



YMCA of The
Chippewa
Valley
Barracudas

COMPETITIVE SWIMMING
PROGRAM GUIDELINES



OUR CAUSE

STRENGTHENING COMMUNITY

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or ability, has the opportunity to learn, grow and thrive. We are a leading nonprofit that achieves our cause by being...

- FOR YOUTH DEVELOPMENT Nurturing the potential of every child and teen.
- FOR HEALTHY LIVING Improving the nation's health and well-being.
- FOR SOCIAL RESPONSIBILITY Giving back and providing support to our neighbors.

OUR FOCUS

FOR YOUTH DEVELOPMENT

We believe in the potential of every child and teen and that all kids deserve the opportunity to discover who they are and what they can achieve.

FOR HEALTHY LIVING

We believe in our ability to support the health and well-being of the adults and families in our community and that fostering healthy skills, relationships and environments is critical to our success.

FOR SOCIAL RESPONSIBILITY

We believe that everyone deserves a Y experience and that our role is to create opportunities for all people to participate, belong, give, volunteer and advocate.

OUR VALUES

CARING

To demonstrate a sincere concern for the well-being of other people; to look after one another.

HONESTY

To tell the truth; to demonstrate reliability and trustworthiness; to think, speak and act in ways that reflect our stated beliefs and principles.

RESPECT

To treat others as they themselves would like to be treated; to value the worth of every person.

RESPONSIBILITY

To do what is right; to be accountable for our thoughts, words, and actions; to keep our promises.

OUR BELIEFS

YMCA COMPETITIVE SWIMMING

We believe competitive swimming teams should exemplify the Y's commitment to youth development, healthy living and social responsibility.

We believe competitive swimming should develop the whole person – building healthy, confident, values-centered individuals.

We believe in the process of working towards and achieving personal and group goals while empowering our youth to discover who they are and what they can achieve.

We believe in teaching, promoting and embracing positive values and fair play in competitive swimming.

We believe in the importance of young children having time to try out many sports and activities so that they are more likely to enjoy a lifetime of physical activity and play.

We believe competitive swimming teams can improve personal and family relationships where our swimmers learn to care, communicate and cooperate with family and friends.

We believe in welcoming everyone in our communities who wishes to participate in YMCA swimming and in working to ensure that they have opportunities to do so.

We believe our staff, parents and the swimmers themselves should serve as role models for our youth, advocates for the program and ambassadors for the Y.

We believe that competitive swimming can and should be FUN!

YMCA YOUTH SPORTS PROGRAMS

The following is a statement of the YMCA Medical Advisory Committee, a group of volunteer professionals and YMCA of the USA staff that meets twice each year to review best practices with the safety and healthy development of children and adults in mind.

“Organized sports programs for children should be developmentally appropriate, responsive to the physical, emotional, social and cognitive stages of childhood, determined by both age and individual readiness. Leaders and coaches should be aware of appropriate behaviors and activities for specific age groups, and familiar with methods of accommodating children with special needs. Although each child's preferences, abilities, patterns

of growth, and experiences will vary, the YMCA's ultimate goal should be to make every child feel important and welcome in these programs.

"YMCA sports programs should avoid treating children as if they are miniature adults. Coaches should avoid placing undue stress on children by pushing them beyond their abilities. Programs should be progressive in design, fun and enjoyable, supporting and enhancing each stage of growth, building on what has been learned in earlier stages. The YMCA agrees with the American Academy of Pediatrics, which states that game rules should be modified to accommodate the child's need to learn or be adapted to age-appropriate skills or fitness, and if possible, participants be grouped according to size, skill, and maturation level rather than age."

OUR GOALS

BE HEALTHY

Youth will develop skills, attitudes and behaviors that build and sustain healthy habits.

ACCOMPLISH

Youth will develop and improve their skills resulting in personal bests, increased confidence and greater self-esteem.

EXPERIENCE BELONGING

Youth will be connected to and supported by their teammates and the entire competitive swimming community.

DEVELOP RELATIONSHIPS

Youth will make friends and be supported by positive adult role models.

FIND MEANING

Youths' sense of direction and purpose will be reinforced by their swim team experience.

ENSURE SAFETY

Youth will be physically and emotionally safe while participating on the swim team program.

BUILD CHARACTER

Youth will accept and demonstrate the values of caring, honesty, respect and responsibility.

GIVE BACK

Youth will have opportunities to give back and be of service to others.

INSPIRE

Youth will be inspired to try new things, work hard and improve.

HAVE FUN

Youth will enjoy swimming at the Y.

FOR Y LEADERS

With respect to the YMCA of the Chippewa Valley competitive swim program, the management staff of each YMCA center has the following responsibilities and obligations:

Assuming ultimate responsibility for participant physical and emotional safety including placing the emotional and physical well-being of young athletes ahead of anyone's desires to win.

Assuming ultimate responsibility for total program alignment with the YMCA cause, values, beliefs and goals.

Hiring, supervising, evaluating and providing training and mentoring opportunities for coaches. Responsible for the final say in all decisions to hire, discipline or dismiss employees.

Respectfully monitoring and controlling the behavior of swimmers and parents within the YMCA, including asking people to leave who are unwilling to contribute to a positive atmosphere that upholds our cause, values, beliefs and goals.

Attending all swim team parent meetings and supporting the efforts of the parent committees while being the voice of the program and organizational consistency.

Ensuring that purchases, contracts and vendor licensing agreements are completed correctly.

Ensuring that Y facilities are clean and in good working order for the use of swimmers and their families while balancing facility usage so as to meet the needs of the swim team program and the general membership of the Y.

Promoting and protecting the use of the Y brand while acting as a go-between and liaison for the parent committees and the YMCA of the Chippewa Valley Marketing Department.

FOR Y COACHES

With respect to the YMCA of the Chippewa Valley competitive swim program, the coaching staff are paid employees of the YMCA and have the following responsibilities and obligations:

Assuming immediate responsibility for participant safety including placing the emotional and physical well-being of young athletes ahead of anyone's desires to win.

Assessing individual swimmer needs and abilities and designing an approach to practices and meets that is age and ability appropriate while ensuring that everyone participates.

Leading by example while adhering to the YMCA employee code of conduct and being a role model both on and off the pool deck.

Building effective, authentic relationships with swimmers and their parents while upholding the cause, values, beliefs and goals of the program; helping to build a sense of community while identifying volunteers and encouraging positive parent involvement.

Remaining current in knowledge of, and operating within YMCA and USA Swimming rules and regulations pertaining to the program.

Working with the management staff to balance facility usage so as to meet the needs of the swim team program and the general membership of the Y.

Conveying information about swim team programs and schedules to swimmers and parents in a timely and effective manner.

Maintaining meet and team records and submitting accurate results as required.

Coordinating with the management staff to secure the appropriate supplies and equipment for conducting swim team operations.

FOR OFFICIALS

With respect to the YMCA of the Chippewa Valley competitive swim program, the officials are typically parent-volunteers of the YMCA and have the following responsibilities and obligations:

To be knowledgeable in all YMCA Swimming Rules and to maintain current certifications.

To be punctual and to dress appropriately for the role.

To be consistent in the application of the rules at all times and at all levels of competition; to enforce all rules equitably and fairly.

To make timely and decisive judgments.

To call only observed violations and to not guess about or anticipate violations.

To give undivided attention to one's duties.

To never coach the swimmers.

To be respectful and polite when explaining the rule and violation to the competitors and/or coaches.

To remain cool and professional at all times.

To never publicly criticize another official or their decision, but to report all concerns to the meet referee.

To mentor less experienced officials so long as it is not a distraction during a meet.

To act professionally to all who enter the Y and/or facility in use.

To maintain control of the meet and to remember that all participants want to do their best while having a fun and enjoyable experience.

In accordance with YMCA of the Chippewa Valley child abuse prevention policies, all volunteer officials must undergo an annual background check at the YMCA's expense.

FOR PARENTS

With respect to the YMCA of the Chippewa Valley competitive swim program, parents are key in the success of the development of their children in the sport of swimming. As a parent, commit to the process involved in the development of your athlete. There are important and proven guidelines to allow your child to succeed and enjoy their experience. Parents and guardians of the young athletes in the program are invited to participate as vital stakeholders in the following ways:

By requiring my young athlete to treat other swimmers, coaches, officials and fans with respect and without regard to gender, race religion, culture or ability.

By providing your young athlete basic needs: Proper nutrition and adequate sleep for participation. Proper attire and equipment. Transportation to practices and meets to arrive on time/ready to swim. Age appropriate assistance with time management to provide a balance with home life, school and swimming.

By encouraging and demonstrating individual character and good sportsmanship while giving positive verbal support to all swimmers, coaches, volunteers and officials at every practice, meet or other event.

By supporting and assisting the swim team experience however I can by volunteering to serve on a parent committee, by helping with meet/event planning, set-up and clean up.

By supporting coaches and officials by monitoring the behavior of my child in order to encourage a positive and enjoyable experience for all.

By understanding that coaching decisions are in the best interest of the team and athlete and should therefore be supported.

- Events can be changed at the coaches discretion.
- Relay teams can be changed at the coaches discretion.
- Groups and practice lanes will be decided on by the coaching staff.
 - Times, age, etc. are not the only decision going into these decisions

By being a parent and not trying to be a coach to my child or any other, perhaps by limiting comments before practices and meets to something like the following: "I love you, have fun. I am looking forward to watching you swim." and after a meet or a practice: "I sure enjoyed watching you swim, I love you, where would you like to go and eat?"

By keeping in mind that the program exists for the benefit of all of the youth and families involved and that every effort is being made to align the program to an established set of values, beliefs and goals.

By monitoring the behavior of the coaching staff and bringing any inconsistencies with the coach's Rules of Play to the attention of YMCA leaders.

By refraining from the use of tobacco, alcohol and drugs at all swim practices and events while encouraging others to do so as well.

By supporting meet event team hosts, officials, and respecting the facilities used for meets and events. Remain in the spectator areas and do not step on the pool deck for any reason. Respect and support decisions made by coaches and officials. Assist to clean up the area used by the facility for the swim meet/event. The success of our swim team is based on parent participation. All families are expected to work at all hosted meets including the Fairfax Invitational Meet or pay a volunteer fee to hire staff to replace their work

obligation. We simply need the manpower to host events.

By understanding that swimming is a lifelong sport that teaches your young athlete much more than learning to swim. Swimming provides opportunities to learn how to handle failure and success, a team atmosphere with opportunities to help others, new friends to be made, and opportunities to develop work ethic, time management skills and healthy lifestyle habits!

Additional resources for parents can be found on our website, <https://www.gomotionapp.com/team/wsecym/page/home> under the tab: PARENTS

FOR SWIMMERS

PART ONE: ELIGIBILITY

In order to participate on the YMCA of the Chippewa Valley competitive swimming program, a swimmer must meet the following requirements:

With the exception of the Beginner Barracudas program that is held in the small wading pool at the ECY, young athletes must be able to swim one length of the pool unassisted on their front and back in order to join the swim team.

All Y swimmers must be full members of the YMCA that they represent, as established by the “Rules that Govern YMCA Competitive Sports.” According to these rules, a YMCA member is a person, who, after due application, is enrolled by the association, entitled to full privileges, activities, and services of the association. There are many options for membership including Family memberships, Youth memberships and Scholarship Memberships. For more information on membership, please contact the YMCA Service Desk.

YMCA members who wish to compete at State, Regional, Zone and National Competition must have maintained a YMCA membership in good standing for at least 30 days prior to competition. A swimmer is eligible for Regional, Zone and National Competition provided they have not represented or competed for another YMCA during the previous four months.

Swimmers may immediately transfer from Y team to Y team so long as a “transfer by consent” form has been submitted and both teams agree to the transfer. Once the transfer is complete, that swimmer cannot transfer back to the first team for one year from the date of the original transfer.

A valid “transfer by consent” does not negate the previous four-month eligibility rule which still must be met in order for a swimmer to be eligible to qualify for State, Regional, Zone and National competitions.

PART TWO: BEHAVIOR

In With respect to the YMCA of the Chippewa Valley competitive swimming program, the young athletes involved have the following responsibilities as appropriate to their age and maturity levels:

To have FUN! To be KIND!

To be caring, honest, respectful and responsible in all that I do and say and with everyone that I come in

contact with both on and off the pool deck.

To represent myself, family, team and Y in such a way that all can be proud.

To pay attention and listen to my coach.

To abide by team and YMCA rules and regulations.

To work hard to improve my skills, to compete to the very best of my abilities and to strive to achieve personal bests.

To support my team and celebrate the accomplishments of others, even when they are my opponents.

To accept the rulings of officials and to leave any disputes regarding rulings to the determination of meet officials and my coach.

To realize that my online behavior using social media is just as important as my behavior in and around the pool.

To refrain at all times from the use of tobacco, alcohol and drugs and to encourage others to do the same.

To thank my parents, my coaches and all of the many volunteers for making it possible for there to be a swim team at my Y and for the privilege I have of being a member of it.

NATIONAL

YMCA Competitive Swimming and Diving is a program that is supported by the YMCA of the USA (Y-USA) and delivered by local Ys.

The program's focus, first and foremost, is upon the development of healthy, confident, values-centered individuals. Training and competition are the vehicles by which this development occurs.

Everyone involved in the delivery of the program plays a critical role in this process. Coaches, Y leaders and volunteers assist individuals in their development by building positive relationships, acting with integrity and leading by example.

All YMCA competitive sports, including swimming, must comply with the Rules that Govern YMCA Competitive Sports. This document is published by Y-USA and does not change yearly. It is posted on the YMCA Competitive Swimming and Diving website.

Y-USA additionally lays out guidelines for swimming in the "Competitive Swimming Black Book" and the "Technical Assistance Paper for YMCA Competitive Swimming Programs."

Y-USA sets national time standards, along with recommending general operating principles for Ys.

At the end of the season, Y-USA hosts the National Meets where swimmers 12 years of age and up who have met the qualifying time standards get an opportunity to compete with the best in the country in their events. In order for an athlete to be eligible to compete in the YMCA National Championship meets, he/she must have competed in three closed inter-association YMCA meets plus one sanctioned YMCA championship meet since

September 1 of the current season. Swimmers must also be a full privilege member of a YMCA for at least 90 days prior to competing in a YMCA district, regional, state or national championship meet.

Opportunities are also available for swimmers on our competitive swimming team to participate and compete in National Championships other organizations, for example USA Swimming.

STATE

The YMCA of the Chippewa Valley participates in state wide competition with Wisconsin Ys. We will compete in dual meets, invitationals, sectional meets and the YMCA State Meet which is held in March annually. Information regarding these meets is posted on our website under Swim Meets/Events as the meet information is received by the host teams.

In order to compete in the Y State Championship meet, swimmers must obtain qualifying times for their event(s). These time standards are updated annually and posted on the Wisconsin/Upper Michigan YMCA Swimming website and on our website under the tab: Swim Meets/Events.

Swimmers must be a full privilege member of a YMCA for at least 90 days prior to competing in a YMCA district, regional, state or national championship meet.

All YMCA competitive sports, including swimming, must comply with the Rules that Govern YMCA Competitive Sports. This document is published by Y-USA and does not change yearly. It is posted on the YMCA Competitive Swimming and Diving website.

Y-USA additionally lays out guidelines for swimming in the "Competitive Swimming Black Book" and the "Technical Assistance Paper for YMCA Competitive Swimming Programs."

USA SWIMMING

The YMCA of the Chippewa Valley offers the opportunity for swimmers to participate in meets sanctioned and hosted by USA Swimming. USA Swimming is the National Governing Body for the sport of swimming in the United States. They are a 400,000-member service organization that promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport through teams, events and education. USA swimming membership is comprised of swimmers from the age group level to the Olympic Team, as well as coaches and volunteers. Members can get involved through our more than 2,800 teams across the nation. USA Swimming is also responsible for selecting and training teams for international competition including the Olympic Games.

Swimmers who plan to attend USA Swimming meets must be registered as a USA Swimmer through our local swimming committee Wisconsin Swimming. If you have any questions regarding any meet, or whether your swimmer is prepared to attend a meet, please discuss with your coach.

More information on USA Swimming can be found on their website (www.usaswimming.org) and on the Wisconsin Swimming website (www.wisconsinswimming.org).

PROGRAM INFORMATION

The YMCA of the Chippewa Valley competitive swimming program offers a wide variety of seasons and sessions that swimmers may participate in. The fall/winter season runs from November through April. We offer clinics in the fall and spring, and a summer Program beginning in June.

All current information regarding programming can be found on our website at <https://www.gomotionapp.com/team/wsecym/page/home>.

Details regarding practice dates and times are located on our website under calendar, practices.

SWIM MEET PARTICIPATION

The YMCA of the Chippewa Valley competitive swimming program invites and encourages all swimmers to attend and participate in meets throughout the course of the season. The choice to compete in meets and/or which meets to compete in is up to each swimmer/family

Participating in meets builds confidence, promotes stronger practice skills with greater attention to stroke details, and helps define the work/reward relationship that swimming (life) provides.

By participating in meets you providing opportunities for success and failure in a supportive environment.

If you are new to competitive swimming, prior to registering for a meet, please discuss your child's readiness with his or her coach. All swimmers must complete the [USA Swimming Racing Start Certification](#) in practice prior to attending meets.

SAFE SPORT

With respect to the YMCA of the Chippewa Valley competitive swim program, ongoing efforts are made to provide a safe environment and safe coaching procedures to meet the needs of our athletes. In accordance with these efforts the following policies are in place:

CONCUSSION POLICY

In accordance with the State of Wisconsin, we will collect concussion parent/athlete agreements annually for each swimmer. **Wis. State Statute:** At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet. For more information please visit these websites:

[CDC Center for Disease Control and Prevention](#)

USA SWIMMING MINOR ATHLETE ABUSE PREVENTION POLICY

The YMCA of the USA and USA Swimming's top priority continues to be keeping our athletes safe. No form of abuse, including child sexual abuse, has a place in our sport. Recently new requirements by the U.S. Center for SafeSport (the "Center") have been implemented in all youth sports. The Center is the separate, independent organization that oversees all sexual misconduct reports in the Olympic and Para-Olympic movement. The Center is also responsible for creating requirements in the areas of policy, education and training for every National Governing Body (NGB) in the Movement. USA Swimming, as an NGB, must follow the Center's requirements.

Extensive information regarding the requirements and the YCV Barracudas Swim Team forms are listed below.

All parents of YCV Barracuda members must complete the YCV Barracudas: USA Swimming MAAPP Acknowledgement Form annually to participate in the program.

Please note that all athletes that are currently 18 years of age or 17 and will be 18 years of age during the season that they are registered for MUST become members of USA Swimming and complete the Athlete Protection Training located here: <https://www.usaswimming.org/utility/landing-pages/safe-sport/apt>

[Letter of introduction from USA Swimming regarding the new MAAPP Policies!](#)

[USA SWIMMING: Minor Athlete Abuse Prevention Policy](#)

Key Definitions:

[USA SWIMMING: Applicable Adult](#)

- [USA SWIMMING: One on One Interactions](#)
- [USA SWIMMING: Travel](#)
- [USA SWIMMING: Social Media and Electronic Communications](#)
- [USA SWIMMING: Locker Room and Changing Areas](#)
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Forms:

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- [USA SWIMMING: Athlete Protection Training for Adult Members](#)

[YCV Barracudas: USA Swimming MAAPP Acknowledgement Form](#)

[YCV Barracudas: USA Swimming MAAPP WRITTEN PERMISSION FOR AN UNRELATED APPLICABLE ADULT TO PROVIDE LOCAL TRANSPORTATION TO MINOR ATHLETE](#)

[YCV Barracudas: USA Swimming MAAPP WRITTEN PERMISSION FOR AN UNRELATED APPLICABLE ADULT TO TRAVEL TO COMPETITION ALONE WITH MINOR ATHLETE](#)

[YCV Barracudas: USA Swimming MAAPP WRITTEN PERMISSION FOR AN UNRELATED ADULT ATHLETE TO SHARE THE SAME HOTEL, SLEEPING ARRANGEMENT OR OVERNIGHT LODGING LOCATION WITH MINOR ATHLETE](#)

[YCV Barracudas: USA Swimming MAAPP WRITTEN PERMISSION FOR A LICENSED MASSAGE THERAPIST OR OTHER CERTIFIED PROFESSIONAL OR HEALTH CARE PROVIDER TO TREAT MINOR ATHLETE](#)

LOCATIONS

The YMCA of the Chippewa Valley competitive swimming program is fortunate to practice in several locations. At each of these facilities it is important that we respect the use of the building by keeping the area neatly picked up, showers off after use, restrooms clean, etc. Please be sure to respect all rules regarding the use of each of the facilities. It is also important to respect and staff who assist in our program participation.

AT THE Y

Every swimmer is a Y member. As such, it is the parent's responsibility to review YMCA facility guidelines (YMCA of the Chippewa Valley Membership Handbook) with their children and to be familiar with those guidelines themselves. Swimmers will be asked to provide their YMCA membership when entering the building and must carry their membership card/fob to present. Swimmers are considered to be under the direct supervision of the swim team coaches during their practice time.

Once they are released from the pool, they are the direct responsibility of the parent/guardian and must follow all YMCA policies, including age limitations. For example, a swimmer who is eight years of age or younger, upon release from practice, should be immediately supervised by a parent/guardian for the remainder of the time that they are at the Y.

While coaches are present during all meets, they are not actively supervising swimmers at all times during any meets. Therefore, it is imperative that parents/guardians take an active role in supervision.

AT MEMORIAL HIGH SCHOOL

Swimmers will enter Memorial High School through door number 15 at the front of the building. Inside the building, take the hallway straight down past the cafeteria to enter the pool area. Locker rooms are accessed from the pool deck.

Parents are responsible for their children at the school until the swimmers are dressed for swimming and join their group on the pool deck. Upon release from practice, parents are responsible for their swimmers for the remainder of the time that they are at the school.

We recommend that all personal belongings are brought out onto the pool deck and left in the bleacher area during practices.

Before/after practice and group use of the locker rooms for bathroom breaks, Y staff will call into the locker rooms, if no response, they will walk through to check to see that the locker room area is clear. Swimmers will then be allowed to use the locker room and restrooms. Swimmers who need to use the restroom during practice will use the restroom on the pool deck.

AT Chippewa Falls Middle School

Swimmers will enter the Chippewa Falls Middle School through entrance 5. Swimmers will then enter through the locker rooms or the main pool entrance doors.

Parents are responsible for their children at the school until the swimmers are dressed for swimming and join their group on the pool deck. Upon release from practice, parents are responsible for their swimmers for the remainder of the time that they are at the school.

We recommend that all personal belongings are brought out onto the pool deck and left in the bleacher area during practices.

Before/after practice and group use of the locker rooms for bathroom breaks, Y staff will call into the locker rooms, if no response, they will walk through to check to see that the locker room area is clear. Swimmers will then be allowed to use the locker room and restrooms. Swimmers who need to use the restroom during practice will use the restroom on the pool deck.

AT FAIRFAX POOL

Swimmers will enter the Fairfax Pool through the main building if arriving before our start time for practices. Once practice has begun the main building doors will be locked. Swimmers will then enter through the gate in the fence to the left of the building and join the program on deck. Swimmers are encouraged to change into their swimming suits prior to being dropped off at the Fairfax Pool for swim team practice.

Parents are responsible for their children at the Fairfax Pool until the swimmers are dressed for swimming and join their group on the pool deck. Upon release from practice, parents are responsible for their swimmers for the remainder of the time that they are at the pool.

We recommend that all personal belongings are brought out onto the pool deck and left in the bleacher area during practices.

Before/after practice and group use of the locker rooms for bathroom breaks, Y staff will call into the locker rooms, if no response, they will walk through to check to see that the locker room area is clear. Swimmers will then be allowed to use the locker room and restrooms. Swimmers who need to use the restroom during practice will use the restroom on the pool deck.

GLOSSARY OF SWIMMING TERMS

Age Group Swimming: The program through which YMCA and USA Swimming provides fair and open competition for its younger members. Nationally recognized age groups are 10 and under, 11-12, 13-14, 15-16, and 17-18. Local meets may also include events for 6 and under, 8 and under, or Seniors.

Anchor: The final swimmer in a relay.

Block: The starting platform.

Bulkhead: A wall constructed to divide a pool into different courses, such as a 50M pool into two 25Y courses.

Championship Meet: The meet held at the end of a season. Qualification times are necessary to enter the meet.

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 his/her name on a list posted by the meet host.

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

Clerk of Course: Area where swimmers must report for heat and lane assignments prior to swimming each event in a deck-seeded meet.

Cut: Slang for qualifying time. A time standard necessary to attend a meet or swim an event.

Deck: The area around the swimming pool reserved for swimmers, officials, and coaches. No one but a registered USA member may be on the deck.

Deck Seeding: Swimmers report to a staging area and receive their lane and heat assignments for the events.

Distance Events: Term used to refer to events over 400 meters/500 yards.

DQ: Disqualified: This occurs when a swimmer has committed an infraction of some kind; e.g., freestyle kick in butterfly. A disqualified swimmer is not eligible to receive awards, nor can the achieved time be used as an official time.

Drill: An exercise involving a portion or part of a stroke, used to improve technique.

Dryland Training: Training done out of the water that aids and enhances swimming performance; usually includes stretching, calisthenics and/or weight training.

Dual Meet: Type of meet where two teams/clubs compete against each other.

Entry Form: Form on which a swimmer enters a competition. Includes USA number, age, sex, event numbers and seed times.

False Start: Occurs when a swimmer is moving at the start. A false start results in disqualification.

Finals: The championship heat of an event in which the top six or eight swimmers from the preliminaries compete, depending on number of lanes in the pool.

Final Results: The printed copy of the results of each race of a swim meet. **Finish:** The final phase of the race: the touch at the end of the race.

Fins: Large rubber fin type devices that fit on a swimmer's feet. Used in swim practice, not competition.

Flags: Backstroke flags placed 5 yards (short course) or 5 meters (long course) from the ends of the pool, which enable swimmers swimming the backstroke to count their strokes to the wall at the ends of the pool.

Goal: A specific time achievement a swimmer sets and strives for. Can be short or long term.

Gutter: The area along the edge of the pool in which water overflows during a race and is recirculated through the filtration system.

Heat: A grouping of swimmers during an event with one swimmer per lane who race each other. Six swimmers in a six lane pool, eight in an eight lane pool, etc.

Heat Ribbon: A ribbon or prize given to the winner of a single heat at an age group swim meet.

Heat Sheet: A listing of all swimmers for each event of the meet. Heat sheets list the heat and lane for each swimmer to compete in. Sometimes called a meet program.

High Point: An award given to the swimmer scoring the most points in a given age-group at a swim meet. Not all meets offer high point awards.

I.M.: Slang for Individual Medley, an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

Lap Counter: A set of plastic display numbers used to keep track of laps during a distance race. Also, the person who counts for the swimmer, stationed at the opposite end from the start.

Long Course: A pool 50 meters in length. ECY swims most of its summer competition in long course.

Long Distance Events: Any freestyle event over 1500 meters, normally conducted in a natural body of water, such as a lake, river or ocean. Also known as Open Water Competition.

LSC: Local Swimming Committee. Consists of representatives from all USA swim clubs within a designated geographic area of USA. The LSC to which ECY belongs includes almost all of Wisconsin.

Meet: Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer tests himself against the clock to see how he is improving.

Middle Distance: Term used to refer to events of 200 yards/meters to 400 yards/500 meters in length.

National Age Group Time Standards: Time standards derived from the previous years' results that are broken down by age and sex as well as B, BB, A, AA, AAA, and AAAA divisions. These designations are NATIONAL and may be used for entry or qualifying purposes. Many LSCs have their own time standards as well.

National Age Group Top 16 Times: Time standards set for both short and long course based on previous years'

achievements. Only times meeting these standards may be submitted for consideration each year.

Negative Split: Swimming the second half of the race equal to or faster than the first half.

Official: A judge on the deck of the pool at a sanctioned competition who enforces rules. There are stroke and turn judges, administrative officials, starters, timers and referees.

Pace Clock: Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice; may also be digital.

Preliminaries (Prelims): The qualifying rounds of a swim meet which determine the swimmers who will participate in the final session of each event.

Pre-seeded: A meet in which a swimmer's heat and lane assignments are determined before the start of the meet and are printed in the heat sheet.

Proof-Of-Time: A requirement at some meets that swimmers be able to show proof (final results) that they have swum qualifying times. It assures that all participating swimmers have met the established qualifying standards.

Psych Sheet: A listing of all swimmers, ranked according to entered time for any event in a meet.

Qualifying Time: The time standard necessary to compete in an event and/or competition.

Referee: The chief official at any swim meet.

Relay:

Free Relay--Four swimmers swimming a set distance, one at a time, usually using the crawl stroke. The first swimmer starts the race at the sound of the gun. Each successive swimmer starts their segment at the conclusion of the preceding swimmer's portion of the relay.

Medley Relay--Four swimmers swimming as in the free relay except each successive swimmer uses a different stroke in the following order: backstroke, breaststroke, butterfly, and freestyle.

Rest: Also known as Taper. The final preparation--the resting phase--at the end of the season before the championship meet. Prior to major competition, an older, more experienced swimmer may shave his entire body to reduce resistance and heighten sensation in the water.

Scratch: To withdraw from an event in a competition.

Seeding: There are two types: (1) deck seeding, which is the procedure of assigning swimmers to their proper lanes and heats immediately prior to each event, and (2) pre-seeding, which is the process of assigning swimmers to heats and lanes prior to the swim meet.

Seed Time: This is the best time a swimmer has achieved swimming an event. The seed time is used to place the swimmer in the proper heats the next time s/he swims that event. Seed times carry over from one season to the next and from one age group to the next.

Senior/Open: In USA Swimming, there are no age restrictions in Senior/Open competition. Any age swimmer may compete in a Senior event. In YMCA Competition, a swimmer must be 12 years old (as of December 1) to

compete in a Senior/Open Event.

Senior Nationals: Other than the Olympic Trials and the World Championship Trials, each of which is held every four years, the highest level of competition is the Phillips 66/USA National Championships. Swimmers with qualifying time standards compete against America's best swimmers in the spring and in the summer. Swimmers can qualify for national teams that represent the US in international competition by their performances at Senior Nationals.

Short Course: A pool 25 yards or 25 meters in length. YCV swims most of the winter competition in short course.

Split: A swimmer's intermediate time in a race. Splits are registered every 50 yards or meters and are used to determine if a swimmer is on record pace. Under certain conditions, a lead off split (the time for the first swimmer in a relay or the time for an initial distance for an individual swimmer) may also be used as official times. In a relay, the time for one of the four individuals. **Sprint:** Describes the shorter events (50 and 100 yards/meters). Also, in training, to swim as fast as possible for a short distance.

Stand-up: The command given by the Starter or Referee to release the swimmers from their starting position.

Starter: The official responsible for starting each heat of an event.

State Qualifier: A swimmer who has made the necessary cut off times to enter the State meet.

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 that everything is not right for the race to start.

Streamline: The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as tight and narrow as it can be.

Stroke Judge: The official who determines that the strokes of all competing swimmers conform to the rules.

Taper: Also known as rest. The final preparation--the resting phase--at the end of the season before the championship meet. Prior to major competition, an older, more experienced swimmer may shave his entire body to reduce resistance and heighten sensation in the water.

Time Trial: A time-only swim which is not part of a regular meet.

Touch: The swimmer's contact with the wall at the end of a race. Butterfly and breaststroke turns and finishes require a two-hand touch.

Touch Pad: A large, sensitive, electronic board at the end of each lane where a swimmer's touch is registered and recorded by the timing system.

Turn: A reversing of direction by the swimmer at the end of the pool.

Open Turn--Usually done with the head coming out of the water and taking a breath. The feet and legs stay underwater. It is slower than a flip turn.

Flip Turn--The head is usually below the surface of the water and the legs are brought out of the water during the turn. It is much faster than an open turn.

Unattached: USA registered athlete who does not represent any particular USA registered club.

United States Swimming: National Governing Body of competitive swimming in the United States. Abbreviated "USA".

USA Card Number: Unique identification number assigned to a swimmer when she/he joins United States Swimming. The card may be required at any given competition. The number consists of the swimmer's date of birth (mmddyy), the first three letters of the LEGAL first name, the first letter of the middle name, and the first four letters of the last name. If the first or last names do not have enough letters or if the swimmer does not have a middle name, an asterisk (*) will be used to fill in the blanks.

Warm Down: Low intensity swimming used by swimmer after a race or main practice set to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.

Warm-Up: Low intensity swimming used by swimmer prior to a main practice set or race to get muscles loose and warm and gradually increase heart rate and respiration.

Watches: Stopwatches used to time swimmers during a competition, usually electronic. When totally automatic timing equipment is used, watches serve as a back-up method.

Zones: At the end of the long course season (in August) swimmers with AAA times compete in a championship age group meet. Swimmers achieving an A time in the longest distance free style event in their age group may compete in the Open Water portion of the Zone Competition. The United States is divided into 4 major zones: Eastern, Southern, Central, and Western. ECY, as part of the Wisconsin LSC, competes in the Central Zone.