

DEPARTMENT OF PARKS AND RECREATION

DC WAVES



SWIM TEAM

**TEAM COMPETITIVE SWIMMING
REGISTER TODAY**

**The DPR Swim Team
300 Van Buren Street NW
Washington, D.C. 20011
(202) 997-5839
www.dpr.dc.gov
www.dcwaveswimteam.com**



FOREWORD

This handbook is intended to provide information helpful to the parents and swimmers of the DC WAVE Competitive Swim Team. Changes and additions which may be required will be announced by the Executive Committee, posted on the bulletin board, or included in periodic newsletter emails. If the information offered herein fails to satisfy the reader's needs, the reader is urged to:

1. Seek answers to questions on swimming or practice from the coach;
2. Seek answers to questions that appear to fall within the purview of a particular board member or committee chairperson from that individual;
3. Contact your child's group representative.

The reader is reminded that all officials of the team are volunteers, whose primary motive for serving, arise from an enthusiasm for the sport and a sense of duty to do their part. The same statement applies to all the officials and workers at every swim meet.

Questions, criticisms and complaints set forth in a courteous manner are apt to prompt the most courteous replies and diligent action, if the latter is appropriate.

Coaches' Contact Information:

Robert Green

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David Miller

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Welcome Newcomers!

We welcome all new members, and eagerly encourage your participation in the DC WAVE Booster Club. The Booster Club, a vital support group for the swim team, is made up of people just like yourself - parents, relatives, and friends. The hospitality committee is available to help all new families adjust to the world of swimming. If you have any questions about the swim team or the booster club feel free to call (202) 997-5839.



DPR "WAVE" BRIEF HISTORY

The team began in 1983 as the "Capitol East Blue Waves" Swim team. Its nucleus at the time consisted of five families whose children were in learn-to-swim classes at Capitol East Natatorium. The swim team was the next logical step toward continuation of the children's water activities at the conclusion of the summer's lessons.

In a time trial held in the winter of the first season, two-thirds of the swimmers could not complete a legal swim. And it wasn't until the spring of the first season that the coaches felt confident enough to enter the kids in PVS-USA-S competition.

By about the third year, the team had grown to thirty-five strong at two sites, Capitol East Natatorium and Woodrow Wilson High School. Within that third year and the year thereafter there were attempts to start squads at Washington Highlands Pool, Dunbar, Shaw, Fort Lincoln. The team had grown to about seventy swimmers.

By the third year, the team had developed a cadre of certified officials and began to host Potomac Valley Swimming-USA-S sanctioned meets. In the 1989-90 competition season the team hosted the Junior Olympic Qualifier meet in December, the Martin Luther King Jr Mini Meet in January, The Black History Month Swim Meet in February and The Cherry Blossom Swim Meet in April.

DPR & UNITED STATES OF AMERICA SWIMMING (USA-S)

The District of Columbia Department of Parks and Recreation Competitive Swim Program is a year-round program founded to sponsor and coordinate within the Washington Metropolitan Area Age-Group, Junior National, Senior National, International, High School, College, and Summer League competitive swimming. The aim is to develop in the swimmer a love of swimming, advanced aquatic skills, capacity for teamwork, and principles of good sportsmanship. To this end, the program will create an atmosphere conducive to the total personal (physical, psychological, social, and academic growth and development).

Any swimmer, college-aged or under, is welcome, from the Novice to the National level. Special tryouts will be held for athletes over eighteen.

UNITED STATES SWIMMING



United States Swimming (USA-S) is the National Governing body for amateur competitive swimming in the United States. USA-S was conceived in 1978 with the passage of the Amateur Sports Act which specified that all Olympic sports would be administered independently. Prior to this act, USA-S was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, IN. USA-S headquarters office was established in Colorado Springs, Co, in 1991 and is located at the Olympic Training Center.

As the National Governing Body for the sport, USA-S is responsible for the conduct and administration of swimming in the United States. In this capacity, USA-S formulates the rules, implements policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects the athletes to represent the United States in international competition.

United States Swimming is a non-profit organization made up of very dedicated volunteers. Interested individuals donate their time, energy and expertise at every level from the national Board of Directors to the local swimming clubs. All policy decisions are made through a chain of committees - committees reporting to elected vice presidents. The USA-S House of Delegates meets once a year and determines the rules and regulations for swimming for the following year. In between yearly meeting of the House of Delegates an elected USA-S Board of Directors is charged with the responsibility of making decisions for the corporation.

How Is United States Swimming Organized?

International - The international federation for the aquatic sports is the Federation International de Natation Amateur (FINA). USA-S is affiliated with FINA through United States Aquatic Sports (USAS) made up of the four aquatic sports-swimming, synchronized swimming, diving, and water polo.

National - USA-S is a Group "A" Member of the United States Olympic Committee (USOC) and has voting representation in the USOC House of Delegates.



Local - within the United States, USA-S is divided into fifty-nine (59) Local Swimming Committees (LSCs) each one responsible for administering USA-S activities in a defined geographical area. Each LSC has its own set of by-laws under which it operates. The LSC for the "Wave" team is Potomac Valley Swimming.

A house of Delegates with representation of athletes, coaches, members of the Board of Directors and clubs is responsible for managing the business affairs of each LSC.

GENERAL TEAM INFORMATION

Practice Sites

Practice sites for the team will be announced at the beginning of each season.

Practices will be held:

Weekdays: 4:30 – 6:30 am at Rumsey

5:00 – 7:00 pm at Rumsey

6:00 – 8:00 pm at Takoma

Weekends: 7:00 – 9:00 am at Takoma/Rumsey/Wilson (see schedule for location).

(The number of practices will be determined by training group)

We will also feature swim clinics and seminars (TBA) planned around our practice and competition schedules.

SUPPORT GROUPS

The WAVE Booster Club is a volunteer organization consisting of swim team parents. The backbone of the team, the Booster Club serves as an advisory group, and provides the necessary "People-Power" to implement the team's programs and special activities. Visit the Booster Clubs Website at www.dcwaveswimteam.com.

SPECIAL PROGRAMS

The team offers special swim clinics which will give the swimmers the opportunity to concentrate on one or two skills during each session (starts, strokes, turns, finishes, pacing, etc.). Through our basic competitive stroke level, in conjunction with the district's Learn-to-Swim Program, those persons with weak to no swimming skills receive the instruction and training necessary to bring them to their competitive edge.

ACTIVITIES

Many activities are planned throughout the year: Team picnics, pizza parties, seasonal banquets, skating parties, ski trips, bowling parties, movie parties. Parents and swimmers are expected to attend appropriate team activities. All swimmers are strongly encouraged to attend all meets for which they are qualified.

Awards

It is team policy to recognize the efforts of every swimmer who participates on the swim team with various levels of awards.

The following awards are given to swimmers who, based on a determination by their coaches and other criteria, listed below, have excelled within their age group.

SPECIAL AWARDS:

Jesse Howard Thomas & Chantice Caruth Memorial Awards (Male and Female)

Most Accomplished Veteran (Male and Female)

Most Improved Veteran (Male and Female)

Most Accomplished Rookie (Male and Female)

Most Improved Rookie (Male and Female)

Attendance Awards (Male and Female)

Iron Athlete Awards

Jesse Howard Thomas & Chantice Caruth Memorial Award:

This is a special award dedicated to the memory of Jesse Thomas and Chantice Caruth, former DPR swimmers. It will be presented to the rookie female and male swimmers who are judged to have distinguished themselves by dedication, hard work, enthusiasm and support of their fellow team members.

Most Accomplished Swimmer Criteria:

These awards are designed to recognize the four swimmers (male/female, veteran/rookie) who are performing at the highest level in all five competitive strokes (including IM)

All swimmers will have their best times for each of the five competitive strokes evaluated as a percentage of the published United States of America Swimming (USA-S) time standards for national consideration as a "Top 16" swimmer. All five strokes will be evaluated for veterans (three strokes for rookies.) These percentages for each swimmer will then be averaged and a composite percentage for each swimmer calculated. These results will be used to rank each swimmer relative to his/her peers (ie., male/female, veteran/rookie). The swimmers with the highest composite percentage will be recognized. The ranking of each swimmer against the most challenging time standard published for each age group is designed to allow swimmers of different ages to be ranked against a consistent and equally demanding time standard.

NOTE: Since no official USA-S time standards exist for 8 and under swimmers; the attached "Munchkin" time standards will be used. It will explicitly provide Top-16, AAAA, AAA & AA times based on the same ratios used to derive those time standards for older swimmers.

Most Improved Swimmer Criteria:

These awards are designed to recognize the four swimmers (male/female, veteran/rookie) in each

age group, who show the most improvement during the winter swim season in the various competitive strokes.

Each swimmer will have his/her best time in each competitive stroke for the season compared to the first time he/she swam that stroke during the season. The ratio of the "best time" to the "first time" is intended to measure the degree of improvement in each stroke. The ratios for all five competitive strokes will be averaged and each swimmer will be ranked relative to his/her peers (male/female, veteran/rookie). For veterans all five strokes will be used. For rookies only the three best strokes will be used.

Attendance Award Criteria:

This award is given to the male and female swimmer from each training site who attends the most training sessions during the season. Attendance sheets are used to record the number of absences each swimmer has accrued throughout the season.

Iron Athlete Award Criteria:

This award is presented to any DC Wave swimmer who, during the short course season, legally swims each competitive stroke at each distance designated for their age group during competition.

<u>8 & Under Iron Mini</u>	<u>12 & Under Iron Athlete</u>	<u>13 & Older Iron Athlete</u>
<input type="radio"/> 25 FLY	<input type="radio"/> 50 FLY (IMR)	<input type="radio"/> 50 FREE
<input type="radio"/> 25 BACK	<input type="radio"/> 50 BACK (IMR)	<input type="radio"/> 100 FLY (IMR)
<input type="radio"/> 25 BREAST	<input type="radio"/> 50 BREAST (IMR)	<input type="radio"/> 100 BACK (IMR)
<input type="radio"/> 25 FREE	<input type="radio"/> 50 FREE	<input type="radio"/> 100 BREAST (IMR)
<input type="radio"/> 50 FLY (IMR)	<input type="radio"/> 100 FLY (IMX)	<input type="radio"/> 100 FREE
<input type="radio"/> 50 BACK (IMR)	<input type="radio"/> 100 BACK (IMX)	<input type="radio"/> 200 FLY (IMX)
<input type="radio"/> 50 BREAST (IMR)	<input type="radio"/> 100 BREAST (IMX)	<input type="radio"/> 200 BACK (IMX)
<input type="radio"/> 50 FREE	<input type="radio"/> 100 FREE	<input type="radio"/> 200 BREAST (IMX)
<input type="radio"/> 100 FREE (IMR)	<input type="radio"/> 100 IM (IMR)	<input type="radio"/> 200 FREE (IMR)
<input type="radio"/> 100 IM (IMR)	<input type="radio"/> 200 FREE (IMX)	<input type="radio"/> 200 IM (IMR)
	<input type="radio"/> 200 IM (IMX)	<input type="radio"/> *400 IM (IMX)
	<input type="radio"/> *500 FREE (IMX)	<input type="radio"/> *500 FREE (IMX)
	<input type="radio"/> *1000 FREE [11-12]	<input type="radio"/> *1000 FREE
		<input type="radio"/> *1650 FREE

Qualification times may be required for participation in the 400 IM, 500 Freestyle, 1,000 Freestyle, and 1,650 Freestyle. These events are not offered at every swim meet, and may require swimmers to have achieved a certain time before they can be entered into the event.

Special Booster Club Awards:

Swimmers who performed in an exceptional manner as a member of the DPR swim team, but who do not qualify for one of the awards described above will be recognized by these special trophies.

Team Records:

These are team records for best time swum by a DPR swimmer since the current team's establishment in September, 1984. Records set since September, of the previous year will be recognized. Separate recognition will be given for each age group, stroke and distance.

Season Records:

These records recognize the best times since September, of the current short-course season. If the season record also represents a team record, separate recognition will not be given.

Time Standards:

Achievement of published United States Swimming time standards (AAAA, AAA, AA, A, & B) will be recognized for all time standards achieved from September through the end of the winter swim season. For 8 and under swimmers, recognition will be based on the attached time standards.

COMPETITION

DPR swimmers will compete in United States Swimming-Potomac Valley Association meets (United States Swimming is the Governing body for all competitive swimming in the United States). In addition, there will be ample opportunity for swimmers to develop and to hone their competitive skills through participation in time-trials, dual meets, summer-league meets, etc.

Several out-of-town road trips will be planned per season. Examples include: RSA January Jubilee in Cary, North Carolina (January); Black Heritage Swim Meet in Cary, North Carolina (May).

Competition Seasons

Short Course Season (pools other than 50 meters) usually runs from October to April with the exception of the Bunkey Lewis Mini Meet for 9 years old and under which is usually in May.

Long Course Season (pools 50 meters in length) Runs from May to August.

Summer Swim League

Mid June until the first week in August. Some of our USA-S swimmers participate in the Prince-Mont summer swim league under a sub program, the "TPDC Swim team". The league is open to all swimmers, even those who swim with other USA-S registered teams during the short course and long course seasons. Participation in the summer swim league requires a separate registration. Registration forms will be made available during the months of May through July.

FEES

The DC WAVE Registration Fee is \$250.00 per year (September-August) for DC Residents; \$300.00 for Non-Residents, and is due BEFORE the swimmer can participate in any DC WAVE activity. It is a REQUIREMENT for membership in the DC WAVE. This fee is non-refundable. This fee is a registration fee only; **additional costs associated with team participation such as swim meet entry fees, team outings, team awards banquet, and team travel trips are to be expected.** The DC Wave Booster Club collects and handles all additional fees associated with the club. Each swim family is encouraged to establish an escrow account with the Booster Club and keep that account in good standing throughout the competitive season

UNITED STATES SWIMMING REGISTRATION

All DC WAVE swimmers must be registered with United States Swimming, INC. as members of The DC WAVE Swim Team for USA-S insurance protection. The team takes care of the USA-S registrations. Swimmers who are transferring their USA-S Membership/affiliation to DC WAVE from another USA-S team must fill out a transfer form (see your coach or the registrar).

PAYMENTS

All REGISTRATION fees should be made payable to the:

“DC TREASURER”

All additional fees associated with swim team participation should be made payable to the:

“DC Wave Booster Club”

THE PARENT'S ROLE

PARENTS must be willing to support team activities with an investment of time and energy when called upon. A Member in Good Standing is a family who gives more than 20 hours of volunteer work during the season to the "WAVE". By not fulfilling this commitment a family jeopardizes their membership in the "WAVE" and the family is no longer a Member in Good Standing.

PARENTS must pay DC WAVE fees on time. Payments received more than one (1) week late will be assessed a \$15.00 late fee. Swimmers will not be allowed in the water if their account is in arrears.

PARENTS & SWIMMERS must keep themselves informed by frequently checking the bulletin boards at the pool, and team websites. Please note that each group has a designated representative to enhance communications with the Coaches and the Executive Committee.

SWIMMER'S ROLE

Swimmers must satisfy the required practice attendance guidelines. Exceptions must be made with the coach in advance.

CONFIDENTIAL INFORMATION

If your swimmer has an emotional, medical, or physical problem, please notify the swimmer's coach and the head coach.

TEAM RECORDS

Team and meet records are an essential part of any swim team. Team records may be set by any DC WAVE swimmer in any USA-S Sanctioned meet. Team Records for Short Course Yards and for Long Course Meters are maintained by the Team Records Chairperson (202) 470-3198. It is the responsibility of the swimmer or the swimmer's parent to notify appropriate records chairperson if a DC WAVE Team Record is broken. The swimmer or swimmer's parent must provide the appropriate meet name, date, distance and official time as posted in official meet results.

Meet records can be set by any swimmer in any USA-S sanctioned meet. Meet records are recorded by the swim club hosting the meet.

TEAM UNIFORMS/EQUIPMENT

Equipment expenses are the responsibility of the individual. DC WAVE Swim Team swim caps are REQUIRED for swimmers who wear a cap in competition. Team swim suits are strongly encouraged during competition. Many other equipment items such as goggles, bathing caps, drag suits, fins, paddles, swim bags, equipment totes, log books, and stopwatches are useful. Check on the swimmer's needs first with your coach.

TRANSPORTATION

Transportation is an individual responsibility. The DC WAVE does not provide transportation or organize car pools. You may use the team's bulletin boards to notify others of your interest in car pooling to practice or a meet. Please use a 3" x 5" card or smaller.

Travel expenses to all meets are the responsibility of the individual. Funds are available from both the USA-S PVS association and DC WAVE to assist swimmers competing in national level meets outside the normal travel area. Buses may be chartered for certain team meets with all expenses pro-rated among participating individuals.

TEAM COMMUNICATIONS

BULLETIN BOARD

There is a DPR SWIMTEAM BULLETIN BOARD located at each training facility. All team information is posted here and nowhere else. It is the responsibility of parents AND swimmers to review this information at least twice a week. Come in and read the bulletin board.

EMAIL LISTSERV

Upon registering with the DC Wave Swim Team your email address will be added to our Google Group listserv. Important information regarding team announcements and events, swim meets, and any changes in practice times or locations will be posted on the listserv. The listserv is for swim team information only, solicitation for other programs, activities, or events is not allowed.

PARENTS MEETINGS

Parents/Booster meetings are held throughout the year. See schedule for dates, times and locations. Fliers announcing these meetings are mailed in advance of the meeting with the newsletters. Notices are posted on the Bulletin Boards.

TALK TO YOUR COACH

If you have questions or comments concerning competition or practice, please address them to your swimmer's coach, before or after practice or competition. PLEASE DO NOT INTERRUPT the coaches or swimmers DURING PRACTICE. Practice time belongs exclusively to the swimmer and coach.

TEAM ACTIVITIES

Parents and swimmers are expected to attend appropriate team activities. All swimmers are strongly encouraged to attend all meets for which they qualify.

Fund-raisers

The team will sponsor one or two swim-marathons during the short-course swim season. Each swimmer must participate in the swim-marathons. The Team will sponsor other fund raising activities in order to sponsor team trips, etc. All swimmers are required to participate in these "**team**" fund raising activities.

Tryouts

For a tryout appointment, contact: Robert Green at robert.green@dc.gov

SCHOLASTIC ACHIEVEMENT

All DC WAVE swimmers are urged to do their best scholastically. Scholastic achievement requirements are left to the discretion of the swimmer and his/her parents, and will not be a consideration for team participation.

GUIDELINES FOR SWIMMERS

SWIMMING CODE OF ETHICS

1. As a contestant I will refrain from all personal action that might provoke contestants or spectators to unsportsmanlike conduct.
2. As an individual I will refrain from offensive or abusive language to opponents and will confine proper remarks to officials in charge.
3. As a contestant I will respect the dignity of the meet in which I am engaged, the officials, the opponents, and the team I represent.
4. As a coach or manager I will not engage in nor permit actions which will interfere with the operation of the meet; nor will I intrude upon the area of the meet officials; nor will I instruct contestants or managers to use stop watches at the finish line or otherwise obstruct the meet officials in carrying out their assignments.
5. As a meet official I will return courteous answers to legitimate questions and recognize remarks made by authorized persons.
6. As a contestant, coach, manager or official I will maintain an attitude of true sportsmanship.

"Victory is no great matter and defeat is less; the essential thing in Sports is the striving to excel, and the good feeling it fosters between those who play fair and have no excuse when they lose."

Swimming Fast Should Be Fun!

Reprinted from "Lane-Lines"

Many, times we hear our teammates or ourselves say "Swimming just isn't fun anymore, I'm going to quit." Don't quit. Figure out why it's not fun anymore and make it better.

Fun does not always mean games and relays. Think about how much fun you have at a meet when you swim best times, set a record, make a qualifying time, or win a tough race. That's Fun!

How about when your coach gives you a challenge set in practice and you achieve all your times, that's FUN, too!

Making a game out of workout sets and even meets makes swimming fun. You need to be creative in challenging yourself. The reward for meeting these challenges is usually good feelings about yourself and ultimately FUN!

Some Suggestions for making workouts FUN!

1. Be the first swimmer on deck, ready, for workout each day.
2. Be supportive of your teammates at practice.
3. Make each practice or set a little better than the one before.
4. Be the first to hit the wall in your heat on every repeat.
5. Count your strokes and keep them consistent on every length of the repeat.
6. Always know what number you are on in the set.
7. Have the best turns and streamlines off every wall.
8. Always know your send off times and repeat times.
9. Push yourself a little farther than upon think you can go each day.
10. Have a positive self talk in every workout.

These are just ten suggestions that will help make your practices more FUN and challenging. How many can you come up with?

Remember, **SWIMMING FAST IS FUN!**

WHERE DO YOU BELONG?

Our goal is to produce first-class, well-rounded swimmers. To achieve this goal, our workouts are calculated to promote both physical and mental discipline. Workouts are designed to carry the swimmer through ever increasing levels of stress, and to ensure the swimmer to that level before progressing to the next level. Parents and Swimmers are cautioned that conditioning gained during training begins to deteriorate at a rapidly accelerating rate after as little as two day's lay-off. Swimmers must consequently undergo a stressful reconditioning period just to return to their previous level of performance. To avoid any unnecessary stress, it is recommended that swimmers, especially those approaching advanced levels of training and conditioning, attend a minimum three practice sessions a week with no more than two consecutive days off between practices. Mondays, Wednesdays, and Fridays would be an ideal schedule for those limited to three days a week (see sectioned titled: WHERE DO YOU BELONG?). Improperly conditioned swimmers may be relegated to a practice group at a lower level. Swimmers must do their best to maintain conditioning and make practices. Occasionally, extra work may be assigned when, in a coach's opinion, a swimmer needs strengthening in a specific area. Extra work may be water practice, dry-land drills, calisthenics, homework assignments (readings, videotapes), or mental preparedness exercises. It is the responsibility of the swimmer to complete this work on their own time. A complete physical will be required of each swimmer. In addition, periodic medical checkups may be recommended. A copy of which is to be placed on file. Any swimmer who, as a result of medical problems, finds it necessary to miss practice for a prolonged period may return to practice after obtaining his physician's authorization. No swimmer will be allowed to practice otherwise. Such authorization will be placed on file.

WHERE DO YOU BELONG? Advanced level, Intermediate, Developmental -What does it mean? Which level are you? How often should you practice? These are questions asked more and more often lately. The coaching staff of the "WAVE" has divided practices into certain levels to allow optimum advancement to individual swimmers. 1. Advanced level - Swimmers who have attained 13-14 "B" time in 200 IM (2:34.39) and 200 Freestyle (2:17.19). 8 practices a week, minimum 5. 2. Pre-advanced - Swimmers who have attained 11-12 "B" times in 200 IM (2:49.20) and 200 Freestyle (2:28.79). 5 practices a week. Minimum 3 for maintenance. 3. Intermediate - Swimmers with 9-10 "B" time in 200 IM (3:18.09) and 200 Freestyle (2:53.09). 3 to 5 practice a week. 4. Developmental - Are beginners level to swimmers who have not attained "B" standards in 200 IM of 200 Freestyle. 2 to 3 practices a week, minimum 2 for improvement. These categories were established unanimously by the coaching staff on the basis of a swimmer's abilities to accomplish the necessary work for improvement at that level. Additional categories will be established as needed. If a swimmer aspires to the next highest practice group, the swimmer should adopt, as a goal, the minimum time standards and practice discipline required for entry into that practice group, then work toward that goal. In Pre-Season, the swimmer should be swimming at 55-65% effort; Early Season at 60-75% effort; Mid-Season at 70-85% effort; at End of Season 85-95% effort, occasionally approaching 100% of goal time. Accomplishing standards for graduating upper-level practices should be looked upon as a signal of honor. With the swimmer looking forward to progression up the ladder much as Elementary to Junior High to High School, etc.

General Team Rules and - Practice Etiquette

1. Swimmers must obey all rules of the practice facility.
2. Swimmers who wish to attend practice should arrive prepared, suit up, use the restroom, and be on deck **before** practice begins. **AT THIS TIME, COACHES SHOULD BE ADVISED OF ANY CONDITION OR PROBLEM AFFECTING THE DAY'S PERFORMANCE.**
3. Swim team members who are not prepared, or who do not intend to participate in practice are still subject to the rules of the facility management, as well as the rules of the coaching staff.
4. Swimmers are strongly advised to begin warm up activities at least fifteen minutes before practice begins. Practice, itself, will always begin with a warm up activity. Swimmers are cautioned not to miss the beginning of practice. **AT THE DISCRETION OF THE ATTENDING COACH, LATE ARRIVALS MAY BE EXCLUDED FROM WATER PRACTICE.**
5. During practice, talking will be limited. Swimmers are required to pay close attention to instructions. **IMMEDIATE AND PROPER RESPONSE TO A COACH'S INSTRUCTIONS IS A MUST.**
6. During practice, swimmers may communicate with outsiders by permission of the coaching staff only.
7. No swimmer may interfere with another's workout.
8. Unsportsmanlike conduct is totally unacceptable.
9. Swimmers may refuse to engage in particular practice activities under the written advice of a parent or physician only.
10. Swimmers may leave practice only after being dismissed by coaches. In regards to watching practices, DC WAVE Swim Team practices are closed.
Only swimmers and coaches are allowed on deck!

DC WAVE TRAINING GROUPS

TRAINING GROUP	TRAINING SITE	WORKOUT TIMES	TRAINING CRITERIA	AVERAGE WORKOUT YARDAGE	MINIMUM WORKOUTS PER WEEK
BRONZE	<i>Rumsey Aquatic Center</i>	Monday-Friday 5:00-7:00 pm	1 x 25 Free; 1 x 25 Back	1,800 +	2
SILVER 1	<i>Takoma Aquatic Center</i>	Monday-Friday 6:00-8:00 pm Saturday 7:00-9:00 am	4 x 100 Freestyle on 2:00.00; 4 x 100 IM on 2:20.00	3,000 +	3
SILVER 2	<i>Takoma Aquatic Center</i>	Monday-Friday 6:00-8:00 pm Saturday 7:00-9:00 am	4 x 200 Freestyle on 3:10.00; 5 x 100 IM on 1:45.00	4,500 +	4
SILVER 3	<i>Takoma Aquatic Center</i>	Monday-Friday 6:00-8:00 pm Saturday 7:00-9:00 am Monday-Friday 5:00-7:00 am	4 x 200 Freestyle on 2:45.00; 4 x 200 IM on 3:15.00	6,000 +	5
GOLD	<i>Takoma Aquatic Center</i>	Monday-Friday 6:00-8:00 pm Saturday 7:00-9:00 am Monday-Friday 5:00-7:00 am	4 x 200 Free on 2:15.00; 4 x 200 IM on 2:45.00	7,000 +	6

TRAINING EQUIPMENT

Suit type and style is optional. Two suits will be required (one as a replacement suit). If cap and goggles are worn, two of each will be likewise required.

Special equipment may be required. Equipment bag, Drag suit, kick board, Pull buoy, Paddles, fins (Zoomers, Churchill or Zura Alpha), Band, Water bottle, Logbook. Often times several of these items may be required during a training session, for some sessions, none will be required. The participant must be prepared in either eventuality. The equipment bag will be kept handy at the end of the lane during the training session.

Swimmers must learn to read and use a pace-clock. This will be essential to successful completion of most training exercises. Swimmer will keep a daily tally of the proposed as well as actual yardages of each workout. Swimmers will keep a tally of types of work done in workouts. Dry land, Water, Intensity, Technique, Top times.

Parents are advised to stay on top of their child's academic work. The discipline developed in swimming has been found to carry over, in most cases, into schoolwork.

It must be remembered that the training required will be psychological as well as physical. A good swimmer must have a strong sense of discipline. The parents involved must as well have that strong sense of discipline, of commitment, for it will take much sacrifice on the parent's part.

DC WAVE Meet Entry Procedures for USAS/PVS Meets

In order to foster communication between parent, swimmer and coach, and to foster understanding in the swimmer about the reasoning behind selection of meet events, the following procedure has been devised.

The most current version of the Meet Announcement that we have received should be posted on the board. A signup sheet will also be posted along with the meet announcement.

Check the meet announcement thoroughly for entry fees, meet site, date entries are due to meet manager.

Prior to the meet entry deadline the meet entry manager will compile the entries from all training sites based on those who have indicated their intent to participate on the signup sheet.

Upon receipt of the entries from the Meet Director, copies of the entries will be posted on the bulletin boards at each site.

Check the entries thoroughly for mistakes and inform the coach immediately (in writing, is the best policy) of any discrepancies.

SPECIAL NOTE: In the case of a championship meet, the preliminary version may include any events for which the swimmer expects to qualify during an impending 'qualifying meet'. Entries are often due very soon or immediately after the Qualifier.

Swim Meet Etiquette

1. Swimmers must obey all rules of the meet facility.
2. No horseplay will be allowed at the meet facility before, during, nor after a meet.
3. Swimmers are required to pay close attention to coaches' instructions during a meet. IMMEDIATE AND PROPER RESPONSE TO A COACH' INSTRUCTIONS IS A MUST.
4. IT IS THE SWIMMER'S RESPONSIBILITY TO PAY ATTENTION TO THE MEET PROCEEDINGS AND TO REPORT ON TIME FOR THEIR EVENT.
5. Unsportsmanlike conduct is totally unacceptable.
6. Swimmers must, at least fifteen minutes before warm up, notify coaches of any condition which might affect meet performance.
7. Warm up before competition is a must. Swimmers are strongly cautioned to arrive at meets in time for warm ups. AT THE COACH'S DISCRETION, SWIMMERS MAY NOT BE ALLOWED TO SWIM SOME EVENTS WITHOUT PROPER WARMUP.
8. Coaches are responsible for determining in which events the swimmer is to compete. COACHES WILL, HOWEVER, BE RECEPTIVE TO INFLUENCE BY PARENTS AND SWIMMERS.
9. IN THE EVENT OF A SWIMMER'S FAILURE TO COMPLY WITH THESE RULES, THAT SWIMMER MAY BE SCRATCHED FROM THEIR EVENT, FROM A SESSION, OR FROM THE REST OF THE MEET. MEET ENTRY FEES WILL NOT BE REFUNDED.

ROAD TRIP SELECTION CRITERIA

1. SWIMMER MUST HAVE QUALIFIED IN A MINIMUM OF THREE INDIVIDUAL EVENTS (FOUR PREFERRED), OR THREE INDIVIDUAL EVENTS AND ONE OR MORE RELAYS.

2. SWIMMER MUST BE IN GOOD STANDING WITH THE CLUB (All fees paid up, all application information Up-to-date).

3. DATE OF LAST SWIM (DPR Time Trial*, USA-S Competition, other competitions as approved by coaching staff).

4. NUMBER OF SWIMS FOR THE SEASON OR FOR THE PRECEDING MONTH MUST BE DEEMED ADEQUATE, (Those swimmers competing in outside leagues - School Leagues, Summer Leagues, eg. -- must submit for consideration a resume, signed by the League Coach, of times accomplished in competition within that league. **Resume sheets may be requested of any DPR coach.

5. COACHES' RECOMMENDATION -- BASED ON MEET AND PRACTICE ATTENDANCE, PERFORMANCE, DISCIPLINE, GOOD SPORTSMANSHIP, CONSISTENCY, ETC.

*Official

**Outside competitions must be approved in advance to be eligible for consideration.

GUIDELINES FOR OUT-OF-TOWN MEETS

In order to give our swimmers a broader base of competitive experience, several out-of-town meets will be scheduled during the regular competition season. The following rules have been established in order to insure that the swimmers have a safe, enjoyable meet.

1. Eligible swimmers (as deemed by the coaching staff) should bear in mind at all times, that they are representing the team. Their selection is an honor for which they should show respect by obeying the team rules, and by maintaining a polite courteous manner at all times.
2. Anyone who, in the opinion of the assigned coaches, breaks those rules, or acts in a manner to interfere with the obtainment of the road-trip objectives will be subject to being immediately sent home (at their own expense) and will be restricted from future road-trips.
3. Selections for road-trips, as well as announcements citing details of the meet (location, date, warm up), curfews, transportation and lodging will be given to the coaches and posted. Whenever possible, this information will be distributed to the selected chaperons and swimmers. If there is a question, see a coach.
4. Whenever possible, team members will travel together and eat together. Each morning, the team will assemble for the morning meeting (pep talk, breakfast, etc.), and will arrive at the meet facility fifteen minutes before warm up
5. After trials, swimmers should eat lunch. Those swimmers qualifying for finals should then return to their rooms to rest.
6. Swimmers are expected to attend all sessions of a meet (especially if a teammate is competing in that session). All swimmers, whether qualifying or not, will return to finals each evening (a coach's exception may apply under unusual circumstances). All swimmers will return for finals on the last day of the meet.
7. Permission to leave the pool (for a valid reason only) must be obtained from the attending coaches, or in the absence of coaches, from the chaperons.
8. All swimmers must be in their assigned room before curfew. Lights-out will be no later than thirty minutes after room curfew.
9. In the hotel: The swimmer alone is responsible and must pay for any acts of theft, destruction or vandalism the swimmer commits. That swimmer will also be subject to team disciplinary action. Loud or boisterous behavior is discouraged (especially in the halls and public areas --after hours, or during curfew). Long-distance calls may be collect only. All accrued charges not covered under team travel pre-arrangements (phone calls, room service, etc.) must be paid for the evening prior to check-out. Permission to leave the hotel (for a valid reason only) must be obtained from the assigned coaches, or, in the absence of coaches, from the assigned chaperons.
10. In restaurants: Be polite, courteous and neat. **PAY FOR THE MEAL.** If the service was acceptable, leave a generous tip (10-15%). If there was a problem with the service, talk to a coach about it.
11. Possession or drinking of alcoholic beverages, possession or consumption of marijuana or other illegal substances, or of substances banned by the International Olympic Committee will not be tolerated. Strict disciplinary action may be imposed. Swimmers found or suspected to be in the presence of others partaking in the above activities will be subject to the same disciplinary action. **DENIAL OF THE RIGHT TO PARTICIPATE IN FURTHER TEAM ACTIVITIES. BARS, LOUNGES, AND NIGHT CLUBS ARE OFF-LIMITS TO SWIMMERS.**
12. Coaches and chaperons will be subject to articles 9 through 11.

WINNERS VS LOSERS

Taken from: Swimming World by Kent Porter

Recently, in my regular work, I have had to work with a couple that is faced with a terrible burden. The husband has a massive brain tumor for which there is no cure at this point. His condition will soon be fatal. I counsel with him or his wife, perhaps both, nearly every day. It is a very hard situation because we all know that the man is slowly dying and there is nothing that can be done to stop it. When people are faced with something like this, they react in many different ways. Some come completely unglued, some become violently angry at everything, many get so depressed that they won't move or speak. There are others however, that show an amazing courage in the face of such a cruel twist of fate. This couple is very courageous and are displaying an amazing amount of mental, physical, and spiritual strength.

In talking with the wife, I discovered that she was a writer of articles and poetry; I asked that she bring me some of her work so I could share it. We have discussed her work many times since. She recently attended a basketball tournament and after the first day said to me, "You know, I found myself looking at the better teams and wondering what it is that makes the difference between the winning teams and the "also-rans." I said that I had often wondered that same thing and suggested that she write about it so we could discuss it during her next visit with me. A few days later she brought in an article called "What Separates a Winner From A Loser?" She wrote it for publication in a church newsletter. We worked and revised a bit here and there, and the finished product, I think, has a great deal of meaning. Here are some traits of a winner vs. those of a loser:

A winner is coachable.

A loser thinks he has nothing to learn.

A winner values the game and his part in it.

A loser sees the game only as a means of being the center of attention.

A winner is not easily depressed., or if so, not for long.

A loser stays depressed over many minor things.

A winner looks eagerly toward success.

A loser is frightened by it.

A winner is willing to express himself even though the words may not come out just right.

A loser is afraid to express himself.

A winner knows that he must keep trying, taking a chance, and possibly failing which means being hurt. He is not afraid to say, "I cared enough to want this."

A loser never makes a total effort and thus can rationalize any loss by saying, "I didn't really try, I didn't really care."

A winner may become physically and mentally exhausted but continues to work hard from beginning to end.

A loser lacks psychological endurance under stress. He gives up easily in practices and in competition.

A winner is willing to look at himself critically.

A loser is not capable of using self-evaluation.

A winner knows clearly in his conscience right from wrong.

A loser's conscience is not well developed.

A winner recognizes that pain is a part of the game and makes no excuses for why he isn't playing well.

A loser uses pain as a means of escape.

A winner accepts bad breaks as part of the game, realizes that in the long run they affect everyone equally, and forgets them.

A loser feels that he is the sole victim of a bad break and thinks there is a large conspiracy against his doing well. He will remember what he thinks to be unfair treatment indefinitely and will continue to use it as an excuse.

A winner has long range goals and works toward them.

A loser lacks the drive toward an objective.

As you read these principles, keep in mind that a great deal of the thinking behind them did not come from a champion athlete or famous coach. These thoughts were not the work of a minister or philosopher. They came from a woman faced with imminent personal tragedy. It makes the courage and poise possessed by the rest of us seem pretty small.

GENERAL MEET GUIDELINES FOR PARENTS

The following article is taken from the US Swimming's Partners Program.

What to take to the meet

1. Swim suit, team cap and goggles.
2. Talcum powder to dust the inside off the cap. This helps to preserve the cap and make it easier to put on.
3. Pack at least two towels.
4. Something to sit on eg. Sleeping bag, old blanket or anything that will be comfortable to sit on.
5. Sweat suit. Each swimmer may want to bring two because they can get wet and soggy.
6. T-shirt.
7. Games, navel games, coloring books, anything to pass the time.
8. Food. Each swimmer is allowed to bring a small cooler. It is better to bring your own snacks. They usually have a snack bar at the meet, but sometimes the lines are long and you are not quite sure what type of food they will supply.
9. Drink. Fruit juice, Gatorade, exceed etc.
10. Snacks, granola bars, yogurt, cereal, jello, sandwiches.

Before the Meet Starts

1. Arrive at the pool at least 15 Minutes before the scheduled warm up time. This time will be listed in the meet information sheet or on the team hotline.
2. Upon arrival, find a place to put your swimmer's team bag and other personal items. Our team usually tries to sit together so look for some familiar faces.
3. Find out if there is a special place to check your swimmer in (positive check-in) and do so promptly. This is sometimes done so that the people running the meet will know who is actually at the meet, and how to deck-seed the meet .
4. For younger swimmers it is a good idea to write each event number on the swimmers hand. This helps them to remember what events they are swimming and what events to listen for. Generally, girls events are odd numbered and boys events are even numbered.
5. Your swimmer should now get his/her cap and goggles and report to the coach for warm-up instructions. It is very important for all swimmers to warm-up with the team.

Swimmers bodies are like cars, on a cold day he/she needs to set the engine going and warmed-up before going all out in a race.

6. After warm-up, your swimmer should go back to the team area and sit until the next event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink or just gets settled in.
7. The meet usually starts about 10-14 minutes after warm-ups are over.
8. According to USA-S rules (because of insurance purposes) parents are not allowed on deck unless they are serving in an official capacity.
9. All questions concerning meet results, an officiating call or the conduct of the meet should be referred to the coaching staff. They in turn should pursue the matter through the proper channels.
10. Heat sheets. A heat sheet is usually available in the lobby or concession area of the pool. They are usually sold for one to three dollars per day. It lists all swimmers in each event in order of "seed time".
11. "Seed time". When the team entry is sent in, each swimmer and his/her previous best time in each event is listed. If the swimmer is swimming in an event for the first time, he/she will be entered as a "no-time" or "NT". A no time swimmer will most likely swim in one of the first heats of the event. At some meets "NT" swimmers are ineligible for awards.

When the meet starts

1. It is important for any swimmer to know what event numbers he/she is swimming. He/she may swim immediately after warm-up or may have to wait awhile.
2. The swimmers' event numbers will be called and they are to report to either the "clerk of course" or directly to their assigned lane. Swimmers should report with cap and goggles. Generally, girls events are even numbered and boys events are odd numbered.
3. The "Clerk of Course" or "Bullpen" area, is where all swimmers check in.
4. The clerk of course will give a card to each swimmer. This card will tell each swimmer his/her heat and lane number.
5. Sometimes the clerk will line up the swimmers and take them down to the pool in correct order.

6. Either the clerk of course will give the cards to the timers or the swimmers will hand the card to the timer when it is their time to swim. **THESE CARDS ARE IMPORTANT** because they tell the people running the meet who actually swam in each lane.
7. Sometimes the timers have a computer generated sheet which already has the name of each swimmer for each heat. A swimmer will only get a card if he/she is "deck entered".
8. "Deck entered" means that the entry for the swimmer was done at the meet prior to the start of the session instead of being previously mailed in.
9. You can expect 4-8 heats in each event. The heats are usually swum slowest to fastest. Most meets are "timed finals" this means that the final placing for each swimmer is based on their time. It is possible for your swimmer to win their heat but not win an award.
10. The swimmer swims each event, asks the timer for his/her time and return immediately to the coach to give his/her time and discuss the race.

Things parents can do after each race

1. Tell your swimmer how good they swam and how proud you are of them.
2. Take him/her back to the team area and allow him/her to relax.
3. This is a good time for your swimmer to use the bathroom, get a drink and or get something **LIGHT** to eat.
4. When your Child has completed all of his/her events (usually a maximum of 3 events per day plus any relays) **CHECK WITH YOUR COACH BEFORE LEAVING.**
5. If your child has a poor race and comes out of it feeling badly, talk about the good things, if your child comes to you and says "that was a bad race" accept that there is nothing wrong with self evaluation. The important thing is that the child does not dwell on it. Immediately start talking about the positive things.

Special note to Parents.

The pool area is usually very warm. Therefore, make sure you dress appropriately. Nothing is worse than being hot at a swim meet.

If you are unsure about seating arrangements at a meet bring a folding chair or something comfortable to sit on. A waist pack or small backpack to take your things in is usually a good idea.

DC WAVE BOOSTER CLUB

BOOSTER CLUB INFORMATION

The Parent Booster Club is the support arm of the swim team. The club arranges activities that complement the general swim program. In order to remain a strong organization we encourage the participation of all parents, guardians and other interested parties in the activities of the club. The following is a list of committees for the coming season.

Committees

Planning

-- Oversee plans for swim season. Adjust plans as necessary depending on changes in meet dates etc. Prepare information for communications committee.

Finance and Budget

-- Oversee the finances of the club. Prepare budget and develop accountability guidelines for the various other committees.

Travel and Fund raising

-- Arrange team travel during the swim year. Enforce eligibility guidelines and determine the amount of funding required. Coordinate and arrange each trip proposed. Coordinate fund raising activities.

Swimmer/parent/coach relations

-- Accept concerns of parents/swimmers/coaches. Meet with coaches and parents to resolve concerns.

Awards and Team records

-- Maintain a list of awards presented each year and suggest additional awards as necessary. Prepare (along with head coach and Records Chairperson) a final listing of awards for the banquet. Arrange site and guest speaker for banquet. Order and check awards for banquet.

Communications and Newsletter

-- Consist of at least one parent from each pool site. Maintain bulletin board information as disbursed by booster club. Maintain telephone listing and address information for swimmer. Prepares the monthly newsletter "the Tidal Wave" .

Hospitality

-- Administration of concession stands at meets that we hose. Hospitality for officials at meets.

Organize food preparations for awards banquet. Winter and Summer.

Meet Organization

-- Chaired by the meet manager. Arrange to ensure all officials and requirement for hosting meets are in place. Members of this committee are encouraged to attend meet managers training session.

Officials

-- Comprised of all certified officials. Arrange for other members to be trained in order to swell the ranks of registered officials.

Team uniform and equipment

-- Oversee the choosing and ordering of swim team suits, T-shirts etc. winter and summer. Maintain information re practice suits availability.

Summer Swim Team administration

-- Organizing the summer swim program.

Publicity, recruitment and registration

-- Help to make the general public aware of the team's accomplishments. Ensure that all swimmers competing and training with the team are properly registered.

A QUICK REFERENCE

Answers to Frequently asked Questions

1. Is there a telephone number to call to get information? What is the DPR Infoline phone Number?

(202) 997-5839

2. How often will the DPR Newsletter arrive at my home?

Monthly

3. Where are the practice sites and what are the schedules?

See brochure/handout.

4. What does it cost to be a member? How much does it cost for competitions? How often, and how are fees paid?

See the handbook section on fees. Also refer to appendix on fee schedules.

5. Who selects events and meets for swimmers? What is my role as a parent to ensure that my swimmer competes? My child likes to swim certain events but does not always get to swim them, why? What should a swimmer eat prior to practicing and/or competing? Can a swimmer eat while competing? Is it necessary for my child to be at a swim meet to swim one event?

The coaches select the events and meets for swimmers. These selections may be discussed with your coach. As a parent, you are required to be informed regarding meet dates, meet locations and the time of day your child will swim. You should also be aware of nutrition guidelines for your child before and at meets.

6. How am I notified of upcoming competitions?

Swim meet information will be placed on the bulletin board at your practice site. If this information is unavailable, ask your coach or a member of the Communications/Newsletter committee. During the short-course season (October - April) meets occur approximately once a month. You may also apply for FAMILY MEMBERSHIP with PVS. Meet announcements and official results from the meets will then be mailed to your home.

7. Are there any transportation arrangements for swimmers to arrive at practices or meets?

All transportation arrangements are the responsibility of the parent/guardian of the swimmer. You may discuss with other parents the possibility of car pooling.

8. How do I volunteer to assist in team operation? What jobs are available? Where and when do I learn?

During meetings of the booster club sign-up sheets are distributed for participation in upcoming meets and events.

DC WAVE MEET SCHEDULE

2011-2012

<u>MEET</u>	<u>DATE</u>	<u>LOCATION</u>	<u>GROUPS</u>
PEAK All Free Meet	October 8-9	PG Sport & Learning Complex	BRZ, S1, S2, S3, GLD
PVS October Open	October 14-16	Fairland Aquatic Center	S1, S2, S3, GLD
PVS November Open	November 4-6	Takoma Aquatic Center	S1, S2, S3, GLD
DCPR November Distance Meet	November 12-13	Takoma Aquatic Center	S2, S3, GLD
Pilgrim Pentathlon Mini Meet	November 20	TBD	BRZ, S1
Turkey Claus Showdown Champs	December 2-4	Takoma Aquatic Center	S1, S2, S3, GLD
Reindeer Mini Meet	December 3-4	Providence Recreation Center	BRZ
Tom Dolan Invitational	December 8-11	University of Maryland	Qualifiers
PVS Distance Meet	January 7-8	Lee District Recreation Center	S2, S3, GLD
RSA January Jubilee	January 13-16	Cary, North Carolina	Qualifiers
PVS January Open	January 21-22	TBD	S1, S2, S3, GLD
Potomac Marlin Snowdude Mini Meet	January 21-22	Mt. Vernon Recreation Center	BRZ
Northeast IM Xtreme Games	TBD	TBD	Qualifiers
Black History Meet	February 17-19	Takoma Aquatic Center	BRZ, S1, S2, S3, GLD
PVS Junior Champs	March 8-11	TBD	Qualifiers
PVS Senior Champs	March 8-11	TBD	Qualifiers
RMSC Mini Champs	March 10-11	Olney Aquatic Center	BRZ
PVS 14 & U Junior Olympics	March 15-18	TBD	Qualifiers
Eastern Zone Southern Sect.	TBD	TBD	Qualifiers
Spring Championships	March 23-25	Fairland Aquatic Center	S1, S2

Early Bird LC Invit.	TBD	Fairland Aquatic Center	S1, S2, S3, GLD
FISH LC Derby	May 5-6	George Mason University	BRZ, S1, S2, S3
Machine LC Classic	TBD	TBD	S1, S2, S3, GLD
Black Heritage Meet	May 25-27	Cary, North Carolina	BRZ, S1, S2, S3, GLD
PVS Age Group/Senior 1 LC Meet	June 10	Fairland	S1, S2, S3, GLD
PVS LC Distance Meet	June 17	TBD	S3, GLD
PVS Age Group/Senior 2 LC Meet	June 24	Fairland	S1, S2, S3, GLD
PVS LC Junior Champs	July 12-15	TBD	S2, S3
PVS LC Senior Champs	July 12-15	TBD	Qualifiers
PVS LC Age Group Champs	July 19-22	TBD	Qualifiers

*****NOTE*****

This is a tentative meet schedule; it was created prior to the beginning of the season. Coaches may elect to not swim in certain meets or include additional meets to this schedule as they see fit. Notification will be sent to members of the team in the event of a meet schedule change.

Meets designated as a “qualifier” meet require qualification times from swimmers for participation in the event. Swimmers who qualify for such meets will be notified by a member of the coaching staff in the event that they qualify for these events.

Additional information regarding swim meet warm up times, locations, and directions can be found at the Potomac Valley Swimming (PVS) website under the Meet Schedule and Results link: www.pvswim.org.

NUTRITION

Everything you do influences your performances, but your food choices have the most effect because of the long term and short term benefits. A proper diet, including proper selection of foods, will help your training and performance while also achieving a healthy lifestyle once you stop competing.

The ideal diet should include the following percentage of calories:

Carbohydrates	50-60%
Fat	20-30%
Protein	14-18%

During Training

Training represents the period in which athletes spend most of their time. During this time a diet high in carbohydrates is important. This is important since it is normal for athletes who train 4-6 hours per day to burn 2500 to 4000 calories a day. The best way to replenish these calories is with a high carbohydrate diet.

Pre-Event Nutrition

The main purpose of the pre-event diet is to ensure sufficient energy and fluid for the athlete. Two to three days before competition, a high carbohydrate diet with plenty of fluids should be emphasized. Include a light high carbohydrate meal three to four hours before the event.

During competition

During a three to four day competition, plenty of fluids and high carbohydrate low fat meals should be consumed.

Fluid Replacement

Water is the most important nutrient to a swimmer. Body temperature increases during exercise and water cools the body. It is very dangerous to limit water intake. During periods of hot weather and high intensity training, swimmers need to be very conscious of fluid intake. The best way to prevent dehydration is to maintain body fluid levels by taking fluids before, during and after a workout or a race.

Additional information is available in the full copy of "NUTRITIPS" available from USA-S.

One Olympic Plaza
Colorado Springs
Colorado 80909 - 5770
Phone: (719) 578 -4578

All About the Sport

EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT SWIMMING, BUT WERE AFRAID TO ASK

HOW IS A SWIMMER'S PROGRESS DETERMINED BY THE PARENT AND/OR COACH?

Because the DC WAVE Swim Team is a competitive swim club, the most common standard used, and the one easily understood by the swimmer, is the increase in speed. This increase in speed is for a stated distance (either yards or meters) that is measured by a stop watch. Only times obtained during time trials or at official competition should be used to determine progress.

Example: A 10 and under boy, during a time trial on 11-01-08, had the measured speed, for 50 yard Freestyle, of 36.2 seconds. On 03-03-09, during a USA-S "B" meet, his time for 50 yard Free was clocked at 34.7 seconds.

Another standard is that of the individual swimmer's physical endurance. This standard is one usually used by coaches to assist them in assigning swimmers to the various training groups. (These sessions vary from one to two hours duration and once to twice daily.)

For advancement beyond the beginner's group, the rule of thumb is the ability of the swimmer to swim a yardage distance of approximately one mile during the one hour workout session. (It must be remembered that endurance in swimming can be developed only through REGULAR attendance at workout sessions and by swimming hard (not walking the bottom several yards!) the required distances. For your information, the advanced swimmers swim approximately 2 to 3 miles in each workout session, or a total of 6 or more miles a day if they attend two workouts. Each workout is planned by the Coach to obtain a specific yard/meter distance. These workouts are comparable to workouts conducted by nationally famous teams such as Santa Clara and Long Beach (Details of workouts done by either of the above-mentioned clubs can be read in back issues of "Swimming World" and "Swimming Techniques" magazines.)

The first important milestone in a new swimmer's progress is reaching "BB" time standards in any stroke. These standards are set up by United States Swimming. They are divided by age-group (10 and under, 11-12, 13-14 and 15-18): defined strokes (Backstroke, Breaststroke, Freestyle, Butterfly and Individual Medley); and specific distances (25, 50, 100, 200, 500, 1650 yards and comparable meters). These classifications are further broken down into "BB", "A", "AA", "AAA", and "AAAA" groupings with the qualifying time for "BB" being the slowest and the time for "AAAA" being the fastest.

Any age-group swimmer who swims an "BB" time in three events, during a sanctioned USA-S meet earns a berth on the "TRAVEL TEAM". This team travels to other cities giving those "BB" swimmers the opportunity to compete with other "BB" swimmers from other regions. A position on this team is guaranteed only by 3 "BB" times. If a "BB" swimmer changes age-group because of a birthday and his/her times are not "BB" in the new age- group, he/she is no longer on the "TRAVEL TEAM".

The standard for returning a swimmer to a slower workout session is based on the swimmer's inability to keep up with the more advanced pace workout and constantly not being able to make "B" time standards for the workout speed.

It must be noted that it is NOT the coaches' policy to pressure any child 10 and under into a workout schedule of twice daily that is designed for the 15-18 year olds, 13-14, OR FOR THAT MATTER, 11-12 YEAR OLDS. Pressure on the child by parents or others is frowned upon with the policy of gradual development being the rule. Such policy (not pressuring swimmers to win races in their early years), it is believed, avoids burn-out in later years.

Other variable factors that influence swimming progress are:

- A. Basic Body Structure.
- B. Natural ability and "Feel for the Water".
- C. Motivation and Competitive Spirit.

For more details on the variable factors, talk with the individual coach involved.

If your child lacks 'feel for the water', motivation and the competitive spirit, this DOES NOT mean that he/she/ can't be a good swimmer. This means only that he/she will NOT progress in HIGHER LEVELS OF COMPETITIVE swimming. Perhaps, recreational type swimming, diving waterpolo or synchronized swimming will meet his/her needs better.

More general and specific information about COMPETITIVE swimming can be obtained by joining PVS, USA-S and/or subscribing to "Swimming World" Magazine.

GLOSSARY

AGE GROUP: Swimmers compete within roughly similar groups: 8 & Under, 9 - 10, 11 - 12, 13 - 14, 15 - 18.

APPROVED MEET: A designated meet conducted by organizations in which swimmers other than USA-S members may compete, from which swimmers may use their times as USA-S qualifying times. A designated USA-S official must be present to attest that the conduct of the competition conforms to all relevant USA-S rules and regulations.

CLOSED: Competition open only to members of one organization or group.

COACH:

CONSOLATION FINALS: The competition for the fastest remaining swimmers of those who fail to qualify for the finals.

DECK ENTRIES: Meet entries accepted at the meet, usually for available lanes. Entries in this category are not usually seeded by times.

DECK-ENTERED MEET: A meet where all entries are accepted on the first or later day of that meet and subsequently seeded into events.

DECK-SEEDED HEATS: Swimmers are called to report to the clerk of course for their events on the day of the meet. After scratches are determined, swimmers are seeded in the proper heats. Heat sheets usually list swimmers in order of times.

DECK-SEEDED MEET: A meet where all entries are due prior to the first day of the meet and swimmers must declare their availability to swim prior to the scratch deadlines.

END OF COURSE: designated wall for racing turns and finishes.

EVENT: Any race or series of races (heats) in a given stroke and distance. For competitive limits, one event equals one preliminary or one timed final, or one preliminary plus the corresponding final.

FINAL: Any single race which determines the final places and times in an event.

FINALS: The concluding session of each day of a meet in which the final race of each event is swum.

FIRST DAY OF THE MEET: Day on which the first competitive swimming event is conducted.

HEAT: A division of an event in which there are too many swimmers to compete simultaneously.

HEAT SHEET (Meet Program): A form used for listing swimmers entered in an event, which designates the swimmer's heat and time for a pre-seeded event. Programs are usually available at

the beginning of the meet.

INVITATIONAL COMPETITION: For those swimmers, organizations and clubs invited by the host.

JUNIOR OLYMPIC: A type of Age Group competition conducted by Program Operations, except the national Junior Olympic Championships.

LEG: (relay) The part of the relay event that is swum by a single team member.

LONG COURSE: a type of competitive pool that measures 50 meters in length. The standard size for all international competition and all world record swims.

LSC: Local Swimming Committee - An administrative division of USA-S with supervisory responsibilities within certain geographic boundaries designated by USA-S.

MEET: A series of events held in one program.

MEET DEFINITIONS:

MINI MEET: For 8 & Under swimmers only. Competition usually for each age group (6 & Under, 7, 8).

AGE GROUP: Swimmers compete within roughly similar groups: 9-10, 11-12, 13-14, 15-18.

SENIOR/OPEN: Swimmers compete for the fastest time regardless of age.

OPEN: This is usually synonymous with Senior/Open.

OPEN COMPETITION: Competition in which any qualified club, organization or individual may enter.

MEET OFFICIALS: Meet Manager, Referee, Starter, Stroke & Turn Judges. Timers are not officials.

OVC: Official Verification Card - A three copy form for certifying a national qualifying time made by a swimmer and issued by a verification official in the area where the meet was held. OVCs shall be issued for any time that equals or betters a national time standard or international trials time standard.

POTOMAC VALLEY SWIMMING: Local Swimming Committee for the Washington Metro area.

PRELIMINARY: Session of the meet in which the trials heats are held.

PRE-SEEDED HEATS: Swimmers are arranged in heats and events according to submitted times and heat sheets are prepared listing lane and heat assignments.

PSYCH SHEET: An listing in ascending or descending order by entry times of the swimmers in each event of a meet.

REFEREE: The USA-S official who has authority over all other officials at a meet. The referee makes all final decisions and sees to the efficient running of the meet.

RELAYS: Four swimmers, selected by the coach(es) from among the entrants of a meet, are required for relays. Never leave a meet without asking the coaches if you are needed for relays. One missing swimmer can cause three other swimmers to miss a chance to compete. Always check the bulletin boards for a list of entries for USA-S meets to determine if you are needed for a relay.

RULE BOOK: Usually refers to UNITED STATES SWIMMING RULES AND REGULATIONS.

SANCTION: A permit issued by an LSC to conduct an event or a meet. All athletes participating in any USA-S sanctioned swim meet must be registered USA-S swimmers.

SCRATCH: Withdraw an entry from competition (from an event).

SEED: Distribute the swimmers among the required number of heats and/or lanes, according to their submitted preliminary times.

SEED TIME: Meet entry time (usually the swimmers lifetime-best) used to rank all swimmers in an event and determine heats and lanes for that event.

SHORT COURSE: A type of competitive pool which measures other than 50 Meters.

SPLIT: A per lap time that coaches often record for teaching the concept of pacing. For instance, a swimmer's time for each 25-yard leg of a 100 yard event is his/her split.

SPLIT TIME: Time recorded from official start to completion of an initial distance within a longer event.

STARTER: The USA-S official at the meet responsible for starting each heat and calling the next heat to the blocks.

STROKE & TURN JUDGE: A certified USA-S official who determines the legality of swimmers' strokes and disqualifies those who do not conform to USA-S rules.

SUBMITTED TIME: Time filed with an entry, as having been previously achieved.

SWIM MARATHON (Swim-a-thon): A fund raising program in which swimmers swim laps for pledges. In Swim-a-thons funds are split between the local club and USA-S.

TIMED FINALS: Competition in which only heats are swum and final placings are determined by the times performed in the heats.

TIME STANDARDS: Certain qualifying times which have been set up by USA-S for all events in all levels of meets to insure that all competitors are of reasonably the same ability in their respective meets. Time standards provide an approximate percentile ranking nationally. 1992-93 NATIONAL AGE-GROUP TIME STANDARDS are printed as part of this handbook.

TIME TRIALS: An event or series of events where swimmers may achieve or better a required time standard.

TIMER: Individual who keeps backup times during a meet with hand-held stopwatch or electronic button.

TOUCH PADS: The part of the electronic timing system that rests in the water at the end of each lane. Swimmers times are recorded when the pad is touched.

TRAINER:

UNATTACHED: An athlete member who competes but does not represent a club member of USA-S.

ZONES: USA-S is divided into 4 geographic zones; East, West, South and Central.