



Elkhorn Penguins Swim Team Parent Handbook

(Revised 2019)

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Introduction

This handbook was created to explain policies and rules of the Elkhorn Area Penguins Swim Team. We invite families to review this handbook, which will provide knowledge on how we can work together for the Elkhorn Penguins continued success.

Mission Statement

The Elkhorn Penguins swim team is committed to providing a competitive swimming environment that challenges each swimmer to reach their fullest potential with an emphasis on team unity and quality sportsmanship in a fun, respectful environment.

Purpose of the Team

We are a feeder program for the high school team as well as an opportunity for the community youth to participate in competitive swim training.

We are not a substitute for swim lessons. Qualified swimmers must be able to swim the length of the pool without assistance; demonstrate appropriate breathing technique, have knowledge of how to swim freestyle and backstroke, and be able to take instruction/coaching for up to an hour in the pool.

Swim Sessions

The Penguin Swim Team provides four sessions a year: fall, winter, spring and summer. The fiscal year begins in the fall. We hold annual elections at a meeting time and place to be determined by the current staff of officers. The session typically runs 10-12 weeks. We offer a recreation swimming club. We make every attempt to have at least 3 meets per session; this is also influenced by the schedules of other teams. When possible, we schedule an inter-team pentathlon.

Registration *(all swimmers are required to fill out the appropriate forms)*

All forms and appropriate fees are due at time of registration.

All registration forms can be found on our website.

Required forms: Penguins Recreational swimmers – Elkhorn Penguins registration form and a concussion form

Practice Groups and Requirements

Penguins Recreation Team is the introductory group focused on teaching swimmers the four competitive strokes, turns, relay exchanges and racing starts. This group has no practice requirements but swimmers are encouraged to make 2/3 practices a week for maximum benefit and development. These swimmers are encouraged to participate in recreational swim meets.

2019 – 2020 Recreation and USA Schedule and Pricing

Fall session: September 9 – December 17

Winter session: January 6 – March 16

Penguins Recreation Team: 3 nights per week. \$150.00 per swimmer

Spring session: April 6 – May 18

Summer session: June 8 – July 30

Penguins Recreation Team: 3 nights per week. \$130.00 per swimmer

Refund Policy

A full refund is offered during the first week of practice for new swimmers only.

Medical refunds are allowed only during the first 3 weeks of a session and must have a note from a physician. The refund is offered in the form of a prorated credit toward the next session. You must contact the president of the swim team during the first 3 weeks in order for this to apply. This notice is also on the registration forms.

PRACTICE

Practice Policy

Practice is held Monday, Tuesday, and Thursday. The practice times are as follows (unless otherwise indicated by the team):

10 yrs old and younger 5:15pm – 6:30 p.m.

11 yrs old and older 6:15pm – 7:50 p.m.

If for some reason your child has to switch a suggested practice time, you should discuss with the head coach.

This is a competitive swim team and not for free swim time. If inappropriate behavior or willingness to participate is observed, the offender will be given ONE warning. After that the child will be asked to leave the water and the parents will be contacted.

As a member of the swim team, athletes are expected to come to practice on time with any necessary equipment. Equipment referring to: goggles, swim caps, swimsuit, towels, water bottle. The coaching staff will not provide goggles (this is for your personal safety to prevent the spread of any communicable eye diseases). If goggles/caps are forgotten, they may be purchased at any practice.

Pick-up time is at the designated time of completion. If the swimmer's ride is over 10 minutes late arriving, a fee of \$5.00 will be charged. The swimmer will not be allowed to participate in the next swimming event (practice or meet) without that bill being paid.

MEETS

Meet Sign-up / Entries

Meet sign-ups will be posted on our website. Deadlines for sign-up will be enforced. We try to have the sign-ups for the upcoming Recreational meets 2-3 weeks prior to the meet. Recreational meet sign up will close (meaning no more signing up) one week prior to the date of the meet. There are no exceptions to this rule.

Athletes should request the events that they wish to compete in, however the coaching staff will use the requests as a guideline. The final decision for what the athlete swims will be determined by the coaching staff. This is based on what is available at the meet, the athletes' abilities, and other considerations. We will generally ask the athletes to compete in 2-3 individual events based on the size of the meet as well as 1-2 relay events. (*Recreational Meet*)

What swimmers should bring to a meet:

1. Team swimsuit, Penguin swim cap, goggles
2. Towels (it's a good idea to bring at least 2)
3. Warm clothing (sweats, robe, etc.)
4. Healthy snacks, (no peanuts please) water bottle
5. Games, books, etc. (to pass the time between events)

Meet Commitment

When you sign your athlete up for a meet, he/she needs to arrive at the meet on time. If there is an emergency or medical reason that your athlete will not be participating in a meet that he/she has signed up for, then the head coach needs to be informed as soon as possible prior to the meet. The coaches make up the relay teams and if you sign up for a relay and do not come or have to leave early it lets down the whole team.

Please do not take your athlete out of a meet early. We understand that at times a meet can be quite lengthy. However, this does not justify taking your athlete out before the meet is over. If you do not wish your athlete to participate in the final relays, then please do not sign them up for the final relays. Then you are free to leave after the athlete has completed his/her final individual event.

Types of Meets

Recreational Meet - is generally a swimming competition between two or more teams. Occasionally, we will have a meet with only our own team. Typical meets can last anywhere from 2 to 3 hours. USA swimmers are welcome to participate in a Recreational meet. Recreational meets are NOT sanctioned by USA-Swimming; however, they can still be governed by USA-Swimming rules. These meets are usually run by local swim clubs, and offer a fair level of competition.

The meets consist of many events. Each event corresponds to a different swim stroke and swim length. The individual events are based on the four basic swim strokes: freestyle, back, breast and butterfly. There are also two types of relay events: medley and freestyle. Following is a list of typical events at a swim meet:

25/50 freestyle, breast, butterfly, and back (8 and under)

50/100/200 freestyle, breast, butterfly, and back (older swimmers)

100 or 200 medley relay (distances vary based on swimmer age)

100 or 200 freestyle relay (distances vary based on swimmer age)

All distances are in either meters or yards depending on the facility hosting the meet.

Medley Relay

This is a relay consisting of four swimmers.

*swimmer 1 – swims the backstroke

*swimmer 2 – swims the breaststroke

*swimmer 3 – swims the butterfly

*swimmer 4 – swims the freestyle

IM also known as the Individual Medley

IM stands for individual medley. This is a race where the swimmer will perform all 4 strokes (butterfly, back, breast, and freestyle) during the course of the race. Depending on length the swimmer will do one or more lengths of the pool in each stroke.

Freestyle Relay

This relay consists of four swimmers who all swim the freestyle. This is usually the last event of a swim meet.

What is a Pentathlon? A pentathlon is a swim meet where all swimmers will race each stroke (butterfly, back, breast, and freestyle) plus an IM. Hence 5 events and the meets name. The times of each race are then combined to determine overall rankings.

Ribbons and medals / recreational swim meet

At a recreational swim meet ribbons and medals are handed out based on the finish times of each event. Each event can consist of more than one heat (these are held if there are more swimmers than lanes). The slowest swimmers are in the first heats and the fastest swimmers are in the last. It is important to remember that while you may place in your heat; your placement/ribbon is determined by the combined heats for the event.

COURSE

Competition pools may be short course (25 yards or 25 meters), or long course (50 meters). The international standard (as used in the Olympics) is 50 meters. World records are accomplished in 25 and 50 meter pools. USA Swimming maintains records for 25 yard, 25 meter and 50 meter pools.

COMPETITION

Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Traditionally recognized age groups are 10 and under, 11-12, 13-14, 15-16, 17-18. Many local meets feature 8 and under, single age groups, or senior events.

OFFICIALS

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

The Four Strokes

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley.

PARENT INVOLVEMENT

Volunteer Policy

Parent involvement and volunteering is crucial to the success of our swim team. We always need timers, scoreboard assistants, ribbon and other meet management assistance, as well as concession stand people. The Elkhorn Penguins Swim Team is requiring each family to fulfill 6 volunteer hours / session. If volunteer opportunities are not fulfilled you will be charged \$10 / hour of the unfilled time. (e.g. if you only work 3 hours then you will be charged \$30) Your credit card will be charged the set amount at the end of each session. Volunteers will sign up for volunteer opportunities via the website and the hours will automatically be logged into each swimmer's account.

Encourage your swimmers and others to set goals for swim times. A swimmer improving their personal best time is just as rewarding as placing first. You can also help teach team concepts by encouraging your swimmer to cheer on other team members.

Communication

Our website will be your main source of communication. Announcements will be posted, meets/deadlines, practice schedules, and all other information that pertains to the Elkhorn Penguins. If you need to email any of the board members, a list of names and contact info can be found on our website. We will also send out emails with any important updates or post information under the News tab on the website.

Annual meeting and meetings of the general membership

An annual meeting is held each fall session. The general membership can call a meeting of all the members by having five members contact the president and request a meeting. There will be an effort to have a general membership meeting every session. During these meetings any by-law changes are proposed.

Board Members

The Elkhorn Penguin's board of directors is comprised of 4 officers, 2 USA parent reps and 2 rec team parent reps. The officers of the Elkhorn Penguin Swim Team are the president, vice president, secretary and treasurer. The officers shall be elected from the general adult membership and will serve a term of two years. Elections are typically held at the end of the spring session. Vacancies on the board shall be filled by appointment of the remaining board members. Members of the board meet to discuss, develop, and implement policies and procedures. A list of current board members can be found on our website along with contact information.

THANK YOU!

You as the parent are a crucial advocate for this program and your child. We hope to keep the line of communications open. Please contact an officer with questions or coaches after practice.

Thank you for you passion and commitment to your swimmers and swimming!

SWIM GLOSSARY

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

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| Admission | Certain swim meets charge for spectators to view the meets. These are usually the larger more prestigious meets. Sometimes the meet program (heat sheet) is included in the price of admission. |
| Age Group | Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16,17-18. Some LSC's have divided the swimmers into more convenient divisions specific to their situations: (ie) 8-under, 13-Over, 15-Over, Junior, Senior. |
| Anchor | The final swimmer in a relay. |
| Backstroke | One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swam as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back) |
| Beep | The starting sound from an electronic, computerized timing system. |
| Blocks | The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool, and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable. |
| Bottom | The floor of the pool. Bottom depths are usually marked on the walls or sides of the pool. |

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| Breaststroke | One of the 4 competitive racing strokes. Breaststroke is swam as the second stroke in the Medley Relay and the third stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back) |
| Bull Pen | The staging area where swimmers wait to receive their lane and heat assignments The marshal is in charge of the Bull Pen. |
| Bulletin | One of the most important communication devices for a swim club. Bulletin boards are usually in the entrance Board ways of pools and have timely information posted for swimmers and parents to read. |
| Butterfly | One of the 4 competitive racing strokes. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and first stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back) |
| Button | The manual Timing System stopping device that records a back-up time in case the touch pad malfunctioned. The button is at the end of a wire, plugged into a deck terminal box. There is usually one button per lane. It is the timer's responsibility to push the button as the swimmer finishes the race. |
| Cap | The latex or lycra covering worn on the head of swimmers. The colors and team logo's adorning these caps are limitless. |
| Car pool | The major transportation service provided by parents of a swim club, to shuttle swimmers to and from practices. |
| Chlorine | The chemical used by most pools to kill the bacteria in water and keep it clear and safe to swim in. |
| Course | Designated distance (length of pool) for swimming competition. (le) Long Course = 50 meters / Short Course = 25 yards or 25 meters. |

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| Deck | The area around the swimming pool reserved for swimmers, officials, and coaches. No one but authorized personnel may be on the deck during a swim competition. |
| Distance | How far a swimmer swims. Distances for short course are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths), 500 yards (20 lengths), 1000 yards (40 lengths), 1650 yards (66 lengths). |
| Disqualified | A swimmer's performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head. |
| Dive | Entering the water head first. Diving is not allowed during warmups except at the designated time, in specific lanes that are monitored by the swimmer's coach. |
| Diving Well | A separate pool or a pool set off to the side of the competition pool. This pool has deeper water and diving boards/platforms. During a meet, this area may be designated as a warm-down pool with proper supervision. |
| Dual Meet | Type of meet where two (2) teams/clubs compete against each other. |
| Dropped Time | When a swimmer goes faster than the previous performance they have "dropped their time". |
| Dryland | The exercises and various strength programs swimmers do out of the water. |
| Entry | An Individual, Relay team, or Club roster's event list into a swim competition. |
| Electronic Timing | The timing system usually has touchpads in the water, junction boxes on the deck with hook up cables, buttons for backup timing, and a computer type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers time. |
| Eligible to compete | The status of a member swimmer that means they are registered and have met all the requirements. |

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| Equipment | The items necessary to operate a swim practice or conduct a swim competition. |
| Event | A race or stroke over a given distance. An event equals 1 preliminary with its final, or 1 timed final. |
| False Start | When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances. |
| Fastest to Slowest | A seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heats followed by the next fastest and so on. Many times these events will alternate one girl's heat and one boy's heat until all swimmers have competed. |
| Fees | Money paid by swimmers for services. (le) Practice fees, registration fee, USS membership fee, etc. |
| FINA | The international, rules making organization, for the sport of swimming. |
| Finals | The final race of each event. |
| Final Results | The printed copy of the results of each race of a swim meet. |
| Fins | Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not competition. |
| Flags | Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall. |
| Format | The order of events and type of swim meet being conducted. |

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| Fund Raiser | A money making endeavor by a swim team/club usually involving both parents and swimmers. |
| Freestyle | One of the 4 competitive racing strokes. Freestyle (nicknamed Free) is swam as the fourth stroke in the Medley Relay and fourth stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, 200 yds/mtr, 400 mtr/500 yd 800 mtr/1000 yds, 1500 mtr/1650 yds. (LSC's with 8-under divisions offer the 25 yd free) |
| Gallery | The viewing area for spectators during the swimming competition. |
| Goals | The short and long range targets for swimmers to aim for. |
| Goggles | Glasses type devices worn by swimmers to keep their eyes from being irritated by the chlorine in the water. |
| Gun | The blank firing pistol used at some meets by the starter to start the races. |
| Gun Lap | The part of a freestyle distance race (400 meters or longer) when the swimmer has 2 lengths plus 5 yards to go. The starter fires a gun shot over the lane of the lead swimmer when swimmer is at the flags. |
| Handbook | A reference manual published by teams/clubs and LSC's or other swimming organizations. |
| Hats | See "caps". |
| Heats | A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers time swam, after all heats of the event are completed. |
| Heat Sheet | The pre-meet printed listings of swimmers seed times in the various events at a swim meet. These sheets vary in accuracy, since the coaches submit swimmers times many weeks before the meet. Heat sheets are sold at the admissions table and are used mainly to make sure the swimmer has been properly entered in all the events they signed up for. Parents enjoy looking at the seedings prior to the race plus swimmers |

can tell the order the events will be conducted and get a rough idea how long the meet sessions will last.

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| High Point | An award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards; check the pre meet information. |
| Horn | A sounding device used in place of a gun. Used mainly with a fully automatic timing system. |
| Illegal | Doing something against the rules that is cause for disqualification. |
| IM | Individual Medley. A swimming event using all 4 of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swam of each stroke. Distances offered: 100 yds, 200 yds/mtr, 400 yds/mtr. |
| Interval | A specific elapsed time for swimming or rest used during swim practice. |
| Invitational | Type of meet that requires a club to request an invitation to attend the meet. |
| Jump | An illegal start done by the 2nd, 3rd, or 4th member of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall. |
| Kick | The leg movements of a swimmer. A popular word to "yell" to encourage swimmers during a race. |
| Kick Board | A flotation device used by swimmers during practice. A lightweight object used with great accuracy by coaches. |
| Lane | The specific area in which a swimmer is assigned to swim. (Ie) Lane 1 or Lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from Right (lane 1) to Left (Lane 6). |

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| Lane Lines | Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers. |
| Lap | One length of the course. Sometimes may also mean down and back (2 lengths) of the course. |
| Lap Counter | The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card. |
| Leg | The part of a relay event swam by a single team member. A single stroke in the IM. |
| Length | The extent of the competitive course from end to end. See lap. |
| Long Course | A 50 meter pool. |
| Lycra | A stretch material used to make competitive swim suits and swim hats. |
| Malfunction | A mechanical or electronic failure - not a human failure by the swimmer. |
| Mark | The command to take your starting position. |
| Marshall | The adult(s) (official) who control the crowd and swimmer flow at a swim meet. |
| Medals | Awards given to the swimmers at meets. They vary in size and design and method of presentation. |
| Meet | A series of events held in one program. |

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| Meet Director | The official in charge of the administration of the meet. The person directing the "dry side" of the meet. |
| Meters | The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters is 50 meters, short course meters is 25 meters. |
| Mile | The slang referring to the 1500 meter or the 1650 yard freestyle, both of which are slightly short of a mile. |
| Natatorium | A building constructed for the purpose of housing a swimming pool and related equipment. |
| NCAA | National Collegiate Athletic Association |
| Novice | A beginner or someone who does not have experience. |
| NT | No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before. |
| Nylon | A material used to make swim suits. |
| Officials | The certified, adult volunteers, who operate the many facets of a swim competition. |
| Omega | A brand of automatic timing system. |
| OT | Official Time. The swimmers event time recorded to one hundredth of a second (.01). |
| Pace Clock | The large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warmups or swim practice. |

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| Paddle | Colored plastic devices worn on the swimmers hands during swim practice. |
| Pentathlon | A type of meet where swimmers swim 5 individual events and no relays. Typically swimmers will compete in each of the 4 strokes, plus the Individual Medley. |
| Plaque | A type of award (wall plaque) given to swimmers at a meet. |
| Pool | The facility in which swimming competition is conducted. |
| Practice | The scheduled workouts a swimmers attends with their swim team/club. |
| Prelims | Session of a Prelims/Finals meet in which the qualification heats are conducted. |
| Prelims-Finals | Type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest 6 or 8 (Championship Heat) swimmers, and the next fastest 6 or 8 swimmers (Consolation Heat) return in the evening to compete in the Finals. A swimmer who has qualified in the Consolation Finals may not place in the Championship Finals even if their finals time would place them so. The converse also applies. |
| Pre-seeded | A meet conducted without a bull pen in which a swimmer knows what lane and heat they are in by looking at the meet heat sheet, or posted meet program. |
| Pull Buoy | A flotation device used for pulling by swimmers in practice. |
| Qualifying Times | Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. See "A" "AA" (etc.) times. |
| Race | Any single swimming competition. (Ie) preliminary, final, timed final. |
| Referee | The head official at a swim meet in charge of all of the "Wet Side" administration and decisions. |

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| Relays | A swimming event in which 4 swimmers participate as a relay team each swimmer swimming an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Medley relays are conducted over 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances. |
| Rest Area | A designated area (such as a gymnasium) that is set aside for swimmers to rest during a meet. |
| Ribbons | Awards in a variety of sizes, styles, and colors, given at swim meets. |
| Scratch | To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events. |
| Seed | Assign the swimmers heats and lanes according to their submitted or preliminary times. |
| Session | Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group. |
| Shave | The process of removing all arm, leg, and exposed torso hair, to decrease the "drag" or resistance of the body moving through the water. Used only by Seniors at very important (Championship) meets. |
| Short Course | A 25 yard or 25 meter pool. |
| Simultaneously | A term used in the rules of butterfly and breaststroke, meaning at the same time. |

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| Split | A portion of an event, shorter than the total distance, that is timed. (Ie) A swimmers first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances. |
| Stations | Separate portions of a dryland or weight circuit. |
| Start | The beginning of a race. The dive used to begin a race. |
| Starter | The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff. |
| Still Water | Water that has no current caused by a filter system or no waves caused by swimmers. |
| Stand-up | The command given by the Starter or Referee to release the swimmers from their starting position. |
| Step-Down | The command given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication everything is not right for the race to start. |
| Stroke | There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle. |
| Stroke Judge | The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be Disqualified. |
| Submitted Time | Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets. |
| Suit | The racing uniform worn by the swimmer, in the water, during competition. The three most popular styles/types of suits worn are: Nylon, Lycra, Paper. |

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| Taper | The resting phase of a senior swimmer at the end of the season before the championship meet. |
| Team Records | The statistics a team keeps, listing the fastest swimmer in the clubs history for each age group/each event. |
| Timed Finals | Competition in which only heats are swum and final placings are determined by those times. |
| Timer | The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system. |
| Touch Out | To reach the touchpad and finish first in a close race. |
| Touch Pad | The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race. |
| Transfer | The act of leaving one club or LSC and going to another. Usually 120 days of unattached competition is required before swimmer can represent another USS club. |
| Trophy | Type of award given to teams and swimmers at meets. |
| Uniform | The various parts of clothing a swimmer wears at a meet. May include: Parka, Warmup jacket, Team duffel bag, sweat pants, suits, hat, goggles, T-shirt, etc. |
| Unofficial Time | The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been checked, it will become the official time. |
| Vertical | At right angle to the normal water level. |
| Warm-down | The loosing a swimmer does after a race when pool space is available. |

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| Warm-up | The practice and loosing session a swimmer does before the meet or their event is swum. |
| Watch | The hand held device used by timers and coaches for timing a swimmers races and taking splits. |
| Water | For the purpose of filling swimming pools and swimmers drinking to properly hydrate themselves. |
| Weights | The various barbells / benches / machines used by swimmers during their dryland program. |
| Whistle | The sound a starter/referee makes to signal for quiet before they give the command to start the race. |
| Work Out | The practice sessions a swimmer attends. |
| Yards | The measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length. |
| Yardage | The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session. |