

## **SWIM BC Swim Guide October 2015**

### **11.1 PARENTS' RESOURCE GUIDE Introduction**

This 'sample guide' can be of assistance in establishing an introductory document for new parents to your club. Please reprint and distribute as needed.

#### **11.1.1 Foreword**

We would like to welcome you to the exciting world of swimming. By joining a SWIM BC club, your child has just become a member of one of the country's largest and most organized youth sports.

This overview of competitive swimming should give you a good working knowledge of the sport and answer some basic questions. Keep in mind that this information is just an introduction. You are encouraged to talk to your swimmer's coach and your club's executive to glean more information. Of course you can feel free to contact SWIM BC for additional information regarding our sport. Other suggested reading material is included in the back of this booklet.

The sport of swimming has many benefits, including the people you and your child will meet. The camaraderie among swimmers is unique; many swimming buddies become lifelong friends.

In addition to being around fine people, swimming provides one of the most beneficial forms of exercise for cardiovascular and total fitness. This exercise can be enjoyed throughout one's entire life. For example, we now have swimmers in their nineties setting "Masters" World records.

Possibly the greatest benefits of participating in an organized swim program are the life skills your child will develop. These skills include time management, cooperation and sportsmanship. Your child will reap the benefits of swimming long after their participation ends. Most

swimmers go on to be very successful and productive adults largely due to the life skills they gained from swimming.

Age group swimming is fun, exciting and rewarding. Children improve rapidly and in most cases enjoy huge improvements in physical and mental skills. During a young swimmers early development phase it is not unusual for a child to experience extraordinary time improvements. Children are learning and growing at a greater rate than at any other time in their athletic careers. It is difficult to avoid the tendency to push young athletes at this stage. Although a child of eleven or twelve can handle the physical demands of serious training, most coaches feel that the workload should not be great until a child reaches puberty. The emphasis should be placed on improving stroke technique, developing good training habits, learning race tactics and strategies, and having fun! It is strongly recommended that these young athletes participate in a variety of sports during this period. Participating in other sporting activities provides children with a variety of activities and can help prevent “burnout”. Being involved in a range of activities can also assist in the acquisition of other vital physical skills. Many swimmers train for more than ten years during their careers.

Swimming, especially at the youngest levels, should be fun and relatively pressure free.

After a child reaches puberty, sport scientists and coaches feel serious training can begin. This can be a particularly frustrating time for swimmers. During the transition from age group swimming to senior swimming an athlete may experience plateaus, or what appears to be a “set- back.” Chunks of time are no longer being dropped, and training requires more time and dedication. Many parents begin to question whether a child’s swimming career is over at this point. This, coupled with the normal demands of teenage life, causes many swimmers to leave the sport prematurely. It is critical that parents and coaches be very

supportive during this period of adjustment, realizing that it will pass. Future performance improvements generally follow.

This booklet is designed to help you assist your child succeed in swimming. Remember, not every swimmer becomes a world record holder, but everyone gains from their swimming experience. Supporting your child in swimming can be one of the most rewarding experiences of your life. You may soon find yourself cheering at competitions, timing during meets, or even going on to become a Swimming Canada certified official. Whatever your role, your child's experience in swimming has much to do with your positive support.

Please ask questions of your coaches, officials, and fellow parents. We all have the same goal; to provide your child with the best possible experience in swimming.

## **11.2 Your Role as Parents**

Competitive swimming programs provide many benefits to young athletes. They develop self-discipline, good sportsmanship, and time management skills.

Competition allows the swimmer to experience success and to learn how to deal with defeat, while becoming healthy and physically fit.

As a parent, your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child to continue. Show your interest by ensuring your child's attendance at practices, and by coming to meets.

Parents are not participants on their child's team, but obviously contribute greatly to the success experienced by the child and his team. Parents serve as role models and their children often emulate their attitudes. Be aware of this and strive to be positive models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents, and teammates.

Be Enthusiastic and Supportive.

Remember that your child is the swimmer. Children need to establish their own goals, and make their own progress towards them. Be careful not to impose your own standards and goals.

Do not over burden your child with winning or achieving best times. The most important part of your child's swimming experience is that they learn about themselves while enjoying the sport. This healthy environment encourages learning and fun, which will develop a positive self-image within your child.

Let the Coach, Coach

The best way to help a child achieve their goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make mistakes. If your child swims poorly or struggles, remember that they are still learning. Encourage their efforts and point out the positive aspects of their swimming, things they did well. As long as they gave their best effort, you should make them feel like a winner.

### **11.2.1 THE SWIMMERS' BILL OF RIGHTS**

BC swimmers have the...

- right of opportunity to participate in swimming regardless of their ability level.
  
- right to have qualified adult leadership.
  
- right to participate in safe and healthy environments.
  
- right to play as a child and not as an adult.

☒ right to proper preparation.

☒ right to participate at a level that is commensurate with their development level.

☒ right to be treated with dignity by all involved.

☒ right to equal opportunity to strive for success.

☒ right to have fun through swimming.

### **11.2.2 YOUR RESPONSIBILITY AS A PARENT**

#### **Get Your Child ‘There’ on Time**

As in all sports there are many events that your child must attend; practices, team meetings, competitions, special events, etc. The coach wants your child to enjoy the experiences of swimming as much as possible. The coach also has a responsibility to look after the team as a whole. Start times are very important to get the most use out of pool time, ensure arrival commitments are made and events generally go as planned. Late or inconsiderate members hurt everyone. If your child is going to be late or miss, let someone know.

#### **Become Involved**

This does not mean you have to run for President your first year, but try and get involved in some aspect of the club. The easiest position is to sign up to be an official at the first swim meet. You get to enjoy the competition, meet other parents, and watch your child participate. Officiating can be fun and you can progress through the levels at a similar rate as your child. Very few other sports provide this opportunity.

It is important that you try to attend your club’s monthly meetings and especially the Annual General Meeting. You certainly do not need to run for office, but you should be aware of the club’s

business affairs.

You also may have an expertise that the club could tap into for assistance. In this era of economically trying times, the cost of swimming is becoming progressively more difficult to deal with. It is imperative that parents pitch in to assist the club with all fund raising and cost effective measures. The phrase “Many hands make light the load” is one that truly describes the approach you should have towards the task of running a swim club.

## Billeting

Swimming as a sport is controlled by the same financial responsibilities as other sports: equipment, coaching, facility costs, and travel.

Swimming is fortunate in that swimming families open their homes to visiting swimmers by billeting them during meets. This practice saves swimming parents many thousands of dollars over the season. Please be generous about accepting billets, your child may need one next meet.

When accepting billets you should supervise and assist them as you would your own children. Warm up times are usually the same for all teams, and coaches do like to have swimmers there on time. The most difficult situation is dealing with a competition with heats and finals where there is a break. Coaches like their finalists to rest and get some nourishment. If it is impossible to get the children back home, a bag lunch helps the need for nourishment.

If your child is going to be billeted remember he/she is a representative of your family, club, and community and must act appropriately. It is very important that your child is identified if there are allergies, conditions or medications so that they may be placed with an appropriate family. A billet gift is always a kind gesture to thank the family that cared for your child.

### **11.2.3 ARE YOU A PRESSURE PARENT?**

The following survey has been taken from the Amateur Swimming Association of Great Britain. If you answer yes to one or more of these questions, you may be in danger of pressuring your child. It is important to remember that the parents' role is critical and should be supportive at all times to ensure a positive experience for your child.

- Do you want your child to win more than he/she does?
- Do you show your disappointment if he/she has a poor result?
- Do you feel that you have to “psyche” your child up before a competition?
- Do you feel that your child can enjoy the sport only if he/she wins?
- Do you conduct a “post mortem” immediately after competition?
- Do you feel that you have to force your child to go to training?
- Do you find yourself wanting to interfere during training or competition thinking that you could do better?
- Do you find yourself disliking your child's opponents?

### **11.3 WHAT TO WATCH FOR AT A MEET**

The following is a brief summary of the components of the sport of competitive swimming. Hopefully they will help to convey a better understanding of the sport.

**The Racing Course:** The length of the short course racing pool is 25 meters and the long course pool is 50 meters. The pool has six or eight lanes and each lane is usually 2.0 to 2.5 meters wide. The water temperature must be kept at a minimum of 24 degrees.

**The Meet:** Swim meets are the “tests” to measure your swimmers training progression. Meets present many challenges to

swimmers and are often approached with different

expectations during different “phases” of training. It is very important to communicate with your swimmers to make sure you understand the goal of the meet. Swimming fast is always the desired outcome, but not always the primary goal. Different phases of training elicit different competitive responses.

There are a total of 14 individual events and five relays events for both men and women. In most meets you will not find all the events, as time typically will not permit this. For the most part you will see all four strokes, two relays, and one or both Individual Medley swims. In the Olympic Games, for example, there are only 13 individual events and three relays. In the Olympics, men do not swim an 800 meter freestyle and the women do not swim a 1500 meter freestyle.

☒ **Freestyle Events:** In the freestyle events, the competitor may swim any stroke he or she wishes. The usual stroke used is the front crawl. The alternate overhead motion of the arms, a side-to-side breathing action and an alternating “flutter kick” characterizes this stroke. The freestyle is swum in 50, 100, 200, 400, 800 and 1500 meter distances. Freestyle is the fastest of the four competitive strokes and is generally the easiest and most natural to learn. As a result of these factors it commonly used as the primary training stroke.

☒ **Backstroke Events:** In the backstroke, the swimmer must stay on his or her back at all times. The stroke is an alternating motion of the arms combined with a synchronized “flutter kick”. It is the swimmers objective to “roll” from side-to-side while maintaining a very “quiet” head position. At each turn, a swimmer must remain on their back until the actual turning action has begun. Backstroke flags are positioned 5 meters away from each wall to alert swimmers of their proximity to the wall. Swimmers begin a

“stroke-count” upon seeing the flags and begin the turn after counting a specific number of strokes. Swimmers must surface within 15 meters after the start of the race, and after each turn. Backstroke race distances are typically 100 and 200 meters. A 50 meter event is often used for developing swimmers and for short course sprint events.

☒ **Breaststroke Events:** Perhaps one of the most difficult strokes to master, the breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast on or under the surface of the water and swept “out and back” simultaneously in the propulsive stage of the stroke. The kick is a simultaneous thrust of the legs called a “whip” or breaststroke kick. No flutter or dolphin kicking is allowed. At each turn a swimmer must touch with both hands at the same time. Breaststroke races distances are typically 100 and 200 meters. A 50 meter event is often used for developing swimmers and for short course sprint events.

☒ **Butterfly Events:** The most beautiful and physically demanding stroke, the butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together. No flutter kicking is allowed. The butterfly was “born” in the early 1950’s as a loophole in the [breaststroke] rules and in 1965 was made an Olympic Event in Melbourne, Australia. Butterfly races are swum in 100 and 200 meter distances. A 50 meter event is often used for developing swimmers and for short course sprint events.

☒ **Individual Medley:** The individual medley, commonly referred to as the “I.M.”, features all four competitive strokes. In the I.M. a swimmer begins with the butterfly, changes to the backstroke after

one-fourth of the race, then the breaststroke for another quarter and finally finishes with the freestyle. The I.M. is swum in 200 and 400 meter distances. A 100 meter event is often used for developing swimmers and for short course sprint events.

☒ Medley Relay: In the medley relay four different swimmers swim all four strokes. No swimmer may swim more than one leg of the relay, which is swum in backstroke, breaststroke, butterfly, and freestyle order. The medley relay can be 400 meters (4 x 100 meters) or 200 meters (4 x 50 meters).

☒ Starts and Turns: Many races are lost due to poor start and turn technique. In the start, the starter who visually checks that all swimmers are down and still calls the swimmer to starting position. Once the starter is satisfied, the race is started by either a gun or electronic tone. A swimmer's ability to react quickly to the start signal is critical but only part of good start technique. The swimmer's ability to efficiently transfer their flight to a streamlined entry followed by an aggressive but controlled transition to swimming will be a major determinant in the success of their start. Quick turns are essential to a good race. Excellent turn technique allows a swimmer to maintain their swimming tempo in and out of walls, thereby conserving energies that may otherwise be used to get back up to speed. In all events the swimmer must touch the wall, but in the freestyle and backstroke the swimmer may somersault as he or she reaches the wall, touching only with the feet. In the other two competitive strokes, the swimmer must touch the wall with both hands before executing the turn.

☒ Strategies: The sprint races (50 and 100 meters) are an all-out controlled explosion of effort from start to finish. The slightest mistake can cost precious hundredths of seconds - and the race.

The 200 meter events require the swimmer to have a sense of pace as well as the ability to swim in a controlled sprint. The 400, 800 and 1500 meter freestyle require the swimmer to constantly be aware of where they are in the water and how tired they are becoming. Swimming the first portion of the race at too fast of a pace can sap swimmers' strength and cause a poor finish. Swimming the first portion of the race too slowly can separate the swimmer from the pack and make catching up impossible. There are two ways to swim a distance race. Swimmers may elect to swim the race evenly (holding the same pace throughout the race) or they may "negative split" the race. A negative split occurs when the swimmer covers the second half of a race faster than the first half. Typically these conditions will be dictated by both the swimmers genetic pre- disposition towards distance events, and their personal level of fitness. It is the unwise and poorly coached swimmer who attacks a distance event with too much speed.

☒ The Team: A swim team is composed of any number of swimmers. Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Provincially recognized competition age groups are 10 and under, 12 & under, 14 & under, 16 & under and Senior (open). Swimming

Canada also recognizes the age groups of 11 & 12, 13 & 14, 15 - 17, and Senior (open). Local meets may also feature events for 8 and under swimmers. Team practice groups are usually determined by age and ability.

### **11.3.1 EQUIPMENT: WHAT THEY'LL NEED**

☒ Practice Suits: Suits worn by swimmer during practice sessions. They are generally made of polyester nylon, lycra or stretch nylon. These suits are usually loose fitting, and many

swimmers train with several suits on for the purpose of drag. It is desirable to have both a practice suit and competition suit as the practice suit would ideally be more durable but consequently heavier. The competition suit should be worn only for racing so as to keep it tight fitting and streamlined.

☒ Cap: A latex or silicone swim cap is used during a race or practice to cut down resistance and to protect swimmer's hair from the damaging effects of chlorine.

☒ Competition suit: A team racing suit may be required for competition. This suit is usually 2 to 3 sizes smaller than the practice suit to reduce resistance. Specialized fabrics have been developed to optimize performance.

☒ Fins: Flippers worn on the feet, used for stroke technique and speed assisted training.

☒ Goggles: Lenses worn by swimmers during practice and competition to enhance vision and protect their eyes from the effects of chemicals in the water. It is essential to get a good quality goggle with an excellent fit. Try them on before you buy, not all goggles fit the same!

☒ Kickboard: Device usually made of plastic or Styrofoam, used to work the kick portion of a stroke.

☒ Pull buoy: Usually made of Styrofoam, this device is placed between the legs to isolate

the use of the arms. The pullbuoy is used to strengthen the arms and is sometimes used for stroke work.

☒ Sweats: Some type of warm-up or sweat suit should be worn at meets and to and from practice during cold weather.

☒ Team Uniform: A team uniform is usually made up of one or more of the following: suit, cap, T-shirt, sweat suit, parka. Each club has a uniform which is usually a requirement, and unique to the team.

☒ Towel: Swimmers usually prefer a thick, large beach towel. A minimum of two towels is recommended for meets.

#### **11.4 THE RULES**

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer. The technical rules for each stroke may be found in the publication “Swimming Canada Rules and Regulations.” Certified officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules, they will be disqualified from that event which means they will not receive an official time nor be eligible for an award in that

event. Disqualifications may result from actions such as not getting to starting blocks on time, false starting, walking on or pushing off the

bottom of the pool, pulling on the lane lines, or unsportsmanlike conduct. For a description of the technical stroke rules, please refer to the latest edition of the SNC Rule Book.

### **11.4.1 OFFICIALS LEVELS**

LEVEL I: Timer, Place Judge, Marshall

LEVEL II: Clerk of Course, Chief Timer, Chief Place Judge/Chief Judge Electronic, Recorder/Scorer, Stroke/Turn Judge, Head Lane Timer

LEVEL III: Starter, Meet Manager

LEVEL IV (Senior Official): Referee, one year evaluation period in province

LEVEL V (Master): Successful completion of Senior Official, able to work at National/International Competition.

### **11.4.2 THE OFFICIALS**

Officials are present at all competitions to implement the technical rules of swimming and to ensure that the competition is fair and equitable. Officials attend clinics, pass a written test, and work meets before being certified. All parents are encouraged to get involved with some form of officiating.

Timers - operate timing devices (watches or automatic timing systems) and records the official time for the swimmer in his/her lane.

Turn Judges - observe from each end of the pool and ensure that the turns and finishes comply with the rules applicable to each stroke.

Stroke Judges - observe from both sides of the pool, walking abreast of the swimmers, to ensure that the rules relating to each stroke are being followed. The position of Stroke Judge and Turn Judge may be combined into one position called the Stroke and Turn Judge.

Relay takeoff Judge - stand beside the starting blocks to observe the relay exchange, ensuring that the feet of the departing swimmer have not

lost contact with the block before the incoming swimmer touches the end of the pool. Turn judges often accomplish this task.

Clerk of the Course - arranges the swimmers in their proper heats and lanes.

Starter - assumes control of the swimmers from the Referee, directs them to “take your mark” and sees that no swimmer is in motion prior to giving the start signal.

Referee - has overall authority and control of the competition, ensuring that all the rules are followed. Assigns and instructs all officials, and decides all questions relating to the conduct of the meet. Violations of the rules are reported to the Referee, and the rules require that every reasonable effort be made to notify the swimmer or his coach of the reason for disqualification.

If your child is disqualified (DQ'd) in an event, be supportive rather than critical. For beginning

swimmers, a disqualification should be treated as a learning experience, not as a punishment. A disqualification alerts the swimmer and coach to what portions of the swimmer's stroke need to be corrected. They should be considered in the same light as an incorrect answer in school work - they point out areas which need further practice. The disqualification is necessary to keep the competition fair and equitable for all other competitors. A supportive attitude on the part of the official, the coach, and the parent can also keep it a positive experience for the disqualified swimmer.

## **11.5 THE GOVERNING BODY**

### **11.5.1 What is SWIM BC?**

SWIM BC is the provincial governing body for amateur competitive swimming and was incorporated in 1963.

As the provincial governing body for the sport, SWIM BC is responsible for the conduct and administration of swimming in British Columbia. In this capacity, SWIM BC formulates rules (other than direct technical rules), implements policies and procedures, regulates the provincial championships, disseminates safety information, administers a multitude of funding programs, and selects athletes to represent British Columbia at National and Regional Games.

### **11.5.2 How is Canadian Swimming Organized?**

International: The International governing body of all aquatic sports is FINA (Fédération Internationale de Natation). Swimming Canada (SNC -Swimming/Natation Canada) is affiliated to FINA through the Aquatic Federation of Canada (AFC).

National: SWIM BC is a Provincial Sport Organization (PSO) which represents British Columbia to SNC, in conjunction with all other provinces. In turn, SWIM BC represents the interests of SNC to the province.

Provincial: SWIM BC organizes the province into eight geographical regions, each region representing the clubs in those regions. The regions are; Vancouver Island, Okanagan, North East, North West, Kootenays, Fraser Valley, Fraser-River Delta, and Vancouver-Squamish.

How are decisions made in SWIM BC?

SWIM BC is a not-for-profit organization made up of very dedicated volunteers. Interested volunteers donate their time, energy and expertise at every level from the local clubs to the provincial section Board of Directors. The SWIM BC Board meets approximately three times a year and an Annual General Meeting is held once a year, usually in late September or early October. The SWIM BC Executive meets six to ten times in the year.

## **11.6 GLOSSARY OF SWIMMING TERMS**

☒ Age Group Provincial Championships: Often referred to as “AAA’s”. BC’s premiere swimming championships. To enter the meet, swimmers must have attained an “AAA” qualifying time. They are held Short Course in Winter and Long Course in Summer.

☒ Age Group Swimming: The program through which SWIM BC provides fair and open competition for its developing 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. The Provincially recognized age groups for records classification are 11&12, 13&14, 15-17, and Senior/Open. For Provincial Championship meets, starting in the 2007-2008 season, SwimBC has had 10&Under, 11&U, 12&U, 13&U, 14&U, 15&U, 16&U and either 18&U or Senior/Open as the age groups awarded at these meets. Regional and invitational meets may offer other age grouping besides those listed above, as well, subject to approval (by meet sanctioning) from SwimBC.

☒ Block(s): The starting platform.

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

☒ Circle Swimming: Performed 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 standard. A minimum time necessary to attend a particular meet or event.
  
- ☒ Distance: Term used to refer to events over 400 meters.
  
- ☒ DQ/Disqualified: This occurs when a swimmer has committed an infraction of some kind; e.g. freestyle kick in butterfly. 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 is entered for a competition. Typically requests the swimmers registration number, sex, event number and entry time. Usually completed by the coach or Team Manager.
  
- ☒ False start: Occurs when a swimmer moves prior to the sounding of the start command.

☒ Final: The championship heat 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 meters from the end of the pool. They enable backstrokers to execute a backstroke turn more efficiently by counting their strokes.

☒ Goal: A specific time or skill achievement a swimmer sets and strives for.

☒ Gutter: The area along the edge of the pool in which water overflows and is re-circulated through the filtration system.

☒ I.M.: Shorthand for Individual Medley. An event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

☒ Provincial Trials: Often referred to as “AA’s” or Junior Provincials. A provincial competition for swimmers who have achieved “AA” qualifying standards but have not reached “AAA” qualifying standards. They are held in short course in Winter, and long course in Summer.

☒ Virtual Trials is the merging of all Regional Championship meet results to give the effect of a Provincial Trials meet. This meet may be used to qualify entries for Provincial Championship

meets.

☒ Lap Counters: A set of plastic display numbers used to keep track of laps during a distance race. Also, the person who counts for the swimmer, stationed at the opposite end from the start.

☒ Long Course: A pool 50 meters in length. SWIM BC conducts most of its summer competition in long course.

☒ Long Distance: Any freestyle event over 1500 meters, normally conducted in a natural body of water, such as a lake, river, or ocean. Also known as Marathon Swimming. FINA sanctioned events are any event up to 25 kilometers in distance.

☒ Meet: A competitive opportunity organized to bring swimmers of a similar competitive ability together. Implementing what has been learned in practice, the swimmers test themselves against the clock and competition to see how they are improving.

☒ Middle Distance: Term used to refer to events of 200 meters to 400 meters in length.

☒ National Championship: Often referred to as senior championships in which Canada's top swimmers compete. A qualifying standard must be achieved but there is no age restriction.

☒ National Age Group Championship: A national competition held once a year open to swimmers aged 18&U. A qualifying standard must be achieved.

☒ Negative Split: Swimming the second half of the race equal to or faster than the first half.

☒ Official: A judge on the deck of the pool at a sanctioned competition who enforces SWIM BC, SNC and FINA rules. There will be 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: Slang for preliminaries, also called Heats or Trials. Those races in which swimmers qualify for the championship and consolation finals in an event.

☒ Q-Time: Qualifying time necessary to compete in a particular event and/or competition.

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

☒ Scratch: To withdraw from an event in a competition.

☒ Senior Swimming: The program through which SNC provides fair and open competition at SNC designated meets and Senior National 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 competitions.

☒ Short Course: A pool 25 meters in length. SWIM BC conducts most of its winter competition in short course.

☒ Split: A swimmer's intermediate time in a race. Splits are registered every 50 meters and are used to determine if a swimmer is "on pace". Under certain conditions, splits may also be used as official times. In a relay, a split time describes the time for one of the four individuals.

☒ Sprint: Describes the shorter events (50 and 100). 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 elongated as it can be.

☒ Taper: The final preparation phase for a peak meet. A typical taper phase will involve reducing training volume and increasing training intensity. Rest is also critical at this phase. Prior to a major competition, an older, more experienced swimmer will shave their entire body to reduce resistance and heighten sensation in the water. Called "shaving down", this advanced technique for race preparation is designed to reduce all possible drag effects.

☒ Time Trial: A time - only swim which is not part of a regular meet.

☒ Touch pad: A large touch sensitive board at the end of each lane where a swimmer's touch is

registered and sent electronically to the timing system.

☒ Warm down (Swim 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 or race to get muscles loose and warm and gradually increase heart rate and respiration.

☒ Watches: Stopwatches used to time swimmers during a competition, usually electronic. When totally automatic timing equipment is used, watches serve as a back up method.