



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTHWEST YMCA LASERS

SWIMMER & PARENT HANDBOOK

2025-2026 SEASON

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Practice Facilities:

**Winsted YMCA
480 Main St.
Winsted, CT 06098
(860) 379-0708**

**Torrington YMCA
259 Prospect St.
Torrington, CT
(860) 489-3133**

**Coach Dave Steel:
Winaqua@nwcty.org
(860) 379-0708 Ext. 212**

Northwestern YMCA Mission Statement:

The mission of the YMCA is to build a healthy spirit, mind and body in children and adults, through programs that foster caring, honesty, respect and responsibility.

Core Values:

The goal for our Laser swimmers is to develop healthy, confident individuals where growth, training and competition are the tools in which help this development to occur. Everyone involved in the delivery of this program plays a role in this process. Coaches, YMCA leaders and volunteers assist individuals in their development by building positive relationships, acting with integrity and leading by example.

- Caring – We nurture and guard the well-being of youth and adults; and we promote healthy lifestyles, self-esteem, self-reliance, optimism, and fun.
- Honesty – We trust and earn the trust of others through integrity, honesty, collaboration, tolerance, and consistent self-appraisal.
- Respect – We believe all people have worth; we embrace diversity, and we always treat people with respect.
- Responsibility – We use our resources responsibly and act in the interest of the entire community. These YMCA Core Values are meant to create a safe and supportive environment where all children are protected in all team related events.

Team Philosophy:

When a person becomes a member of the Northwest YMCA Lasers, she/he becomes not only part of our team, but part of our family. Together, we learn the value of sportsmanship, fair play and teamwork. Our goal is to provide each swimmer with physical, emotional and intellectual skills that will last a lifetime. Our team mission is to mold individuals into champions in competition and in life by promoting the values of integrity, empowerment, self-esteem, and attainment of goals. Swimming offers a combination of both individual and team competition, and camaraderie that can only come from many hours of practicing and competing together. It is a great sport which allows each team member to experience success whether in a race against the clock or against other swimmers. We believe that the best results come from setting a goal and then giving your best effort to attain that goal. The level and intensity of swimming goals is infinitely flexible, varying not only with each swimmer, but also throughout each swimmers "career." For younger or newer swimmers, a goal might be as simple as being able to swim all 4 strokes legally or to get a "best time." From there a swimmer might work towards attaining ribbons at swim meets or certain qualifying times. Eventually, the goals could be even loftier for the team's older swimmers: YMCA Nationals or beyond. When the goal is achieved, swimmers often realize that the journey itself has been as rewarding as the success. The benefit, confidence and work ethic can only be the result of focusing on and achieving a personal goal.

"Did I win? Did I lose? Those are the wrong questions. The correct question is: Did I make my best effort? That's what matters. The rest of it just gets in the way."

John Wooden

Seasonal Parent Meetings:

There will be at least one parents' meeting held at the start of each swim season. One meeting will be focused on returning families and one will be focused on new Laser families. Please see that one adult from your family attends one of these sessions. This is an opportunity to ask questions and get the latest updates on the team. Swimmers will not be allowed to register for any meets until a parent has attended one of these meetings or met with Coach Dave during Laser office hours. Additional meeting will be held throughout the season on an as needed basis. Parents will be notified in advance through FB Lasers POST and email. Please make every effort to have at least one parent attend these meetings as they happen.

Team Competition:

A swimmer's age for ALL team competitions will be based on the first day of competition for each swim meet attended.

YMCA Team Competition:

Upon registration, your swimmer will automatically be designated as a YMCA swimmer. This makes your child eligible for all YMCA dual meets, specialty meets, YMCA New England Championships and YMCA National Championships.

Typically, swimmers will be able to choose individual events to compete in at a given meet. The number of eligible events is dependent on the specific meet. Coaches reserve the right to remove/add events to a swimmers total as appropriate. Relay events, when offered, will be set up based on the number of eligible swimmers entered and solely by the coaches.

USA Swimming:

Lasers Families may choose to join USA Swimming during registration for the YMCA team. There is an extra fee that will be charged at the time of registration in order to join USA Swimming. This program fee covers your USA Registration through the Y, as well as additional coaching and administrative fees. Competing in USA Swimming is optional (although highly recommended if you are looking for more swim meet opportunities) and should come after a discussion between swimmer, family and coaches.

Practice Guidelines and Etiquette:

- Always be on time for practice. If your practice begins with pool time, be on the deck ready to enter the water at that time. If you are an older swimmer that requires some preswimming stretching, please arrive early so that you can enter the pool when practice begins.
- Have everything with you that you need. Swimmers should have with them: practice suits, goggles (plus a spare pair), a towel, and a practice swim cap, if needed. Swimmers should wear apparel suitable for dry land stretching and exercising. Goggles, and other items are available at sporting goods stores, online and at some larger swim meets. Competition suits should not be worn at practice in order to keep it looking sharp and fitting properly.
- Pay attention and follow directions. Fooling around during practice wastes time for the coach and other swimmers. Safety is always a primary concern.
- Give your best effort. Swimmers will learn through experience that the best results are achieved when a solid work ethic is applied. Remember to set an appropriate goal!
- Try to maintain a positive attitude. We all have days when this is hard to do. The routine and rhythm of swimming can help you get back on track. Showing a positive attitude to coaches and other swimmers may help someone else get through a rough practice. This is what a team is all about.

Team Guidelines - Code of Conduct:

Competitive swimming presents a wonderful opportunity for children to learn how to conduct themselves in many situations. Swimmers are expected to conduct themselves in a mature, responsible manner consistent with their age level. Our goals in this regard are poise, sportsmanship and team spirit. The conduct of individual swimmers reflects on the entire team and therefore conduct unbecoming to the team will not be tolerated. At the beginning of each season, parents and swimmers are required to sign a Code of Conduct.

Please demonstrate the YMCA Core Values of Respect, Responsibility, Caring and Honesty especially in regards to swim meets. When you are late to a meet or you do not show up at a meet a great deal of confusion is created. Please be sure to swim for the meets that you register for and if you are running late please call the coaching staff to keep them informed.

General Facility Reminders:

- Swimmers entering the YMCA must scan their membership cards as they enter. If you do not have your card, please see the staff at the front desk. If you lost your card and need a replacement, please see the staff at the front desk. This includes away meets at YMCA's.
- Please do not leave your bags on the benches or floor of the locker room. Lock them up or bring them onto the pool deck...remember you are sharing the facility with other members of the community; not everyone shares our core values and you risk your belongings being stolen if you leave them out.
- You are expected to treat other members of the facility with the respect that our team is famous for. Please treat others as you would expect to be treated. We continue to receive great compliments about what wonderful young men and women are on our team and take great pleasure in getting these messages.
- Swimmers should not be walking around parts of other facilities that we visit for away meets or team activities. Swimmers should always be with a buddy when on social outings or in other buildings and should never be walking around alone. Stay in areas designated for our team at all times.

Team Communication:

Where can you find important information? NWCTY.org Website-- Once your membership and registration deposit paperwork is processed, your account will be activated (new families will receive login information to make an account on the website). All team information is processed through this website including Schedules and Meet & Event Registration. After signing onto the website, browse through the tabs to see where important information is kept under Lasers Swim Team. This will make communication between coaches, home and family easier. Use of the NWCTY.org website will be a major topic of the required preseason parent meeting. Team Bulletin Boards are located at the Winsted and Torrington pools. Lasers also has a private Facebook Page called Lasers POST (Parents of Swim Team). Please join our Lasers Swim Team Page on Facebook. Important updates and great articles on training & nutritional information will be posted during the season. Photos from team events will highlight our families involvement and memories from the season.

Practice Cancellation:

Parents are urged to use their best judgment in poor weather conditions, especially for our senior swimmers who drive to and from practice on their own. In the event that practice is cancelled unexpectedly, a message will be sent out through FB/email as soon as possible. If you are unsure whether practice is on as schedule, please call the YMCA Front Desk or email the Coaching Staff.

YMCA Thunderstorm Policy: In the event of a thunder and lightning storm, the pool (Winsted/Torrington) will close for thirty minutes from the last roll of thunder. Whenever possible practice will resume after the 30 minutes but there may be times where the remainder of practice is cancelled. Families will be notified via FB/email for any cancellations. Changes to swim meet schedules will be posted on ALL team communication areas as soon as they are made available by the meet host.

Communication with Coaching Staff:

There are times when a swimmer or parent may need to speak directly with a coach. Parents should not attempt to do this during actual practice time or during a meet. Coaches need to be focused on the task at hand – training Lasers or watching them race in events. They will not be able to focus on your issue at that time. All issues should initially be directed to the swimmers immediate training group coach. Please be respectful when speaking with coaches. The following procedures are recommended:

- Communicate with coaches by email. This is the best, fastest and least disruptive method .
- Lengthy or private conversations need to be arranged in advance with your child's practice coach.
- Unresolved issues should be brought to the attention of Head Coach David Steel.

Meet Entry Fees:

Almost all meets require entry fees paid by your family. Meet entry fees will be on our YMCA website- Lasers Registration page. Once registration for a meet opens, families are responsible for swimmers entry fees. Entry fees are not refundable after the registration deadline. If your child is unexpectedly unable to participate in that meet, your fees will not be returned. Typical fees for USA Meets include a swimmer participation fee (\$5-\$10/swimmer) and individual entries. Fees are determined by the host team. Most YMCA meets have a deadline 2-3 weeks before the meet and USA meets are usually 6-8 weeks. This gives the coaching staff an appropriate amount of time to appropriately enter swimmers in each meet. Coaches want your Lasers to be successful and achieve any/all qualifying times that are possible. Please learn to trust that the coaches will place your child in the appropriate events for YMCA meets. Your child will most likely follow your lead.

Parent Responsibilities and Team Social Activities:

Swimming fast is Fun! And so is being part of a team all working towards the same goal. The friends you make today very well may be your friends years from now.

Parent Volunteer Requirement:

Each swim team family is expected to complete volunteer service each season. We have some families that literally volunteer hundreds of hours to make sure that our season runs smoothly. These opportunities range from timing & officiating at meets, running dryland, planning, organizing & running social activities, to cutting and putting labels on ribbons for our meets. Some of the hours can be done while your child is swimming at practice. Volunteerism is a staple of the YMCA and is one of the values that makes the YMCA a special place. Laser Volunteer Hours and How to sign up for jobs for a meet and for events can be done through contacting the Parent Board and will be a major topic of the required preseason parent meeting. Families can sign-up for jobs and donations also through the Parent Board.

Working at Meets: Home meets require a great deal of work! Please plan on doing your part during our meets so that the coaching staff can focus on coaching and your swimmer can focus on swimming their races. Your help will ensure the meet runs smoothly and efficiently.

Parent Volunteer Opportunities and Social Activities: There are many ways that you can help make sure that this season is successful. Don't worry, a coach and experienced parent will be there to help guide you every step of the way!

Parent Leaders/Parent Coordinators: We are also always looking for parent's to help oversee the timing assignments, official assignments, concessions if needed, and ideas for social activities. Please see Coach Dave or the Parent Board to oversee these important roles.

Team Apparel:

One of the goals of the coaching staff is that our team represent the Northwestern YMCA/LASERS with pride and show that pride by wearing the same apparel. We proudly use Harwinton Graphics and Swim Outlet.com for our team's swim team merchandise and suits. During meets swimmers should have and use the following: water bottle, healthy snacks, shoes and socks for warmth or crocs, athletic pants, warmup jacket, spare goggles, cap and suit. For practice, swimmers are expected to come prepared with a water bottle, weather appropriate dryland clothes (tshirt, athletic shorts/pants, extra goggles, caps, suit and equipment bag. Please do not wear apparel (including caps) from other teams. Also, some competitive swimming equipment that your swimmer may need...please be sure your swimmer has fins. Our goal is to maintain the same apparel list (suits and clothing) to ensure that all swimmers (returning and new) continue to match. The apparel line will make great birthday and holiday presents throughout the year. Please see your training group coach to determine which items are most appropriate for your swimmer. A couple of important notes when placing an order:

- Swimmers are required to wear their team caps at all competitions.
- Competitive suits should be snug. They stretch over time and loosely fitting suits add drag which will slow you down.
- Pullbuoys should be the smallest size possible.
- Senior swimmers should have a drag suit for practice or wear multiple swim suits for drag.
- Competition suits are for competition only. Suits stretch and fade over time defeating the reason for the competition suit.
- Swimmers must bring their team jacket (first preference), team shirt and/or team sweatshirt to any competition that hosts trials and finals or award presentations! Finalists must wear their apparel to the awards stand and when marching out for finals!

USA Swimming Team Competition:

We strongly encourage all swimmers, regardless of ability and age, to join USA Swimming.

Benefits of USA Swimming Membership for the YMCA Community:

USA Swimming offers many potential benefits to the YMCA. Acclaimed as one of the most successful sports governing bodies in the Olympic movement, USA Swimming's core objectives of "Build the Base, Promote the Sport and Achieve Competitive Success" are perfectly in tune with the YMCA. At the grassroots level, USA Swimming is most concerned with "Building the Base" by encouraging participation and involvement in a healthy lifetime activity. Following is a listing of the potential benefits to the YMCA leadership and its membership.

Athletes:

1. Access to competition in sanctioned, officiated swim meets that are generally organized by level to provide equitable competitive opportunities for swimmers of all ages and abilities.
2. All performances in sanctioned meets are recorded automatically in the USA Swimming national times database.
3. All members receive Splash Magazine bimonthly.
4. Ability to create a "My USA Swimming Page" personal account that allows swimmers to track personal performances and rankings in the SWIMS database.
5. Participation in the Top 10 Times Program (formerly Top 16).
6. Participation in the Scholastic All America program.
7. For swimmers who meet the selection criteria, participation in the USA Swimming camp program including LSC Camps, Zone Select Camps, National Select Camp, Open Water Select Camp, and the Diversity Select Camp.

Age of Swimmers:

For YMCA and USA meets there is no cutoff date for swimmers age group; swimmers compete at whatever age they are on the day of the meet. If a birthday falls in the middle of a multiday event, age group will be determined by his/her age on the first day of the meet. There are several types of USA meets, all of which require that a swimmer be registered with USA Swimming. Specialty Meets are meets in which any USA registered swimmer may be entered; the purpose of these meets is to attempt a "qualifying time" to gain entrance to the next level of meet. Swimmers often swim a lot of different events at a qualifier. Qualifier Meets are meets at which there are certain qualifying times that must be met for each event in order to enter that event. Swimmers are only allowed to swim in the events that they have qualified for. Championship Meets are held by either USA Swimming, Inc., or its local affiliate CT Swim., and have more difficult qualifying times.

Requirements for Swim Team Membership:

YMCA Membership:

A Swimmer must be a YMCA member who is actively enrolled. The membership status must be valid through the end of the competition.

Training Group Fees:

Each of the training groups: ***Seniors, Gold, Silver and Bronze*** have a specific training or participation fee. This fee is based on the number of days and hours of practice and other administrative fees necessary to run a successful and competitive program. Monthly bank draft options are available. Please stop by the YMCA Front Desk or see the coaching staff for the training fee breakdown. Please note that the team registration fee is nonrefundable.

YMCA Financial Assistance is available. As a charitable organization, our mission is to ensure that Y services are available and accessible to all, regardless of ability to pay. Financial assistance is provided through donations to the Y's Financial Assistance Fund. Financial assistance applications are available at the YMCA Front Desk. All information is confidential.

Proof of Age: (USA Swimmers Only) Laser members that participate in USA Swimming must provide proof of age documentation once per swimmer. Transfer swimmers with proof of age recorded in the USA Swimming SWIMS database by another LSC are not required to resubmit proof of age documentation. All proof of age documentation, once processed and recorded in SWIMS, will be shredded. Copies (certified copies are not required) of any one of the following documents, listing name and date of birth, will be accepted as proof of age: Official birth certificate, Passport, Government issued driver's license, Alien registration card issued by United States government, Certificate issued by the Immigration and Naturalization service attesting to age, or Certificate of an American citizen born abroad issued by the appropriate government agency.

Description of Meet Schedule/Season:

Competitive swimming has two seasons each year. Short Course (SCY) season is also known as the fall/winter season. It is called short course because competition is held in a 25-yard (short course yard) pool. Summer/Long Course (LCM) season is also known as the spring/summer season, and is so named because competition is held in a 50-meter (long course meter) pool. The SCY season begins with training in September, with competition usually starting in mid-October or early November. The season ends in late February or early March for swimmers not competing beyond New England Championships, and may go as late as April for swimmers qualifying for high level championships such as YMCA Nationals or Zones. The summer season is much shorter, with training beginning in April and competition following within a few weeks. The season finishes at the end of July to mid-August, again depending on the swimmer and which championship meets he/she qualifies for. The coaching staff designs a meet schedule at the beginning of each season. Our team's schedule consists of prearranged YMCA meets and the USA meets selected by the coaching staff. The meet schedule is designed so that each swimmer attends the appropriate meets that will maximize their success throughout the season. Some swimmers may attend meets which other swimmers may not attend. The final decision on which meets your child can or cannot attend is based on the training coaches judgment. All of our home meets are held at Torrington pool. Our home meets are divided into sessions based on age groups. Generally, one session is for 13 & Over swimmers; the second session would be for 12 and under swimmers. Warmup times will be on the meet schedule and emailed. Sessions and warmup/ start times for away meets are decided upon by the host team. They will be emailed/posted as soon as they are made available. Each swimmer must attend at least 2 YMCA meets. Championships (if qualifying times are achieved). Failure to comply with these meet requirements will result in the swimmer losing his/her place on the team. The last day of practice for swimmers who have not made this requirement will be our last YMCA meet of the season. Optional USA specialty meets are held throughout the season. Lasers will attend at least one closed USA meet plus Regional Championships, 12 and Under Championships, 13-19 Age Group Championships, and Zones, depending on which meet or meets for which the swimmer has qualified

Training Groups:

The Lasers have four training groups: Bronze, Silver, Gold and Seniors. All of our training groups are based on a progressive system of competitive swimming development. The primary considerations for placing a swimmer in a group are their swimming ability, emotional maturity, commitment and experience. A secondary consideration is the swimmers age. The head coach determines training groups, and the roster of the groups will be emailed or available at the YMCA Front Desk prior to registration each season . Training group placement is not a choice made by the swimmer or his/her family. The head coach reserves the right to maintain proper enrollment and balance in all groups. Any practice group changes will be communicated to the swimmer and/or parent in consultation with the training group coach.

Bronze Training Group- represents the first level of our competitive swim team. Swimmers in this group primarily range in ages of 6 to 10 years old, although there isn't an age restriction. This group practices 3 days per week for 1 hour at each practice. The primary goal for this group is to teach swimmers about the sport of competitive swimming with an emphasis on technique. Swimming Prerequisite: 25 Yards Freestyle and 25 yards Backstroke Competition focus: YMCA meets. Attendance Requirement: There are no practice attendance requirements but it is suggested that swimmers attend at least 2 out of the 3 practices offered each week.

Silver Training Group- has some competitive experience and are looking to build upon a solid base of stroke technique. Swimmers will be introduced to basic dryland exercises with the focus on proper technique rather than strength training. Swimmers in this group range in age from 8-12years old, although there isn't an age restriction. The group practices four days per week for a minimum of one hour each practice. Dry-land is offered 1 day per week. Swimming Prerequisite: 100 Yards Freestyle and 25 yards Backstroke, Breaststroke and Butterfly Competition Focus: YMCA meets, USA Championships and New England YMCA Championships. Attendance Requirement: There are no practice attendance requirements but it is suggested that swimmers attend at least 3 out of the 4 practices offered each week. Attendance for dry-land is optional.

Gold Training Group- practices 4 times each week for a minimum of 1.5 hours. Dry-land is offered 1 time per week. The primary age of the swimmers is from 9-13 years old. As is the case with all of our training groups, the major focus is still centered on having fun and learning the sport. Solid practice habits are reinforced and training sets are introduced, along with stroke technique/development. Swimming Prerequisite: 200 Yards Freestyle and 50 yards Backstroke, Breaststroke and Butterfly. swimmers should also regularly use freestyle and backstroke flip turns Competition Focus: YMCA dual meets, USA Championships and New England YMCA Championships. Attendance Requirement: Swimmers should plan on attending at least 3 out of the 4 practices offered each week.

Senior Training Group- The focus for Seniors is on cardiovascular fitness, refining stroke mechanics and gaining competitive experience. Seniors represent the highest levels of training and commitment on our team. Swimmers are expected to increase overall commitment to the sport of competitive swimming through their progression. This group incorporates high volume training, sprint work, stroke refinement and goal setting. Dryland is typically at the YMCA and incorporates running, core training, calisthenics, tubing, isometrics and mental training. Pool practices are offered 6 times per week and dry-land is run 3 times per week. Registration with USA Swimming is encouraged. Swimming Prerequisite: Recommendation of Senior Training Coach in consultation with the Head Coach, swimmer and family. Competition Focus: YMCA/USA meets and Championships and New England YMCA Championships. The competition focus shifts to achieving YMCA National Time Trial Cuts, YMCA National Time Standards, NE Swimming Age Group Championships Time Standards and Zones qualifying standards. Attendance Requirement: Senior swimmers are expected to attend 85% of all workouts. High School practices may be substituted for YMCA practices after consultation with the Senior Training Coach.

Meet Qualifying Times:

Most YMCA and USA meets, Invitationals and Specialty meets do not have a qualifying time in order to participate. Championship meets and some other specialty or invitational meets establish time standards, or "Cuts" for each of its major meets and swimmers must meet these times in order to participate. Still other meets have "CutOff Times" where swimmers cannot participate if they have already made that time standard. USA Swimming has also created "Age Group Time Standards" designed to encourage age group swimmers to step their swimming up to the next level. These time standards guide you from just starting out in your age group to reaching your highest potential. Start at Level B and work your way up to Level AAAA times. These times standards are available on the USA Swimming website and at the YMCA.

Specific Meet Information:

- YMCA Championships – There are no qualifying times, all swimmers are expected to participate. Participation is necessary to be eligible to compete with the Lasers in the future.
- YMCA New England Championships - Swimmers must achieve the meet qualifying time for specific events to participate. The coaching staff will add some "relay only" swimmers for all eligible age groups. All qualified swimmers are expected to participate in this meet. Qualifying times will be posted as soon as they become available.
- YMCA Nationals and YMCA National Time Trials - (12 and Older Swimmers only)
Swimmers must achieve the meet qualifying time in specific events to participate. Swimmers may also qualify in "Time Trial" events but may only participate if they have already qualified in an event. There are specific qualifying times for all relay events. Times will be posted as soon as they become available.
- USA Swimming Regional Championships - These meets have qualifying times, all qualified USA swimmers are encouraged to participate

- USA Age Group Championships – Swimmers must achieve the meet qualifying time to participate in specific events. Qualifying times are based on the swimmers individual age on the first day of the meet. Times will be posted as soon as they become available.
- USA Senior Championships – Swimmers must achieve the meet qualifying time to participate (12 and Older Swimmers Only). Times will be posted as soon as they become available.
- USA Zone Championships – Swimmers must achieve the meet qualifying times in at least one event to participate. Qualifying times are based on the swimmers individual age on the first day of the meet. Times will be posted as soon as they become available
- There are other USA and YMCA meets that may have qualifying times to participate. Information will be posted or emailed as it becomes available.

Glossary of Swimming Terms:

Age Group Swim Meet All USS registered swimmers 18 years old or younger who have met the qualifying time standard for specific events are eligible to participate in their age category. Age on the first day of the meet shall govern the entire meet.

Bull Pen Place where swimmers report at meets before their event to receive their entry cards and to be arranged into their heat and lane assignments.

Circle Seeding See pyramid seeding.

Consolation heat The first or slower of multiple heats of finals at a championship meet. There may be 1-2 heats.

Course Designated distance over which the competition is conducted. Long course is 50 M and short course is 25 YDS.

Deck Seeding Heat and lane assignments are determined for the swimmers at beginning of each meet session.

DQ Disqualification. A swimmer is usually disqualified when he swims a stroke incorrectly or when he enters the water before the start (false start).

False Start When a swimmer enters the water before a race or moves during a start, he may be charged with a false start. This results in disqualification.

Dual Meet Meets conducted between two teams, usually with a limitation on the number of entrants from each team. Multi-dual meets will have more than two teams.

Finals The session of a meet where qualifying rounds were previously held to determine the finalists. Usually there are 1-2 heats of finalists and their order of finish determines the ultimate placement in a given event. Most trials/finals meets are on a championship level.

Heat The group of swimmers who swim a race at the same time. Several heats may be held in a particular event. Swimmers are seeded into heats based on entry times.

Heat Sheets Printed listings of all swimmers by event number and entry time. Meet programs or “Psych Sheets.”

IM Individual Medley. The event where a swimmer swims butterfly, backstroke, breaststroke and any other stroke in that order.

Lap Two lengths of the pool.

Length One length of the pool.

LSC Local Swimming Committee such as Connecticut Swimming, charged with the conduct of all USS activities in the region.

Medley Relay Four swimmers on each team each swim one fourth of the total prescribed distance in the order: backstroke, breaststroke, butterfly, freestyle.

Prelims In certain meets, the qualifying rounds held for each event to determine finalists. Same as Trials.

Proof of Time A requirement at some meets to make certain that swimmer have legally met the entry time standards for that meet.

Pyramid Seeding In trials or preliminaries of trials final meets, the swimmers in the top 3 heats are intermingled so that the fastest three swimmers are in the middle lanes of the last 3 heats, the next 3 in the lane next to that in each of those heats, and so forth. This is also called “circle seeding.” In finals, those finishing fastest by time swim in the top 1 or 2 heats (Final and Consolation Final).

Referee The USS/YMCA official who has the final authority over all other officials at the meet. He makes all final decisions and sees to the efficient running of the meet.

Seed times The times a swimmer uses to enter a meet. These times appear on the heat sheet and the entry cards and determine the swimmers heat and lane assignment in a meet.

Seeding The process of assigning swimmers to lanes and heats by time. In general, the swimmers with the slower seed times swim in the earliest heats. The order of swimming in the final heats depends on the type of meet. In a given heat, the fastest swimmers swim in the middle lanes and the slower ones on the outer lanes.

Split The time a swimmer achieves in one or more laps of his race. Coaches use these times to help instruct swimmers in pacing. For example, the time for the first 50 yds in a 100 yd race is the swimmers 50yd split.

Starter The USS/YMCA official responsible for starting each heat and calling the swimmers to the blocks.

Stroke judge A USS/YMCA official who determines the legality of swimmers' strokes and disqualifies those who do not conform to swimming's rules.

Time Standards A set of times developed to assist swimmers in performance planning. They are based on percentiles of the 16th fastest time in each stroke in each age group.

Touch pad An electronic pad which stops a clock when the swimmer touches it at the end of the race. This is usually the official time, although corrections are made if the swimmer misses the pad.

Unattached The status a swimmer receives when changing from one USS club to another. A swimmer must swim Unattached for 120 days from the date of the last USS meet he swam for the previous club. During this time they may compete individually, but may not be entered in relays.

USS Abbreviation for United States Swimming, the governing body for all amateur swimming in the US. National headquarters is in Colorado Springs, CO.

Minor Athlete Abuse Prevention

TRAINING FOR PARENTS

USA Swimming is proud to offer free athlete protection training to the parents of our member athletes. Parents are a critical component to our overall goal to protecting children from sexual abuse. The comprehensive online programming includes information about how offenders operate, how to recognize and respond to boundary violations, myths and facts about child sexual abuse and USA Swimming's Athlete Protection Policies and Procedures. The training program is available at www.praesidiuminc.com/armatus/reference_parents.php.

TRAINING FOR ATHLETES

USA Swimming is proud to offer free athlete protection training to all of our member athletes. The training will teach athletes about the USA Swimming Safe Sport Program and share strategies that athletes can use with adults if they ever feel uncomfortable. The training program is available at www.usaswimming.org/protect.

MAAP Policy-Please review the "Minor Athlete Abuse Prevention Policy" found at:

[Minor Athlete Abuse Prevention Policies | U.S. Center for SafeSport](http://www.uscenterforsafesport.org/Minor-Athlete-Abuse-Prevention-Policies):

<https://maapp.uscenterforsafesport.org/>

Signing this page represents acceptance of this policy.

I acknowledge that I have received, read and understood the Minor Athlete Abuse Prevention Policy and/or that the Policy has been explained to me or my family. I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of my membership with Northwestern YMCA.

Parent Name: _____

Parent Signature: _____ **Date:** _____

NWCT YMCA Lasers Swim Team Emergency Contact Form:

ATHLETE NAME: _____ Birth Date: _____

Father's Name: _____ Mother's Name: _____ Contact phone: _____
Contact phone: _____

Home address: _____
Emergency Contact Name: _____

Best phone # to reach him/her: _____

Is your child allergic to any medications? ____yes ____no If yes, which medications: _____

Do they need, or carry, an epipen?: _____

I give my consent for emergency medical treatment deemed necessary by medical personnel. If necessary, transportation in an ambulance is authorized. I understand that this authorization will be used only when the parent/guardian cannot be contacted.

Signature: _____ Date: _____

Please fill in all Insurance Information below.

Policy Name: _____

Policy Number: _____

Subscriber's Name _____

Primary Care Physician Phone #: _____

