

Special Edition: SWIMMING 101



PNS Athlete Newsletter™



Volume I, Issue VIII

PNS *By The Numbers*

Athletes: **4796**

	<u>Girls</u>	<u>Boys</u>
8&U:	441	271
9-10:	656	432
11-12:	699	504
13-14:	523	385
15&O:	460	425
Teams:	49	
Coaches:	149	
Officials:	234	

Top 10 Largest Teams (12/31/10)

KING, CSC, BC, IST, PRO,
XCEL, OCA, CAAT, BBST, NWAC

Welcome to a new season of
PNS Swimming! This issue covers the
basics of PNS and USA Swimming.

QUOTES

OF THE ISSUE

*"Wheresoever you go, go with
all your heart."* —Confucius

*"If you're going to do it,
do it with joy."* —C. Casey

USA Swimming *By The Numbers*

Athletes: **320,357**

	<u>Girls</u>	<u>Boys</u>
8 & U:	16,685	12,195
9-10:	33,621	22,578
11-12:	39,860	26,380
13-14:	33,207	23,663
15 & O:	41,120	37,591
Teams:	2,864	
Coaches:	11,999	
Officials:	12,380	
LSCs:	59	
Zones:	4	
Western Zone Athletes:	77,476	

Swimming Acronyms

USA-S	USA Swimming
PNS	Pacific Northwest Swimming (also PN)
LSC	Local Swim Committee (PN is our USA-S LSC)
SCY	Short Course Yards
SCM	Short Course Meters
LCM	Long Course Meters
DQ	Disqualification
OW	Open Water
NCSA	National Club Swimming Association
FINA	Fédération Internationale de Natation (formerly included "Amateur" at the end [the "A" in FINA])

PNS Age Group Swimming 101

Swimming: Competition Basics

Age Groups:

Most competitions in PNS are divided into "Age Group" and "Open" divisions. The most common age groups are:

8 & Under	9-10	10 & Under*
11-12	13-14	15 & Over**

*When an event is listed as "10 & Under", it means that anyone under the age of 10, including 8 & Unders, are eligible to swim. PNS Challenge meets usually have one day of separate "8&U" and "9-10" events, with longer events the other day, open to all 10& Unders.

**In Age Group meets, "15 & Over" is open to swimmers 15-18 years old. In other meets, "15 & Over" is open to athletes, even if they are over 18.

There is also the "Open" division for athletes of all ages.

One exception is Age Group Regionals, where age groups are: all 10 & Under athletes, with 11, 12, 13, and 14 year olds competing by year.

PNS Motivational Time Standards:

The Gold/Silver/Bronze motivational time standards used by PNS can be found [here](#). When you start swimming, you are in the Bronze division. If you get a Silver (or Gold) cut the first time you swim an event, you will still get a ribbon from the Bronze division. At the next meet, you would be entered in the Silver division (or Gold). Because of this, you could swim in a heat where 3 people come in first in their division; one Bronze, one Silver, one Gold.

USA Swimming ID Number:

In 1999, USA Swimming created the USA-S ID program, issuing unique ID numbers to all members in USA Swimming. Your number is used to track every one of your swims in USA Swimming. Your number appears on your USA-S Membership Card.

To remember it easily: your date of birth [MMDDYY], the first three letters of your first name, the first letter of your middle name, and the first four letters of your last name. If your first or last names don't have enough letters, an * [asterisk] is used to fill in the blanks.

USA Swimming Motivational Times:

These time standards (named AAAA, AAA, AA, A, BB, B) are used by many LSCs. These times are calculated based on the fastest 16th place in the USA Swimming [Top 16](#) list from the past four years. The times are set in four-year segments.

You can find the formulas to calculate the motivational times for 2009-2012 [here](#), and the data used in the formulas [here](#). Or do it the easy way, and look up the pre-formulated times [here](#).

See next page for PNS Swimming Competition Levels

Swimming: Equipment

Suits: According to the USA Swimming Rulebook, "Swimwear shall include only a swimsuit, cap, and goggles. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

B. In swimming competitions, the swimmer must wear only one swimsuit in one or two pieces, except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee."

There are basically two levels of suits:

Training suits come in polyester and lycra-spandex. Polyester lasts much longer, but is a thicker material. There are advantages to both types of material.

Racing suits are much more expensive, costing \$200-\$400. These suits are usually worn by senior swimmers at higher level competitions.

Goggles: Faces come in different sizes, and so do goggles. To see if a pair of goggles fits, press them against your face without placing the strap on your head. If they suction on for a few seconds, they should fit without leaking. Check with your local swim shop for more detailed fitting advice.

Caps: There are three types of caps: **Latex**, which is extremely thin; **Silicone**, which is thicker and doesn't pull hair; and **Racing Caps**, a skin-tight, thicker silicone that prevents wrinkles. Common racing caps include Speedo Aqua-V caps, TYR Tracer Edge, Arena 3D, and others. There is also a liner made of cloth for use under latex caps, but are usually only worn by younger swimmers.

PNS Swimming 101

High-School Swimmers!

To be eligible to swim in college, high school Juniors must register with the NCAA Eligibility Center (also known as NCAA Clearinghouse). The Eligibility Center can be found [here](#). Information on the Clearinghouse can be found [here](#).

College Swimming Links

[National Collegiate Athletic Association](#) Official Website

[College-Bound Student-Athlete Guide to the NCAA](#)

[The College Board](#) ("College Search: Find Your Match" is one of the best college/college sports search engines)

[College Swimming Coaches Association of America](#)

[Harvard Swimming](#) (This website has links to every college with NCAA Swimming)

[CollegeSwimming.com](#) (This website has times for every college team in the country)

PNS Swimming Competition Levels

1. Developmental Meets (e.g. Oct. Challenge)
2. Divisional Championships
3. Q Meet
4. Age Group Invitationals
5. PNS 14&U Champs
6. WA State Senior Champs/Long Course PNS Champs
7. Age Group Sectional Championships
8. Senior Sectional Championships
9. NCSA Junior Nationals
10. Short Course (Winter) Junior Nationals
11. Long Course (Summer) Junior Nationals
12. Short Course (Winter) Nationals
13. Long Course (Summer) Nationals
14. U.S. Open
15. U.S. Olympic Trials

Western Age Group Zones

Clovis, CA August 9-13, 2011

Coaches: Tom Wunderlich, Ken Rice, Trevor Davine



PNS Attendees: Isabel Chien - Ethan Dang - Gabby Dang - Kevin Houseman - Courtney Hughes - Andrew Johnson - Bindi Pedersen - Olivia Tungate - Izzy Voight - Stephanie Young - Emily Zacharias - Kaycee Simpson - Ivan Graham - Grant Lee - Sebastian Steen - Savannah Delzer - G. Robert Hughes - Whitney Mundle - Zach Johnson - Jada Pearson - Emet Minney - Reva Zacharias - Grant Meyers - Nathaniel Williams - BJ Woodbury - Camden Wunderlich - Rachel Hansen - Todd McCarthy - Anna Peirano - Cole Weinstein - Tiffany Dang - Colin Chupik

New PNS Records set at Western Zones



Gabby Dang (above, from WAVE) broke 3 PNS records for Girls 10 & Under, in the 100 Back, 50 Back, and 100 Free. Other PNS record breakers were **Bindi Pedersen** (MMSC) in the 100 Breast and 200 IM, and **Ethan Dang** (KING) in the 50 and 100 Breast. Congratulations on these spectacular swims!

INJURY PREVENTION

The PNS Athlete Newsletter highlights a specific injury prevention technique each issue. For past issues, please visit [pns.org](#), and click on *PNS Athlete News* under the *Swimmers* drop-down tab. For this "Swimming 101" issue, check out the [USA Swimming.org](#) website. There are in-depth articles explaining drills and dryland exercises, which can help in injury prevention. One of the most common injuries in swimming is to the shoulders, and USA-S has help with an article on [shoulder injury prevention](#).

The Ultimate Unofficial Guide to the PNS Website

PNS Website

The PNS Website has lots of information for swimmers. It has times; results; meet information with psych sheets and timelines; time standards; list of all clubs in PNS; list of all officials and training clinics in PNS; and much more.

See boxes for more information!

Meets

In this tab, you can find meet information; timelines; psych sheets; and meet results.

For a list of all sanctioned 2011-2012 PNS meets, click on the "Meets/Results" drop-down tab.

Also in this tab (under "Results") are all meet results from 2007-current; and the PNS Open Water page, with meet information and training opportunities.

Officials

On the PNS Officials page, there are numerous resources for our Officials.

Included in this tab are:

- Lists of all Stroke & Turn judges, Starters, and Referees in PNS;
- Updated lists of Officials Clinics (including re-certification);
- Stroke Briefings;
- Meet Report forms;
- 2012 Membership Applications

Meet Operations

This tab has a variety of information on hosting meets.

Included in this tab are:

- Meet Director's Handbook and Cheat Sheet
- Meet Bid Packets
- Challenge Meet Alignments
- Meet Evaluation forms
- PNS Meet Entry Registration
- Meet Sanction Information

Swimmers

- Under "Age Group Swimming", you will find links to the PNS All-Star page, NACC Page, and Zone Page.
- Under "Senior Swimming", you will find time standards for all National meets, a list of our PNS Olympic Trials Qualifiers, and Travel Fund Policies.
- Under "Camps", you will find an updated list of swim camps throughout PNS.
- Under "Disability Swimming", you will find information and rules for all levels of Disability Swimming, including the latest news and results from our PNS disability swimmers.
- And last, under "PNS Athlete News", you will find every past issue of this PNS Athlete Newsletter!

LSC Info

Looking to find out more about the leaders of PNS?

This tab has PNS Board of Director contacts; Meeting dates/minutes;

Bylaws/Policies; and US Aquatic Sports Convention information. Also in this tab is the PNS Hall of Fame, and job openings for coaches in PNS.

Coaches

This tab has information on:

- Coaches' clinics;
- The PNS Travel Fund Policy;
- Background Screening;
- Links to the USA Swimming Coaches webpage with useful info and articles;
- Clinic information for Safety Training
- Approved Swimsuit List

Next Month: The Ultimate Unofficial Guide to the USA Swimming Website!



Excerpts from the 2011 USA Swimming Rulebook. For a complete version of USA Swimming Rules, click [here](#).

101.1 STARTS

A. At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke and medley relay events, at the Referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.

C. On the Starter's command "take your mark", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the Starter shall give the starting signal.

D. When a swimmer does not respond promptly to the command "take your mark," the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.

.3 False Starts

A. Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "stand up" command and may step off the blocks.

D. A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.

101.2 BREASTSTROKE

.2 **Stroke** — After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

.3 **Kick** — After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. A scissors, alternating or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

.4 **Turns and Finish** — At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

101.3 BUTTERFLY

.2 **Stroke** — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.

.3 **Kick** — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

.4 **Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

.5 **Finish** — At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

101.5 FREESTYLE

.2 **Stroke** — In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

.3 **Turns** — Upon completion of each length the swimmer must touch the wall.

.4 **Finish** — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.



Excerpts from the 2011 USA Swimming Rulebook. For a complete version of USA Swimming Rules, click [here](#).

101.4 BACKSTROKE

- .1 **Start** — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.
- .2 **Stroke** — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.
- .3 **Turns** — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.
- .4 **Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back.

101.6 INDIVIDUAL MEDLEY — The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

- .2 **Stroke** — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
- .3 **Turns** A Intermediate turns within each stroke shall conform to the turn rules for that stroke.
The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
- (1) **Butterfly to Backstroke** — Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
- (2) **Backstroke to Breaststroke** — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
- (3) **Breaststroke to Freestyle** — Once a legal touch has been made, the swimmer may turn in any manner.
- .4 **Finish** — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

101.7 RELAYS

- .1 **Freestyle Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- .2 **Medley Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.
- .3 **Rules Pertaining to Relay Races**
- A No swimmer shall swim more than one leg in any relay event.
- B When automatic relay take-off judging is used, each swimmer must touch the touchplate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
- C In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- D Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
- E Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- F In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- G In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

OTHER RULES:

There are other rules that apply under Disqualifications and Swimwear. Below are some of the most relevant rules:

- 102.22.4 A swimmer must start and finish the race in the same lane.
- 102.8.1 Swimwear shall include only a swimsuit, cap, and goggles. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed. In swimming competitions, the swimmer must wear only one swimsuit in one or two pieces, except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

The Last Page

PNS Executive Board

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PNS Athletes!

The PNS Athlete Newsletter is written by and for PNS athletes – Are you interested in having your swimming article in this newsletter? Please send your submissions to athletere1@pns.org.

An Athlete Perspective

Swimming: Life Lessons

*Sportsmanship - Perseverance - Commitment -
Character – Teamwork - Fairness - Responsibility -
The Pursuit of Excellence*

Swimming teaches life skills and character traits to all levels of athletes. These qualities will become a vital part of their character during, and beyond, their swimming careers.

When swimmers are young, these life lessons are an integral part of every practice and competition. Swimmers practice for hundreds of hours to perfect their stroke, and develop the endurance necessary for a successful race that only lasts between 20 seconds and 16 minutes. While working toward their swimming goals, they are internalizing these important life skills.

In swimming, swimmers learn fairness and the importance of personal effort. How does swimming hard instill core values in athletes? It is necessary to step back and look at what these athletes are doing during their many hard practice sets. They are building: Perseverance (pushing themselves to work through fatigue); Integrity (completing the entire set, knowing that they are giving this set everything they have); Responsibility (knowing all the send-offs, helping teammates to recall the set and sendoffs); Courtesy (circle-swimming so other lane-mates don't collide); and Team Camaraderie.

Many other important benefits come from swimming. One of the most important is the friendships. Swimmers who have been on a team for years, training together daily, and growing up together, become almost family. They help and encourage each other through difficult practices. They spend entire weekends-sometimes entire weeks- at meets together, cheering for each other. Later, they may even train together during breaks from college. These bonds of friendship are strong and enduring. Swimming truly is a unique sport; preparing athletes for the life skills needed to be successful men and women.

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Contact Editor Steve Sholdra at athletere1@pns.org

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