



California Dolphin Swim Team Practice & Meet Guidelines

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Swim Practice Guidelines

Each workout you attend is an opportunity to learn and improve in swimming, training, and goal setting. Swimming training includes inside water swimming and on outside water dryland. To have the proper atmosphere at daily practice and learn the most you can at each workout, the CDST coaching team has specific guidelines or rules for swimmers that must be followed so that everyone can learn and improve. Some of them are rules for practice structured for all CDST swimmers and need to be followed, or coaches will take disciplinary action.

What to Bring To Daily Swimming Practice

1. CDST Team Cap and goggles. **CDST Team Camp is the only swim cap allowed on daily practice.** This is showing the team spirit and unity. Prepare a spare CDST Team Cap and a pair of goggles in swim bag for precautionary measures, because caps and goggles do break.
 2. Bring swimming training equipment on every practice. Please mark your name on equipment, so it will be easier to find when lost or mixed with others.
 3. Bring water bottle(no glass) to each practice. Regular water is good enough for daily training. Only Elite Group swimmers need sports drink on coach's direction.
 4. **Training Goal & Pace Time Sheet** in the waterproof and clear Zipper Bag. This sheet is design for higher level group on Coach's request.
 5. Wear warm to practice, shoes and socks are strongly recommend.
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Before the Practice

1. We strongly recommend change to practice suit at home. It will save time in the lock room. Swimmer can get ready jump in water soon.
 2. Eat light before practice, but no eating 30 minutes before any practice. Healthy snacks are recommend after practice.
 3. If group has home dryland workout, the best time is do it before swimming practice.
 4. Download the **"OnDeck"** app to receive the latest team information. Sometime last minute changes may happened before the practice. Always check CDST's info from Email and OnDeck app.
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During the Practice

1. Please be on time to practice, but no early then 15 minutes before scheduled practice time. Elite and Senior Group swimmers are expecting to help setting up pool.
2. Locker room is only for bathroom purpose only. No gathering and playing in locker room. Again, change at home before practice.

3. Gathering in the swimmers area and start by stretching while waiting for your group practice start.
4. **Rinsing before practice** is required at Ohlone College.
5. **No running, chasing, pushing, horseplay, throwing equipment or object, and eating on deck and viewing area.**
6. Enter the water as soon as coach give out the permission.
7. **Be a good mannered swimmer.** Please be respectful to coaches, pool staffs and other swimmer's parents. Remember as a CDST athlete your actions represent our team and our code of ethics.
8. Listen to the coaches on instructions, sets, techniques and any other requirements. If you didn't hear the set or what coaches saying, ask coach to repeat it. Don't guess the sets or disrupt other swimmers.
9. **Be a good teammate!** Be kind and respectful to your teammates. Cheer and encourage them, absolutely no booing and discouragement to teammates. All CDST swimmers work together as a group.

After the Practice

1. Clear all equipment and leave nothing behind including personal items.
2. Quick change and leave the pool as soon as possible, about 5 minutes. **Take shower at home.**
3. Healthy snacks on the way home is recommended however the size of the snack should not affect your main meal's appetite or size.
4. Recover stretches after at home are highly recommend.

Dryland Training & Practice

1. Must wear shoes, socks and proper dryland clothing.
2. Advise coach on any injury before dryland practice.
3. Following coach's instruction all time.
4. If coach require for home dryland exercise, make sure complete it by self safely or complete with parent's assistant and observation.
5. If dryland exercise is performing at off-site, make sure be aware of surroundings and follow coach's lead.

Practice Apparels and Equipment

CDST's apparels and equipment is sponsored by TYR. We have. Team store at TYR.com. Please use the following steps to purchase apparels and equipment with discount price at TYR.com. All orders will directly ship to you home.

1. Log in your CDST account at www.cdstswim.org.



2. At home page, you will find “Team Apparel Store” on the Navigation Bar and click to enter.
3. Enter the password “CDST2022”, you will navigate to CDST Team Store at TYR.com
4. Go to your group and purchase the listed equipment or any apparel you want.

“TECH SUITS” are for swimmers who are 13 & Over according to CDST Tech Suit Policy. All 12 & Under swimmers are not allowed to purchase.

Swim Meet Guidelines

We participate in various swim meets, racing from the most basic novice level C/B/BB meet to statewide and nationwide championship meets. Many meets are low-key and designed to be learning experiences. Wining means improving start, stroke, turns, pace, and time. Racing, the ability to race, and the strategies in racing are a close second priority. Beating someone else a bonus but not overly emphasized except for higher levels of competition. We may hold novice-level meets at our home pool.

Meet Entries

Swimmers may only enter meets for which they are qualified to enter. A meet designated as a C/B/A meet means that swimmers that have qualified with A or B times can enter at those levels, and anyone else can enter as a C swimmer (unless there are “NO TIME” restrictions). Certain meets have higher time standards, i.e., Junior Olympics, Far Westerns, etc. To see the time standards used by Pacific Swimming start at www.pacswim.org, click on Times, then Time Standards and scroll down to Age Group Times.

Usually, there is about two to four weeks advanced notice of meet sign-ups. The whole season meet schedule is on CDST’s team website that normally publishes in the beginning of the season. Coaches may give suggestions on the events to enter. Enter the meet early because most of time meet fill up in one to two days. In general, we swim all strokes in meets and aim toward the more challenging events.

You can enter a meet by the traditional paper / US Postal Service method(not recommend), or by entering on-line via www.SwimConnection.com or www.Fastswim.com. All Pacific Swimming meets offer an online entry option for a small additional fee (editor’s note: it’s WELL worth the minor extra cost with all the conveniences the service offers). If you choose the online option you do not need to mail the paper entry thus saving time, postage and you get instant confirmation.

For step by step instructions and videos on how to use online meet entry services, check the video on Meet Planner or visit: <https://drive.google.com/file/d/11lppYBgzwmDEZP6zBLvE-JzOqqvuWdZK/view?usp=sharing>

For First timer who are going to enter for a meet, please use CDST’s coach suggested entry times for your events. Please visit: https://www.teamunify.com/pccdscst/doc/502534_2_Suggested%20Entry%20Time%20for%20First-Time%20Meet%20Participators.pdf



USA Swimming ID Number & Card

In September 2022, USA Swimming introduced a new online registration system. CDST will provide a link to you on USA Swimming Registration. If you don't receive one, please email cdstmemberships@gmail.com. **ALL CDST MEMBERS MUST REGISTERED WITH USA SWIMMING.**

Your USA Swimming ID is a new 14-character code comprised of randomly generated capital letters and numbers. Once you register with USA Swimming, your ID can be both found in your USA Swimming Account and CDST account.

If you have any technical questions on USA Swimming ID please go to: <https://usaswimming.thecloudtutorialusers.com/>

What to Bring To the Meet

1. Most important: **Swim Suit, "CDST" Team Cap, and goggles.** It's a great idea to bring one extra of each. "CDST" team caps are required for each race to help the coaches spot CDST swimmers easily.
2. Towels-Realize your swimmer will be there awhile, so pack at least two.
3. Something to sit on. Most people bring collapsible chairs.
4. Something to sit under. Often someone from the team will bring a folding canopy owned by the team, but not always. These canopies are helpful in rainy weather and also on very sunny days.
5. CDST parka and/or warm-up jacket, hoodie, CDST t-shirts, and shoes/socks to keep your feet warm. Wear warm regardless the season. Warm helps muscle stay at the prime condition.
6. Food: Many people bring a small cooler with snacks and drinks. Most meets have a snack bar, and the quality of food available varies widely. Make sure your swimmer is adequately nourished and hydrated during the meet.
7. Sunscreen.
8. **CDST Swim Book.** Recording and reviewing each of your races.

Before the Meet Starts

1. Pack your swim bag the night before meet.
2. Stay clam and rest early. Adequate time of sleeping is key for body recover.
3. Arrive the scheduled time that listed on the meet reminders sent from Coaching Team. Be sure to allow enough time for parking and setting ups.
4. Upon arrival, look for the CDST canopy. It is very important for swimmers to sit together at meets. It's the best place for swimmers from different groups to become friends, and for coaches to locate them when needed.
5. Find the check-in place and check in. Next, check with coach on events and warmup of the day. Check for special posted instructions in the check-in area.

6. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car: on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
7. A program(Psyche 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 (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no time" or "NT".
8. Timing. **All parents** (except family member of working officials) are required to time one to two hours at the meet. We will notify membership that online sign up for timing slots is available shortly before the meet. If you know your swimmer will be swimming near the end of the meet, please try to sign up for a later timing shift. It is not fair for the last parent to sign up to be "stuck" in a chair for longer than their hour shift.

Competing In the Meet

1. It is important for any swimmer to know what event numbers he/she is swimming. He/she may swim right away after warm-up or may have to wait awhile. (Generally, girls' events are odd-numbered and boys' events are even-numbered.)
2. Most meets are computerized. Your swimmer will need to check the heat/lane assignment board to find out which heat and lane she/he is assigned for each event. Sometimes these postings do not appear until close to the event itself. Most swimmers, for each event, will describe their heat/lane assignment as, for example, "4-2" (heat # 4, lane #2). Write on the back of the hand is helpful.
3. Your swimmer should then report the heat/lane assignment to the coach, so the coach knows when and where to look for your swimmer. This is the best way the coaches can get this information, and same time get advise from coach before the race.
4. Cheer for all CDST swimmers!
5. Stay dry and warm between events.
6. After each swim:
 - A. a. He/she is to ask the timers (people behind the blocks at each lane) his/her time or check on electronic scoreboard.
 - B. The swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer.
 - C. Warm down! Warm down! Warm down!**
7. Results are usually posted somewhere in the facility. Awards are usually available at an awards table (which can have long lines at the end of a meet). Awards need to be picked up at the meet. The awards that are not picked up do not get sent back with the coaches nor are they mailed to the teams.
8. Download the "**Meet Mobile: Swim**" app to get live updates on Heat/Lane assignments and results. A monthly fee may required by the app company. This is a great app to keep the important info in your hand at meet.

After the Meet

1. When a swimmer has completed all of her/his events you get to go home, check with the coach and gain permission to leave. Make sure your swimmer is not included on a relay or races (mostly championship meet has relays). It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and she is not there.
2. Clear personal belongings, clean trashes at team area, and help team to set off before leave the meet facility.
3. Recover stretches and light meals after meet is strongly recommend.
4. Review your races and update your personal recording times in writing on **Meet Recording & Review Sheet and Personal Record and Review Sheet**. In this way, it will help you evaluate the progress of practice and setting up new goals for the future.
5. An official meet results can be found on Pacific Swimming, <https://www.pacswim.org/swim-meet-results>

Common Swimming Definitions

Age Group Competition - A meet for all registered swimmers up to and including age 18, who have met the qualifying time standard for a specific event(s). The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16, and 17-18.

Consolations or Consoles - A finals event consisting of swimmers who place in the second tier of swimmers during preliminaries.

DQ - Disqualification.

Event – A portion of a meet competition broken down by stroke and oftentimes by age, gender and relay type.

Final - The portion of a competition in which just the top swimmers of the meet compete. A “final eight” event consists of the fastest eight swimmers from the morning preliminaries. **Heat** – A portion of an event. An event may require multiple heats to determine what swimmers make finals.

IM - Slang for individual medley, an event in which the swimmer uses all four competitive strokes in the following order: butterfly, backstroke, breaststroke and freestyle.

Lane lines – The dividers used to delineate the individual lanes. These are made of individual finned disks strung on a cable which rotate on the cable when hit by a wave. The rotating disks dissipate surface tension waves in a competitive pool.

Leg - A portion, normally one-quarter, of an individual event or relay event, of the event. **Long Course** – A pool configured for swimming with a 50-meter long race course. World records may be set in long course and short course competition. The main USA Swimming long course season is during the summer months. The Olympic Games as well as all major international competitions are conducted long course.

LSC - Local Swimming Committee of USA Swimming, Inc.

Meet Program – A program consists of heat or psych sheets for the preliminary competition of a meet.

Official - A judge on the deck of the pool. Various judges watch the swimmer’s strokes, turns and finishes or are timers.

NT-No Time. A swimmer uses this when entering an event he/she has no established time for.

NS - No Show. A swimmer doesn’t show up at his/her race.



Official Time - *The time established by an official which is entered into the meet final records.*
Preliminaries or Prelims - *The portion of a competition that determines which swimmers qualify for the championship and consolation finals in the events.*

Psych Sheet - *A ranking of swimmers by event and time.*

Sanction - *The qualification of a meet in order for it to be officially recognized.* **Seeding** – *The method of placing swimmers in lanes in order of their entry times.*

Scratch - *To withdraw from an event after having declared an intention to participate is to scratch the event. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from the remaining events.*

Short Course - *A pool configured in 25-yard or 25-meter lengths. USA Swimming, Inc. conducts most of its winter competition in 25-yard lengths including the Speedo Junior Championships in the spring. NCAA swimming competition uses the 25-yard format. Most of the world swims short course meters in the winter (25-meter pool). The fastest times swum in a 25-yard pool may only gain U.S. Open or American record status.*

Split - *A swimmer's intermediate time in a race. Splits are registered every 50 meters (or 25 yards depending on the pool and equipment on hand) and are used to determine if a swimmer is on record pace.*

Taper - *The resting process in training for swimming competition. During the middle of their swimming season a swimmer may work out 7 to 10 thousand yards (5 to 6 miles) each day. As major competition draws near, the swimmer will “taper” off the distances swum each day. A perfectly designed taper will enable the swimmer to compete at their peak capability and is one of the most difficult aspects of swim coaching. This training method often use in the elite level swimming. Most Age Group Swimmers are not often use in this training method. Oftenly, they will have one or two days lighter workout before the meet.*

Touch Pad - *The area at the end of each lane in the pool where a swimmer's time is registered and sent electronically to the timing system and the scoreboard.*

Unattached - *A term used to identify a swimmers team affiliation in lieu of being officially attached to a team within the LSC.*

Warm-up- *Used by the swimmer before the race to get their muscles loose and ready to race.*

Warm-down - *Used by the swimmer to rid the body of excess lactic acid generated during a race.*

CDST Meet Recording & Review Sheet

Print this sheet for each of swim meet you attend

Meet:

Date:

EVENT	Splits	Comments
Entry Time:		
Goal Time:		
Final Time:		
EVENT	Splits	Comments
Entry Time:		
Goal Time:		
Final Time:		
EVENT	Splits	Comments
Entry Time:		
Goal Time:		
Final Time:		
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Goal Time:		
Final Time:		
EVENT	Splits	Comments
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Goal Time:		
Final Time:		

CDST Personal Record and Review Sheets

- Go to www.cdstswim.org
- Click “Documents” on the top bar
- Find and download “CDST Personal Record and Review Sheets”
- Update/Edit your sheets after each time you have best time(s) from meet or time trials.