



GATORS SWIM CLUB PARENT HANDBOOK

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Welcome to The Gators Swim Club¹. If you would like to swim, we have a lane for you! Our mission is to help you catch the vision of what you can accomplish in this sport, and assist you in achieving your goals. Whether you are swimming simply to stay fit, or you aim to swim to the heights of age-group swimming, we believe you are on the right team. We look forward to having you in our program and serving you well into the future. We hope your adventures as a Gator will make you proud to be one.

Our Philosophy

The Gators Swim Club is primarily a competitive swim team. However, we recognize that swimming provides an array of additional advantages for a swimmer. It advances good health and healthy habits while swimmers acquire a lifetime sport/recreational activity. Swimmers learn to work hard and persevere, and gain confidence as they see their efforts pay off. Competitive swimmers cope with success and disappointment regularly, sometimes all in a day, teaching them self-control and mental tenacity. There are also many opportunities to practice being a team player, to make friends, and have fun. At the Gators Swim Club, we like to keep our eye on all of these interests, along with preparing our swimmers to compete.

Specific to training, we are of the opinion that quality takes precedence over quantity. We build better swimmers by concentrating on the fundamentals of the sport, and working to perfect those basics, through effective, high intensity, lower yardage workouts. Further, instead of seeing a swimmer as an expert in one or two strokes, we emphasize development in all four strokes for all swimmers during these age-group² years. We believe that this will best prepare them to succeed at age-group swimming and beyond.

We believe our swimmers partner with us in developing a team we can all take pride in. We view Gators as ambassadors for our team. We expect them to conduct themselves as such, both in and out of the water. We trust our swimmers to:

- Respect parents, coaches, teammates, officials, and swimmers from other teams
- Exhibit sportsmanship at practice and swim meets
- Take responsibility for their words and actions, their successes and failures
- Always do their best, whether practicing or competing

We hope this handbook helps answer questions you may have about swimming on a team in general, and specifically at the Gators Swim Club.

Practice Locations

Gators swim at four different locations:

- *Nellie Gail Ranch Tennis and Swim Club, Laguna Hills*
- *Avendale Pool, Ladera Ranch (Only residents of Ladera Ranch may swim here)*
- *Oak Knoll Pool, Ladera Ranch (Only residents of Ladera Ranch may swim here)*
- *San Juan Hills High School, San Juan Capistrano (Certain time standards need to be met in order to swim with the groups that practice here)*

¹ The Gators Swim Club is a program of Evolution Swim Academy

² See glossary for more information on age-group swimming



Gators Swim Club Groups

All swimmers wishing to join the Gators must try out. They will be expected to swim 25 yards (one length of the pool) and demonstrate proficiency in the required strokes. Each swimmer is assigned to a specific practice group based on age, skill, time standards achieved, and personal swimming goals. We do allow swimmers to move-up during the year. In general, this happens after a swim season, in February and July. Move-ups are at the discretion of each coach. Following is a brief description of Gator practice groups. *Please note that swimmers in all groups may participate in age-group meets.*

Intro to Gators

Intro to Gators is our entry-level group for 6 – 9 year old swimmers (sometimes 5 year olds). We work stroke technique, swim drills and fun into every practice. A swimmer must know at least two of the four major swim strokes for placement in this group. Swimmers in this group choose between swimming once or twice a week.

Technique & Fitness

Technique & Fitness group is the entry-level group for 10 – 13 year old swimmers (sometimes 14 year olds). To participate in this group, a swimmer must be able to do at least two different strokes. Here we concentrate on developing proper stroke technique and endurance. Swimmers in this group choose between swimming once or twice a week.

Mighty Mites

This is an introduction to age-group swimming for those 10 and under. A working knowledge of all four competitive strokes is required for placement in this group, and all groups that follow. In addition to stroke technique and endurance, Mighty Mites practice fundamental racing skill—starts, turns and finishes. The goal is to eliminate rule violations while competing.

Bronze

Bronze Group is for 10 – 12 year old (sometimes 9 year old) age-group swimmers. Here we emphasize proper stroke technique, endurance, improving all four competitive strokes, starts, turns, finishes and racing strategies.

Silver

Silver Group is for more advanced 10 – 12 year old swimmers (sometimes 9 year olds). This group will continue to improve stroke technique, endurance, and racing skills, and begin incorporating dry-land exercises. In addition to local age-group meets, Silver Group swimmers prepare to compete at Invitational swim meets and Junior Olympics.

Varsity Gold

Varsity Gold group is designed for middle school and high school aged swimmers who want to develop their competitive swimming skills without committing to the 5 or 6 workouts required of the other advanced groups. Varsity Gold will focus on stroke technique and endurance. They will have the option to train on Saturday as well.

Gold

Gold Group is for 10 – 12 year old swimmers (sometimes 13 year olds). Participation is by coach's invitation only. This group emphasizes stroke technique, develops more endurance, and hones racing skills. Dry-land exercises are regularly incorporated, particularly for strength training. Gold group swimmers prepare to compete at Invitational swim meets, Junior Olympics and the Southern California Swimming Club Championship meet.

National Development

National Development is for 13 and older swimmers, whose ultimate goal is to qualify for Sectionals. Participation is by coach's invitation only. Workouts for this group are high intensity, highly



technical, and focused on the three key areas: technique, strength and endurance. We offer six water workouts, two strength /conditioning sessions and two core and power sessions each week.

Practice Locations and Times, Monthly Dues, Equipment and Attendance Requirements

**\$25 HOA fee is assessed at the Nellie Gail Ranch Tennis and Swim Club location, for pool use by non-members.*

Group	Loc.	Workout Days/Times	Monthly Dues	Required Equipment	Recommended attendance
Intro to Gators	NGR	Mon. – Thurs. 4:45 PM – 5:30 PM	1 workout/week: \$50	Kickboard and Fins	N/A
	LR Oak Knoll	Mon. – Thurs. 4:00 PM – 4:45 PM	2 workouts/week: \$80		
Tech. and Fitness	NGR	Mon. – Thurs. 4:30 PM – 5:30 PM	1 workout/week: \$65	Kickboard and Fins	N/A
	LR Oak Knoll	Mon. – Thurs. 4:00 PM – 5:00 PM	2 workouts/week: \$104		
Mighty Mites	NGR	Mon. – Thurs. 3:30 PM – 4:30 PM	\$110 + \$25 HOA*	Kickboard and Fins	Minimum of 3 workouts/wk.
	LR Avenale	Mon. – Thurs. 4:00 PM – 5:00 PM	\$125		
Bronze	NGR	Mon. – Fri. 3:30 PM – 4:45 PM	\$130 + \$25 HOA*	Buoy, kickboard, snorkel, and fins	Minimum of 3 workouts/wk.
	LR Avenale	Mon. – Fri. 5:00 PM – 6:00 PM	\$125		
Silver	NGR	Mon. – Thurs. 5:30 PM – 7:00 PM Fri. 5:00 PM – 6:30 PM Sat. 8:00 AM – 10:00 AM	\$140 + \$25 HOA*	Paddles, buoy, kickboard, snorkel, and fins	Minimum of 4 workouts/wk. (required)
	LR Avenale	Mon. – Fri. 4:00 PM – 5:30 PM	\$150		
Varsity Gold	NGR	Mon. – Thurs. 5:30 PM – 7:00 PM Sat. 8:00 AM – 10:00 AM	\$125 + \$25 HOA*	Paddles, buoy, kickboard, snorkel, and fins	Minimum of 3 workouts/wk.
	LR Avenale	Mon. – Thurs. 5:30 PM – 7:00 PM	\$150		
Gold	SJHHS	Mon./Wed. 5:00 PM – 7:00 PM Tue./Thurs. 4:30 PM – 7:00 PM Sat. 8:00 AM – 10:00 AM	\$160	Paddles, buoy, kickboard, snorkel, and fins	Minimum of 5 workouts/wk. (required)
Nat. Devt.	SJHHS	Mon. – Thurs. 4:00 PM – 7:00 PM Fri. 4:30 PM – 6:30 PM Sat. 7:30 AM – 10:00 AM	\$200	Paddles, buoy, kickboard, snorkel, and fins	Minimum of 5 workouts/wk. (required)



Additional Fees:

- Every swimmer will pay a yearly registration fee that will cover administrative costs. This fee is assessed regardless of participation in swim meets. The registration fee will also cover a team swim cap and team t-shirt. The fees are as follows:
 - \$75 for swimmers registering in September through February
 - \$50 for swimmers registering in March through July
- A USA Swimming registration fee of \$60.00 is assessed once a year.
- There is a small entry fee and cost per event, associated with participating in swim meets.

All monthly fees are due by the 1st of each month. Meet entry fees are to be paid in advance of the meet.

What to Expect at Practice

Swimmers should arrive at practice dressed in appropriate practice wear and goggles. Team suits and caps need not be worn to practices. Swimmers should bring the required equipment to each practice, clearly labeled, and plenty of water to drink. They should arrive a few minutes early so they can get organized and be ready to swim.

Parents are welcome to attend practice, but please **do not** communicate with your child or try to coach them during practices. This is very distracting to swimmers and coaches. While practice hours are strictly a time for swimmers to be guided by their coaches, we recognize that you know your child best. If you have any concerns about your child's experience in the pool, you are welcome to discuss it with the coach **outside of practice hours**. You can communicate via email, or make an appointment to meet with the coach.

Our coaches work many hours, both on and off the pool deck, to ensure the success of our swimmers. They have the best interests of your child, but also the team, in mind. Please support their coaching decisions. Again, any concerns can be brought to the coach's attention.

In the case of **inclement weather**, we strictly adhere to the USA Swimming policy. At the first sight or sound of thunder and lightning, swimmers will be asked to exit the pool. Swimmers will only be allowed back in the pool if 30 minutes have passed since the last sight or sound of thunder and lightning. If a workout is to be cancelled, our administrative staff will notify you by text or email.

Please plan on picking up your swimmers from practice in a timely manner. If you are running late, please contact one of the coaches.

How to Sign Up for a Swim Meet, and What To Expect at the Meet

As a USA Swimming (USS) team affiliate, we regularly compete at USS sanctioned swim meets. The following details will help you navigate your first few swim meets. It may seem overwhelming at first, but you will soon find yourself helping a new parent, and until then, there are plenty of other parents and coaches to assist you. Do not hesitate to ask for help.

Coaches sign up swimmers to participate in swim meets. We automatically enroll swimmers in meets they qualify for, unless you officially decline to participate. This is done online. We will let you know about upcoming meets by email, well in advance, along with the deadline for declining participation.



It is up to you to let us know if your child cannot compete or can only compete on certain days. You can do this by logging into your account and selecting “attend” or “decline” before the deadline. There is also a prompt to add any information you want us to take into consideration. Once that deadline for declining has passed, our coaches will enter your child and you will be responsible for meet entry fees. There will be **no exceptions**.

A few days before a swim meet, we will send out meet information. The information will include the address to the location of the swim meet, warm up times for our team, the swim meet timeline, the list of events and swimmers participating in each event. There are usually four sessions in a meet—Saturday morning and afternoon, Sunday morning and afternoon. Different age groups swim at different times. Please carefully check the meet information and make sure you arrive at the meet for the correct session.

Swimmers are always required to arrive before meet start times for warm ups, regardless of when their events are scheduled in a particular session. Please arrive on time, in team apparel—swimsuits, caps, sweats, and t-shirts.

The first thing to do when you arrive at a swim meet is to have swimmers check in at the check-in table. *This is crucial and has to be done by each swimmer, in person.* The meet volunteers at check-in will remind swimmers of their events. Swimmers have to check in on each day of the swim meet.

Once swimmers have checked in, they should find where our team is set up, and touch base with the team coaches. Swimmers should also go to their coaches before and after each race, for reminders and feedback.

Heat and lane assignments are posted a few at a time, throughout the meet. Please regularly check the board where these are posted, to find out your child’s heat and lane assignment for each event. Parents, please assist your swimmers by making sure they get behind the blocks in advance of their heat. According to USA Swimming regulations, parents are not allowed behind the starting blocks, unless they are volunteering in some capacity.

Even with the best preparation, sometimes swimmers (even the more experienced ones) get disqualified for a rule violation when starting, swimming, turning or finishing. When this happens, a meet official will speak with the swimmer as soon as they get out of the pool, to explain why he or she was disqualified. This can be a little scary if it happens, especially for the youngest swimmers, but meet officials are there to help. Any further discussion about the disqualification has to go through the coach. The coaches will do their best at practice to ensure our swimmers are well prepared to compete and avoid mistakes that lead to disqualifications.

Parents are routinely expected to volunteer at swim meets. Each team that is participating is asked to provide a certain number of timers for the meet, and parents fulfill these timing assignments. Our team has a swim meet coordinator who distributes these assignments. The email with meet information will also include a list of parents who are responsible for timing at the upcoming meet. Please check this information and communicate with the coordinator if you cannot fulfill your assignment. Expect timing assignments to last about an hour.

Gator families are strongly encouraged to sit together at meets. An EZ UP and some folding chairs always make the experience more enjoyable. Be sure to bring healthy snacks and water for refueling between events.

Your swimmer should warm down after each event. There are lanes usually assigned for warming down. An ideal warm-down is a slow swim that is twice the length of the event in which a swimmer has participated. For example, if your swimmer swims the 50-yard freestyle, he or she should do an easy swim for at least a 100-yards. In almost all cases, freestyle is used to warm down.



Any ribbons awarded to our swimmers for the meet will be picked up by coaches and distributed on Monday of the following week.

Swim meets can be fun for the whole family. We request that parents leave all coaching to the coaches, and instead enjoy the swim meet by cheering on their swimmers. An encouraging and positive parent is a great swim team parent!

Volunteering and Fundraising Expectations

Club swimming requires parents to donate a portion of their time in furthering the goals of the team. The Gators Swim Club requires parents to volunteer **8 hours** a year. Most of the volunteer hours will be needed at the following Gators Swim Club events:

- Gators Swim Club hosted swim meets
- Team outfitting days
- Lap Swim Challenge day
- Head timer at all away meets

The Gators Swim Club will host two swim meets this year, in May and July. A meet coordinator will organize all volunteer assignments. You may also be asked to donate food to our swim meet snack bar. Donated items will be discounted from each family's volunteer hours. A swim meet necessitates everyone's cooperation. Southern California Swimming will assess our performance at each meet and this will determine meet assignments in the future.

We value each volunteer hour at \$40. Families that choose **NOT** to volunteer will be assessed a charge of up to \$320.00 for the swim year, calculated for the number of hours they choose not to volunteer.

The Gators Swim Club will host one fundraising event this year, the **Lap Swim Challenge**. Each swimmer will be responsible for raising **\$100.00** (maximum \$200.00 per family). Swimmers can get pledges per lap, or flat donations. Money raised will help fund coaches' professional development, pool and facility rental, local and regional meet expenses for the coaching staff, purchase of new equipment and replacing old equipment. We will provide additional information as the fundraising season approaches.

Coaching Staff—Qualifications And Training

The Gators Swim Club coaching staff consists of a Team Director, Site Director and coaches. All our coaches are USA swimming accredited and have passed the following United States Swimming requirements for coaching credentials:

- Background check
- CPR
- Athlete protection test
- Safety training for coaches



In addition, we believe in continuing education for our coaches and take every opportunity, such as the United States Regional Coaches Clinic, to learn from and be trained by some of the best and most experienced coaches in the country. We hire coaches with a passion for the sport, matched by an enthusiasm for teaching age-group swimmers.

Meet our Coaches

Felipe Delgado is a two-time Olympian (1996 & 2000). Felipe started his career by swimming for the South Gate Gators before moving to Orange County and swimming for the Mission Viejo Nadadores. Felipe competed at Mission Viejo High School where he set numerous high school records. He went on to compete at Arizona State University where he graduated with a Marketing Degree. Felipe graduated as a member of the dean's list and was recognized as a scholar-athlete. While at Arizona State, he was a fifteen time All-American, and qualified for finals multiple times at the NCAA Division I Championships. He was the bronze medalist at the 1996 NCAA Championships (50-yard freestyle) and went on to help set multiple team records in the relay events, while posting Top 10 all-time swims in individual events. Felipe was a Pac-10 Champion and US Open bronze medalist (50-meter freestyle). Post graduation, Felipe swam with Dave Salo and the Irvine Novaquatics, and finished his career swimming for Mike Bottom and The World Sprint Team.

Felipe is married to Megan Delgado, and has three daughters—Anicka, who currently swims for the Gators Swim Club, Valentina and Francesca, both in learn-to-swim lessons at Evolution Swim Academy.

Evan Forbes is the Site Director at Ladera Ranch and Head Coach of the Gators Swim Club. He comes to the Gators with a myriad of experiences with children, as well as competitive swimming. He has fifteen years of experience as a classroom teacher, working with grades K through 6. He was also a competitive swimmer and coach. Evan began at the age-group level, swam for his high school team and Ohio State University, and eventually represented the United States in international competition during his senior year in college. Evan has coached sixteen years at the age-group level and one year at the collegiate level. Evan holds a Bachelor's of Science from Ohio State University and a Masters of Science Education from Northern Illinois University.

Alicia Thornton graduated as valedictorian of Aliso Niguel High School, where she was also CIF champion in several events. She was an accomplished age-group and high school swimmer in Southern California, achieving Junior and Senior National Time Standards in multiple events. Alicia swam for the University of Southern California, where she received a Bachelor's Degree in Health Promotion and Disease Prevention, and a Master's Degree in Public Health. She also worked for USC as a nutritionist in childhood obesity research and prevention.

Derya Büyükcü is a six-time Olympic backstroke and butterfly swimmer (1992 through 2012). Coach Derya was a backstroke specialist and earned multiple gold medals at the European and FINA World Championships in swimming. Derya was a CIF champion in high school as well as Swimmer of the Year in his senior season. He was an NCAA champion while attending the University of Michigan, and earned both his Bachelor's Degree and MBA from there.

Irina Parfyonova is originally from Russia and was a competitive athlete at the collegiate and national level. She brings mental tenacity, self-control, determination, sportsmanship and focus to the children she coaches. She emphasizes how swimming can be fun, even when honing technique. She has a great sense of humor and is passionate about coaching. She believes that sometimes you need to take two steps back in order to move one step forward. She is very patient and encourages hard work in an enjoyable way. Irina is preparing to become a Certified Personal Trainer. She enjoys reading, travel, exercise and a good laugh.

James Sublette began his coaching career by teaching swim lessons for Evolution Swim Academy. He earned the reputation of being "the stroke guy", and now coaches the Gold group. James attended



Santa Margarita Catholic High School where he lettered three years in both water polo and swimming. He was also captain of the swim team his senior year and earned the “Just The Fastest” award twice during his 4 year tenure. Outside of coaching, Coach James enjoys staying active with Yoga and water sports. He also enjoys reading, eating sushi and watching sports.

Kathi Kopp was an age-group, high school, and varsity swimmer, and water polo player at California State University Chico. She has been an age-group swim coach since 1980. Kathi works as a fourth grade school teacher during the year.

Marcus Virelles is from Florida, and the oldest of six siblings, which, he believes, is the reason he has a good relationship with children. In high school, he went to three state finals, swimming freestyle and breaststroke. He placed in the top three his sophomore through senior year, and was captain of the swim team in 2005. He helped lead his team farther than they had ever advanced previously. Under his leadership, the swim team raised more banners in the gym than any other sport in school history. He went on to play Water Polo at the University of South Florida.

Stephen Fowks was a member of his high school swim team where he excelled in butterfly, backstroke, and distance swimming. He spent two summers as a pool monitor at Rancho Santa Margarita. In addition to First Aid and CPR, Stephen is certified by the American Red Cross as a Lifeguard. He loves working with children and looks forward to teaching them to become outstanding competitive swimmers. In his free time, Stephen can be found at the beach surfing or skateboarding.

Tim Carlsen spent much of his youth dedicated to swimming, water polo and being a lifeguard. Along the way, he developed a passion for teaching and helping others accomplish their goals. It makes him happy to see young swimmers grow and work as a team, and become the best they can be.

Trevor Grimes started swimming as an age group-swimmer for the Ladera Liquids. He later joined the Nadadores, where he participated in Junior Olympics. Being on the high school varsity team as a freshman, he won league championships in the 200 free, and attended CIF in a few events as well. He too is certified as a Lifeguard. Trevor is currently attending school, in addition to coaching.

Wes Lindemann was a State of Hawaii age-group record holder and an Arizona High School State Champs qualifier. Wes was awarded the United States Swim School Association Outstanding Instructor Award in 2005 and nominated as one of the top ten swim instructors in the United States that the same year. Wes coached the East Lake Eagle Rays Swim and Water Polo Team for seven years, and was head swim coach for three years, as well as head water polo coach for seven.



How to Reach Us

- **Phone number:** 949-388-4545
- **Website:** www.evolutionswim.com

Our website has a link to the Gators Swim Club. Once there, you can access our team portal by clicking on “member login”. The team portal is the hub for all information, including upcoming swim meets, events and best times achieved by individual swimmers. You will also be able to email coaching staff and the billing department through the team portal.

Below is contact information for the coaches:

San Juan Hills	Groups	Contact Number
Felipe:	Team Director, National Devt.	949-388-4545
Derya:	Intro to Gators, Gold, National Devt.	949-388-4545
James:	Gold	949-291-1163
Nellie Gail Ranch	Groups	Contact Number
Wes:	Intro to Gators, Bronze, Silver	714-553-1825
Alicia:	Tech/Fitness, Mighty Mites, Varsity Gold	310-383-8788
Ladera Ranch	Groups	Cell
Evan:	Head Coach, Mighty Mites, Bronze	949-370-0568
Kathi:	Bronze, Silver	714-745-9157
Stephen:	Silver, Varsity Gold	949-939-9615
Marcus:	Mighty Mites, Bronze, Silver, Varsity Gold	813-598-2529
Trevor:	Mighty Mites, Bronze	949-463-0467
Irina:	Mighty Mites, Bronze	408-382-1165
Tim:	Mighty Mites, Bronze	949-701-7240



Glossary of Common Swimming Terms

AGE GROUP SWIMMING/SWIMMERS/ MEETS—All swimmers, 18 and under, registered with USA Swimming, are divided by age for the purpose of competition and time standards. 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. Regardless of skill, all swimmers are required to compete in their age group. This is distinct from high school swimming for instance, where ability determines where you are placed. A swimmer's age on the first day of the meet determines his or her age for that meet. A swimmer ages up on his or her birthday.

BRW or BLUE/RED/WHITE—Within age groups, USA Swimming establishes certain time standards. A White time represents no standard having been met yet, and includes everyone whether they have swum the event previously or not. As a swimmer gets faster, they might qualify for a Red time, and then a Blue time. Beyond this there are more stringent qualifying times for different swim meets such as Junior Olympics. A meet that says BRW means anyone with a blue, red or white time might participate, which is usually all swimmers. A meet that says RW is for swimmers with Red and White times, and one that says BR is for those with Blue or Red times only. Some meets are only for swimmers who have Blue times. You can find all the time standards for your swimmer at <http://www.socalswim.org/time-standards/>.

CUT—Informal term for a qualifying time or standard that needs to be met in order to participate in certain meets.

DQ or DISQUALIFICATION—Occurs when an official observes a rule violation by the swimmer. A disqualified swimmer cannot receive an award or use the result as an official time.

DRY LAND TRAINING—Training done out of the water. Aids and enhances swimming performance. Usually includes stretching, weight training, and/or calisthenics.

FALSE START—Swimmers are supposed to be perfectly still at the starting signal. Even the slightest movement on their part will be deemed a false start and the swimmer will usually be disqualified from that event.

FLAGS—Pennants strung across the pool 5 yards or meters from the end of the pool. They enable backstrokers to execute a turn more efficiently by counting their strokes from the flags to the wall.

IM (INDIVIDUAL MEDLEY)—A race done by an individual swimmer consisting of one leg of each of the competitive strokes - butterfly, backstroke, breaststroke, and freestyle, in that order.

LONG COURSE (LCM)- A type of competitive pool, which measures 50 meters in length. The standard size for all international competition and all world record swimming is the 50 meter course. Typically meets conducted from the end of April through August are swum Long Course.

OFFICIAL—A judge on the deck of the pool at a sanctioned competition who enforces USA Swimming rules. There are stroke and turn judges, administrative officials, starters, timers, and referees.

REFEREE—The USA SWIMMING official who has the authority over all other officials at the meet. He makes all final decisions and sees to the efficient running of the meet.

SCRATCH—To withdraw from an event in a competition.



SEEDING TIMES—The best official time previously earned in a particular event by a swimmer. It is used to “seed” the swimmer and will determine his or her heat and lane assignment at a meet.

SHORT COURSE—A type of competitive pool, which measures 25 yards (**SCY**) or 25 meters (**SCM**) in length. Typically meets conducted from October through the end of March are swum Short Course.

SPLIT—A per-lap time for an event that is longer than one length of the pool, for instance, a swimmer’s time for each 25-yard leg of a 100-yard event.

SOUTHERN CALIFORNIA SWIMMING—The name of the Local Swimming Committee (LSC), charged by USA SWIMMING to govern competitive swimming in Southern California. Information about time standards, upcoming meets, meet results and a host of other swimming related information can be found at their website, www.socalswim.org.

STAGING—When swimmers, usually 8 and under but sometimes older, are gathered together in one spot before some events, and meet volunteers make sure they get to the correct heat and lane on time. Not all meets have staging. If there is, they will summon swimmers, over the microphone, to the designated staging area, several events before they are supposed to swim. Staging is usually held for events where swimmers are starting at the opposite end of the pool rather than behind the blocks.

STARTER—The USA SWIMMING official at a meet responsible for starting each heat and calling the next to the blocks.

STREAMLINE—The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer’s body is as tight as it can be.

TIME STANDARDS—Certain benchmark times which are set annually by USA SWIMMING for all age groups and events, in all levels of meets, to ensure that competitors are reasonably matched in ability. A swimmer’s goal should be to consistently improve his or her times, progressing from the “B” standard to the Nationals. See also **BRW** above. Time standards can be found at <http://www.socalswim.org/time-standards/>.

TOUCH PAD—Part of an electronic timing system that rests on the wall below the surface of the water at the finishing end of each lane. Swimmer’s times are electronically recorded when the pad is touched.

UNATTACHED—The status a swimmer receives when changing from one USA SWIMMING club to another. A swimmer must be “unattached” for 120 days from their last competition with their previous USA SWIMMING club. Although the swimmer practices with and attends meets with his or her new team, the swimmer is not officially considered a part of the team for the purpose of competition. During this time they may swim individual events, but not in relays.

USA SWIMMING- the governing body for all amateur swimming in the United States. The national headquarters are in Colorado Springs, Colorado. Their website is, www.usaswimming.org.