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Welcome To James Creek Swim Team!

We thought you might like a bit of information on how the meets work. First and foremost, our team is small yet spirited! The kids and parents cheer for every swimmer, participate in spirit theme outfits and support each other. We are truly a community based team and it shows in our swimmers returning year after year, including after they have aged out of [MCSL \(Montgomery County Swim League\)](#) but want to support their team. Please bookmark the [James Creek website](#), as it is the spot which holds all of the team information.

Swimmers of all levels are welcome in James Creek! Our team is broken into two groups Pre-Team and A Team. Pre-Team is for those swimmers who are learning to swim across the pool without help. A Team is for swimmers who are ready for more and can swim across the pool without help. *You may have your child evaluated by one of the coaches if you are unsure. It is also possible to change mid season.*

[Meet schedule, location and directions are posted on the MCSL website.](#)

Team Goals

- To support swimmers to improve their skills and *sportspersonship*.
- To help swimmers develop the skills to be a positive and encouraging team member
- To teach each swimmer the importance of goal setting and goal achievement.
- To provide a family experience

Practices

Our team is actually James Creek and Manor Oaks, therefore we offer practices each day at both pool. Swim team members are welcome at either pool for practices and families should check the schedule for the most convenient times. In general, the A Team begins practice just after Memorial Day and Pre-Team after school is dismissed for the summer. Please plan on attending one practice per day.

Pre-Team Meets

Though the Pre-Team does not have MCSL meets we do have our annual tradition of the Inter Squad Meet known as “The Mini-meet”. Mini-meet is a fun way to learn about meets! Young swimmers who need extra support can have a coach swim across or hold the kickboard for swimmers. This meet requires many volunteers and is a lot of fun! We have food and drinks for purchase and all swimmers get a ribbon.

Swim Team Roles

Team Rep- Represents the team throughout the year to plan for the summer swim session

Head Coach- A Team Head Coach

Assistant Coach(es)- A Team Assistant Coach(es)

Pre-Team Head Coach- Pre-Team Head Coach

Pre-Team Coaches- Pre-Team Assistant Coach(es)

Volunteer Coordinator- Coordinates the volunteers for meets (every family will volunteer at least once during the season)

Treasurer- Accepts registration and fees

Spirit Wear- Coordinates the sale and distribution of team spirit wear

Concessions- Coordinates the concession stand at home meets

Trophy Chief- Coordinates trophy purchase for all team members

Social Director- Coordinates social events for both teams

Computers- Keeps and maintains the database during A-Team meets

Banquet Coordinator- Coordinates the banquet for both teams

Website: <https://sites.google.com/site/jamescreekswimteam/>

Suits & Equipment

The following equipment is recommended for practice and meets:

- Girls nylon, lycra or polyester one-piece, racing style suit
- Boys – jammers or brief style suit

- Goggles and swim cap
- Large towel
- Sunscreen
- Water bottle

If you would like to purchase a James Creek suit go to [Aardvarks Swim Shop](#) and ask for James Creek (they will also measure your swimmer for proper fit). We get new suits every other year. Swimmers do not need James Creek swimsuits. If you choose to get a James Creek swimsuit they can be picked up at **Aardvark Swim and Sport** in Wintergreen Plaza in [Rockville: 831 Rockville Pike Ste D, Rockville, MD 20852](#). When you go, just tell the employees that you are from James Creek; the suits are already in stock.

Putting Swimmers Into Meets

Our coaches try to balance the desire to win meets with making it fun. As with most teams and in general, the fastest times are selected for the A meets. James Creek has no B Team at this time so we try to get all swimmers in at least one swim meet during the season.

Please encourage your Jellyfish to talk to the coaches at practice about the events he/she would like to swim. Missing a meet? *Please contact the coaches ASAP if your child is unable to swim in a meet. If coaches know ahead of time when swimmers will be out of town, they can provide an opportunity for another swimmer.*

Swim Meet Prep List

- o Prepare for the weather. Unless it is thunder and lightening the swim meet goes on.
- o Bring extra towels, water bottle, sunscreen, goggles, swim cap (optional), change of clothes, cards or games (optional), either snacks or money for concessions, a positive attitude and team spirit.
- o Arrive on time for warm-ups.
- o Check for the spirit wear themes listed in the newsletter
- o Team swimsuits available at Aardvark's
- o Report to the 'team area' (marked with 'James Creek' signs).
- o Listen to the *clerk of course*. The clerk will come to the team area to find you prior to each event.
- o Tell a coach if you need to leave the team area during the meet.
- o Know where your parent(s) will be during the meet in case you need anything.
- o Stay hydrated.
- o Remind your child he/she must keep all body parts out of the water unless in an event

- o Check in with a coach if you need to leave early.
- o Look at the line-ups so you know what you are swimming.
- o Plan on being at the pool until 12:30 or 1:00 pm
- o Listen for optional team lunch announcement after the meet

What To Do During a Meet

Swimmers:

- Remain in the designated James Creek area until they are called by the Clerk of Course
- Once called by the Clerk of Course, swimmers should sit in designated spot until lining up for the event.
- Parents are welcome to be in the James Creek area and/or sit on by the edge of the pool for better viewing, (due to space limitations, parents are not allowed in either the Clerk of Course area or the area where swimmers take off). Please take pictures and post them to [team share site](#) (pictures are used by team members only and are downloaded for the video at the banquet).

Parent Expectations During A Meet

[From USA Swimming](#)

DO FOR YOURSELF:

- Get vicarious pleasure from your children's participation, but do not become overly ego-involved.
- Try to enjoy yourself at competitions. Your unhappiness can cause your child to feel guilty.
- Look relaxed, calm, positive and energized when watching your child compete. Your attitude influences how your child feels and performs.
- Have a life of your own outside of your child's sports participation.

DO WITH OTHER PARENTS:

- Make friends with other parents at events. Socializing can make the event more fun for you.
- Volunteer as much as you can. Youth sports depend upon the time and energy of involved parents.
- Police your own ranks: Work with other parents to ensure that all parents behave appropriately at practices and competitions.

DO WITH COACHES:

- Leave the coaching to the coaches.
- Give them any support they need to help them do their jobs better.
- Communicate with them about your child. You can learn about your child from each other.
- Inform them of relevant issues at home that might affect your child at practice.
- Inquire about the progress of your children. You have a right to know.
- Make the coaches your allies.

DO FOR YOUR CHILDREN:

- Provide guidance for your children, but do not force or pressure them.
- Assist them in setting realistic goals for participation.
- Emphasize fun, skill development and other benefits of sports participation, e.g., cooperation, competition, self-discipline, commitment.
- Show interest in their participation: help them get to practice, attend competitions, ask questions.
- Provide a healthy perspective to help children understand success and failure.
- Emphasize and reward effort rather than results.
- Intervene if your child's behavior is unacceptable during practice or competitions.
- Understand that your child may need a break from sports occasionally.
- Give your child some space when need. Part of sports participation involves them figuring things out for themselves.
- Keep a sense of humor. If you are having fun and laughing, so will your child
- Provide regular encouragement.
- Be a healthy role model for your child by being positive and relaxed at competitions and by having balance in your life.
- GIVE THEM UNCONDITIONAL LOVE: SHOW THEM YOU LOVE THEM WHETHER THEY
- WIN OR LOSE!!!

DON'T FOR YOURSELF:

- Base your self-esteem and ego on the success of your child's sports participation.
- Care too much about how your child performs.
- Lose perspective about the importance of your child's sports participation.

DON'T WITH OTHER PARENTS:

- Make enemies of other parents.
- Talk about others in the sports community. Talk to them. It is more constructive.

DON'T WITH COACHES:

- Interfere with their coaching during practice or competitions.
- Work at cross purposes with them. Make sure you agree philosophically and practically on why your child is playing sports and what he or she may get out of sports.

DON'T WITH YOUR CHILDREN

- Expect your children to get anything more from their sports than a good time, physical fitness, mastery and love of a lifetime sport and transferable life skills.
- Ignore your child's bad behavior in practice or competitions.
- Ask the child to talk with you immediately after a competition.
- Show negative emotions while watching them perform.
- Make your child feel guilty for the time, energy and money you are spending and the sacrifices you are making.
- Think of your child's sports participation as an investment for which you expect a return.
- Live out your own dreams through your child's sports participation.

- Compare your child's progress with that of other children.
- Badger, harass, use sarcasm, threaten or use fear to motivate your child. It only demeans them and causes them to dislike you.
- Expect anything from your child except their best effort.
- **EVER DO ANYTHING THAT WILL CAUSE THEM TO THINK LESS OF THEMSELVES OR OF YOU!**

YOU CAN HELP YOUR CHILD BECOME A STRONG COMPETITOR BY...

- Emphasizing and rewarding effort rather than outcome.
- Understanding that your child may need a break from sports occasionally.
- Encouraging and guiding your child, not forcing or pressuring them to compete.
- Emphasizing the importance of learning and transferring life skills such as hard work,
- Self-discipline, teamwork, and commitment.
- Emphasizing the importance of having fun, learning new skills, and developing skills.
- Showing interest in their participation in sports, asking questions.
- Giving your child some space when needed. Allow children to figure things out for themselves.
- Keeping a sense of humor. If you are having fun, so will your child.
- Giving unconditional love and support to your child, regardless of the outcome of the day's competition.
- Enjoying yourself at competitions. Make friends with other parents, socialize, and have fun.
- Looking relaxed, calm, and positive when watching your child compete.
- Realizing that your attitude and behaviors influences your child's performance.
- Having a balanced life of your own outside sports.

DON'T ...

- Think of your child's sport participation as an investment for which you want a return.
- Live out your dreams through your child.
- Do anything that will cause your child to be embarrassed.
- Feel that you need to motivate your child. This is the child's and coach's responsibility.
- Ignore your child's behavior when it is inappropriate, deal with it constructively so that it does not happen again.
- Compare your child's performance to that of other children.
- Show negative emotions while you are watching your child at a competition.
- Expect your child to talk with you when they are upset. Give them some time.
- Base your self-esteem on the success of your child's sport participation.
- Care too much about how your child performs.
- Make enemies with other children's parents or the coach.
- Interfere, in any way, with coaching during competition or practice.
- Try to coach your child. Leave this to the coach.

ABOUT THE AUTHOR:

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Behavior

James Creek swimmers and parents are well known for our “sportspersonship” and manners. Our swimmers shake hands with the swimmers in the lanes next to them, cheer each other on, remain in the water until the last swimmer touches the wall and clean up our team area after the meet. Parents are known for cheering on the entire team, focusing on having a good time and good swim (over winning) and for making visiting teams feel at home.

Earning Points at Meets

- Meets are scored with a point system. Swimming is an individual AND team sport.
- Coaches put swimmers into meets
- Swimmers who finish the race contribute points to their team. We have won a meet by one individual point so every point truly matters!
- Coaches may ask some swimmers to “swim up” (swimming at older age level) for a meet. It’s important for the swimmers to understand and for parents to reinforce that swimming up helps the team.
- Parents must contact the coaches ASAP if your child is unable to swim in a meet. If coaches know ahead of time when swimmers will be out of town, they can provide an opportunity for another swimmer.
- Swimmers may get ribbons from the swim meet. Ribbons are most often distributed either at the team lunch after the meet or at the next swim practice.

Strokes

The Strokes – There are five competitive strokes and all age groups go through each stroke. Strokes are:

Because Individual Medley (IM) events are included in the first half of the meet, the events in the first half do not necessarily go in age order. This allows for each age group to get a proper amount of rest before the next events.

1 – Boys 12 & Under 100m Individual Medley

- 2 – Girls 12 & Under 100m Individual Medley
- 3 – Boys Open 200m Medley Relay
- 4 -- Girls Open 200m Medley Relay
- 5 – Boys 8 & Under 25m Freestyle
- 6 – Girls 8 & Under 25m Freestyle
- 7 – Boys 9-10 50m Freestyle
- 8 – Girls 9-10 50m Freestyle
- 9 – Boys 13-14 50m Freestyle
- 10 – Girls 13-14 50m Freestyle
- 11 – Boys 11-12 50m Freestyle
- 12 – Girls 11-12 50m Freestyle
- 13 – Boys 15-18 100m Freestyle
- 14 – Girls 15-18 100m Freestyle
- 15 – Boys 13-14 100m Individual Medley
- 16 – Girls 13-14 100m Individual Medley
- 17 – Boys 8 & Under 25m Backstroke
- 18 – Girls 8 & Under 25m Backstroke
- 19 – Boys 9-10 25m Backstroke
- 20 – Girls 9-10 25m Backstroke
- 21 – Boys 11-12 50m Backstroke
- 22 – Girls 11-12 50m Backstroke
- 23 -- Boys 15-18 100m Backstroke
- 24 – Girls 15-18 100m Backstroke
- 25 – Boys 13-14 50m Backstroke
- 26 – Girls 13-14 50m Backstroke
- BREAK
- 27 – Boys 15-18 100m Individual Medley
- 28 – Girls 15-18 100m Individual Medley
- 29 – Boys 8 & Under 25m Breaststroke
- 30 – Girls 8 & Under 25m Breaststroke
- 31 – Boys 9-10 25m Breaststroke
- 32 – Girls 9-10 25m Breaststroke
- 33 – Boys 11-12 50m Breaststroke
- 34 – Girls 11-12 50m Breaststroke

- 35 – Boys 13-14 50m Breaststroke
- 36 – Girls 13-14 50m Breaststroke
- 37 – Boys 15-18 100m Breaststroke
- 38 – Girls 15-18 100m Breaststroke
- 39 – Boys 8 & Under 25m Butterfly
- 40 – Girls 8 & Under 25m Butterfly
- 41 – Boys 9-10 25m Butterfly
- 42 – Girls 9-10 25m Butterfly
- 43 – Boys 11-12 50m Butterfly
- 44 – Girls 11-12 50m Butterfly
- 45 – Boys 13-14 50m Butterfly
- 46 – Girls 13-14 50m Butterfly
- 47 – Boys 15-18 50m Butterfly
- 48 – Girls 15-18 50m Butterfly
- 49 – Boys 14 & Under 175m Freestyle Relay
- 50 – Girls 14 & Under 175m Freestyle Relay

Relays:

1. **Freestyle Relay** – This event consists of four freestylers, each swimming one quarter of the total distance of the race.
2. **Medley Relay** – Each stroke is swum by a different swimmer. The first swimmer swims backstroke, the second breaststroke, the third butterfly and the final swimmer anchors the relay with freestyle.
3. **Starts, Turns and Finishes:** Many races are won or lost by swimmer's performance in the start, turn or finish. At the start, the swimmer is called to the starting position by the official/starter who visually checks that all swimmers are motionless. When all swimmers are set, the gun or starting horn is sounded to start the race. If a swimmer has moved or left too early, that swimmer may be disqualified after the race for a false start. Under the USA Swimming rules, one false start disqualifies the swimmer. Fast flip turns, quick touch and goes and tight streamlines can improve a swimmer's race times. Finishing strong to the wall and not gliding will also help improve race times.

Social Events

There are several social events throughout the season. In addition, several of the meets will have themes for the swimmers such as "James Creek Spirit Wear" or "Red White and Blue" (look on the calendar and emails for spirit wear themes). Lastly, the team will go to eat somewhere after most of the meets. We will try to

announce this so everyone who wants to meet up can do so. These optional lunches are a nice way to get to know other James Creek and Manor Oak families.

Rain Policy

With weather related delays and postponements for pre-team & A team:

- If there is no email, assume practice is on
- If it is just raining/drizzling, practice is on.
- If it is obviously thundering & lightening practice will be cancelled.

If you are unsure you can call the pool to see if it's open or call/text one of the coaches.

With pre-team if a Monday or a Tuesday class is cancelled because of weather issues, every effort will be made to make up that day on the Wednesday. Likewise, if a Thursday class is cancelled, every effort will be made to do a make up on Friday. Emails will be sent if more makeup sessions are needed.

We are required to follow the lifeguard's instructions at both pools. With thunder/lightening everyone must wait 30 minutes with no repeats of the thunder before getting in the pool. Every time it thunders, the 30 minutes resets. This is for everyone's safety.

Volunteering and Timing

The swim team cannot function without volunteers and truth be told, it's a lot of fun! We generally ask that families either take on one of the permanent volunteers positions (Rep, Concessions, Social, Awards, Clerk of Course, Pre Team Rep, etc.) or volunteer to time for a meet at least twice during the season. We will train you on these tasks as the roles were once new to all of us and we know they may be new for you.

Volunteering (adapted from <http://westsideswimclub.com/swim-team-handbook/>)

James Creek has a well-earned reputation for running efficient (and fun) dual meets thanks to our wonderful volunteers. Thus, it is a requirement of swim team participation that every family assist at home meets. We start on time and take advantage of combining events to keep the meet moving along smoothly.

We would not be able to host meets without the assistance of our parents. There are numerous ways to help. Below are the various jobs that are required to run a successful meet. The more parent help available means shorter shifts for all. We are happy to train you so don't be afraid to jump in and get your feet wet!

TIMERS: Timing is a very easy job. In addition, you have the best possible view of the meet! There is also very little pressure as the job is done in pairs. While both timers keep time, only one records the time from both watches on the time-sheet.

Timers need to be able to use a stopwatch in order to be successful. You clear the time at the start of each race, start the stopwatch when you see the light flash on the starting

equipment, and stop the watch when you see any part of the swimmer's body touch the wall. The only difficulty is making sure you're paying attention to the number of meters the current race is. That information is announced prior to the start of the event and is also listed on the lane timer sheet on the timer's clipboard.

There is always a Timer's meeting before each meet, and all of the above information is reviewed. Timers make a commitment to the whole meet, however this could change if we get more parents to work as Timers.

RUNNERS: The Runner takes the timing sheets from the Timers after each EVENT (not after each heat), and the event slips from the Officials. Please make sure you check with the officials on the sides of the pool. Those timing sheets are taken to the office where the scorers tabulate the times and enter them in the computer.

ANNOUNCERS: If you're comfortable using a microphone and you have an engaging personality, this could be the job for you! The Announcer is responsible to announce the current event, the swimmers in each lane, and the event numbers currently staging, as well as any other announcements made during the meet.

CONCESSIONS: Parents who work this job sell the food and drink items that have been purchased with cash.

CLERK of COURSE: If you are enthusiastic, organized and love kids, Clerk of Course is for you. Clerk of Course organizes (stages) our swimmers aged 10 and under in the baby pool area. The swimmers are arranged in order according to lane, heat, and event, and are guided to the blocks (or end of the pool for 8&U relays). A reminder to swim team parents that the coaches do their best to make sure all the swimmers get to their designated lanes for each event; however, it is the responsibility of the swimmers and their parents get the younger swimmers to Clerk of Course. This allows the coaches to focus their time and attention on swimmers in the pool.

OFFICIALS: Our officials are essential to running a meet. Officials start each event and watch swimmers to make certain they are performing strokes and turns correctly. It takes a little training but we have parents who can train you and you cannot beat the great view of the meet you get when you're an official! If you are interested in becoming an official or would like to know more about officiating, contact the head coach.

BANQUET VIDEO PRESENTATION: At the end of each season, the Swim/Dive Team has a banquet where a DVD full of photos/videos taken throughout the season is played. We may need a tech savvy person who loves to make videos to the team video for the banquet. This would be a great job for the next Steven Spielberg! Seriously, it would be a good job for a tech savvy kid!

AWARDS: The parents working this task take the results printed by scorers, and affix them to the appropriate ribbons.

Other Meets

(adapted from Tanterra Parent Handbook)

Relay Carnivals

Relay Carnivals include all teams from the division and include a variety of relay events. Multiple relay teams from each team are entered to swim against relay teams within the division. This meet goes quicker than dual meets and the winning relay team from each event goes on to “All Star Relays”. Parents should mark their calendars for Relay Carnival and All Star Relays.

Divisionals

At the end of the swimming season, all teams from the league compete in the Division Championship Meet or ‘Divisionals’. The top two boys and the top two girls from each age group for each event shall be eligible to swim in Divisionals.

Coaches Invitational Long Course

The Coaches Long Course Meet includes the top 8 swimmers in all of [MCSL](#) from each age group for each event. In the 15-18 age group, this includes swimmers from our area who have qualified for

Olympic Trials. This meet is swum in a 50-meter pool at Rockville Municipal Swim Center. It is an honor to qualify to participate in this event, so we encourage everyone to come and cheer on our swimmers who make it. More information about this meet and individual rankings are posted on the [MCSL](#) website.

All Star Meets

The top 16 MCSL boys and girls from each age group for each event will qualify for the Individual All Star Meet. The top 8 relays from the Division A-G Relay Carnivals will qualify for All Star Relays.

Rankings for the All-Star meet are updated each week on the MCSL website. The coaches will notify anyone who has qualified for All Stars or All Star Relays once the final rankings have been posted.

You can view the rankings on the [MCSL website](#).

RECORDS

(Adapted from Tanerra Parent Handbook)

- The team maintains two sets of records – Team Records and Pool Records. Both kinds of records may only be set during an A meet, Divisionals or All-Star meet.
- Team Records are set by James Creek swimmers in any pool during an A meet, Divisional Championship or All-Star meet. We track the three fastest times for each event and post these on our Team Record Board.
- Pool Records may only be set in an event swum in James Creek pool, but may be set by any swimmer for any team participating in an A meet or Divisional Championship. Both James Creek Team and Pool Records are tracked and maintained by our Records Chairperson. Please refer your questions to the Parent Volunteer in this position. James Creek team members can also set records at other pools when participating in an A meet or Division Championship. The Montgomery County Swim League also maintains a set of League records.
- To see all current pool and team records go to records tab on website.

- Want to see the team records? Check out the website
<https://sites.google.com/site/jamescreekswimteam/records>

Glossary of Terms

(Adapted from Redlands Swim Team)

Anchor: The final swimmer in a relay.

Backstroke: One of the four competitive racing strokes, basically any style of swimming on your back. Backstroke is swum as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter (LSCs with 10under divisions offer the 25 yard back).

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

Check-In: The procedure required before a swimmer swims an event in a deck seeded meet. Sometimes referred to as positive check-in, the swimmer must mark their name on a list posted by the meet host.

Circle Swimming: Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to safely swim in each lane.

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

Deck: The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an "authorized" USA Swimming member may be on the deck during a swim competition.

Distance: How far a swimmer swims. Distances for short course are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths)

DQ or Disqualified: This occurs when a swimmer has committed an infraction of some kind. A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time. You may see a Stroke and Turn Judge hold up his/her hand, followed by a delay and coaches talking. This means a swimmer "DQed". Almost all swimmers get a DQ experience in their career but generally decreases with age and maturation.

Dive: Entering the water headfirst. Diving is not allowed during warmups except at the designated time, in specific lanes that are monitored by the swimmer's coach.

Dropped Time: When a swimmer goes faster than the previous performance they have "dropped their time."

Dryland: The exercises and various strength programs swimmers do out of the water that aids and enhances swimmers performance.

Entry: An individual, relay team, or club roster's event list in a swim competition.

Event: A race or stroke over a given distance. An event equals 1 preliminary with its final, or 1 timed final.

False Start: When a swimmer is moving or leaves the starting block before the start is sounded. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.

Flags: Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.

Freestyle: One of the four competitive racing strokes. Freestyle (nicknamed Free) is swum as the fourth stroke in the Medley Relay and fourth stroke in the I.M.\

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 swum, after all heats of the event are completed.

Heat Sheet: The pre-meet printed listings of swimmers' seed times in the various events at a swim meet. These sheets vary in accuracy, since the swimmers times are entered many weeks before the meet. Heat sheets (or programs) are sold at the meet.

IM: Individual Medley. A swimming event using all four of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, and Freestyle. Equal distances must be swum of each stroke. Distances offered: 100 yards, 200 yards/meters, and 400 yards/meter.

Lane: The specific area in which a swimmer is assigned to swim (i.e. Lane 1 or Lane 2.) Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from Right (lane 1) to Left (Lane 6).

Lane Lines: Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.

Lap: One length of the course. Sometimes may also mean down and back (2 lengths) of the course.

Leg: The part of a relay event swum by a single team member. A single stroke in the IM.

Length: The extent of the competitive course from end to end. See lap.

Marks: The command to take your starting position (i.e. Take your mark).

No Time or "NT": No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swum that event before.

Officials: The certified judge on the deck of the pool at a sanctioned competition that enforces USA Swimming rules. There are stroke and turn judges, administrative officials, starters, timers, and referees.

Officials Decision (Judge's Decision): A judgment call made by the official when visual evidence of a winner is not consistent with the timers' watches.

Psyche Sheet: An entry sheet showing all swimmers entered into each individual event. Sometimes referred to as a "Heat Sheet" or meet program. However, a "heat sheet" would show not only every swimmer in an event, but also what heat and lane they are swimming in.

Race: Any single swimming competition (i.e. preliminary, final, timed final.)

Referee: The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.

Relays: A swimming event in which four swimmers compete together as a team to achieve one time. Each swimmer completes an equal distance of the race. There are two types of relays: **1.) Medley relay** One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. **2.) Freestyle relay** Each swimmer swims freestyle.

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

Start: The beginning of a race. The dive used to begin a race.

Starter: The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.

Starting Blocks: The starting platforms located behind each lane.

Step Down: The command given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication everything is not right for the race to start.

Streamline: The position used by swimmers when starting or pushing off the walls designed to reduce water resistance.

Stroke: There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, and Freestyle.

Stroke Judge: The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be disqualified.

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

Time Trial: An event or series of events where a swimmer may achieve or better a required time standard. Time Trials are held at the beginning of the season, prior to the first meet and are conducted like a swim meet. Individual times are recorded for each swimmer. These times are used to qualify swimmers for the first A meet and to serve as a benchmark for swimmers to measure their progress during the season. Those swimmers unable to participate in the Time Trials should make arrangements for a make-up date with the coach.