

New Swimmer Guide

Welcome to the Columbus Aquatic Club! We are thrilled your swimmer has joined the Hurricanes and is ready to jump in. This guide is written with the brand new swim team families in mind, though there's a chance even seasoned swim families may find some useful tidbits here! If you have any questions, please reach out to our Membership Director or any other board member for assistance.

All About Equipment:

Below you will find descriptions and photos of all the equipment typically used during practice. *Make sure to check the list of required equipment in the handbook for each practice group, as some groups only use a few of these items.* For brand-new swimmers, we know it can be a lot of money to spend at once, so it is fine to spread out the purchases a bit! Goggles and a suit are the most important. It's fine to come to practice in whatever suit your swimmer has until you order a training suit! Finding swim gear locally can be a challenge as most stores only stock it during the summer season. Team parents suggest Swimoutlet.com and Amazon.com as easy places to find gear. (Fellow swim families also frequently have used gear to share, too!) Swim parents suggest using a cheap training suit and cheap cap during practice and saving the team suit and team cap for meets to extend their life.

During practices and meets, you'll see swimmers with all kinds of additional gear. Some swimmers have parkas to wear on deck to keep them warm, other swimmers have swim backpacks for extra clothes or gear. Those items are entirely personal preference and not necessary. Swimmers will generally need something to wear in and out of practice, but they can toss on any kind of clothing! During meets, they do tend to get cold in between races, so an extra towel can give them a place to sit and a way to keep warm. We do not suggest using the full backpacks for practice because we have the swimmers keep all their practice gear in the mesh bag by the side of the pool for easy access.

Practice Equipment Descriptions:

<p>Appropriate boys' training suit</p> <p>Either a Jammer or a Brief style suit. No board shorts, loose-fitting or see-through suits.</p>	
<p>Appropriate girls' training suit</p> <p>One piece training suit, any brand. No loose-fitting or see-through suits.</p>	<div style="text-align: center;"> <p>NEW ARRIVALS</p>  <p> Robot Lines Striped Back - Entrance Life \$66.00 Reversible Drill Back - Endurance Life \$66.00 Spiral Curves Crop Back - ProACT \$48.00 Flashline Super Pro - ProACT \$48.00 </p> <p>VIEW ALL NEW ARRIVALS</p> </div>

Goggles

Speedo Vanquisher Goggle is the most popular racing goggle out there, and for good reason. Any goggle brand will do as long as they are competitive racing goggles. Foam seals are not as good as rubber seals around the eyes.



Swim Cap

Team caps are required for all meets and are optional for practice. Since caps break at the most inopportune times, we suggest having an extra on hand. You may order extra team caps periodically through spirit wear orders and swimmers can wear any cap during practice. Latex or silicon is fine, but the silicon ones tend to be more comfortable.



FINS

Any brand will do. Longer fins provide more power to younger swimmers. Shorter fins work on strength and may be better for experienced swimmers. For Seniors, we suggest Arena Powerfin, TYR HydroBlade, or similar. We do not recommend scuba-style fins with an adjustable back strap and clip as they tend to break in practice and are harder for swimmers to get on or adjust.



Kickboard

We have some at the pool for swimmers to use until you can purchase one. Junior size is preferred for younger swimmers. Cat 3, 4, 5 and Seniors may want a regular size.



Pull Buoy

Any brand. Junior size is preferred for Cat 1 and 2. Cat 3, 4, 5, and Seniors may want a regular size.



<p>Paddles</p> <p>This style is preferred. Please ensure you are measuring your swimmer and choosing the recommended size based on the manufacturer's guidelines. Most swimmers will use a size XS, S or M, but some of our male high school athletes will need a L.</p>	
<p>Parachute</p> <p>Used by our Cat 4, 5 and Seniors during certain training drills to create drag and improve strength and endurance. Any brand.</p>	
<p>Swimmer Snorkel</p> <p>Any brand. Junior size is suggested for Cat 2 swimmers.</p>	
<p>Mesh Equipment Bag</p> <p>Any brand - regular mesh bag large enough to hold all equipment and kick board. These are preferred to gear backpacks as these are easy to store practice equipment in right by the side of the pool during practice.</p>	

**** Make sure to check the Team Handbook for the list of required equipment for each practice group, as some groups only use a few of these items!**

What to Expect During Practice:

Our Team Handbook and website have the full list of practice rules, but we'd like to share a few tips for new families! These rules and procedures are designed to make sure your swimmer is safe and that our practices run smoothly. Since we rent lane space from our facility, our team must make the most of our allotted practice time. For this reason, please arrive early for practice and be pool-side, ready to work by the start of your practice time. This means swimmers should be in their suits, with caps and goggles on, and have their required practice equipment easily accessible. (The mesh gear bag should be laid out by the side of the pool or they can stack their kickboard, pull buoy, and etc. neatly at the side of the pool for quick access during practice. Other items should be stacked neatly against the wall away from the poolside.) Swimmers should keep their gear behind our practice lanes and leave other areas clear for other teams or lap swimmers since we share the

facility with other patrons. Cat 4, 5, and Senior Swimmers may store their equipment bags in our storage bins at the pool, if they choose.

Parents may walk their swimmer to practice, but are asked not to linger on the pool deck during practice. The bleachers on deck are for patrons using the lanes for practice or lap swim. Parents must sit upstairs in the spectator area or in the lobby during practice. Stairs are located to the right of the lobby at both ends of the hallway and an elevator is on the left side of the lobby. We know that juggling gear and towels, or wrestling with swim caps and goggles can be a challenge for new or young swimmers! Parents are welcome to help their swimmer before and after practice, especially if you have a tight schedule that evening, but we suggest giving your swimmer an opportunity to practice doing these tasks independently at practice. During meets, your swimmer will need to manage this on deck without parental support, so practices are an excellent time to learn these poolside skills, though it does mean a few extra minutes before and after practice. USA Swimming Safe Sport policies require that anyone over the age of 18 that works on deck with the swimmers be registered with USA Swimming, and complete a background check and Athlete Protection Training. Our Coaches and Board members have completed this, as well as any other parent volunteers that are regularly on deck with swimmers. To ensure we maintain compliance with the Safe Sport Policies, we ask that parents not enter the deck area during practices and meets.

During practices, coaches are usually pretty busy managing their swimmers and preparing for the next practice group. If you have questions or concerns for the coach, we ask that you email the coach and schedule a time to talk rather than try to squeeze it in before or after practice.

Preparing for a Meet:

New swimmers often wonder if they are “ready” for a meet. We believe that meets should be treated as a routine part of competitive swimming. As soon as your swimmer is able to complete a lap or two in freestyle or backstroke, they are “ready.” Racing starts (dives!) are not required for meets, so your swimmer may enter the water however they are comfortable until they master it. We encourage you to have your swimmer talk with their coach about attending a meet, strategies for managing it and which meets are a good fit.

Meet and related info are published on our Team Unify page (look under “Events”) and in TeamUnify’s OnDeck app. Check the notes from the coach to see if there are any recommendations for attendance (ie: certain practice groups or swimmers that have made qualifying times, etc) and also take a look at the attached PDF file with all of the event details to decide if your swimmer will attend. The PDF contains a lot of info that is for Coach use, but parents will be interested in looking at the facility details, the session times, and the fees. The facility details should specify if the pool is indoor or outdoor, and may include details for spectators to help you figure out if there is indoor seating, if you need folding chairs or if you need to plan for shade outside. The session times are generally grouped by age, so this will help you judge your time commitment. It should also say whether this meet is doing timed finals (ie: your swimmer swims an event once) or running separate prelims and finals sessions (ie: your swimmer will swim in the preliminary heats and might need to return to the pool to swim in an event final in the evening). This is important to know as swimmers can be disqualified from further participation in that meet if they fail to scratch their finals race and are a no-show for a finals event! The fees section will tell you how much your swimmer pays to attend the meet (sometimes called a facility surcharge) and how much the fee is for each event your swimmer participates in (sometimes called splash fees). There is also usually a small coaching fee added for each meet by our team to help offset the travel costs for our coaching staff. In general, expect to pay between \$5 and \$20 for the meet fee and \$4-\$10 per race.

Once you have reviewed all the info, you can submit your swimmer's “Declaration” by clicking the “Attend/Decline” button, selecting your swimmer’s name and using the drop down menu to commit Yes or No

for the event. For multi-day and multi-session events, the dates or sessions available to your swimmer will be shown after selecting the “Yes” option. You will then be able to check boxes for the days or sessions your swimmer is available to attend and leave a note for your coach with any requests or considerations for the meet. (Example - Are you available all weekend? Available for relays? Is there an event your swimmer is really hoping to do? Do you want to only do a few events due to cost or time constraints?)

The week before the event, your coach will send out reminders, including the psych sheets that show what events your swimmer is in, heat sheets showing the final seeding for the event, and arrival/warm-up times for each day and session. Depending on the meet organizers, this info may not be available until the day before the meet starts, so keep an eye on your email. Warm up times are assigned to our team by meet organizers to ensure each team has the needed time and space for their swimmers and arrival times are specified by your coaches to get everyone organized. Your coach will provide an “On Deck” time so make sure you allow time for your swimmer to locate their coach on deck, lay out their gear, and prepare to hit the water as soon as their warm-up slot opens. USA Swimming sanctioned events will not permit parents on deck, and will generally have volunteers at the pool entrance controlling the flow of people. If your swimmer is nervous about entering the pool solo, reach out to some other parents on the team with older swimmers and ask one of them to walk your young swimmer to the pool side. (This is great for morale and helps your swimmer feel confident!) If you feel there are extenuating circumstances that require an adult to accompany your swimmer on deck, please notify your coach as early as possible so you can come up with a plan or complete the USA Swimming Accommodation Request Form, as needed to make sure your swimmer has a great meet experience.

Swimmers of any age or experience may have some pre-meet nerves. This is normal and a great time to encourage your swimmer to talk to their coach! Sometimes the swimmers are nervous about an event in a particular stroke or distance, and hearing from the coach that they were placed in that event for a reason can be really helpful. Your coach is on deck with the swimmer ALL week and knows your swimmer’s ability in each stroke and overall distance very well. Remind your swimmer that their coach WANTS to see them succeed and will not give them an event they don’t believe they can do! Their coach can also talk them through strategies for getting through each race and help the swimmer focus on a reasonable goal. (Sometimes that goal is just “swimming it for the first time!” or “trying that new kick technique from practice” ...it’s not always about posting faster times!)

Packing Suggestions for Swimmers:

- Team Suit and Spare Suit (In an emergency, any suit is better than no suit!)
- Team Cap and Spare Cap (Ditto!)
- Goggles and Spare Goggles (Double Ditto!)
- Two towels (one to sit on and one to wrap up with)
- Coverups (parka or sweats as swimmers will get chilly between events)
- Water (and even more WATER during those outdoor summer events!!)
- Snacks (Healthy carbs for fueling, light lunch if this is an all day meet and a treat for afterwards! Our facilities appreciate things that are easy for the swimmers to open and eat and don’t create a lot of mess!)
- Practice gear (Kick boards and fins are sometimes used during warmups!)
- A Heat Sheet, highlighter and permanent marker
- Sunblock, sunglasses, hats for outdoor meets.
- Book or other small entertainment item.
- Dry clothes for afterwards
- Dry bag- there’s always lots of water in the swimmer area, so please consider this if your swimmer carries

items that shouldn't get wet.

Cell phones and other devices:

USA Swimming's Safe Sport guidelines restrict the use of cellphones in the swim areas. Swimmers should not be using the devices or taking photos in the locker rooms, restrooms or behind the blocks. If your swimmer brings a device to a meet, please ensure they are aware of these restrictions and prepared to comply. Please also remember that anything brought to the meet will be in a busy team area with swimmers and lots of water. Things will accidentally get dropped, stepped on, wet or just plain lost. Coaches are not responsible for items brought to the pool by the swimmers.

Packing Suggestions for Spectators:

- Heat sheet
- Folding chairs or blanket for sitting in the spectator area (some locations will have bleachers or seats, but many will not)
- Tent or Umbrella for Shade at outdoor events (check the facility rules to see if these are needed or permitted)
- Snacks/Lunch/Beverage (some facilities will have canteens or nearby restaurant but not all)
- Any extra weather appropriate gear for outdoor meets or spectator areas.

On Meet Day:

It is generally easiest to bring your swimmer to the meet already suited up and ready for warm-ups.



Before leaving home, we ask that you mark up your swimmer with their races using an Event/Heat/Lane grid. This helps your swimmer quickly see what events they are in and where they need to be on the pool deck and is a huge help to event volunteers that might help point your swimmer in the right direction. For younger swimmers, we also suggest writing their last name and first initial on the back of their shoulder for quick identification by the timers on each lane. (You'd be surprised how often nervous young swimmers give the wrong response when asked their name!) You can also create a shorthand to indicate what race or distance the swimmer is doing, if this makes them feel more confident. (In this photo, we used "Fr" for Freestyle, "Ba" for Back, "Fl" for Butterfly and "Br" for Breaststroke on the side next to the Lane column.)

Remember to check the arrival times the coaches sent out and show up in plenty of time to park and send your swimmer in to find the coach/team. Parents are not permitted on deck during meets, so prepare your swimmer ahead of time or ask a teammate to help them. Before the meet begins, a coach will lead the swimmers through warmups and give them any final reminders. After warmups, Swimmers will remain poolside or in the team's designated area when events begin. Swimmers are responsible for keeping track of the meet events and knowing when they will swim. Coaching staff will help remind new swimmers and help them get them to the right lane on time, but swimmers need to stay in the team area, ready for the coaches. Experienced swimmers are expected to be responsible for tracking their events and being in their lanes on time!

Spectators are usually able to watch the entire meet from the spectator area. Some facilities with limited viewing areas may ask spectators to enter the pool area only when their swimmer is in the pool for an event and leave afterwards. Locker rooms will be reserved for swimmers only during the meets. Separate restroom facilities will be designated for Spectator Use and for Officials/Volunteer Use. To comply with the USA Swimming SafeSport guidelines and ensure the safety of all swimmers, please respect these designations.

Results for events will generally be displayed on an illuminated board during the event, and printed results sheets will be posted somewhere in the facility once they are available. Some meets will update event results to the MeetMobile app. Depending on their resources, the results may be available in near real-time on this app, though there are sometimes system delays that slow down those results. After the meet, official results are sent to the coaches and will be available the following week.

Younger swimmers are welcome to depart after their final event is completed, but the swimmer needs to inform the coach prior to departing. Normally, we encourage older swimmers to stay for their entire session and cheer on their teammates. There is generally a short break in events between sessions each day, so this is when swimmers, spectators and volunteers can swap out, and the coaches and officials can get a quick break.

After the meet, celebrate with your swimmer! Every meet is a learning experience and a time to celebrate the work they have done in practice. Remember, meets are not always about dropping times or being the fastest. Sometimes, it is about conquering fear of a particular stroke, showing off a recently polished dive or flip turn, swimming a race without a DQ for the first time, or cheering for a teammate that had a personal victory! Be proud of your swimmer for diving in and tell them how much you love watching them swim. Every swimmer has a meet at some point that is disappointing to them. If this happens, try to focus on the positives of that meet and treat the disappointment as simply a clue towards future practice goals. As always, remind your swimmer to talk with their coach about things that went well and things they'd like to improve in for the future!

Swim Meet Etiquette:

Do: Be courteous of others who are trying to watch their swimmer swim.

Don't: Be impatient and disrespectful because you don't want to lose your place.

Do: Have your swimmer near the "bullpen/clerk of course" at least six events before your child is to swim

Don't: Make the coaches have to run around searching for your swimmer.

Do: Feel free to watch your swimmer from the designated spectator areas.

Don't: Be on deck. This is in violation of USA Swimming rules and our child protection policies. You are also probably in the way of a coach and or volunteer who is trying to place swimmers in correct lane. This is also a violation of USA Swimming rules.

Do: Have your swimmer "marked up" and aware of what they are swimming before it is time for their event.

Don't: Approach a coach and or volunteer asking what event your child is competing in. Check your heat sheet!

Volunteering:

Hosting a meet is a major undertaking but a tremendously worthwhile opportunity for our swimmers and offers a revenue generating opportunity for our team! Plus, it really is wonderful to have meets hosted close to home in our home pool. All team families are expected to support them team through volunteering at each meet.

Please become familiar with these roles and consider which ones you are able to help with and which ones you may have questions about. Remember - every parent on the team has been new at one point and learned the ropes, so you can, too!

- Timers:** Timers are our most needed volunteer role as we need 10-12 for each session. Timers operate a stopwatch to serve as back up time in each lane for each heat. This job is very easy and keeps you right next to the action. No prior experience is necessary, stopwatches are provided, and officials will provide training prior to the start of each meet session. This is an excellent volunteer role for a new swim family as it is easy to learn and fun! We suggest wearing comfortable clothing and being prepared to be splashed a bit!
- Officials:** *Training Required* These include the starter, referee, administrator, and stroke and turn judges. Officials conduct the meet and address rule infractions; they are critical to running sanctioned meets. There is always a demand for these volunteers. Training can take a few weeks to complete, but is not difficult. For more information on becoming an official, please visit <http://www.gaofficials.org/>
- Runners:** Runners assist the scoring table by posting results in the lobby as they are printed and obtaining information from timers to assist in scoring. No prior experience is necessary.
- Scorers:** *Training Required* This person inputs data during meets (times, relay names, etc.) and generates results from the system. Training on specific Meet Manager software is needed. We suggest coordinating with the team before a meet so you can become familiar with the software and observe during a meet.
- Console Operator:** *Training Required* This person runs the timing console in conjunction with the Meet Manager software. We suggest coordinating with the team before a meet so you can become familiar with the software and observe during a meet.
- Announcer:** This volunteer will operate the PA system and announce the events and swimmers' names prior to the swimmers entering the water. No training is required, but it is helpful if you are comfortable speaking in public, using a microphone and have a basic understanding of how a meet operates.
- Set-Up/Clean-Up:** Before a meet can begin and after a meet ends, parents are expected to help set up the pool for the meet and to return the pool to its normal condition after the meet. No training is required. Coaches and meet officials will be on hand to direct set up. We suggest wearing comfortable shoes/clothing for moving tables, chairs, and other small items.
- Hospitality:** At every swim meet, hosting teams provide concessions for guest coaches and officials. Snacks and beverages are donated by parents. Hospitality volunteers are responsible for setting up the refreshments and maintaining the area during the meet to keep it clean and accessible to all of our guest coaches and officials.
- Meet Marshals:** *Training Required* In compliance with USA Safe Sport guidelines, access to the pool deck is restricted to coaches, athletes and volunteers. The Meet Marshalls assist at the pool entrances with directing parents and swimmers to the appropriate areas of the event and restricting access as needed to the pool deck and swimmer locker rooms. Training for this is a short Powerpoint presentation and online test.
- Photographer:** Photographs meets and shares photos with Board to be used on website and in slideshow at team banquet.

Bullpen: For our meet sessions with young swimmers, some hosting teams organize a “bullpen” for our youngest athletes. Parent volunteers help them prepare for their races and ensure they are at the starting blocks at the right time! This is a great opportunity to be on deck and cheer on our youngest and newest athletes and contributes significantly to an efficient session! No training is required, but it helps if you are familiar with reading a heat sheet. We’re happy to help you learn.

SWIM VOCABULARY:

Age Group

Most meets group swimmers as follows:

- 8 & Under
- 9 – 10
- 11 – 12
- 13 – 14
- 15 – 18

Some meets will also have an “Open” age group for swimmers 11 or 12 & Over. USA Swimming competition uses the swimmers age as of the first day of the meet.

Blocks

The starting platforms behind each lane. Swimmers must be capable of performing a racing start before using the blocks. New swimmers may start from the deck.

Colorado System / Daktronics Timing System / Timing Console

Electronic timing system that automatically gives a swimmer’s time and place on the scoreboard when the touch pad (or push buttons) is activated at the completion of a race.

Competitive Strokes

The four competitive strokes are Freestyle, Backstroke, Breaststroke and Butterfly:

Freestyle: In freestyle events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

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

Breaststroke: The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously, and without overlapping, at, above or below the water surface.

Butterfly: Butterfly features simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and

the finish.

Counter

During meets, a volunteer uses a long number paddle to count laps for swimmers competing in long distance events, such as the 500 or 1500. It is common for meet organizers to request that swimmers provide their own volunteers to serve as counters for these events.

DQ – Disqualification

This occurs when a swimmer has committed an infraction of a rule; for example a one-handed touch in butterfly or breaststroke. A “DQ’d” swimmer is not eligible to receive an award nor is the time considered official. DQ’s are a normal part of the learning process and new swimmers will inevitably have a DQ at a meet at some point. Swimmers should speak to their coaches and see it as an opportunity to identify an area for improvement

Distance

This is how far a swimmer swims in a particular event, usually measured in yards or meters. The distance will depend on the event and will be listed on the heat sheet.

Dive

Entering the water headfirst, frequently from a starting block. Diving is not allowed during warm-ups, except at a specified time in a specific lane.

Entry Fee

The money paid by the parent or club for a swimmer to compete in an meet. Your account will be charged for additional entry fees for any meet in which you choose to participate. This information is located in the PDF attached to all meet listings on our TeamUnify page. Swimmers generally pay an entry fee plus a small additional fee each time they swim, sometimes called a “splash” fee.

Exhibition

When a swimmer participates in a race but does not receive points. The time IS considered an official time.

False Start

A swimmer leaves the block early or moves before the starter’s signal which usually results in disqualification. Swimmers age eight & under are allowed one false start.

Final Results

A printed copy of the results of each race in a swim meet. This is provided to the coaches after a meet has concluded.

Flags

Pennants suspended over the width of each end of the pool, exactly 15 feet/5 yards from the wall. They serve as visual references for backstroke events.

Flip Turn

Somersault type turn used in freestyle & backstroke.

Goggles

Eye covering worn by swimmers to protect their eyes from being irritated by the water. There are numerous styles and each swimmer should try out various pairs to see what is most comfortable. (Note: Competition goggles do not include a nose covering.)

Free Relay

A relay race (100, 200, 400 or 800 yards or meters) in which all four swimmers swim freestyle.

Heat

When an event has more swimmers than available lanes, swimmers are grouped into heats. Each heat groups the swimmers in an event according to time. This is the group the swimmers will be racing with during that event. It is important for swimmers to know their heat and their lane.

Heat Sheet

A listing of all swimmers by event and heat. It also lists what lane the swimmer will be in. This is important for swimmers to understand so they know when and where they are swimming. It is also useful for parents to follow as an event spectator. Coaches email out the heat sheets prior to most events and parents should print them at home. Some meets will have copies of heat sheets for sale at the event. Your swimmer's event information is available on our TeamUnify site and the OnDeck app. Some meets will provide full meet info on the MeetMobile app. (MeetMobile requires a subscription to access some information.)

Horn

This is a sound that the starter will use for heats. The starter will also announce via PA the event and heat.

IM – Individual Medley

An event (100, 200 or 400 yards or meters) where a swimmer swims one quarter of the race using each of the competitive strokes in the following order: butterfly, back, breast and free.

Interval

This is a specific elapsed time of swimming or rest used during swim practices.

Kick

Refers to the leg movement of a swimmer. Each competitive stroke has particular rules regarding the allowed movement.

Kickboard

A floatation device used by swimmers during practice, mainly for kicking drills.

Lane

The specific area in which a swimmer is assigned to swim. During practices or warm-ups, swimmers may lane-share by staying to the right of the lane and moving in a counter-clockwise rotation.

Lane Lines

The floating dividers used to divide the pool into lanes.

Lap

Two lengths of the pool, a "down and back"

League Meet

A dual meet between league members for the purpose of team competition.

Length

One distance of a lane

Leg

The portion of the relay event swum by a single team member

Live Heat

The heat of an event that is used for scoring.

Long Course Meters

Meets held in a 50 meter pool, one of the three competitive swimming courses. Most big national and international competitions, such as the Olympics, take place in this course.

LSC

Local Swim Committee, the local administrative body for USA Swimming, responsible for all teams within a particular geographic area. Our LSC is Georgia Swimming:

<https://www.gomotionapp.com/team/lscszgs/page/home>

Mark (“Take your mark.”)

This is the starter’s command for swimmers to take their starting position. It is followed by a beep and light from the horn to start the race.

Marking Up

Writing the event, heat and lane your child will be swimming on their arm or leg before a meet. For young swimmers, it is also helpful to write their name on their shoulder.

Marshall

The official who controls the crowd and swimmer-flow at a swim meet.

Medley Relay

A relay race (100, 200 or 400 yards or meters) in which each of four swimmers swim one of the competitive strokes in the following order: back, breast, butterfly and free.

Meet

A swim competition consisting of a series of events held in one program, over one or more days. These meets include:

“Fun” Meets or Mini-Meet: short, one day meets with a limited slate of events for a small group of swimmers. These meets are excellent opportunities for new swimmers to gain meet experience.

Dual Meet: A type of meet where two or three teams or clubs compete against each other.

Inter-squad Meet: This is a meet where only our Hurricane swimmers compete. The team is separated into a Blue and White squad and practice/swim as if they were in a meet.

Invitationals: Teams or swimmers are invited to participate in this event based on past performance or qualifying times. These are very exciting and fun meets for swimmers to attend!

Championships: These are end of season events, with swimmers earning a spot based on their qualifying times. These events include the LSC States, Sectionals/Zones and National Championships.

Meet Director

The official in charge of the administration of the meet; the person directing the “dry side” of the meet.

Official

An individual with certifications which allow him/her to participate in running a swim meet. Officials are generally volunteers and receive free training through Georgia Swimming. Parents are encouraged to volunteer to complete training to serve as an official since they are instrumental in hosting meets. Many teams welcome visiting officials to their pool decks as they are such valued volunteers. Each meet generally requires a Meet Director, Marshall, multiple Stroke and Turn Judges, one Starter, one Referee and at least one Admin Official. To ensure our team complies with USA Swimming rules, please do not speak to any Officials about

concerns with meet entries, results or rules. Talk to your Coach and the Coach will address concerns to the Meet Officials according to proper procedures.

OT

Official Time

Paddles

a plastic device work on the hand during practices for certain drills

Qualifying Times (QT)

Minimum (and sometimes maximum) time standards required for participation in certain meets.

Referee

Head official who has ultimate authority at a swimming meet. To ensure our team complies with USA Swimming rules, please do not speak to any Officials about concerns with meet entries, results or rules. Talk to your Coach and the Coach will address concerns to the Meet Officials according to proper procedures.

Relay

A swimming event in which four swimmers participate as a team and each swim one fourth (or one leg) of the event.

Scratch

During a meet, scratch means that a swimmer has dropped themselves from a race. There are rules about when and how a swimmer can scratch, so swimmers should discuss a potential scratch with their coach as soon as possible. Generally, if a swimmer scratches an event, they will still incur the fee for that event.

Seeding

The method used to rank swimmers in heats for each event according to best entry time. While there are several methods, it is fairly common for the events to progress from the slower heats to faster heats. Within each heat, round seeding is common with the fastest swimmers in each heat being placed in lanes 4 and 5, then the next fastest in lanes 3 and 6, then lanes 2 and 7, and so on until all lanes are filled.

Short Course Meters – Meets held in a 25 meter pool one of the three competitive swimming courses.

Short Course Yards – Meets held in a 25 yard pool and one of the three competitive swimming courses. Most high school and college competitions as well as the majority of Fall/Winter competitions will be in short course yards.

Starter

A certified official who has control over the swimmers once they are called to the starting blocks. It is the starters' responsibility to do his/her best to ensure a fair start. To ensure our team complies with USA Swimming rules, please do not speak to any Officials about concerns with meet entries, results or rules. Talk to your Coach and the Coach will address concerns to the Meet Officials according to proper procedures.

Stroke & Turn Judge

A certified official whose responsibility it is to watch for infractions during each race and impose a disqualification penalty if required. To ensure our team complies with USA Swimming rules, please do not speak to any Officials about concerns with meet entries, results or rules. Talk to your Coach and the Coach will address concerns to the Meet Officials according to proper procedures.

Timer

A volunteer who works in a particular lane to manually record a swimmers' time with a stopwatch. This is generally a backup to official electronic timing systems. Timers do not require special training, but meet officials will do an orientation and timer meeting before the start of each session to ensure everyone feels confident in their role. Each meet needs anywhere from 10-30 timers per day, depending on the structure. Volunteering in this role is strongly encouraged!

USA Meet

Meets sanctioned by USA Swimming.