

Swim Team 101

At a glance

If you're brand-new to this, start slowly. If you're not a former swimmer, the strokes and their rules can be confusing. This document will go over the basic swimming terms and practices for new swim parents!

The Basics

Starting out, your swimmer will most likely be placed in only freestyle and backstroke events. As they learn new skills and strokes in practice, they will slowly begin swimming more events such as breaststroke and butterfly. In a meet your swimmer will at least swim:

2 EVENTS

2 individual events; or
1 individual events
and a relay

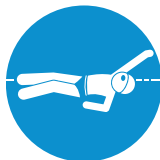


THE FOUR STROKES



Butterfly

Swum on stomach. Both arms and legs move together side by side. Arms should be identical as they are swimming the stroke. Kick is like a mermaid or dolphin with feet, knees, and thighs staying together.



Backstroke

Swum on your back. Long straight arms and a small flutter kick. Belly up, head back.



Breaststroke

Swum on stomach, with a narrow "frog kick". Breathe every stroke. All about timing and power.



Freestyle

Also known as the forward crawl. Swum on stomach. Reaching arms and small flutter kicks.

MEDLEY CLARIFICATIONS

1

Individual Medley (IM): Event

Individual means 1 swimmer, Medley means a combination of things. The IM or Individual Medley is a race where a swimmer will swim EACH of the strokes in IM Order.

2

Individual Medley (IM): Order

Fly, Back, Breast and Free in that order. Ex. a 100 yard IM is a 25 of Fly, 25 of Back, 25 of Breast and a 25 of Free, swum in that order. Please see a further description on distances later in this document.

3

Medley Relay

This relay is an event with 4 swimmers each swimming 1 stroke. This is swum in a different order since you can't dive in for backstroke. Therefore, the relay is Back, Breast, Fly, Free.



Distances

In our normal seasons, pools are 25 yards/meters long. If a swimmer swims 4 laps it would total 100 yards/meters. Therefore, a 25 is 1 lap...., 50 is 2 laps, 100 is 4 laps, 200 is 8 laps, etc.....

Events vs Heats

Event – Ex. Girls 25 Yard Freestyle, this is for a meet and it describes the race.

Heat – There will be a lot of swimmers swimming a certain event. There are only 6-8 lanes in most competition pools. So to split all the swimmers up they do it by heats. Heats put swimmers with other swimmers that have a similar time to one another in that event. The number of heats in an event is determined by the number of swimmers entered into that event.

Relays

Swum with 4 swimmers. For swimmers 8 and under there are 2 relays, the 100 Medley Relay and the 100 Freestyle Relay. Each swimmer will swim a 25. For swimmers 9 and older, the relays are the 200 Medley and 200 Freestyle. Each swimmer will swim a 50. One swimmer will swim at a time, and when that swimmer touches the wall the next swimmer will dive in and start swimming their leg of the race.

DQ (Disqualification)

Imagine you were caught cheating on a test in school, you would get a 0 as your grade. That is what it means to get disqualified. You did something “illegal” according to the rules of the stroke set by USA Swimming and the officials (people wearing white shirts) enforce these rules. Unfortunately this means that race didn't count for the swimmer and their time will not be recorded. Please don't get upset if your swimmer gets a DQ. This is normal and will be used as a teachable moment! The coaches will know what they did and will work with them to make sure they don't do it again!



Common DQs

Freestyle

- Pushing yourself forward off the bottom of the pool.
- Pulling yourself forward with the lane line, other than those two things you are free to swim the style you choose.

Backstroke

- Rolling onto your stomach (other than if you are about to do a turn at the wall).
- Pulling on the lane line.
- Pushing off the bottom of the pool.

Breaststroke

- Doing a butterfly, flutter, or scissor kick.
- Not getting your head out of the water on every stroke.
- Keeping the 1/1/1 ratio, 1 pull with your arms, 1 breath (don't actually have to breathe but your head must come up), 1 breaststroke kick with toes out and feet flex for the majority of the kick.
- Arms going below belly button.
- Not touching the wall with two hands for your finish.

Butterfly

- Non-simultaneous arms (arms not moving together or in sync).
- Feet coming apart (flutter kick or breaststroke kick).
- Arms not coming out and going over the water after the pull.
- Not touching the wall with two hands for your finish.

All Strokes

- Moving on the block after the starter says "Take your mark" and before the BEEP, this will cause a false start, the first false start of every heat is strike one for the entire heat, next swimmer to false start is DQ'ed.
- Not finishing a race.
- Stopping to fix goggles.
- Pushing off the bottom of the pool.
- Pulling on the lane line.
- Swimming in another swimmers lane.
- Relay – Leaving too early before the swimmer in the water touches the wall.

Heat Sheets

The Heat Sheet is a program that shows all the participating swimmers and what events they will participate in as well as the heat number and lane number. The announcer will say the event and heat number and there may also be an electronic board with this information.

Changes to the Heat Sheets will be made just prior to the start of the meet based on swimmers who don't arrive on time or do not attend. We will also "combine" races to speed up the meet. For example, if we have 3 girls swimming Freestyle in the 15-17 age group and 3 boys -- we will combine them into one heat to save time. The announcer will say if heats are combined. Please pay attention when it gets closer to your swimmer's event.

Event Number: There are roughly 100 events in each meet. We swim the Medley Relay, Short Freestyle (25 and 50), Individual Medley, Backstroke, Breaststroke, Long Freestyle (50 and 100), Fly and Freestyle Relay. For each of those 8 races, we swim 12 events -- one for each age group/gender.

Heat Number: Each heat has up to 6-8 swimmers - depending on the size of the pool.

Lane Number: This will tell you which lane your swimmer is scheduled to swim in.

Seed Time: Once a swimmer participates legally in an event, they will have a "seed time" in that event for the next meet. Swimmers are placed in heats and relays according to their seed times.

Medley Relay/Heat Sheet Explained

E EXAMPLE of EVENT CHART SWIMMER'S ARM or LEG

Lane	Name	Age	Team	Seed Time
#7 Girls 8 & Under 100 Yard IM				
Heat 1 of 2 Finals				
2	Sydney Boyer	6	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Laura Stroud	7	WWST	NT
Heat 2 of 2 Finals				
2	Bree Sullivan	8	WWST	NT
3	Ruth McGee	8	WWST	2:19.99
4	Delaney Byrne	8	WWST	NT
5	Elena Williamson	7	WWST	NT
#19 Girls 7-8 25 Yard Freestyle				
Heat 1 of 3 Finals				
2	Natalie Potter	8	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Maeve English	7	WWST	NT
Heat 2 of 3 Finals				
2	Andie Smiley	8	BVCC	NT
3	Ava Griffin	7	BVCC	NT
4	Skyeler Jackson	8	BVCC	NT
5	Meredith Setser	7	WWST	NT
Heat 3 of 3 Finals				
1	Elena Williamson	7	WWST	NT
2	Noelle de Vente	7	WWST	NT
3	Ruth McGee	8	WWST	21.72
4	Jeannie Ridley	7	WWST	40.28
5	Alexandra Johnson	7	BVCC	NT

Lane	Name	Age	Team	Seed Time
Heat 3 (#31 Girls 7-8 25 Yard Backstroke)				
1	Hayley Ferrell	7	WWST	NT
2	Claire Crane	7	BVCC	NT
3	Sarah McGee	8	WWST	29.78
4	Delaney Byrne	8	WWST	35.94
5	Ruth McGee	8	WWST	NT
#61 Mixed 8 & Under 100 Yard Medley Relay				
Lane	Team	Relay	Seed Time	
Heat 1 of 1 Finals				
2	WWST	B	NT	
	Jeannie Ridley W7	Laura Stroud W7		
	Luke Leong M8	Cayman Choate M8		
3	BVCC	A	NT	
	Maddie Williams W7	Sydney Boyer W6		
	Cameron Taylor M8	Ethan Boyer M8		
4	WWST	A	NT	
	Ruth McGee W8	Colin Kruse M8		
	Jenna Rupp W8	Bree Sullivan W8		

Lane	Name	Age	Team	Seed Time
Heat 2 (#5 Boys 9-10 100 Yard Medley Relay)				
1	BHC-ZZ	D		1:42.10
	Koenig, Quinton 10	Harshaw, Dane 9		
	Blake, Jack 9	Blake, Henry 10		
2	SRB-ZZ	C		1:28.01
	Mills, Matthew 9	Boynton, Jack 10		
	Lang, Justin 9	Wokoek, Kurt 9		
3	BHC-ZZ	B		1:23.87
	Holmreen, Brock 9	Leslie, Jack 9		
	Stebbins, Trevor 10	Morley, Ethan 10		
4	SRB-ZZ	A		1:12.00
	Wong, Mason 10	Pickard, Andrew 10		
	Kitlowski, Kale 10	Lee, Hunter 10		
5	BHC-ZZ	A		1:14.95
	Saul, Bailey 10	Helbert, Riley 10		
	Reed, Lance 10	Hoff, Benjamin 10		
6	SRB-ZZ	B		1:22.97
	Beck, Carson 9	Sabuda, Kyle 10		
	McArthur, Jared 9	Gross, Ethan 10		
7	BHC-ZZ	C		1:29.59
	Smola, Levi 10	Weber, MaKaya 10		
		Tomberlin, Sean 10		
8	SRB-ZZ	D		1:39.97
	Hildner, Mike 10	Arnold, Logan 9		
	Arnold, Landry 9	Bennett, Brendan 10		

Stroke	Lane	Swimmer
Back	3	Ruth McGee
Free	3	Ruth McGee
IM	3	Ruth McGee
Relay (Back)	3	Ruth McGee

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1 BHC-ZZ D 1:42.10
Koenig, Quinton 10 Harshaw, Dane 9
Blake, Jack 9 Blake, Henry 10

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- | | |
|--|------------------------------------|
| A. Heat Number | E. 1st leg -Backstroke swimmer |
| B. Event Number and Event Name | F. 2nd leg - Breast Stroke swimmer |
| C. Lane Number | G. 3rd leg - Fly swimmer |
| D. Relay team (A is contains the fastest swimmer in each stroke) | H. 4th leg - Free swimmer |

Parents Guide to Swim Meets

Swimmer Pack List:

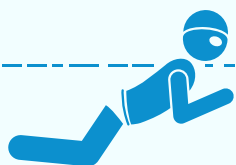
- Suit
- Towels (at least 2)
- Goggles and cap
- Sunscreen, hat, coverup or clothes
- Footwear (sandals, crocs, etc.)
- Games/ books to keep busy
- A camping chair
- Healthy snacks and water

Parent Pack List:

- Money for concessions (if offered)
- More sunscreen
- Sunglasses/ hat
- A camping chair
- Good cheering voice! Swimmers can hear in the water. The louder the crowd, the more exciting their swim!

What to Expect:

- FUN! Swim meets are a lot of fun and are usually the highlights of the season for our swimmers!
- Controlled Chaos: As you will see there is a lot that goes into making a meet run smoothly. With the amount of swimmers, volunteers, staff, and spectators we are trying to manage we inevitably will have a little chaos.



Arriving at a Swim Meet:

- Check Swimtopia to see swimmer events
- Find a place to set up shop
- Listen to the coaches' instructions and get ready for warm up

Swim Meet Playbook:

1. Swimmers will warm up (swim laps to prepare for races).
2. Once done with warm ups, swimmers will wait in the designated area until warm ups are finished.
3. The coaches or a parent volunteer will then let your swimmer know when their race is approaching and to get ready.
4. They will be walked to the pool deck and are to wait behind the blocks until their event. Parents can then enter the pool deck to watch their swimmer.
5. When it is the swimmer's heat, the starter will tell swimmers to step up on blocks, "take your mark", and then a beep or whistle to dive in.
6. Swimmer swims their race, waits for all swimmers to finish swimming before exiting the pool, grabs their belongings and leaves the pool deck.
7. Swimmer and parents goes back into designated area to wait for their next event.
8. Once swimmer has swam all events listed, check in with a coach before leaving, and you're done!

