

# **Welcome to the Jet Stream Aquatic Racing Swim Club**

This handbook is designed to help you, the athlete and the parent, understand more about the sport of swimming and about the Jets. You will find our team structure, training information, fees, policies, information about swim meets and other helpful information.

## **Our Mission Statement**

Jet Stream Aquatic Racing is a competitive swim club, associated with USA Swimming, open to all levels of ability. Our coaches and volunteers provide the support and tools needed for our swimmers to achieve excellence in both swimming and life while developing a program to maximize each individual's competitive swimming performance. Swimmers learn to value the core beliefs of athletics, which include but are not limited to, discipline, respect, integrity, sportsmanship, goal setting, fitness, dedication, teamwork, and nutrition.

## **Club Profile**

Jet Stream Aquatic Racing is a medium size club with our session membership ranging from 70 to 130 swimmers. We have programs for the youngest of competitors through elite high school and college swimmers. We serve swimmers from many communities including Elk River, Zimmerman, Princeton, Anoka, Ramsey, Rogers, Otsego, Milaca, Champlin, Dayton, Big Lake, and Becker. Several college athletes come home for the summer and school breaks to train with our program. We have athletes who are very competitive at the state and zone levels and each season, we are expanding the number of athletes who are eligible to compete at these elite meets. We are very competitive as a team at the state meet in the A division and we are developing the depth to score competitively with larger teams. The primary focus of our coaching staff is on developing the proper technique to allow swimmers to achieve maximum speed. We spend significant amounts of time on drill work for strokes and on developing proficient start and turn technique. We also develop the athletes' aerobic and anaerobic systems through hard work at practices to prepare them for competitive experiences. In the summer, our senior and age group elite athletes train twice a day. We have an outdoor long course practice in the mornings and have an indoor short course practice in the afternoon. We have each athlete set goals and we develop an individualized training program to help each athlete reach their goals. Regular competitions and discussions with coaches help athletes monitor the progress on their goals and make adjustments to their training programs.

## **Our Philosophy**

Our swimming program has its eyes on the future ... a future based on the tradition of developing "swimming champions", as well as "champion individuals". Since our goal is the total development of individuals, we strive to help youngsters reach their maximum potential both as athletes and as individuals. Training is aimed at refining each person's strengths and abilities and to challenge the growth of each individual in a positive and rewarding fashion.

## Our Goals

- To instill the desire to succeed
- To teach self-discipline and self-reliance
- To develop a sense of pride and joy in hard work and accomplishments from those efforts
- To encourage an interest in maintaining a healthy lifestyle
- To encourage positive sportsmanship
- To develop a feeling of loyalty towards the club, team-mates and the coaches

## How We Plan to Achieve Our Goals

- To help each swimmer achieve the highest level of performance for which they are capable
- To provide a positive atmosphere in which each athlete will learn the skills and training techniques to become a successful competitive swimmer.
- To give each swimmer the opportunity to learn about and challenge their physical and mental abilities
- To ensure that each athlete continues to enjoy the sport of swimming and that they have the opportunity to utilize the life skills they are learning.

Thank you for your interest in our organization. The Board of Directors and the Coaching Staff are always available for questions concerning the Jets. If you need additional information about the sport of swimming or about the club, please contact the Head Coach or a member of our volunteer Board.

## Contacts

### Head Coach

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### Board of Directors

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## The Jets Team Information

The Jet Stream Aquatic Racing uses a “progressive” age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. A long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmer’s physiological prime. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge must be introduced to the training program. Doing too much physical training at an early period of development will limit the athlete’s future potential. The group’s structure is setup to emphasize long term rather than short-term results. It is essential that training groups consist of swimmers that are compatible in respect to abilities, commitment levels, and goals to achieve the greatest results. Within each training group the goals and objectives are specific to the swimmer’s needs. It is very important to remember that each swimmer will progress at his/her own rate. The coaching staff recognizes this fact by making group assignments based upon the swimmer’s physical, mental, and emotional level of development. Placing a swimmer in a group too soon will likely cause regression in that swimmer’s development, it will also delay the progress of the entire group as the swimmer is brought up to the level of the group. The Jet Stream Aquatic Racing Swim Club is organized into six training groups. These groups are (in order of progression):

### **Developmental 1 & 2**

This group develops the long axis (freestyle and backstroke) and short axis (butterfly and breaststroke) competitive swimming strokes, turns, and starts in an environment of fun and hard work.

### **Age Group Rookies**

This group contains athletes who are 7+ years old and are ready to start adding some training to build endurance. This group will continue to focus on stroke technique and prepare for competitive experiences.

### **Age Group**

This group contains athletes who are 8+ years old and will continue to focus on stroke technique with a more training than the Rookie group. They also continue to build endurance and prepare for competitive experiences.

### **Age Group Elite**

Athletes in this group are 10+ years old who are interested in becoming serious competitors. Athletes in this group train at a higher level of intensity and duration with the emphasis on competitive swimming achievement . These athletes are developing conditioning and a strong work ethic and with the focus on meet improvement. On going stroke refinement is stressed.

### **Senior**

Athletes in this group are 13+ years old who are interested in becoming serious competitors. Athletes in this group train at a high level of intensity and duration with the emphasis on competitive swimming achievement . These athletes are developing conditioning and a strong work ethic and with the focus on meet improvement. On going stroke refinement is stressed.

## **Team Apparel**

Team suits, caps and apparel are available for purchase at any time. Please contact Lisa Lynch or [info@westairheating.com](mailto:info@westairheating.com) for purchasing information. You can also print off an apparel order form from the Jet Stream website [jetstreamaquatics.usswim.net](http://jetstreamaquatics.usswim.net).

## **Team Communication**

### ***Mailboxes***

Each registered athlete has a mailbox in which all written forms of communication will be delivered. This includes swim meet information, awards and other information pertaining to each swimmer. The mailbox is located on the table inside the pool doors, please be sure to check it regularly. There is also a mailbox for each of the coaches and for the team registrar.

### ***Team Web Site – [www.swimjets.net](http://www.swimjets.net)***

The club web site should be checked on a regular basis for important information, forms, and announcements. Please notify the team registrar if you are having any problems with the website.

### ***Team Newsletter***

Jet Stream Aquatic Racing publishes a team newsletter that contains important information regarding upcoming events, such as swim meets, and other social activities. It also contains information about any changes made to the normal practice schedule. It includes important information from the coaching staff about the club and about athlete achievements. Both parents and swimmers are responsible for any information relayed through the newsletter. The newsletter is emailed to all club members on a bi-monthly basis. It is also posted on the Jets website and a copy can be found on the bulletin board at the pool. If the swimmer has no email access a paper copy will be placed in their mailbox at the pool. If you are not receiving the newsletter via email and have signed up to do so, you should check with the team registrar to be sure we have your correct email address.

### ***Team Postings***

General information about the team is posted on the bulletin board by the bleachers. Volunteer and social event sign-ups are posted there when needed. Please check this on a regular basis.

### ***Parent Coach Meetings***

Parental interest and involvement helps show your support for your athlete's endeavors. Parents are encouraged to communicate directly with the coaching staff concerning their athlete's progress by asking questions and passing on important information pertaining to their child (for example if the athlete twisted their ankle or lost their favorite pets and may not be themselves). If you would like to talk with any of the coaches about how you can help or what you can do to help keep your swimmer on the right track, please feel free to talk to them before or after practice. You are free, and encouraged, to contact the Head Coach at home at any time to discuss any questions you may have.

## **Affiliations**

### ***USA Swimming***

Jet Stream Aquatic Racing is a member of USA Swimming, and therefore all swimmers and coaches associated with the team are required to also become members of USA Swimming. Swimmers register in the fall of each year for membership from January 1 - December 31 of the upcoming year. Please note, this is a separate billing item from any team fees or dues. As a member of USA Swimming all athletes receive the following:

- Insurance while at practices and all USA-Swimming sanctioned meets.
- Quarterly publication about the sport of swimming in the United States (Splash Magazine).
- Unlimited access to the USA Swimming Web site which features information and articles about America's top swimmers and other information about the sport of swimming. It is updated regularly

and athletes can also go on-line with other swimmers throughout the country, in chat rooms to talk about their favorite sport.

- Opportunity to compete in National level meets, hosted by USA Swimming, that they might qualify for.
- Opportunity to attend motivational and educational swim camps sponsored by USA Swimming and/or Minnesota Swimming. More information about camps can be obtained from the coaches.
- USA Swimming is also responsible for setting the national rules and regulations that govern swimming across the country, providing basic consistency in the sport, no matter where you swim. States can then set more specific rules within these established guidelines.

### **Minnesota Swimming**

Minnesota Swimming, Inc., is the local swim committee (LSC), or the governing body of swimming in Minnesota. The organization is made up of representatives from all the USA Swimming clubs throughout the state and is responsible for setting the rules and regulations that all clubs and USA Swimming meets must abide by to participate in swimming in the state of Minnesota. You can access the Minnesota Swimming website for more information at [mnswim.org](http://mnswim.org).

## **SWIM MEETS**

All swim meets that the Jets participate in are USA Swimming Swim Meets whether the meet is in Minnesota or another state. Due to the diversity of swimmers, it is important that swimmers be placed in situations that they have the opportunity to succeed and achieve positive results. For this reason, the USA Swimming organization has established guidelines for varying levels of competition throughout the nation. Each meet is assigned a level or levels (i.e., ABC, A, BC), indicating what type of athlete should be swimming in the meet, either faster or slower. USA Swimming uses age groups and time standards associated with letters to help identify the type of meet and who may compete. At USA swim meets, swimmers compete against others of the same age, gender and swimming ability. Events are categorized by gender in the following age groups: 8 and under, 9-10, 11-12, 13-14, 15-16, 17-18. There are some minor variations in these groups but usually each age group swimmer will be competing against swimmers no more than two years older than they are. Within each age group, the competition is further narrowed by time standards (i.e., C, B, A, Champ, Zone times).

### **Meet Class Explanation**

Minnesota Swimming (MSI) sets standards before each season so that a swimmer's time in an individual event is categorized as (slower to faster) "C", "B", "A". "Champ" or "Zone" time. Then, within each meet, a swimmer with a "C" time in an event will swim against other swimmers with "C" times in the same event. There are different types of meets during the course of a season (A, A/B, B/C, C Finals, etc.) ending with the State Meet. These designations are established primarily to keep the meet size manageable. An "A" meet has only those swimmers who have achieved "A" or better times in the events they enter at the meet. A "B/C" meet will be open to swimmers with "B" and "C" times and so on. Most swimmers will get their first meet experience at a "B/C" meet. In each event the swimmer enters, they are given heat and lane assignments based on the fastest time they have previously achieved in that particular event. Those with slower times or no official times swim in the first heat while the faster swimmers swim last, except in the longer distance events where faster swimmers swim in the first heats. Within each heat, the fastest swimmers swim in the middle lanes of the pool. As a swimmer moves from, for example, a "C" time to a "B" time in a particular event, she/he will swim against other "B" swimmers in that event in the future meets. Once a particular time standard has been achieved, the swimmer will remain in that grouping until he/she moves up to the next time standard. Swimmers need to achieve a Champ time to be eligible to swim in the State Meet in that event at the end of the season.

- **DUAL/TRI MEETS** are small meets that are held with either two or three other teams. They are for all levels and are a great format for the inexperienced swimmer. Jet Stream Aquatics tries to attend a few of these meets a year.
- **C MEETS** are for relatively inexperienced swimmers who have achieved the C level times. This level is usually combined with the B level to create a meet in which there are both C and B events. These meets are most often held in the metro area.
- **B MEETS** are an intermediate level of competition for swimmers who have attained B level times. This level is usually combined with the C level to create a meet in which there are both B and C events. These meets are most often held in the metro area.
- **A MEETS** are for experienced swimmers who have attained A level times. Team scores are kept and team awards are given. These meets are most often held in the metro area, but may involve travel to a different city.
- **STATE CHAMPIONSHIP MEET** is for swimmers that have achieved the CHAMP time standard. This meet is held twice a year in March and August. The team state championship is decided at this meet.
- **ZONE MEET** is for swimmers that have attained the ZONE qualifying time. This is an all star competition in which Jets swimmers represent Team Minnesota. This meet is held in the summer after the state championship meet. It is sometimes held in Minnesota, but often is located elsewhere. Other teams in our zone include Wisconsin, Iowa, Midwestern, Missouri Valley, Ohio, Michigan, Lake Erie, Illinois and Indiana.
- **SECTIONAL MEET** The sectional meet has replaced the longstanding Junior Nationals. There are no age groups and the time standards are difficult to achieve. This meet will be held in a Midwestern location and will help to determine a National Team Champion.
- **SENIOR NATIONALS** The best swimmers from the United States and around the world compete at this meet. There are no age limitations and the time cuts are extremely difficult. Every four years this meet becomes the Olympic Trials.

## Meet Sign-Ups - Individual Events

Minnesota Swimming has established guidelines for how big a swim meet can be and how long it can last. For these reasons, all teams hosting meets in Minnesota use a meet reservation system. In this system, all swim teams in Minnesota receive a schedule of meets offered for the upcoming season (fall/winter or spring/summer) and then the coaches for each team select which meets best fit their team and their schedule. Prior to each meet, a meet information sheet will be put in the Jets team members mailbox at the pool. The meet sheet will include the meet date, meet class, and the cost for each event an athlete can enter in the meet. Swimmers and their parents are responsible for selecting the meets that the athlete will participate in, paying attention to meet class and other activities that may conflict with any given meet on the schedule (there is no limit to the number of meets in which an athlete may participate). After selecting the meets, complete the form, add up the total for the entry fees and splash fees, review your entries with your coach, then deposit entry form and money in the meet entry box at the pool by the designated due date. Failure to turn in these forms along with the fees by the cut-off date may result in the swimmer not being entered in that particular meet. Some meets may offer relays. All relays will be determined by the coaching staff based upon swimmers entered in the meet, practice attendance, practice and meet performance. Relay fees will be assessed to each swimmer that participates in a team relay. **If a swimmer is signed up to compete in a meet and ends up not swimming, and therefore leaves a relay short swimmers, that athlete(s) will be responsible for the entire relay entry fee.** If you have questions regarding the meet sign-up process, please ask the coaching staff as soon as possible.

## Meet Responsibilities

All swimmers are responsible for their own transportation to and from swim meets. Most meets are held in the Twin Cities area. Should a special out-of town trip arise, special rules will apply. At all swim meets, regardless of location, the following rules apply: • The week before any given swim meet, swimmers will be informed of the warm-up time and sometimes a meet timeline will be given. Afternoon warm-up times are always an **approximation** and may vary from what is given out. The same goes for the time line. The meet time lines are “**estimated times**” not exact. Meets can run faster than the time line or slower than the time line. So it is always best to be early!!

- **Athletes need to be at the pool where the meet is being held at least 10 minutes before the scheduled the warm-up start time.**
- When athletes are ready with suit, cap, and goggles, they will report to the coaching staff. Athletes will receive warm-up instructions from the coaching staff. **Completing warm-ups exactly as they are specified is important, as it allows the athletes muscles to get loosened-up and stretched out before racing. Athletes that fail to comply with the exact warm-up regime could be placing themselves at risk for injury.**
- After completing warm-ups, swimmers should dry off and stay as warm as possible. We recommend that each swimmer bring two towels, a long-sleeve t-shirt or sweatshirt, sweatpants, socks and sandals or tennis shoes.
- After getting warm, athletes need to check with the coach to confirm the events they are swimming in and to find out which heat and lane they are swimming in.
- Swimmers must report to coaching staff both before and after each swim to receive reminders and an evaluation of their race.
- Do not leave the meet unless you have the permission of the coaching staff. If you have completed all your events for the day, you still need to checkout with the coaches.
- Before leaving, check the team area for all of your belongings and clean up the area where you were sitting.
- All athletes are expected to behave properly, and show positive sportsmanship at all swim meets at all times. This includes respecting all coaches, athletes, officials, timers and other meet workers.

## What To Bring To A Meet

### *For the swimmer*

The following are helpful: team suit, goggles, and cap; deck shoes; a cover-up of some sort for between races; a complete set of clothes for the trip home; two towels; two bottles of something to drink (non-carbonated); and some snacks from various food groups. Clubs generally sell snacks at the meets, also.

### *For the parents*

Some families arrive at meets with only slightly less gear than the Allies had in the Normandy invasion -- chairs and a blanket to establish a base camp in a hallway, pillows, bleacher chairs, stuffed animals, a cooler, lunch and/or dinner, a television (don't laugh), a fan (I said, don't laugh -- both aren't that uncommon), camera, video camera, laptop computer, books, magazines, newspaper, craft projects, and either two-way radios or cell phones. That sounds like a bit much, but on the other hand, sometimes (not too often) you'll be at the pool for many hours, and your swimmer may only be in the water for a few minutes. Ergo, the Boredom Factor is potentially very high. Deciding how many of these items to take are up to you. You may want to start with a book, a beverage, and a snack, and see how it goes. If your ears are sensitive, consider earplugs, and for winter meets, remember to dress in layers.

## **What to expect once you're there!**

### ***For the swimmer***

When you're at your first swim meet (or any swim meet) it can be really scary, or really fun, whichever one *you* choose. Here are some tips that can help make it fun.

1. Sometimes you get butterflies in your stomach. Don't think that it means you're scared. Just tell yourself it means you're very excited.
2. Don't get scared about your event. The coaches only enter you in reasonable events. You probably swam it in practice many times, maybe even farther.
3. Don't forget, it doesn't matter whether you come in first or last, as long as you try.
4. Your friends will be there to cheer you on. Your parents will be, too. So will the coaches. They all will be happy with you even if you don't win.
5. If you DQ (disqualify) don't forget -- DQ stands for Dairy Queen. You might want to ask your parents about stopping there after the meet. It's just a suggestion; so don't nag them a lot.

### **Warm-ups**

Warm ups are often really crowded. The coach will usually assign your team to a lane. Sometimes other teams might join you, but either way, when you're pretty new to swimming you will not be the fastest in the lane. There will be older and faster people who will catch up to you.

If you feel someone grabbing at your feet, don't let them run you over. Stop and move aside, let them pass, and think nothing of it. But if you only feel a tickle, kick a little faster and keep going. If they come back, do let them pass. The two goals of warm-ups are to wake your muscles up and not get run over!

### **Snacks**

At a swim meet you are probably going to get hungry and thirsty. So you will want water/Gatorade/juice or something else to drink. For a snack you will want something that is healthy in swimming language. Yes, that means your favorite sweets, like Trix, Twix, or other sugary treats are not good for you. Fruits, vegetables, bagels, oatmeal, and meat are. You might want to talk to a coach for other suggestions.

### ***For the parents***

Once you get to the meet, you will want to help you swimmer find the locker room. For the younger swimmers, it's a good idea to have a parent or friend of the appropriate sex take the child through the locker room, into the pool area, and to the coach. Tell your swimmer where you'll be and where to meet afterward, and then scam. Coach has enough to do without parents hanging around. Warm-ups look like total pandemonium, especially if you have a younger swimmer, it can be terribly difficult to find your racer among the throng. You'll get used to it, though. While your swimmer is warming up with the team you may want to purchase an event program, they usually cost between \$8 and \$10, depending on the size of the meet. It tells the number/order of events (i.e., 25-yard freestyle, etc. -- each event has a number), heat (most events have several heats), and lane your swimmer will be in. At this point, you can grab a spot in the stands or in a hallway and wait for your swimmer's events. Some swimmers like for parents to cheer, and others don't. If you're not sure what your swimmer wants, it doesn't hurt to ask. Likewise, some swimmers like to come visit (or bum money for food) between events, some like for their parents to come meet them between events (parents are not allowed on deck, meaning at poolside, however), and some stay by the pool once they have their game faces on. Swimmers should always talk with a coach immediately before and after swimming an event, because that's the best time for the coaches to offer advice. It's not mandatory for parents from particular teams to sit together, but you'll often find that they do and it's great for team spirit! It can also be helpful -- you can ask questions (you'll be answering them for newer parents sooner than you think), and the extra sets of eyes can help you find your racer when you want to. Scoring for events is based on who was fastest without being

disqualified, but remember that all heats in an event are combined when scoring, so winning a heat doesn't necessarily mean your swimmer won the event. Similarly, the time shown on the displays are *not* always the time that will become official. The official time is determined later, by the team in the computer room, and is done according to USA Swimming rules. Once the computer room crew scores an event, the results are posted, usually in a hallway. If you think there may have been an error in scoring, tell your swimmers coach and they can check into it, mistakes do happen. The coaches will work together to get your swimmer to his or her event. From time to time, however, it will happen that a swimmer misses an event. (Young people are easily distracted sometimes, and the coaches have a lot of swimmers to watch over). The coach will handle the situation, so don't get too excited.

## Awards

The number of awards given usually depends on how many lanes the pool has (i.e., 8 lane pools give awards out for 1<sup>st</sup> – 8<sup>th</sup> place, 6 lane pools give awards out for 1<sup>st</sup> – 6<sup>th</sup> place), and then awards are given for each Time Standard swum at that meet (i.e., if the meet is an ABC meet, awards are given for 1<sup>st</sup> – 8<sup>th</sup> place in all three divisions, A, B, C.). Each division gives a different award, “A” time standards receive medals, “B” time standards receive rosette ribbons and “C” time standards receive strip ribbons. Some meets award small ribbons for achieving a “Best Time.” Certificates are given for achieving C, B, A, Champ and Zone time standards. If your swimmer has received an award, it will be given to the coach at the end of the meet and will be handed out at the next practice.

## Disqualifications

Inevitably, your swimmer will be disqualified at some point. Depending on the swimmer, and especially on your reaction, this can be no big deal or “The End of the World as We Know It.” Try for the former. Also, though “DQ” doesn't *really* stand for Dairy Queen, getting an ice cream after the meet if your swimmer DQ'd (also pronounced “deeked”) is a frequently followed tradition that often helps salve the pain.

## What to Eat Before and During Swim Meets

Eating a well balanced diet is going to help promote a successful swimming career. Athletes and their families should follow the USDA food pyramid as a guide for optimal nutrition. Eating too much of any one group at the expense of another will not help an athlete's energy output. In addition to eating well, making sure each athlete stays hydrated is equally important. Athletes should drink at least 16-20 ounces of water or sports drink during practice and another 16-20 oz. after practice. Any carbonated drink is a bad choice and athletes should avoid them as much as possible.

What to eat on the day of a meet:

### Breakfast

- Bagel with cream cheese, banana, juice
- Non-sugary cereal, fruit, juice
- Hard-boiled eggs, fruit, and juice
- Waffles, with butter, fruit, juice
- Eggs, toast, fruit, and juice

### Lunch

- Peanut butter & jelly sandwich, crackers & cheese, fruit, water/juice
- Sub sandwich with turkey, roast beef, chicken (light Mayo), baked chips, water/juice
- Pasta, bread, vegetable, water/juice

### Dinner

- Baked Chicken, fish or lean red meat
- Fruit salad, lettuce & veggie salad

- Whole grain bread/roll
- Mashed potato

### **Snacks at the Meets**

- Fruit, veggies, bagels, crackers, granola bars, fruit roll-ups, water, sports drinks.

## **SWIM STROKES**

### ***BACKSTROKE:***

In the backstroke, the swimmer must start in the water facing the starting end with their feet under the surface of the water. (This differs from Minnesota High School League rule which allows the swimmer to start the race while standing on the gutter of the pool grasping the starting platform as long as some part of their body, usually their heels, remain in contact with the water.) The swimmer must stay on the back except during the turns. The stroke is an alternating motion of the arms (a reverse wind milling) with a flutter kick. The rules now allow the swimmer to turn over onto the stomach during the turn as part of "a continuous turning action." However, the swimmer must be on the back when they leave the wall after a turn and at the finish of the race. The backstroke flags that appear five yards from each end of a short course pool (five meters from each end of a long course pool) are very important to backstrokers. The flags alert them that they are approaching the wall. Swimmers spend a great deal of time practicing their turns until they know how many strokes it takes them to reach the wall after passing the flags. This helps them make the turn without looking for the wall. You may notice some swimmers doing an extended dolphin style (feet together with a flipper motion) kick as they come off the wall. Though that is not the style of kick used throughout the race, it is legal and helps the swimmer get back to speed and into rhythm. At the finish, you may also notice some swimmers diving backwards to touch the wall. This technique is a little faster way to finish the backstroke race.

### ***BREASTROKE:***

The breaststroke may be one of the most difficult strokes to master. It requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast, on, under or over the surface of the water. This part of the stroke is called the recovery. The hands are then pulled out, back, and together during the propulsive phase of the stroke. The timing of the kick and the arm pulls is critical. The kick looks kind of like a "frog" kick, with both legs coming down and around in a simultaneous circular motion. In the breaststroke events, the swimmer must touch the wall with both hands at the same time at the turns and at the finish of the race. Failure to make the two-hand simultaneous touch in results in a DQ (disqualification) and commonly occurs when the swimmers are first learning the stroke. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs, and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

### ***BUTTERFLY:***

Butterfly is perhaps the most physically demanding stroke. It is also the newest of the four strokes and was first swum in its modern form in the 1956 Olympics. Before that, butterfly was swum using the breaststroke kick. Butterfly requires the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down at the same time. If the swimmer does a flutter or breaststroke kick, it results in a DQ (disqualification). As in the breaststroke, the swimmer must touch the wall at the turns and at the finish with both hands simultaneously. After the start and after each turn, the swimmer is permitted any number of underwater kicks but only one underwater arm pull. That pull must bring the swimmer to the surface.

**FREESTYLE:**

In the freestyle, the competitor may swim any stroke but the stroke usually performed is the Australian crawl. This stroke consists of an alternating overhand motion of the arms and a flutter kick that can either be a six-beat or a two-beat (kicks) per two arm stroke. The shorter races, the 50 and 100, are the "sprint" events. These events are usually all out races from the start to finish. A fast start (getting off the starting blocks quickly) is very important in both the 50 and 100 freestyle races. You will notice swimmers doing flip turns each time they reach the end of the pool. This is the fastest possible turn method and is taught and practiced from very early on in your child's swim experience with the Jets. After each turn, the swimmers come off the wall in the "streamlined" position. In other words, the body position resembles a pencil. The skinnier and sharper the "pencil," the farther they will travel off the wall. The freestyle swimmer finishes the race when any part of their body touches the wall.

**INDIVIDUAL MEDLEY (I.M.):**

The Individual Medley race, or "IM" features all four strokes swum in the same event by a single swimmer. The competitors swim one fourth of the race in each of the strokes and in the following order: butterfly, backstroke, breaststroke, freestyle.

**RELAYS – MEDLEY AND FREESTYLE:**

There are two types of relay races - Medley and Freestyle. Each relay team consists of four swimmers. A critical factor in any successful relay is the exchange between swimmers. The swimmer on the block must remain in contact with the starting block until the incoming swimmer touches the wall. An early departure by one swimmer results in a DQ (disqualification) for the entire relay team.

In the **freestyle relay**, each swimmer swims one fourth of the race distance using any stroke desired. Of course, as in the individual events, the Australian Crawl is the stroke most often used.

The **medley relay** employs all four strokes, one stroke swum by each of the four swimmers on the relay team. The order of strokes, however, is different than that used in the IM. The backstroke leg is done first in the relay because the backstroker has to start in the water. Clearly this would present a problem if the backstroker had to be concerned about someone coming into the wall while the backstroker was preparing to take off. Therefore, the order of strokes in the medley relay is backstroke, breaststroke, butterfly, freestyle.

# Ten Commandments for Parents

1. Thou shall not impose your ambitions on thy child
2. Thou shall be supportive no matter what
3. Thou shall not coach your child
4. Thou shall only have positive things to say at a meet
5. Thou shall acknowledge thy child's fears
6. Thou shall not criticize the officials
7. Honor thy child's coach
8. Thou shall respect the tradition and legacy of the Jet  
Stream Aquatic Racing Swim Club
9. Thy child shall have goals besides winning
10. Thou shall not expect thy child to become an Olympian

# GLOSSARY OF SWIMMING TERMS

**AGE GROUP**-Division of swimmers according to age. The Minnesota Age group divisions are 8&U, 9-10, 11-12, 13-14, 15-16, Senior.

**AGING UP**-When an athlete changes age groups. It can be a difficult experience for some.

**ALTERNATE**-In a prelims/finals meet, after the finalists are decided the next two fastest swimmers other than the finalist are designated as alternates. The faster of the two being first alternate and the next being the second alternate. If a finalist cannot participate, the alternates are called to take their place, often on moments notice. If an athlete is an alternate, but cannot make it back for finals they should scratch from their alternate position.

**AMERICAN SWIM COACHES ASSOCIATION**- A professional organization throughout the nation, certifying coaches and offering many services for coaches education and career advancement.

**CHLORINE**-The chemical used by most pools to kill the bacteria in water and keep it clear and safe to swim in.

**CIRCLE SEEDING**-A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes.

**CONSOLATION**-A term used in a prelims/finals meet for the second fastest eight swimmers.

**COURSE**-Designated distance (length of pool) for swimming competition. Long Course-50 Meters. Short Course 25 Yards.

**DECK ENTRY**-An entry accepted into the meet on the first day or later of the meet. Usually a higher fee is charged and it is up to the meet director whether or not to allow deck entries.

**DECK SEEDING**-Seeding an event after the meet has begun. A swimmer check-in is usually held first and then entered swimmers are seeded into heats. This is usually done in distance events where numerous no-shows may be expected.

**DISQUALIFIED**-A swimmer's performance is not counted because of a rule infraction. A disqualification is shown by an official raising one arm with open hand above their head. Its abbreviation, DQ, will appear next to the swimmers name in the results.

**DUAL MEET**-Type of meet where two teams compete against each other.

**DRYLAND**-Running, body weight exercises, and various strengthening programs swimmers do out of the water.

**ENTRY LIMIT**-1. The number of events an athlete may swim during a specific session. For most meets this is four. For prelims/finals meets it is often three. 2. Each meet usually has a limit of total swimmers that can be accepted. Once this limit has been reached, the meet will be closed to all other swimmers and teams.

**ELECTRONIC TIMING**-Timing system that has touch pads in the water that stop the clock automatically as a swimmer finishes.

**FALSE START**-When a swimmer leaves the starting block before the horn, resulting in a disqualification.

**FALSE START ROPE**-A rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start.

**FASTEST TO SLOWEST**-A seeding method used in longer events held at the end of a session. The fastest seeded swimmers participate in the first heat followed by the next fastest and so on.

**FLIPPERS OR FINS**-Used during practice in certain sets. All groups will be using this piece of equipment. Helps in ankle flexibility and aids in keeping the body in proper alignment in the water.

**GALLERY**-The viewing area for spectators during swimming competitions.

**HEATS**-The division of an event in which swimmers are divided into groups of six or eight depending on the number of lanes in the pool. The fastest swimmers in each heat will be in the middle lanes.

**HEAT SHEET**-The pre-meet printed listing of swimmers seed times in various events. Heat sheets are sold at the admissions table and are used mainly to make sure the swimmer has been entered correctly and to determine what heat and lane the swimmer will swim in for each event.

**HIGH POINT**-An award given to the swimmer scoring the most points in a given age group. Only some "A" meets and championship meets offer this type of award.

**IM**-Short for individual medley. A swimming event using all four competitive strokes. The order of strokes must be butterfly, backstroke, breaststroke, freestyle.

**INTERVAL**-Used in practice to determine how much rest to take between swims.

**INVITATIONAL**-Meets by invitation only. The host club decides invitees.

**LAP COUNTER**-The large numbered cards used during individual freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the card are odd numbers only, with the final lap being designated by a bright orange card.

**LSC**-Letters that stand for Local Swim Committee. This is the local level administrative division of United States Swimming with supervisory responsibilities within certain geographic boundaries. Minnesota Swimming Incorporated (MSI) is the local governing body of USA swimming.

**MARSHALL'S**-Officials in charge of the safety of swimmers and spectators at swim meets.

**MEET DIRECTOR**-The official in charge of the administration of the meet.

**MILE**-Slang reference to the 1650 yard and 1500 meter freestyle events.

**SENIOR NATIONALS**-The best swimmers from the United States and around the world compete at this meet. There are no age limitations and the time cuts are extremely difficult. Every four years this meet becomes the Olympic Trials.

**NATATORIUM**-A building constructed for the purpose of housing a swimming pool and related equipment. Usually a quality building used for big meets with ample seating.

**NT**-Short for "No Time." This abbreviation is used on a heat sheet to designate that the swimmer has never swam the event before.

**OVC-Official Verification Card.** A three copy form for certifying a national qualifying time, and issued only by a verification official of the area in which the meet was held. All Senior National and Olympic qualifying times must be verified with an OVC.

**PADDLES**-Colored plastic devices worn on the swimmers hands during swim practice. Paddles help to create feel for the proper pulling patterns in each stroke as well as develop strength.

**POSITIVE CHECK-IN**-The procedure required before a swimmer swims a deck-seeded event. The swimmer must mark their name on a list posted on deck at the meet. By doing so they have indicated they will swim, thus eliminating no-shows and assuring full heats. Positive check-ins are often done for distance events.

**PRELIMS/FINALS**-A type of meet with two sessions. The preliminary heats are held in the morning with the top eight to twenty four qualifiers returning to compete in the finals at night. This format is typically used for championship meets.

**PRE-SEEDED**-A meet in which the swimmer knows which heat and lane they are in by looking at the heat sheets. Almost all meets in Minnesota are pre-seeded.

**PROOF OF TIME**-Swimmers or coaches must supply proof of time with some meet entries, and other meets where it is required when a swimmer misses a meet cut-off time. Official meet results and OVC's can be used as proof of time.

**PHYSCH SHEET**-This sheet lists swimmers from fastest to slowest by event. Usually this is a prelude to deck seeding.

**PULL BUOY**-A flotation device used to keep the legs afloat during pulling sets.

**REFEREE**-The USA official in charge of all decisions made on deck with regard to the administration and effective running of the meet.

**SCRATCH**-To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, that if not followed results in a penalty to the swimmer.

**SECTIONALS**-The sectional meet has replaced the long-standing Junior Nationals. There are no age groups and time standards are difficult to achieve. This meet will be held in a midwestern location.

**SEEDING**-Creating heats for each event by determining each swimmers heat and lane.

**SHAVE**-The process of removing all arm, leg and exposed torso hair, to decrease the drag or resistance of the body moving through the water. Used in conjunction with the taper process.

**SPLIT**-A portion of a race that is timed to help in pacing.

**STARTER**-The USS official in charge of starting each race and insuring that all swimmers have a fair takeoff.

**STATE CHAMPIONSHIP**-A meet held twice a year sponsored by the LSC. The qualification times for the Minnesota State Meet are "Champ."

**STROKE JUDGE**-The USA Swimming official positioned at the sides and end of the pool.

**TAPER**-The resting phase at the end of a season, before a championship meet. Tapering allows a swimmer's muscles to fully recover before racing.

**TIMED FINALS**-Competition in which there is only one session per age group and final places are determined by the times swum in heats.

**TIME STANDARD**-A time set by a meet or LSC that a swimmer must achieve for qualification or recognition. Also insures that all competitors are of the same ability level at the same meet.

**TIMERS**-The volunteers sitting behind the starting blocks or finish end of the pool who are responsible for getting watch times on each heat and activating the backup buttons for the timing system.

**TIME TRIAL**-Some meets will offer time trials, either at the end of the meet or the end of a session. Time trials are swum for an official time only; there are no places or awards given.

**TOP 16**-The top 16 times nationally in each event by age group as compiled by USA Swimming.

**TOUCH PAD**-The removable pad at the finish end of the pool that is connected to the electronic timing system. The swimmer must properly touch the pad to register a time.

**TRANSFER**-When a swimmer leaves one club and goes to another. One hundred and twenty days of unattached competition is required before a swimmer can represent another club.

**UNATTACHED**-A swimmer who competes but does not represent a team. Unattached swimmers may not swim relays and do not score team points.

**WARM DOWN/COOL DOWN**-A short slow swim to loosen a swimmer after a race or practice.

**WARM UP**-The practice and loosening session a swimmer does at the beginning of a workout or meet.