

INTRODUCTION & WELCOME

Welcome to the Bellefonte Family YMCA Stingray Swim team. The following pages are intended to help guide the new parent into the sport of swimming with the Bellefonte Family YMCA.

Looking around at other sports, swimming is really very unique. One of the major differences between swimming and most other activities lies in the fact that swimming is a sport that can encompass all twelve months of the year. Additionally, swimming is truly a life-long activity. Once a swimmer ends his or her competitive involvement, there is ample opportunity to continue swimming for health and recreation purposes throughout life.

An additional difference between swimming and most other sports is that swimming requires more parent involvement. For example, when a team hosts a swimming meet, it may take as many as 30 adults to administer the meet. These activities range all the way from planning the meet to staffing the meet when it occurs. Another way of looking at it is to say that swimming requires at least some involvement of each and every parent who has a child on that team. Every parent should share the work to put on a meet. Otherwise, the work focuses disproportionately on those who do the work.

We encourage you to learn about the sport and get involved. You will find that you will have more fun. It is not complex and you will learn quickly. While you learn about the administrative and competitive side of the sport, your child is learning spirit, competition and is gaining magnificent cardiovascular conditioning as well as meeting new friends and gaining positive reinforcement by seeing self improvement.

Winning for your child is not always beating everyone else in the pool. Self-improvement is the goal and can be easily measured and achieved. There is a saying among swimmers that sums it all up. WINNING IS BEATING YOUR OWN BEST TIME! As your child improves, improvement will be measured by the time it takes to swim a particular event. Each time that a previous best time is improved, that is winning! The child will have done better than they ever did before, and that generates strong self-confidence and personal satisfaction. At first, this improvement will occur nearly every time the child swims an event. This will be self-motivating and will cause the child to want to continue.

Just as your child is uncomfortable with the unknown of a first-time activity, so are adults. The goal of this booklet is to impart a level of greater understanding to you, and to ease the transition for you.

When we speak to new swimming parents they will often express concern that their child will be embarrassed during practice and competition because they are new swimmers and therefore not as good as the others in the pool. They are absolutely correct, but the system is designed so the child will not face that situation. The team practice may take the form of placing novice swimmers in certain lanes and the more experienced swimmers in other lanes. We also have separate practice times for younger and older swimmers. Whatever the case, your child will not be expected to perform at a level with more experienced and accomplished swimmers. As your child improves, the coach will move him or her to the appropriate lane, or practice session.

EXECUTIVE COMMITTEE

President – The President shall conduct meetings of the executive committee and general meetings and maintain communications with the Aquatics Director of the YMCA. The President shall also serve as League Representative at all League meetings in addition to Bellefonte Family YMCA staff representation.

Vice President – The Vice President acts as the Meet Director. The Vice President shall prepare for the meet and take care of all equipment necessary to run the swim meets. The Vice President shall also coordinate volunteers for all swim meets.

Secretary – The Secretary shall take the minutes at all general meetings and executive committee meetings. The Secretary shall assist the Vice President in the preparation of all paper work necessary to run the swim meets. The Secretary shall be responsible for maintaining and up dating the team roster, as well as for timely distribution to the League of the team roster

Treasurer – The Treasurer shall maintain the financial records of the organization.

Directions to Summer Swim Meets

Park Forest Pool, State College

From Lewistown, follow 322W to State College. Stay on 322W (Do NOT bear right on 322W Business Route). Take Valley Vista / Park Forest exit. At the light (intersection of North Atherton/322 Business Route) make a left on to North Atherton. Turn right on Galen Drive. Turn left on Amblewood Way. Turn left on School Drive and pool is on the right. PARK IN THE MIDDLE SCHOOL PARKING LOT, THERE IS A PATH TO THE POOL!

Penns Valley Pool, Millheim

Take RT 144 through Pleasant Gap, over the Centre Hall Mountain, through Centre Hall and make a left onto RT 45 near the Snappy's. When you reach Millheim, go through the stoplight, over the bridge and bear left immediately past the bridge. (There should be a white life preserver with "POOL" on a tree on the left.) Follow the road around several curves to the pool on the left. It looks like you're driving into a farm, which you are. Don't worry; the pool is Down there too.

Rec. Park Pool, Lewistown

Follow 322 East from State College\Potters Mills towards Lewistown At Lewistown; take the East Charles Street exit Turn right at first light onto S. Dorcas St. Turn right on to Montgomery St. At the stop sign (3-way stop) continue straight on Montgomery St. Turn right on Cherry St. (Rec. Park entrance)

Science Park (SPRA) Pool, State College

From Lewistown, follow 322W towards State College. Bear right on to 322W Business route. After you pass Hills Plaza and Perkins, get into left lane to turn left on University Drive. This is the light at the intersection with Kentucky Fried Chicken. University Drive will turn into Whitehall Road. At the 2nd light, make a right on West College Ave (Route 26 North) (UniMart is on this corner). At the second light, make a left on Science Park Road. Stay on Science Park for almost 2 miles and pool is on the left, marked with a sign "Science Park Rec. Association".

**DUE TO ROAD CONSTRUCTION YOU CAN EXPECT UP TO A 20-MINUTE DELAY PLAN ACCORDINGLY.
DO NOT PARK AT THE WONDERLAND PLAYSCHOOL YOU WILL BE TOWED!**

Welch Pool, State College

From Lewistown, follow 322W towards State College. Bear right on to 322W Business route. Follow 322W (Atherton Street) to the light at Westerly/Easterly Parkway. Turn left on to Westerly Parkway. You will go past a shopping plaza and schools on either side. The pool is on the left, across from the State College Area High School.

MAKE SURE YOU PARK IN A MARKED SPACE DO NOT PARK IN THE GRASS; ADDITIONAL PARKING IS ALSO AT THE SOUTH BUILDING.

INTRODUCTION/WELCOME CONTINUED

Meets are structured so that swimmers of similar age and ability will compete together in a meet; swimmers are divided into male and female events. They are further divided into age groups. In invitational style meets, for each of the 10 and under events all the entries are entered on the basis of their entered times, or if a swimmer has never entered that event before, the entry will be listed "NT" for "no time". If the swimming pool has 6 swimming lanes, the slowest 6 entered times will be "seeded" together. Even if there are 100; 10 and under boys entered into that event, your child will be seeded with 5 other 10 and under boys who have entered times closest to that of your son. The faster entries will swim in subsequent "heats", and slower entries will swim in earlier heats. A given event may have anywhere from one to ten or more heats. The slowest swimmers swim in heat 1 and the fastest swimmers swim in the last heat. For the winter league the child's age group is determined by age as of December 1st of the calendar year, summer is the June 1st of the calendar year some invitational can go by age on day of meet.

Our coach is a YMCA employee. The Bellefonte Family YMCA is responsible for all aspects of the coach including background and training. Please keep in mind that the coaches also have other full time jobs.

There are three different types of organizations your swimmer may participate in during their swimmer career. PIAA, USS, or YMCA. PIAA is the organization that oversees high school swimming. In order to swim in YMCA events, you must be a member of the YMCA where your team is located. USS is a separate administration for teams that want to compete in other events than high school or YMCA.

This brief introduction was designed to provide you with just enough material so that you might get a couple of your main questions addressed, and that you would feel comfortable going forward. There is information in this booklet that not only will benefit new swimming parents, but also for some of those who may have been around for a while and forgotten some of the basics. This booklet does not supersede the Bellefonte Family YMCA Swim team Handbook or the team by-laws. Practices are structured to ensure that swimmers of similar ability levels are put in with each other.

LIST OF VOLUNTEERS NEEDED TO RUN EACH LEAGUE MEET:

Timers– an on deck position utilizing stop watches (provided) to clock the swimmers time. The time is noted on the deck card given to the timer by the swimmer. Great starting position for newcomers.

Scorers** - Rank incoming heat cards by place and scores points for each swimmer based on results.

Stroke and Turn Judge (s)** - This official watches the swimming event for correct stroke and/or turn for a designated stroke. Each event must have legal technique.

Place/Finish Judge** - This official write the finish of the swimmers in a heat by place order for all lanes unless swimmer is exhibition (swimming for time only).

Starter** - This official begins the race with the electronic starter system.

Meet Referee** - This official is in charge of the whole meet. The meet referee must be very familiar with swim meet operations, strokes and procedures. The meet referee instructs timers, place judges and stroke and turn judges for proper procedure during each meet.

Announcer** - This official notifies swimmers via pa system of current events and events for seeding.

Seeding - Make sure all swimmers are in the correct order for each event. The seeding person must know the order of events and get the swimmers to the blocks in a timely manner.

Deck Parent - The coach will give copies of the meet line up to the deck parent who is responsible for getting the swimmers (mainly younger) to seeding.

Concession - Parents who help out in the concession stand during a meet.

** DENOTES OFFICIAL CERTIFIED VOLUNTEER POSITION

DIRECTIONS TO WINTER LEAGUE MEETS

These are USUALLY the locations for away meets.
However, changes are possible! Watch for announcements!

BLOOMSBURG UNIVERSITY

Take I-80 to the Light Street Exit (Old Exit 35). Make a left at the stop sign at the end of the exit ramp going towards Bloomsburg. Watch for the Nelson Field house sign and Bloomsburg university sign (right at the Maintenance Building). Turn right on Country Club Road and follow the road up the hill to the field house. (Approximately 1 ½ hour drive time)

BLOOMSBURG MIDDLE SCHOOL

Take I-80 east to exit 34 – Buckhorn exit. At stop sign at end of exit ramp, make a right onto Rt. 42 south and follow for approx. 2 miles. Take Rt.11 north – Bloomsburg. You will go around a cloverleaf and pass the Bloomsburg Fairgrounds are on your right. Rt. 11 north become Main Street; Stay on Main Street a few blocks. Make a right onto Railroad Street (Luigi's Pizza will be on your left) Follow Railroad Street several short blocks to 11th Street. You will see the middle school ahead on the right. Make a right in front of the BMS building sign and follow road along side of school to the back parking lot, next to football stadium.

JERSEY SHORE HIGH SCHOOL

Take Rt. 220 North. Take Thomas Street exit. Go 2 blocks to yellow blinking light. Turn left onto Allegheny Street, which is a T intersection. Turn right onto Bastress Street (at intersection on left is an Exxon Station). Go about 2 blocks to another T intersection. Turn left onto Locust Street go down the hill. The Junior High will be on the left, turn right into Locust Elementary School parking lot, and stay on the road, which takes you to the high school. (It is a one-way street only during school hours.) (Approximate 1-hour drive time.)

LOCK HAVEN

Take 220 North to Lock Haven. Get off at the Mill Hall exit. At stoplight turn right. Follow this road through Flemington and into Lock Haven where it becomes Bellefonte Avenue. Go past University Ford and pass the A+ Mart down hill towards town. Just about halfway down the hill you must make a left turn onto North Fairview Street. (There is a sign "120 W." and "Lock Haven University" on the right.) Go through the first light, building with pool will be on your left. (Approximate 30-minute drive time)

MILTON BRANCH OF GREATER SUSQUEHANNA VALLEY (WEST BRANCH AT DANVILLE)

Take I-80 east to exit 33, go to Danville, take a left at Route 11 North, stay on 11 to the fourth stop light, turn right, go to top of hill and turn right at sign for Diehl School, go around parking lot to back where Community Center is located. (Approximate 1 ½ hour drive time)

SUNBURY

Take I-80 east to 15 South. Remain on 15 south into Selinsgrove. (Route 15 south is also Market Street.) GO to the intersection of Market Street and Pine Street, which is supposedly the first traffic light in town and there is a drug store (People's or Rhea & Derrick) on the right. Turn right onto Pine Street and proceed for 1-½ miles and Susquehanna University will be on your left. At first building before Chapel, turn left into the parking lot. (Approximate 1 ½ hour drive time)

WILLIAMSPORT

Take 220 North to Fourth (4th) Street Exit at Williamsport. Travel approximately 1 to 1 ½ miles and there is a sign on the left for Williamsport Area Senior High School. Turn left and the school is approximately ½ mile at the top of the hill. (Approximate 1-hour drive time)

SCRANTON

Take Interstate 80 to Interstate 81 North to exit 55. (Dunmore/Throop – this will be the second Dunmore exit) travel through a short tunnel on the way to the ramp. Turn left as you come off the ramp. Travel over Interstate 81. At the second traffic light (Burger King), turn left. Bear left at the first stop sign. This road leads directly to the YMCA. We share a parking lot with Friendly's Restaurant. We ask that all YMCA members and guests use the large parking lot on the right.

Getting Parents on the Team

By Dr. Alan Goldberg of Competitive Advantage

PARENTS' ROLE:

1. **DON'T COACH** - Leave coaching to coaches. This includes pre-race psyching, motivation, after race critiquing, setting goals, enforcing additional cross training, etc.
 2. **SUPPORT THE COACH** - Your coaches are the experts. They need your support for everyone to "win".
 3. **SUPPORT THE PROGRAM** - Get involved. Volunteer. Help out at meets, fundraisers, etc.
 4. **BE YOUR CHILD'S BEST FAN** - Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should not have to perform to win your love.
 5. **SUPPORT AND ROOT FOR ALL SWIMMERS ON THE TEAM** - Foster teamwork. Your child's teammates are not the enemy. When they go faster than your child, your child now has a wonderful opportunity to improve.
 6. **DO NOT BRIBE OR OFFER INCENTIVES** - Your job is not to motivate. Leave this to the coaching staff. Bribes will distract your child from proper race concentration.
 7. **TAKE YOUR CONCERNS AND PROBLEMS DIRECTLY TO THE COACH** - If you have a problem with the coach, do not go to other parents to discuss it. Go straight to the coach involved. Talking behind the coach's back will not get you what you want.
 8. **UNDERSTAND AND DISPLAY APPROPRIATE MEET BEHAVIOUR** - Remember your child's self-esteem and race performance is at stake. Be supportive and cheer but always be appropriate.
 9. **MONITOR YOUR CHILD'S STRESS LEVEL AT HOME** - Keep an eye on your swimmer to make sure he is handling stress effectively from the various activities in his life.
 10. **MONITOR EATING AND SLEEPING HABITS** - Be sure your child is eating the proper foods and getting adequate enough rest.
 11. **HELP YOUR CHILD KEEP HER PRIORITIES STRAIGHT** - Help your child maintain a focus on school-work, relationships and the other important things in life besides swimming. Also' if your child has made a commitment to swimming, help her keep the priorities around this in mind.
 12. **"REALITY TEST" FOR YOUR CHILD** - If a swimmer comes out of the pool with a personal best time and a last place finish, help him understand that this is a "win". Help him keep things in their proper perspective including losses, disappointments and failures.
 13. **KEEP SWIMMING IN PERSPECTIVE** – Swimming should not be larger than life for you. If your child's performances elicit strong emotions, keep these away from him. Remember your relationship will continue with your children long after their swimming days are over. Keep your goals and needs out of the pool.
 14. **BE AN APPROPRIATE LIASION TO THE COACH** - Keep the coach informed as to how your child is responding to the experience (when appropriate). If your child is having trouble with something that happened in the pool or with something the coach said, help the child deal with it and if necessary, speak directly with the coach.
- KEEP THINGS IN PERSPECTIVE** - Remember which one of you is the swimmer and do not overburden your child with pressure to win or achieve best times. It's a sport; it is supposed to be a pleasurable experience for your child. Let him know that first, he is the child you love and second, he is a swimmer. Stated another way, place the athlete first and winning second. This doesn't mean that winning is unimportant; striving to win is essential to enjoyable competition and swimming is a competitive sport! However, an obsession with winning often produces undue pressure, resulting in below par performances and unhappy children. We award medal and ribbons to the winners, but that doesn't mean that everyone else in the race is a loser! Remember that fun and improvement are equally important and worth striving for. Accept both your child's successes and failures as belonging to the child. Neither is a reflection on you! You did not swim the race just as you do not practice and train for the race. In a recent study conducted in the Pacific Northwest LSC, "58% of coaches believed that parents sometimes, often or almost always lived through their child and defined their self-worth in terms of the child's success." If swimming is important to your child it should also be important to you. But don't forget that being a swimmer is only part of who your child is.

CHAMPIONSHIPS

- The championship meet is the final meet of the League for the season. **All** teams/swimmers will attend if the swimmer has attended 2 scheduled league meets during the season. A league meet does not include invitational or USA Swimming meets.
- Each year a different team host this meet (fundraiser).
- The events your child swims in are decided by the coach for the best interest of the child. You can request certain events for your child but the coach makes the final decision.
- Championships are divided into 2 sessions (same day) Session #1 8& under and 9/10 age groups, session #2 11/12, 13/14 & 15—18 age groups.
- Championship meet is a seeded meet. Programs are available to purchase at the meet.
- T-shirts are usually limited at Championships. The team will place pre-orders. **NO ORDERS WILL BE TAKEN WITHOUT PAYMENT.**
- Boutique—Generally there is a boutique at Championships to purchase swim gear etc.
- Concession—Concession is available.
- **VOLUNTEERS**—Each year for Championships every team is in charge of a different aspect of the meet.

DISTRICTS

- To be eligible to swim in the districts meet the swimmer must have qualified . Qualifying District times are posted on the bulletin board.
- The district meet is hosted at a different location every few years. Our team falls under West Districts usually swam at IUP or Clarion.
- Districts are divided into 2 sessions (held over 2 days) Session #1 includes the 9/10 & 11/12, Session #2 includes the 13/14 & 15—18 age groups.
- The top 9 swimmers (+2 alternates) in each event can move on to the States meet.
- Districts meet is a seeded meet. Programs are available to purchase at this meet.
- T-shirts are usually limited at Districts. The team will place pre-orders. NO ORDERS WILL BE TAKEN WITHOUT PAYMENT.
- Boutique—Generally there is a boutique at Championships to purchase swim gear etc.
- Concession—concession available
- VOLUNTEERS—Officials are requested for the district meet.

SWIMMERS TO DO LIST WHAT TO DO AT PRACTICE AND AT MEETS

DRY-LAND: Be there and ready to go. Wear sneakers as we may run. Bring a towel to sit on as we will do pilates in the grass. If you have a mat, all the better. If you can't perform an activity, you will be asked to sit out and wait until we do something you can perform. Be patient. We will stop after about 1 hour and stretch and recover. After that time, we will go to the pool and begin set up for practice.

PRACTICE: Be there and ready to go. Bring the proper equipment for practice (towels, warm clothes, goggles, sunscreen, or anything else necessary). You will be assigned a lane for practice. Use that lane every day unless told otherwise. If the water is too cold, or if you can't perform for any other reason, please sit on the wall and wait until you either feel better, or it is time to go. Do not go into the locker room as I need to see you.

I will be looking for **effort and improvement** at practice. Try to pay attention to doing things well.

There are some things I want you to do during practice. These are:

Three in and three out of every wall. Use the underwater stroke off walls. Use your length and bodyline. Be aware of your head and its movements!

There are some things you need to avoid doing during practice:

Swim – don't stand. Always turn well. Respect your teammates – don't disrupt their practice

SHOULDER PROBLEMS: If your shoulder begins to hurt, we are going to emphasize the approach used by the vast majority of swimming programs around (including Big Cat, for example):

Let the coach know you are hurting. Continue with practice until the discomfort is great enough that you can no longer swim properly. This time interval will vary for different swimmers. Remember, when you can no longer use the joint properly – GET OUT!! Immediately ice the shoulder. This is a full wrap, not just 3 or 4 ice cubes. Imagine a pitcher in baseball when leaving a game. Wrap the shoulder 3-5 times each day. Continue to do this at each practice. The shoulder will steadily strengthen and accustom itself to the stress you are placing on it. In extreme cases, we will allow for use of flippers if the pain is too great.

I realize that this sounds hard – telling you to tolerate pain – but it is the recommended course of action for swimming programs all over. Keep in mind, most swimmers (over 90%) will experience pain in their shoulder. If you handle it properly, you can overcome it.

SETTING UP/TEARING DOWN FOR PRACTICE: Be on time so that you can help. Everyone helps to set up – do not talk and hope someone else does it. Everyone helps to clean up – do not sneak into the locker room.

SWIM MEETS – LETTING ME KNOW! If you are missing a meet, please use the website to send me the message. I would also like a back-up, as with the computer program, changing line-ups is very difficult. I will also have a sign-up sheet at the practice site. This is very important, as I will rely on it for making my line-ups. All you have to do is:

Sign up if you are going to a meet Or E-mail me that you are going to the meet. In this way, I have a record of 'not attendings' and a record of 'attendings'. **Important:** If you are not on the list for attending, I won't enter you in the meet. In other words, you must be on one list or the other.

SWIM MEETS – WHAT TO DO:

For home meets, be on the deck and ready to swim. Older swimmers are urged to arrive sooner so as to help us set up for the meet. All swimmers are needed to clean up. For an away meet, be on the deck ready to go.

Bring multiple towels, warm clothes (some evenings get cold) and all equipment. Of course, bring suits. Try to eat easy to digest foods during the meet. No hot sausage sandwiches right before a race! Pay attention to the meet and you won't miss your event. Cheer for your teammates. You will be involved in the meet (not missing events) and have a lot of fun. If possible, stay to the end of all meets to await the score announcement. If you must go, inform the coach.

CHAMPIONSHIPS: This league has a large championship meet on one day. Medals and ribbons are awarded at this meet. The coaching staff would like every swimmer to attend, so try to be available on those dates. The relays are great places to swim and win awards, but we can't swim them if everyone isn't there!

FINALLY: We have grown into a wonderful team. I welcome all new members and returning members. This will be our second year in this league, and I am looking forward to continuing to improve against some tough competition. Keep in mind that I am looking for each swimmer to:

Have fun and Improve skills

jamesmerinar@comcast.net

Thank you, and have a great season,
Coach Jim

PS: Please use our web page: <http://www.bellefonte-stingrays.com>. It has all the directions to the meets. It also has the icon to indicate non-attendance at a meet.

Watch	The hand held device used by timers and coaches for timing a swimmers races and taking splits.
Whistle	The sound a starter/referee makes to signal for quiet before they give the command to start the race, signal the swimmers to step-up, could be used to start the race if a starting system is not available, could also be used during a false start.
Work Out	The practice sessions a swimmer attends.
Yards	The measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length.
Yardage	The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.

STATES MEET

- The top 9 swimmers (+2 alternates) from both East and West Districts can move on to the States meet.
- Each year a State College and Bellefonte share hosting this event (fundraiser).
- States are divided into 4 sessions (2 days) Session 1 (day 1) Cadet - 9/10 Session 2 (day 1) Prep 11/12 age group, Session 3 (day 2) Junior 13/14 and Session 4 (day 2) seniors 15-18. A fifth session is generally added at the end of Day 2 session 4 for Time trials for Nationals.
- The states meet is a seeded meet. Programs are available to purchase at the meet.
- T-shirts for state are pre or post purchase. The team will place pre-orders, orders after the order deadline will be taken at States for a higher cost+ shipping. NO ORDERS WILL BE TAKEN WITHOUT PAYMENT.
- Boutique—there is a boutique at States to purchase swim gear etc.
- Concession—Concession is available.
- VOLUNTEERS—States is our biggest fundraiser, it keeps our team from having more fundraisers. The money raised from States is how our team is able to supplement the swimmers families. **Each** family is asked to work 2 (two) sessions at states regardless if you have a swimmer attending.

“Ten Commandments for Swim Team Parents”

By Rose Snyder

(Adapted from Ed Clendaniel's "Ten Commandments for Little League Parents")

1. Thou shalt not impose your ambition on thy child. Remember that swimming is the child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other swimmers or based on what you think should be achieved. The best thing about swimming is that everyone can strive to be his or her personal best, regardless of age or ability.
2. Thou shalt be supportive no matter what. There is only one question to ask your child: "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.
3. Thou shalt not coach your child. You have taken your child to a professional coach. Do not undermine that coach by trying to instruct your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer/coach bond from forming.
4. Thou shalt only have positive things to say at a swimming meet. If you are going to show up at a meet, you should cheer and applaud, but never criticize your child or the coach.
5. Thou shalt acknowledge thy child's fears. A first meet, or first 1650-yard freestyle, can be a stressful situation. It is totally understandable for your child to have apprehension. Don't yell or belittle; just assure the child that the coach would not have suggested an event or situation if the child was not ready.
6. Thou shalt not criticize the officials or other volunteers. If you do not have the time or desire to volunteer, don't criticize those who are doing the best they can.
7. Honor thy child's coach. The bond between coach and swimmer is special, contributing to your child's success as well as enjoyment. Do not criticize the coach in your child's presence. It will only serve to hurt the child, in and out of the water.
8. Thou shalt not jump from team to team. The water is not necessarily bluer at the other team's pool. Every team has its own internal problems, even championship-winning teams. Better to teach children loyalty and responsibility in helping to solve problems than run from them.
9. Thy child shalt have goals besides winning. Giving an honest effort, regardless of outcome, is more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster. I achieved my goal and I lost. This does not make me a failure. In fact, I am very proud of that swim."
10. Thou shalt not expect thy child to become an Olympian. Of the over 200,000 registered swimmers, only 52 make the Olympic Team every four years. Be realistic in goal setting, but nurture the child's dreams as well.

State Qualifier	A swimmer who has made the necessary cut off times to enter the State meet.
Stand-up	The command given by the Starter or Referee to release the swimmers from their starting position.
Step-Down	The commands given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication everything is not right for the race to start.
Step-up	The commands given by the Starter or Referee to have the swimmers move onto the blocks.
Stroke	There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, and Freestyle.
Stroke Judge	The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be disqualified.
Submitted Time	Times used to enter swimmers in meets. The swimmer at previous meets must have achieved these times.
Swim-A-Thon	The "Fund Raiser" trademarked by USA Swimming for local clubs to use to make money.
Swim America	The professional swim lesson program administrated by the American Swim Coaches Association licensed to coaches.
Swimming World	The most popular of the paid subscription swimming magazines. All swimmers and parents who are interested in swimming should consider a subscription.
Team Records	The statistics a team keeps, listing the fastest swimmer in the clubs history for each age group/each event.
Timed Finals	Competition in which only heats are swum and final placings are determined by those times.
Time Standard	A time set by a meet or LSC or USA-S (etc) that a swimmer must achieve for qualification or recognition.
Timer	The volunteers behind the starting blocks/finish end of pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system.
Time Trial	An event or series of events where a swimmer may achieve or better a required time standard.
Touch Out Touch Pad	To reach the touch pad and finish first in a close race. The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touch pad to register an official time in a race.
Tri-meet	A meet with 3 team competing for points to see who places 1st-2nd-3rd.
Trophy	Type of award given to teams and swimmers at meets.
Unattached	An athlete member who competes, but does not represent a club or team. (Abbr. UN)
Unofficial Time	The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been checked, it will become the official time.
USA-S USA Swimming	The governing body of swimming--USA Swimming. The national governing body of the sport headquartered in Colorado Springs.
Warm-down	The recovery swimming a swimmer does after a race when pool space is available.
Warm-up	The practice and "loosing" up session a swimmer does before the meet or their event is swum.

Pull Buoy	A flotation device used for pulling by swimmers in practice.
Qualifying Times	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. See "A" "AA" (etc.) times.
Race	Any single swimming competition. (I.e.) preliminary, final, timed final.
Recall Rope	A rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 50 feet from the starting end on meter pools.
Referee	The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.
Relays	A swimming event in which 4 swimmers participate as a relay team each swimmer swimming an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Medley relays are conducted over 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances.
Ribbons	Awards in a variety of sizes, styles, and colors, given at swim meets.
Sanction	A permit issued by an LSC to a USA-S group member to conduct an event or meet.
Sanction Fee	The amount paid by a USA-S group member to an LSC for issuing a sanction.
Sanctioned Meet	A meet that is approved by the LSC in which is held. Meet must be conducted according to USA Swimming rules. All participants, including coaches, athletes and officials, must be USA Swimming members.
Scratch	To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events.
Seed	Assign the swimmers heats and lanes according to their submitted or preliminary times.
Seeding	Deck Seeding - swimmers are called to report to the Clerk of the Course. After scratches are determined, the event is seeded. Pre Seeding - swimmers are arranged in heats according to submitted times, usually a day prior to the meet.
Session	Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group.
Short Course	A 25 yard or 25 meter pool.
Simultaneously	A term used in the rules of butterfly and breaststroke, meaning at the same time.
Split	A portion of an event, shorter than the total distance, that is timed. (ie) A swimmers first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.
Start	The beginning of a race. The dive used to begin a race.
Starter	The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.

SUMMER EVENT LIST

#1	GIRLS 8 & UNDER 100 MEDLEY RELAY	#2	BOYS 8 & UNDER 100 MEDLEY RELAY
#3	GIRLS 9-10 100 MEDLEY RELAY	#4	BOYS 9-10 100 MEDLEY RELAY
#5	GIRLS 11-12 200 MEDLEY RELAY	#6	BOYS 11-12 200 MEDLEY RELAY
#7	GIRLS 13-18 200 MEDLEY RELAY	#8	BOYS 13-18 200 MEDLEY RELAY
#9	GIRLS 6 & UNDER 25 FREESTYLE	#10	BOYS 6 & UNDER 25 FREESTYLE
#11	GIRLS 7-8 25 FREESTYLE	#12	BOYS 7-8 25 FREESTYLE
#13	GIRLS 9-10 25 FREESTYLE	#14	BOYS 9-10 25 FREESTYLE
#15	GIRLS 11-12 50 FREESTYLE	#16	BOYS 11-12 50 FREESTYLE
#17	GIRLS 13-14 50 FREESTYLE	#18	BOYS 13-14 50 FREESTYLE
#19	GIRLS 15-18 50 FREESTYLE	#20	BOYS 15-18 50 FREESTYLE
#21	GIRLS 9-10 100 IM	#22	BOYS 9-10 100 IM
#23	GIRLS 11-12 100 IM	#24	BOYS 11-12 100 IM
#25	GIRLS 13-14 100 IM	#26	BOYS 13-14 100 IM
#27	GIRLS 15-18 100 IM	#28	BOYS 15-18 100 IM
#29	GIRLS 8 & UNDER 25 BREASTSTROKE	#30	BOYS 8 & UNDER 25 BREASTSTROKE
#31	GIRLS 9-10 25 BREASTSTROKE	#32	BOYS 9-10 25 BREASTSTROKE
#33	GIRLS 11-12 50 BREASTSTROKE	#34	BOYS 11-12 50 BREASTSTROKE
#35	GIRLS 13-14 50 BREASTSTROKE	#36	BOYS 13-14 50 BREASTSTROKE
#37	GIRLS 15-18 50 BREASTSTROKE	#38	BOYS 15-18 50 BREASTSTROKE
#39	GIRLS 6 & UNDER 25 BACKSTROKE	#40	BOYS 6 & UNDER 25 BACKSTROKE
#41	GIRLS 7-8 25 BACKSTROKE	#42	BOYS 7-8 25 BACKSTROKE
#43	GIRLS 9-10 25 BACKSTROKE	#44	BOYS 9-10 25 BACKSTROKE
#45	GIRLS 11-12 50 BACKSTROKE	#46	BOYS 11-12 50 BACKSTROKE
#47	GIRLS 13-14 50 BACKSTROKE	#48	BOYS 13-14 50 BACKSTROKE
#49	GIRLS 15-18 50 BACKSTROKE	#50	BOYS 15-18 50 BACKSTROKE
#51	GIRLS 8 & UNDER 25 BUTTERFLY	#52	BOYS 8 & UNDER 25 BUTTERFLY
#53	GIRLS 9-10 25 BUTTERFLY	#54	BOYS 9-10 25 BUTTERFLY
#55	GIRLS 11-12 50 BUTTERFLY	#56	BOYS 11-12 50 BUTTERFLY
#57	GIRLS 13-14 50 BUTTERFLY	#58	BOYS 13-14 50 BUTTERFLY
#59	GIRLS 15-18 50 BUTTERFLY	#60	BOYS 15-18 50 BUTTERFLY
#61	GIRLS 11-12 100 FREESTYLE	#62	BOYS 11-12 100 FREESTYLE
#63	GIRLS 13-14 100 FREESTYLE	#64	BOYS 13-14 100 FREESTYLE
#65	GIRLS 15-18 100 FREESTYLE	#66	BOYS 15-18 100 FREESTYLE
#67	GIRLS 8 & UNDER 100 FREE RELAY	#68	BOYS 8 & UNDER 100 FREE RELAY
#69	GIRLS 9-10 100 FREE RELAY	#70	BOYS 9-10 100 FREE RELAY
#71	GIRLS 11-12 200 FREE RELAY	#72	BOYS 11-12 200 FREE RELAY
#73	GIRLS 13-18 FREE RELAY	#74	BOYS 13-18 FREE RELAY

WINTER EVENT LIST

1	GIRLS	15/18	400	MEDLEY RELAY	45	GIRLS	15/18	100	BUTTERFLY
2	BOYS	15/18	400	MEDLEY RELAY	46	BOYS	15/18	100	BUTTERFLY
3	GIRLS	13/14	200	MEDLEY RELAY	47	GIRLS	8&U	50	FREESTYLE
4	BOYS	13/14	200	MEDLEY RELAY	48	BOYS	8&U	50	FREESTYLE
5	GIRLS	11/12	200	MEDLEY RELAY	49	GIRLS	9/10	100	FREESTYLE
6	BOYS	11/12	200	MEDLEY RELAY	50	BOYS	9/10	100	FREESTYLE
7	GIRLS	9/10	200	MEDLEY RELAY	51	GIRLS	11/12	100	FREESTYLE
8	BOYS	9/10	200	MEDLEY RELAY	52	BOYS	11/12	100	FREESTYLE
9	GIRLS	8&U	100	MEDLEY RELAY	53	GIRLS	13/14	100	FREESTYLE
10	BOYS	8&U	100	MEDLEY RELAY	54	BOYS	13/14	100	FREESTYLE
11	GIRLS	15/18	200	FREESTYLE	55	GIRLS	15/18	100	FREESTYLE
12	BOYS	15/18	200	FREESTYLE	56	BOYS	15/18	100	FREESTYLE
13	GIRLS	13/14	200	FREESTYLE	57	GIRLS	8&U	25	BACKSTROKE
14	BOYS	13/14	200	FREESTYLE	58	BOYS	8&U	25	BACKSTROKE
15	GIRLS	11/12	200	FREESTYLE	59	GIRLS	9/10	50	BACKSTROKE
16	BOYS	11/12	200	FREESTYLE	60	BOYS	9/10	50	BACKSTROKE
17	GIRLS	9/10	50	FREESTYLE	61	GIRLS	11/12	50	BACKSTROKE
18	BOYS	9/10	50	FREESTYLE	62	BOYS	11/12	50	BACKSTROKE
19	GIRLS	8&U	25	FREESTYLE	63	GIRLS	13/14	100	BACKSTROKE
20	BOYS	8&U	25	FREESTYLE	64	BOYS	13/14	100	BACKSTROKE
21	GIRLS	11/12	50	FREESTYLE	65	GIRLS	15/18	100	BACKSTROKE
22	BOYS	11/12	50	FREESTYLE	66	BOYS	15/18	100	BACKSTROKE
23	GIRLS	13/14	50	FREESTYLE	67	GIRLS	15/18	500	FREESTYLE
24	BOYS	13/14	50	FREESTYLE	68	BOYS	15/18	500	FREESTYLE
25	GIRLS	15/18	50	FREESTYLE	69	GIRLS	8&U	25	BREASTSTROKE
26	BOYS	15/18	50	FREESTYLE	70	BOYS	8&U	25	BREASTSTROKE
27	GIRLS	8&U	100	INDIVIDUAL MEDLEY	71	GIRLS	9/10	50	BREASTSTROKE
28	BOYS	8&U	100	INDIVIDUAL MEDLEY	72	BOYS	9/10	50	BREASTSTROKE
29	GIRLS	9/10	100	INDIVIDUAL MEDLEY	73	GIRLS	11/12	50	BREASTSTROKE
30	BOYS	9/10	100	INDIVIDUAL MEDLEY	74	BOYS	11/12	50	BREASTSTROKE
31	GIRLS	11/12	200	INDIVIDUAL MEDLEY	75	GIRLS	13/14	100	BREASTSTROKE
32	BOYS	11/12	200	INDIVIDUAL MEDLEY	76	BOYS	13/14	100	BREASTSTROKE
33	GIRLS	13/14	200	INDIVIDUAL MEDLEY	77	GIRLS	15/18	100	BREASTSTROKE
34	BOYS	13/14	200	INDIVIDUAL MEDLEY	78	BOYS	15/18	100	BREASTSTROKE
35	GIRLS	15/18	200	INDIVIDUAL MEDLEY	79	GIRLS	8&U	100	FREESTYLE RELAY
36	BOYS	15/18	200	INDIVIDUAL MEDLEY	80	BOYS	8&U	100	FREESTYLE RELAY
37	GIRLS	8&U	25	BUTTERFLY	81	GIRLS	9/10	200	FREESTYLE RELAY
38	BOYS	8&U	25	BUTTERFLY	82	BOYS	9/10	200	FREESTYLE RELAY
39	GIRLS	9/10	50	BUTTERFLY	83	GIRLS	11\12	200	FREESTYLE RELAY
40	BOYS	9/10	50	BUTTERFLY	84	BOYS	11\12	200	FREESTYLE RELAY
41	GIRLS	11/12	50	BUTTERFLY	85	GIRLS	13/14	200	FREESTYLE RELAY
42	BOYS	11/12	50	BUTTERFLY	86	BOYS	13/14	200	FREESTYLE RELAY
43	GIRLS	13/14	100	BUTTERFLY	87	GIRLS	15/18	400	FREESTYLE RELAY
44	BOYS	13/14	100	BUTTERFLY	88	BOYS	15/18	400	FREESTYLE RELAY

Leg	The part of a relay event swam by a single team member. A single stroke in the IM.
Length	The extent of the competitive course from end to end.
Long Course	A 50-meter pool.
Lycra	A stretch material used to make competitive swimsuits and swim hats.
Malfunction	A mechanical or electronic failure - not a human failure by the swimmer.
Mark	The command to take your starting position.
Medals	Awards given to the swimmers at meets. They vary in size and design and method of presentation.
Meet	A series of events held in one program.
Meet Director	The official in charge of the administration of the meet. The person directing the "dry side" of the meet.
Meters	The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters is 50 meters, short course meters is 25 meters.
Natatorium	A building constructed for the purpose of housing a swimming pool and related equipment.
NCAA	National Collegiate Athletic Association
Novelty Meet	A meet that does not fall into a specific category because of limited events, sessions, or age brackets.
Novice	A beginner or someone who does not have experience.
NT	No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before.
Observed Swim	A swim observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules.
Officials	The certified, adult volunteers, who operate the many facets of a swim competition.
Omega	A brand of automatic timing system.
OT	Official Time. The swimmers event time recorded to one hundredth of a second (.01).
Open Competition	Competition which any qualified club, organization, or individual may enter.
Pace Clock	The electronic clocks or large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warm-ups or swim practice.
Paddle	Colored plastic devices worn on the swimmers hands during swim practice.
Positive Check In	The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer must mark their name on a list posted by the meet ust be USA Swimming members.
Proof of Time	An official meet result, OVC, or other accepted form. Swimmers/Coaches must supply proof of time with some meet entries, and other meets it is not required unless a swimmer misses a cut of time at the meet.
Psyche Sheet	An entry sheet showing all swimmers entered into each individual event. Sometimes referred to as a "Heat Sheet" or meet program. However, a "heat sheet" would show not only every swimmer in an event, but also what heat and lane they are swimming in.

Handbook	A reference manual published by teams/clubs and LSCs or other swimming organizations.
Hats	See "caps".
Heats	A division of an event when there are too many swimmers to compete at the same time. Swimmers time swim, after all heats of the event are completed, compile the results.
Heat Award	A ribbon or coupon given to the winner of a single heat at an age group swim meet.
Heat Sheet	The pre-meet printed listings of swimmers seed times in the various events at a swim meet. These sheets vary in accuracy, since the coaches submit swimmers times many weeks before the meet. Heat sheets are sold at the admissions table and are used mainly to make sure the swimmer has been properly entered in all the events they signed up for. Parents enjoy looking at the seeding prior to the race plus swimmers can tell the order the events will be conducted and get a rough idea how long the meet sessions will last.
Horn	A sounding device used in place of a gun. Used mainly with a fully automatic timing system.
Illegal	Doing something against the rules that is cause for disqualification.
IM	Individual Medley. A swimming event using all 4 of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, and Freestyle. Equal distances must be swum of each stroke. Distances offered: 100 yards, 200 yards/meters, and 400 yards/meter.
Invitational	A swim club will invite other teams and/or individuals to attend this meet. Swimmers pay an entrance fee to participate and usually receive a t-shirt. Each event will award ribbons, medals and/or trophies to place finishers.
Jump	An illegal start done by the 2nd, 3rd, or 4th member of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall.
Kick Board	A flotation device used by swimmers during practice. A lightweight object used with great accuracy by coaches.
Lane	The specific area in which a swimmer is assigned to swim. (i.e.) Lane 1 or Lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from Right (lane 1) to Left (Lane 6).
Lane Lines	Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.
Lap	One length of the course. Sometimes may also mean down and back (2 lengths) of the course.
Lap Counter	The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card.
Late Entries	Meet entries from a club or individual that are received by the meet host after the entry deadline. These entries are usually not accepted and are returned to sender.

The next few pages will contain a Glossary of some of the common words we use in the sport of swimming. You may or may not find these words in the English Dictionary, and if you do, their definitions will probably be radically different than the ones listed in this Glossary. Relax and take your time reading. Soon you'll be understanding and maybe even speaking some "SWIMSLANG".

Age Group	Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16,17-18. Some or have divided the swimmers into more convenient divisions specific to their situations: (i.e.) 8-under, 13-Over, 15-Over.
Alternate	In a Prelims/Finals meet, after the finalists are decided, the next two fastest swimmers other than the finalist are designated as alternates. The faster of the 2 being first alternate and the next being second alternate. If a finalist can not participate, the alternates are called to take their place, often on a moments notice.
Anchor	The final swimmer in a relay.
Backstroke	One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swum as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter.
Banner	A team sign that is displayed at swim meets. Banners are usually made from nylon material and carry the Team Logo and possibly the name of a popular team sponsor. Some size restrictions are enforced at certain meets.
Beep	The starting sound from an electronic, computerized timing system.
Blocks	The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool, and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.
Breaststroke	One of the 4 competitive racing strokes. Breaststroke is swum as the second stroke in the Medley Relay and the third stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter. (LSCs with 8-under divisions offer the 25 yd back)
Butterfly	One of the 4 competitive racing strokes. Butterfly (nicknamed FLY) is swum, as the third stroke in the Medley Relay and first stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter. (LSCs with 8-under divisions offer the 25-yard back)
Button	The manual Timing System stopping device that records a back-up time in case the touch pad malfunctioned. The button is at the end of a wire, plugged into a deck terminal box. There are usually 3 buttons per lane. It is the timers' responsibility to push the button as the swimmer finishes the race.
Cap	The latex or lycra covering worn on the head of swimmers. The colors and team logo's adorning these caps are limitless. National Caps, State Team Caps, award caps, plain practice caps, etc.

Cards	A card that may be handed to the swimmer at seeding. Cards usually list the swimmers name, USA-S number, seedtime, event number, event description, and the lane and heat number the swimmer will swim in. Backup times are written on these cards. Each event may have a separate card.
Championships	The meet held at the end of a season. Qualification times are usually necessary to enter 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 their name on a list posted by the meet host.
Circle Seeding	A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes. (I.e.) Lane 4 in the final 3 heats. See rulebook for exact method for seeding depending on the lanes in the pool.
Clinic	A scheduled meeting for the purpose of instruction. (I.e.) Officials clinic, Coaches clinic.
Colorado Course	A brand of automatic timing system. Designated distance (length of pool) for swimming competition. (I.e.) Long Course = 50 meters / Short Course = 25 yards or 25 meters.
Deadline	The date meet entries must be "postmarked" by, to be accepted by the meet host. Making the meet deadline does not guarantee acceptance into a meet since many meets are "full" weeks before the entry deadline.
Deck	The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an "authorized" USA Swimming member may be on the deck during a swim competition.
Distance	How far a swimmer swims. Distances for short course are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths), 500 yards (20 lengths), 1000 yards (40 lengths), 1650 yards (66 lengths). Distances for long course are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), 1500 meters (30 lengths).
Disqualified	A swimmers performance is not counted because of a rules infraction. An official raising one arm with open hand above their head shows a disqualification.
Dive	Entering the water headfirst. Diving is not allowed during warm-ups except at the designated time, in specific lanes that are monitored by the swimmers coach.
Double Dual	Type of swim meet where three teams compete in dual meets against each other, at the same time. Separate Meet scores would be kept for Team A vs. Team B, Team A vs. Team C, and Team B vs. Team C.
Dual Meet	Type of meet where two (2) teams/clubs compete against each other.
Dropped Time	When a swimmer goes faster than the previous performance they have "dropped their time".
Dry land	The exercises and various strength programs swimmers do out of the water.
Entry	An Individual, Relay team, or Club roster's event list into a swim competition.

Entry Fees	The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.
Entry Limit	Each meet will usually have a limit of total swimmers they can accept, or a time limit they cannot exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned.
Electronic Timing	Timing system operated on DC current (battery). The timing system usually has touch pads in the water; junction boxes on the deck with hook up cables, buttons for backup timing, and a computer type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers.
Event	A race or stroke over a given distance. Event equals 1 preliminary with its final, or 1 timed final.
False Start	When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.
False Start Rope	A recall rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 50 feet from the starting end on meter pools.
Fastest to Slowest	A seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heats followed by the next fastest and so on. Many times these events will alternate one girls heat and one boys heat until all swimmers have competed.
Fees	Money paid by swimmers for services. (I.e.) Practice fees, registration fee, USA-S membership fee, etc.
Finals	The final race of each event. See "Big Finals", "Consolation Finals", "Timed Finals", etc.
Final Results	The printed copy of the results of each race of a swim meet.
Fins	Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not competition.
Flags	Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.
Format	The order of events and type of swim meet being conducted.
Freestyle	One of the 4 competitive racing strokes. Freestyle (nicknamed Free) is swum as the fourth stroke in the Medley Relay and fourth stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, 200 yards/meter, and 400-mtr/500 yd 800-mtr/1000 yds, 1500 mtr/1650 yds. (LSCs with 8-under divisions offer the 25 yd free)
Gallery	The viewing area for spectators during the swimming competition.
Goals	The short and long range targets for swimmers to aim for.
Goggles	Glasses type devices worn by swimmers to keep their eyes from being irritated by the chlorine in the water.
Gun	The blank firing pistol that may be used by the starter to start the races.
Gun Lap or Airhorn	The part of a freestyle distance race (400 meters or longer) when the swimmer has 2 lengths plus 5 yards to go. The starter fires a gun shot over the lane of the lead swimmer when swimmer is at the backstroke flags.