



**AMFY WAVES
SWIM TEAM**

Team Handbook



AMFY Swim Team Overview

Welcome to the AMFY Waves Swim Team! Swim team should be fun for both the swimmer and the family. The following information will help to make the season enjoyable for all.

The AMFY Waves Swim Team is an age-group team consisting of swimmers aged 6 to 18. We are run by the YMCA of Greater Dayton, and we train at both the Grand Lake Health/Premier Health North branch in Celina and the Grand Lake Health/Premier Health South branch in Minster. We are dual-registered in both YMCA and USA Swimming leagues, and we compete primarily in the Southwest Ohio YMCA Swim League and attend meets mainly in the southwest Ohio area. We compete year-round, with our fall/winter season running from September to March/April and our summer season from May to July/August.

Mission Statement

As a YMCA program, our goals are to promote strong kids, strong families and a strong community through a competitive swim team experience. We firmly believe in youth development through the YMCA core values of caring, honesty, respect and responsibility. We believe these values can be demonstrated and taught through our program. We strive to provide our swimmers and community with opportunities to improve swimming skills, provide a safe and fun environment, and help our members achieve success both in the pool and in their lives.

Initial Overview

Swimmers must be members of the YMCA of Greater Dayton, with the Celina or Minster branch as their primary branch for membership. This is per the YMCA of the USA rules and regulations. Families can visit the front desk of either location to discuss and sign up for memberships.

For practices our team is divided into five different practice groups that are determined based on both age and swimming ability levels. During swim meets swimmers will compete in age groups with their age being determined by their age as of the first day of that particular meet. Both YMCA-sponsored meets and USA Swimming meets adhere to this age-up rule.

Parents have the opportunity to be involved, as well. Your first opportunity is to be supportive of your swimmer(s); getting them to practice, eating the right foods and assuring they have enough rest. Second, is to be one of the many volunteers that help out at a swim meet, whether it is a home meet or an away meet. Third, is to become an official. Without the correct number of officials on deck, the swim meet cannot run. Finally, we all have the opportunity to help the swimmers, coaches, and other parents by being an active part of the AMFY Parent Boosters.

Team Practice Groups

The following group descriptions give an overview of our practice groups. These are generally what we look for when a swimmer NEW TO AMFY attends an evaluation for our team. Swimmers progress from one group to the next through other standards as determined by the coaches.

RED GROUP

This group is typically for young/beginner swimmers aged 6-9. Typically swimmers entering into this group should be able to swim 25 yards without stopping in 3 different strokes, and 50 yards in freestyle or backstroke. They are generally legal in all four strokes and reasonably comfortable with diving off a starting block and attempting a flip turn.

Red group works mainly on swimming technique and refining all four strokes so they are efficient and legal. The main goal for Red Group is to encourage the swimmers to love the sport while improving on skills.

WHITE GROUP

This group works with younger swimmers generally aged 8-11 who can do the basics but still need stroke development. Swimmers entering White group should be able to swim 50 yards of freestyle, backstroke and breaststroke and 50 yards and at least 25 yards of butterfly. These swimmers should be mostly legal in all four strokes, able to dive off a starting block and generally familiar with flip turns and other turns.

While in the group, we work on technique for all four strokes and build a little endurance. Our main goals are to get swimmers legal in all four strokes and gain endurance to build confidence for the longer races.

BLUE GROUP

Consisting of advanced, younger swimmers typically aged 9-12, the Blue group takes the skills and endurance learned in the prior two groups and expands it to build a more well-rounded and competitive swimmer. Swimmers entering Blue should be able to complete 100 yards of all four strokes (legally) and complete the 100 IM without stopping. Starts and turns should be reasonably mastered to be placed into this group.

Since this group is for more intermediate level swimmers, entrants to Blue group must be able to keep up with the increased pace of practices. They must demonstrate an age-appropriate level of maturity and be able to stay focused during a practice, take stroke advice and follow instructions that are both verbal and written on workout boards.

Advanced technique work is part of this training, and we introduce higher forms of endurance and aerobic training as the season progresses.

SILVER GROUP

The silver group consists of higher-level swimmers generally aged 11-15. While this group will still have some focus on the technical aspects of competitive swimming, Silver group begins to push the endurance training aspects of the sport. Those entering Silver must be able to swim 200 yards of freestyle and backstroke, 100 yards of breaststroke and butterfly (all four strokes legally), plus swim a 200 IM without stopping and with reasonable form sustained throughout the distance. Since this is a high-level group, swimmers must be able to keep up with the high level of training. We expect Silver swimmers to be focused and mature enough to listen to coaches, comprehend advice, and apply it with good effort.

GOLD GROUP

This is our highest level group of swimmers aged roughly 13 and up, and it encompasses all the technical and endurance training aspects designed to allow a swimmer the best chance at a competitive performance. Those entering Gold must be able to swim 200 yards of all four strokes (legally), plus swim a 400 IM without stopping and with reasonable form. While we do not have specific time standards to enter this group, Gold swimmers should be at or near AA level times (for YMCA) for multiple events. Swimmers must be able to keep up with the high level of training. Gold swimmers need to have good self-focus and mature enough to listen to coaches, comprehend advice, and apply it with good effort. While we still incorporate technique training in Gold, a major part of this group is higher levels of aerobic and anaerobic training designed to build endurance and raise a swimmer's competitive ability.

GROUP PLACEMENT AND ADVANCEMENT

Swimmers new to the team must attend a New Swimmer Evaluation at the beginning of the season to be placed into a practice group. Both new and returning swimmers may need to be moved around to different practice groups as the season progresses to suit his/her individual needs better. While we encourage parents to stay informed and ask questions about group placement, please know that the coaches have the final say to which group a swimmer is placed. We do not want to hold any swimmers back if they are ready to move to a higher level, and we likewise do not want to advance a swimmer if he/she is not ready for a higher level of training. Sometimes a swimmer is ready "physically" for the next level, but may not be mentally (mature) ready. Conversely, they may be mature enough to handle a higher level but physically are not strong enough to move up.

Team Requirements

● PRACTICE ATTENDANCE

○ RECOMMENDATIONS

- While we don't have minimum practice requirements, swimmers should attend as many practices as possible to have the best chance to improve throughout the season. Below are suggestions on attendance for the groups for best advancement. Coaches encourage swimmers to attend every possible practice!
 - **Red/White group-** 85% attendance gives swimmers the best opportunity to drop time and qualify for AA Champs
 - **Blue group-** 85 to 95% attendance in regular-season practices provides the best chance to drop time and qualify for AA and Zone Champs
 - **Silver/Gold group-** 90 to 95% attendance in regular-season helps to build the endurance necessary to drop time and qualify for AA's, Zones and Nationals

○ SPECIAL NOTES ON ATTENDANCE

- High school-aged swimmers who wish to be on the AMFY team AND compete for their high school teams should plan to attend a minimum of one AMFY practice per week
 - Those planning to swim for their high school teams should discuss attendance with both their high school coach and the AMFY coaches
- Swimmers who may have extended or routine absences for other activities (fall/spring sports, music performances, etc.) should speak with their swimmer's group coach so the coach can better prepare the swimmer.
- All swimmers competing at A Champs, AA Champs and Zone Champs in March, must attend a minimum of 50% of practices during the week before the meet. 100% attendance is strongly encouraged.
- Swimmers competing at YMCA Nationals must attend 100% of National team practices in the weeks leading up to the meet. Anyone with conflicts must speak with the head coach BEFORE missing any practices.

● SWIM MEET ATTENDANCE

- All AMFY swimmers must swim a minimum of three YMCA regular season meets between October and February.
 - AMFY dual meets and YMCA Invitationals during the season will satisfy this requirement
 - This also makes them eligible for the A Championship meet in March
 - High school meets and USA meets do NOT count towards this three meet requirement
- PLEASE NOTE FOR ALL HIGH SCHOOL SWIMMERS:
 - High school swimmers must also meet the three-meet requirement AND participate in A and/or AA Championships as they qualify.
 - **The Ohio High School Athletic Association has a rule that once a swimmer COMPETES in a meet for his/her high school team, that swimmer may ONLY compete for his/her high school team until his/her high school season is complete.**
 - High school swimmers should plan to satisfy their three-meet requirement BEFORE their first high school meet in case their high school season extends late into February.
- Great White North Home Invitational is MANDATORY PARTICIPATION
 - This meet is our biggest team fundraiser and we want as many swimmers and parents to fully participate as possible
 - It is typically held the first weekend in November at our Celina location
 - 11 and over swimmers compete Saturday and Sunday morning, and 10 and under swimmers compete Saturday and Sunday afternoon
 - All AMFY swimmers are required to participate in at least one session of our home invitational
- AMFY Swimmers must also attend the A or AA Championships in March as they qualify.
 - A Championships are often the first weekend in March and in the Dayton area
 - Simply meeting the three YMCA meet requirement will make a swimmer eligible for A Championships
 - Most first-year AMFY swimmers will only qualify for this meet
 - AA Championships are often the second weekend in March and in Oxford at Miami University
 - In addition to meeting the three-meet requirement, time standards must be met in individual events
- AMFY Swimmers are encouraged, but not required to, attend other championship meets for which they qualify
 - Zone Championships are often the third weekend in March and can be 2-4 hours away
 - There are very difficult time standards for this meet that typically only very experienced swimmers reach
 - YMCA National Championships are often the first full-week of April, and typically are 6-8 hours away
 - Generally only the fastest high school level swimmers qualify for this meet
- USA Swimming Participation
 - AMFY is dual-registered to compete in both YMCA and USA Swimming meets. While our primary focus is the YMCA side, we do select 2-4 USA Swimming meets each season to vary our competition.
 - These meets are selected with our stronger swimmers in mind
 - Participation in USA Swimming meets is completely optional. Most first-year AMFY swimmers stick to YMCA meets in their first season.
 - In addition to the meet fees for USA Swimming meets, there is an additional registration fee to participate in USA Swimming meets

● FUNDRAISING REQUIREMENTS

- AMFY requires every family to aid in team fundraising to help support the operational side of the team (to keep team dues down) and to pay for team items such as championship season apparel, practice equipment and timing systems.
- Each family will have a pre-determined number of fundraising events or activities they must complete in a season. These vary by year, but can include:
 - Working a clean-up shift at Eldora racetrack the morning after a race
 - Selling Fischer's Meat sticks in the winter
 - Helping at a non-swim team YMCA function
- We also offer a "Pay-to-Play" option that simply involves paying an additional fee if you choose not to participate in fundraising

● WORKING REQUIREMENTS

- It takes many, many people to help run swim meets! We do expect EVERY family to do their fair share at our meets.
- AMFY requires each family to work a minimum of six shifts at swim meets during the season
 - A minimum of one shift must be worked at our Great White North home invitational
 - A minimum of one shift must be worked at one of the championship meets in March
 - The remaining 4 shifts can be worked at anytime
 - We do encourage you to "spread" these around if possible
- Families with only High School swimmers will be required to work a minimum of 3 shifts during the season.
 - A minimum of one shift must be worked at our Great White North home invitational
 - A minimum of one shift must be worked at one of the championship meets in March
 - The remaining shift can be worked at anytime
- *Parents may be asked to work more shifts during the season based on need.*
- [****Note:** A shift is typically 3-4 hours in length and may involve a variety of jobs/responsibilities including (but not limited to) timing, officiating, set-up/clean-up, 8 & under helper, etc. See descriptions at the end.]
- Parents may sign up for jobs on the Team Unify website (AMFY's main website).
- Parents who do not fulfill their work obligation will be 'auto-assigned' to jobs as needed. It is the responsibility of the parents to work the 'auto-assigned' shift (or find a replacement).
- Parents not meeting the work obligation requirement will be assessed an additional \$50 fee for each shift not worked, up to \$250.
- SUMMARY AND DESCRIPTIONS OF JOBS AVAILABLE AT MOST MEETS:
 - 8 & under and 9-10 helpers: (Home meets & Miami U. Meets) Round up younger swimmers for their events and get them lined up at the blocks.
 - Clerk of Course/Bull Pen: (Great White Invitational Only) Responsible for running the bullpen and getting all swimmers lined up and to the blocks on time.
 - Timers/Writers: Take times during the races and write the results on paper.
 - Runner: Collect times sheets and DQ slips after each heat and return them to the scorer's table.
 - Back-up Timer: Take manual time with a stop watch for each heat in case one of the main timers has a malfunction.
 - Colorado Timing: (Home meets & Great White) Help set up and run the system that records times and reports event results.

- Computer Scoring: (Home meets & Great White) Run the computer system that records results and prints out scoring labels.
- Ribbon Writer: (Home meets & Great White) Place scoring labels onto ribbons/medals and sort them out for each team.
- Heat Winner Ribbons: (Great White & possibly championships) Give ribbon or other award to the swimmer who wins his/her heat.
- Referee & Starter: Responsible for running the meet by calling out heat and event numbers and starting each heat. Must also oversee all turn and stroke judges and make the final decisions regarding disqualifications. ****Requires USA Swimming Level 2 certification***
- Stroke and Turn Judges: Responsible for carefully watching all swimmers to see that strokes and turns are executed legally. Must disqualify swimmers as needed. ****Requires USA Swimming Level 1 certification.****
- Concession Workers: (Home meets & Great White) Help set up & clean up concession stand and sell food during the meet.
- Announcer: (Home Meets & Great White) Announce upcoming events in both gyms so that swimmers can get to their events on time.

Swim Team Related Fees

All AMFY swim team families should keep a valid credit card on file on their Team Unify Account (on the AMFY website). They can have all monthly charges automatically charged to this card. Payments via check are discouraged because of the difficulty in tracking them. The following Swim Team Fees can be automatically charged to your credit card on file.

AMFY Swim Team Dues – paid monthly via our team website

The fees associated with the AMFY swim team program are set by the YMCA each year. The AMFY Swim Team dues are based on which practice group a swimmer has been assigned. You are able to choose to split your swim team dues over 1, 2, 3, 4, 5 or 6 payments.

Registration/Deposit Fee – paid when you register your swimmer

A registration fee is charged to each swimmer when they register for the season to hold their spot on the team.

Meet Fees – paid monthly (or as needed) via our team website

Meet fees are accumulated on a per meet basis. They are the cost of participating in each event registered, including any relays that the coach assigns. Sometimes there is a meet participation fee that is also charged with participating in that particular meet. These costs are listed in the Meet Packet of the meet and will also be noted on the registration page of the website. The Meet Packet is usually a link on the event page of the website and can be seen when you register the swimmer up for the meet. Dual/Tri/Quad meets might not have extra meet fees. **PLEASE NOTE: MEET FEES ARE NOT REFUNDABLE AFTER YOU SIGN UP FOR THE MEET.**

The following fees are not charged to your AMFY team account:

YMCA Membership – arranged at front desk of either North (Celina) or South (Minster) branch

Each swimmer must be a member of the Dayton YMCA (which includes our two branches) in order to participate on the AMFY Swim Team. Memberships must be current when your swimmer begins practice and must be maintained throughout the season. Please consult with the YMCA staff regarding membership options and rates. YMCA memberships from other branches (examples: Sidney, Wapakoneta, Darke County) are not acceptable to be on AMFY swim team.

USA Swimming – paid via USA Swimming's website

USA Swimming membership is optional, but is highly encouraged for those who want the opportunity to participate in more meets with a different and sometimes higher level of competition associated with these meets. Please see our website for more information on USA Swimming.

Withdrawal/Refund Policy

Swimmers/parents must notify the head coach via email in a timely manner if they plan to withdraw from AMFY. Simply ceasing to attend practices and meets does not constitute withdrawal from the team.

ANY MEET FEES OR DEPOSITS ARE NOT REFUNDABLE

For Fall/Winter Seasons (Run from September through April)

- If a swimmer withdraws on September 30 or prior, they are not responsible for any team dues
- If a swimmer withdraws between October 1 and October 31, they are responsible for one-fifth of the team dues.
- If a swimmer withdraws between November 1 and November 30, they are responsible for two-fifths of the team dues.
- If a swimmer withdraws between December 1 and December 31, they are responsible for three-fifths of the team dues.
- If a swimmer withdraws between January 1 and January 31, they are responsible for four-fifths of the team dues.
- Any withdrawals on or after February 1 will not be given any refunds and will be responsible for the full team dues.

For Summer Seasons (Run from June to July)

You will be issued a 75% refund if you withdraw before June 1. No refunds will be issued after June 1.

For Conditioning Programs (example: May or August Conditioning)

You will be issued a 75% refund if you withdraw before the date of the first practice session. No refunds will be issued after the date of the first practice session.

Communication

Effective communication is essential to a successful team. The AMFY Swim Team strives to create an open and informative environment for communication among swimmers, parents, and coaching staff. No question should go unanswered. There are several channels of communication available:

Website – The AMFY Swim Team website is <http://amfywaves.com>. Our website will have timely information on practice schedules, meet schedules, parent information, team information, and important announcements. Every family is responsible for checking the team website for updates and information. Please do not call/text coaches for meet times, warm-up times, practice times, etc. All available information will be posted on the website

Team Emails – We send out periodic emails (about one per week) to update everyone on what's coming up with the team. All families should register email addresses (more than one can be used) in the ACCOUNT email section as well as the MEMBER (swimmer) email. You may have done this already when you registered your swimmer for the team.

Remind App – These messages come as push notifications/text messages to a cell phone. These are usually used to convey quick messages and reminders. You must sign up specifically to be included. There is no cost to sign up and other family members may sign up as needed.

How to join Remind - Send a text to 81010 Text this message @amfy2

Team File Box – The North branch has file boxes behind the ping pong table near the record board. The file box is where all written communication will be placed as well as award ribbons. Each family will have a folder in the box with their name on it. It is the swimmer's responsibility to check their folder regularly.

Parent Booster Board - Please address questions regarding items such as volunteer jobs, social events, awards, etc. with the respective board member. Coaches should be the last to be contacted regarding such issues. Please check the website for committee contact information.

Coaches – When contacting coaches, please be considerate. During practice times, the coaches are focused on running the workout. The best time to speak to a coach is after practice. All coaches have email addresses posted on the website, or you can send a note with your swimmer(s).

The following are some guidelines for communicating with a coach: Please remember that you and the coach have your child's best interest at heart. Trusting that a coach's goals coincide with yours even though the approach may be different will lead to a positive dialogue. Coaches must balance your perspective of what is best for your child with the needs of the whole team and/or training group. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run, the benefits of membership in the group compensate for the occasional short-term inconvenience. If your child swims for an assistant coach, always discuss the matter first with that coach. If necessary, you may then ask the head coach to join in the discussion as a third party.

Safe Sport

The AMFY Waves Swim Team is committed to providing a safe environment for our swimmers and families to grow and achieve. We participate in the nationwide Safe Sport initiative as outlined from USA Swimming and YMCA of the USA. This means we have adopted specific guidelines for our operations whose objective is to provide an environment that is free from all types of abuse (physical, emotional and sexual) and promotes positive attitudes and a caring culture.

Complete and up to date listings of our policies can be found on our website under the "SafeSport" tab.

Below is a brief summary of some of the most relevant guidelines that we adhere to:

- Practices and meets are meant to be positive environments. We will strive to use positive coaching methods and encourage behaviors and habits we want to see in our athletes. When we see negativity in our swimmers or parents, we will work to address the issues and get everyone back to working together to our common goals.
- Any physical, emotional or sexual abuse will not be tolerated on our team. This includes in-water workouts and meets, team meetings and events, online and social media outlets and other areas considered to be relevant to our team environment.
- Coaches may conduct periodic walk-throughs of the locker rooms. This is to ensure that there is no one in the locker rooms who should not be there or who should not be lingering. We also will address any behavior issues during these walk-throughs as needed.
- There is to be NO CELL PHONE USE in the locker rooms at any time to prevent pictures or recordings.
- During meets there is NO CELL PHONE USE behind the blocks and lanes to respect competing swimmers' modesty.
- Parents/guardians are responsible for transportation of their own swimmers. Coaches should only be used in emergency situations.
- Travel and overnight stays at meets are the responsibility of the parents/guardians. Coaches do not take responsibility of swimmers at hotels, restaurants, etc.
- Coaches, officials and other key swim team staff will take regular training to ensure we have the best and most up-to-date resources to adhere to Safe Sport guidelines. Any swimmers or parents who wish to also take this training may do so at no cost to them.

While this is not a complete list, it gives an overview of what we believe in and we encourage you to read our full listings on our website.

TYPES OF MEETS

INTRASQUAD

We may have an intrasquad meet as a “practice” meet of sorts, and typically they are early in the year or during a holiday time. They are usually short, smaller, and don’t often offer all events. While sometimes these “count” as a legal meet, they often are just for fun/experience. There is generally no extra charge for these meets.

DUAL, TRI & QUAD MEETS

These meets involve one (dual), two (tri) or three (quad) other teams from our league or surrounding areas. They can be at our home pool in Celina, or at one of the other team’s pools. The length is typically 2-4 hours (depending on the team sizes), and are “lower-key” meets as far as pace and intensity goes. They are fine for all levels of swimmers, especially younger and beginner swimmers. There is often no extra charge for these meets.

What to bring to a dual/tri/quad meet

Bring as little as possible. The pool deck and the viewing areas are usually the only areas available for the swimmers and the families to congregate at a dual meet. It can get crowded. Remember, pool areas are generally hot, and it’s cool outside. Wear layers.

Bring towels, very compact games, blankets on which the swimmers can sit, and you don’t mind getting wet, and some food if you choose. Concessions are sometimes available at dual meets.

How a dual/tri/quad meet works

Events at dual meets have no bullpen, but usually, a “Clerk of Course” organizes the events. Heat sheets are either distributed, for sale or posted on the walls at dual meets. Each dual meet is different. Remember, the coaches decide what the swimmers will swim. Just like at an invitational, you will want the swimmer to mark the event, heat, and lane on his/her hand. The swimmer will be responsible for getting to the block on time. Remember, dual meets can run very quickly, so it is important to help your swimmer be aware of what event is on the swim blocks, and when they compete next.

INVATIONALS

The invitationals in which we compete are a wide variety of lengths and competition levels. These are meets with typically 4 or more teams and are typically (but not always) done as a fundraiser for the host team. Sometimes these are only one day. But they can also be two to three day meets that encompass an entire weekend. Most invitationals are broken into “sessions” with older kids competing in one session (often in the morning) and younger kids in another (typically the afternoon). If you have multiple kids in different age groups, you may be attending a lot of sessions! These meets are more competitive, occasionally a little more hectic, but good for development. We advise beginning swimmers to first attend our own invitational (Great White Invitational) before experiencing too many others. These almost ALWAYS cost extra, anywhere from \$20-40 per swimmer depending on the meet.

What to bring to an invitational meet

At most invitational meets, swimmers will congregate in a gym. Look for an area where other AMFY swimmers are settled, sometimes there are signs designating where teams are supposed to sit. These days can be long, so consider bringing the following items (Label everything you bring with your name!!!):

- Sleeping bags/blankets
- Chairs and/or seat cushions. Chairs can be used in the gym. At some events, you may want to sit on the bleachers in the spectator area.
- Small board games, cards or electronic games.
- Pens, markers, crayons, paper, coloring books, etc.
- Reading material for both swimmers and parents.
- Extra towels
- Warm clothes to wear in the gym. The pool area is usually warm and the gym is usually cool. Swimmers need to have something to wear in the gym while waiting. Parents may need a sweatshirt, too.
- A cooler. Most invitational meets have concessions with a wide variety of food, but you may want something special and/or save money.
- Money for extra goggles, heat sheets, other swim accessories – many times this is cash only
- Highlighters to mark your swimmers events in the heat sheet Upon arriving at an invitational, purchase a heat sheet. They are usually \$3-\$5 each day.

How invitational meets work

Events (i.e., "8 and under boy's freestyle") are listed on the heat sheet. Take note of the event number, the heat number, and the lane. You may want to write these three numbers on your swimmers wrist/hand if they have trouble remembering. Most invitational meets have bullpens, also known as a Clerk of Course. These are usually for the 8 and under swimmers. Parents are not allowed inside the bullpen. Please find the bullpen and show your swimmers. Some age groups are required to report to the bullpen; others report directly to the blocks. Listen to the announcements and be aware of when your swimmer should report to either the bullpen or the block. Coaches are busy watching events. They do a wonderful job, but they cannot keep track of everyone. So make their life easier by keeping track of when and where your swimmer is supposed to report. Once you drop your swimmer off at the bullpen, it is a good time for you to find a spot on deck to watch your swimmer.

CHAMPIONSHIP MEETS

These meets are at the end of a season (generally March or July) and are the final chance for swimmers to compete. In most cases, swimmers must have attended a minimum number of meets with the AMFY team during the season to pass initial eligibility. Most (but not all) championship meets also require participants to qualify for them with their times throughout the season.

USA MEETS

Our YMCA team primarily participates in meets with/against other YMCA teams. On occasion, we will compete in the USA Swimming league as well. This is a nationwide league consisting of swim teams that do not necessarily have a YMCA affiliation. To participate in one of these meets, swimmers must have additional registrations and incur extra costs. These meets are typically just for our upper-level swimmers, but are open to anyone interested. Please contact the head coach if you are interested.

Terminology

Swimming has its own language. Hopefully the glossary below will be helpful to you.

Age Group Swimming -- Swimmers compete against swimmers in their own age group: 8 and under, 9-10, 11-12, 12-14, 15 and up, senior (12 and over).

Blocks -- The platforms on which the swimmer stands and pushes off to start the race.

Relay False Start -- When one swimmer leaves the wall or block before the swimmer in the water touches the wall.

Clerk of Course -- An area where swimmers go to be pre-staged for the upcoming event. Also referred to as the bullpen.

Championships -- There are four championships in the YMCA season. The A meet, AA meet, Zones, and Nationals. The system of championship meets are designed so that every swimmer, no matter what level has a final meet in which to participate. Each age group has a qualifying time for each event to determine which championship meet the swimmer may participate.

Cut Off Time -- See qualifying time

Disqualification (D.Q.) -- Some infraction of the rules committed by the swimmer. This could be a violation of the rules regarding the start, turn, touch, or stroke. When this occurs, no points are scored and the time is not recorded.

Dual Meet -- Swim meet with two teams. Held at our YMCA or another team's Y.

Event -- A race classified by the age, stroke and distance (e.g., Boys 13-14 200- yard Butterfly).

False Start -- When a swimmer leaves the block before the starter has started the race.

Finals -- A session used in most championships in which the top 8 to 16 swimmers from the preliminary heats or races are grouped to have a final race to determine team and individual points and awards.

Heat -- Groups of swimmers all competing in the same event or race. (e.g., there are 12 swimmers entered in the same event. If the pool has six lanes the event will be divided into 2 heats.

Heat Sheet -- A program that outlines the event, heat and lane for each swimmer. Available at invitational and championship meets for a fee.

I.M. -- Individual medley: event divided equally by distance (100, 200, or 400) into the four competitive strokes in the following order: 1. butterfly; 2. backstroke; 3. breaststroke; 4. freestyle.

Invitational -- A large swim meet with four to six teams generally held over a two-three day period. Invitationals are broken into two sessions, morning and afternoon with the age groups split generally 10 and under in one session and 11 and over in the other. Invitationals are major fundraisers for most teams.

Lane -- Specific area to which the swimmer is assigned to swim.

Long Course -- Meet held in a 50-meter pool; occur during the summer

N.T. (No Time) -- An abbreviation to indicate a swimmer who is entered in an event has not achieved a legal time for that event.

Preliminaries -- The heat swam prior to the finals. Also known as "prelims."

Qualifying Times -- A time standard in which a swimmer must swim to qualify for some championship meets (e.g., AA's, Zones and Nationals.)

Runners -- Parents who collect lane slips or cards from each lane at the end of a race and run them to the scorer's table.

Scorer -- The parent workers who score the dual meets.

Scoring a Meet -- The totaling of points awarded to individuals and teams. Teams are awarded points based on the placement of individuals and relays from the team. The number of points and places awarded varies with each type of meet.

Scratch -- The withdrawal of an entry from competition.

Seeding -- The placement of a swimmer in a heat with the fastest swimmer generally swimming in the last heat toward the center of the pool.

Session -- Any portion of a meet distinctly separated from other portions by locale, time, or type of competition (i.e., morning and afternoon, preliminaries and finals.)

Short Course -- A 25-yard or meter pool.

Split -- A segment of time for part of an event or race. Most common on relays where you have four individual times that equal the relay time.

Sprint -- A high energy burst of speed for a short-distance event.

Starter -- The person who starts the race with a gun or buzzer. Also determines a false start and to recall such a start.

Stroke and Turn Judges -- The officials who see that the swimmer does each stroke and turn properly. If a stroke or turn is improper, these judges will write up a disqualification card and bring the card to the runner or the scorer's table.

Strokes -- The four competitive strokes: butterfly, backstroke, breaststroke and freestyle. Each stroke has a proper execution.

Take your Mark -- The command the starter gives the swimmers at the start of each race that tells the swimmer to take his/her starting position.

Timers -- Parents who take the times of each swimmer. There are normally two timers per lane with each having a stopwatch and/or a button hook-up to the automatic timing system.

Warm-ups -- The pre-meet swim required for swimmers to get a feel for the pool and the starting blocks. Warm-ups also enable a swimmer to loosen up and practice events they will swim that day.