

## |INTRODUCTION|

Every swimmer's parent has experienced that first day of swim practice or that first swim meet where they wonder, "Why am I here and what's going on?" We've all been there before and will be glad to help you understand the world of swimming.

This document is written for use by parents of new Pierre Swim Team swimmers and provides some information to help you understand what is happening when your child swims on the Pierre Swim Team.

Please remember that the only foolish question is the one that is not asked. Your Coaches and fellow swim parents all want you to understand and most important - enjoy our swim program.

Welcome to the Pierre Swim Team family. We're glad to have you with us!

## |ABOUT THE SWIM TEAM|

### **Our Philosophy:**

The philosophy of the Pierre Swim Team is that having fun and reaching personal and team goals is the most important thing we can do. While we like to win and our coaches strive to win every meet, the personal development of each swimmer is the most important factor, and for a swimmer that means improving his or her times. We believe that by establishing a healthy environment that encourages kids to do their best, recognizes their contributions and is fun for the entire family, we will have met our goals.

We've all taken our kids to soccer or other sports and probably stood by as a few parents ran the team. Swimming isn't like that – WE NEED VOLUNTEERS! You can't run a swim program without parental help. It takes more than 50 parents to time, officiate and score a typical swim meet. In addition, there are many additional team activities that require volunteer assistance throughout the year, such as setting up/tearing down at home swim meets, working concessions & suit booth, organizing team apparel, taking photographs, writing and submitting meet results to local newspaper/radio, etc.

Swimming is unique in that there's a place on the team for swimmers younger than 6 and as old as 18. How many other sports have kids (boys and girls) 6 years old to 18 years old on the same team participating in the same competition?!

### **Expectations of swimmers:**

Although swimming is an individual sport, our team is structured with an emphasis on the team. Any team is only as good as the people on it. In keeping with our philosophy articulated above, our expectations for swimmers are simple:

- ❖ The Pierre Swim Team is not a swim lesson program. To be a member of the team, a swimmer must be able to swim 25 meters, the length of the pool, unassisted and without stopping. In addition, the swimmer must be able to tread water for one minute and float on his/her back for one minute. We don't care how fast or how ugly or how legal the stroke is or how long it takes to swim that length. We'll help your swimmer become a better swimmer, but in fairness to the other 100-plus swimmers on the team and the coaches -- and for the safety of your swimmer -- we must insist that all swim team members are able to

swim. Your child will feel better about his/her being on the team if he/she is competitive with most of the other kids of the same age.

- ❖ Pay attention to the coaches: With more than 100 swimmers, disruptions aren't fair to the other swimmers. If you, as a parent, want to discuss your swimmer with one of the coaches, please make arrangements to do so AFTER all practices end. You can email your child's coach to arrange a meeting time.
- ❖ Demonstrate good sportsmanship at all times, win or lose.
- ❖ Be your swimmers biggest fan! Encourage them and support them every step of the way!
- ❖ Have Fun!

### Team Pictures:

We take individual and team pictures every year and would like your swimmer to be in it. You are not obligated to purchase a picture. Order forms will be available on picture day. Notification of Swim Team picture day is sent out via email from the Head Coach.

### Swim Team Banquet:

We cap off the season with a Swim Banquet, which is a pot-luck style dinner held on a Sunday evening a few weeks after the state swim meet. During the dinner, coaches present swimmers with awards and honor the seniors who will be graduating from high school.

### |IMPORTANT BASIC STUFF|

Practices: Practice times are emailed and posted on the team website. If practice should be cancelled or a change in practice times is needed you will be notified by email and information will be posted on the team website and Facebook page.

### Swimmer Apparel:

- Swimmers should wear a swimsuit that will be comfortable for racing. Typically, boys wear a **jammer type suit** while girls wear a **one-piece competition suit**. Suits should fit snugly – besides making a swimmer faster, they have a tendency to stretch. It's best to have two suits. One to wear at practice and one to wear at meets. The practice suit will get worn out and become slow, but the meet suit will stay snug and fast. When the meet suit wears out, it can be used as the practice suit. Coaches and veteran parents can direct you to vendors that carry suits. A few more common online websites parents utilize for their swimming apparel include: [www.swimoutlet.com](http://www.swimoutlet.com); [www.swimmerschoice.com](http://www.swimmerschoice.com); and [www.amazon.com](http://www.amazon.com)
- **Goggles** are another necessity! You will want to consider purchasing two or three pairs in case a strap breaks or a child loses his/hers. Coaches do carry a few goggles to have on hand but cannot promise they will be available if your child would break or lose his/hers.
  - Note: If your swimmer requires prescription eyewear, goggles with prescription lenses are available. Several companies manufacture them. The link included here provides you with information on how to choose the prescription goggles that are best for your swimmer. <https://www.swimoutlet.com/blog/httpwwwswimoutletcomguideshow-to-choose-prescription-goggles>

- Swimmers may also want to wear a **swim cap**. PST swim caps are now required uniform during competition. We understand some swimmers do not wear caps -that is fine, but if they are wearing a cap during a swim meet it needs to be the Pierre Swim Team cap. PST caps help identify our swimmers, and create a feeling of team unity. Swim caps can be purchased prior to the first swim meet.
- Finally, swimmers will need a **swim bag** to carry everything!

### **|SWIM MEETS|**

We encourage swimmers to participate in swim meets; however, it's not mandatory to do so. Swim meet registration emails will be sent out from the Head Coach a few weeks prior to the event. Please make note of event deadlines. All registration is done our the team website [www.pierreswimteam.com](http://www.pierreswimteam.com)

If it's your first time visiting the site you will need to set up a username and password.

**What to Bring:** Swim meets can last up to four hours, with some down time in between events. Swimmers are encouraged to bring cards, games and other toys to help pass the time.

The following is a sample swim meet checklist:

- Competition suit, swim caps & goggles (remember to have extra pairs)
- Warm-up suit, hoodies, T-shirt & shorts, robe, flip flops or sandals
- Towels (two or more per swimmer)
- Blanket or mat to sit on.
- Cooler packed with beverages (Water or Gatorade)
- Snacks (Healthy 😊)
- Folding lawn chairs
- Cards, books or games
- Ink pen or Sharpie (put event # only on swimmers hand)
- Highlighter to mark swimmer/s on the heat sheet (program)
- Money for concessions & program
- Change of clothes to wear home

### **What to Expect:**

If you've never attended a swim meet before, here are a few things you can expect:

- Parents, officials, towels, and kids everywhere!
- Lots of noise!
- Extremely limited viewing space (except for deck volunteers)
- Boredom between your kid's events if you don't volunteer for a shift (or two!) timing, recording, working concessions, etc.
- New friends and a great time if you get involved with the team!

**Arrival:** Plan to arrive 15 minutes before warm-ups start. This way you can stake out your area and swimmers can get ready and be on time to warm-ups.

Help get your swimmer ready:

- Get your swimmer ready for warm ups (suit up, cap on, goggle ready, on deck by the group coach).
- Mark their arm before warm ups with their event information

- Take a look at the heat sheet. The heat sheet lists all participants in each event, organized by “heats”, which are the individual races for an event. Search and highlight your swimmer’s events. Be sure to note whether they are in relays.

**Heat Sheets:** Wondering how to read a heat sheet and write on your swimmer’s arm? During home meets and most away meets heat (a.k.a. programs) sheets will be on sale at the concession stand. Some host teams will email psych sheets out prior to the meet. Those will be forwarded to parents or posted on our website. They will include the individual events, the swimmers entered in each event, and their fastest time. Swimmers will be listed fastest to slowest using their best time for each event. Swimmers who have never competed in an event before will be listed after swimmers with times. The notation NT for “no time” will be typed next to their names. It also helps you determine how long your swimmer can rest before they have to get ready to swim again.

Write on your swimmer: Using a Sharpie, write three column headings on your swimmer’s arm- E, H, & L (for Event, Heat, and Lane)

- Find your swimmer’s name on the heat sheet. For example, find Ruth McGee in the Sample Heat Sheet below. Notice she is swimming in Event 7 in Heat 2. The numbers 1-6 correspond to the assigned lane. Ruth is in Lane 3. Next to the Event number is the distance and stroke – 100 IM. She is also swimming in Event 19, Heat 3, Lane 3, in 25 yd Free; Event 31, Heat 3, Lane 5 in 25 Back; Event 61, Heat 1, Lane 4 in 100 yd Medley Relay. She is the first swimmer for the relay so will be swimming the Backstroke.
- Enter the heat sheet information on your swimmer’s arm under each column.
- Continue filling in the grid until all of your swimmer’s event information is on the arm.
- The picture shows another example of how it will look on your swimmers arm.

**EXAMPLE of EVENT CHART SWIMMER’S ARM or LEG**

#7 Girls 8 & Under 100 Yard IM				
Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Finals</b>				
2	Sydney Boyer	6	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Laura Stroud	7	WWST	NT
<b>Heat 2 of 2 Finals</b>				
2	Bree Sullivan	8	WWST	NT
3	Ruth McGee	8	WWST	2:19.99
4	Delaney Byrne	8	WWST	NT
5	Elena Williamson	7	WWST	NT

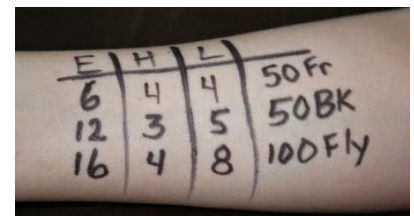
  

#19 Girls 7-8 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Finals</b>				
2	Natalie Potter	8	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Maeve English	7	WWST	NT
<b>Heat 2 of 3 Finals</b>				
2	Andie Smiley	8	BVCC	NT
3	Ava Griffin	7	BVCC	NT
4	Skyeler Jackson	8	BVCC	NT
5	Meredith Setser	7	WWST	NT
<b>Heat 3 of 3 Finals</b>				
1	Elena Williamson	7	WWST	NT
2	Noelle de Vente	7	WWST	NT
3	Ruth McGee	8	WWST	21.72
4	Jeannie Ridley	7	WWST	40.28
5	Alexandra Johnson	7	BVCC	NT

Heat 3 (#31 Girls 7-8 25 Yard Backstroke)			
Lane	Name	Age	Seed Time
1	Hayley Ferrell	7	WWST NT
2	Claire Crane	7	BVCC NT
3	Sarah McGee	8	WWST 29.78
4	Delaney Byrne	8	WWST 35.94
5	Ruth McGee	8	WWST NT

#61 Mixed 8 & Under 100 Yard Medley Relay			
Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>			
2	WWST	B	NT
	Jeannie Ridley W7	Laura Stroud W7	
	Luke Leong M8	Cayman Choate M8	
3	BVCC	A	NT
	Maddie Williams W7	Sydney Boyer W6	
	Cameron Taylor M8	Ethan Boyer M8	
4	WWST	A	NT
	Ruth McGee W8	Colin Kruse M8	
	Jenna Rupp W8	Bree Sullivan W8	



## |HOSTED SWIM MEETS|

A couple of times per year PST will host a swim meet. This is a great opportunity for your family to become involved in your swimmer's team and provides great opportunity to connect with other swim families and share the experience of swim. We request all families volunteer to help work our hosted swim meets that includes various duties. It is a huge commitment to successfully host a meet and we appreciate every family's assistance to make it happen.

Why do we host meets? Besides providing a venue where our kids can compete, swim meets provide critical revenue to the club which helps pay for the coaches' salaries, pool rental and miscellaneous club expenses. Without the revenue generated by swim meets, your swim fees would increase significantly. Signing up for job opportunities in the hosted swim meets will be provided prior to each meet.

## |NUTRITION|

Nutrition for Swim Meets: Swimmers should focus on eating balanced and nutritious foods all of the time. We have provided some general guidelines to following when eating before, during, and after the meet.

Eating at swim meets is difficult, the timing and run around at a meet makes it tough, but swimmers must try to eat a healthy breakfast, lunch and dinner even while they are constantly on the go. In order to ensure that the body has the right levels of fuel, swimmers need to plan in advance what and when they will eat during the meet.

**BEFORE THE MEET-** Swimmers should not rely on the pre-meet meal to supply the energy for the meet, as the energy that will be used during the races should already be stored in the muscles from nutrient-rich meals eaten during the previous two to three days. However, the swimmer should not skip the pre-meet meal even if there is a very early start to the meet.

### GOOD EATS BEFORE THE MEET

Cereal	Toast	Bagel	Pancakes
Muffin	Juice	Fruit	

Ideally the pre-meet meal should be eaten 2-4 hours before the first race to allow the food to be digested and leave the stomach. If there is still food in the stomach when it comes time to race, oxygen-rich blood will be going to the stomach to aid digestion instead of the muscles where it is needed. The meal should be about 500-1000 calories and should be high in complex carbohydrates and low in fat and protein. The most important thing to remember about the pre-race meal is to eat--and eat mostly carbohydrates. AVOID processed sugars and "Energy" drinks.

**DURING THE MEET-** The most important thing to remember when eating during the meet is to drink plenty of fluids and eat small amounts of carbohydrate-rich foods. If you have less than an hour between events, stick to water, diluted sports drinks and fruit juices, fruit or a few low-fat crackers. If you have 2-4 hours between events you can eat something more substantial such as a bagel, toast, fruit and granola bars, or dry cereal. Avoid anything that has too much fat, fiber, or protein as these nutrients slow down digestion.

Remember, that if there is food in your stomach there is blood aiding in digestion that could be supplying the muscles with oxygen.

#### EATS DURING THE MEET

Cup—o—soup	Dry Cereal	Fruit & Fruit Juices (Diluted)	Fruit Smoothies
Breads (bagels – muffins)	Oatmeal in a cup	Pretzels	Trail Mix
Vegetables	Jerky	Yogurt	
Sandwiches of turkey or other low-fat meat			

**RECOVERY NUTRITION AFTER-** Recovery nutrition is an eating and drinking strategy that helps the body recover from physical stresses of racing and will prepare it for the racing the next day. 2. Recovery nutrition is a technique which provides the swimmer's body with what they need to recover ... e.g. carbohydrates to replace used up energy, proteins for muscle building and repair ... and prepare for the next day of competition. In between races, recovery nutrition is about replenishing energy stores quickly and effectively so that the next race can be completed at maximum speed.

#### FOODS THAT AID IN A RECOVERY NUTRITION PROGRAM INCLUDE:

Fruit	Fruit Smoothies
Dried Fruits	Sports Drinks
Chocolate Milk	

To maximize the impact of these “recovery foods” they need to be consumed in small amounts as soon as possible after racing!

### | UNDERSTANDING THE STROKES |

If you're not a former swimmer the strokes and their rules can be confusing so we'll briefly describe the strokes below.

**Freestyle (Free):** In freestyle a competitor may technically swim any stroke, but the most commonly used stroke is the “crawl” stroke (also known as Freestyle). Freestyle is characterized by the alternate stroking of the arms over the water surface and an alternating (up and down) flutter kick. On turns and finishes, some part of the swimmer must touch the wall. Most swimmers do a flip turn.

**Backstroke (Back):** Consists of an alternating motion of the arms with a flutter kick on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

**Breaststroke (Breast):** The breaststroke has two components, the kick and the arm pull, in that order. The pull and its recovery must both be from the breast. Arms cannot extend beyond the hips (except at the start and the turn...just to confuse you further). The kick is a “frog” kick and the toes must be pointed outward during the propulsive part of the kick. The elbows must always touch the water except for tagging the wall at the finish. Breaststroke turns and finishes require a simultaneous two hand touch.

**Butterfly (Fly):** A well-executed butterfly is the most beautiful exhibition of power you'll ever see in a swimming pool. Quite frankly, the fly is the hardest stroke for most swimmers to perfect and while they are learning it many look like they are drowning. There are two components of the fly; the arm pull and the kick. The arm pull must be an over the water recovery (the entire arm – wrist to shoulder, must break the surface of the water) with the arms moving simultaneously. The kick is a dolphin style kick with both legs moving simultaneously. Unlike the breaststroke, there is no requirement to alternate the kick and pull. Turns and finishes require a simultaneous two hand touch at the wall.

**Individual Medley (IM):** The IM is when an individual swims each of the four strokes in the sequence Butterfly, Backstroke, Breaststroke, Freestyle.

**Relays:** There are two kinds of Relays, the Freestyle Relay and the Medley Relay. Both involve a team of four swimmers, each swimming one quarter of the total distance. In the Freestyle Relay, each swimmer swims the freestyle. In the Medley Relay, the sequence is Backstroke, Breaststroke, Butterfly and Freestyle.

In all relays, each swimmer must wait until the previous swimmer touches the wall prior to leaving the deck.

### **| DISQUALIFICATION |**

**Disqualification (DQ):** A disqualification (DQ) is any violation of the rules observed by any appropriate official. To ensure fair competition for all swimmers, these rules are equally applied to all swimmers, regardless of age or experience.

Some of the more common reasons for “DQ”ing are as follows:

- Failure to touch the wall at the turning end of the pool
- Freestyle
  - Walking on the bottom or pulling on the lane lines
  - Exiting the pool before swimming the specified distance
- Backstroke
  - Past vertical towards the breast at any time except during a flip turn
  - Leaving the wall after a turn past vertical towards the breast
  - Improper flip turn
- Breaststroke
  - Incorrect kick, such as a Scissors kick or Flutter kick
  - Toes not pointed outward during the propulsive part of the kick
  - More than one stroke underwater with arms fully extended at start or turn
  - Arm recovery past waist except on first stroke after start or turn
  - Head didn't break surface by end of second arm pull underwater after a start or turn
  - Non-Simultaneous or one handed wall touch at the turn or finish
  - Non Simultaneous leg movement during kicks
- Breaststroke/Butterfly
  - Non-Simultaneous two hand touch or one hand touch at turn or finish
  - Arms don't break water surface during recovery (judged at the elbows)
  - Non Simultaneous arm movement during recovery
- Relay Races: A swimmer leaves the deck before the previous swimmer touches the wall or deck
- False Starts: A swimmer starts the race early