

TRITONS

Est. 1955



Red Bluff, CA

Parent Handbook

Red Bluff Tritons (RBT) Swim Team
P.O. Box 145
Red Bluff, CA 96080

Website: www.redblufftritons.com
email: redblufftritons@yahoo.com
Facebook: www.facebook.com/rbtritons

Table of Contents

Welcome	1
A Message from Red Bluff Tritons Board of Directors	2
The RBT Organization	3
Swim Team Equipment	4
Practices.....	4
Coach's Responsibilities	5
Swimmer's Responsibilities	5
Parents' Responsibilities.....	6
Are You a Pressure Parent?.....	6
What are Dual Meets?	7
What to expect at a DUAL meet:.....	7
What are Invitational Swim Meets?	7
What is a Meet Sheet?.....	8
SAMMS CARDS.....	8
What to expect at an Invitational Swim Meet:	9
Times and Records	9
NVAL Championships.....	10
Fundraising.....	10
Team Pictures.....	10
PARENT VOLUNTEER OPTIONS	10
Awards	11
Here are some awards given at the end of the season:	11
Swimming Definitions.....	12
Swimmer's Record Sheet	13

Welcome

We would like to take this opportunity to welcome each swimmer and their family to the Red Bluff Tritons Swim Team.

The Tritons operate on a seasonal basis, from May through August. The Team offers to each swimmer, swimming instruction and coaching, frequent training opportunities and frequent competitive opportunities to race against other swimmers. It is a great way for young people of all ages and abilities to improve their swimming skills and to learn about being part of a swim team.

The Red Bluff Tritons Swim Team (RBT) is a non-profit corporation and a member of the North Valley Aquatic League (NVAL). The seasonal teams in this league are: Anderson Aquagators, Colusa Swim Team, Corning Manta Rays, Durham Dolphins, Gridley Gators, Orland Otters, Oroville Orcas, Plumas Swim Team, Red Bluff Tritons, Scott Valley Swim Team, South Siskiyou Swim Team, Weaverville Swim Team, Willows Hydro Jets, and Yreka Splash Swimmers. Year Round teams include Chico Aqua Jets, Redding Swim Team, and Sun Oaks Aquatics Racers.

We hope this handbook will help you become better acquainted with RBT, what happens at our swim events, and what role you will have. We are glad you have decided to become part of our Swim Team. We are looking forward to a wonderful summer!

MISSION STATEMENT:

The purpose of the Red Bluff Triton Swim Team, a non-profit organization, is to develop, promote, foster, and improve amateur swimming as recreation for the public; primarily in Tehama County.

Swim Connection (view results/ best times for meets) - www.swimconnection.com

Sierra Nevada Swimming - www.sn-swimming.org

United States Swimming - www.usa-swimming.org

Handbook adopted by the Board of Directors on March 17, 2014

A Message from Red Bluff Tritons Board of Directors

Our coaching staff teaches and emphasizes cooperation, preparation, sportsmanship, focus, and how to work hard and to work smart. For younger and newer swimmers, it's way more important for them to be happy and improving, than being fast. Sometimes, drops in time are scarce with a swimmer for a while. This is normal. Drops in time are mostly up to the swimmer, and we'll always encourage and gently nudge them in that direction.

ATTENDANCE- Aside from focus and effort, regular attendance (3-4 times or more per week) is the key to success. Swimmers are not removed from the team for poor attendance.

PARENT ROLE- Your main role is to help your child stay calm, be positive, and have fun. It is VERY important for your child's benefit. A.) **Simply be their "best fan"** and B.) **Let the coach do ALL the coaching.**

Good things for parents to do at practice are:

- 1-visit and connect with other wonderful parents on the team;
- 2-walk the track or other Red Bluff High School trails with our Tritons parent walkers;
- 3-kick back and watch practice ALWAYS from a distance (refrain from going over to your child's lane). If you have questions or comments, ask the coach before or after practice. You may also email us at redblufftritons@yahoo.com.

WINNING RIBBONS- Our DUAL meets are designed for ribbons to ALL who race. Winning ribbons from the dual meet is an important reinforcement. Invitational meets typically award ribbons up to 12th place. See meet sheets for each team's awards policy.

INVITATIONAL MEETS- The main goals of our first 1 or 2 weekend invitationals is for our kids to bond with each other, have a blast, and experience a higher level of competition than the dual meets. Our main goal of the last meets (Anderson Invitational, Weaverville Invitational, and NVAL Championships) is for the kids to hopefully earn their fastest times of the season, and be convinced that all the effort, preparation and focus paid off. At NVALs, almost all our swimmers earn their fastest times of the season and learn the most out of all of the meets.

RELAYS- It's important to know that a swimmer is not guaranteed to be in a relay at every meet, but is virtually assured of being in a relay at duals. The coaching staff TRIES to get every swimmer in at least 1 relay during a 2-day invitational, but for many possible reasons, this is not a guarantee. For NVALs, the coaches usually place just the swimmers in a given relay that will yield the fastest projected time. A swimmer needs to understand that if they did not make it into the "Top 4 Relay", that they can try again next year. For many reasons, the coaches usually don't form an exhibition relay (a relay that is not scored or awarded) at Invitationals.

The RBT Organization

A. Board of Directors/Meetings

- There are six Board Directors.- President - Vice President - Secretary - Treasurer - Registration - Publicity
- Members- at- large are also elected to the Board.
- All Board Member positions are elected by the Team and are held for two-years.
- Board Meetings are held once a month from September - April, and bi-weekly from May-August and are open to all Team members. Meeting times are on the website (www.redblufftritons.com), and on Facebook (www.facebook.com/rbtritons).

B. USA Swimming Fees and Rules

- **Insurance fees-** Triton swimmers are registered with USA Swimming and Sierra Nevada Swimming. Their fees are sent to USA Swimming and Sierra-Nevada Swimming. Insurance Fees collected during registration include coverage for accident and liability insurance. **This fee is non-refundable and is due at registration. ALL fees must be paid in full BEFORE a swimmer enters the water for the first time each year.**
- **Registration Fees-** These fees are used to cover coaching salaries, ribbons, trophies, team functions and operating expenses. Dues are assessed per season and are due at the time of registration.
- **Smoking is prohibited** around swimmers and on the school campus at all times. (Swimmers or parents who do so will be asked to leave the premises immediately.) Red Bluff High School is a tobacco free school.
- **Pets, Alcoholic beverages, illegal drugs and weapons are prohibited** in all swim team areas and at all activities on school grounds. Any swimmer or parent involved with alcohol, drugs, or weapons will be asked to leave the premises and the RBT Board Members will be notified immediately as well as authorities. If the action involves a swimmer, the parent will be notified. That swimmer will not be allowed to participate in practices, meets or activities until the following year, and if the action involves a parent, that parent will not be allowed to attend practices, meets or activities until the following year.
- **Harassment - (Verbal or Physical)** any swimmer or parent involved in Verbal or Physical Harassment will be reported to the coach and the Board Members will be notified immediately. The swimmer or parent will be asked to leave the premises, immediately. In the case of Physical Harassment, the swimmer or parent will not be allowed to participate until the Board has a chance to act on the Harassment issue. If any swimmer is discharged for violation of any part of the Harassment policy, the registration fees already paid will not be refunded.
- **Profanity is not tolerated** - from swimmers, coaches or parents at any swim practice, dual, meets or other activity.
- **No glass bottles or containers** - are allowed around the pool or in team areas. This includes practices and swim meets.

Swim Team Equipment

- **Suits-** Tritons are encouraged (but not mandated) to wear a team suit to all swim meets. The team suit is sold at the team meeting held at the beginning of the season. Any suit may be worn during practice. Your suit will last longer if you **do not machine wash or dry it.** Soap contains chemicals that will harm lycra material. For best results, rinse your suit in cold water and hang to dry after each use.
 - **Girls** are required to wear one-piece suits (USA Swimming Rules), and a high front design is recommended because of diving at competition meets. **NO BIKINIS**
 - **Boys** may wear the traditional suit (trunks) or jammers for all swim meets.
- **Swim caps** can be worn and will help to reduce the effect of chlorine on the hair, and can help increase speed in the water. At Duals and Meets, swimmers should either wear the team cap, or no cap. Any cap design may be worn at practices. Silicone caps are recommended because they are easier to put on without a lot of hair pulling.
- **Goggles** are strongly recommended because they protect the eyes from pool chemicals and improve vision during swimming events. Goggles can be purchased at most sporting goods stores or during practice from the RBT store.
- **Other equipment** swimmers should always come prepared with are a towel, flip-flops, drinking water, plenty of sunscreen.
- Swimmers may want to purchase and frequently use **swimmers ear drops** to help fight any infections.
- It's a good idea to label equipment to avoid losing/misplacing belongings.

A "portable" team store which sells t-shirts, hoodies, caps, goggles, towels, etc. is available at most practices and at duals/meets. One parent is usually in charge of the store.

Practices

- Practice is the backbone of swimming.
- The daily practice of skills and consistent work-outs help to increase agility and stamina during duals and meets.
- Swimmers receive instruction in Stroke and Turn, racing dives, turns, kicks, lap conditioning, sprints, rules of competition and relays.
- Practices also help swimmers to develop team spirit and friendship.
- Practices are held at the Red Bluff High School Pool. Please refer to the calendar or website for dates and times.
- Coaches have the authority to discipline swimmers in an appropriate manner (i.e. exit pool) during practices in an effort to coach effectively and assure that all swimmers are receiving quality instruction.
- Coaches should be made aware of any diagnosed medical or physical condition, temporary problems (i.e. Flu, strep throat), or injury before practice so that each swimmer can be instructed or aided appropriately. Any swimmer with a contagious illness is asked to not come to practice until a note from the doctor is available.

Coach's Responsibilities

- ✓ Place swimmers in appropriate practice groups.
- ✓ Provide Stroke and Turn instruction and develop training programs to help swimmers reach their individual goals.
- ✓ Time swimmers at practices.
- ✓ Provide time **after practice** to discuss a swimmer's progress with parents.
- ✓ Encourage and inform all swimmers and parents of upcoming duals and meets.
- ✓ Supervise warm-up activities at duals, swim meets and championships, and encourage all swimmers during their events.
- ✓ Offer advice to all swimmers after their events and remind swimmers to look at the board for their times.
- ✓ Assign swimmers to relay teams, with the goal being to win the event.
- ✓ Always encourage swimmers to do their best and represent the RBT Swim Team with pride

Swimmer's Responsibilities

- ✓ Communicate openly with your coaches about your health, illnesses and injuries.
- ✓ **Set personal swim goals** and talk with your coaches about your needs to meeting those goals.
- ✓ **Be safe** at all times around the pool.
- ✓ **Be respectful** to your coach, teammates, parents, and officials at all times.
- ✓ Be a good sport!
- ✓ Encourage teammates.
- ✓ **Be a learner.** Make a good effort to attend practices and team meets.
- ✓ Notify the coach if you are unable to make it to a practice/meet. Listen to the coach and learn as much as you can while at practice.
- ✓ Be on time.
- ✓ Bring Water.
- ✓ Represent the RBT Swim Team with pride.
- ✓ Most of all- **have fun!!!**

Parents' Responsibilities

- ✓ Help your child **set personal swim goals** and help them meet their goals by **setting high expectations** for listening to the coach and making sure that they arrive at practice on time and ready to swim.
- ✓ Keep a record of the swimmer's times. There are logs on the Handbook's back cover.
- ✓ Encourage your child to **BE SAFE** around the pool at all times.
- ✓ Encourage your child to **BE RESPECTFUL** and respect their Swim Team with pride at all times.
- ✓ **Love, Support, Encourage, and Praise your swimmer.** A little support from parents can help build your young swimmer's self-esteem.
- ✓ Please **stay off the deck** during all practices. The coaches are fully qualified to work with all swimmers. Your presence can affect your child's instruction and that of the other swimmers. Refrain from coaching your child.
- ✓ Each family is responsible for giving **10 hours of volunteer time**. A separate check of \$100 will be collected at registration. This check will be returned before the end of the season to the families who give 10 hours of their time to help the team exclusively at our RBT Invitational. Submit special circumstances, in writing, to the BOARD for consideration. A list of the approved volunteer jobs is available on page 12 of this handbook. Families must sign-up to volunteer. A form will be available at the pool during practices.
- ✓ **Check our calendar often** and watch for upcoming information about duals and meets that are posted on the RBT whiteboard at the pool, on the website, and on Facebook.
- ✓ Assist your swimmer in filling out their SAMMS card before meets, and ensure that the card and all entry fees are submitted to the Entries Chairperson on time.

Are You a Pressure Parent?

It is important that swimming remains, above all else, a fun sport for the child. Parents must be careful to not let their reaction dilute the enjoyment your child gets out of being on the team. The following is from the amateur Swimming Association of Great Britain:

You might be a Pressure Parent if:

- Winning is more important to you than it is to your child
- Your child has a poor swim and your disappointment is obvious
- You feel you have to "psyche" your child up before competition
- You feel that winning the only way your child can enjoy the sport
- You conduct "post mortems" immediately after practice or competitions
- You feel you have to force your child to attend practice
- You find yourself wanting to interfere because you think you can do better
- You find yourself disliking your child's opponents
- Your child's goals are more important to you than they are to your child

What are Dual Meets?

- Duals are swim competitions held between two teams on weekday evenings, usually after 5:00 p.m. The dual usually takes two - three hours and includes relays.
- There is no fee to participate in duals, but sign up prior to the Monday before the dual.
- Swimmers are limited to two events plus the relays. Fastest swimmers are in the first heats.
- Excellent choice for novice swimmers, since they are low-key.
- Ribbons are given to ALL swimmers and will be inside the family box at the next practice.
- Snack bars are available at most duals.

What to expect at a DUAL meet:

- * Arrive no later than 30 min. before the start of the meet.
- * There is not a "Check-In" desk at a dual meet.
- * Coaches will distribute DUAL CARDS which include the event #, heat, lane, and stroke for the swimmer.
- * Go directly to your coaches and let them know you are there. Ask the coach for your warm-up lane and where to practice your dives.
- * Begin your warm-ups, according to what your coach wants.
- * Parents may set up in the "Team Area."
- * Swimmer report to their designated lane two events prior to their own
- * Swimmer gives the dual card to the timer for that lane.
- * Parent should keep records of the swim times to track progress and for entering invitational meets.

What are Invitational Swim Meets?

- Invitational Swim meets, sometimes simply called Meets, are held most weekends and may be held on Friday, Saturday, and Sunday in which several teams participate. Be prepared to spend 4-5 hours outdoors during the HOT summer days. Bring a shade tent, chairs, blankets, ice chest, sunscreen, cards, paper, crayons, books, games...
- The only mandatory Invitational is our own RBT Meet(s).
- Invitational Meets are more competitive than duals in that stroke proficiency is judged by officials. Meets are divided by gender and age groups. Sometimes swimmers swim in heats with other age groups, but the results will rank swimmers according to their age. Top swimmers score points for each event to determine overall highpoint trophy winners for each age group and gender. Many meets also award ribbons through 12th place. Each meet sheet has the points, ribbon, and award information. Ribbons are placed inside the family box at the next practice.
- Swimmers are placed into groups called heats, according to their entered times.
- Entry fees for all meets (including the RBT meet) must be submitted when you turn in your SAMMS card. See the whiteboard, Facebook, or website for due dates.

What is a Meet Sheet?

- * It is the packet containing all pertinent information for a meet for which RBT is invited to attend.
- * They can be found inside the Family Box at practice or on the RBT website on the "Downloads" tab.
- * Each meet may have slightly different details, so read each meet sheet carefully, especially for fees, swimming events, and pool location.
- * Specific questions may be sent directly to the host team's Meet Director listed on the meet sheet.
- * Each swimmer will need a separate SAMMS card.
- * Each swimmer must pay pool surcharge.

SAMMS CARDS

The SAMPLE is for an 8 year old boy, Nemo John Phelps swimming 8 events at \$4 per event with a \$5 pool surcharge.

When filling out the SAMMS cards, please refer to the following guide.

1. Enter swimmer's name, last name, first name, middle initial
2. Our LSC is SN; year of registration is the last digit of the year for which you are registered (in 2013 you would fill in SN3 in the spaces provided, in 2014 it would be SN4)
3. Team abbreviation is RBT; Team Name is Red Bluff Tritons
4. List swimmer's current age, date of birth and total entry fee which includes fees for each event plus the pool usage fee. Entry fees are listed on the meet sheet and vary depending on the swim meet.
5. USS ID number is extremely important. It is the swimmer's six digit birth date, followed by first 3 letters of first name, middle initial, and first four letters of last name. (This number is also printed on the swimmer's USA Swimming Membership Card.)
6. Sex of swimmer, and age group he/she will be swimming
7. Swim events you wish to enter - list the number, which varies depending whether swimmer is girl or boy. The swimmers time - if he or she has not swam the event before ask your coach. Spell out the stroke they will be swimming. Swim meets are "seeded" according to the times entered on this sheet which helps ensure swimmers race against swimmers of similar ability. Read the meet sheet carefully, it will usually tell you how many events you can swim.
8. Your coach's name
9. Your address and phone number (in case the host team has questions about your SAMMS card)

*** Submit entry and fee amount by the entry deadline to an RBT Board Member or Coach.

SAMMS CONSOLIDATED			
Name: LAST		First	Initial
1	Phelps	Nemo	J
2	LSC Code and year of registration (for example PC2, SN3 or CC2)		SN 3
3	CLUB RBT	IF UN Swimmer Club xxx	CLUB NAME Red Bluff Tritons
4	AGE 8	DATE OF BIRTH 03-05-05	AMT PAID \$37.00
5	USS ID 030505NEMJPHL		
6	SEX: <input checked="" type="radio"/> M <input type="radio"/> F	AGE GROUP	8 & Under
EVENT ENTRY TIME STROKE			
7	6	2 : 36 . 45	100 IM
	16	: 32 . 08	25 Back
	26	: 48 . 17	25 Breast
	38	: 41 . 40	25 Fly
	44	2 : 14 . 47	100 Free
	62	1 : 13 . 86	50 Back
	70	: 28 . 20	25 Free
	76	1 : 13 . 80	50 Free
	.	.	.
	.	.	.
	.	.	.
	.	.	.
	.	.	.
	.	.	.
	.	.	.
	.	.	.
	.	.	.
	.	.	.
8	Coach: Nate Espino		
	Swimmer's		
9	Address Red Bluff, CA		
	Phone: ()		
FILL OUT FORM COMPLETELY —			

What to expect at an Invitational Swim Meet:

- * Take your meet sheet for directions, location, phone number, and start times
- * Ask coach for warm-up time, and arrive no later than 30 min. prior to warm-ups.
- * **Check-in** at the check-in table. The swimmer's event numbers are written on their hand to help them remember events they will participate in for that day (check-in each day and receive new event #'s each day)
- * **Set up camp**- set up/claim your family location. Each team usually has a common area, so look for other RBT families or ask a coach where our team area is. Let coach know you are there.
- * Find out when RBT **warm up times** are and ask a coach which strokes to practice during the warm-up.
- * Many families **purchase a program** which includes all swimmers participating for the entire Meet and the swimmers' names listed in order by their "seed times" for each event.
- * Locate the "**Heat & Lane Assignments**" board. This is where you will find the Heat # and Lane # for the swimmer's event. These assignments are posted 2-4 events prior to the start of an event. So, if a swimmer is in event #10, the Heat & Lane assignment page will be posted around the time that event 5 or 6 is happening in the pool. SWIMMERS/PARENTS are responsible for knowing heat/lane assignments- NOT coaches.
- * **Star-Spangled Banner** is sung and **the meet begins!**
- * Listen CAREFULLY throughout the day and **arrive at the blocks** NO LATER than two event numbers prior the swimmer's event. (Remember you should have already made note of the swimmer's heat and lane numbers prior to arriving at the blocks.) SWIMMERS AGES 8 & UNDER REPORT TO THE "BULL PEN" AREA.
- * **Check-in with the timers in your lane;** they should have your name on their record sheet. Some timers will ask you for your name, and some do not. Take the initiative to let the timers know you are ready and in the correct lane! If a swimmer is not at the blocks when the Starter Referee calls for swimmers step up to the blocks, the swimmer may not be able to race and will receive a "no swim" for that event.
- * After your event, **check with the coach** for a high five and possibly some tips for improvement.
- * **Re-hydrate, Rest,** and **Wait** for your next event, and **cheer** for your teammates during their events!
- * Results will be posted in approx. 30 min. (record them in a log and see how the times become faster with each meet throughout the summer!)
- * Check with your coach to see if you are in a relay
 - * ***If you are late or need to cancel out of an event, always let your coach know.***
 - * ***Let your coach know when you are leaving at the end of the day.***

Times and Records

It is important that you **keep a record of your swimmer's times**. You can use this to monitor their progress and show them the progress they are making. Record their times in the back of this handbook. The results of the events are posted at each Invitational Meet with the place and time of each swimmer. They will need to tell you their times at duals if you choose to record this data.

If you have been told at a meet that you have been disqualified "DQ", your time may not be posted. See your coach about your disqualification.

Standards for the times at meets are set by Sierra Nevada Swimming.

Sierra Nevada Swimming has paid for all members of local swim teams to access the Swim Connection website. At this website you have access to archived times for all swimmers in the league and when you log on as a member, it will track and e-mail you your swimmer's results each time they participate in a meet. Log on to **www.swimconnection.com** to activate your membership. It is a great way to keep track of results and it is free.

NVAL Championships

This annual culminating meet is usually the first weekend of August. Up to seventeen NVAL teams participate.

Championships are considered the climax of the season. It is usually the goal of each swimmer to peak (make their fastest times) at this meet.

In order to participate, you must swim in a minimum of two Meets during the swim season -Red Bluff plus one other invitational or Dual meet.

Entry fees for Championships must be submitted online. See the NVAL meet sheet for date due. On-line entries ONLY are accepted for NVALs. Visit the website at www.swimconnection.com to register.

Fundraising

One major annual fundraiser for the Swim Team is the \$plash for Ca\$h. With this fundraiser, members solicit pledges for laps they will swim. They may also get pledges for a flat fee. On that day, there will be no routine practice. Swimmers will come to practice and swim as many laps as they can in two hours (not to exceed 200 laps). Swimmers then go out and collect their pledge monies. It is a great way for these swimmers to build their endurance, meet their goals and help earn money for their team. Pledge forms will be handed out at parent meeting.

Other fundraisers include (but not limited to) a 5k Fun Run/Walk, Magnabilities Jewelry, and Food Maxx SHARES cards.

Team Pictures

Team pictures will be scheduled soon after practices begin. They will be during an afternoon practice. Individual and team shots will be available. More information will follow.

PARENT VOLUNTEER OPTIONS

- Run materials from the timers to the computer room during Invitational
- Work at BBQ grill or in the snack bar as a volunteer to prepare and sell food
- Label and sort ribbons as they are awarded.
- Hospitality servers prepare food and serve timers, coaches, and officials.
- Assemble shade and set up equipment. Take down the shade and equipment.
- Spend the night on Friday and Saturday at the pool.
- Work at the check-in table
 - Be an official
- Announce
 - Be a Head-timer
- Marshalls monitor safe behavior on deck
- Bull Pen leader organizes and escorts 8 & Under swimmers to heats and lanes

Awards

- All duals award ribbons to all swimmers who race.
- All Invitational Meets award ribbons and/or medals to the fastest swimmers in each event.
- High point awards at Invitational are handed out right after the meet.
- Not all swimmers will place due to the large number of swimmers who participate. We encourage each swimmer to do their very best in each event.
- Ribbons from duals and Invitational are placed in the family box at the next team practice.

Here are some awards given at the end of the season:

1. **Most Improved:** given by the coaches to the girl and/or boy they felt made the most progress during the season.
2. **Poseidon Certificate:** given by the coaches to the swimmers they feel show the most dedication throughout the season.
3. **Trident Certificate:** given by the coaches to the swimmer that sparks the team and shows the most team spirit.
4. **Dolphin Tail Certificate:** given by the 15-18 girls to a younger female swimmer whom they feel will become a "super female swimmer".
5. **Shark Fin Certificate:** given by the 15-18 boys to a younger male swimmer whom they feel will become a "super male swimmer".
6. **Tidal Wave Certificate:** given to the top boy and top girl highest point earners in their age group. (Swimmers cannot win this if they receive an overall top 5 trophy, the next highest point earner will receive the award)
7. **Top Triton Certificate:** top 5 boys/girls point earners on the team for the whole season.
8. **MVP Trophy:** given by coaches to 15-17 swimmer for one year, adding the swimmer's name to the "Trophy Names of Fame"

Swimming Definitions

Age Groups: 8 & under (sometimes 6 & under), 9-10, 11-12, 13-14, 15-16, 17-18. Often 13-18 ages swim together, but awards are separate.

Bell Lap: the lap in a distance race (400m or 500yds) in which the starter ref rings a bell above the lane of the lead swimmer who will win the race after one more complete lap of the pool.

Block: the starting platform.

Check-In: In order to swim the day of an Invitational meet, swimmers must verify their intent to swim at the check-in desk.

Colorado: the electronic timing equipment used at a meet.

Disqualification: When a swimmer has committed an error in stroke, he/she receives a DQ and cannot receive a time.

Early Take-off: in a relay event, swimmer #2, 3, or 4 leaves the block before the previous swimmer has touched the wall.

Entry Card: A SAMMS card, used as registration to enter a swimmer into an Invitational meet.

Event: a single race in which a specific age group swims a stroke for a given distance.

Exhibition: an individual or relay race entry which cannot score points.

Four Basic Strokes: Freestyle, Backstroke, Breaststroke, and Butterfly.

False Start: When a swimmer moves before the sound at the beginning of a race.

Heat: A division of an event in which there are too many swimmers to compete at one time.

Individual Medley: The combination of all four strokes in order: Butterfly, backstroke, breaststroke and freestyle.

Lap Counter: Plastic display numbers used to keep track of laps in a distance race.

Long Course: a pool 50 meters in length.

Meet Sheet: An invitation by a Team for other teams to come to their meet. It gives all pertinent information.

Officials: adults who have received special training to perform the functions of timer, judges, Colorado operator, starter, referee, and clerk of course. The referee has final authority at a meet.

Official Time: The time you receive at duals or meets, as recorded by the timer or computer.

Pace: Swimmers learn to control their speed so they don't use all their speed at the start of a race.

Relay: An event in which four or more swimmers compete together as a team. A DQ for one swimmer disqualifies the whole relay team.

Scratch: Withdraw an entry by notifying the clerk of the course.

Seed: Swimmers are assigned to lanes and heats prior to a race, based on their entry times.

Short Course: a pool of 25 yards or 25 meters.

Split Times: A time recorded by a coach for 25 yards to determine if a swimmers is on pace.

Standard Times: Each age group per stroke has a set of times as a standard. They are called "B", "A", "AA", "Q", "SNRT", and "NRT". These are levels swimmers set as goals for improvement.

Team Area: The area for swimmers and their families to gather before races and between events.

Yards to Meters: The conversion of a swimmers time between yards and meters. **The formula is:** (Yards times/seconds multiplied by 1.1 plus 1 second per turn) (Meters times/seconds divided by 1.1 minus 1 second per turn) OR use the swim connection website- it will shows your child's best times for each event and will convert them from yards to meters!

Swimmer's Record Sheet

Swimmer Name: _____

distance & stroke	Swim connection						
	best time	Anderson	Dual	Red Bluff	Dual	Weaverville	NVAL
IM	: .	: .	: .	: .	: .	: .	: .
Free	: .	: .	: .	: .	: .	: .	: .
Free	: .	: .	: .	: .	: .	: .	: .
Free	: .	: .	: .	: .	: .	: .	: .
Back	: .	: .	: .	: .	: .	: .	: .
Back	: .	: .	: .	: .	: .	: .	: .
Breast	: .	: .	: .	: .	: .	: .	: .
Breast	: .	: .	: .	: .	: .	: .	: .
Fly	: .	: .	: .	: .	: .	: .	: .
	: .	: .	: .	: .	: .	: .	: .
	: .	: .	: .	: .	: .	: .	: .

Swimmer's Record Sheet

Swimmer Name: _____

distance & stroke	Swim connection best time	Anderson	Dual	Red Bluff	Dual	Weaverville	NVAL
IM	: .	: .	: .	: .	: .	: .	: .
Free	: .	: .	: .	: .	: .	: .	: .
Free	: .	: .	: .	: .	: .	: .	: .
Free	: .	: .	: .	: .	: .	: .	: .
Back	: .	: .	: .	: .	: .	: .	: .
Back	: .	: .	: .	: .	: .	: .	: .
Breast	: .	: .	: .	: .	: .	: .	: .
Breast	: .	: .	: .	: .	: .	: .	: .
Fly	: .	: .	: .	: .	: .	: .	: .
	: .	: .	: .	: .	: .	: .	: .
	: .	: .	: .	: .	: .	: .	: .

Swimmer Name: _____

distance & stroke	Swim connection best time	Anderson	Dual	Red Bluff	Dual	Weaverville	NVAL
IM	: .	: .	: .	: .	: .	: .	: .
Free	: .	: .	: .	: .	: .	: .	: .
Free	: .	: .	: .	: .	: .	: .	: .
Free	: .	: .	: .	: .	: .	: .	: .
Back	: .	: .	: .	: .	: .	: .	: .
Back	: .	: .	: .	: .	: .	: .	: .
Breast	: .	: .	: .	: .	: .	: .	: .
Breast	: .	: .	: .	: .	: .	: .	: .
Fly	: .	: .	: .	: .	: .	: .	: .
	: .	: .	: .	: .	: .	: .	: .
	: .	: .	: .	: .	: .	: .	: .