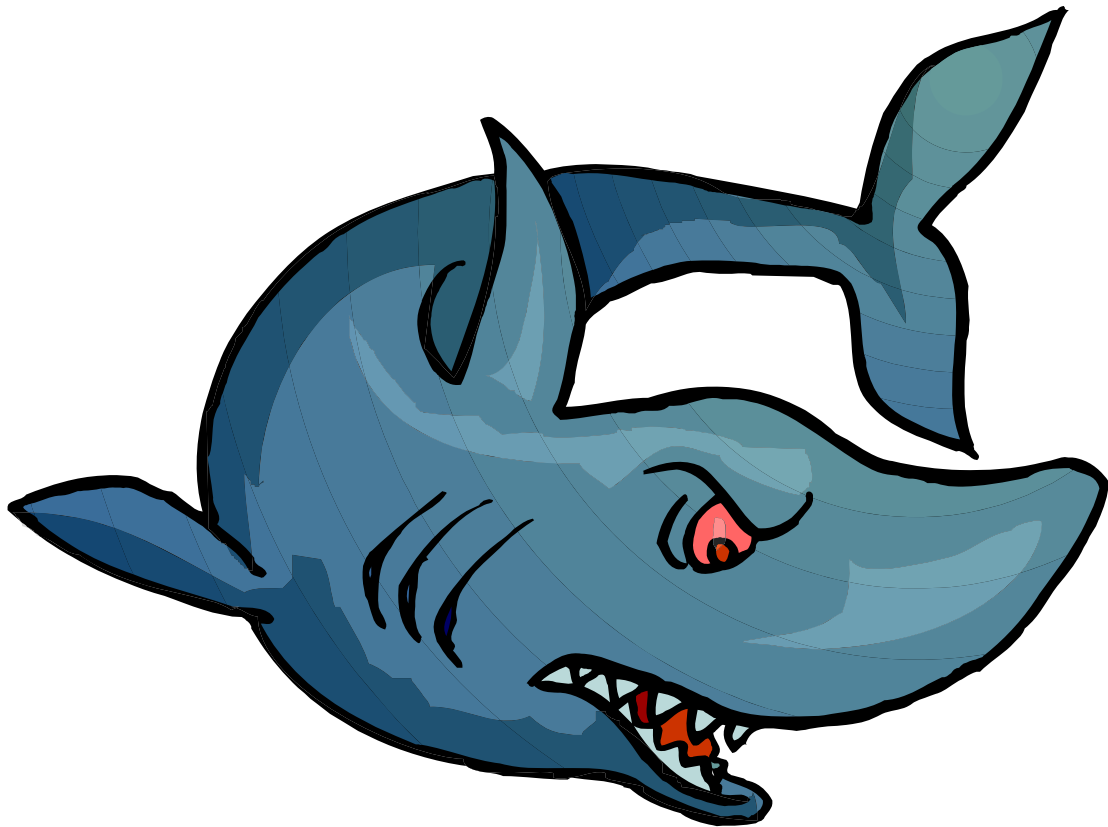


South Middleton Swim Club



Team Handbook
2005 – 2006

Version 10.15.2002

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1. GENERAL DESCRIPTION

The South Middleton Swim Club (SMSC) is the age-group competitive-swimming component of the South Middleton Parks & Recreation Aquatics Program. Membership is open to South Middleton Township residents as well as residents outside the district, although outside residents are charged an additional fee at registration. All fees for membership, programs and clinics are payable to South Middleton Township and are charged to cover the cost of instruction. Coaches are hired by the South Middleton Aquatic Director, who reports to the Director of South Middleton Parks & Recreation.

A. SMSC Philosophy

The SMSC program strives to build successful individuals as well as successful swimmers. It aims to achieve the following four goals:

- To promote mental as well as physical growth in every swimmer.
- To foster lasting friendships among teammates. To provide instruction, training and competition for all levels.
- To encourage open communication between coaches and parents to facilitate the accomplishment of the coaches' expectations of each swimmer.
- To instill an appreciation for the value of hard work and the importance of good team sportsmanship.

SMSC is founded on the belief that age-group competitive swimming offers an exciting and worthwhile experience in a young person's life.

B. Parents Association

All parents of SMSC swimmers are members of the South Middleton Swim Club Parents Association (SMSCPA). SMSC relies on parent participation. The organization is governed by an elected board of officers, which includes a president, vice-president, treasurer, and secretary. The responsibilities of the board are described in the by-laws, which were created and are maintained by the SMSCPA. A copy of the SMSCPA By-laws can be found in the team mail box in the folder marked "By-laws".

C. Swimming Government

SMSC is part of an extensive organization of swimming teams and governing committees that exist to regulate and supervise competitive amateur swimming. Swim teams may also belong to regional swimming organizations called leagues. It is within these leagues that seasonal competitions take place and at the end of each season a league "champion" is determined.

IMPORTANT: It is hereby noted that all meets and events held by CPAL and CASL will take precedent over USS meets and events unless approved by the coach.

Capital Area Swim League (CASL)

During the summer months, SMSC is a member of the Capital Area Swim League that includes the membership of YMCA's, community-based swim clubs, and the additional municipal or area clubs that compete only in the summer. CASL is divided into four divisions (A, B, C and D) Divisions according to team strength. The strongest Division in the league is the A Division, which generally also has the largest number of swimmers per team. The D Division is usually where the smaller teams compete. At the end of each season, Division winners move up a Division and the last place Division team moves down a

Division. For example, the B Division winner moves up to the A Division and the last place A Division team moves down to the B Division.

Central Penn Aquatic League (CPAL)

During the winter season, SMSC is a member of the Central Penn Aquatic League, which is made up YMCA clubs and community-based swim clubs. The teams are divided into four divisions: Division A, Division AA, Division AAA, and Division AAAA. Division placement is primarily based on size and geographical location of the teams within Central Pennsylvania.

USA Swimming (USS)

USA Swimming was established by Congress as the National Governing Body for competitive amateur swimming in the United States. USS is a federation member of the international governing body of swimming, The Federation Internationale de Natation Amateur (FINA). USS is divided into four zones: Eastern, Southern, Central and Western. SMSC is located in the Eastern zone which includes: the Allegheny Mountain area (Eastern PA); Niagara, Adirondack, and Metropolitan New York; Maryland; Virginia and the Potomac Valley; New Jersey; Connecticut; New England; and Maine.

Middle Atlantic Swimming (MA)

The four zones of USS are divided into smaller regions, which are governed by Local Swimming Committees (LSC's). The Eastern Zone is composed of twelve LSC's. SMSC falls under the jurisdiction of the Middle Atlantic LSC which includes: New Jersey, south of Mercer and Monmouth Counties; Delaware; and Pennsylvania east of and including Potter, Clinton, Centre, Huntingdon, and Bedford Counties.

D. SMSC Membership

All members of the South Middleton Swim Club are members of the Age Group Swim Team. The team itself is divided into five levels. The levels are determined by the swimmer's ability and experience. The use of levels allows the coaches to separate swimmers and define the practices based on the needs. The coaches will evaluate each swimmer during the first week of practice. A swimmer may also be evaluated during the season at the coaches' discretion.

Mini Team - Sand Shark Level (Beginners Technique Class):

Practice Recommendation: 3 practices per week, 1-hour session

The Sand Shark Level is for members who are generally between the ages of 5-8. The pre-requisite to enter this Level is demonstration of the ability to swim ½ length of the 25-yard pool and the coaches' discretion. This Level provides the beginning or inexperienced competitive swimmers with an introduction to competitive swimming with a heavy emphasis on demonstration, instruction, teaching and development of the four competitive strokes, starts, and turns required for competition.

Swimmers must be able to swim 50 yards continuously using the freestyle stroke and 50 yards continuously using the backstroke, unassisted to advance to the next Level.



Hammerhead Level:

Practice Recommendation: 3 practices per week, 1 hour session.

The Hammerhead Level is primarily for the young swimmers 6-10 years old and the 9-13 year old swimmers who have entered the swimming arena at a later age or need refinement of skills. The objective of the Hammerhead Level is to demonstrate, instruct, teach and refine the proper stroke mechanics of competitive swimming. This includes the four main strokes (FREE, BACK, BREAST, FLY), open turns, flip turns, starts, reading the pace clock and other basic fundamentals of swimming.

Swimmers will be required to demonstrate 50 yards of each individual stroke (Free/Fly/Back/Breast) as well as the 100 IM to advance to the next level.



Tiger Shark Level:

Practice Recommendation: 4 practices per week, 1 ½ hour session.

The Tiger Shark Level is for the competitive swimmer that is ready for the introduction of training. The Tiger Shark Level is the final molding stage. Emphasis is still placed on teaching and the refinement of all four strokes. Swimmers will learn interval training, race strategy, various stroke drills, stroke efficiency, goal setting and much more. The practices consist of about 50% stroke work and 50% aerobic training.

Swimmers will be required to swim a 200 IM and a 200 Free combined time of 6:15:00 or less to advance to the next level.



Mako Level:

Practice Recommendation: 4-5 practices per week, 2 hour session

The Mako Level is for the upper level age group swimmer working for the next level of competition. Swimmers in the Mako Group are encouraged to join USA Swimming. The swimmer must be attentive throughout workouts and be able to manage the training intensity. The practices consist of 25% stroke work and 75% high aerobic training.

Swimmers will be required to swim a 200 IM and 200 Free combined time of 5:30:00 or less to advance to the next level.



Great White Level:

Practice Recommendation: 5 practices per week, 2 hour session

The Great White Group is for the upper level senior swimmer and the high school swimmer who wants continued training and conditioning. These swimmers train for the highest level of competition. The top goal of this group is to reach the collegiate level of swimming. Swimmers in the Great White Level should be members of USA Swimming. Practices consist of 25% stroke work and 75% high aerobic training.



2. COACH GUIDELINES

The coaches are hired by the South Middleton Township Parks & Recreation Department to supervise SMSC swimming practices and competition. In the course of executing their responsibilities, the members of the coaching staff will:

- Place the swimmers into practice groups according to the swimmers' abilities and goals. The coaching staff will advance a swimmer into a more challenging group when it is in that swimmer's best interest and the swimmer has completed requirements for the next level.
- Provide competitive instruction and set training regimens. The coaches will be solely responsible for ensuring that swimmers receive appropriate instruction in competitive techniques and conditioning.
- Encourage good swimming habits. The coaching staff may advise swimmers on specific training procedures and proper use of equipment during practice and competition.
- Teach young athletes to enjoy success and to respond to failure with renewed determination.
- Emphasize improvement, competence, and striving for excellence.
- Help children develop positive self-images and learn standards of conduct that are acceptable to society.
- Provide discipline and supervision during practice. The coaches are responsible for all swimmers in the pool area and locker rooms; therefore, they are given full authority to discipline any swimmer that disrupts practice or endangers the health and safety of the other swimmers. An incident report will be submitted when disciplinary action has to be taken. See "SMSC Discipline" for detailed information on discipline procedures.
- Determine team line-up for competitions. The coaches will make the final decision concerning event/lane assignments in league competition. This responsibility includes determining whether each swimmer will swim in an exhibition event, a scored event and/or a relay event (and what leg of the relay each swimmer will do).
- Supervise and conduct team activities at swim meets. Coaches are responsible for supervising and conducting warm-ups before each meet. After each event, the coaching staff will discuss the race with the swimmer and provide constructive comments for furthering the swimmer's progress.
- Provide a forum for communication with parents. The coaching staff will make itself available to address concerns with parents. These meetings will be private and scheduled at a time that does not conflict with scheduled practices.

Establishing the bond between coach and swimmer is an integral part of your child's participation and enjoyment. Parents—talk to your child's coach so that you know the coach's goals for your child and the coach knows your goals for your child. This communication will go a long way toward helping you help your child be their best...when it counts the most.

3. PARENT GUIDELINES

The greatest contribution any parent can make to their swimmer's progress is to be loving and supportive. Despite hours of practice and regular exposure to competition, the main source of confidence and self-esteem for most swimmers is a simple word of praise from their parents. The wellness of any youth program depends largely on the actions and attitudes of parents. Between words of encouragement parents should make sure that they do the following:

- Encourage your child to swim, but don't pressure. Let your child choose to swim—and to quit—if he or she wants.
- Review the handbook with your swimmer(s). Parents should ensure that their swimmers understand the responsibilities connected with belonging to a swim team, especially with respect to behavior at practice and meets.
- Understand what your child wants from swimming, and provide a supportive atmosphere for achieving these goals.
- Put your child's participation in perspective. Don't make swimming everything in your child's life; make it a part of life.
- Keep winning in perspective, and help your child do the same. Every decision parents make in guiding their children should be based first on what's best for the child, and second on what may help the child win. State another way, this perspective places: *Athletes First, Winning Second!*
- Model good sportsmanship in the following ways:
 - ✓ Encourage all swimmers.
 - ✓ Control your emotions in frustrating situations.
 - ✓ Abide by referees' or officials' decisions. Most swimming officials are volunteers who have received special training.
 - ✓ Congratulate the opponents when they win.
- Help your child set challenging but realistic performance goals, rather than focusing only on "winning or getting best times."
- Help your child understand the valuable lessons sports can teach:
 - ✓ acquire an appreciation for an active lifestyle,
 - ✓ develop a positive self-concept by mastering sport skills,
 - ✓ learn how to work as part of a team,
 - ✓ develop social skills with other children and adults,
 - ✓ learn about managing success and disappointment,
 - ✓ learn about fair play and being a good sport, and
 - ✓ learn respect for others.
- Help your child meet responsibilities to the team and to the coach.
- Discipline your child when necessary.
- Turn your child over to the coach at practices and meets—don't meddle or coach from the deck.
- Get your swimmer(s) to practice on time. Every effort should be made to have swimmers to the pool on time so that practices will run smoothly for everyone.
- **Keep informed! Make sure you pick up the SMSC weekly newsletter – Shark NewsWave. It is distributed at the beginning of each week and contains important information on upcoming events and team news. SMSC also maintains a web site:**

<http://business.planetcable.net/smsc>. (DO NOT put www in the address!) The site also contains team news and information including team records.

- Address issues with the coach in private.
- Take unresolved issues to the Parents' Association Board. In circumstances where an issue has been discussed with the coach and the parent still feels that the problem has not been fully resolved, the parent should present the problem to the Association Board. The issue may be addressed privately with the president or with the entire board. The president or the board may then choose to intercede with the coaching staff on behalf of the parent or to stand behind the actions of the coaching staff if they deem those actions to be in accordance with SMSC policy.
- Volunteer, volunteer, volunteer! Parent volunteers perform a variety of tasks ranging from simple jobs such as setting up for a meet, or selling programs to the more complex jobs such as officiating a meet, score-keeping, or running the computerized timing system. No job is too small or unnecessary - all jobs are important for the club to operate smoothly and effectively. For this reason it is essential that every parent participate in some way by volunteering his or her time and talent during the course of the season.
- And most important – REMEMBER TO HAVE FUN!!!!

These guidelines should help you do much more than survive age group swimming. It should equip you to enjoy it to the fullest—and help you make it fun and valuable for your child.

4. SWIMMER GUIDELINES

A. Practice

Swimmers are expected to attend practice for their level of swimming as often as possible. The coach will communicate to parents just how often and how long a swimmer should attend. Below are a few pointers to make practice run as smoothly and efficiently as possible.

- Show up on time for practice. Swimmers should make the most of their practice by arriving early and ensuring that suits; caps and goggles are properly fitted. Arriving late is often disruptive for other swimmers and for the coaches, who must make adjustments to lane assignments and practice plans.
- Listen to the coach. Each individual practice session is one small part of a long-term competitive strategy mapped out by the coaching staff at the beginning of the season. Each swimming drill and every series of laps are important steps in the coaches' plan to develop each swimmer's competitive edge. Try to concentrate on specific aspects of your style as you practice. Remember: *Perfect Practice Makes Perfect Permanent!*
- Practice good sportsmanship. Being courteous to your coaches and teammates will cause them to want to treat you with equal respect. The result will be more effective communication between the coaches and swimmers and a more pleasant practice experience for everyone.
- Stay in supervised area when practice is over or while waiting for ride home. There are many activities that go on in and around the school building at all hours of the day. Swimmers should exercise good judgement and caution when walking through the building or when playing outside. **Parents should be aware that the coaches and SMSC assume NO responsibility for swimmers once they leave the pool area.**
- Refrain from horseplay or unruly behavior. Practice sessions can be fun, but clowning around and horseplay can lead to injury. Unruly behavior is also disruptive to those who are really trying to gain something from practice. The coaching staff is authorized to take disciplinary action when they feel that the situation is dangerous, disruptive, or a negative influence on the other swimmers. Review and make sure you understand the SMSC Discipline Policy for handling unacceptable behavior and administering disciplinary action.

B. Nutrition

The following information was adapted from the ESPN Sportszone Website from a December 19, 1997 article, "Sports Nutrition: Fuel for High Performance" printed in the regularly featured Health in the News section of HEALTH & FITNESS on-line magazine. The content provided is for information purposes only.

Good Nutrition and Health

Good nutrition and health are important to everyone, but for an athlete who is trying to achieve peak performance, nutrition and health are critical. This document provides some tips on maintaining fitness and ensuring that the swimmer's body is kept in good working order. Information provided in this section is not designed to diagnose or treat a specific condition or otherwise provide medical advice. Information provided can be subject to personal interpretation or can become obsolete and accuracy cannot be guaranteed. Please consult your own healthcare provider regarding any medical issues relating to diseases, conditions, symptoms, diagnoses, treatments and side effects.

Here are some of the guiding principles and rules of thumb in today's sports-nutrition arena:

1) Carbohydrates

These are your body's preferred fuel sources. They're categorized into simple (found in fruits, juices, candy, dairy products) and complex (from such foods as rice, pasta, bread, potatoes, and cereals). Most people need about 8 grams of carbohydrates per kilogram of body weight per day to maintain proper energy levels and overall health. The body converts carbohydrates into glucose, which is burned for quick energy; any extra gets stored in the muscles in the form of glycogen. And it's glycogen that the muscles rely on for extra exertion during athletic competition. "Carbohydrates are what muscles like to burn as a fuel source," says Jackie Berning, Ph.D., a sports nutritionist and dietitian at the University of Colorado at Colorado Springs who has worked with the U.S. swim team as well as college and professional athletic teams. "If you don't eat enough of them, then your glycogen stores will be low, and it's going to be tough to perform and have endurance. Also, carbohydrates are the only fuel that the brain and central nervous system can use, so you need to have them available at all times. And athletes trying to shed excess fat pounds need to be aware that carbohydrates are the 'flame' that burns fat during exercise, so it does no good to starve yourself and then exercise if you're trying to slim up.

For a competitive athlete, she says, it's particularly important to replenish carbohydrates during a game or practice session — in the form of a scientifically formulated sports drink if the athlete has no appetite. Take the case of (endurance athletes) who "hit the wall" ... when glucose and glycogen are spent. At that point the body must start burning fat, which is difficult because there is little carbohydrate available to the body. Says Berning, "If you can maintain blood glucose during exercise, you've used less glycogen and reserve it for later exercise."

"And immediately after a game or workout, the enzyme that's responsible for taking the carbohydrates and forming glycogen in the muscles is at its highest level. If you don't ingest carbohydrates from a food or sports drink during that 30-minute post-exercise window, then it can take up to 24 hours to replace glycogen. And that can be a real problem for (an athlete) who has to turn around and (compete again) 18 hours later. Most people would rather drink than eat after exercise. Twelve ounces of a sports drink can supply the 70 to 100 grams of carbohydrates you need after exercise, or you can have a bagel or banana and a sports drink.

2) Protein

Contrary to what some athletes might think more is not better where protein is concerned. The body uses the 21 amino acids found in animal and plant proteins to generate muscle tissue and repair torn muscle, tendon, and ligament fibers. But the body can utilize just so much protein — a gram or so per kilogram of body weight per day — and the rest is converted to fat; what's more, excessive protein intake can be hard on the kidneys. "I've noticed that training tables are featuring more variety", says Berning. "That's the key. The more variety, the more likely the athletes are going to get the 40 or so nutrients they need to maintain health. You can provide that protein either from animal sources or from combinations of plant proteins, such as rice and beans."

In addition to its role in maintaining muscles and other tissues, protein can, in a pinch, function as an energy source. But that's something to avoid, says Berning. "In the absence of carbohydrates, protein will be used as fuel; the body does have the capability of taking those amino acids out of the muscles and converting them into glucose. When that happens, you're sacrificing them and breaking them down instead of using them to build up your muscles. That's why adequate carbohydrate intake is so important. By restricting carbohydrates, you're forcing your body to use lean muscle mass as a fuel source, which can lead to more muscular injuries (along with) other problems.

3) Fat

Most of us know the perils of eating too much fat (e.g., obesity and increased risk of cardiovascular disease and some cancers), but some athletes may go too far in the other direction and restrict fat

consumption beyond what's healthy. A certain amount of fat — usually about 25 percent of one's caloric intake — is necessary to keep the body working properly. It insulates against the cold, helps cushion the bones and organs, supplies a concentrated source of energy, and helps the body utilize some vitamins.

"Although exercise burns fat, most athletes and Americans tend to consume too many calories in the form of fat and therefore do not need to be on high-fat diets," says Berning. "A fatty diet will increase your risk of heart disease, diabetes, and stroke."

4) Fluids

Just like a car's engine needs a cooling system to keep running, so an athlete needs constant, proper hydration to stay in the game, especially in hot, humid conditions. Fluids not only keep the body temperature from rising to dangerous levels, they are also essential for the function of the body's organs and systems. Whether you're a competitive athlete or just surf cyberspace all day, you need an average of eight 8-ounce glasses of fluid daily (not including caffeinated or alcoholic beverages, which act as diuretics). When you've exercising or playing a game, the American College of Sports Medicine recommends that you drink 10 to 16 ounces of fluid about 15 to 30 minutes before the workout commences, then 4 to 8 ounces during exercise at 15-minute intervals.

What to drink? Research suggests that a sports or fruit drink with carbohydrates can help sustain athletic performance as well as maintain hydration in extended periods of intense exertion. "Research has shown that a drink containing between 6 and 8 percent carbohydrates is best in these situations," says Berning. "With concentrations higher than that, we start to see gastrointestinal distress, diarrhea and cramping. Most fruit juices are 12 to 14 percent and should be diluted in half, but they still may not have the right amount of electrolytes." And after exercise, she says, a sports drink that has some sodium content allows for fluid absorption by the body at a faster rate than would occur with water.

When to Eat

"Our advice on (what to eat and when) is generally this: 4 hours before exercise, you should have no more than 4 grams of carbohydrate per kilogram of body weight with some protein allowed," says Berning. "Three hours before it's 3 grams of carbohydrates per kilogram and lighten up on the protein; two hours out, 2 grams of carbohydrates per kilogram and little or no protein; one hour before, 1 gram of carbohydrates per kilogram. Fluids should be consumed one to two hours before exercising.

"The more food you put in, the longer it takes to digest. You want the food out of your stomach when you exercise. When the stomach is digesting food, blood rushes there to help empty the stomach and carry nutrients away from it, while at the same time you're asking the blood to carry oxygen to exercising muscles, and it has a hard time handling both tasks at the same time. Carbohydrates are emptied fairly rapidly and boost glucose levels, so that's why we emphasize them in a pre-exercise meal."

The goal (before competition) is to maximize the amount of glycogen store in the muscles, which can make the difference between dropping out of a race after "hitting the wall" and finishing with a strong kick.

1) Recommended Foods Before Competition:

Swimmers should have 70 grams of carbohydrates within 30 minutes after exercise and 75-100 grams of carbohydrates every 2-4 hours after exercise to restore their muscle energy level before the following practice or meet day. Listed are some meals that have 100 grams of carbohydrates:

- 1 cup of skim milk, 1 apple 1 orange, 2 slices of bread, and 3 pancakes
- 1 cup of low-fat yogurt, 1 cup of orange juice and 1 banana
- 1 cup of sports drink and 1 bagel
- 1 cup of applesauce and 1 turkey sandwich

- 1 bagel with peanut butter and 2/3 cup of raisins
- 1 slice of garlic bread and 2 cups of spaghetti with meat sauce

For swim meets that last several days, eat these easy to digest, high carbohydrate foods with less than an hour between each event:

- Gatorade or other sports drink
- Fruit juice
- Plain toast
- Crackers
- Bananas

2 - 3 Hours Before:

- Fresh fruit
- Bagels, breads, and English muffins
- Fruit or vegetable juice

1-2 Hours Before:

- Fresh fruit with low fiber (such as peaches, plums, melons, etc)
- Fruit or vegetable juice

3 - 4 Hours Before:

- Cereal with low-fat milk
- Baked potato
- Pasta with tomato sauce
- Peanut Butter
- Lean Meat
- Low-fat yogurt
- Low-fat cheese
- Fresh fruit
- Bagels, breads, and English muffins
- Fruit or vegetable juice

C. Health

A swimmer's health is best maintained by proper rest and good nutrition, which is addressed in depth in the previous section. There are a few more topics to cover that can make the swimmer's experience more pleasant.

1) Avoiding Swimmer's Ear

Swimmer's ear is a state of persistent irritation and inflammation of the outer ear canal that most commonly occurs in young adults. Symptoms include ear itching, flaking skin inside the ear, or a pain in the ear canal. Yellowish or yellowish-green pus often oozes from the ear and occasionally hearing will be affected if the pus or swelling blocks the ear canal. Swimmer's ear is usually caused when bacteria or fungi are allowed to grow in the ear canal either trapped by moisture or wax. Once the condition occurs a doctor should treat it, although taking aspirin and placing a warm heating pad over the ear may help relieve the pain.

The best prevention of swimmer's ear is to apply an over-the-counter solution to ears after each swim. Domeboro and Auro-Dri are two common brands. Swimmers with chronic ear problems may find it helpful to apply a preventative solution after bathing at home as well as after each swim practice. Wearing a swim cap that covers the ears is also considered to be a good preventative measure.

2) Avoiding Athlete's Foot

Athlete's foot symptoms usually include itching, burning, or stinging on the soles of the feet or between the toes. Some cracking and peeling of the skin may occur as well. This mildly contagious infection is transmitted by contact in public showers and swimming areas and by sharing towels. Wearing sandals in showers or at poolside has not been proven to prevent athlete's foot. The key to prevention is to keep your feet dry. Always dry your feet thoroughly after bathing. Applying a spray anti-perspirant or an antifungal foot powder to your toes and feet may help in prevention.

5. DISCIPLINE POLICIES

A. SMSC Discipline Policy

The following policy has been developed to ensure that all discipline problems be approached with understanding, proper communication and fairness to all team members and families. The coach will be required to complete an incident report when disciplinary action has been taken. Please review the team rules and this policy with your swimmer.

1 st Offense	Team member displays disruptive, discourteous, rude and/or "lack of respect" attitude toward coaches, team members or parents during a practice or meet	Head coach meets privately with team member and is given one warning. Report to Aquatic Director.
2 nd Offense	Repeats or continues 1 st offense.	<ul style="list-style-type: none"> A. Coach meets privately with team member. Member is asked to leave practice. B. Head coach reports to Aquatic Director. C. Team member must meet with Aquatic Director within 3 days after 2nd offense to discuss the situation. D. Parents will have to sign child in and out of practice.
3 rd Offense	Repeats, continues and/or is asked to leave for 2 nd time.	<ul style="list-style-type: none"> A. Aquatic Director meets parents to discuss the situation. Will decide further action. B. Parents must be present during practice.
4 th Offense	Repeats, continue and/or is asked to leave for 3 rd time.	Dismissed from the team. No refund of team fees.

Vandalism to school property will result in immediate dismissal from the team and may also result in financial consequences as well.

B. League Discipline Policy

The swim leagues that SMSC competes in have also adopted an Excessive Misconduct policy that all parents, swimmers and coaches understand.

EXCESSIVE MISCONDUCT VIOLATION

The following document lists proposed steps for addressing an excessive misconduct violation exhibited during a League sanctioned dual and/or championship league meet. This proposal outlines the steps in progressive order, the penalties to be followed for excessive misconduct violations demonstrated by any individual from the identified League team.

First offense by any individual affiliated with a League team:

- Individual ejected from competitive area and removed from premises as defined by National Federation Rules under Penalties for Conduct Violations in Rule 3, Section 5 and denied participation in further league meets for one year from date of violation. A PIAA conduct report shall be filed and submitted to the League Secretary
- Individual cited in excessive misconduct violation must write a letter of apology to all parties involved in the situation and send a copy to the League Secretary
- The League Secretary shall notify all teams of individual and team affiliation.
- League team affiliated with the identified individual must execute a consequential course of action and provide the league with a written document describing the action. This action shall be completed within one month of the violation.
- Failure to comply with the above mentioned procedure shall result in a one year probation of the League team to which that individual has an affiliation.

Second offense by any individual affiliated with a League team:

- All the steps listed under the first offense section.
- League team identified shall be fined \$100 and placed on probation for the following League season.

Third offense by an individual affiliated with a League team:

- Steps 1 and 2 under the first offense section.
- League team identified shall be fined \$100 and based on a review by the League Executive Board is pending ejection from the league for the following year. League team is required to request reinstatement after the penalty year.

6. EQUIPMENT

A. Personal Equipment

Although the equipment necessary for swimming is minimal compared to other sports, swimsuits, caps and goggles require special care to make them last as long as possible:

Goggles should be kept dry when not in use and checked periodically for loose lenses or tears in the strap. Always bring an extra pair to practice or competition.

Swimsuits usually come with care instructions, but general care includes: rinsing immediately after swimming to remove pool chemicals and air-drying on a flat surface to prevent stretching of fabric.

Swim caps suffer the most if handled with neglect. The latex used in swim caps is extremely susceptible to deterioration from pool chemicals, hair care products and trapped moisture. Caps should be rinsed thoroughly after use, dried thoroughly, and dusted with a light film of talcum powder.

All personal equipment and apparel should be clearly marked with the swimmer's last name and "SMSC". Do not leave valuable items in the locker room at any time. It is not always possible to monitor the people entering the locker room.

B. Team Equipment

All swimmers are responsible for equipment used during practice or swim meets. Swim fins, kick boards, etc. should be treated with care so they will last through many seasons. Swimmers are responsible for putting away equipment at the end of practice.

7. SWIM MEET GUIDELINES

A. *Swim Meet Procedures*

The following procedures will help swimmers and parents to participate effectively in swim meets:

- Register for the meet. In order to ensure proper meet assignments, swimmers must notify the coach regarding meet participation by the Wednesday before the meet. Registration for invitational meets must be given to the coach by the due date on the invitation.
- Get enough rest and proper nutrition prior to the meet. A well-rested mind is as important as a well-rested body when competing. Of course, performance is also dependant on body strength and stamina, which are influenced by diet. Review the nutritional guidelines provided by this document for detailed information on what to consume prior to and during a meet.
- Be on deck 15 minutes before the scheduled warm-up begins. Allow plenty of time to find a place to put swimming gear and to get any last minute instructions from the coaching staff. Prompt arrival of team members also allows the coaches to identify “no-shows”.
- Warm-up with the team. A good warm-up is essential to successful performance. Begin warm-up with land-based stretching and loosening exercises and follow with a comprehensive swimming warm-up. Swimmers should also use this time to familiarize themselves with pool conditions that may affect swimming starts and turns.
- Know your events and report to the starting block on time. Check the event assignments as soon as they are posted and ask any questions at that time. Each swimmer is responsible for knowing which events to swim and for being at the assigned event on time. Although there may be deck volunteers at dual meets who will help younger swimmers line-up for their events, team members should learn to be responsible for their own assignments. At invitational meets, parents are responsible for getting young swimmers to the “bull pen” on time for line-up.
- Participate as a team member. SMSC swimmers should wear team suits and team caps (if purchased) during competition. Proper competition attire not only enables the coaches and spectators to identify team members but it also promotes team spirit and unity. It is also essential that SMSC swimmers sit together during a meet. This not only to promotes team spirit, but enables coaches and deck volunteers to locate a swimmer. If it is necessary to leave the team area, the coaching staff or a deck volunteer must be notified and the swimmer must wear appropriate footwear.
- Get your unofficial time and report it to the coach. At the completion of each event, ask the lane timers for your unofficial time, then immediately go and give this time to your coach. This gives your coach a chance to provide positive comments regarding technique or strategy.
- Stay warm, rest, and drink plenty of fluids during the meet. By staying warm, energy is conserved for use during competition instead of used up trying to heat the body. Warm muscles are also better at converting energy into motion. While waiting between events, activity should be kept to a minimum, again to conserve energy. It is most important that you drink plenty of cool (not ice-cold) fluids to keep your body hydrated. Even though you may not feel like you’re sweating, your body is losing fluids at an accelerated rate during competition and good hydration is required for effective muscle performance.

- Plan on staying for the entire meet. Swimmers are expected to stay for the entire league meet as a display of team unity. Requests for early release from a league meet should be addressed with the coach prior to the meet.
- Contact the head coach as soon as possible if a swimmer is ill and can't attend a meet.

B. Swim Meet Behavior

This list identifies behavior that is expected of all SMSC members - - swimmers and parents.

- Behave in a manner that generates respect. Swimmers and parents should remember that any time SMSC uniforms, apparel or team logos are worn, the actions of the wearer reflect on the image of the club. Swimmers should behave in a manner that reflects the discipline of their sport and thereby exhibit pride in being part of a team.
- Be courteous to officials and meet hosts. Courteous behavior is always required. At meets, courtesy should be extended to meet officials by staying off the poolside unless you are a competing swimmer or a working official. Questions or comments from swimmers or parents at the meet should be directed to the SMSC coaching staff, who will then pursue the matter through appropriate channels.
- Be a "good sport". Swimmers must always compete according to the rules of the sport. Swimmers and spectators must never "bad mouth" teammates, competitors, officials or coaches. As a gesture of good sportsmanship, swimmers should offer congratulations or some other positive comment to competitors.
- Accept the coach's judgement. The head coach is responsible for swimming assignments and for giving advice to swimmers during a meet. The coach has worked with the swimmers and knows the extent of their competitive poise and ability. Poorly delivered comments during a swim meet can quickly erode a swimmer's positive attitude and undermine the swimmer-coach relationship. Therefore, opinions regarding the coach's decisions should be addressed with the coach after the meet in private. Remember, one of the aspects of good sportsmanship is self-control; mature swimmers must learn to control their emotions even when the situation is not to their liking.
- Do not approach the Referee or Scorer's table during the meet. If you have a question or problem, talk to the coaches.

C. What to Pack for a Meet

For Dual Meets:

- 3 Towels (or more)
- Dry clothing for between events
- Plenty of water and sport drinks
- Fruit or granola snacks
- Extra pair of goggles, extra cap
- Restful activity or book
- Poolside or shower sandals
- Shower soap and shampoo
- Street clothes in dry plastic bag

For Invitational Meets Add:

-Sleeping bag

For Outdoor Meets Add:

-Hat
-Sunscreen
-Rain Poncho

D. Meet Responsibilities for Parents

A meet cannot be run without parent volunteers. There are a number of jobs that need to be filled for both home and away meets. The Meet Director is responsible for obtaining volunteers.

Starter/Referee – must be knowledgeable of PIAA and league rules as they apply to age group swimming. Starter/Referee is responsible for making sure that each swimmer is in the proper lane, calls them to the starting platform or pool deck, announces the event, and provides the start commands for the event. The Referee is also responsible for resolving any disagreements that occur during the meet.

Computer Operator – operates the electronic timing system and assists with scoring.

Stroke and Turn Judge – must be knowledgeable of proper PIAA and league rules as they apply to age group swimming. From the start to the finish, they examine the swimming strokes for violations and signal by raising one hand overhead upon discovering a violation of the legal swimming stroke, kick, body position or turn. Violations are reported to the Referee and the swimmer is notified of the violation.

Announcer – announces the events as well as combines sheets from runner with computer printout. Checks placing order (computer with finish judges).

Finish Judge – writes down finish places of swimmers for each event based on visual observation.

Backup Timer/RecallRope – starts the stopwatch for all events and watches for any time who may need a backup time. May also be assigned the duty of recall rope.

Timers – start the stopwatch on the flash of the strobe and stop when the swimmer touches the wall.

Runner – pick up time cards from each of the timers for each of the events and deliver them to the scorer's table at the conclusion of each race.

Scorer – records the official time, order of finish, contestant(s) name, team and points scored for each event. Check time cards received from announcer for places and times of swimmers. Record these on the score sheet. Record and double check score according to proper scoring procedures. It is important to have some knowledge of proper PIAA and league rules as they apply to age group swimming.

Ribbon Writer – transfer information (either via sticker or hand written) from entry card and place on appropriate place ribbon.

8. FREQUENTLY ASKED QUESTIONS (FAQ)

4. What events will my child be swimming?

Each swimmer can swim a maximum of 4 events, but no more than 3 individual events. Most swimmers will swim 2 – 3 individual events and 1 relay event except for mini team. All mini team (Sand Shark) swimmers will swim 2 events each – 25 free and 25 back. During the summer the 8 & under swimmers are only permitted to swim 3 events.

5. Who determines the events that my child will be swimming?

The coaches determine the events that each child will swim. The decision is based on the child's ability and interest as well as the needs of the team for that particular meet. Your child may not always get to swim the events that he/she may want to swim, and in fact, may be asked to swim an event that they do NOT want to swim. The coaches are not going to put your child in an event if they do not think your child can complete the event successfully. The events that your child will swim at a meet change from one meet to the next. Encourage your child to do his/her best in the events assigned by the coaches and to try new events.

6. How long is the typical swim meet?

The meet usually lasts about 3 hours.

7. What happens if my child is disqualified (DQ)?

If your child is disqualified (DQ) for a stroke or turn violation, the Stroke and Turn Judge or Referee will talk to your child at the end of the event about the violation and explain how to do things properly. The coaches will also explain the DQ to your child. Be prepared for possible tears after the first DQ!

8. What are the most common reasons for a DQ?

The most common reasons are an illegal kick, no 2-hand touch on finish or turn, illegal arm pull or stroke and rolling over on stomach to finish backstroke event.

9. What is the rule on jewelry?

The league has removed the jewelry rule. No swimmer will be disqualified for wearing jewelry; however, the swimmers are encouraged to remove jewelry for competition and practice.

10. Do the swimmers receive awards?

Exhibition ribbons are awarded to all mini team swimmers as well as other exhibition heats unless a swimmer is disqualified. Placement ribbons are provided for 1st through 6th.

11. Can they pick up their ribbons at the end of the meet?

Swimmers can pick up their ribbons at the first practice after the meet. The ribbons are placed in the gray team boxes and located on the white stands behind the pool desk. Each swimmer has a folder, and the folders are alphabetized.

9. SWIMMING GLOSSARY

Below is a list of terms that will help both parents and swimmers understand the “world” of swimming:

A-Meet	Swim meet that requires swimmers to have previously achieved an “A” time standard in the events they wish to enter.
A-B Meet	Swim meet that offers separate competition for both “A” swimmers and “B” swimmers, usually with medals for the “A” swimmers and ribbons for the “B” swimmers. Swimmers compete in separate brackets against other swimmers with similar ability.
A-B-C Meet	Swim meet with 3 divisions to include every ability level of swimmer from novice to very experienced. All swimmers with “A” times or faster compete in the “A” division, and all swimmers “C” and down compete in the “C” division. The “B” division is the most limited with both top (.01 slower than “A”) and bottom (.01 faster than “C”) limitations.
Age Group	Describes swim clubs with divisions of swimmers according to age. The National Age Group divisions are: 10-under, 11-12,13-14,15-16, and 17-18 years. Some local swim committees (LSC’s) have divided the swimmers into more convenient divisions specific to their situations: i.e., 8-under, 15-over, junior, senior.
All Stars	The league’s championship meet for the top swimmers from all the divisions. To qualify for this meet in the winter season, swimmers must have placed in the top twelve in a Divisionals event. To qualify in the summer season, swimmers must have placed in the top eight in a Divisionals event. All Stars are usually held the day after Divisionals.
Alternate	In a relay event, a swimmer who is designated by the coach to compete in the event if one of the four chosen swimmers is unable to participate.
Anchor	The final swimmer in a relay event.
Approved Meet	Swim meets conducted by organizations (other than USS member clubs or LSC’s) that have applied to and received approval from USS or the local LSC. Swimmers in an Approved Meet may use times achieved as USS qualifying times. A USS official must be present at all sessions of the meet. Approval does not imply “sanctioned”.
ASCA	The American Swim Coaches Association. The professional organization for swim coaches throughout the nation. The association provides certification for coaches and offers many services for coaches’ education and career advancement.
Backstroke Flags	The rows of pennants that are suspended over the width of the pool, approximately 15 feet from each end. These flags aid the backstroke swimmer in determining the distance to the wall.
B-Meet	Swim meet that requires swimmers to have previously achieved a “B” time standard in the events they wish to enter. Some meets have no bottom cut time, allowing “C” swimmers to compete also.

B-C Meet	Swim meet that offers separate competition for both “B” swimmers and “C” swimmers, usually with ribbons for the “B” swimmers and smaller ribbons for the “C” swimmers. Swimmers compete in separate brackets against other swimmers with similar ability. Swimmers are not allowed to enter an event in which they have achieved an “A” time.
Block	The starting platform located behind each lane. Some pools have blocks at the deeper end of the pool, some pools have blocks at both ends. Blocks may be permanent or removable.
Bull Pen	The staging area where swimmers wait to receive their lane and heat assignments for a swimming event. The area is usually away from the pool and has rows of chairs for seating swimmers according to lane/heat.
CASL	Capital Area Swim League. The organization that governs age-group swim teams in central Pennsylvania during the summer months. The league is divided into four divisions (A, B, C and D) based on team strength. At the end of each season the last place team in Division A drops down to Division B, and the first place team in Division B moves up to Division A. The winner of Division C also changes places with the last place team in Division B.
Carbohydrates	The main source of food energy used by athletes. See Nutrition section in Swimmer Guidelines.
Championship Meet	The meet held at the end of a season within a division of swim teams. Qualification times are usually necessary to enter.
Clinic	Scheduled meeting for the purpose of instruction.
Colorado Timing System	(CTS) A brand of automatic timing system.
CPAL	Central Penn Aquatic League. The organization that governs age-group swim teams in central Pennsylvania during the winter months. The league is divided into four division (A, AA, AAA and AAAA). Teams do not move up and down between divisions based on season results like CASL. The league looks at the divisions and a committee can recommend realignment. A team may also request movement at this time.
Deck	The area around the swimming pool reserved for swimmers, officials, and coaches.
Divisionals	The championship meet held at the end of the season in each district (winter season) or division (summer season). Swimmers who have participated in at least half of their club’s dual meets are eligible to participate in the championship meet. There are no qualifying times.
DQ	Disqualification. A ruling by a meet official indicating that a swimmer’s performance is not counted due to a rules infraction.
Dual Meet	A type of meet where two teams or clubs compete against each other.

Eastern Zone	One of the four United States swimming zones. The Eastern Zone includes the twelve LSC's in: the Allegheny Mountain region of eastern Pennsylvania; Niagara, Adirondack, and Metropolitan New York; Maryland; the Potomac Valley and Virginia; New Jersey; Connecticut; New England; and Maine.
Event	A race or stroke over a given distance. An event may include several heats of swimmers.
Exhibition Event	An event in a dual meet in which the swimmers do not earn points for their team's score. Exhibition events are conducted to give swimmers experience in competition or to give swimmers an opportunity to improve their times so they may be placed in scoring events at the next meet.
False Start	In competition, a situation when a swimmer leaves the block before the starting horn or beep. The false start is usually signaled by a special audio signal or gunshot. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.
False Start Rope	A rope across the width of the racing pool that is lowered during a race to stop swimmers who were not aware of a false start. The rope is about halfway down the pool on a yard pool or about 50 feet from the starting end of a meter pool. Also called Recall Rope.
Gallery	The viewing area for spectators during the swimming competition.
Gun	The blank-firing pistol used by the starter to start the races.
Gun Lap	The part of a freestyle distance race (400 meters or longer) when the swimmer has a little more than two lengths to go. The starter fires a gun shot over the lane of the lead swimmer when the swimmer is at the backstroke flags.
Heat	A division of an event when there are too many swimmers to compete at the same time. The results of the event are compiled to determine finish places after all the heats are completed.
Heat Award	An award given to the winner of a single heat at an age group swim meet.
Heat Sheet	The pre-meet listing of events that shows individual swimmers as they are seeded into heats and the swimmers' seed times. Also called Psyche Sheet.
House of Delegates	The governing body of an LSC, which includes Representatives from each swim club, appointed Committee Chairpersons and At-Large Members.
IM	Individual Medley. A swimming event using all four competitive strokes in the following order: Butterfly, Backstroke, Breaststroke, Freestyle.
Invitational	A type of meet for which a club must have an invitation in order to attend.
J.O.	Junior Olympics. An age group championship meet conducted by the LSC.

Jump	An illegal start done by the second, third, or fourth member of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall.
Junior Nationals	A USS National Championship meet for swimmers 18 years old or less. Qualification times are necessary.
Lane Lines	Continuous floating markers on a rope that stretches from one end of the pool to the other. Lane lines separate the swimming lanes and help quiet the waves caused by racing swimmers.
Lap Counter	The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer to help the individual swimmers count their laps. Counting is done from the end opposite the starting end.
Leg	The part of a relay event swum by a single team member. Also a single stroke in the IM.
Long Course	A 50 meter pool.
LSC	Local Swim Committee. The local level administrative division of USS with supervisory responsibilities within certain geographic boundaries designated by USS. SMSC belongs to the Middle Atlantic LSC.
Mark	The command for swimmers to take their starting positions.
Marshall	The adult official who controls the crowd and swimmer flow at a swim meet.
Medley	A description of an individual event or relay event that indicates that all four strokes must be used in the course of the event. In the individual medley event, one swimmer swims the butterfly first, the backstroke second, the breaststroke third and freestyle last. In the medley relay event, four swimmers swim in the following order: the first swimmer swims the backstroke, the second swimmer swims the breaststroke, and the third swimmer swims the butterfly and the last swimmer swims freestyle.
Meet Director	The official in charge of the administration of the meet.
Meter Pool	A swimming pool that was constructed with specifications according the metric system. A long course meter pool is 50 meters long. A short course meter pool is 25 meters long.
Mid Caps	The Mid-Penn Capital Area Championships for the summer season. To qualify for this meet, a swimmer must have placed in the top six in an event at All Stars. This meet is usually held the Wednesday after the All Stars meet.
Middle Atlantic LSC	The Local Swim Committee which governs the mid-Atlantic area including: New Jersey, south of Mercer and Monmouth Counties; Delaware; and Pennsylvania east of and including Potter, Clinton, Centre, Huntingdon, and Bedford Counties.
Mile	A slang term referring to the 1500 meter or the 1650 yard freestyle event, both of which are slightly shorter than a mile.

NAGTS	National Age Group Time Standards. The list of "C" (slow) times through "AAAA" (fast) times that is published each year.
Nationals	USS senior or junior level meets conducted in March or April (short course) and August (long course). See Senior or Junior Nationals.
Natatorium	A building constructed for the purpose of housing a swimming pool and related equipment.
Non-Conforming Time	A short course time submitted to qualify for a long course meet, or vice versa.
NT	No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swum that event before.
Officials	The certified, adult volunteers who operate the many aspects of a swim meet.
OT	Official Time. The swimmer's event time recorded to one hundredth of a second (.01).
Open	Describes a competition in which any club may enter, or describes an event in which any individual may enter.
Parka	The large 3/4-length "fur" lined coat worn by swimmers.
Positive Check-In	The procedure required in a deck-seeded meet or event in which swimmers indicate their intent to swim by marking their names on a list posted by the meet host.
Prelims-Finals	A type of meet with two sessions where Preliminary heats are commonly held in the morning. The fastest six or eight (championship heat) swimmers and the next fastest six or eight swimmers (consolation heat) swimmers return later in the day to compete in the Finals. A swimmer who has qualified in the Consolation Finals may not place in the Championship Finals even if their finals time would place them so.
Pre-seeded Meet	A meet in which the swimmers are placed into their heat/lane assignments before the meet on the basis of entry times submitted in advance.
Proof of Time	An official meet result, which may be required before entry into the meet.
Psyche Sheet	Another name for a Heat Sheet or meet program.
Qualifying Times	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer (i.e. "A", "B", or "C" times)
Recall Rope	A rope across the width of the racing pool that is lowered during a race to stop swimmers who were not aware of a false start. The rope is about halfway down the pool on a yard pool or about 50 feet from the starting end of a meter pool. Also called False Start Rope.
Referee	The head official at a swim meet in charge of all the "wet Side" administration and decisions.

Registered	A swimmer who is enrolled and paid as a member for the USS and the LSC.
Relay	A swimming event in which 4 swimmers participate as a team with each swimmer swimming a separate but equal distance (leg) of the race. The two types of relay events are Freestyle and Medley.
Safety Coordinator	The USS or LSC official in charge of safety and emergency procedures during a meet.
Sanction	A permit issued by an LSC to a USS group member team to conduct an event or meet.
Scoring	The compiling and calculation of points to determine the winner in a dual meet. Swimmer's points are earned according to the place they finish in their event: first place-6 points; second-4; third-3; fourth-2; fifth-1; sixth place does not score points. Relay events are scored as follows: first place-8 points; second place-4 points; third place-2 points; no other points are awarded and each team receives points for no more than two relay lanes. At the end of the meet, the swimmers' points are tabulated to determine the winning team.
Scratch	To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules.
Seed	The assignment of swimmers to heats and lanes according to their submitted or preliminary times.
Senior Meet	A meet that is for senior level swimmers and is not divided into age groups. Qualification times are usually necessary and will vary depending on the level of the meet.
Senior Nationals	Nationals for the senior level are conducted long course in March or April and again in August.
Splash	In the running of a meet, a term to indicate a swimmer's participation in an event. An event with six swimmers will have six splashes. The total number of splashes is tallied at the end of the meet.
Split	A time that is noted for a portion of a race. Split times are taken at various times during a race to gauge a swimmer's progress or during relays to record times for each individual swimmer's leg of the race.
Starter	The official in charge of signaling the beginning of a race and ensuring that no swimmer has an advantage off the block.
Stand-Up	The command given by the Starter or Referee to release the swimmers from their starting position.
Step-Down	The command given by the Starter or Referee to have the swimmers move off the blocks. This command is usually given when the circumstances are not good for a fair start.

Stroke Judge	The meet official who is positioned at the side of the pool, and walks the length of the course as the swimmers race, observing the swimmers' strokes. If the stroke judge sees a swimmer executing an illegal stroke, the judge will report it to the referee. In most cases the swimmer will be disqualified.
Swim-off	In Prelim/Finals competition, a race after the scheduled event to break a tie. The Swim-off is only used under the following circumstances: 1) determining which swimmer continues to the finals race or 2) to determine an alternate. In all other situations, the tie stands.
Taper	The resting phase of a swimmer at the end of the season before the championship meet.
Team Records	The statistics a team keeps, listing the fastest swimmer in the club's history for each age group/each event.
Timed Finals	A competition in which only heats are swum and the final placings are determined by the times swimmers posted for those heats.
Time Standard	A time set by USS, an LSC, or a meet invitation that a swimmer must achieve for qualification or recognition.
Timer	The volunteer positioned at the end of the pool (starting blocks or finishing end) who is responsible for recording watch times on events. The timers also activate the back-up buttons for the electronic timing system.
Time Trial	An event or series of events where a swimmer may achieve or better a required time standard. Time Trials are often held by a club at the beginning of the swimming season to give the coaching staff an perspective on each swimmer's competitive ability.
Top Ten	A list of times compiled by an LSC, swim club, etc. that recognizes the fastest ten times achieved by swimmers in that organization.
Touch Out	To reach the touch pad and finish first in a close race.
Touch Pad	The removable plate on the end of the pool that is connected to an automatic timing system. A swimmer must properly touch the touch pad to register an official time in a race.
Transfer	The act of leaving one club or LSC and going to another. USS usually requires 120 days of unattached competition before a swimmer can represent another team.
Tri-Meet	A meet with three teams competing for points to determine first, second and third places.
Unattached	Describes an athlete who competes, but does not represent a club or team.
Unofficial Time	The time announced or recorded immediately after the race. Once the time has been verified, it will become official.
USS	USA Swimming. The governing body of swimming in the United States.

USS Number	<p>A fourteen-part number assigned to a swimmer who has applied and paid dues for USS registration. The current structure of a USS number is shown in the example USS# 031184JOHLSMIT which translates:</p> <p><u>Birth Date</u> <u>3 Letters of First Name</u> <u>Middle Initial</u> <u>4 Letters of Last Name</u> March 11, 1984 John Louis Smith 031184 + JOH + L SMIT</p>
Warm-Up	The practice and loosening session a swimmer performs before the meet or event.
Watch Time	The swimmer's race time as recorded by the timer's hand held timing watch.
Whistle	The sound a starter/referee makes to signal for quiet before he gives the command to start the race.
Yard Pool	A swimming pool that was constructed according to specifications of the American system of measurement. A short course yard pool is 25 yards in length.
Zones	Refers to the long course age group meet sponsored by one of the four major swimming zones (i.e., Eastern, Southern, Central, and Western) in August. The top two swimmers in each event within an LSC are eligible to complete in the designated zone. USS swimmers from Middle Atlantic swim teams compete in the Eastern zone.

10. SMSC PARENT PLEDGE AND ACKNOWLEDGEMENT

Please read and initial each item. When complete, sign at the bottom and place in the mail folder for Kathy Lemmons. This form MUST be returned no later than May 31.

1. I pledge to be on time or early when dropping off my child for a practice or meet. I understand that it is embarrassing for my child to be late to a meet or practice and that I am putting him/her at physical risk by not providing adequate time for warm-up. *I understand the importance of picking up my child on time for all meets and practices. This shows respect for the coach who may have other time commitments, and it tells my child that he or she is my top priority.* _____ (initial here)
2. I understand that the top three reasons that kids play sports are to have fun, make new friends, and learn new skills. I understand that the meet is for the kids and that I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive. _____ (initial here)
3. I will redefine what it is to be a winner in my conversations with my child. A winner is someone who makes maximum effort, continues to learn and improve, and does not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self. _____ (initial here)
4. I will "Honor the Game". I understand the importance of setting a good example of sportsmanship to my child. No matter what others may do, I will show respect for all involved in the meet including coaches, swimmers, opponents, opposing fans, and officials. I understand that officials, coaches, and swimmers make mistakes. If the official makes a "questionable" call, I will continue to respect the individual and be silent! _____ (initial here)
5. I understand that meets can be exciting times for my child who is trying to deal with tension and listen to his/her coaches. I will not add confusion by yelling out instructions. During the meet, I will limit my comments to encouraging my child and his/her teammates. _____ (initial here)
6. I will not make negative comments about the meet, coaches, officials, opponents or teammates in my child's presence. I understand that this plants a seed, which can negatively influence my child's motivation and overall experience. _____ (initial here)
7. I acknowledge that I have read and reviewed the SMSC Team Handbook with my children who participate in the South Middleton Swim Team program. _____ (initial here)

I hereby agree to honor the South Middleton Swim Club Parent Pledge in my words and actions.

Parent Signature

Date

Parent Signature

Date