



## **Welcome to Santa Barbara Swim Club**

The Santa Barbara Swim Club's (SBSC) Coaching Staff and Board of Directors wish to welcome you and your child(ren) to an enriching personal and family activity.

SBSC coaches want to help each swimmer become proficient in all four competitive swim strokes plus proper starting and turning techniques. We consider competition to be healthy when handled in an intelligent manner and we consider it to be very important for swimmers to enjoy day-to-day training.

We teach our members that it is fun to challenge the body and the mind to find our limits without regard to rewards. Our overall goal is to provide an opportunity for each and every swimmer to progress as far as they are able, whether this means a best time or an Olympic Gold Medal. We look forward to helping your children become excellent and safe swimmers.

## **Santa Barbara Swim Club Philosophy**

The focus of our Club is our children and competitive swimming. The SBSC is a non-profit (IRS 501-C-3 classification) organization dedicated to the instruction and training in the skills of swimming. Although competitive swimming represents a major commitment of time and energy, on the part of both the participant and his or her family, we feel that there are many rewards, including health promotion, the joy of winning, the strength in losing, social contacts and the excitement of competition and travel.

In addition, the values of personal integrity and commitment, as well as achievement through dedicated work are highlighted. We hope that such activities will be both enjoyable and educational and will leave a legacy that will benefit your child for a lifetime. Although many SBSC swimmers possess the goal that they become proficient enough to represent the United States in National and International competitions, the Club strives to recognize the needs of all participants in such a way that everyone involved may fully realize their greatest potential as a swimmer.

## **The Swim Team Program**

The SBSC currently has access to several pools in the area for workouts - Los Banos del Mar pool, UCSB Campus & Rec Cen pools and Santa Barbara High School District pools. Presently, we are only using the Pool at Los Banos del Mar. The SBSC swims as a "unified" team with each swimmer competing for the team as a whole.

Our Website, [www.sbsc.net](http://www.sbsc.net), is available to all members of the club and general public. The website lists the names of the Coaching Staff and Board of Directors, lists accomplishments of our swimmers, contains Information about upcoming meets and events, reviews important business matters pertinent to the Club, and frequently has newsworthy items from the coaches and board members.

## **The Coaching Staff**

The Coaching Staff includes one Head Coach and several assistant coaches hired by the Head Coach. Coaching Staff members are remarkable in their skill, knowledge and dedication to our swimmers. It is, therefore, important to understand their coaching philosophy and give them

your support. The Coaching Staff has outlined the following guidelines for your benefit. Always feel free to contact your coach at appropriate times if any questions or concerns arise with respect to you, your swimmer or your family's participation in the SBSC.

SBSC's head coach is responsible for:

- Setting workout schedules
- Setting workout groups
- Determining the team's meet schedule
- Scheduling coaches at team meets
- Designing or overseeing season training plans for all groups
- Discipline as it pertains to our swimmers while representing the Team.
- Educating and supervising all coaches
- Hiring/dismissal of coaches
- Providing monthly reports to the Board of Directors
- Attending appropriate USA Swimming meetings
- Disbursing meet information and results

In addition to the responsibilities listed above, all of SBSC's coaches are committed to helping children develop healthy attitudes towards swimming, competition, and being a great contributor to the strength of our Team.

### **Parental Responsibilities**

Santa Barbara Swim Club is a program set up by parents for our children. As an activity that is very "labor-intensive," you can expect as a parent to donate a portion of your time to SBSC activities, including, but not limited to, participation in local swim meets. It is therefore essential that all parents participate fully and share in the responsibilities associated with being a "swim club parent."

- Parents are responsible for supporting our Club's attendance policies and for providing transportation to and from swim practices and meets.
- Parents are responsible for running, and staffing all SBSC hosted swim meets. Some of the jobs associated with holding a meet are set-up (& take down), clerk of course, food service (snack bar), safety marshalling, timing, runner, computer, hospitality, results and awards, and records.
- Parents are responsible for working as timers at out-of-town meets. SBSC is usually responsible for providing 3 timers for 2 lanes throughout the meet.
- Parents/swimmers are responsible for registering for each swim meet in a timely and appropriate manner.
- SBSC Parents leave stroke and race analysis to the coaches. Coaches welcome inquiries about your swimmer's progress at mutually agreed upon times.
- Parents are responsible for paying the club annual dues and swim team fees in a timely manner (See SBSC Billing Policies).
- Parents are responsible for participating in the club fundraising projects.

### **Don't Pay a Therapist... Be a Timer!**

Although it's every parent's responsibility to be a timer for at least one shift at each swim meet, "veteran" timers know some secrets about the experience that need to be disclosed (and these apply to other swim meet tasks!). Some of the benefits of fulfilling this responsibility include:

- You get a great seat! You really see the power and beauty of swimming.
- During the swim season you begin to readily recognize SBSC swimmers as well as the swimmer-athletes from other coastal section teams. You get to know them, share in their improvements, and become more aware of the efforts they make. There is a good chance you may time a future Olympian if you achieve enough experience!

- You get basic needs met! The home team feeds you, shelters you from the bright sun, and you occasionally receive a cooling splash from starts, flip turns and finishes.
- Your swimmer observes your commitment in fulfilling swimmer-parent responsibility. Children learn values and behavior from adult modeling. In fulfilling your timing responsibility, you demonstrate cooperation and responsibility. Your effort in making yourself available on your own initiative is indeed noticed!
- You get to know other parents ... and this is one of the best benefits of all! Parents can "network" and become acquainted while timing. Conversations tend to be personable and practical. For example, you learn about other worthwhile activities for children in the Santa Barbara area. You may hear the latest scoop on special teachers and meaningful programs in school. You expand your understanding of competitive swimming and learn how other families have adapted to the rigors of the SBSC!

### **Team Member Guidelines**

- SBSC members should consider themselves to be ambassadors representing our great club, community and the sport of swimming. With this in mind, conduct should be exemplary at meets, practices and other team functions.
- The Coaching Staff sets a great example to our athletes regarding the respect of both teammates and facilities and therefore takes a proactive stance on discipline. In the rare occurrence that behavior matters are deemed serious enough by the Coaching Staff, they may contact parent.
- General training rule: Come to the pool to improve your swimming, training, racing, and you will improve.
- Parent contact with the coach should be made a minimum of 15 minutes prior to or after scheduled practice sessions.
- The coach has the final determination in selecting the events your swimmer(s) will swim in a particular meet.
- The Coaching Staff will determine all relay entries (please note that relay selections may involve factors other than "best" times).
- The coach will make the final decision in any "scratches" from event(s) during the course of a meet.

We are a TYR-sponsored team so swimmers must wear designated navy blue nylon or Lycra SBSC logo'd TYR suits and team caps for competition. Technical suits may be worn at senior-level championship meets only. Please save team suits and cap for meets only. Our team supplier is Competitive Aquatic Supply (CAS) and team items can be purchased via [cassswimshop.com](http://cassswimshop.com) or through a link on SBSC's website.

### **Tips on Workouts**

A good performance does not depend solely upon the desire to do well. As in any undertaking, a person needs the background and tools (mentally and physically) to do the job well. Swim practice sessions are therefore designed for the betterment of swimmers. Regardless of the kind of workout, each session can be strenuous depending upon the participant's effort. The workouts are also designed to teach stroke and turn techniques. Merely swimming a number of lengths does not guarantee development - it is what the swimmer does when he or she is present at the session that counts.

A workout is the specific swim practice drills and distance given to the swimmers to accomplish each day. "It involves training daily, weekly, monthly and yearly. Consistent training is difficult as well as satisfying and it is essential. To gain the necessary benefit from such training, consistency is essential; a novice swimmer should practice no more than three (3) times per week. Older age-group swimmers should practice as directed by the coaching staff.

As the swimmer progresses through the age group system, the workouts become harder and

more extensive, until the swimmers practice as much as two and a half (2 1/2) hours per workout, twice per day, six days per week. In addition, the senior swimmers may exercise with weights to further develop their strength and endurance. The Coaching Staff determines the appropriate workout group for each swimmer.

A typical workout starts with warm-up. Each swimmer will be thoroughly and carefully warmed up before the workout begins. After warm-up, the swimmers are given a series (depending on ability and strength) of swims to swim on specified time intervals. These are called "sets". During these sets, the swimmers may be asked to kick for so many meters/yards or do stroke technique work, which are called "drills."

There is usually a definite pattern to workouts, which build toward certain meets with "tapers," a period just before the meet when workouts lessen in order for swimmers to rest, literally supercharging their muscles. Athletes should never taper or rest themselves by not attending practice before a meet.

### **Additional Competitive Guidelines**

You have done a great deal to raise your child. Your child is a product of your values, the structure you have provided and the role model you have been. Human nature is such that a person loses some of the ability to remain objective in matters concerning one's own child. The following guidelines are designed to help keep your child's progress in proper perspective:

1. Every individual learns at different rates and responds differently to the various methods of presenting the skills. Coaches and parents must exercise patience and remember that a swimmer's ultimate success is achieved through complete development, regardless of speed of learning.
2. It is possible for a swimmer's performance to initially decline or plateau when he/she first joins a new practice group or when experiencing physical changes that may occur when becoming a young adult. In the case of the younger swimmers this is likely due to the emphasis placed on the development of stroke technique. The learning of these motor skills, which are the basis for later improvement, takes a great deal of the swimmer's attention to master. In senior groups this decline in performance can occur due to the adjustment of the muscles to an increased demand of work, which then leads to greater improvement in the long run.
3. Plateaus can occur at any time in a swimmer's career. It is important to realize that plateaus occur in all areas of human motor learning. The most successful athletes know how to work through these occasional delays.
4. Ten (10) and under swimmers can be the most inconsistent swimmers, and this can be frustrating for parents, coaches and swimmers alike! We must be patient and permit these youngsters to have fun and learn to appreciate the sport.
5. Moderate development of competitive drive at an early age is normal and perhaps more desirable than precocious or forced early development. It is important that everyone learn to compete, develop spirit and adapt to reasonable (but not undue) levels of stress.
6. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's job to provide support, encouragement, and recognition.
7. Since children pick up attitudes, either consciously or subconsciously from their parents, it is important for parents to be enthusiastic about taking their swimmer to practices, meets, fundraising events, meetings, etc.
8. Any questions concerning your child's training or team policies should be directed to the coach at an appropriate time. Criticizing the coach in front of any athlete breaks the swimmer-coach rapport necessary for maximum success.
9. No parent should behave in such a way as to bring discredit to the child, the coaching

staff, the club, other swimmers, or competitive swimming.

10. Be sure your child swims because he or she wants to. People resist anything they "have to do." Self-motivation is the long-term stimulus for all successful swimmers.
11. Promote sportsmanship and goodwill during competition. Avoid comparing your child to other competitors, thereby creating unnecessary distress. Recall that the word, "competition," comes from the Latin "com petere," which means roughly "work together."
12. Keep in mind that parental attitudes and behavior toward competition have an important effect on the child. In swimming, as in life, character is built and lessons are learned by both winning and losing. Every youngster can gain from his experience in competitive swimming through the pursuit of excellence. Our goal is not only to produce great swimmers, but also to produce great people who swim.

### **How to Enter a Meet**

Several weeks (generally three) prior to an upcoming meet, meet information will be posted on the Team website. The swimmer's coach may indicate the events that should be entered. Please read the meet sheet carefully - it will indicate the type of meet, the location, the date(s), the fee information and the deadline for entry. A completed entry form and payment are required to submit swimmer's entry.

Entries are currently handled electronically and are processed through the swim office. Most meets limit the total number of swimmers so an early submission of the entry is necessary. Getting your form in by the deadline is important because the coaching staff also has a deadline for submitting the team entry.

All SBSC swimmers must register with USA Swimming. This includes presentation of a birth certificate and payment of a fee. A specific USA Swimming form is required and may be obtained from any SBSC coach. Registered swimmers receive a registration number that is required for submitting meet entries. USA Swimming registration must be renewed annually every September.



### **What Is USA Swimming?**

USA Swimming is the national governing body for amateur competitive swimming in the United States. The USA Swimming Headquarter office, located at the Olympic Training Center, was established in Colorado Springs, Colorado in 1981.

As the National Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects the athletes to represent the United States in international competition.

USA Swimming is organized as follows:

International - The international federation for aquatic sports is the Fédération Internationale de Natation (FINA). USA Swimming is affiliated with FINA through United States Aquatic Sports

(US AS).

National - USA Swimming is a group A member of the United States Olympic Committee (USOC) and has voting representation in the USOC House of Delegates.

Local - Within the United States, USA Swimming is divided into fifty-nine (59) Local Swimming Committees (LSC), each one responsible for administering USA Swimming activities in a defined geographical area.

Southern California Swimming - (SCS) is the largest Local Swimming Committee (LSC) in USA Swimming. With over 140 clubs and 16,000+ athletes. SCS stretches from Paso Robles to San Clemente to Las Vegas. SCS is the membership and sanctioning body for USA Swimming and is organized into 4 sections.

Santa Barbara Swim Club - SBSC belongs to the Coastal Section of SCS.

### **Classes of Competition**

*(Please consult the (SCS) Swim Guide for specifics)...available for purchase at meets and for reference in the swim office...*

In order to equalize the competition, swimmers are divided by age group and gender. The age groups are currently classified in two year blocks: ages 5-6, 7-8 (usually grouped as 8 & under); 9-10, 11-12, 13-14, 15-16, and 17-18 (usually grouped as 15 & up). Senior swimming is a step beyond age group competition and is normally structured for those at or close to national championship levels.

Age group skill classifications range from "C" to "Q" levels. Advancements are determined by meeting nationally established time standards at sanctioned meets. Such time standards are revised and published annually in the Southern California Swimming Swim Guide.

Brief descriptions of various time standards are provided below:

White      Beginning level for all age group swimmers.

Red        Begins with the 8 & under age group swimmers who meet the minimum time standard to qualify.

Blue        Begins with the 8 & under age group swimmers who meet the (higher) minimum time standard to qualify.

JAG/WAG   June Age Group and Winter Age Group Championship Meets. Begins with the 10 & under age group and goes up to the 17-18 age group (5 age groups). Swimmers must meet the minimum time standards to attend these meets

NACC      This is an elite Southern California Swimming All-Star Team that competes against Canada, Mexico, and another invited LSC from the USA. Begins with the 10 & under age group and goes up to the 17-18 age group (5 age groups). The time standards for this meet (held in rotation: USA, Canada, Mexico) vary from year to year so that SCS can put together the most competitive team possible. Further information on this competition can be found on the SCS website([www.socalswim.org](http://www.socalswim.org))

SCSRT     Southern California Swimming Reportable Time - Top 16 swimmers in each event, in each of the 5 age groups, for each sex (10&U, 11-12, 13-14, 15-16, 17-18) make up the qualifying times for the following year.

NRT        National Reportable Time – Top 16 swimmers in each event (same as SCSRT but for the whole nation). SCS athletes that are ranked in the national top 16 are invited to the annual banquet.

Senior Meets are all classified as “Open” events.

**Open** Available for 11 & over age group swimmers who meet the minimum time standards that are set by SCS and USA Swimming annually. "Open" events are sometimes part of age group competition where all swimmers, ages 11 & over swim together based on entry time.

The following is a list of USA Swimming Open Senior Events, in order from the least to the most challenging qualifying times:

1. Senior Development
2. Senior "Q"
3. Sectional Champs
4. Junior Nationals
5. Senior Nationals
6. U.S. Open
7. World Championships (every 2 years) and Olympic Trials (held every 4 years)

**Masters** Available to swimmers 19 years and older, who want to participate in an organized, coached swim program for health & fitness, and / or for competition. SBSC hosts one local Masters Meet annually called the Reg Richardson Memorial Meet. All masters meets are sanctioned by United States Masters Swimming (USMS) nationally, and Southern Pacific Masters Association (SPMA) regionally.

### **Types of Meets**

**Open** The most common type of meets and are usually categorized as ABC, AB, B, C, A, or AA meets. The letter categories indicate the minimum time standards required for entry and they are normally sanctioned by Southern California Swimming (SCS).

**Dual** Organized between two clubs.

### **USA Swimming unique ID number for all members**

Every member of USA Swimming is given a unique ID number that will rarely, if ever, change. This number is issued to athlete and non-athlete members.

The ID number will be easy for you to remember: your date of birth (mmddyy), the first three letters of your legal first name, the first letter of your middle name, and the first four letters of your last name. If your first or last names don't have enough letters (or you don't have a middle name), a \* will be used to fill in the blanks- Here are some examples:

Rose A. Buchman, born 05/16/78	051678ROSABUCH
Thomas O'Neal, born 09/12/65	091265THO*ONEA
Ty H. Ng, born 04/05/80	040580TY*HNG**

If Rose prefers to be called "Sissy", the registration procedure will accommodate her. Her membership card will be issued with her preferred name and she will be entered in meets as Sissy Buchman.

Once assigned, your ID number should never change. What is crucial is that, once assigned, your ID is unique across the entire USA Swimming membership. It is therefore very important that you provide accurate information on your registration form for your new unique ID number. It is also very important that you remember your new ID number and always include it on forms when asked to do so.

If there is a duplicate number, which should be rarely, USA Swimming's computer will let USA Swimming know and they will change the number of the second individual. If this happens to you, USA Swimming will send you a new membership card as well as notify your registration chair and swim club.

### **The Competition**

Each swim meet offers a variety of events and distances depending on the age group and classification (see "age group swimming" in the glossary). Usually, each swimmer may enter up

to five individual events per day in a timed finals meet, or up to three individual events at a prelims and finals meet.

Freestyle: The competitor may swim any stroke he/she wishes. The usual stroke used is the "crawl"; the alternate overhand motion of the arms and an alternating up-and-down flutter kick characterizes -which.

Backstroke: The swimmer must stay on his /her back at all times, except at the turn. The usual stroke consists of an alternating motion of the arms with a flutter kick.

Butterfly: Is perhaps the most beautiful stroke. It features a simultaneous overhand stroke of the arms 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. The butterfly was developed in the early 1950's as a variation of the breaststroke. It became an Olympic stroke in 1956 in Melbourne. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously.

Breaststroke: It is perhaps, one of the most difficult strokes to master. It requires simultaneous movements of the arms on the same horizontal plane. The hands are pulled from the breast in a heart-shaped pattern and recovered under or over the surface of the water. The kick is a synchronized, somewhat circular motion, similar to the action of a frog. No flutter, scissors or dolphin kick is permitted. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously.

Individual Medley: It is commonly referred to as the "IM," and features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke, and finally freestyle.

Medley Relay: All four strokes are swum. The first swimmer swims backstroke, the second, breaststroke, the third, butterfly, and the final swimmer, the freestyle.

Freestyle Relay: This event consists of four freestylers, each swimming one quarter of the total distance of the event.

Starts and Turns: Many races are won or lost by the swimmer's performance in the start and turn. In the start, the swimmers are asked to step up onto the starting blocks (or into the water for backstroke) by the blow of one long whistle. The starter then commands the field to "take your mark." When all swimmers are set (motionless) the starting horn is sounded to start the race. If the starter feels that one of the swimmers has moved, left early or obtained an unfair advantage, the race will be recalled. Under USA Swimming rules, one false start disqualifies the swimmer.

The Course: Competition pools may be "short course" (25 yards or meters), or "long course" (50 meters). The International standards used in the Olympics is 50 meters. USA Swimming maintains records for 25 yards, 25 meters and 50 meters.

Hydration: Everyone (coaches and parents) should take an active role in seeing that the swimmers learn and support proper hydrated methods throughout their training and competition days. For an article on proper hydration: see the front page of the SBSC Website in the left hand "links" section ([www.sbswim.net](http://www.sbswim.net))

#### **Fees:**

***The fee schedule is available in the Swim Office.***

#### **Family Fundraising**

There is an annual fundraising requirement of \$250 (Age Group and above) that each family must fulfill. This can be achieved through, but is not limited to Script/eScript purchases,

awards/plaque sponsorships, direct donations or other means. Fundraising goes to the Parents Booster Group to help support various training, equipment and travel needs for our athletes.

## **Glossary of Terms**

**Age Group Swimming:** The program through which USS provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent. Nationally recognized age groups are 10 and under, 11-12, 13-14, 15-16, 17-18, and 15-18. Local meets may also include events for 8 and under.

**Block:** The starting platform.

**Bulkhead:** A wall constructed to divide a pool into different courses, such as a 50-meter pool into two 25-yard courses.

**Buttons** – Also called “pickles.” Buttons are a direct line to the fully automatic timing system usually used at meets. When pushed by “timers” upon a swimmer’s finishing a race, they send signals to stop the clock. For the most accurate time possible, three “timers” with three buttons are used per lane and times are averaged.

**Circle Swimming:** Performed at practice by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane.

**Coach:** A person who trains and teaches athletes in the sport of swimming.

**Code of Conduct:** An agreement signed by a swimmer prior to travel stating that the swimmer will abide by certain behavioral guidelines.

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

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

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

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

**Entry form:** Form on which a swimmer enters a competition. Usually includes name, team, USA Swimming number, age, sex, event number and time.

**False Start:** Occurs when a swimmer is moving at the start. In USA Swimming, one false start will result in disqualification.

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

**Finish:** The final phase of the race; the touch at the end of the race.

**Flags:** Backstroke flags placed 5 yards (short course) or 5 meters (long course) from the end of the pool. They enable the backstrokers to execute a backstroke turn or finish more efficiently by counting their strokes from the flags to the wall.

**Goal:** A specific time achievement a swimmer sets and strives to reach. Can be short- or long-term. Swimmers are also encouraged to set academic and personal goals.

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

**IM:** Acronym for the Individual Medley, an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, and freestyle.

Lap Counter: A set of plastic display numbers used to keep track of laps during a distance race (500, 1000, 1650 yards or 800, 1500 meters). The person who counts for the swimmer is stationed at the opposite end from the start

Long Course: A pool 50 meters in length. USA Swimming conducts most of its summer competition in long course.

LSC: Local Swimming Committee. Governing body for swimming on a regional level.

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

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

National Age Group Top 16 Times: Time standards set for both short and long course based on previous years achievements. Only times meeting these standards may be submitted for consideration each year.

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

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

Prelims: Short for preliminaries, also called Heats or Trials. Races in which swimmers qualify for the finals in the events.

Relay: An event in which 4 swimmers compete together as a team to achieve one time.

Safety: The condition of being safe. Safety procedures are designed to prevent accidents/"Pelican Pete" is USS's safety mascot.

Scratch: To withdraw from an event in a competition.

Senior Swimming: The program through which USA Swimming provides fair and open competition in National Swimming Championships. It is designed to afford maximum opportunity for participation, provide an educational experience, enhance physical and mental conditioning and develop a pool of talented athletes for International Competition. There are no age restrictions on Senior competition.

Short Course: A pool 25 yards or 25 meters in length. USA Swimming conducts most of its fall and winter competition in short course.

Split: A swimmer's intermediate time in a race. Splits can be taken every lap and are used to determine if a swimmer is on record pace. Under certain conditions, splits may also be used as official times. In a relay, a split is the time for one of the four individuals. *Negative split* means the second half of the race was faster than the first half and *even split* means times were equal.

Sprint(s): At meets, describes the shorter events (50 and 100 meters or yards). In training, to swim as fast as possible for a short distance.

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

Taper: The final preparation phase of training. Prior to major competition, an older, more experienced swimmer may shave his/her entire body to reduce resistance and heighten sensation in the water.

Time Trial: A time-only swim that is not part of a regular meet, typically swum between heats

and finals.

Touch Pad: A large sensitive board at the end of each lane where a swimmer's touch is registered and sent electronically to the timing system.

USA Swimming: The national governing body for amateur competitive swimming in the United States.

USA ID Number: Unique number assigned to a swimmer when he joins USA Swimming. The card may be required at any given competition.

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

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

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