



WILLITS OTTERS

Swim Team Handbook

WELCOME

Welcome to Willits Otters Swim Team! We want swimming to be a positive experience for your family and hope that this handbook will answer many of your questions and serve as a reference for you. Please feel free to ask any board members, parents or coaches any other questions that you might have.

MISSION

Our mission is to provide the community with a competitive youth swim team which develops both swimming skills and positive personal qualities.

ABOUT US

The Willits Otters Swim Team (WILL) is a seasonal swim team in Willits, CA. The Willits Otters employ a professional coaching staff certified by the American Red Cross and registered with USA Swimming. The Willits Otters Swim Team is a nonprofit organization run by a volunteer board of directors. We have approximately 100 swimmers, up to 18 years of age. The team participates in an average of one meet per month, throughout Northern California. Competition is not mandatory, but is encouraged. The Otters are a member club of Zone 3, Pacific Swimming, a division of USA Swimming. The Willits Otters Swim Team does not discriminate on the basis of gender, race, color, or creed.

PHILOSOPHY

Our goal is to encourage members to swim to their personal potential and to enjoy life-long health and fitness. We achieve this goal by giving each swimmer individual instruction, attention, and feedback.

HISTORY

The Willits Otters Swim Team was formed in 1975.

LOCATION

The team practices at the Willits City Pool.

TEAM DUES

Please refer to our current fee schedule.

COMMUNICATIONS

Each family is assigned a file folder at the pool. Check it daily for meet sheets, awards and other handouts. Our monthly newsletter with your billing statement will be in your folder before the end of the month. If it is not picked up it will then be mailed. The team has a bulletin board at the pool with the newsletter and current announcements posted. We may also use direct mailings, or a phone tree for special events. We also utilize the Otters website at www.willitsotters.org. Board meetings are scheduled for the first Thursday of each month at 6:30 p.m. in the Willits High School Library, all parents are welcome.

PRACTICE TIMES, SWIM MEET SCHEDULES

Calendars for both practice times and swim meet schedules will be updated throughout the year. Please refer to the newsletter, the bulletin board, your family file or the website.

TEAM APPAREL

Our team colors are blue, and gold. We are “The Otters”. Team Suits can be ordered from NorCal Swim Shop in Napa (800-752-SWIM). Other team items available from NorCal include a team parka, warm-up suit, bags, goggles, caps, fins, and paddles. Our team parka is blue with gold polar fleece lining, “Willits Otters” on the back and the swimmer’s name embroidered on the front (they cost approximately \$100). Parkas become important when swimmers begin practice in the spring and attend outdoor meets in the spring.

Swimmers should wear a team suit and team cap at swim meets, this helps the coaches to spot our swimmers and also promotes team spirit! Team caps are available at the pool and will always be available at team meets.

You can also purchase swimming supplies at <http://www.swimoutlet.com/>.

EQUIPMENT

The team will provide fins, kick boards, and pull buoys. It is strongly recommended that each swimmer wear goggles and a cap if needed. Each family will be given a copy of the Pacific Swim Guide each year. This guide contains all the time standards, the schedule for meets in our area and other important information.

TEAM STRUCTURE

COACHES

All the Willits Otters Swim Team coaches are certified in CPR, First Aid, and Swim Coaches Safety Training and are registered with USA Swimming. All coaches have some level of coaching experience, keep up to date with the latest swimming research, and have a special place in their hearts for kids.

PRACTICE GROUPS

Our program is designed as a progression from group to group. Each coach will use the same language and the swimmer’s skills and training will improve and build upon one another.

The different groups allow swimmers of similar age and ability to improve together. Each group is fun and challenging; working on stroke mechanics, starts & turns, and pacing & racing skills in all four competitive strokes.

Our team is divided into 2 groups:

The Pups group is for beginning swimmers who have little or no swimming experience up to age 9. They are learning the four competitive strokes, and working on technique and endurance.

The Otters group beginning at age 9 show strength in technique and endurance. They are working on the four competitive strokes, and on technique and endurance. The group descriptions are basic guidelines and there are always exceptions when placing a child in a group. The coaches will determine the best place for the swimmer.

PROBLEMS WITH THE COACH?

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach:

1. Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
2. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 20-75 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short term inconvenience.
3. If your child swims for an assistant coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the head coach join the dialogue as a third party.
4. If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

TEAM ADMINISTRATION

BOARD OF DIRECTORS

The Willits Otters Swim Team is administered by a volunteer parent board that meets monthly to plan for the ever changing needs of a dynamic swim team. Board meetings are scheduled for the first Thursday of each month in the Willits High School Library at 6:30 p.m. The meetings are open and all parents are welcome. Club by-laws and board meeting minutes are available at the Willits City Pool.

VOLUNTEERS

Our club is always in need of parent volunteers. There are many things that you can do to help the team. We need parents qualified to officiate at meets. Clinics are offered from time to time to train parents to become stroke and turn judges, timing system operators, computer operators, meet marshals and meet directors. Please get involved...it is rewarding and fun!

FUND RAISING

Because one of our priorities is to keep dues affordable, fund raising is a necessary part of the team's activities.

Each year we host at least one swim meet, an Swim-A-Thon each summer, and other fund raising events that may change from year to year. To keep membership dues low we need energy and creative fund raising ideas from our swim club families. Please contact a coach or board member if you have fund raising ideas!

PACIFIC SWIMMING & USA SWIMMING

Pacific Swimming is the name of our LSC (Local Swim Committee). The LSC is an administrative division of USA Swimming responsible for supervising certain geographic boundaries. Pacific Swimming (PC) governs Northern California and parts of Nevada. Pacific Swimming is a very large LSC with over 125 teams from Crescent City to Reno to Monterey because PC is so big it is divided into four zones. The Otters are in Zone 3. USA Swimming is the National Governing Body for amateur competitive swimming in the United States. From its headquarters office in Colorado Springs USA Swimming staff interact with 59 Local Swim Committees, athletes, coaches and volunteers at all levels to provide services to over 220,000 registered athletes, 20,000 non-athletes and 2,500 swim clubs.

THE SWIMMING SEASONS

One swimming year (12 months) is broken into two seasons, short course and long course. The short course season is seven months (September - March), while the long course season is 5 months (April - August). We swim during the long course season but swim short course meets mostly with an average of one swim meet per month. Both seasons end with finals or championship meets designated for different swimming levels, so all team members can work towards a season finale. B level swimmers can swim in B Championships or Final Invitational Meets. All A level swimmers compete in the Zone 3 Championships. Swimmers with Q times qualify to swim in Far Westerns. Far Westerns is the highest level of competition that recognizes different age groups. Nationally ranked swimmers compete at the California/Nevada Sectional Championships and/or Nationals. These meets are open to swimmers of any age who achieve the qualifying times.

SWIM MEETS

Many meets we attend involve travel out of the area, as close as Ukiah but also as far away as Crescent City and San Francisco. Sometimes we camp but often stay in hotels or stay with family and friends. Many families carpool and share hotel rooms to cut costs. Swim meets usually last several hours each day so bring chairs, sleeping bags, nutritious snacks and drinks, extra towels, games, music, etc. to make your stay (and your child's) as comfortable as possible.

MEET ENTRIES

It is recommended that whenever possible use SwimConnection.com to register for meets. For those who have not yet entered a meet online, it is fast, easy, accurate and reliable. One of the benefits of using this system is that all of your swimmers' times are accessible with the click of a button (provided they have already swum in a meet previous to entering) at the time you do your entries. I understand that not all families access the web, in this case continue to turn in paper entries to the meet director at the pool. The cost of using Swim Connection is \$1.00 + 5% of the entry fees. If you have any questions regarding this system, or meet entries in general please feel free to contact the meet director or a coach.

Expecting to find a meet sheet for a team meet? Please look in the swimmers box at the pool, there you will find a "Meet Sheets" folder. Meet information will be available in this folder instead of the individual membership folders. It is costly to print meet sheets for each individual member and often wasteful, since not all members attend every team meet. So to help make things more cost effective and less resource intensive you will find your meet sheets conveniently located in one folder. Further, please use

www.pacswim.org for meet sheet downloads and again, Swim Connection, which can be found at www.swimconnection.com is always preferred for team meet entries. If you need help with a meet entry, please ask the meet director, a coach, or an experienced parent – they are glad to help!

TIME STANDARDS IN PACIFIC SWIMMING

Although we swim and work as a team, swimming is truly an individual sport. The best way to track individual improvement is by recognized age-group time standards. These time standards are in the Pacific Swim Guide and on the Pacific Swimming website (www.pacswim.org). Pacific Swimming has age group time standards for the following age groups: 8/under, 10/under, 11-12, 13-14, 15-16, 17-18.

SWIM MEET ORGANIZATION IN PACIFIC SWIMMING

Age group meets in Pacific Swimming are mostly administered at the zone level, which is to say that each of the five geographic zones in Pacific sets its own year-round program of meets for age group swimmers at all levels. (There is, however, no limitation on swimmers entering meets outside of their team's zone.) In addition, Pacific Swimming, through member clubs, offers short course and long course championship meets, the regional Far Westerns short course and long course championships, as well as a variety of pre-championship and special holiday weekend meets. Here are some common meet classifications, with an idea of what they mean:

- Events in a B meet or an A meet would be limited to swimmers who had made that standard but not the next one above it. Swimmers could enter an event in a B meet if they had achieved a B time but not an A time in that event. Since Q times are the highest true meet qualifying standard (all standards above Q are recognition or team selection standards), a Q meet such as Far Westerns would be open to any swimmer who had made Q times.
- Events in an A+ or AA+ meet would be open to any swimmer who had made the indicated standard or any higher standard.
- Multi-class meets may have separate results and awards for swimmers with different time standards. For example, a common meet format used in Pacific is B-A+. Events in this meet would be open to any swimmer who had achieved a B time standard. B swimmers and A+ swimmers (all the swimmers in the meet who had achieved A times or higher) would compete together, but separate results would be prepared for the two groups, and the two groups would receive separate awards.
- Age Group Open meets and Invitational meets do not have time standards. Invitational meets are limited to members of invited clubs, while Age Group Open meets are open to any age group swimmer registered with USA Swimming.
- Age group championship meets in Pacific may or may not have time standards. Zone or league championship meets would normally be open only to swimmers from teams in that zone or league. These meets may or may not have time standards. Pacific Swimming age group championship meets generally have a AA time standard.
- Age group meets that are limited to AA or Q swimmers normally use a trials and finals format rather than a timed finals format. Consistent with USA Swimming rules, all non-championship age group meets involving swimmers ages 12 and under are planned so that events for 12-under swimmers should be completed within a four-hour period.

PARENTS..YOUR ATHLETE NEEDS U...

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress your youngster makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join the Willits Otters Swim Team.

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent loses some of their ability to remain detached and objective in matters concerning their children's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach their full potential as an athlete.

The coach is the Coach. We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and often times insurmountable, confusion as to whom the swimmer should listen to. If you have a problem, concern, or complaint, please contact the coach before or after practice. Please do not interrupt the coach during practice.

Best kind of parent:: The coach's job is to motivate and constructively criticize the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives them the confidence to perform well in competition.

Ten and Under: the ten and Under kids are the most inconsistent swimmers and this can be frustrating for parents, coaches, and the swimmer alike! Parents and coaches must be patient and permit these youngsters to learn to love the sport. When a young swimmer first joins the Willits Otters, there may be a brief period in which they appear to slow down. This is a result of the added concentration on stroke technique, but this will soon lead to much faster swims for the individual.

Not every time: Even the very best swimmer will have meets where they do not do their best times. These "plateaus" are a normal part of swimming. Over the course of a season times should improve. Please be supportive of these "poor" meets. The older swimmers may have only two or three meets a year for which they will be rested and tapered.

PARENTS RESPONSIBILITIES

Please make every effort to have your swimmers at practice on time. Realize that your child is working hard and please give all the support you can. Encourage good diet and sleeping habits. They will serve your children well.

1. The greatest contribution you can make to your swimmer's progress is to be a loving, supportive parent. On page 11 in this handbook is a reprint of an article called, "The Ten Commandments for Parents of Athletic Children". It offers some very useful and sound advice on communicating with your swimmer.

2. The Willits Otters Swim Team has a reputation throughout the county for hosting swim meets of the highest caliber. A large percent of our operating budget is generated from the team hosting this annual swim meet. One of the commitments made when you joined the Willits Otters Swim Team was to help work our own swim meet. The meet is usually the last weekend in July.

THE PARENTS' ROLE

- Get the kids to practice on time.
- Stay informed by reading the newsletter & picking up your mail in your file.
- Review with your child the roles and rules the swimmers are to follow.
- Attend as many team meets as possible.
- Pay dues on time and make sure paperwork is current.
- Let the coaches coach. They are the experts and know what is best for your child and the team when it comes to swimming.
- Don't interrupt coaches during practice. Save your questions and comments for after practice so that the coaches can concentrate on the swimmers.
- Be an active member of the team by volunteering when needed.
- Communicate with the coach and the board.

THE SWIMMER'S ROLE

- To give your best at all times.
- To practice good sportsmanship in every situation.
- To be the best teammate you can be.
- To listen when the coach is talking and do as they say.
- To have respect for your coaches, your teammates, your opponents, the equipment, the locker rooms, and the pool staff.
- To challenge yourself in any and all situations.
- To use caution and common sense at the pool so as to avoid injury.
- To love the sport of swimming.

WILLITS OTTERS SWIM TEAM CODE OF CONDUCT

Willits Otters Swim Team is a community of swimmers, coaches and parents. Our goal is to foster a cooperative atmosphere, working together to make this the best team it can be. Please remember that it is a privilege, not a right, to be a member of the Willits Otters Swim Team. It is the Willits Otters Swim Team's policy that the following behaviors are unacceptable:

1. Disrespect to coaches.
2. Disruption of team activity, willfully disobeying coaches or officials or authority
3. Disregard for basic safety for self or others.
4. Verbal harassment or use of profanity.
5. Causing, attempting to cause, or threatening to cause physical injury to another person.
6. Purposefully damaging or stealing team property, Willits High School property, Willits City Pool property, or that of other swimmers.
7. Possession or use of drugs, alcohol, tobacco or weapons.

Discipline will be handled by the coaches and the board of directors, in accordance with the Willits Otters Swim Team Discipline Policy. Consequences will include, but are not limited to:

1. Warning of inappropriate behavior.
2. Time-out on the bleachers (swimmer is not to leave the pool area).
3. Removal from the pool for the remainder of practice - parent will be notified.
4. Probationary period or suspension followed by probationary period.*
5. Dismissal from the team.*

* An appeal may be made to the Board of Directors; however, the decision of the board will be final.

Note: Parents need to know that they are responsible for their swimmers during swim meets and while camping or traveling. Coaches are paid to coach and are not responsible for monitoring swimmers at meets. Parents are expected to treat coaches and officials with respect and to abide by the team code of conduct.

“TEN COMMANDMENTS FOR SWIMMING PARENTS”

by Rose Snyder, adapted from Ed Clendaniel's "Ten Commandments for Little League Parents"

- 1.** Remember that swimming is your child's activity. Improvement and progress occur at different rates for each individual. Don't judge your child's progress against the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do their personal best.
- 2.** Thou shalt be supportive no matter what. There is only one question to ask your child "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.
- 3.** Thou shalt not coach your child. You have taken your child to a professional coach, do not undermine that coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent the swimmer/coach bond from forming.
- 4.** Thou shalt only have positive things to say at a swim meet. If you are going to show up at a swim meet, you should cheer and applaud, but never criticize your child or the coach.
- 5.** Thou shalt acknowledge thy child's fears. A first swimming meet, a 500 Free or 200IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if he/she were not ready to compete in it.
- 6.** Thou shalt not criticize the officials. If you do not have the time or the desire to volunteer as an official, do not criticize those who are doing the best they can
- 7.** Honor thy child's coach. The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, it will only serve to hurt your child's swimming.
- 8.** Thou shalt not jump from team to team. The water isn't necessarily bluer at the other team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind. Oftentimes swimmers who do switch teams never do better than they did before they sought the bluer water.
- 9.** Thy child shall have goals besides winning. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact I am very proud of that swim."
- 10.** Thou shalt not expect thy child to become an Olympian. There are 225,000 athletes in USA Swimming. There are only 52 spots on the Olympic Team every four years. Your child's odds of becoming an Olympian are 1 out of 4,300. Swimming is much more than just the Olympics. Ask your coach why he coaches. Chances are, he was not an Olympian, but still got enough out of swimming that he wants to pass that love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people and you should be happy your child wants to participate.

Parent/Swimmer Glossary

This is a glossary of those strange and wacky words we use in the sport of swimming. You may or may not find these words in the English Dictionary, and if you do, their definitions will probably be radically different than the ones listed in this Glossary. Relax and take your time reading. Soon you'll be understanding and maybe even speaking some "SWIMSLANG".

-A-

"A" Time classification for a swimmer. National Age Group Time Standard "A". "A" time is .01 seconds faster than the "BB" time standard and .01 slower than the "AA" time standard.

"AA" Time classification for a swimmer. .01 faster than "A" time standard.

"AAA" Time classification for a swimmer. .01 faster than the "AA" time standard.

"AAAA" Time classification for a swimmer. .01 faster than the "AAA" time standard. This is the fastest time standard listed on the NAGT chart. Times faster than this are approaching National cuts or Top Times consideration.

A-Meet Swim meet which 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 of their own ability. Usually only "A" swimmers can score individual event team points.

A-B-C Swim meet similar to the A-B meet except that there are 3 divisions. This type of meet includes every ability level of swimmer from Novice to very experienced. All swimmers "A" time 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.

Add Up Aggregate Time - times achieved by 4 swimmers in individual events which are added together to arrive at a provable relay entry time.

Admission Certain swim meets charge for spectators to view the meets. These are usually the larger more prestigious meets. Sometimes the meet program (heat sheet) is included in the price of admission.

Age Group Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16,17-18. Some LSC's have divided the swimmers into more convenient divisions specific to their situations: (ie) 8-under, 13-Over, 15-Over, Junior, Senior.

Alternate In a Prelims/Finals meet, after the finalist are decided, the next two fastest swimmers other than the finalist are designated as alternates. The faster of the 2 being first alternate and the next being second alternate. If a finalist cannot participate, the alternates are called to take their place.

Anchor	The final swimmer in a relay.
Approved Meet	Swim meets conducted by organizations (other than USS member clubs or LSC's) that have applied to USS or the local LSC for approval. If approval is granted, swimmers may use times achieved as USS qualifying times. A USS official must be present at all sessions of the meet. Approval does not mean Sanctioned.
ASCA	The American Swim Coaches Association. The professional organization for swim coaches throughout the nation .Certifying coaches and offering many services for coaches education and career advancement.
-B-	
"B"	Time classification for a swimmer. National Age Group Time Standard "B". "B" time is .01 seconds faster than the "C" time standard and .01 slower than the "BB" time standard.
"BB"	Time classification for a swimmer. National Age Group Time Standard "BB". "BB" time is .01 seconds faster than the "B" time standard and .01 slower than the "A" time standard.
B-Meet	Swim meet which 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 also to compete.
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 of their own ability. Swimmers are not allowed to enter an event that they have an "A" time in.
Backstroke	One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swam as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
Banner	A team sign that is displayed at swim meets. Banners are usually made from nylon material and carry the Team Logo and possibly the name of a popular team sponsor. Some size restrictions are enforced at certain meets.
Beep	The starting sound from an electronic, computerized timing system.
Blocks	The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool, and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.
BOD	Board of Directors of the LSC or USS.
Bonus Heat	The heat held during the finals session of a Prelims/Finals meet, that is slower than the swimmers participating in Big Finals. The Bonus Heat

may refer to Consolation Finals or and extra heat in addition to Consolation finals.

Bottom	The floor of the pool. Bottom depths are usually marked on the walls or sides of the pool.
Breaststroke	One of the 4 competitive racing strokes. Breaststroke is swam as the second stroke in the Medley Relay and the third stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd breast)
Bulletin	One of the most important communication devices for a swim club. Bulletin boards are usually in the entrance ways of pools and have timely information posted for swimmers and parents to read.
Butterfly	One of the 4 competitive racing strokes. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and first stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd fly)
Button	The manual Timing System stopping device that records a back-up time in case the touch pad malfunctioned. The button is at the end of a wire, plugged into a deck terminal box. There are usually 3 buttons per lane. It is the timers responsibility to push the button as the swimmer finishes the race.
-C-	
Camp	A swimming function offered by USS, your LSC, or a USS coach. There are many types of camps for just about every level of swimmer. When selecting a camp, ask for your coaches advice as to what will be the best for the swimmer, or call USS swimming for details on the many camps they offer.
Cap	The latex or lycra covering worn on the head of swimmers. The colors and team logo's adorning these caps are limitless. National Caps, State Team Caps, award caps, plain practice caps, etc.
Car pool	The major transportation service provided by parents of a swim club, to shuttle swimmers to and from practices.
Carbohydrates	The main source of food energy used by athletes. Refer to a Nutritional Manual for more information.
Check-In	The procedure required before a swimmer swims an event in a deck seeded meet. Sometimes referred to as positive check in, the swimmer must mark their name on a list posted by the meet host.
Check-Out	The parents job at the motel. This is listed here to remind parents to request "Late Check Out" times if offered at no charge by the motel. This makes the last day of the meet a little less hectic.
Chlorine	The chemical used by most pools to kill the bacteria in water and keep it clear and safe to swim in.

Circle Seeding	A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes. (1e) Lane 4 in the final 3 heats. See rule book for exact method for seeding depending on the lanes in the pool.
Clinic	A scheduled meeting for the purpose of instruction. (1e) Officials clinic, Coaches clinic.
Closed Competition	Swim meet which is open to the members of an organization or group. Summer club swim meets are considered to be "Closed Competition".
Club	A registered swim team that is a dues paying member of USS and the local LSC.
Code	A set of rules that have been officially published.
Code of Ethics	A Code of Conduct that both swimmers and coaches are required to sign at certain USS/LSC sponsored events. The Code is not strict and involves common sense and proper behavior.
Colorado	A brand of automatic timing system.
Consolation Finals	After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.
Convention	United States Aquatic Sports annual, week long, meeting where all rules changes are decided and working committees are established. Representatives are sent by each LSC to make up the voting body.
Course	Designated distance (length of pool) for swimming competition. (1e) Long Course = 50 meters / Short Course = 25 yards or 25 meters.
-D-	
Deadline	The date meet entries must be "postmarked" by, to be accepted by the meet host. Making the meet deadline does not guarantee acceptance into a meet since many meets are "full" weeks before the entry deadline.
Deck	The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an "authorized" USS member may be on the deck during a swim competition.
Deck Entries	Accepting entries into swimming events on the first day or later day of a meet.
Deck Seeding	Swimmers receive their lane and heat assignments for the events on the deck at a designated location.
Dehydration	The abnormal depletion of body fluids (water). The most common cause of swimmers cramps and sick feelings.

Distance	How far a swimmer swims. Distances for short course are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths), 500 yards (20 lengths), 1000 yards (40 lengths), 1650 yards (66 lengths). Distances for long course are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), 1500 meters (30 lengths).
Disqualified	A swimmer's performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.
Dive	Entering the water head first. Diving is not allowed during warm-ups except at the designated time, in specific lanes that are monitored by the swimmer's coach.
Diving Well	A separate pool or a pool set off to the side of the competition pool. This pool has deeper water and diving boards/platforms. During a meet, this area may be designated as a warm-down pool with proper supervision.
Division I-II-III	NCAA member colleges and universities are assigned divisions to compete in, depending on the school's total enrollment. Division I being the large universities and Division III being the smaller colleges.
Double Dual	Type of swim meet where three teams compete in dual meets against each other, at the same time. Separate Meet scores would be kept for Team A vs. Team B, Team A vs. Team C, and Team B vs. Team C.
Dual Meet	Type of meet where two (2) teams/clubs compete against each other.
Draw	Random selection by chance.
Dropped Time	When a swimmer goes faster than the previous performance they have "dropped their time".
Dryland	The exercises and various strength programs swimmers do out of the water.
Dry Side	That part of the Code book (rule book) that deals with the "Administrative" Regulations of Competition.
-E-	
Entry	An Individual, Relay team, or Club roster's event list into a swim competition.
Entry Chairperson	The host club's designated person who is responsible for receiving, and making sure the entries have met the deadline, or returning the entries if the meet is full. This person usually will find discrepancies in the meet entries and notify the entering club to correct any errors.
Entry Fees	The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.

Entry Limit	Each meet will usually have a limit of total swimmers they can accept, or a time limit they can not exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned.
Electronic Timing	Timing system operated on DC current (battery). The timing system usually has touch pads in the water, junction boxes on the deck with hook up cables, buttons for backup timing, and a computer type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers time.
Eligible to compete	The status of a member swimmer that means they are registered and have met all the requirements.
Equipment	The items necessary to operate a swim practice or conduct a swim competition.
Event	A race or stroke over a given distance. An event equals 1 preliminary with its final, or 1 timed final.
-F-	
False Start	When a swimmer leaves the starting block before the horn or gun. 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 recall rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 50 feet from the starting end on meter pools.
Fastest to Slowest	A seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heats followed by the next fastest and so on. Many times these events will alternate one girls heat and one boys heat until all swimmers have competed.
Fees	Money paid by swimmers for services. (le) Practice fees, registration fee, USS membership fee, etc.
FINA	The international, rules making organization, for the sport of swimming.
Finals	The final race of each event. See "Big Finals", "Consolation Finals", "Timed Finals", etc.
Final Results	The printed copy of the results of each race of a swim meet.
Fine	The monetary penalty assessed a swimmer or club when a swimmer does not achieve the necessary time required to swim in an event, and cannot prove they have done the time previously.
Fins	Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not competition.
Flags	Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.

Format	The order of events and type of swim meet being conducted.
Fund Raiser	A money making endeavor by a swim team/club usually involving both parents and swimmers.
Freestyle	One of the 4 competitive racing strokes. Freestyle (nicknamed Free) is swam as the fourth stroke in the Medley Relay and fourth stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, 200 yds/mtr, 400 mtr/500 yd 800 mtr/1000 yds, 1500 mtr/1650 yds. (LSC's with 8-under divisions offer the 25 yd free)
-G-	
Gallery	The viewing area for spectators during the swimming competition.
Goals	The short and long range targets for swimmers to aim for.
Goggles	Glasses type devices worn by swimmers to keep their eyes from being irritated by the chlorine in the water.
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 2 lengths plus 5 yards to go. The starter fires a gun shot over the lane of the lead swimmer when swimmer is at the backstroke flags.
-H-	
Handbook	A reference manual published by teams/clubs and LSC's or other swimming organizations.
Hats	See "caps".
Headquarters	The motel designated by the meet host. Usually, hospitality rooms and meetings relating to the meet will be held at this location. Many times this motel is one of the sponsors of the meet.
Heats	A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers time swam, after all heats of the event are completed.
Heat Award	A ribbon or coupon given to the winner of a single heat at an age group swim meet.
Heat Sheet	The pre-meet printed listings of swimmers seed times in the various events at a swim meet. These sheets vary in accuracy, since the coaches submit swimmers times many weeks before the meet. Heat sheets are sold at the admissions table and are used mainly to make sure the swimmer has been properly entered in all the events they signed up for. Parents enjoy looking at the seedings prior to the race plus swimmers can tell the order the events will be conducted and get a rough idea how long the meet sessions will last.

High Point	An award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards; check the pre meet information.
HOD	House of Delegates. The ruling body of an LSC composed of the designated representative of each club plus the board of directors (BOD) of the LSC. One vote per club and board member.
Horn	A sounding device used in place of a gun. Used mainly with a fully automatic timing system.
-I-	
Illegal	Doing something against the rules that is cause for disqualification.
IM	Individual Medley. A swimming event using all 4 of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swam of each stroke. Distances offered: 100 yds, 200 yds/mtr, 400 yds/mtr.
Insurance	USS offers "accident insurance coverage" which is automatic when swimmer, coach, official, pays their USS membership fee. Many restrictions apply, check your club for detailed information.
Interval	A specific elapsed time for swimming or rest used during swim practice.
Invitational	Type of meet that requires a club to request an invitation to attend.
-J-	
J.O.	Junior Olympics. Age group championship meet conducted by the LSC.
Jump	An illegal start done by the 2nd, 3rd, or 4th member of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall.
Juniors	A USS National Championship meet for swimmers 18 years old or less. Qualification times are necessary. National Meets are conducted in both short course and long course.
Jr/Sr Camp	A training and information camp sponsored by the LSC for those swimmers registered in the LSC who qualified for USS Junior or USS Senior Nationals.
-K-	
Kick	The leg movements of a swimmer. A popular word to "yell" to encourage swimmers during a race.
Kick Board	A flotation device used by swimmers during practice. A lightweight object used with great accuracy by coaches.
Kyroscope	A brand of automatic timing system.

-L-

Lane	The specific area in which a swimmer is assigned to swim. (Ie) Lane 1 or Lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from Right (lane 1) to Left (Lane 6).
Lane Lines	Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.
Lap	One length of the course. Sometimes may also mean down and back (2 lengths) of the course.
Lap Counter	The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card.
Late Entries	Meet entries from a club or individual that are received by the meet host after the entry deadline. These entries are usually not accepted and are returned to sender.
Leg	The part of a relay event swam by a single team member. A single stroke in the IM.
Length	The extent of the competitive course from end to end. See lap.
Little Finals	After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Little Finals are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.
Long Course	A 50 meter pool.
LSC	Local Swim Committee. The local level administrative division of the corporation (USS) with supervisory responsibilities within certain geographic boundaries designated by the Corporation
Lycra	A stretch material used to make competitive swim suits and swim hats.
-M-	
Malfunction	A mechanical or electronic failure - not a human failure by the swimmer.
Mark	The command to take your starting position.
Marshall	The adult(s) (official) who control the crowd and swimmer flow at a swim meet.
Medals	Awards given to the swimmers at meets. They vary in size and design and method of presentation.
Meet	A series of events held in one program.

Meet Director	The official in charge of the administration of the meet. The person directing the "dry side" of the meet.
Meters	The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters is 50 meters, short course meters is 25 meters.
Mile	The slang referring to the 1500 meter or the 1650 yard freestyle, both of which are slightly short of a mile.
-N-	
NAIA	National Association of Intercollegiate Athletics
NAGTS	National Age Group Time Standards - the list of "C" through "AAAA" times published each year.
Nationals	USS senior or junior level meets conducted in March/April and August. See Senior or Junior Nationals.
Natorium	A building constructed for the purpose of housing a swimming pool and related equipment.
NCAA	National Collegiate Athletic Association
Newsletter	A written communication published by a club or association.
NGB	National Governing Body
Non-Conforming Time	A short course time submitted to qualify for a long course meet, or vice versa.
Novelty Meet	A meet that does not fall into a specific category because of limited events, sessions, or age brackets.
Novice	A beginner or someone who does not have experience.
NRT	National Reportable Time. A time list published once a year, which if a swimmer equals or betters the time on the list, they may submit their time in that event for consideration for national recognition.
NSSA	National Swim School Association
NT	No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before.
Nutrition	The sum of the processes by which a swimmer takes in and utilizes food substances.
Nylon	A material used to make swim suits.
-O-	

Officials	The certified, adult volunteers, who operate the many facets of a swim competition.
Olympic Trials	The USS sanctioned long course swim meet held the year of the Olympic Games to decide what swimmers will represent the USA on our Olympic Team. Qualification times are faster than Senior Nationals.
Omega	A brand of automatic timing system.
OT	Official Time. The swimmers event time recorded to one hundredth of a second (.01).
OTC	Olympic Training Center in Colorado Springs, Colorado.
OVC	Official Verification Card. A 3 copy form for certifying a national qualifying time made by a swimmer and issued only by a verification official of the area in which the meet was held.
Open Competition	Competition which any qualified club, organization, or individual may enter.
-P-	
Parka	Large 3/4 length fur lined coats worn by swimmers. Usually are in team colors with logo or team name.
Pace Clock	The large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warm-ups or swim practice.
Paddle	Colored plastic devices worn on the swimmers hands during swim practice.
Pelican Pete	The "Safety Mascot" of USS swimming.
Plaque	A type of award (wall plaque) given to swimmers at a meet.
Pool	The facility in which swimming competition is conducted.
Positive Check In	The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer must mark their name on a list posted by the meet host.
Practice	The scheduled workouts a swimmers attends with their swim team/club.
Prelims	Session of a Prelims/Finals meet in which the qualification heats are conducted.
Prelims-Finals	Type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest 6 or 8 (Championship Heat) swimmers, and the next fastest 6 or 8 swimmers (Consolation Heat) return in the evening 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. The converse also applies.

Pre-seeded	A meet conducted without a bull pen in which a swimmer knows what lane and heat they are in by looking at the Meet heat sheet, or posted meet program.
Proof of Time	An official meet result, OVC, or other accepted form. Swimmers/Coaches must supply proof of time with some meet entries, and other meets it is not required unless a swimmer misses a cut of time at the meet.
Psyche Sheet	Another name for a "Heat Sheet" or meet program.
Pull Buoy	A flotation device used for pulling by swimmers in practice.
-Q-	
Qualifying Times	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. See "A" "AA" (etc.) times.
-R-	
Race	Any single swimming competition. (1e) preliminary, final, timed final.
Ready Room	A room pool side for the swimmers to relax before they compete in finals.
Recall Rope	A rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 50 feet from the starting end on meter pools.
Referee	The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.
Registered	Enrolled and paid as a member of USS and the LSC.
Relays	A swimming event in which 4 swimmers participate as a relay team each swimmer swimming an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Medley relays are conducted over 100 yd/mtr, 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 100 yd/mtr, 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances.
Rest Area	A designated area (such as a gymnasium) that is set aside for swimmers to rest during a meet.
Ribbons	Awards in a variety of sizes, styles, and colors, given at swim meets.
-S-	
Safety	The responsible and careful actions of those participating in a swim meet. USS and each LSC now have a "Safety Coordinator" and each meet must have "Marshals" in charge of safety.
Sanction	A permit issued by an LSC to a USS group member to conduct an event or meet.

Sanction Fee	The amount paid by a USS group member to an LSC for issuing a sanction.
Schedule	USS or LSC list of meets with dates, meet host, meet location, type of meet, and contacts address and phone.
Scratch	To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events.
Seed	Assign the swimmers heats and lanes according to their submitted or preliminary times.
Seeding	Deck Seeding - swimmers are called to report to the Clerk of the Course. After scratches are determined, the event is seeded. Pre Seeding - swimmers are arranged in heats according to submitted times, usually a day prior to the meet.
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	A USS National Championship meet for swimmers of any age as long as the qualification times are met.
Senior Nationals	Nationals are conducted long course in the spring (usually in late March) and in the summer (usually in late July or August).
Session	Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group.
Shave	The process of removing all arm, leg, and exposed torso hair, to decrease the "drag" or resistance of the body moving through the water. Used only by Seniors at very important (Championship) meets.
Short Course	A 25 yard or 25 meter pool.
Simultaneously	A term used in the rules of butterfly and breaststroke, meaning at the same time.
Splash	United States Swimming newsletter that is mailed bi-monthly.
Split	A portion of an event, shorter than the total distance, that is timed. (le) A swimmers first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.
Stations	Separate portions of a dryland or weight circuit.
Start	The beginning of a race. The dive used to begin a race.
Starter	The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.

Still Water	Water that has no current caused by a filter system or no waves caused by swimmers.
State	A meet held twice a year (Short Course and Long Course) sponsored by the LSC. It is common to hold a Championship Senior meet and Age Group meet separately. Qualification times are usually necessary.
State Qualifier	A swimmer who has made the necessary cut off times to enter the State meet.
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. Usually this command is a good indication everything is not right for the race to start.
Stroke	There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle.
Stroke Judge	The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be Disqualified.
Submitted Time	Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets.
Suit	The racing uniform worn by the swimmer, in the water, during competition. The three most popular styles/types of suits worn are: Nylon, Lycra, Paper.
Swim-A-Thon	The "Fund Raiser" copyrighted by USS swimming for local clubs to use to make money.
Swim America	The professional swim lesson program administrated by the American Swim Coaches Assoc. licensed to Coaches.
Swim-off	In a Prelims/Finals type competition, a race after the scheduled event to break a tie. The only circumstance that warrants a swim-off is to determine which swimmer makes finals or an alternate, otherwise ties stand.
Swimming World	The most informational and popular of the professional magazines. All swimmers and parents who are interested in swimming should consider a subscription. Ask your coach for address.
-T-	
Taper	The resting phase of a senior swimmer at the end of the season before the championship meet.
Team	USS Registered club that has the right to compete for points.
Team Records	The statistics a team keeps, listing the fastest swimmer in the clubs history for each age group/each event.

Timed Finals	Competition in which only heats are swum and final placings are determined by the those times.
Time Standard	A time set by a meet or LSC or USS (etc) that a swimmer must achieve for qualification or recognition.
Timer	The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system.
Time Trial	An event or series of events where a swimmer may achieve or better a required time standard.
Top 10	A list of times compiled by the LSC or USS or Swimming World that recognizes the top number of swimmers Top 16 in each age group (boys & girls) in each event and distance.
Touch Out	To reach the touchpad and finish first in a close race.
Touch Pad	The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race.
Transfer	The act of leaving one club or LSC and going to another. Usually 120 days of unattached competition is required before swimmer can represent another USS club.
Travel Fund	A sum of money set aside for a swimmer to use for travel expenses and entry fees to specified meets.
Tri-meet	A meet with 3 team competing for points to see who places 1st-2nd-3rd.
Trophy	Type of award given to teams and swimmers at meets.
-U-	
Unattached	An athlete member who competes, but does not represent a club or team. (abbr. UNA)
Uniform	The various parts of clothing a swimmer wears at a meet. May include: Parka, Warm-up jacket, Team duffel bag, sweat pants, suits, hat, goggles, T-shirt, etc.
Unofficial Time	The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been checked, it will become the official time.
USS	The governing body of swimming. United States Swimming. Also referred to as USA Swimming.
USS Number	A 12 part number assigned to a swimmer after they have filled out the proper forms and paid their annual dues. The first three parts include the two letter abbreviation for the LSC (Local Swim Committee) and the

registration year. The next three parts are letters standing for the first initial of: Last Name/First Name/Middle Name in that order. The last 6 parts are numbers of swimmers birthdate: Day/Month/Year using zeros as place holders. For example: USS# for swimmer Kent Michael Nelson, a member of Indiana Swimming, registering for the 1993/94 year and born Aug.27, 1976 = IN4NKM082776.

USOTC	United States Olympic Training Center located in Colorado Springs, Colorado.
-V-	
Vertical	At right angle to the normal water level.
Vitamins	The building blocks of the body. Vitamins do not supply energy, but are necessary for proper health.
-W-	
Warm-down	The loosening a swimmer does after a race when pool space is available.
Warm-up	The practice and loosening session a swimmer does before the meet or their event is swum.
Watch	The hand held device used by timers and coaches for timing a swimmers races and taking splits.
Water	For the purpose of filling swimming pools and swimmers drinking to properly hydrate themselves.
Weights	The various barbells / benches / machines used by swimmers during their dry-land program.
Whistle	The sound a starter/referee makes to signal for quiet before they give the command to start the race.
Work Out	The practice sessions a swimmer attends.
-Y-	
Yards	The measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length.
Yardage	The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.
-Z-	
Zones	The country is divided up into 4 major zones: Eastern - Southern - Central - Western. At the end of the long course season (in August) the Zone Administration sponsors a championship age group meet.

Parents, upon reviewing this handbook with your child or children, please return this page to the New Member Coordinator. Both the swimmer and parent signature are required.

I have read the Willits Otters Swim Team Handbook and understand the behavior that is expected of me. I agree to the terms that are outlined in this handbook.

PRINT SWIMMER NAME

1st SWIMMER SIGNATURE

DATE

PRINT SWIMMER NAME

2nd SWIMMER SIGNATURE

DATE

PRINT SWIMMER NAME

3rd SWIMMER SIGNATURE

DATE

PRINT SWIMMER NAME

4th SWIMMER SIGNATURE

DATE

PRINT PARENT NAME

PARENT SIGNATURE

DATE