



WILTON WAHOOS

Team Handbook



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Wilton Wahoos Mission

Welcome to the Wilton Wahoos! We are a widely respected swim team for swimmers of all ages and have one of the most highly regarded parents' organizations in the country. It is these two features together that make the Wahoos the fine organization that it is. The Wahoos offer programs for swimmers who have just learned to swim the length of the pool through college age competitors; the Wahoos Swim Team consists of swimmers of all skill levels, from beginners through Olympic competitors. We welcome swimmers of all ages and abilities to our team and encourage them to live up to our team motto:

“Excellence in developing personal potential through swimming and providing a safe, healthy, and positive environment for Wahoos.”



Wilton Wahoos Organization

The Wilton Y Wahoos are both a “YMCA” team and a “USA Swimming” team. This means that we compete in meets organized by YMCAs and in meets coordinated by CT Swimming, a subset of USA Swimming. Both groups offer swimming competitions for athletes from the novice level through elite national competitions. Both full-time and part-time professional coaches, who work for the Riverbrook Regional YMCA, coach the team. Wahoos parents support the team through the Wahoos Parent Advisory Committee, WPAC. Parents run swim meets, chaperone swimmers on travel meets, raise funds, maintain the records of the club, purchase equipment used by the team, and organize social events for the swimmers. All parents are automatically members and are actively encouraged to participate in the team's activities.

Squads

Age Group Squads

The Wahoos team is organized into squads by age and swimming ability. All swimmers new to competitive swimming or the Wahoos Swim Team must be evaluated by a member of the coaching staff prior to enrollment. All swimmers will be evaluated and placed on an individual basis. Exceptions to the squad age ranges can occur with each prospective swimmer. More detailed squad descriptions can be found on the team website.

SUPER BRONZE (ages 6-9)

Super Bronze is the Wahoos’ introductory developmental program. Swimmers receive instruction on technique for all four competitive strokes, streamlines, racing starts and turns, using the pace clock, and rules for competition. Goals include swimming a 100 Individual Medley to USA Swimming standards, aerobic development, and basic drill movements and concepts.

SUPER SQUAD (ages 7-10)

Super Squad is the second of four groups in the Wahoos Age Group Program. Swimmers receive instruction on technique for all four competitive strokes, streamlines, racing starts and turns, using the pace clock, and rules for competition. Goals include swimming a 200 Individual Medley to USA Swimming standards, aerobic development, and basic drill movements and concepts.

MAROON (ages 8-12)

Maroon Squad is the third of four groups in the progression of the Wahoos Age Group Program. Swimmers receive instruction on more advanced technique, racing starts and turns, fundamental race strategies, and basic training skills. Training for swimmers includes pool and dryland exercises.



GOLD (ages 9-12)

Gold Squad is the top level 12/U training group in the Wahoos Age Group Program. This squad is designed to prepare swimmers for the 13/O training groups. Swimmers finetune technical skills, build race strategies, and develop a solid aerobic capacity for training. Training for swimmers includes pool and dryland exercises.

Senior Level Squads

Swimmers aging up from Age Group Squads will be placed in Junior or Senior Squads based on ability and commitment.

JUNIOR (ages 13+)

Junior squad is the entry-level group for 13/O. The practices will be challenging and parallel training offered in the Senior squads. Emphasis will be placed on technique, speed, and endurance in all four competitive swimming strokes. Athletes may advance to the Senior squads and are invited to bridge to these groups when the Coach feels they are ready, and they have demonstrated desire and commitment. Advancement, made at the sole discretion of the coach, is determined by year-round practice and meet participation, technique and training ability, and punctuality and practice preparedness. Juniors may be ideal for swimmers who play additional sports or who have difficulty making a year-round commitment to swimming due to extracurricular activities and academics.

SENIOR 13-14 (ages 13-14)

Senior 13-14 is a transitional training group from the Age Group Program. It is designed to acclimate top Age Group swimmers who are turning 13 to Seniors training. This group focuses on stroke technique, building aerobic endurance, and developing race performance. Training is aerobic in nature, with an emphasis on anaerobic training, and will include both pool and dryland. There will be an increasing amount of specificity as swimmers mature in this group. Swimmers from this group may advance to the Senior 15/O squad; top swimmers, at the sole discretion of the Coaches, may bridge to the National Team.

SENIOR 15/0 (ages 15+)

Senior 15/Over is a mid-level competitive training group. This group focuses on stroke technique, building aerobic endurance, and developing race performance. Training is aerobic in nature, with an emphasis on anaerobic training and will include both pool and dryland. This squad offers a cohesive training group of competitive and committed swimmers who desire a year-round commitment to swimming. Senior swimmers are expected to be mentors to younger Wahoos, participate in fundraising and team-building events, and attend Wahoo social activities. Swimmers from this group may advance to the National Team at the sole discretion of the Coach via bridging for a trial period.

NATIONAL (ages 14+)

The National training group is designed for athletes who maximize their swimming potential through a committed and detail-oriented training regimen. Aerobic endurance is strongly emphasized early in the season and an anaerobic tolerance will become increasingly important as the season progresses. Swimmers work toward competing at the highest levels of YMCA and USA Swimming. The group promotes a competitive team-first environment that sets the standard of excellence for the Wahoos Program. National swimmers are expected to be mentors to younger Wahoos, participate in fundraising and team-building events, and attend Wahoo social activities.



Adult Swim Team

MASTERS

Masters is an organized training program with personalized coaching and training for adults who are beginning to advanced swimmers which focuses on stroke mechanics, starts and turns, swimming efficiency, and endurance with an opportunity to compete in meets.

Practice Philosophy + Training Program

For a competitive swim program to succeed, it must begin with children at an early age, encompass and challenge all who participate, and follow a continuous developmental progression. Swimmers should be exposed to the water as soon as possible in order to learn the feel of movement and the fundamentals of swimming. This water sense can only come through continued and constant exposure to the water. Additionally, the swimming program must be a well-planned and well-organized series of developmental stages organized by the coaches and directed with a clear set of objectives.

Attendance

Ample time is provided at each level of swimming for skill development and conditioning as well as for the development of team unity and spirit. The following guidelines are set forth so that all members of the team can benefit substantially from the Wilton Y Wahoos program. Coaches recognize, however, that attendance may be restricted by other activities and studies. Most swimmers' schedules can be accommodated if athletes or parents discuss the situation with the coach in advance.

Practice Schedules + Guidelines

Practice schedules can be found on the team website. Athletes should always be punctual and arrive at the pool in time to be on deck or at the dryland location at the start of the practice and with the proper equipment. On rare occasions, swimmers may be late. If the athlete has another activity on a regular basis, she should advise the coach of the conflict. Otherwise, the swimmer should plan to stay for the entire practice session. Some of the swimmer's best efforts occur at the end of practice. If an athlete must leave early, the coach should be informed prior to the practice session.

The Wahoos would like every swimmer to succeed at their highest possible level. If a swimmer has a conflict that makes the usual practice attendance difficult, he should discuss it with the coach so that he can make an appropriate arrangement. Changes in practice schedules happen, especially during the winter months. Changes will be announced on the team website and sent via email.

Parents are not permitted to observe practices from the pool deck under any circumstances.



Dryland Training

Dryland sessions are offered for training groups Maroon and above. Dryland is progressive and age appropriate for each group. Flexibility, coordination, and overall body strength exercises are stressed. The dryland program is run by the Y's certified personal trainers in the new Wahoo fitness area.

Social Functions

Each squad will have social get-togethers throughout the year organized by Squad Vice Presidents. The season is usually kicked off with a Team Picnic and Wahoo Recognition Night is traditionally held in the spring (late April) to celebrate the accomplishments of all Wahoos team members.

Behavior

Swimmers should demonstrate the YMCA's Four Core Character Values of Caring, Respect, Honesty, and Responsibility. They are expected to treat each other with a spirit of consideration, enthusiasm, and cooperation. Abusive language, lying, stealing, or willful destruction of property will not be tolerated. Swimmers may not leave practice without the coach's permission.

Swimmers are expected to follow the Y's rules for locker room behavior and to treat other Y members with respect and consideration. Swimmers not adhering to behavioral rules may lose access to the locker room. In particular, swimmers should:

- Bring a towel out on deck and dry off so that they do NOT enter the changing area wet.
- Place their clothing in a locker rather than leaving it in a changing booth or on a bench.
- Sign annually a Code of Conduct.
- Understand that locker room privileges will be suspended for those who do not adhere to these simple rules.



Equipment + Facility

Equipment

Check your squad equipment list.

- SWIMSUIT(S)
- MESH BAG
- FINS
- SNORKEL
- PADDLES
- PULL BUOY
- TOWEL
- GOGGLES
- WATER BOTTLE
- TEAM CAP

Equipment should be clearly marked with the swimmer's name. The team supplies kickboards and has some pull buoys available. Team suits and caps are required for competition. Team suits are purchased through Metro Swim Shop. There will be a small inventory at the Metro Swim store or suits may be ordered online. In the fall, a deadline for suit orders will be communicated. Team caps are sold in the lobby during home meets or through the office or coaches. Goggles are also available.

The Wahoos are a Speedo sponsored team. Under our contract, our swimmers are entitled to discounts on both top- and mid-tier tech suits depending on the meets for which the swimmers qualify. The Wahoos receive discounts on and credits towards apparel and products. In exchange, all Wahoo swimmers must wear Speedo suits and apparel exclusively.

Metro Swim Shop
666 Main Avenue
Norwalk, CT
www.metroswimshop.com

YMCA Pool Facilities

25 YARD POOL

This warm water six-lane pool is an excellent instructional pool for the younger swimmers. The pool is kept at 87 degrees. The Super Bronze and occasionally Super Squad groups tend to train in this pool.

50 METER POOL

This six-lane 50 meter pool has two bulkheads which can be easily moved to produce two six-lane 25 yard pools. All Wahoos training groups will get some 50 meter training exposure throughout the year. This pool is bubbled. Typically the bubble goes up in the early fall and comes down the weekend before Memorial Day. The pool has a UV sterilization system supplemented by a computerized chlorination system to keep pool water clean and safe. If chlorine levels become too high on any given day, practice will either be altered or canceled. Pool temperature is held to approximately 81 degrees; in the summer months, water aerators are used to cool water to acceptable levels.



Meet Information

Philosophy of Competition

The Wahoos apply the following principles to all competitions:

1. Competition with oneself is emphasized; individual improvement in time and/or skill is more important than race results.
2. Consideration for fellow teammates, opponents, officials, and parents are just as important as performance in the pool. The Wahoos encourage support for others, positive attitudes, and good meet behavior.
3. Swimmers are encouraged to learn to set reasonable and logical goals and to strive for excellence even when they experience short-term setbacks.

Governing Swimming Organizations

The Wahoos participate in swim meets run by two governing organizations. The technical rules of these organizations are almost identical.

YMCA SWIMMING AND DIVING

Swimmers must be current, active members of the Y to compete in the Y championship meets such as CT YMCA championships and Y Nationals. YMCA Swimming and Diving governs these meets.

UNITED STATES SWIMMING

USA Swimming is the national governing body for competitive swimming. It selects the teams for all international meets including the Olympics. USA Swimming grew out of AAU swimming when each sport under the AAU umbrella split out to form its own governing body. It has its headquarters in Colorado Springs at the Olympic Training Center and is organized into 56 regional Local Swimming Committees (LSCs) which all follow the same technical rules but are in most ways autonomous. The Wahoos' LSC is called Connecticut Swimming Inc. (CSI) and is run by parent volunteers. Parents interested in becoming active in this organization, as many Wahoos parents already are, should contact the respective Squad Vice President, the Team President, or go to the Connecticut Swimming website, CTSwim.org. USA Swimming publishes a yearly rulebook containing all the swimming rules, national time standards, and other useful information. To obtain a copy, contact USA Swimming at 719-866-4578 or download one for free at usaswimming.org. Anyone joining USA Swimming as a nonathlete member receives a rulebook as part of the membership fee.

USA SWIM MEETS

The Wahoos place their primary emphasis on USA Swimming competition, which comprises Age Group swimming (10 and under, 11-12, 13-14, and 15-18) and Senior swimming (any age as long as the requisite cut-off time has been achieved). A schedule of USA Swimming meets is posted on the web page. A few days before each meet, a schedule of events for all swimmers may be available on the website. This preliminary schedule is called a "psych sheet." The final choice of events is in the hands of the coach in consultation with each swimmer.



Ages for Meets

A swimmer's age for a USA meet is his age on the first day of the meet. A swimmer's age for the CT YMCA State Championship Meet is her age on the first day of the 13 and over session that commences in early January.

Meet Sign-Up

The coach selects the meets and events in consultation with each swimmer. Parents should use wywahoos.org (TeamUnify) to indicate whether or not their swimmer intends to compete in the posted meet by the specified deadline. Parents must be logged in to view meets, sign up for or decline a meet, or specify which days the swimmer is available to compete. If a swimmer cannot attend a meet because of a conflict, the parent or swimmer must inform the coach well in advance of the meet. Once the entry deadline has passed, swimmers will be billed for the meet entry fees whether they swim or not since the team must prepay for meet entries.

Meet Preparation + Conduct

WARM-UP

Team warm-ups are usually held one to one-and-a-half hours prior to the start of the meet. Swimmers should be on deck dressed to swim 20 minutes before the start of pool warm-up for stretching and to check in with the coach so the coach can turn in the correct scratches for the day. If a swimmer is late, he runs the risk of being scratched from his events. It is important to be on time or inform the coach of possible delays.

For safety reasons, the coaches supervise warm-ups in the pool. A good warm-up is vital to a successful meet. The ages and numbers of swimmers determine warm-up schedules for a given meet. Connecticut Swimming has established a number of warm-up rules to ensure safety when a large number of swimmers from different teams are warming up at once. The most important of these is that there is no diving. During warm-up, swimmers must enter the water feet first with a minimum of jumping to make sure that no one is injured. At the end of warm-up there is usually a "one-way" sprint period when swimmers can practice diving from the starting blocks.

AFTER WARM-UP AND DURING THE MEET

Immediately after warm-up, swimmers should dress in their Wahoos sweats/warm-ups, including socks and shoes. Athletes should stay warm, but if it is hot and sunny, they should stay in the shade and out of direct sun. Swimmers report to the coach before each race. It is the responsibility of the swimmer to know her event, heat, and lane. Athletes must report to the bullpen and/or blocks in plenty of time to focus on the race ahead. After the race, swimmers can get their times from the timers and report to their coach. Afterwards, they should dress again in full warm-ups.

MEET CONDUCT

Athletes sit with the team in the team area at all times and support teammates by cheering, offering congratulations, and being positive. They show respect for the meet officials as well as other teams and coaches because they represent the Wilton Y Wahoos! Wahoos conduct themselves with pride and dignity.



Types of Swim Meets

SHORT COURSE SEASON

The short course season is swum in 25-yard pools during the fall and winter months. Meets generally start in late October and end in late March.

LONG COURSE SEASON

The long course season is swum in 50-meter pools during the spring and summer months. Meets generally start in May and end in late July/early August. Since younger, less-experienced swimmers sometimes have trouble swimming well in pools more than twice as long, there are a few short course meets held during the long course season for swimmers ages 9 and under.

Reporting Times from Swim Meets

If electronic touch pads are used at a meet they provide the “official” time. Buttons and manual watches are used only for backup. When watches are used, the middle of the three times is the official time. Official results are posted throughout the meet so swimmers can see results.

Official times are only recorded in individual events. In general, athletes swimming relays do not have times recorded for their legs of the relay since they did not start from a starter's signal. The exception is the split time for the first swimmer in a relay which is an official time and is reported.

Time Standards

Time standards are updated annually. When they become available, usually in late October, copies will be posted on the team website. Time standards are published for many different levels of achievement:

- Time Standards for Age Group B - BB - A - AA - AAA - AAAA Levels
- Connecticut Regional Championships / Connecticut State Championships / Connecticut Senior Championships / Eastern Zone Championships / Y National Championships / Sectionals Senior National Championships / Olympic Trials

Wahoo Sponsored Meets (Home Meets)

The Wahoos host a number of meets throughout the short course and long course seasons. These meets are important not only because they give the Wahoos swimmers an opportunity to compete in their home pool, but they also serve as a source of fundraising for the team. It is mandatory that Wahoos families support these meets by working if their swimmer is participating.

Away Meets

CONNECTICUT AWAY MEETS

The Wahoos will participate in meets at other club teams in CT throughout the year. Travel to and from meets is the responsibility of the swimmer and parents. Parents may be asked to time at these meets.



AWAY MEETS OUTSIDE OF CONNECTICUT

Swimmers on the Gold, Maroon, Super Squad, and Super Bronze teams generally travel with their parents to away meets. All travel arrangements are the responsibility of their parents with the exception of occasional out-of-state meets when the same procedures will be followed as for the senior teams.

The Junior, Senior, and National squads often travel as a group with chaperones to major out-of-state meets. Swimmers generally share rooms, and the coaches usually make the room assignments. Swimmers are either fed as a group at the hotel by the chaperones or are asked to bring money for meals that they eat together at restaurants chosen for consistency with the team philosophy of sound nutrition. For Junior and Senior swimmers, there are usually several travel meets during the short course and long course seasons. Travel to national meets for those who qualify is handled in the same way.

Major Championship Meets

REGIONAL CHAMPIONSHIPS

Swimmers that fall into time standards established by CT Swimming lower than Age Group standards compete at this meet.

AGE GROUP CHAMPIONSHIPS / CONNECTICUT STATE CHAMPIONSHIPS

Most Age Group swimmers train to be able to compete at the Connecticut State Championships known as "Age Groups." The short course championships are held in March and the long course championships in July. To compete, swimmers must have swum at or faster than the published cut time for that event for their gender and age group. These cuts are published each year.

SENIOR CHAMPIONSHIPS

Any swimmer can compete in Connecticut Senior Championships regardless of age if he has made the cut times. Usually swimmers begin to achieve these times when they are 12-15. The short course Connecticut Senior Championship is held in March. In the summer season, the Senior Championship is held in July.

Y STATE CHAMPIONSHIPS

During meet season, a championship meet is held in which all the Y's in the Connecticut Y League participate. Each age group swims on only one day. There are no cut-off times. Each swimmer may swim three individual events and two relays.

ZONE CHAMPIONSHIPS

Qualification is by time standards. Eastern Zone is from Virginia to Maine.

Y NATIONALS

Y Nationals is the culmination of training for many Junior, Senior, and National swimmers. The spring national meet has rather demanding short course cut-off times for young senior swimmers. Swimmers who score at Y Nationals are usually swimming at the USS Junior National or even Senior National level.

Summer Y Nationals is a long course meet, usually swum in the Eastern US. The cutoff times are not as demanding as the short course times, but swimmers who score have to swim just as fast as in spring.



USA JUNIOR NATIONALS CHAMPIONSHIPS

Generally this is the first national meet for USA swimmers. It is limited to swimmers 18 years or under and is held in both the short course and long course seasons. USA National Championships are held twice a year, once in the winter and once in the summer. Swimmers may qualify for Senior Nationals from any USA meet. The summer long course meet has very difficult cuts, adjusted to be at the 90th percentile of the world's best times in each event.

SENIOR NATIONALS

These meets are for USA swimmers of any age. They are usually offered twice a year with time standards (faster than Juniors) established by USA swimming.

OLYMPIC TRIALS

Olympic Trials are offered every four years just prior to the Olympic Games. Qualifying times must be achieved in Long Course only with the qualifying period beginning about 18 months prior to the meet.

Communications + Information Resources

A large team with many squads, multiple coaches, and many different practice times often needs to communicate in both formal and informal ways. The methods of communication are outlined below. Should questions arise about the team's activities, parents should feel free to contact the squad's Vice President, the Team President, or any WPAC member. Parents' concerns specifically about their child's swimming should be addressed during a scheduled meeting with the child's coach or the Head Coach.

Wahoos Web Page: www.wywahoos.org (TeamUnify)

The Wahoos has its own web page through TeamUnify to enhance communication with parents. The web page is updated daily. All content for the web page should be submitted to the Wahoo Office Manager and Wahoo swim office for approval. You must create an account and login in to see all team information on the website.

Email

Coaches, Squad Vice Presidents, and the Wahoo Team Office Manager send out emails to inform parents of upcoming events, changes in practices, general information, and more. Please make sure to check your emails often, especially during inclement weather, as practice changes and cancellations are often announced via email or texts. Please verify your SMS# in TeamUnify.

Text Alerts

Last minute changes to practice or meets will be communicated via text alerts as well as email. Please sign up to receive text alerts through your team unify account on www.wywahoos.org.



Social Media

For non-critical updates follow the Wahoos on Facebook: Wilton Y Wahoos Swim Team or Wilton Wahoo Parents and on Instagram #Wiltonwahoos

Meet Mobile App

Many swim meets use Meet Mobile to provide real time results. The app can be downloaded to your smartphone. You can search for the meet by meet name or swimmer name.

Helpful Websites

CTSWIM.ORG

Connecticut Swimming's (CSI) website includes the following: CT meet results, swimmer and event best times, time standards for Championship meets, regulations and important updates for Connecticut Swimming, meet announcements, official training requirements, and CT Top 16 lists.

USASWIMMING.ORG

The USA Swimming website includes the following: motivational Age Group time standards, Safe Sport online training, officials online training, individual times, and the USA Swimming Rule Book.

Communicating With Coaching Staff

The Head Coach and other coaches may be reached daily in their Y office. In general, office hours are weekday afternoons. You can call for an appointment or leave a message on the voice mail. Each coach has a three-digit extension. You may also call the Y at 203-762-8384 and ask the front desk staff person to connect you to the coach's extension. The coaches have regular team meetings with their swimmers and communicate via email regarding meets and practice schedule changes. If parents fear they might have missed an important piece of information, they should check with their squad Vice President or look on the web page.

There usually are parents' meetings for each squad at the beginning of the short and long course seasons. One adult from each family should attend the meetings. This is an opportunity to ask questions and get the latest information.

48 Hour Rule

If you are upset about a swim or situation, please wait the cooling off period of 48 hours before contacting a coach unless it is a safety issue.

Recruiting Policy

The Wilton YMCA and Wilton Y Wahoos have, for some 30 years, been highly visible in the swimming community. Premier facilities, an experienced and stable coaching staff, a well-run parents organization, and a continuous level of excellence through the years have drawn families from the surrounding areas and towns. With some 2,000 swimmers within commuting distance, the team must be sensitive to what recruiting means, what is not allowed, and what are acceptable behaviors when speaking with team members from other swimming programs.



The Wahoos organization, of course, is very proud of its team and its swimmers' accomplishments. The better Wahoos swim in the pool, the more attention received from parents in the stands. But Wahoos must not approach other swimmers or parents first. Even congratulating another swimmer by talking to them first can be construed as recruiting which is a violation of the Code of Ethics.

ASCA, the American Swimming Coaches Association, and USA Swimming have a section of their Code of Ethics regarding recruiting which informs Wahoos policy. Basically, when approached by a parent asking questions about the Wahoos program, they should be referred to our web page and invited to call one of our coaches at the number listed. Parents will of course want detailed answers. They should be answered honestly with adherence to facts rather than opinions. Parents can speak about their own swimmer (not anyone else's) and should always speak positively about other programs.

Coaches return all phone calls even from parents unknown. If it is a call asking about transferring to the Wahoos, coaches ask general questions to determine the level of interest and commitment from the interested party. Coaches are always interested in talking to swimmers who want to work hard to get better and be a part of our YMCA program. If the general questions are answered favorably, coaches will invite the family to come to the team office to meet and discuss their situation and determine if the Wahoos might be a good fit. Before joining the Wahoos, the incoming swimmer must speak with their previous coach.

Fees + Policies

All families pay at least five different fees to swim with the Wahoos. These fees are:

1. YMCA Membership Fee
2. Wilton Y Wahoos Program Fee (different fee for each of the eight squads)
3. Team Registration Activity Fee
4. USA Swimming Membership Fee
5. Fundraising Obligation (different amount depending on the squad of a family's highest swimmer). The cost associated with team travel is borne by the swimmers attending the travel meet. These fees are described in more detail below.

YMCA Membership Fee

Each Wahoo must be an active member of the Riverbrook Regional YMCA. The annual membership is payable when joining the Y initially and annually thereafter.

Wilton Y Wahoos Program Fee

Annual Wahoo program fees include both Short Course (September - March) and Long Course (April - July) seasons. The fees can be paid in two different ways. The first is a one-time full payment of the squad fees, payable at registration. The second option is monthly. There are a total of eight monthly payments. The first payment is due at registration in August and subsequent monthly payments are billed by credit card on the first of the month, ending March 1. Fees owed are based on the squad assignments. If a child moves to a new squad by November (for the first semester) or by the start of the long course season (for the second semester), prorated fees for the new squad will apply. Fees for those joining as NEW members during an interim period are also pro-rated. These



fees must be paid in full at registration and include April to July. The prorated discount does not apply to returning club members who also swim during the CIAC swim season. These calculations are based on an 11-month swim year. Program fees are owed to the Riverbrook Regional YMCA. They cover pool time, use of the facility, and coaches' salaries. Program fees can be found on the Wahoo website under Returner Registration. Registration and fee payment can be completed online at wiltonymca.org.

Multi-swimmer families who pay their highest program fees in full are eligible to receive a 10% discount on each additional swimmer's Program Fees. The discount applies to Program Fees only. Multi-swimmer families who do not pay their program fees in full at time of registration will not qualify for the 10% discount. If a family wishes to apply for a scholarship or financial aid, please refer to the Wilton Family Y web page for information and supporting documents. An application form will have to be completed and submitted to the Y Family Services Director. Information submitted to the Y will remain confidential. The Y will determine all financial arrangements and scholarships. No refunds will be offered after December 1.

Team Registration Activity Fee

These fees support the Wahoos Swim Club. They contribute to the Wahoos budget which must support all operating expenses including administrative needs, t-shirts, squad parties, and the banquet. As with Y program fees, these are also pro-rated for families joining during the swim year.

USA Swimming Membership Fee

All swimmers practicing with a member club or competing in events sanctioned by USA Swimming must register as athlete members of USA Swimming. Membership is for a calendar year (January through December). New or renewing athlete memberships processed on or after September 1 will be valid through December of the following year. Benefits of athlete membership in USA Swimming include partial liability and secondary accident medical insurance and *Splash* magazine (one per household) six times per year.

Fundraising Obligation

Fundraising is determined per family (not per swimmer) and the amount that each family commits to fundraising is determined by the squad of their highest-level swimmer as of September 30. In October, parents will receive a request as to how they will fundraise, either by participating in programs or direct pay. See the team website for amounts due per squad and for additional fundraising opportunities and whom to contact.

Swim Meet Fees

Swimmers are charged meet fees for any meet they attend. Meet fees may include entry costs, event, and relay fees. These fees vary per event for local, championship, and national meets. Relay entry fees are divided equally among all eligible swimmers whether or not they actually participate in the relay. Each team family needs to have a valid credit card on file in TeamUnify in order for meet entry fees to be billed. Once parents have signed up their swimmer for a meet and entries are submitted to the host team, parents are responsible for entry splash fees. Entry in a USA swim meet means that each swimmer's account will be billed for each event whether or not they actually compete since entry fees must be submitted with the initial team entry.



Travel

Team travel is arranged for selected meets. For each meet involving travel, a fee is identified prior to the meet. This fee, which includes all applicable hotel, food, and transportation costs, must be paid in full before a swimmer will be allowed to leave for the meet. In addition, those with any delinquent Wahoos fees will not be eligible to travel with the team until full payment is received.

Travel Assistance for YMCA Nationals

The Wahoos have implemented a Give Back Program for families interested in reducing personal costs associated with travel to Y National Meets. To receive travel assistance, families can take on a volunteer role in addition to home and away meet job requirements. All families participating in the Y National Give Back Program are eligible to receive financial travel support from the team.

Request For Travel Funds

In order to assist in the development of senior swimmers, Connecticut Swimming Incorporated (CSI), our local governing body, offers some financial assistance for swimmers competing at the national level. In order to be eligible, a swimmer is required to have participated in four CSI-sanctioned meets in the previous 12 months. For this purpose, any Regional Championship (but not Junior or Senior Nationals) may be considered. Swimmers must have been registered in Connecticut for four years. Swimmers registered for less time may also be considered on request, depending on available funds. College swimmers swimming with their home teams for the summer are only required to swim two CSI meets. In both cases, one of these meets should be Connecticut Senior Championships.

Connecticut Swimming, as part of the Senior Championship meet announcement each season, publishes travel fund request forms. The rules change slightly each year, so be sure to get a copy before your swimmer leaves for a USA National meet. The web address for Connecticut swimming is www.ctswim.org.

Past Due Fees

All Wahoo fees (Club, USA Swimming, fundraising, and travel) in arrears from the previous season must be paid before a swimmer can register for the next season.

Releases to Join Another Team

A release from the Wahoos is needed to become affiliated with another USA Swimming team. All outstanding fees must be paid before the Wahoos will provide this release. No refunds are given if one transfers to another team.



Parent Involvement

The Wahoos look forward to working with swimmers' parents and getting to know them! The more parents who are involved and helping, the more fun it is for everyone.

Wahoo Parent Advisory Committee (WPAC)

The Wahoos Parent Advisory Committee (WPAC) is the group that coordinates the activities of the Wahoos parent organization. It is made up of interested parents and involvement is most welcome. To contribute in any way, tell a committee member. All are welcome to attend committee meetings and participate. Parents with a significant concern for discussion should inform the President in advance of meetings so they can be placed on the agenda.

The WPAC, Head Coach, and any interested parents meet monthly at the Y. Watch the Wahoos website for times, updates, and changes. The WPAC budget for the following year is prepared and approved in July of each year reflecting the September 1 through August 31 fiscal year of the team. August is a transition month with new committee members assuming duties from the departing members.

The role of the WPAC is to support the Wahoos team by coordinating social activities for the swimmers, staffing Wahoos-sponsored meets, fundraising for the team, and providing input and support to the coaching staff.

Fundraising

Fundraising is essential to meet the operating costs of the Wahoo Team. In addition to a family's fundraising commitment, the Wahoos Team raises funds through home swim meets, a biennial swim-a-thon, and other events throughout the season.

Meet Work Commitment Program

The Work Commitment program was developed to meet three major objectives:

- **To benefit the swimmers.** Home meets benefit Wahoos swimmers! A team of this size takes up a significant percentage of the available "swims" at any meet, and it would be unrealistic to expect other USA Swimming and YMCA Swimming teams to always have room for the Wahoos at their meets. Sponsoring home meets, therefore, ensures that Wahoo swimmers have ample opportunities to race in a high quality environment and test the skills they work so hard to achieve as well as help them earn the qualifying times they need to swim in championship meets at the end of the season. In addition they are able to compete in a familiar environment without the added time and expense of traveling.
- **To enable the Wahoos team to prosper.** The dollars raised from home meets far exceed any other fundraising endeavor. This enables the team to purchase equipment such as computers, scoreboards, touch pads, blocks, stopwatches, and training aids that are needed to maintain a premier swim program. These monies also afford educational opportunities for the coaching staff and travel to away swim meets for the staff.
- **To get more families involved.** The short course meets that are sponsored by the Wahoos require an average of 75 or more workers per session and a long course meet requires 50 workers. The Parent Work Commitment program helps to involve more families so that the Wahoos can continue to host a significant number of meets.



Parent Work Policy Short / Long Course 2022-2023

Home Meet Work Requirements

We are fortunate to have a great facility which allows us to host several meets during the season. All workers, with the exception of coaches, are volunteers. It takes over 50 volunteers to run a successful swim meet.

- **Requirement:** Parents or their named designates are required to work all home meets in which they have a child swimming. The Wahoo Home Meet Job Coordinator will determine the work requirement prior to each meet based on meet entries.
- **How do I sign up for a job?** Prior to the home meet, an email will be sent to all families participating in the meet detailing the work requirement and open/deadline dates for job signup. Go to the Event tab on the website www.wywahos.org and click on Events. Click on the swimmer's meet. Go to Job Signup. Pick a role. Job Signups will be on www.wywahos.org unless otherwise communicated.
- **What if I don't sign up by the deadline?** Parents who do not sign up by the deadline or do not sign up for the required sessions will be added to any open slots by the Home Meet Job Coordinator. It is the parents' responsibility to check job assignments before the start of the meet.
- **How much should I expect to work?** Depending on the meet, a parent may need to work every session for which his swimmer is entered. Typically for a three-day meet, if a parent has one swimmer participating in all three days, she should plan to work two sessions. If a parent has more than one swimmer in multiple sessions, he should plan to work three to four sessions.
- **What if I cannot work?** If a family, due to a prior obligation, cannot work ANY of the sessions available at that meet, the Wahoo Home Meet Assignor may excuse a family from their meet requirement. This must be done with prior notification to the Job Coordinator.

Options

- **Pay out of work requirement:** \$50.00 per swimmer per session. (ex. a job requirement of two sessions equals \$100)
- **Make up work requirement:** work the equivalent number of sessions at a future meet/event.
- **Finals:** In a preliminaries/finals meet, all families whose swimmers earn participation in finals will be required to work. Work assignments will be determined after the afternoon preliminary session.

Away Meet Work Requirements

- **Requirement:** Parents or their named designates are required to work any away meet in which they have a child swimming. Work assignments/requirements are determined by the host team.
- **How do I know if I am assigned to work?** Wahoo Away Meet Job Coordinators will assign jobs to families based on the meet entry. Emails will be sent out to families as soon as possible in advance of the meet to confirm the job responsibilities.



- **How often will I have to work?** The Job Coordinator will fill open spots with families who do not have a trained home meet worker first. If there are still openings she will use all trained workers except officials. Typically, parents should expect to work every other away meet.

Championship Meet Work Requirements

(Championship meets are CT Regional Championships, CT Age Group Championships, + CT Senior Championships)

- **Requirement:** Parents or their named designates should be available to work all sessions of a championship meet in which they have a child swimming. Work assignments/requirements are determined by the host team.
- **Job Signup:** If possible, approximately one week ahead of a Championship Meet, the Away Meet Job Coordinator will create a sign-up allowing families to choose their work days/sessions. If the work assignments have not been given by the host team in time, job assignments will be made by the Job Coordinator.
- **Changes/Conflicts:** Any changes/conflicts should be communicated to the Job Coordinator as soon as possible. If a job's been assigned, it's the worker's responsibility to find a replacement. CT swimming will fine swim teams for late or absent workers.
- **Finals:** Job assignments will be made based on swimmers participating and Finals work assignments given by the host team.
- **Officials/Trained Workers:** Families with parents who will be officiating and/or working a trained position at a Championship meet should inform the Away Meet Job Coordinator.
- **Fines:** For CT Championship Meets, families are also responsible for any fines the Wahoos are assessed by CT Swim.

Violations of the Work Policy

The Wahoos do not want to fine anyone and understand things happen. Please always communicate changes and follow the policy.

- **Home, Away, and Championship Meet Fines:** If a family does not show up to perform their required home, away, or championship meet work obligation, they will be fined \$100 per missed assignment.
- **Multiple Offenses:** The second and any additional times a family does not perform their required work obligation without prior notification, their swimmer will not be allowed to participate in that and future sessions of the meet.
- **Outstanding Fees:** If there are outstanding home or away meet work penalty amounts due prior to the championship season, the swimmer will not be allowed to participate. In addition, the swimmer will not be allowed to register for the next season until fees are paid.
- **What if I can't work?** Please communicate any conflicts to the Wahoo Away Meet Coordinator as soon as possible. Once jobs are assigned, if a swimmer scratches or if a parent cannot work, it is the parent's responsibility to find a replacement.



Job Descriptions

The following pages give a brief description of the many opportunities to be involved in Wahoo activities.

Wahoos Parent Advisory Committee (WPAC) Positions

- **WPAC:** Coordinates and supports team social activities, staffs home meets, fundraises for the team, and provides input and support for coaches. WPAC is composed of interested parents, and all are welcome. Please contact a committee member or attend monthly meetings at the Y.
- **President(s):** Presides over all meetings and supervises the business affairs of the club. The President is an official representative of the club and a member of all committees.
- **Vice President:** Works closely with the President and presides at meetings in the President's absence.
- **Secretary:** Keeps records of the Advisory Board meetings including distribution of minutes. Handles all Advisory Board correspondence and sends out notifications of all meetings. Coordinates meeting dates and reserves room.
- **Meet Coordinator:** Prepares and oversees all home meets. Works with coaches, entry chair, YMCA staff, meet staffing coordinator, meet managers, and others to ensure home meets run smoothly and successfully.
- **Meet Staffing Coordinator:** Prepares and oversees work sign up. Works with meet coordinator, coaches, computer, Daktronics, and officials chairs to ensure all families with swimmers participating are helping at the meets.
- **Membership Coordinator:** Coordinates with squad VP coordinators and other WPAC members to improve any and all aspects of team communication and camaraderie.
- **Squad Vice President Coordinator:** Coordinates communications between WPAC and all squad Vice Presidents.
- **Safe Sport Coordinator/Safety Chair:** Works with USA swimming and CT Swimming to ensure the Wahoos are Safe Sport compliant. Ensures deck safety rules are followed and that safety marshals are aware of their responsibilities at home meets including the need to fill out incident reports on all injuries. Maintains up to date first aid kits.
- **Team Development/Fundraising Coordinator:** Coordinates and reports on all activities which raise funds for the team. Tracks status of each family's commitment and works with the Office Manager to ensure all members fulfill their commitment.

Committee Chair & Meet Related Positions

- **Computer Chair:** Responsible for coordinating trained computer workers.
- **Daktronics Chair:** Responsible for coordinating trained Daktronics workers for home meets.
- **Officials Chair:** Identifies and coordinates officials for all home and championship meets. Schedules clinics for USA Swimming certification and registration.
- **Meet Managers Chair:** Works with Meet Coordinator and Meet Managers to ensure all meets run smoothly. Helps set up for meets, organizes workers, and schedules meet managers.
- **Home Meet Job Assigner:** Works with the Meet Staffing Coordinator to manage work sign up for home meets. Ensures all untrained jobs are filled.
- **Hospitality Chair:** Coordinates hospitality needs for home meets. Works with Meet Coordinator and Meet Managers.
- **Meet Entry Chair:** Coordinates meet entries for home meets. (Currently managed by the Meet Coordinator)



- **Meet Awards Coordinator:** Responsible for obtaining awards and coordinating volunteers to label awards and distribute to teams.
- **Away Meet Job Chair:** Coordinates Wahoo parent volunteer work assignments at all away meets.

Social Event Positions

- **Squad Vice Presidents:** Work with squad coaches and parents to facilitate squad-specific communications and social events.
- **Recognition Day Coordinator:** Organizes Recognition Day in the spring, coordinates food, trophies, and any special awards.
- **Senior Brunch Coordinator:** Organizes brunch for graduating Wahoo Seniors and their families.
- **Recognition Day Annual Team Awards Coordinator:** Orders team trophies for the event. Coordinates with Squad Vice Presidents to ensure trophy accuracy and sorts trophies by squad.
- **Recognition Day Yearbook Coordinator:** Produces and coordinates printing of the annual yearbook and distributes it at Recognition Day. Includes team roster information, graduating senior pictures/reflections, ads, and congratulatory messages.

Team Related Activity Positions

- **Team Apparel Coordinator:** Establishes and organizes sales of coach-approved swimwear and spirit wear with Metro Swim Shop and Tiger Sports.
- **Team Pictures Coordinator:** Organizes annual team photograph day.
- **Team Publicity Coordinator:** Publicizes Wahoo accomplishments with local media. Works with coaches to collect accurate information.

Chaperones

Chaperones are needed for any away meet when the team travels together. Team chaperones are under the direction of the coaches and assist with both logistics and discipline at senior travel meets. Parents who would like to volunteer as a chaperone should contact their squad vice-president. Chaperones are often asked to do pre-meet planning with coaches, and it is their duty to help with the entire team and not just their swimmer. Team chaperones need to be registered with USA Swimming as a non-athlete member. They must take APT training and receive a background check. Chaperones will be required to show proof of vaccination before travel. The office will help with all of this. The Wahoos cover all travel costs for chaperones.

Trained Wahoo Positions

USA SWIMMING OFFICIALS

Officials are trained through CT Swimming and USA Swimming. USA Swimming Officials are often parent volunteers who have completed simple training in the technical rules for swimming. The Wahoos have always taken a leadership role in training and providing officials. Several clinics are held each year. To become a Stroke and Turn Official, you need only join USA Swimming, attend a three-hour clinic, take an open-book on-line test, and work four meets as a trainee. We welcome new officials at all times.



OFFICIAL LEVELS

Most officials begin as a Stroke and Turn Official and then progress to Starter and on to Administrative Official and/or Deck and Meet Referee. It is possible, however, to become an Administrative Official after working Computer.

- **Stroke and Turn:** Ensures that strokes and turns are done legally.
- **Starter:** Starts the swimmers from the blocks.
- **Administrative Official:** Supervises Computer, Daktronics, tracking of disqualifications, production of heat sheets, and any other functions assigned by the Meet Referee.
- **Deck and Meet Referee:** Runs meet once warm-up session has started. Gives instructions to officials working the meet.

COMPUTER

Runs the swim meet computer program. Takes care of scratches, prepares heat sheets, retrieves results from the timing system, and prints event results. Training on the computer is required during meets; length of training is based on an individual's understanding of the program.

DAKTRONICS TIMING SYSTEM

Operates the timing system used to record swimmers' times. Training is required and done during a meet; length of training is based on an individual's understanding of the system.

MEET MANAGER

Organizes meet sessions, identifies and coordinates workers, and assists Meet Referee the day of the meet to ensure set up of computers and Daktronics. Sees that everything runs smoothly and efficiently. Must be USA Swimming registered, obtain background check, and complete Athlete Protection Test through USA Swimming.

Untrained Wahoo Positions

- **Announcer:** Works with Administrative Official (AO) to help with announcements, results, and scratches for finals.
- **Back Up Worker:** Works as needed. Required to check in at the beginning of warm-up like all positions.
- **Gate/Gym Monitor:** Works with Meet Managers to direct swimmers, parent workers, and spectators.
- **Heat Awards:** At 12 and under meets, gives award (rubber duckie) to first place swimmer in every heat.
- **Heat Sheets Sales and Awards:** Sells heat sheets during the first half of a session. Gets award labels from a computer person and places them on awards during the second half of the session.
- **Hospitality:** Works with the Hospitality Chair to assist with meet hospitality.
- **Marshal:** Male and female workers assist Meet Managers to control the pool deck. Duties include monitoring access to the pool deck, locker rooms, and making sure swimmers are demonstrating safe behavior.
- **Poster:** Posts heat/lane assignments and results.
- **Runner:** Collects timer sheets after each event and delivers them to the computer operator.
- **Timer:** Operates stopwatch and plunger to record swimmers' times.



USA Swimming + Safe Sport

USA Swimming's Safe Sport program, a comprehensive abuse prevention program, consists of a multi-layered approach to keep kids safe, including: required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision, and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations.

Wilton Y Wahoos strives to make every swimmer's safety and protection our highest priority, and the Wahoos program has been a Safe Sport Recognized Club since April 2020. By working together as coaches, swimmers, parents, and volunteers, we can ensure all USA swimming members are supported in a safe and encouraging environment both in and out of the pool.

The Wilton Y Wahoos top priority continues to be keeping our athletes safe. No form of abuse has a place in our sport. As a part of our continued commitment to safeguarding our athletes, coaches and volunteers, USA Swimming has enacted enhancements to our Safe Sport policy requirements that address one-on-one interactions, social media and electronic communications, local and team travel, locker rooms and changing areas, photography/videography, and athletic training modalities.

The Wahoos and CT Swimming Safe Sport Liaison is Greg Pinchbeck, gjpinchbeck@hotmail.com. For more information about Safe Sport, please visit our team website.

Nutrition + Sports Medicine

Swimming demands a tremendous amount of physical and mental energy and these requirements are directly impacted by the swimmers' nutritional habits.

Guidelines for Good Eating Habits

- Eat two or more kinds of whole grain daily (wheat, oats, brown rice, barley, buckwheat, etc.) in the form of cereals, side dishes, pasta, and bread.
- Eat two or more servings of raw vegetables or salad and two or more servings of raw or cooked green or yellow vegetables daily. Potatoes may be eaten every day.
- Eat one piece of citrus fruit and up to three or four fresh fruit servings daily.
- Eat beans or peas one to three times weekly, as you wish.
- Eat three full meals daily. Don't go hungry between meals; snacks are encouraged. For snacks, eat fruit, vegetables and raw salad, or whole grain bread or crackers that are free of oil or sweeteners.
- Flavor with herbs and spices instead of salt. Keep salt intake minimal.
- To lose weight, increase vegetables and decrease grains. To gain weight, decrease vegetables and increase grains.
- Vitamin supplements are recommended as well as sound nutritional habits.



Pre-Competition Meal

- Prepare food at home. It's better for you, less expensive, and it eliminates fast, junk food.
- Eat a meal that is composed primarily of carbohydrates. This should be food that the swimmer enjoys but is not high in fat content or hot and spicy.
- If it is a morning meet, rise with enough time to eat breakfast. The meal should not be heavy but sufficient to start off what may be a long day.
- Eat two to four hours before competition begins so the body has time to digest the meal.
- For snacks, eat fruit. Food high in processed sugar content is detrimental to a swimmer's performance.
- Meals should not be skipped entirely because the overall performance of the athlete may suffer.
- Drink plenty of water during the meet. Do not become thirsty. A water bottle is required during practice and should be brought to meets.
- Some young swimmers direct their anxieties about the upcoming competition to their stomachs, making it difficult for them to eat a pre-meet meal. In this situation, a liquid pre-meet meal is a sound alternative to solid food.

Sports Medicine

Coaches, as well as parents, are interested in maintaining the physical well-being of each swimmer. Consequently, if a swimmer has a physical problem, the parent or swimmer should inform the coach so that he can take any special precautions. A sports injury usually requires the attention of a physician familiar with the sport. Such an injury needs to be brought to the coach's attention as well, so that he can develop beneficial practices for the swimmer.

The senior teams may be asked to participate in physical testing that will better enable the coaches to coach them. This will occur only if the coaches are convinced that it is in the swimmer's best interests.



Glossary of Swimming Terms

Administrative Official (AO): A USA official who is in charge of overseeing the dry side of the meet including computer and Daktronics operation and any other dry side functions assigned by the Meet Referee.

Age Group Swim Meet: All USA registered swimmers 18 years old or younger who have met the qualifying time standard for specific events are eligible to participate in their age category. Age on the first day of the meet shall govern the entire meet.

Bonus Heat: The first or slowest heat of finals at swim meets when three heats of finals are swum.

Bull Pen: Place where swimmers report at meets, before their event, to receive their entry cards and to be arranged into their heat and lane assignments.

Circle Seeding: See pyramid seeding.

Consolation Heat: The first, or slower, of two heats of finals at a championship meet.

Course: Designated distance over which the competition is conducted. Long course (LCM) is 50 M and short course is 25 YDS (SCY) or 25M (SCM).

Deck Seeding: Heat and lane assignments are determined for the swimmers at the beginning of each meet session after scratches are taken out.

DQ/Disqualification: A swimmer is usually disqualified when he performs a stroke, touch, or turn incorrectly or when he enters the water before the start (false start).

False Start: When a swimmer enters the water before a race or moves during the start, he may be charged with a false start. This results in disqualification since USA swimming has a "no false start" rule.

Dual Meet: Meets conducted between two teams, usually with a limitation on the number of entrants from each team.

Finals: The session of a meet when qualifying rounds were held previously to determine the finalists. Usually there are one or two heats of finalists and their order of finish determines the ultimate placement in a given event. Most trials-finals meets are on a championship level.

Heat: The group of swimmers who swim a race at the same time. Several heats may be held in a particular event.

Heat Sheets: Printed listings of all swimmers by event number and entry time. These are also called the meet programs or "psych sheets."

IM/Individual Medley: Individual medley, the event in which a swimmer swims butterfly, backstroke, breaststroke, and any other stroke in that order.

Lap: Two lengths of the pool.

Length: One length of the pool.

Long Course: Refers to a swim meet contested in a 50 meter pool. Most long course meets take place in late spring and early summer (April-July).

LSC/Local Swimming Committee: One of several regional groups such as Connecticut Swimming charged with the conduct of all USA activities in that region.

Medley Relay: Four swimmers on each relay team each swim one fourth of the total prescribed distance in this order: backstroke, breaststroke, butterfly, and freestyle.

Prelims/Trials: In certain meets, the qualifying rounds for each event to determine the finalists.

Proof of Time: A requirement at some meets to make certain that swimmers have legally met the entry time standards for that meet.

Pyramid Seeding: In trials or preliminaries of trials-finals meets, the swimmers in the top three heats are intermingled so that the fastest three swimmers are in the middle lanes of the last three heats, the next three in



the lane next to that in each of those heats, and so forth. This is also called “circle seeding.” In finals, those finishing fastest by time swim in the top one or two heats (final and consolation final).

Referee: The USA official who has the final authority over all other officials at the meet. He makes all final decisions and sees to the efficient running of the meet.

Seed Times: The times a swimmer uses to enter a meet. These times appear on the heat sheet and the entry cards and determine the swimmer’s heat and lane assignment in a meet.

Seeding: The process of assigning swimmers to lanes and heats by time. In general the swimmers with the slower seed times swim in the earlier heats. The order of swimming in the final heats depends on the type of meet.

Senior Meet: A meet with only one age group called “senior.” Swimmers of any age who have met the qualifying times may compete.

Short Course: Refers to a swim meet contested in a 25 yard pool. Most short course meets take place in the fall and winter (September to March).

Soft Touch: When the swimmer hits the wall on top of the touch pad or without the requisite force to immediately trigger the stop signal.

Straight Seeding: Swimmers are assigned to lanes in heats from slowest to fastest. In a given heat, the fastest swimmers swim in the middle lanes and the slower ones on the outer lanes.

Split: The time a swimmer achieves in one or more laps of his race. Coaches use these times to help instruct swimmers in pacing. For example, the time for the first 50 yds in a 100 yd race is the swimmer’s 50-yd split.

Starter: The USA official responsible for starting each heat and calling the swimmers to the blocks.

Stroke and Turn Judge: A USA official who determines the legality of swimmers’ strokes, turns, and finishes and disqualifies those who do not conform to USA rules.

Splash Magazine: A quarterly magazine about competitive swimming. The Wahoos have been featured in it several times. Members of USA Swimming are automatically subscribed.

Time Standards: A set of times developed by USA Swimming to assist swimmers in performance planning. They are based on percentiles of the 16th fastest time in each stroke in each age group.

Top 10: A tabulation of the top 10 times in the US in each age group and stroke. These are published annually in Swimming World. The “consideration” times that may be eligible appear in the USA rulebook and on the CSI website.

Touch Pad: An electronic pad which stops a clock when the swimmer touches it at the end of the race. This is usually the official time although corrections are made if the swimmer misses the pad (soft touch).

Unattached: The status a swimmer receives when changing from one USA club to another. A swimmer must swim unattached for 120 days from the date of the last USA meet he swam for the previous club. During this time he may compete individually, but may not be entered in relays. Connecticut high school swimmers compete unattached for their USA clubs during the high school swim season.

USA Swimming: Abbreviation for United States Swimming, the governing body for all amateur swimming in the U.S. National headquarters are in Colorado Springs, CO.

Wahoo: The wahoo is reputed to be one of the fastest game fish in the world. It is a long, lean fish related to the mackerel and is found in the warmer Pacific waters. Because of its speed and tenacity, the wahoo was selected as the team symbol when the team was formed.

Once a Wahoo, Always a Wahoo.

