



## **B-Town Brazadas Swim Club Handbook**

### About Us

B-Town Brazadas Swim Club is a community-driven organization dedicated to fostering a lifelong love for swimming in Bakersfield, CA. Established in 2025 as a 501(c)(3) nonprofit, our club was created to bring a robust aquatics community to the city, offering programs for all levels—from learn-to-swim lessons to competitive training.

Our journey was made possible by a Highland High School graduate who played a pivotal role in launching the brand-new Eastside Aquatics Center, a state-of-the-art facility that now serves as our home. With a focus on accessibility, inclusivity, and excellence, we aim to strengthen Bakersfield's swim culture and provide athletes with top-tier coaching and opportunities.

### Our Mission

With every stroke, challenge, and teammate, we nurture personal growth and community connection.

### Our Vision

B-Town Brazadas strives to be the premier swim club in Bakersfield, empowering athletes to reach their full potential in and out of the pool. We foster a diverse, thriving team that builds pride, camaraderie, and a commitment to lifelong improvement and excellence.

Join us as we dive into a future filled with opportunity, growth, and community!

B-Town Brazadas is affiliated with USA Swimming and is a member of Central California Swimming, a Local Swimming Committee (LSC). As a member of USA Swimming, we follow the best practices and policies that help athletes reach their full potential.

To learn more about USA Swimming, visit [usaswimming.org](https://usaswimming.org); for more about our LSC, visit [Central California Swimming](#).

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## B-Town Brazadas Team Values

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### Humility

*"I will take ownership of my actions, learn from my mistakes, accept feedback, and understand that no one person is above anyone else."*

A humble person seeks growth by learning from teammates, coaches, and the experiences of others. Humility involves accepting feedback with grace, celebrating both personal and others' successes, and approaching triumphs and setbacks with an open mind.

Humility allows athletes to recognize that no one is perfect and take responsibilities for their actions—owning both strengths and weaknesses.

#### Examples of Humility:

- After a challenging practice or meet, resist the urge to make excuses or blame others. Instead, reflect on your performance and look for areas of improvement.
  - Shake your competitor's hand with respect, whether you win or lose.
  - Celebrate your teammates' successes as if they were your own.
  - Apologize when you make a mistake or unintentionally harm your teammates or coaches.
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### Discipline

*"I will be diligent in the pursuit of greatness both in and out of the pool."*

Discipline is the backbone of success. To be truly great, we must be committed to the process. This means pushing ourselves to be better each day, holding ourselves accountable for our actions, and giving our best effort in every practice and meet. Discipline extends beyond the pool. Discipline in all aspects of life helps us stay focused, balanced, and driven toward achieving our goals.

#### Examples of Discipline:

- Consistently showing up to practice and giving your full effort.
- Following through on the commitments you have made to yourself and your teammates.
- Preparing for meets by prioritizing rest, nutrition, and mental focus.
- Demonstrating perseverance when faced with challenges, knowing that effort today leads to success tomorrow.

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## Resilience

*"I will be kind to myself and others and bounce back from adversity with the help of my team."*

Resilience is not just about overcoming setbacks—it's about coming back stronger, wiser, and more determined. We recognize that each person has their own challenges, and we lean on each other to build strength. By being kind to ourselves and others, we create an environment where everyone feels valued and supported, both in victory and in adversity.

### Examples of Resilience:

- After a difficult practice or meet, instead of getting discouraged, use it as motivation to grow.
- Understand that setbacks happen, and don't be hard on yourself when things don't go as planned. Use it as an opportunity to learn.
- Encourage teammates when they face difficulties and help them bounce back with a positive attitude.

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## How These Values Shape Our Team

These values are the foundation of the B-Town Brazadas culture. By practicing humility, discipline, and resilience, we build a community of swimmers who not only perform at their best but support each other through every challenge, celebrate every success, and continue striving for greatness, together.

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## TEAM STRUCTURE

**Fundamental Groups** - Athletes of all ages who are new to the sport and looking to learn the basics of competitive swimming and become proficient in all four competitive swim strokes (freestyle, backstroke, breaststroke, butterfly).

**Age Group** - Elementary/middle school athletes who can swim all four competitive strokes legally.

**The B-Team** - High School-age athletes who can swim all four competitive strokes legally.

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*Note: There are many pathways to progress in this sport, and numerous factors contribute to each athlete's growth, development, and maturity. These groups serve as guidelines, but are not rigid. Group placements and transitions are made at the coach's discretion. In some cases, the best fit for your athlete may not align with the structure outlined here. We ask for your patience and understanding as we always prioritize your athlete's best interests.*

## **Fundamental Groups**

The Fundamental Group offers newer swimmers ages 9 to 18 an opportunity to learn the fundamentals of swimming in an age-appropriate group. Swimmers are placed in groups based on their age to ensure success.

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### **Fundamentals 1 (School Year Only)**

For new athletes over age 9. This group focuses on refining stroke technique and preparing athletes for the Silver Group. Athletes will leave this program proficient in all four competitive strokes.

- **Curriculum:** Foundational skills & technique
- **Age Requirement:** 9+
- **Equipment:** Kickboard, pull buoy

### **Fundamentals 2 (School Year Only)**

For new athletes over age 13. The focus is on developing basic stroke technique and preparing athletes for the Senior Prep or Senior Group. Athletes should leave this group proficient in all four competitive strokes.

- **Curriculum:** Foundational skills & technique
  - **Age Requirement:** 13+
  - **Equipment:** Kickboard, pull buoy
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## **Age Group Program**

The Age Group Program serves athletes ages 5 to 13 in elementary and middle school, though exceptions can be made for older athletes. These groups are for athletes who can swim all four competitive strokes legally. Meets are encouraged for all groups to help track progress and foster team bonds.

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### **Bronze Group**

For athletes new to competitive swimming, ages 5 and older. The goal is for athletes to become proficient in all four strokes by the end of the program.

- **Curriculum:** Foundational skills & technique
- **Age Requirement:** 5+
- **Equipment:** Kickboard, pull buoy, paddles, fins, cap, goggles, gear bag

## Silver Group

For athletes ages 9 and older who want to refine their strokes and competitive skills. The goal is to build a deeper understanding of stroke, dive, and turn fundamentals while preparing for competition.

- **Curriculum:** Skills and technique refinement with a focus on longer distances and developing speed in practice. Introduction to racing, diving, legal turns and finishes, swim drills, and kicking, and coordination both in and out of the water.

- **Age Requirement:** 9+

- **Equipment:** Kickboard, pull buoy, paddles, fins, cap, goggles, gear bag

## Gold Group

For athletes ages 11 and older. The focus is on developing a deeper understanding of swimming and introducing basic racing techniques. At this level, swimmers will work to turn skills into habits that can be performed at a higher intensity and increased volume. Drills and kicking remain central, with swim sets added to the curriculum.

- **Curriculum:** Consistency in previously learned skills with increased intensity and volume. Introduction to dryland workouts, swim workouts, and goal setting.

- **Age Requirement:** 11+

- **Equipment:** Kickboard, pull buoy, fins, snorkel, paddles, cap, goggles, gear bag

## Senior Prep

For athletes ages 13 and older. Senior Prep is designed to prepare athletes for high school swimming, high school water polo, and the B-Team. This group takes on a more rigorous training load than the Gold Group.

- **Curriculum:** Advanced racing skills, strategy, and technique. Focus on team values, character development, and interval training.

- **Age Requirement:** 13+

- **Equipment:** Kickboard, pull buoy, fins, snorkel, paddles, parachute, cap, goggles, ankle strap, mesh gear bag

*Note: Age ranges are flexible. Older athletes new to swimming may start with a younger group. These descriptions are guidelines to understanding group structure.*

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## The B-Team

The B-Team serves high school athletes and provides training suited to their skill level. Whether the goal is staying in shape, preparing for high school swimming or water polo, or competing at Junior Nationals, we offer tailored support to help athletes achieve their objectives.

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## Flex Membership

Designed for high school athletes, this group offers up to four practices a week. The focus is on mastering racing skills and strategies while increasing volume and intensity. Athletes will also learn to balance swimming with other commitments, all while enjoying a flexible schedule. The goal is to stay in shape, compete at a high level, and have fun.

- **Curriculum:** Mastering racing skills and strategies. Developing an understanding of what it means to be a Brazadas athlete and how they can help prepare the next generation of athletes.
- **Age Requirement:** High school athletes
- **Equipment:** Kickboard, pull buoy, fins, snorkel, paddles, parachute, ankle strap, tempo trainer, mesh gear bag

## Unlimited Membership

For high school athletes who aim to compete at the highest level of competitive club swimming. Athletes in the B-Team are expected to have a strong understanding of goal setting and team values. This group strives to develop athletes who will compete at higher levels of the sport.

- **Curriculum:** Mastering racing skills and strategies. Strengthening the understanding of what it means to be a Brazadas athlete and how to lead and mentor younger swimmers.
- **Age Requirement:** High school athletes
- **Equipment:** Kickboard, pull buoy, fins, snorkel, paddles, parachute, ankle strap, tempo trainer, mesh gear bag

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**TRAINING GROUP TRANSITIONS** *Three times throughout the year, the coaching staff will announce athletes who have been promoted to new training groups—at the beginning of the short course season in August, midway through the short course season, in December, and the beginning of the long course season in March. If you receive an email regarding group placement, your swimmer has been promoted to a new training group. Details of those moves will be in the email. When considering athletes for group placement, our staff takes many variables into consideration. Some of the key factors we consider are an athlete's practice attendance, their daily attitude and effort, where they are in the process of physical development, their physical literacy on land (dryland training), the progress of their swimming skill set, as well as their performance in practices and competitions. In short, we use an athlete's complete portfolio to place them in the training group that will appropriately challenge them now and help provide the right environment for long-term success. During this process, each athlete is considered individually and their progress is discussed amongst the coaching staff. It is one of the most difficult things we do in coaching. While we know these decisions can be emotional for athletes and families, our primary focus is to do what is best for each athlete. We appreciate and expect your support.*

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## **PRACTICE GUIDELINES**

Practice is the most important aspect of a successful swimming season. Regular, consistent attendance is the best way to get the full training experience. Each group has a training plan for the season, and each practice is purposeful, planned, and important. Our coaches take attendance at each practice. Please email your group coach if you will be absent from practice.

### **Athlete Expectations:**

- Come prepared; bring all equipment to every session, including gear and a water bottle.
- Cell phones, iPads, or other electronic devices should not be brought on the pool deck or used in the locker rooms. Taking/recording photos or videos in the locker rooms is strictly prohibited.
- Swimmers must respect their teammates and their belongings, and always keep their hands to themselves.
- Follow all facility rules: no running on deck, no glass on the pool deck, no hanging on the lane lines, and appropriate locker room behavior.
- When a coach is speaking, the athlete is not speaking. The athlete should listen with their eyes and ears, and face the coach when speaking.
- Swimmers may NOT exit the pool during practice unless instructed by the coach, or with permission from the coach.
- Swimmers are responsible for cleaning up everything brought to training or left on deck during a session.

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### **Parent Expectations:**

- Videotaping and taking pictures are strictly prohibited during training at all training facilities.
- Families are responsible for all information provided in the team handbook and weekly newsletter.
- Parents/guardians are NOT allowed on the pool deck during training. Please remain in the stands.
- Parents should not distract their children during training.
- Parents are not required to observe practice but are welcome to.
- Parents should always be supportive and interested in their athletes' training but should not criticize a child for their swimming performance at practice.

**Parents should not approach a coach during practice. Please email your group coach to discuss any issues or set a time to meet.**

Allow coaches to critique, correct, and coach without interference from parents during practice.

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## **MEET GUIDELINES**

Beginning in September, swim meets are held one to two times per month. Meets are very important in tracking progress, building a team environment, and giving athletes an opportunity to showcase their hard work! We encourage all swimmers to attend as many B-Town Brazadas-scheduled meets as possible.

### **What to Bring:**

- Healthy snacks
- Water bottle
- Dry clothes
- Brazadas caps
- Towels (1 or 2)
- Goggles
- Brazadas team suit
- Brazadas t-shirts/apparel
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### **What to Wear:**

#### **1. Suit**

- Brazadas athletes are required to wear a Brazadas swim suit at all in-season meets.
- Swimmers who are 12 & under are never permitted to wear a tech suit. For athletes, 13 and older, please see your child's coach to make sure their tech suit is permitted at meets.
- If a swimmer wears a tech suit at a non-permitted meet, they will be asked to change or will not be allowed to compete.



- For championship meets, tech suits are permitted for swimmers 13 & over.
  - There may be some in-season meets that Brazadas techs up for; however, coach permission must be given. Athletes that do not adhere to these guidelines will be asked to change.
2. **Cap**
- All Brazadas swimmers are required to compete in a Brazadas team cap. These can be purchased at the front desk at both facilities.
3. **Apparel**
- All Brazadas swimmers are expected to wear Brazadas apparel.
  - Information about which color shirt to wear for specific swim meets will be posted in the team newsletter prior to the meets.
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### **Call Times / Check-In:**

- Swimmers should arrive at their designated call time, which will be posted in the weekly newsletters.
  - When swimmers arrive at the pool, they should immediately check-in with a coach.
  - If swimmers arrive late, or fail to check-in with a coach, the host team will remove them from the meet.
  - If you are running late and will miss your meet call time, please email a coach to avoid being scratched from the meet.
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### **During the Meet:**

#### **Swimmer Expectations:**

- **Engage in team dynamics:** Swimmers are expected to participate in the team's dynamic warm-up and cheer.
- **Minimize distractions:** Swimmers should limit cell phone usage and stay engaged in the meet.
- **Team areas:** Swimmers should not leave the pool deck or designated team areas during the competition without informing the coach.

- **Respect:** Swimmers should treat all coaches, officials, and meet staff with respect and gratitude.

### Parent Expectations:

- **Ensure timely arrival:** Parents should ensure their swimmer arrives on time and fully prepared for meets.
  - **Support:** Parents should offer positive, encouraging support to their swimmer.
  - **Restricted access:** Parents are not allowed on the pool deck or in the designated team area during swim meets.
  - **No distractions:** Parents should not call, text, or distract swimmers during the meet. They should never contact the meet host team or personnel.
  - **Volunteer opportunities:** Parents may be asked to work as a timer, official, or assist in other areas of swim meets, particularly during home meets.
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### First Meet - What to Expect:

- **Busy environment:** The first meet can be busy with many swimmers and staff on deck, so it's crucial for swimmers to be on time and focused.
- **Heats and Lanes:**
  - Each race will have an **event number, heat, and lane**—this tells swimmers where and when to swim.
  - You can find your swimmer's event number on the meet entries posted online. Heats and lanes are given out on deck after warm-up.
  - At the first meet, coaches will help swimmers navigate their races. By the end of the season, swimmers should be able to read the heat sheet and make it to their races independently.
- **After each race:**
  - Swimmers should check in with their coach for a brief recap of their race.

- **After all events:**
    - Once swimmers have completed all their races and checked in with their coach, they are free to leave the meet.
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## **Specific Meet Information:**

- To view details about specific swim meets, such as location and meet format, please visit the Brazadas team website. Go to **Schedules**, then **Meet Schedule**.
    - Here, you will see a list of all upcoming meets, including location and links to the meet information packet.
    - By clicking on the underlined meet name, you will be directed to the host team's meet information packet.
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## **Meet Entries:**

- **Registration:** Parents and swimmers must register for all meets through the Brazadas website by the assigned deadline to ensure entry into the meet.
  - Information about deadlines can be found in the weekly newsletter.
- To register:
  - Sign in to your account through [brazadas.captyn.com](https://brazadas.captyn.com).
  - Click on the **"Events"** tab, then **"Events Sign-up"**.
  - Under each specific meet, click **"Edit Commitment"** and choose **"Attend"** or **"Decline"**.
- **Coach's Responsibility:** Coaches are responsible for selecting and entering athletes into swim meets once they are registered. Swimmers may suggest event preferences, but final event schedules are at the discretion of the coaching staff.
- Once the coaches have completed the meet entries, they will be posted on the team website under the **"Events"** and **"Meet Entries"** tab.

## Meet Entries Review:

- After entries are posted on the team website, **swimmers and parents** will have **48 hours** to review entries for errors or request changes. Once the 48-hour window has closed, changes can no longer be made.
  - If you spot an error in the meet entries, please **email your group coach** for assistance.
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## Short Course vs. Long Course:

USA Swimming divides the competition year into two seasons - a “short course” season and a “long course” season.

- **The short course season** runs from September to April, and all competitions are done in a 25-yard pool.
    - Example: a 50-yard freestyle is two lengths of the pool.
  - **The long course season** runs from April to August, and all competitions are done in a 50-meter pool.
    - Example: a 50-meter freestyle is one length of the pool.
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## Team Communications:

Direct, accurate, and USA Swimming MAAP compliant communication between athletes, coaches, and parents is essential for the success and enjoyment of everyone involved. We use several methods to keep all swimmers and families informed:

1. **Team Newsletter:** The B-Town Brazadas weekly newsletter is sent out every Tuesday morning. It includes information about upcoming events, schedule changes, and other important news. Please read the newsletter each week! All swimmers and families are responsible for the information provided.
2. **Team Website:** Visit [brazadas.org](http://brazadas.org) for information on swim meets, schedules, and other important topics.
3. **Group Coach:** If you have a question that cannot be answered via the newsletter or team website, please contact your group coach by email.

4. **Social Media:** For meet recaps and season highlights, be sure to follow our Instagram account ([@swimbrazadas](#)).
    - Everyone in the B-Town Brazadas community must exhibit ethical, responsible, and inclusive conduct in all online communications and activities, respecting the rights and privacy of all athletes.
    - Cyberbullying or cyberstalking of any B-Town Brazadas athlete is strictly prohibited. This includes but is not limited to the use of Facebook, Instagram, text messaging, instant messaging, X (Twitter), email, and Snapchat.
    - Cyberbullying and cyberstalking are unacceptable and will not be tolerated. Coaches reserve the right to implement usage restrictions depending on the nature of the activity/event.
    - To promote responsibility and accountability, we ask that communication to coaches regarding schedules, missed practices, meet entries, etc., should come directly from athletes placed in Senior Prep and B-Team training groups. Any email communication from an athlete must have a parent CC'd to protect both the athlete and the coach.
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## **FAQs:**

1. **Can my child make up practices if their practice time is inconvenient for my schedule?**
  - a. No, practice schedules are not negotiable. We do not allow exceptions or modifications of group schedules. Swimmers should adhere to their assigned group's practice times.
2. **My kid loves swimming. Why can't they swim more? More hours? More practices?**
  - a. The Brazadas program is designed to meet the age-appropriate needs of each swimmer. Each group's schedule allows for progression across all strokes and skills. Extra swimming may lead to confusion, early injuries, and burnout.
3. **What do I do if I missed the meet registration deadline?**
  - a. Once the registration deadline has passed, we cannot guarantee that swimmers will be allowed entry into swim meets. However, you can contact your group coach to see if they are able to enter your swimmer into the meet.
4. **I registered my child for a meet, but just learned we can no longer attend. What do I do?**
  - a. Please contact your group coach immediately if you need to scratch a team event unexpectedly. Meet fees may still apply, depending on the meet host's policy.
5. **Why do coaches confirm events?**

- a. Events are chosen for each meet by the coaching staff to ensure swimmers are progressing into well-rounded athletes. Even though swimmers may have favorite events, it is important to race in all events to allow progress and evaluation at meets. The goal is to test all aspects of a swimmer's skill development.

**6. What is a DQ?**

- a. A DQ stands for disqualification and occurs when a swimmer breaks one of the rules set forth by USA Swimming, such as a one-hand touch on breaststroke or a false start. When a swimmer is disqualified, their time will not count for that race, and they will not be placed in the event.

**7. What is a tech suit?**

- a. A tech suit is a specialized competition suit made of water-repellent material designed to compress muscles and enhance performance. These suits often have a Fina-approved sticker on them. In short, any suit other than a Brazadas team suit, or a polyester/Lycra suit, is considered a tech suit.

**8. How does my child get to swim on a relay?**

- a. Relays are done at championship meets, and team members are chosen by Brazadas coaches. Generally, swimmers with the fastest times will be chosen for each relay. However, selection is ultimately at the coach's discretion, considering overall team dynamics.

**9. Are finals mandatory?**

- a. At meets that include both preliminaries and finals, any swimmer who makes it back to the evening session is expected to compete in that event. This is mandatory to ensure the integrity of the competition.

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# Competitive Swimming Terminology & Glossary

## 1. Governing Organizations

### USA Swimming

- **Role:** The national governing body for the sport of swimming in the United States. It oversees all aspects of competitive swimming, from time standards to national championships.

- **Membership:** Swimmers must be registered with USA Swimming..
- **Website:**[usaswimming.org](https://usaswimming.org) Resources for swimmers and parents, including rules, time standards, and event information.

## Central California Swimming

- **Role:** A Local Swim Committee (LSC) that governs swimming in the California Central Valley. LSC is a member of USA Swimming.
- **Responsibilities:** Includes membership processing, event scheduling, official certifications, and swimmer recognition.
- **Website:**[gomotionapp.com/team/wzccslsc/page/home](https://gomotionapp.com/team/wzccslsc/page/home) Offers local resources and meet information.

## Geographic Structure

- **Zones:** USA Swimming divides the U.S. into four zones: Western, Central, Eastern, and Southern. Brazadas competes in the Western Zone.

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## 2. Time Standards and Qualifications

**USA Swimming Time Standards:** [usaswimming.org/times/time-standards](https://usaswimming.org/times/time-standards)

- **Motivational Time Standards:** These standards are used to categorize swimmers based on their time and are set every four years. The categories range from slowest to fastest as follows: B, BB, A, AA, AAA, and AAAA.
  - **National Meets:** Swimmers must meet specific qualifying times, or "cuts", to participate in prestigious events like the Short Course and Long Course National Championships.
  - **Qualification for Meets:** Swimmers qualify for certain meets by posting qualifying times during a specified period. These standards are available on our website attached to those specific meets.
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### 3. Glossary of Swimming Terms

#### Key Definitions

- **Age Group Swimming:** A program designed for young swimmers, promoting participation and skill development.
- **Anchor:** The final swimmer in a relay.
- **Attached vs. Unattached:** "Attached" refers to swimmers who are registered with a USA Swimming team (like ZADA). "Unattached" refers to swimmers who are not currently with a team.
- **Backstroke Flags:** Pennants placed above the pool that help backstroke swimmers gauge their approach to the wall are placed five yards away.
- **Circle Swimming:** A rule for swimming in a lane with multiple swimmers; all swimmers must swim to the right of the black line.
- **Cut (Standard):** A qualifying time required to enter a competition or event.
- **Disqualification (DQ):** A penalty for infractions of the rules during a race.
- **False Start:** A swimmer moving before the start signal. In USA Swimming, a single false start results in disqualification.
- **Heat Sheet:** A printed schedule of events, listing swimmers by their entry times.
- **Heat:** A division within an event, especially in large meets where there are too many swimmers to compete at once.
- **IM (Individual Medley):** An event where the swimmer must complete all four strokes in the order: butterfly, backstroke, breaststroke, and freestyle.
- **Lane Lines:** Floating dividers that separate the swimming lanes.
- **Prelims and Finals:** In larger meets, swimmers first race in "Prelims" to qualify for the Finals, where the top swimmers compete again for the best placements.
- **Power Points:** A points system used to compare swimmers' performances across different strokes, distances, and age groups. A higher point value signifies a stronger performance.



- **Qualification Times:** At times a swimmer must achieve to enter specific meets.
  - **Swim-Off:** A second race to break a tie between swimmers, often used in Prelims/Finals format meets.
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## 4. Championship Meets and Competition Formats

### Types of Meets

- **Championship Meets:** Held at the end of a season, where swimmers typically need to achieve specific qualifying times to compete. These include Age Group State, Divisional Championships, and Senior State.
- **Timed Finals:** A competition format where swimmers' times from a single heat determine their final placements.
- **Prelims and Finals:** In some meets, swimmers first compete in preliminaries (Prelims), and the top swimmers from each event advance to the finals later in the day.

### Special Competitions

- **Open Water Swimming:** Competitions held in natural bodies of water, like lakes, rivers, or oceans.
  - **Masters Swimming:** For swimmers ages 19 and older, offering competitive swimming in age-grouped categories.
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## 5. Important Equipment and Procedures

### Key Equipment

- **Touch Pad:** A sensitive board at the end of each lane that records a swimmer's time when touched.

- **Stopwatches:** Used for backup timing during races, especially when automatic timing systems fail.
- **Lap Counter:** Display numbers that help swimmers track their progress in longer distance races.

## Procedures

- **Check-In:** Swimmers must confirm their participation in each event before the start of a deck-seeded meet. If a swimmer fails to check in, they may be scratched from the event.
  - **Scratch:** The official withdrawal of a swimmer from an event. This must be done by the coaching staff.
  - **Warm-Up:** Low-intensity swimming before a race or practice to get the body ready.
  - **Warm-Down:** Light swimming after a race to help with recovery and lactic acid buildup.
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## 7. Meet and Event Terminology

### Common Terms

- **Circle Seed:** A unique seeding process for Prelims, where the fastest swimmers are spread across different heats in a specific order.
  - **Proof of Time:** Some meets require swimmers to provide verification of their entry times. Failure to provide proof may result in fines.
  - **Psych Sheet:** A document that lists swimmers by their entry times, from fastest to slowest. It helps organize the meet schedule.
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