

Dear Parents and Swimmers,

Welcome to the Streator YMCA Stingray Swim Team!!!!

Some people say swimmers are a different breed of human - - how many people do you know who like to swim back and forth, back and forth, back and forth, surrounded by lots of water? Only other swimmers, right? We think swimmers and their parents are special people...and a little crazy too!! The sport of swimming takes Desire, Dedication, and Determination (the 3-D's) on the part of the swimmer and the parent. It also takes commitment, persistence, and lots of practice

Those of you who are new to our program must be patient. You must remember that improvement is made in gradual, sometimes unnoticeable steps. Encouragement, enthusiasm, and a positive attitude will help make these steps easier. Those of you who are returning to our program must review these basics from time to time throughout the season.

Winning means different things to different people. To some, it's bringing home the blue ribbon or the gold medal. To us it is a lot of things - - learning to do a flip turn; learning to do a start off the starting blocks; swimming better and faster than you ever have before; accomplishing your goals. Winning is seeing the smile of success on a swimmer's face when the race is over, no matter where that swimmer finished in the final standings. Winning happens to everyone!

During your time with the Stingrays you will learn all kinds of new terms, like "WEEEO!", PB, and PMA. Many others are listed and explained in the back of this handbook. To know the meanings of the ones we've mentioned, ask another swimmer. It is a goal of ours that during your time on the Stingray Swim Team, you will not only learn more about swimming and all that is involved, you will also learn more about yourself. Swimming is no just a sport that you can do for the rest of your life; it is a learning experience in life.

GOOD LUCK AND WE'LL SEE YOU IN THE POOL!

Stingray Coach Stephanie DeSpain

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The information found in this handbook serves as a guide for new swimmers and swim parents, as well as those returning from previous seasons.

This handbook has been developed through a cooperative effort between the coaches and the parents. This handbook may not contain the answers to all of your questions; however, many of your questions concerning our program, as well as other useful information, will be found within. Therefore, swimmers and parents both are urged to read the handbook. If additional information is needed please contact the coach or a member of the Parent Committee.

## **WHAT IS EXPECTED OF STINGRAY PARENTS**

1. Be your child's biggest supporter, not critic
2. Support the coaching staff
3. Dress in team colors when at meets
4. Check team bulletin board for meet results & notices
5. Volunteer your time at swim meets & other team activities
6. Donate concession items as needed
7. Check the sign-up sheets
  - a. Located on team bulletin board in Y lobby
  - b. Sign up for meet workers & concession items
8. Ask questions often
9. Never assume – get your information straight from the source
10. Check your family folder weekly (or more) for information
11. Watch practice through lobby windows. Let the coaches do their job.
12. Support the team sponsor Speedo when purchasing clothing bags and suits.
13. Be courteous to YMCA staff and cooperate when asked.
14. Get involved
15. Be patient
16. Have fun
17. Believe!!!!

## **IMPORTANT TELEPHONE NUMBERS**

Streator YMCA: 815-672-2148

Stingray Coach: Stephanie: 815-257-5615

## **MINIMUM REQUIREMENTS FOR PARTICIPATION**

Many people think that to be on the swim team you have to have advanced swimming skills. THIS IS NOT SO!!! All you have to do is:

1. Be 21 years of age or younger.
2. Be able to swim on length of the pool (25 yards) freestyle (front crawl) without stopping
3. Be able to swim one length of the pool (25 yards) backstroke (back crawl)

THERE ARE NO "TRY OUTS" but our YMCA staff will jointly decide the best direction for your child. If a child is on the swim team but needs more fundamental work, we will suggest attending swim lessons taught through by YMCA staff. On the other hand, if your child was/is in swim lessons and excels, YMCA staff will suggest to the Stingray coaches an opportunity for each swimmer to be added to the swim team.

## **SWIM TEAM FEES:**

1. Each swimmer must be a Streator YMCA annual member
2. Team Fee: \$175 (non-refundable)
3. Commitment for each family:
  - a. Work at the Brett Stone Invitational
  - b. Participate in all fundraising activities
  - c. Help at each swim meet
  - d. Volunteer to supervise swimmers during locker room times
4. Purchase of team swimsuit. Our sponsor at the current time is SPEEDO. We encourage all other clothing to be SPEEDO brand as well. Please see a coach for details on discounts for all SPEEDO apparel.

Fees may be paid in installments. To work out a suitable payment schedule, please contact the Streator YMCA Executive Director at [j.biros@streatorymca.org](mailto:j.biros@streatorymca.org). A payment plan must be established no later than October 15<sup>th</sup> of each season. Unless a payment plan is established, all team fees must be paid no later than October 15<sup>th</sup>.

## **PRACTICE**

## PRACTICE SCHEDULE

Rookie Week: Monday, September 15<sup>th</sup> @ 5:30pm

Return Swimmers Start: Monday, September 22<sup>nd</sup> @ 5:30pm

Practice Times: Mondays/Wednesdays – 5:30pm – 7:30pm

Fridays – 4:30pm – 6:30pm

## **PRACTICE PROCEDURES**

1. All swimmers are highly encouraged to attend every practice.
2. Attendance will be taken daily
3. Please inform the coach of any absences beforehand
4. All swimmers are expected to arrive at the pool early enough to be in their suit and ready to begin at the start of practice. Practice begins on time, not when you get there. Anyone arriving late should call first or bring a note from a parent. Please show respect for your coaches and your teammates.
5. Swimmers must spend absolutely as little time in the locker rooms as possible.
6. Please ask the coach before leaving the pool area during practice
7. Swimmers must bring their own lock to secure their belongings. All locks and belongings must be removed daily. Valuables should not be taken to practice. The YMCA is not responsible for lost, stolen, or damaged belongings.
8. Swimmers are expected to use all equipment with care and return and stack properly after using.
9. It is vital that each swimmer practices hard and regularly; not simply put in an appearance. Everyone can always improve with good practice.
10. Everyone is encouraged to attend at least 2 practices per week to be considered for the swim meet that week. Contact a coach if a situation occurs where practice will be missed.
11. Please come to practice ready to work. Any time spent on behavior management takes away from training. Horseplay and laziness will NOT be tolerated!!!!
12. ANY SWIMMER CHOOSING NOT TO ABIDE BY TEAM RULES MAY BE ASKED TO LEAVE PRACTICE.

## **Philosophy**

There are seven essential elements of the YMCA Aquatic Philosophy. Our coaching staff tries to teach skills and team play with these elements in mind.

1. **WORK WITH EVERY SWIMMER ON THE TEAM.** Every swimmer can and should be helped. It is more important that all swimmers participate and have fun, than that a few good swimmers dominate.
2. **WORK ON BASIC SWIM SKILLS AND FITNESS HABITS.** Learning the fundamentals increases winning potential. Warm-up, conditioning, diet and rest are all important.
3. **TEACH FAIR PLAY.** Competing fairly is an essential part of competitive sports. It is a set of attitudes which include:
  - a. Respect for yourself – taking responsibility for one’s own behavior and learning.
  - b. Respect for one’s teammates – working to become a team member who unselfishly contributes to the good of the whole team.
  - c. Respect for the other team – considering the other team as an essential partner in competition
  - d. Respect for the rules and the officials who uphold them
4. **HELP SWIMMER SET INDIVIDUAL GOALS.** It is not how the swimmer stacks up against others, but where they are in relation to the goals they set for themselves.
5. **KEEP WINNING IN PERSPECTIVE.** Winning is only one of the goals in YMCA swimming. Other important goals are: learning new skills, becoming more fit, being a good leader sometimes and a good follower other times, dealing with emotions, and having fun.
6. **ENCOURAGE LIFETIME INVOLVEMENT IN SPORTS AND PHYSICAL ACTIVITY.** Swimming is fun for life. More importantly, regular cardiovascular exercise is essential to continued physical well-being. Swimming is an activity all family members can enjoy.
7. **WORK WITH THE WHOLE PERSON: BODY, MIND, AND SPIRIT.** Physical fitness is important, but so are mental attitudes and spiritual growth. YMCA Swimming emphasizes overall personal development by recognizing each individual’s ideas and feelings, a swim coach has an opportunity to build strong values, along with strong bodies.

## **DISCIPLINE PROCEDURES**

Each swimmer's conduct and language should be appropriate for the use of YMCA facilities and as part of a team setting. ANY SWIMMER CHOOSING NOT TO ABIDE BY TEAM RULES MAY BE ASKED TO LEAVE PRACTICE.

### TEAM RULES:

1. Listen to the coach(es). It is very difficult to talk over other voices and excessive splashing. When a coach is talking each swimmer should be paying attention.
2. Be at practice on time. A swimmer arriving late should bring a note signed by a parent or call the YMCA and leave a message. Any swimmer arriving late – do not disrupt those that started on time (do not “announce” yourself). Go to the coach for instructions then get started.
3. Complete workouts completely and properly. Swimmers arriving late should do their best to complete the entire workout. What a swimmer gets out of a practice is a direct result of what he/she puts in to a practice. It will show when competing.
4. Use equipment properly and with care, and return it to its proper place when finished. Throwing of and hitting with kickboards, etc. is not allowed!
5. Feet first entries must be used unless otherwise directed by the coach(es). This rule is for safety.
6. Starting blocks are to be used only under direct supervision of coach(es). Swimmers shall stay off blocks unless otherwise directed by coach(es). This rule is for safety.
7. Behavior and language toward coach(es) and teammates should be appropriate. Hitting, splashing, pushing, kicking, jumping on, etc. are not appropriate. Insubordination will not be tolerated. Act like ladies and gentlemen, please. This rule is for safety reason as well as just good manners.
8. Now chewing gum (safety hazard; bad for pool filter system).
9. The diving board is off limits AT ALL TIMES!!
10. Sportsmanship: Sportsmanship is usually used as a term in reference to the conduct of athletes while participating in a sport or to the fans watching the event. The following code is a good summary of a true sportsman:
  - a. Will consider all opponents as guests and treat them with courtesy due friends and guests.
  - b. Will accept all decisions of officials without question.
  - c. Will never talk back to an official or a coach.
  - d. Will never utter abusive or irritating remarks.
  - e. Will applaud opponents who have good swims or who show good sportsmanship.

- f. Will seek to win by fair means according to the rules of the sport.
  - g. Will love the sport for its own sake and not for what winning may bring them.
  - h. Will win without boasting and lose without excuses.
11. Common sense and good manners will make the pool a safe and fun place to be.

The following steps will be followed if/when violations occur:

1. A verbal warning will be given.
2. A time out will be given.
3. If behavior continues and is detrimental or disruptive to the rest of the group, the swimmer(s) involved will be asked to leave practice.
4. An attempt will be made to contact parents. If a parent is unavailable or unable to pick up the swimmer, that swimmer will sit in the pool area.
5. The swimmer will sign the warning and that notice will be mailed home. Parents will then sign the warning notice and return it to the coach(es).
  - A second written warning will result in a one week suspension from the team.
  - A second one week suspension will result in expulsion from the team for the remainder of the season.

### **Tobacco, Alcohol and Controlled Substances**

The use of tobacco, controlled substances and alcohol is strictly prohibited. Possession of or consumption of, as determined by the coach(es) and YMCA staff, will result in expulsion from the team.

### **Stealing**

Stealing is considered inappropriate behavior and is also illegal. Each case will be dealt with on a separate basis. A meeting will be held with the coaches and YMCA staff to determine the appropriate course of action.

## **Swim Meet Procedures**

1. Everyone is encouraged to attend ALL practices, but must attend at least two practices a week to participate in an upcoming swim meet. Please see the coach(es) if other arrangements are needed.
2. Everyone is expected to participate in all meets, unless otherwise notified. Any swimmer that will not participate must notify the coach (in writing) at least 2 weeks in advance of a meet.
3. Parents and guardians are expected to bring their children to all meets and stay to help. Dropping off swimmers and leaving is not acceptable.
4. If you are entered into a meet that involved entry fees and are unable to participate those dues will still be owed.
5. Please notify the coach if you are unable to attend the meet due to sickness, etc. via phone. Please do not be a "no show" as it causes a number of issues for the team and coach(es). If the coach does not answer her phone, please leave a message.
6. Please stay in the team area on the pool deck at all times, in your team suit, until the meet is over. Support of your fellow Stingrays is very important! If special circumstances occur, speak with the coach(es) before the meet starts if possible to make other arrangements.
7. All swimmers are expected to help clean up when the meet is finished.
8. Know your events and event numbers so you do not miss your event. A list will be posted on the wall in the team area. You are responsible for your own events.
9. All swimmers report to the coach(es) after each event for any instructions and comments. You can see your parent(s) after you talk with your coach.
10. Swimmers will display good sportsmanship in the following manner:
  - a. Act like ladies and gentlemen at all times.
  - b. Show respect for older people and respect for officials, judges, coaches and times at all times.
  - c. Treat guests courteously at home meets and be a polite guest when away.
  - d. Congratulate opponents on good meets and races, win or loss.
  - e. Whether home or away, swimmer conduct should be of the highest caliber at all Y facilities, lobbies, locker rooms, shower rooms and pool areas.
  - f. There will be no rough housing at any time.
  - g. All swimmers will not chew gum on the pool deck.

## **What is Expected of Stingrays?**

### A. Always:

1. Be proud to be a member of the Streator YMCA Stingray swim team.
2. Put out 100% physically and mentally.
3. Challenge yourself and teammates to improve and work harder.
4. Be on your best behavior, both home and away.
5. Have a positive attitude!
6. Ask questions.

### B. At practice:

1. Listen to the coach(es).
2. Be at practice on time with your swim suit on, ready to go. Do not wear your team suit to practice. This suit is only for meets.
3. Be at practice for the entire time (unless cleared by note from parent).
4. Complete workouts properly.
5. Complete all dry-land workouts as requested.
6. Set up practice time mentally. Come to improve strokes and practice hard. Total effort builds better swimming and individuals.
7. Check with the coach(es) before leaving for any handouts or other important information. Papers will be placed in the family folders in the team "box."
8. Use restroom before and after practice. Try not to leave during practice.
9. Use equipment with care and replace it after use.
10. Turn off all faucets and showers after use. No rough house in locker rooms.
11. Absolutely no chewing gum at any time.

### C. At meets:

1. Arrive on time for warm-ups. You are expected to warm up with your team and coaches.
2. Wear your team suit, team shirt and sweats.
3. Mentally go through your race before stepping on the block. Be ready, be confident.
4. Always get your time from the timers after a race and report to the coach immediately. See your parent(s) after you see the coach.
5. When a Stingray swimmer does a great job, let him/her know! Cheer, applause or WEEEO are acceptable.
6. Practice good sportsmanship. Shake hands with opponents, win or loss.
7. Help teammates, especially younger or newer swimmers.
8. Help set up and clean up for home meets.
9. Stay in your swimsuit until the end of the meet. We may have to change the line up and don't want to have to tell swimmers to go back and change into your suit.
10. Always stay for the conclusion of the meet; never leave early (unless cleared by the coach(es)). The last event of the meet is just as important as the first event, especially to the swimmers in the event.
11. Have fun!!

## **Swim Meets and YMCA Swimming Organization Information**

*All guidelines for YMCA swim teams are governed through the YMCA technical guide for competitive swim and diving teams. If you would like a copy of this document, please see the Executive Director.*

The following is a brief description of the YMCA swimming program and the types of meets in which we participate.

### A. Age Groups

For the purpose of competition, YMCA swimming is divided into age groups. A swimmer's age for the entire (winter) season is his or her age as of December 1<sup>st</sup>. The YMCA age groups are:

- 8 & under
- 10 & under
- 12 & under
- 12 & under
- 21 & under

### B. YMCA Organizations

YMCA swimming in Illinois is divided into five districts. Streator is located in the Northwest District, which includes nine other YMCA's. The other districts in Illinois are the Chicago District, Illini District, St. Louis District, and Town & Country District. At the conclusion of the season, each district conducts a Junior Championship Meet and a District Championship Meet, followed by the State Championship Meet. Both the District Championship and the State Championship Meets have set qualifying times.

### C. Dual Meets

During the regular season, the team participates in a schedule of dual meets and occasionally, multi-team meets. A dual meet consists of events for boys and girls, which include six to eight individual events and two relays for each age group. Each swimmer is allowed to participate in four events, no more than 3 of which are individual events. If there are lanes open, by agreement of the coaches, the swimmers may swim "exhibition" in the open lane(s). A participant swimming exhibition may not receive standard awards and no points are awarded, but the swimmer's time may be used to determine a qualifying time or a team record.

The order of place in a dual meet is determined by comparing the results as viewed by the Finish Judge with the swimmers times. Times are not the sole

determining factor because timing machines, stop watches, and timers can malfunction. A placed is awarded to the swimmer viewed as the winner by the Finish Judge or to the swimmer with the fastest time if the Finish Judge agrees with the placement.

#### D. Individual Meets

During the season, the team also participates in several invitational meets. These meets have anywhere from six to sixteen teams participating, sometimes less. Each invitational has its own rules on the number of events a swimmer may swim and how many points and awards are given. Invitationals are normally a day-long event with warm ups beginning very early in the morning.

It is recommended that swimmers bring to the meets the following items:

1. A sleeping bag or blanket to sit on between events.
2. Various nutritional snacks and juices for energy.
3. Quiet games, books, puzzles, etc. to help pass the time between events. Sporting equipment (balls, Frisbees, etc.) are not appropriate. Musical devices, cell phones, computers and tablets are usually permitted but all must be used with headphones only.
4. A sweatshirt and footwear must be worn between events. T-shirts and shorts are also acceptable depending on the weather and team area location. Some facilities are on the "cool" side. Plan ahead.
5. Two or more towels (save on for after the meet).
6. Newspapers, magazines, books, etc. for Mom and Dad.
7. Lawn chairs to sit on between events (Mom and Dad).
8. Your swim suit, cap, and goggles.

Because of the large number of swimmers that attend an invitational, parent responsibilities increase. Coaches will generally not be in the area of the swimmers while they wait for an event. Their responsibilities are at poolside. Therefore, parents are responsible for the following:

1. Delivering swimmers to the meet on time, ready for warm-ups.
2. Insuring proper conduct of the swimmers. Officials can disqualify swimmers for misbehavior.
3. Guaranteeing that all swimmers are ready when their events are called.
4. Each team is asked to provide timers for meets. Therefore, volunteers are needed. It is not a difficult job and it helps to pass the time. Timers have a front row seat to all events. It is also a good opportunity to see how a large meet is run.

## E. Championship Meets

At the conclusion of the regular season in late February or early March, each district conducts a Junior Championship meet and two District Championship meets (divided either by age or gender). In order to participate in any individual event at the District Championship level, a swimmer must have met a specified qualifying time in a meet during the regular season.

As in dual meet competition, a swimmer may be entered in only four events, no more than three of which can be individual events. Each team may also enter one relay team in each relay event. Since entries must be submitted well in advance of both the District and State meets, and no substitutions are allowed, more than four swimmers can be listed for relays. All decisions relative to the line-up for the District Championships will be made by the coaching staff.

To participate in the State Championship meet, a swimmer must swim a state qualifying time in the District Championship meet.

The Junior Championship meet is held for swimmers in the 12 & under age groups who have not met a District qualifying time.

Swimmers may be entered into individual events in both the Junior Championship and the District Championship meets, depending on qualification.

The Junior Championship meet is a seeded meet with timed finals. Winners are determined by comparing times and the winner of the last heat is not necessarily the winner of the event.

The District/State Championship meets are run as a prelim/final meet. All swimmers compete in the prelims in order to qualify for the finals. Lane assignments for finals are based on finish place in prelims. Final standings are based on placement at the end of the finals competition.

A new list of District qualifying times and State Championship times are published each year. Some times change and others do not.

## **An (Incomplete) Guide to Swimming**

Following are some terms you may hear during the season. Hopefully the brief explanation will answer any questions or clear up any confusion. This is by no means a complete list. You may have some of your own to add. The list is not arranged in any particular order due to allowing for new terms to be added. If you have any questions or new terms you'd like to see added, please see the coach(es).

1. **Competitive Strokes:** There are four strokes used in competitive swimming. The fastest of these four strokes is the **FREESTYLE (free)**, or crawl stroke. The freestyle uses an alternating above water recovery of the arms with alternating up and down kicking movements (flutter kick). Another stroke used in competitive swimming is the **BACKSTROKE (back)**. In this stroke, swimmers shall push off on their backs and continue swimming on their back throughout the race. The arms use an alternating above water recovery and the kick is the flutter kick, as in the freestyle. A third competitive stroke is the **BREASTSTROKE (breast)**. This stroke is performed on the stomach with the entire stroke done under water. The arms make a heart-shaped pull in front of the body and the legs perform the whip kick. All forward and backward motions of the two legs shall be simultaneous; the forward and backward motions of the arms shall be simultaneous. The last of the four strokes is the **BUTTERFLY (fly)**. In this stroke, the arms are brought forward over the water and pulled backward on or under the surface of the water. All forward and backward motion of the two arms shall be simultaneous. The kick used in the butterfly is the dolphin kick. The legs are moved up and down simultaneously.
2. **IM (Individual Medley):** An event using all four competitive strokes in a set order: backstroke, breaststroke, and freestyle. A swimmer must swim each phase of this race adhering to the turn and finish rule governing each stroke.
3. **Flip Turn:** The quickest way to turn around at the end of the pool. Used in freestyle and backstroke only. Butterfly and breaststroke have turns also, but not flip turns. Each turn has its own rules and regulations.
4. **Long Course:** Racing course is 50 meters in length.
5. **Short Course:** The racing course is 25 yards in length; or 25 meters in length. The Streator YMCA pool is 25 yards in length.
6. **Conversion Factor:** Some of the pools that our team will swim may be meter pools. You may use the following formula to convert meter times to yard times:

$$\text{Meter Time divided by 1.0998} = \text{time in yards}$$

7. **Touch Pad:** Electronic timing device used to determine time and finish place for each lane in the pool. The touch pad automatically starts with the starter's pistol and stops with the swimmer's touch on the pad at the end of the race.
8. **Pack Clock:** A 60 second clock used during practice to time the different parts of the workout.

9. Circle Swimming: Swimming in a counterclockwise direction around the line on the bottom of the pool marking your lane. Done to avoid colliding with other swimmers. Circle swimming is done in practice, not in meets.
10. Pull Buoy: A floatation device for the legs. Used to work on arm strength and arm strokes.
11. Backstroke Flags: Triangular pennants suspended over each lane from a line located 5 yards from each end of the pool. Backstroke flags are used in the backstroke events and the backstroke legs of the IM and Medley Relay; the swimmer uses them to determine how many strokes he/she has left to get to the wall.
12. False Start: Several situations result in a false start being charged:
  - a. After the command "Take your mark", all swimmers entering the water or otherwise leaving their marks, before the starting sound or before being released from the starting position.
  - b. When starting sound has been given and any swimmer leaves too soon.
  - c. A swimmer who unnecessarily delays in assuming and holding starting position.

Any swimmer charged with one false start must be disqualified and shall not swim the race.

13. Disqualified (DQ'd): Generally, a swimmer is disqualified from a race when the swimmer does not swim a stroke properly. For example, in the fly, the swimmer may not use a flutter kick and also may not use another stroke such as the breaststroke. Other common examples are false starts, failure to touch simultaneously with both hands in the fly and breast, taking more than one arm pull or leg kick while submerged at the beginning or at the turn on the breaststroke. A relay team can also be DQ'd for an early start before the preceding swimmer has touched.
14. Heat: A heat is a group of swimmers competing in one event at any one time. In a 6-lane pool, if there are six swimmers in the event there is one group or heat. If there are more than six swimmers, the contestants are divided into different heats, with the minimum number of three in one heat. Normally, the first heat consists of the slower swimmers with final heat having the fastest swimmers by seed time. The last heat should have six swimmers, if possible.
15. Heat Sheet: A program listing all the swimmers for each event of the meet. Heat sheets will show the swimmer's name, team, seed time, and the heat and lane each swimmer will compete in. Each event is divided into heats according to the entry time submitted for each swimmer. This program greatly helps coaches and parents follow the progress of the meet and it helps swimmers know who they are competing against.
16. Seed Time: The entry time submitted for each swimmer in each event. Normally, the swimmer's best time is submitted.

17. Seed Card (Lane Card): Every swimmer must have one for each event he/she swims. The swimmer takes the card with him to the starting blocks; sometimes the timers are given all the cards for the meet, and the swimmers just report to their lane. The card will show the swimmer's name, team, event number, seed time, and event (age group, distance, and stroke). At the completion of each race, the timers record the swimmer's time of the card. For dual meets, the swimmer gets his card from the coach; for invitationals the swimmer gets his card in the bull pen or the card will already be with the timer.
18. Scratch: Omitting a swimmer from an event entered. The swimmer will not compete in the event if scratched. A swimmer may be scratched from one event or from the entire meet, according to rules and regulations.
19. Bull Pen (clerk of course; staging area): Place where swimmers go before each event to get lined up. Swimmers check in and are grouped in their heats and by assigned lanes.
20. Exhibition: Any "extra" events the swimmer competes in above the maximum events allowed. The swimmer may not receive ribbons or awards and no points are scored. The swimmer's time may be used to determine a qualifying time. Normally done only in dual meets and by agreement of both coaches.
21. Timed Finals: Each event is swum only once. The final heat is composed of the entries with the fastest seed times. No heat will have less than three contestants. Final standings are determined by each swimmer's finish time. All dual meets are timed finals.
22. Prelims/Finals: Two meets within one. In the prelims, every event is swum like a regular meet. Then the top six (if six-lane pool) fastest swimmers will compete again in the finals to determine placing, awards, and points. Finished status (place) in prelims has no bearing on finished place in finals; it only determines which lane a swimmer will race in the finals. A swimmer can qualify 6<sup>th</sup> in the prelims and still get 1<sup>st</sup> in the finals. Results of the final (time and place) determines final standing for that event. Qualifying times and records may be set during prelims, even if the swimmer does not repeat performance in the finals. The District and State Championship meets use prelims and finals.
23. Dual Meets: Competition between two teams. These meets generally last 2-3 hours.
24. Invitational Meets: The host team invites several teams, varying in number from six to sixteen. These meets are normally an all day affair with warm-ups beginning early in the morning. The meets will have entry fees for each swimmer.
25. Junior District: The Junior District Championship meet is held in late February or early March at the conclusion of the regular season. This meet is for swimmers in the 8 & under, 9 & 10, and 11 & 12 age groups for events they have not made District qualifying times. The list of events is the same as during the regular season with the exception of relays; all relay events are swum as part of the District Championship meet. The meet will have entry fees.

26. Districts: The District Championship meet is held for all swimmers who have met qualifying times in their events. To qualify for Districts the swimmer must have had a District time in the meet during the season. A swimmer may enter three individual events, as in the regular season. Any swimmer in the 13 & 14 and the 15 through 21 age groups may enter this meet, regardless of time. The District meet will have entry fees. A list of District qualifying times is published each year.
27. State Meet: To go to the State meet the swimmer must swim a state qualifying time or better at the District meet. The first place finisher in each event at the District meet also automatically qualifies, regardless of time. The State meet is normally held two weeks after the District meet with girls swimming one day and boys swimming on the other day. The meet will have entry fees. A list of State qualifying times is published each year.
28. Relays: Event where four members of one team compete as one entry. Each age group has two relay events:
  - a. Medley relay: Swimmers swim one fourth of the prescribed distance as follows: backstroke, breaststroke, butterfly, and freestyle. Each swimmer swims a different stroke. All relay team members must swim their phase of the race adhering to the turn and finish rules governing their stroke.
  - b. Freestyle relay: Swimmers swim one fourth of the prescribed distance freestyle.
29. Swim Team Parent: An enthusiastic support person for the various swim team events which usually include any or all of the following:
  - a. Supporting and encouraging the coach and YMCA staff
  - b. Complimenting the progress of their child(ren)
  - c. Getting the swimmer(s) to practice and meets on time
  - d. Providing transportation to practice and/or meets when needed
  - e. Helping support the financial endeavors of the swim team parent's group (concession stand and fundraisers)
  - f. Assisting at meets as a worker or as an all-around cheering observer
  - g. Recruiting new swim team members by spreading the "good news" about how much swim team means to all who belong
  - h. Having a great time watching each swimmer grow in self-esteem and swimming ability.