms are above or below the water. If the arms are moved forward with elbows under water a DQ will typically be given.)

BREASTSTROKE:

This is the most challenging stroke to swim legally.

1. **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 illegal.
2. **Both hands must touch the wall simultaneously**, at the finish and at the turn, although, like butterfly, they do NOT have to be on the same level.
3. **Cannot take more than one stroke and kick underwater.** Only one pull-down stroke and one kick are allowed at the start and after a turn. The head must break the calm surface level of the water **BEFORE** the hands turn inward at the widest part of the second arm pull. Multiple underwater strokes will result in a DQ, because the swimmer's head must be above the surface of

HOW TO GET DISQUALIFIED: Most Common Ways (continued)

the water at some point during each stroke cycle. (In other words, swimmers can't go underwater for two or more strokes at a time, during the start, turn, or during the race).

4. **Hands may NOT pull beyond the HIP line** except on the start and after a turn.

5. Incorrect stroke cycle, 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 then a leg kick. This cycle must be continued throughout the race. I.E. no double pulls or double kicks. Breaststroke is the only stroke where a stroke cycle is specified.

6. **Dolphin kick at start or turn BEFORE arm pull has started.** A swimmer is permitted to take **ONE** dolphin kick **DURING** or at the end of the first pull down stroke at the start or after a turn. "During" occurs once the hands have moved outward from the streamline. If the dolphin kick is taken before the hands move a DQ results.

INDIVIDUAL MEDLEY:

1. **All the individual stroke rules apply** during that segment of the race.

2. **On turns, swimmers must finish the stroke they are swimming before they transition to the next stroke.** In other words, the butterfly to backstroke turn must incorporate a butterfly FINISH, and then a transition to backstroke that puts the swimmer on his back for that leg of the race. The sometimes-tricky one is backstroke to breaststroke. Swimmers must complete the backstroke leg on their backs and then transition to the breaststroke. It is legal to do a flip turn if the hand touch is done on the back during the backstroke finish.

3. On the freestyle leg of the IM a stroke **OTHER** than back, breast or fly **MUST** be swum.

RELAYS:

1. **The same rules apply in relays as for the individual strokes** as previously described.

2. **False Start** - 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.

3. **Physical assist from another person** – at the start of a relay leg the swimmer on the block may **NOT** be physically assisted by anyone (coach, parent, other swimmer) else. Yelling is fine touching is not.

STARTS:

1. **Two false starts:** Swimmers may not move from his/her starting position before the starting horn sounds. If a swimmer has two false starts he/she will be disqualified.

PROBLEMS WITH THE COACH

Reprinted from USA Swimming "Club ABC"

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is this problem never resolved that way, but in fact this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach.

1. Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
2. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 20-200 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but overall the benefits of membership in the group compensate for occasional short-term inconvenience.
3. If your child swims for an assistant coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the head age group coach or head coach join the dialogue as a third party.
4. If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

SWIMMING TERMS

Blocks

The starting platforms located behind each lane.

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 his/her name on a list posted by the meet host.

Consolation Finals

After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers (depending on the number of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.

Course

Designated distance for swimming competition

Cut

Slang for qualifying time. A time standard necessary to attend a meet or event.

Deck Entries

Entries for events that are accepted on the first or later day of the meet- per coach's discretion.

DQ

Short term for 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 for the disqualified event, nor can the time be used as an official time. A disqualification is often shown by an official raising one arm with an open hand above their head.

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

Event

Any race or series of races in each stroke and/or distance.

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 places 5 yards (short course yards) or 5 meters (long course and short course meters) from the end of the pool. The flags enable the swimmers to execute a backstroke turn safely and more efficiently.

Fly Over Start

Swimmer remains in the water until the next heat is started.

Heats

A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers' time swam, after all heats of the event are completed.

Heat Award (Bag Tag)

A ribbon or tag given to the winner of a single heat at an age group swim meet.

I.M.

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

Long Course

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

LSC

Local Swimming Committee. The governing body for swimming at the local level.

LSC Camps

The LSC Camps provide local age group athletes with camp experiences that focus on skill development and athlete education and motivation

Official

A judge on the deck of the pool at a sanctioned competition who enforces USA Swimming rules.

Prelims

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

Scratch

To withdraw from an event prior to its being held in competition. Some meets have scratch deadlines and specific scratch rules, and if not followed, the swimmer can be disqualified from remaining events.

Short Course

A pool 25 yards or 25 meters in length. USA swimming conducts most of its winter competitions in short course yards.

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

Time Trial

An event or series of events in which a swimmer may achieve or better a required time standard. A time- only swim, which is not part of a regular meet.

Timers

The volunteers sitting behind the starting blocks/finish end of the pool, which are responsible for getting watch times on events and activating the backup buttons for the timing system.

Unattached

An athlete member who competes, but does not represent a club or team (abbr. UN)

USA Swimming

The national governing body for competitive swimming in the United States.

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.

SWIMMER/PARENT AGREEMENT

Revised: March 2023

As a Michigan City Piranha swimmer or parent, I recognize and agree to conform to the Code of Conduct, Disciplinary Actions, Fundraising and Volunteering Requirements, and all Club Membership Policies always while representing the Michigan City Piranha Swim Club.

Swimmer's Name (print)

Swimmer's Signature

Date

Swimmer's Name (print)

Swimmer's Signature

Date

Swimmer's Name (print)

Swimmer's Signature

Date

Swimmer's Name (print)

Swimmer's Signature

Date

Parent's Name (print)

Parent's Signature

Date