



*“Helping kids become extraordinary individuals through the sport of swimming”*

# **Sierra Marlins Swim Team**

## **2014 Team Handbook**

Updated June 2014

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## Welcome to the Marlins

Congratulations on joining the Sierra Marlins Swim Team! You are now a member of one of the top swimming programs in the nation and a part of “the Marlin family”. We hope that you will find, as many families before you have, that your child’s experience here is rewarding beyond just a physical activity. As a member of our community, your child will make great friends, be taught and influenced by top coaches and cared for by all. Our mission statement is, “Helping kids become extraordinary individuals through the sport of swimming”, and we practice that ideal every day.

Our coaching staff is committed to teaching life skills through swimming and we believe there is much more value to our sport than just learning the physical skills. Swimming provides an arena for children to learn to deal with success and failure, as well as the value of hard work and goal setting. Each meet, event, and practice serves as an opportunity for our swimmers to develop both as athletes and as people.

Our Coaches view themselves as educators and strive to teach swimmers about various life issues through a curriculum of concepts that are introduced each week. Personal responsibility, integrity, hard work and other concepts are discussed weekly in our practice groups as they relate to our athletes lives in and out of the pool. Our goal is to teach our swimmers skills and strategies that they can use to enhance their lives far after their participation in competitive swimming is over.

The Marlin coaches realize that they have a responsibility and opportunity to impact the lives of your children. You will find that they care a great deal about their swimmers and their lives in and out of the water.

If you are new to competitive year round swimming, you will most certainly have questions. Please feel free to contact any member of our Marlins’ family including coaches, board members, or other parents.

Welcome to our team!

Regards,

Adam Schmitt  
Head Coach and CEO



## Coaches



**Adam Schmitt**

Head Coach / CEO

Contact: [aschmitt2010@aol.com](mailto:aschmitt2010@aol.com)

Adam Schmitt is an elite-level coach with 15 years of Division I collegiate coaching experience at the highest levels along with 5 years of club coaching. He worked as an assistant at Auburn University at the beginning of their National Championship runs, was the associate Head Coach at Arizona State University in which the team was consistently in the top ten at the NCAA meet, and was the Head Coach at his alma mater Louisiana State University where he resurrected the program to a top twenty status nationally. Having coached over 100 All-Americans, multiple SEC and PAC-10 champions, and NCAA individual and team champions, he was recognized as one of the elite coaches in America by being awarded the American Swim Coaches Association Excellence award for 4 consecutive years. He thrives on helping swimmers achieve their best by assisting them to get to the highest level; this includes swimming in college and placing swimmers on the USA National Team. His biggest attribute is the development of swimmers into well rounded athletes, working on team aspects, mental preparedness and positive thought processes, as well as a variety of conditioning techniques for swimmers.

Considered a late bloomer, Coach Adam developed competitively in college where he garnered a rank of 4th in the world in the 50M free and made multiple USA National Teams including Pan-American games, Goodwill games and the World University Games. He was a consistent finalist at the US Olympic Trials, NCAA championships, US Nationals and won the US Open championship in 1989. He earned multiple All-American honors in college and set school and Southeastern Conference records. He competed later in life at a Masters Championship meet where he became the first man over 30 to go 19 in the 50 free!

Coach Adam looks to bring his expertise to the Sierra Marlins team and is excited to be a part of the Marlins history of championship swimming. Coach Adam applies his training and philosophical influence over the entire program, emphasizing a streamlined consistency of training and technique across all groups. He specifically coaches the Senior/National group but oversees the coaching of the Marlins. Fun fact: Coach Adam is also a black belt in Tae Kwon Do.



## **Rob Scanlan**

Varsity Group/ Senior Group Coach

Contact: [robscanlanjr@gmail.com](mailto:robscanlanjr@gmail.com)

Rob comes from the Santa Clara Swim Club as the Senior II Head Coach in which he oversaw 13-18 year old swimmers developing for their higher Senior level groups. Some of Rob's accomplishments are producing the most Far Western swimmers the group has ever had; 12 out of 13 qualifiers were seeded in the finals at the 2013 14-Under JO Short Course Champs. He was responsible for continually feeding many swimmers into the Senior II to Senior I at SCSC.

Back in 2006-2009, he was also the Head Age Group Coach at Los Altos Mountain View Aquatics where he coached all levels of swimmer from for 12 and under. There he produced the clubs first Far Western 9-10 year old finalist in ten years at the 2009 Far Western Long Course Championships, also produced the most age group Junior Olympic qualifiers in club history.

Other interesting coaching services include Head Coach for American Samoa's National Swim Team at the London 2012 Olympic Games, and at the 14th FINA World Championships in Shanghai 2011. He coached Megan Fonteno of Auburn University who ranked 35th in the 50m Freestyle at the World Championships in Shanghai and 35th overall in the 100m Freestyle at the London Olympics, both swims were her personal best.

Rob has an interesting athletic background. He grew up swimming at the YMCA in American Samoa then played defensive end at Fresno State University from 1998-1999. Transferred to Foothill College as swimmer and was finalist at the Coast Conference Championships in the 100 Breaststroke and 200 Breaststroke and qualified for the California JUCO championships in 2003-2004.



## **Sam King**

Pre-Senior/ Junior Coach

Contact [samuelking22@hotmail.com](mailto:samuelking22@hotmail.com)

Sam was born and raised in Missoula, Montana where he grew up swimming for David Berkoff (Olympic Swimmer) and J.J. Bay at the Missoula Aquatic Club. After earning a scholarship to swim for the University of Wyoming, Sam competed for the cowboys primarily in the 200 backstroke and 200 and 400 IMs. Sam finished his collegiate career as a 6-time Mountain West Conference all-conference performer, a one-time MWC swimmer of the week, and a four-time academic-all conference selection.

Following graduation in 2008 with a degree in political science, Sam began coaching with Berkoff at the Missoula Aquatic Club while he prepared for law school. Realizing his love for coaching, he decided to put his legal plans on hold and moved out to Seattle, Washington to coach at KING aquatic club under the tutelage of Olympic coach Sean Hutchison. After stints at KING and West Coast Aquatics, Sam and his wife Angela moved back to Wyoming where he pursued a Master's degree in Kinesiology and Health with an emphasis in sport psychology. Specifically, his thesis focused on optimizing athlete motivation through the coach-athlete relationship. While at Wyoming, Sam also worked as a volunteer assistant coach with the swim team, contributing to the Wyoming men's team's highest conference finish in twenty years (2<sup>nd</sup>). Sam loves the psychological and technical aspects of competitive swimming, and is excited to contribute his knowledge to the Marlins to continue to strive to be one of the best teams in the nation.

Cathi Schoonmaker

Mini Marlins/ Black Coach

Contact:      schoons5@yahoo.com

Coach Cathi comes to SMST with a variety of coaching experience. She started swimming competitively at the age of 9 and loved the social and competitive aspects of the sport. She began coaching 6 years ago and had an epiphany- "this is what I'm supposed to do!"

Her coaching background consists of being the Head Coach of Vista Del Lago High School. She also is integral in the coaching of a summer recreational swim team and with a USA swimming team. She has passion for inspiring, motivating and assisting young athletes achieve their personal goals, growth and development.

When Coach Cathi is not on deck, she teaches 3 spin classes a week at California Family Fitness. In addition she enjoys spending time in the pool, lake and ocean with her husband Dave and their 3 kids, Connor(14) Lexi(11) and Avery(8) .

Eddie Akbary

Mini Marlins/ White Coach

Contact: e.akbary@yahoo.com

Coach Eddie comes to the Marlins staff via the Sierra Marlins Clinic where he helped future Marlins develop into technically sound and efficient swimmers. Along with his role as a Marlin Clinic coach, he works closely with a local summer recreational swimming team. He has a knowledge with the Marlin Way of coaching and has a great rapport with the swimmers. More bio to come....



**Dawn Benson**

Mini Marlins/ Red Coach

Contact: [predawn2001@yahoo.com](mailto:predawn2001@yahoo.com)

Dawn joins the Marlins from the Sacramento area with a vast amount of experience in all aspects of the swimming world. She was a swimmer in college and swam masters after college. She also competes in open water swims. She has been teaching swimming for over 30 years in private, semi-private and group lessons. Recently, she was working for the Steve Wallen Swim School. She has experience as a Vice President of a local USS team where she was in charge of running meets. We are excited to have the skills and experience that Coach Dawn brings to the team.



**Aimee Schmitt**

Clinic Director – Age Group Coach

Aimee has been involved in the swimming arena in many different facets. She has worked in the swimming apparel business working with such companies as Speedo, designing and merchandising their product lines. She has managed, trained and taught successful learn to swim programs, has been a Head Site coach of the Piranha Swim Team for a USA Swimming club, and also worked in the collegiate swimming environment at Arizona State University. She was also the Head Coach of Palm Desert High School for men and women. Currently she manages our seasonal clinics that are instrumental in helping swimmers at a young age improve on their technique. Her techniques for teaching are some of the best for advanced swimming progress.

As a swimmer, Aimee was a highly decorated All-American at Stanford University where she led the Cardinal to a NCAA National Title. She went to Olympic Swimming Trials in 1984, 1988,

1992; an American Record relay member; 1986, 1987; 4-year Scholarship athlete—Stanford University; NCAA Swimming All-American, '86-'89. She also was a part of USA National Teams which included World Championships and World University games where Adam and Aimee met for the first time. She was a 3-time Olympic Trial Finalist and held an American Record in college. She brings all of this knowledge of swimming to our pool deck and looks forward to making an impact to the team.



**Joe Dowd**

Masters Coach

Joe Dowd has been a member of the Sierra Marlins Masters for the past ten years. Joe also served as the sub Masters coach. He soon looked forward to coaching as much as swimming and soon officially joined the team as a Sierra Marlins Masters Coach. As a Masters swimmer he competes both as a pool swimmer and an open water swimmer. Joe has multiple Alcatraz, Tahoe Relay, Donner Lake and Lake Natoma swims under his belt.

Joe started swimming on the Lake Wildwood Water Otters summer swim team at age four. In the Boy Scouts, at age twelve, one of his first merit badges was swimming followed by the Mile Swim Award. Joe's coaching career was launched when he helped his fellow scouts achieve their swimming merit badge and mile swim awards.

At age fifteen, Joe followed in his sisters' shoes, and joined the City of Daly City Aquatics Department as a swim instructor and lifeguard. During high school Joe swam varsity all four years as a breaststroker and IMer. His freshman and sophomore years he also represented his team as their one meter springboard diver where he established the league record.

Joe was introduced to water polo at the Collage of San Mateo where he played for three years under Olympic Club Hall of Famer Rich Donner. During his San Mateo Junior College and Cal Poly, San Luis Obispo Days, he continued to teach swimming as well as Life Guarding.

In 2010 Joe attended a Level I and Level II ASCA coach's certification clinic which launched his desire to become the best possible technical swimmer he could be. On deck he shares his energy, enthusiasm and passion for technical swimming with his group.



# SMST Pool Locations

Folsom Aquatic Center at Lembi Park:  
Vista del Lago High School

1200 Riley Street, Folsom  
1970 Broadstone Pkwy, Folsom

## Training Group Descriptions

### Requirements to Join the Sierra Marlins Year Round Program

- Grades K – 5: Must be able to complete 25 yards of freestyle with side-breathing, 25 yards of backstroke, and some skill development in breaststroke and butterfly.
- Grades 6 - 8: Must be able to complete 100 yards of freestyle with side breathing, 50 yards of backstroke and some proficiency in breaststroke and butterfly.
- Grades 9 – 12: Must be able to complete 500 yards of freestyle and have a solid foundation in all 4 strokes.

### Mini Marlins – Coaches Dawn Benson, Cathi Schoonmaker, Eddie Akbary

Ages - Grade K - 3

Daily Training - 60 minutes, (15-20 minutes of dry land training, 45 minutes of pool time), 2-4x week

Daily Yardage – 750-2000 yards

Goals -Introduction to all four strokes, drills, streamlining, kicking development, workout skills

Dry land training - gentle stretching, games

Equipment-The equipment listed below must be purchased before the start of the season and must be brought to every practice. Check with the coaches for purchasing sources:

- Marlins Cap
- goggles
- mesh equipment bag
- water bottle
- kickboard and rubber fins
- shoes and clothes for dry land training

Skill requirements to join this group - Must be able to complete 25 yards of freestyle with side breathing, 25 yards of backstroke, and some knowledge of breaststroke.

### Red - Coach Dawn Benson

Red – The Red training group is for swimmers in grades 4 through 6 who are still developing the technical skills necessary for the sport. The training focus is teaching 4 legal strokes, starts, turns, and aerobic development in both kicking and swimming. The Red group teaches the swimmers how to train on an interval, understand swimming sets, and how to work with teammates. Entry requirements for this group are freestyle, backstroke, breaststroke and some knowledge of butterfly.

Grade 4 – 6

Daily Training - 75 minutes, (15-20 minutes of dry land training, 60 minutes swimming), 3-5 x week

Daily Yardage -1500 - 3000 yards

Goals - Drill expansion and improvement, refinement in technique and efficiency, begin aerobic development, race plans, goal setting.

Dry land training - gentle stretching, games

Equipment-The equipment listed below must be purchased before the start of the season and must be brought to every practice. Check with the coaches for purchasing sources:

- Marlins Cap
- goggles
- mesh equipment bag
- water bottle

- kickboard and rubber fins,
- shoes and clothes for dry land training

Admittance Requirements - Must be able to complete 25 yards of freestyle with side breathing and 25 yards of backstroke and some skill development in breaststroke and butterfly.

### **Black - Coach Cathi Schoonmaker**

Black – The Black training group is swimmers in 4th - 6th grade. Swimmers in this group have 4 legal strokes, can perform all starts and turns with some proficiency. The focus of the Black group is improving stroke technique, offering challenging intervals, and teaching the swimmers how to develop solid training habits. The Black group participates in BB+/- meets where swimmers try all events, Junior Olympics, and Far Western championship meets. Entry into this group is a combination of 9-10 Junior Olympic times and a proven ability to show good practice skills.

Grade 4 – 6

Daily Training - 90 minutes; (20-30 minutes of dry land training, 60-75 minutes in pool) 3-5 x week

Daily Yardage -2000 - 4500 yards

Goals - drill expansion and improvement, refinement in technique and efficiency, begin aerobic development, race plans, goal setting

Dry land training - gentle stretching, games

Equipment-The equipment listed below must be purchased before the start of the season and must be brought to every practice. Check with the coaches for purchasing sources:

- Marlins Cap
- goggles
- mesh equipment bag
- water bottle
- kickboard and rubber fins
- shoes and clothes for dry land training

Admittance Requirements - knowledge of pace clock, practice etiquette, desire to improve, ability to swim all 4 strokes, consistent swim meet attendance.

### **Junior - Coach Sam King**

Junior – This group is geared toward the aerobic development and the competitive development of our 6th and 7th grade Marlins. This is the youngest group where competition is introduced as a training goal. The Junior training focus is geared toward Junior Olympic and Far Western championship level meets. Standards for this training group are based on 11-12 Junior Olympic time standards and 9-10 Far Western time. Standards are also based on attendance, training, age, and maturity.

Grades 6 – 7

Daily Training - 90 - 120 minutes; 4-6 x week

Daily Yardage - 3000 - 5000 yards

Goals- refine technique and efficiency, begin aerobic development, promotion of distance free and I.M. training, race tactics, detailed goal setting, time management

Dry land - varied functional exercises including games, stretch cords, gymnastics, running, etc.

Equipment-The equipment listed below must be purchased before the start of the season and must be brought to every practice. Check with the coaches for purchasing sources:

- Marlins cap and goggles
- one freestyle snorkel
- one pair of hand paddles (size to be determined by coach)
- mesh equipment bag
- water bottle
- kickboard
- fins
- pull buoy
- shoes and clothes for dry land training

Admittance Requirements - regular participation in black/red group, proven meet experience, proficient in all 4 strokes, knowledge of all team drills, desire to improve.

## **White - Coach Eddie Akbary**

White – The White training group is for swimmers in 7th - 8th grades who are still developing both the technical skills and the increased training load of year round swimming. The training in this group emphasizes stroke development, meet prep and refinement and increases aerobic strength. The focus meets for the White group are BB+/- meets and Junior Olympics.

Grades 7-8

Daily Training - 90 - 120 minutes; 4-5 x week

Daily Yardage - 3000 - 5000 yards

Goals- refine technique and efficiency, begin aerobic development, promotion of distance free and I.M. training, race tactics, detailed goal setting, time management

Dry land - varied functional exercises including games, stretch cords, gymnastics, running, etc.

Equipment-The equipment listed below must be purchased before the start of the season and must be brought to every practice. Check with the coaches for purchasing sources:

- Marlins cap and goggles
- one freestyle snorkel
- one pair of hand paddles (size to be determined by coach)
- mesh equipment bag
- water bottle
- kickboard and fins
- pull buoy
- shoes and clothes for dry land training.

Admittance Requirements - Must be able to complete 100 yards of freestyle with side breathing, 50 yards of backstroke and some proficiency in breaststroke and butterfly.

## **Pre-Senior - Coach Sam King**

Pre-Senior – This group's focus is on aerobic development of the swimmer and competitive progression of higher standard swim meets. The Pre Senior Group is comprised of 8th grade and High School Freshman. Standards are set for this group and are similar to the expectations of the Senior groups; performance, attendance, times, training, age, and maturity. The training and competition focus of this group is Far Westerns Championships and progression to Sectional level championship meets.

Ages - Grade 8 – 9

Daily Training - 90 - 120 minutes; 4-6 x week

Daily Yardage - 4000 - 7000 yards

Goals - refine technique and efficiency, more advanced aerobic development, promotion of distance free and I.M. Training, race tactics, detailed goal setting using log books, heart rate monitoring, introduction to energy system training, time management

Equipment-The equipment listed below must be purchased before the start of the season and must be brought to every practice. Check with the coaches for purchasing sources:

- Marlins cap and goggles
- one freestyle snorkel
- one pair of hand paddles (size to be determined by coach)
- mesh equipment bag
- water bottle
- kickboard and fins
- pull buoy
- shoes and clothes or dry land training.

Dry land - varied functional exercises including games, stretch cords, gymnastics, running, etc.

Admittance Requirements - regular participation in Junior group, proven meet experience, proficient in all 4 strokes, knowledge of all team drills, ability to train aerobically, strong work ethic.

## **Varsity - Coach Rob Scanlan**

Varsity – The Varsity group is High School aged swimmers whose focus is on High School and Collegiate level swimming. This group is comprised of competitive swimmers who look to build and improve their swimming abilities. Much focus is put on technique based training and aerobic development.

Ages - Grade 9 -12

Daily Training - 90 - 120 minutes; 4-6 x week

Daily Yardage - 4000 - 7000 yards

Goals- Focus on preparation for high school league and section championships refine technique and efficiency, more advanced aerobic and anaerobic development, race tactics, heart rate monitoring, introduction to energy system training, time management

Equipment-The equipment listed below must be purchased before the start of the season and must be brought to every practice. Check with the coaches for purchasing sources:

- Marlins cap and goggles
- one pair of hand paddles (size to be determined by coach)
- one freestyle snorkel
- mesh equipment bag
- water bottle
- kickboard and fins
- pull buoy
- shoes and clothes for dry land training

Dry land - varied functional exercises including games, stretch cords, gymnastics, running, etc.

Admittance Requirements- High school age athletes with solid foundation of all 4 strokes.

## **Senior - Coach Rob Scanlan**

Senior – The Senior group is an advanced training group for High School aged swimmers. The Senior group has qualifications including attendance, time standards, training standards, age, and maturity. Training is focused on attaining Sectional level time standards and prepares athletes for High School and Collegiate level swimming.

Ages – Grades 9 and up

Daily Training -135 - 250 minutes, 6-7 training sessions per week

Daily Yardage - 6000 - 8000 yards

Goals - maximize aerobic base and develop anaerobic capabilities, fine tune technique and efficiency, extensive goal setting, energy system training, mental training, time management, introduction to college swimming, academic excellence

Equipment: The equipment listed below must be purchased before the start of the season and must be brought to every practice:

- One Finis freestyle snorkel
- one mesh bag
- two pair of hand paddles (small and large; size to be determined by coach)
- water bottle
- shoes, shorts, and shirt for dry land.
- Kickboard
- Full fins
- Short fins (Hydros)
- pull buoy

Dryland- varied functional exercises including games, stretch cords, gymnastics, running, and introduction to strength training using a trainer

## Senior Elite - Coach Adam Schmitt

Senior Elite – The Senior Elite group is the most advanced training group for competitive training and competition. It has strict qualifications based off of many factors including performance, attendance, time standards, training standards, age, and maturity. This group focuses the training on National level meet performance.

Ages – Grades 10 and up (select 9<sup>th</sup> graders)

Daily Training -135 - 250 minutes, 7-10 training sessions per week

Daily Yardage - 6000 - 16000 yards

Goals - maximize aerobic base and develop anaerobic capabilities, fine tune technique and efficiency, extensive goal setting, energy system training, mental training, time management, introduction to college swimming, academic excellence

Equipment: The equipment listed below must be purchased before the start of the season and must be brought to every practice:

- One Finis freestyle snorkel
- one mesh bag
- two pair of hand paddles (small and large; size to be determined by coach)
- water bottle
- shoes, shorts, and shirt for dry land.
- Kickboard
- Full fins
- Short fins (Hydros)
- pull buoy

Dryland- varied functional exercises including games, stretch cords, gymnastics, running, and introduction to strength training using a trainer

### **Commitment Requirements:**

- 1) 90% attendance in pre-senior/ varsity group for previous 4 months.
- 2) Attends one a.m. practice per week for 8 weeks prior to full promotion.
- 3) Desire to work hard and commit to the demands of senior training and competition.
- 4) Subject to coach's approval.
- 5) Sectional time standards.

## Group Move-up Procedure

Move-Ups are the natural progression of an athlete's development. Our program is designed to assure that swimmers stay within their natural peer group to allow for better socialization and development. There are many factors that go into the decision of which group a swimmer will be a part of and why; age, grade, physical ability, maturity, growth, psychological and developmental factors are considered for each swimmer.

Group move-ups will usually take place once per year in the early fall. Families will be notified by the coaching staff in July if their child will be moving to a new group. In general, group move-ups will coincide with their grade in school as follows:

<b>Group</b>	<b>Grades</b>
Mini Marlins	K-3
Red	4-6
Black	4-6
Junior	6-7
White	7-8
Pre-senior	8-9
Varsity	9-12
Senior	10-12 (select 9 <sup>th</sup> graders)

Swimmers may be held in a group below their grade level if the staff believes it is in the best interest of the athlete. There may be rare cases where mid-season move-ups occur or swimmers move up early, that is left to the coaches and Head Coach to determine whether it would be best for the athlete. Each group will have determined entrance and exit requirements for each group.

## Team Communication

The coaches and the board of the Sierra Marlins work hard to communicate with swimmers and their families. A parent who accesses these different channels of communication will find immediate answers to many questions about swimming with SMST.

The channels that are most useful for your family include:

### **Team Web Site - [www.sierramarlins.net](http://www.sierramarlins.net)**

You can look here to find all of the necessary information you need regarding the swim team and its affiliates.

### **Team e-mails**

Email is used to announce and report on meets, team social events and fundraisers, to request volunteers, and to make any important team announcements. Please make sure that the team has an e-mail address that you check regularly as this is a primary means of team communication.

### **Group Meetings**

Once or twice per year the coaching staff conducts group meetings designed to educate parents regarding their swimmer's group. Parent meetings are typically held in the fall; this is a good chance to hear about the coach's goals and strategies for your child's training group.

### **Coach e-mails**

Coaches send out weekly emails to their training groups. The head coach also sends team information and meet reports to the entire team.

### **Coach/Parent communication**

If you have questions or concerns regarding your swimmer, call or e-mail your coach to set up a time to meet. Please respect that during practice the coach is responsible for all of the swimmers in the group, and must devote his or her full attention to them. During practice time we ask that you refrain from discussing swimmer issues with your child's coach. Your group team parent is a resource for basic questions regarding the group.

### **Complaint Resolution**

- Your group coach is always the first person to contact with any concerns regarding your swimmer.
- Contact the Head Coach if you are not able to resolve the issue after communicating with the group coach.
- If satisfactory resolution has not occurred after speaking with both the group and Head Coach, contact a board member.

## Financial Commitment

Listed below are the financial commitments that families make upon joining the team. All financial information is available on our team website at [www.sierramarlins.net](http://www.sierramarlins.net). Swimmers and their families must be members in good standing in order to attend practices, meets, and other SMST events. Members in good standing have paid all registration fees, adhere to stated team obligations (dues payment, fundraising, and parent commitment hours), and conform to stated codes of conduct.

The following financial obligations may be changed if necessary by vote of the SMST board once each per year.

### ***New Member Registration fee***

All new swimmers to SMST pay a onetime \$300.00 new member registration fee. The fee includes a USAS membership, a black Nike Sierra Marlin team suit, a team cap, a Nike team warm-up jacket, and a team T-shirt. Registration fees must be paid with the new member registration paperwork upon joining the team. Team gear is ordered through the Nor-Cal Swim Shop.

Nor-Cal Swim Shop  
Roseville  
120 Sunrise Ave  
Roseville, CA 95661  
(916) 771-7946

### ***USS Registration Fees***

New and returning swimmers are required to pay annual registration fees to USA Swimming. The USS registration fee is included in the new member registration fee. Returning SMST swimmers will be billed yearly for this registration renewal. The USA Swimming registration fee is **\$ 72.00 for the 2013-2014 season but may change from year to year. Swimmers may not practice or compete until registration fees are paid.**

### ***Annual Membership Dues***

Membership dues are assessed monthly in a graduated fee structure depending upon the training group assignment. Fees increase as swimmers advance and require more pool and coaching time. Families pay their annual dues monthly over a 12-month period. Members leaving SMST during the season must submit a written notice of intent to leave to the coach and the team treasurer at least 30 days prior to the date of departure. Failure to give a 30 day leave notice will result in dues being assessed regardless of the swimmer's continued participation with the team.

**Annual dues for 2014 are:** (Fees effective January 2014 but subject to change under Board discretion)

Mini-Marlins: \$95/ month (5 day option) \$60/month **\*\***(2 day option)  
*(\*\*please note there are no make-up days due to illness or vacation offered for the 2 day practice option)*  
Red: \$145/month  
Black: \$145/month  
White: \$145/month  
Junior: \$155/month  
Pre Senior: \$165/month  
Varsity: \$165/month  
Senior: \$165/month + Cross Fit fee of \$20/mo  
Senior Elite: \$185/month + Cross Fit fee of \$20/mo  
Masters: \$55/month  
College Away: \$300/year

### ***Medical Leave Policy***

Upon proven documentation, a swimmer may be excused from monthly dues for injuries or medical conditions that prohibit them from practicing and/or competing. This "leave" will be enacted after a 30 day notice/request. All Medical leaves will be met on a case by case basis and reviewed by the Head Coach/CEO. The period of the leave will be a maximum of 3 months and be reviewed if a longer leave is needed.

### **Annual Fundraising Fee**

Participation in the "Swim-for-Marlins" fundraiser is required of every swimmer. Each year, SMST swimmers must raise a minimum of \$200.00 per swimmer or \$400.00 for families with two (2) or more swimmers.

Our team's primary fundraising event of the year is the "Swim-for-Marlins". Last year, the swimmers collected over \$38,000 dollars in donations to support our team! For this event, we pick a theme and a swimming yardage goal that our training groups can work together to reach. It is a fun day that includes relays and activities, along with dinner and dessert for the swimmers. Swimmers can request donations from friends, relatives, and local businesses to support their swim and reach their minimum \$200 goal. Donations to our team are tax deductible.

Families who do not meet the annual fundraising minimum amount will be charged for the remaining amount on their SMST account.

### **Meet Registration Fees**

There is a swim meet competition fee that is not a part of the monthly training fees. Fees are charged per event by the team hosting the meet when entries are submitted. In addition, swimmers are also charged a splash fee for the event.

An example of a breakdown of meet fees is listed below:

11111CHLGMITC	Smith, Sandra	Age: 11.3	Gender: F	Team: SN • SMST
			Splash Fee:	\$5.00
			9 events @ \$4.00:	\$36.00
			Swimmer's Total:	\$41.00
			Entry Fees Subtotal:	\$41.00
*Internet Processing Fee: \$1.00 per Swimmer + 5.0% of the Entry Fees Subtotal			*Internet Processing Fee:	\$3.05
			Total Paid:	\$44.05



## SMST Billing and Payment Policy

Prompt payment of fees and dues is essential for SMST to meet its financial obligations. Members who are delinquent (60 days or more) in paying team dues may be suspended from practice and/or meet participation until the account is brought current.

### Billing

All existing members will be required to pay their membership dues by auto pay using either a credit card or a checking account. New members will receive an email from the team website with instructions on setting up their auto pay billing. Fees are due to be received on the first of each month regardless of whether or not an invoice has been received. If dues have not been received, a late fee of \$25 will be charged. After 60 days past due, swimmers will not be allowed to participate until fees are current, this would include practices, meets, etc... For Team Travel meets, a swimmer cannot participate if the account is 60 days past due.

### Collections

If an account has a balance that is 60 days overdue, a written notice will be given to the family regarding possible impending collections.

If an account has a balance that is 90 days overdue, and a payment plan been arranged or adhered to between the member family and the SMST Board of Directors, SMST will issue a claim for team charges to a collections agency and the SMST membership will be terminated.

### Departing members

Swimmers leaving SMST during the year must notify the coach and treasurer 30 days prior to leaving the team. Members are responsible for monthly dues for any practice or meet attended prior to, and during the last calendar month spent with the team. All outstanding dues and fees must be paid at the time of departure. Fundraising and volunteer time obligations will be pro-rated through the end of the departing month.

### Re-joining the team

SMST swimmers who request to rejoin the team must contact the Program Director. A \$25 SMST re-registration fee and the current USA Swimming registration fee must be paid prior to beginning practice. A returning swimmer must have been "a member in good standing" at the time of departure from SMST. This includes having been current in all team dues, USA Swimming dues, meet fees, and merchandise fees. In addition, families must have fulfilled the fundraising and volunteer obligations for the season of departure.

***Please note that, should you decide to re-join the team, there is no guarantee there will be available space for your swimmer in his or her training group. In the event that your swimmer's training group is full, we will add your swimmer to the waitlist and as soon as a spot opens, you will be contacted by the team.***

# Parent Volunteer Hour Commitment

## Parent Commitment Policy

1. Annual minimum family commitment: 30 hours
  - Mandatory (3) hosted meets = (2) 4 hour shifts at each meet = 24 hours
  - Remaining 6 hours can be earned at other SMST sponsored events
  - Hours not worked at the end of July will be billed at a rate of \$50.00/hour
2. Buy-Out Option: In lieu of working meet shifts.
  - Each 4 hour volunteer shift may be bought out for \$100.00 each.
  - This payment must be made (2) weeks prior to the meet. Please make this arrangement through the Parent Job Coordinator.
3. All hours/points achieved will be logged into the member account after each even
4. If unable to work a scheduled meet due to other commitments, families need to contact the Parent Commitment coordinator to discuss other options as soon as possible.
5. Timing at away meets is a part of the parent commitment and is an expected responsibility at our away meets even though it does not count toward volunteer hours.

The Sierra Marlins Swim Team is a non-profit organization which counts on its members to volunteer their time to promote unity and to enable the club to thrive. Accruing volunteer hours during the swimming calendar year of September through August is required. Each family will be required to participate in 30 hours of volunteer service for the team. For families joining the team after December 1st, the volunteer hour commitment will be pro-rated.

The Marlins host three major meets during the September through August season. These meets contribute a substantial portion of our fundraising efforts each year. As these meets are a large source of revenue which supports our program, we require all SMST families to work at all three of our hosted meets regardless of whether their swimmer is participating in the meet. It takes a huge amount of work to prepare for and run a swim meet and these meets are where families will earn the majority of their required 30 volunteer hours. Each family is asked to sign up for two 4 hour shifts of volunteer hours during each meet weekend. Typically we host meets in November, March, and April. The Marlins have a reputation for running high quality meets in our outstanding Folsom venue. Hosting swim meets is an integral part to the success of our program.

At the start of each season, we encourage families to look at our meet schedule in advance to avoid other scheduling conflicts with our swim meet weekends. If you are unable to work a scheduled meet, you must call the parent commitment coordinator to discuss other options. In lieu of working your shifts, you also have the option of "buying out" a 4 hour shift for \$100. This arrangement and payment must be made 2 weeks prior to the meet. Each shift that is bought out will earn the equivalent of 4 volunteer hours. Failure to sign up or show up to work your assigned volunteer shift without the necessary notification will result in the assumption that you are opting to select the "buy out" option in lieu of working. Charges will be seen during the next month's cycle.

In addition to working at our hosted swim meets, each family will be able to accrue additional volunteer hours at a variety of SMST events during the season to achieve the 30 hour required commitment.

Shift job sign up for our swim meets and events is done on-line through the SMST website. Once you receive an email notification that the on-line volunteer job sign-up is open, you are free to go to the SMST website and sign up for your shift. After the event, your hours are updated to your "volunteer hours worked" history on your account. This account allows you to keep track of your hours throughout the season and make sure that you reach the required amount of 30. It is your responsibility to sign up for your job shifts at meets and SMST events in order to fulfill this obligation.

It is important to note that when attending away meets, we are required to provide timers to assist with the running of the event. These timing hours are not counted towards your 30 hour volunteer commitment as these events are not sponsored by SMST. If your swimmer is not attending the away swim meet, you are not required to come and work a timing shift. All families will receive an email a few days prior to the away meets requesting families to sign up for their timing shift. If your child is attending an away meet but you are unable to fulfill your timing obligation, you must contact the timing coordinator to discuss other options. In lieu of working your shift, you also have the option of "buying out" a timing shift for \$100. This arrangement and payment must be made prior to the meet. Failure to sign up or show up to work your assigned timing shift without the necessary notification will result in the assumption that you are opting to select the "buy out" option in lieu of timing. Charges will be seen during the next month's cycle.

## Team Operations Volunteer Opportunities

The job descriptions listed below are those that provide the necessary support for our team to thrive and function. If you are interested in participating or volunteering for any of these positions, please contact the Parent Volunteer Coordinator.

### SMST Board of Directors (BOD)

The Sierra Marlins Swim Team is a board operated non-profit organization. It requires dedicated volunteer board members to function. The BOD meets monthly on an agreed upon day of the week.

**The Board consists of the following board positions:**

**CEO- Head Coach**  
**President**  
**Vice President/Media Relations**  
**Secretary**  
**Co-Treasurers**  
**Fundraising/Sponsorship**  
**Meet Operations**  
**Volunteer Coordinator**

### SMST Team Group Parents

Team group parents are a very important part of our team who act as liaisons between the SMST Board of Directors, coaches, and member families. In addition, team group parents function as a resource for new families joining the team, and help plan group events for the swimmers.

## Swim Meet Job Committee Descriptions

**Meet Director** – This position is required by USA Swimming for every meet held. The main responsibilities include, but are not limited to: obtaining a meet sanction, preparing and distributing meet announcements, organizing meet committees and distributing final results. The director is an overseer, avoiding direct involvement in any one committee or activity. This person needs to be registered with Sierra Nevada Swimming either as an athlete, official or non-athlete and have completed the required USA Swimming background checks. Additionally, this role needs to work jointly with the head coach, the coaching staff, parent committee chairs, facility staff and management, and SMST board members to insure that all financial and team required elements are in place for the swim meet.

**Announcing** – Responsible for communication during the meet. The meet announcer needs to communicate clearly and concisely the heat information, awards status, and any other announcements necessary during the meet.

**Awards Coordinator** – Orders awards prior to the meet, prepares awards during meet and distributes to swimmers or coaches at the end of the meet. Coordinates award volunteers during the meet.

**Check-In/Scratch Table** – Responsible for checking-in swimmers for the events they are entered for the meet, and scratching them from those they do not plan to swim. Communication with the Clerk of the Course to close events for check in approximately 30 minutes before the event is to begin.

**Check in Committee Chair** – Coordinates the check in process and staffs the volunteers needed during the meet. Responsible for making sure that all check in staff knows role and responsibilities for this job.

**Head Timer** – The head timer works with the meet's head starter to insure that all timing requirements are met. Serves as a back-up timer for lane timers in the event a back-up time is necessary.

**Colorado Operation** – Works the Colorado computer system that records the results of each heat and event.

**Colorado Operation Committee Chair** – Responsible for the testing and validation of the equipment prior to each swim meet session. Responsible for staffing the Colorado system during the entire meet and that all staff knows role and responsibilities for this job.

**Head Timer Committee Chair** - This committee chair is responsible for coordinating timing lane assignments for each session and/or meet as reflected by visiting team entries (supplied by the meet director). Responsible for staffing the head timer position at each session and that all staff knows role and responsibilities for this job.

**Hospitality** – Food and drinks are provided for coaches, officials and timers at the meets. Volunteers in this role perform various duties ranging from getting the snacks ready, to serving these meals and snacks to the coaches, timers, officials, and volunteers working at the meet.

**Hospitality Committee Chair(s)** – The hospitality committee chair works with the meet director and head coach to determine the budget and the amount of food needed for the volunteer workers at the swim meet. They are responsible for providing dinner on Friday, lunch on Saturday/Sunday, as well as various snacks throughout the meet for the volunteers. The committee chair is also responsible for staffing the hospitality room with volunteers who know the role and responsibilities for this job.

**Hy-Tek** - This person is responsible for creating the meet using Hy-Tek software, receiving and processing all electronic and paper entries until the meet is full, coordinating with the Meet Referee/Meet Director before and during the meet to ensure a successful meet, processing any changes in entries from the Clerk of Course after check-in, running the computer during the meet and generating results and heat and ribbon labels. This is handled by a third party resource for Marlins meets.

**Officiating** – Officials (Stroke and Turn, Starters, Referees) are needed at all Sierra Nevada Swim Meets and depending on entries, each team will have a requirement to provide a given number officials so that their swimmers can receive their awards. As the hosting team during a meet, our officials will be ask to participate in as many session as possible.

**Pancake Breakfast/Grill** - This job requires someone to coordinate and purchase breakfast supplies to cook for the team during different team events. Requires cooking and setting up the grill.

**Parent Commitment Coordinator(s)** – The Parent Commitment Coordinator attends monthly board meetings and helps to disseminate information and helps coordinate the scheduling of volunteers for meets. Responsibilities include, but are not limited to coordinating all volunteers (primarily working with the committee chairs) ensuring coverage for all jobs for the duration of the meet.

**Parent Volunteer Coordinator** – The parent volunteer coordinator organizes and assigns job roles and tracks the job shifts and hours for the team families for SMST hosted events. This position also requires communication with families regarding their volunteer commitment.

**Program Sales** – Develops a Meet Program for participants from documents generated by the Hy-Tek system, listing teams, lane assignments for timing, swimmer entries and advertisements. This job involves computer skills, coordinating the printing of the programs and selling at meet.

**Runners** - There are two types of runners. One is responsible for obtaining the timed results from the individual lanes and giving them to the Hy-Tek computer operator. The second runner takes event heat sheets from the Hy-Tek computer person to the posting board. Duties include distributing all swimmer lane assignments to the starter, officials, coaches, announcer, and distributing results to announcer, awards desk. Runners also post final results.

**Runner Committee Chair**- This individual is responsible for staffing runners at the meet and insuring that all staff know the role and responsibilities for this job.

**Safety Marshals** – Marshalls are required to monitor and police the pool and facility to insure safety and compliance with both City and USA Swimming regulations. Warm-ups cannot commence unless Marshalls are in place to insure safety for swimmers and venue guests.

**Set up/Breakdown** – This committee is responsible for setting up the facility, and tearing it down after the meet. This job includes setting up tables and chairs for the meet, setting up the wires for the timing system, and other basic duties needed to get the facility ready for the meet.

**Setup / Breakdown Committee Chair** – Responsible for set-up and breakdown coordination. Responsible that all staff knows role and responsibilities for this job.

**Snack Bar/Concessions workers** – Snack bar staff sell food and drink to patrons attending the meet. Work involves purchasing items, food preparation, restocking food supplies, clean up and selling of food items.

**Snack Bar/Concessions Committee Chair** - This committee chair is responsible for running the snack bar. They are responsible for the menu, the staffing of the meet, and coordinating the snack bar. Ensure that all staff working in the snack bar knows the role and responsibilities for this job.

# Swim Meet Guide

## SMST Affiliations

### USA Swimming

USA Swimming is the national governing body for amateur competitive swimming in the United States from beginners to the Olympic level. All SMST swimmers must become members of USA swimming in order to participate in practices and meets. USA swimming has administrative oversight for the entire nation, which is divided into 59 Local Swimming Committees (LSCs). Generally a single LSC governs a single state, but some states have more than one LSC due to their size. USA Swimming is a non-profit organization funded through dues collected from individual swimmers and teams, grants from the United States Olympic Committee, corporate sponsorship, and income earned from events, promotions and merchandise. Meets are sanctioned by USA Swimming through our LSC, Sierra Nevada Swimming, Inc., so that the meets are run according to standardized procedures and the swimmer's times will count for State, Sectional, Zone and National qualification. USA Swimming is responsible for selecting the athletes that will represent the United States in all international competitions.

### Sierra Nevada Swimming, Inc. (SNS)

SNS is a non-profit corporation and the Local Swimming Committee (LSC) to which SMST belongs. SNS has local jurisdiction for USA Swimming within the counties of Siskiyou, Modoc, Trinity, Shasta, Tehama, Lassen, Plumas, Glenn, Butte, Sierra, Colusa, Sutter, Yuba, Nevada, Placer, Yolo, Amador, and the portions of: El Dorado County west of Highway 89; Stanislaus and Calaveras Counties north of Highway 4; San Joaquin County north and east of Highway 4, Highway 99, Eight Mile Road, Interstate 5 and Highway 12, excluding the City of Stockton; Sacramento County north of Highway 12; and Solano County north of Highway 12, including the communities of Fairfield, Suisun City and Rio Vista, and excluding the communities of Benicia and Vallejo; and the Nevada Counties of Humboldt, Mineral, Churchill, Pershing and Lander, and the portion of Washoe County lying north of the northerly boundary of the Pyramid Lake Indian Reservation. SNS is a volunteer-run organization with its own set of by-laws and a separate House of Delegates responsible for managing the business affairs of SNS. Representatives to the House of Delegates are composed of athletes, coaches, members of the Board of Directors, and club members. Besides assuring that meets are run according to USA Swimming and SNS protocols, SNS provides training to parent volunteers through its clinics program. SNS holds state championship meets at the conclusion of the short and long course seasons and sponsors teams to swim at the Western Zone Championships.

## Meet Information

Meet sheets with event order, fees, directions to the venue and other useful information are generally posted on our website under the specific meet, and emailed to each family. Swimmers should be entered into events with their best time in that event. If they have not participated in an event before, enter "No Time". A swimmer should be registered in the meet using their full name as it appears on their USAS card.

Parents and swimmers should refer to the meet schedule and look for meet sheets 3 – 4 weeks prior to the meet date. The coaching staff will attempt to email a meet sheet to their training groups. If families cannot find an upcoming meet sheet, they should check with a coach or check online at [www.swimconnection.com](http://www.swimconnection.com) under "enter meets".

Please be sure to read each meet sheet carefully prior to attending the meet. If you have any questions, feel free to talk with a coach or more experienced parent/swimmer.

## Entering a Meet

In USA Swimming, there are different procedures for entering a swim meet depending upon the LSC, meet host and the level of the meet.

1) Most of SNS and SMST meet entries are completed by parents or swimmers using a website, [www.swimconnection.com](http://www.swimconnection.com). The process is standardized for every meet and is fairly simple. It is highly recommended that when you join our team you familiarize yourself with this website so that you will be ready to enter your swimmer into a meet when required to do so. There is a small processing fee and you will receive an immediate confirmation number that you have successfully entered the meet. Most swim meets have caps on the number of participants they allow and will fill quickly. We encourage you to enter the scheduled meet as soon as it opens up on SwimConnection. Please note that you will receive open registration notices about every meet offered and need to be careful that the meet you are entering is a meet on our SMST meet schedule.

2) In some meets, SwimConnection is not used, and we will utilize our SMST website and the Team Unify system for meet entries for our swimmers. This process will ask the parents or swimmers to enter the meet by logging onto our



## Swim meet frequently asked questions:

### What meets should my swimmer attend?

A seasonal meet schedule is carefully crafted by the staff in order to give our athletes the meet experiences they need to develop according to our developmental plan. It is sent to each family via email, is discussed at the group parent meetings and is posted on our website. Sierra Marlin Swim Team athletes should only attend the meets listed on the team meet schedule. It is against USA swimming rules to attend a swim meet without a coach present.

### How are relay teams selected?

The Sierra Marlin Coaching Staff select the swimmers for relays at swim meets. In selecting the relay teams, the Coaching Staff shall consider all available information deemed important in choosing the athletes for the specified relay teams. Coaches will consider the following when choosing the relay athletes; each team member's qualifying performance, past relay performances, personal best performances, event schedules, individual workload, other recent results and performances, consistency of performances, health, fitness levels, and training preparation.

### What are preliminary and final sessions at meets?

Championship meets sometimes have two sessions of competition with preliminary heats in the morning and finals at night. The number of swimmers who qualify for finals are dependent upon the specific meet. Team points and individual awards are determined by the placing achieved in the finals only. Swimmers can only achieve the place determined by their heat. For example, a person who is in the consolation final can place no higher than 9th place even if they swim faster than an athlete in the top 8 finals heat.

### What if my child disqualifies due to a stroke infraction?

Disqualifications, or "DQ's", are an inevitable part of the learning process and should not be viewed as negative. The volunteer official's job is to ensure fair competition and to make sure the athletes are performing strokes that are legal. They are also helping teach the athletes to be better swimmers by calling out stroke and turn errors. The coaches view DQ's as reminders of things to work on in practice and believe that officials are very helpful in the learning process of our athletes. If you have a question regarding a disqualification, see your child's coach. **Under no circumstance should you approach or question an official on deck regarding a swimmer disqualification.** Please remember that the officials are volunteering their time to help your child learn to be a better swimmer and deserve your consideration and respect.

### What do we bring to a meet?

A minimum of 2 towels per day

Team approved suit, team cap, goggles

Cash to buy heat sheets, snacks, or other swim supplies

Water bottles and nutritious snacks

Sunscreen and shading devices (hats, umbrellas, tents)

Warm clothing for your swimmer

*-We suggest sweatshirts and pants, sometimes long-sleeved T-shirts, flannel pajamas, special swim parkas, socks and waterproof shoes. You will learn what your swimmer prefers over time, but warm clothes for both top and bottom are essential.*

Optional items: Sleeping bags/blankets, tents, stadium chairs or foldout chairs, portable stereos, games, and books.

**Due to fire and safety concerns, Sierra Nevada Swimming prohibits the use of propane heaters at swim meets.**

**The use of all cameras and video equipment behind the blocks is not allowed per USA Swimming rules concerning privacy and swimmer safety.**

### Are there meet awards?

Meets vary regarding if/how many individual awards they will provide to athletes. Please refer to the meet sheet for details regarding awards. You must pick up your swimmers awards at the meet. Coaches do not pick up any awards at the meet.

### What are the swimming seasons?

**Short Course Season** - This season runs from September 1 until March 31 each year. Meets are generally swum in a 25-yard pool.

**Long Course Season** - This season runs from April 1 to August 31 each year. Meets are generally swum in a 50-meter pool.

**What is a meet time standard?**

Time standards assist swimmers with measuring their improvement. They also establish minimum entry requirements for some meets. Time standards are different for each season and for each type of pool. "SCY" means Short Course season times attained in a 25-Yard pool. Most SMST Short Course events are held in 25-yard pools. "LCM" means Long Course times obtained in a 50-Meter pool. To locate the time standard for a swimmer's event, you must know what season it is, what type of pool it is (25 yards or meters, or 50meters), and you must know the swimmer's gender, age and event. Copies of SNS time standards are posted on [www.sn-swimming.org](http://www.sn-swimming.org). In addition, each Marlin family will be provided with a Sierra Nevada Guide each year which serves as the best resource for time standards.

**What are the age group classifications?**

There are seven different age group classifications recognized by United States Swimming: 8 & Under, 10 & Under, 11-12, 13-14, 15-16, 17, 18 and Senior. The senior classification includes any swimmer who has achieved the prescribed qualifying time for the event. Not all age group classifications are offered at every swim meet. The swimmer's age on the first day of the meet will govern the swimmers age for the entire meet.



## Swim Meet Descriptions

### Age Group Open

These meets do not have qualification time standards. Typically, these meets offer all four competitive stroke events in the different distances. Some events may be open to multiple age groups. Check with your swimmer's coach in regards to how many events to enter per day.

### BB+/- Meet

Same as the Age Group Open except only age group events are offered. Open events are not offered.

### Intra-squad Meets

These are practice meets between SMST swimmers. These are ideal for beginning swimmers and are held to build team spirit and introduce beginning swimmers to competition.

### Duals, Tri, and Quad Meets

Dual meets are competitions between two clubs. Tri-meets and quad-meets involve the number of teams indicated in the title. Dual meets MUST be finished in 4 hours, though they may take as little as 2.5 hours. Duals, tri and quad meets are IDEAL and highly recommended for young and new competitive swimmers.

### Invitational

An invitational is a meet hosted by one team who may invite other teams to compete. Several hundred swimmers may attend these meets. Frequently, only swimmers with certain qualifying times may attend.

### Junior Olympic Championships

All swimmers who have reached qualifying time based on the Sierra Nevada Swimming Junior Olympic time standards may compete in the Junior Olympic Championships. JO's are held at the end of the short and long course seasons. Athletes who meet certain time standards may qualify for additional championship meets such as Far Westerns, Sectional, Zone, and National championships. Each successive level of championship meet brings the swimmer against larger and larger pools of competitors. The qualifying times for the championship meets get faster at the higher level meets and these meets often involve swimmer travel.

### Far Western Championships

This meet serves as a top level competition for age group swimmers from around the western United States, Canada and Mexico. The meet is hosted by Pacific Swimming and serves as a high priority meet for our top age group swimmers.

### Sectionals

The Marlins participate in the "Gold" sectional championships which includes all teams from California and Nevada. Sectional Championship meets are held at the end of both Short Course and Long Course seasons for swimmers with qualifying times. The Marlins require swimmers to achieve a certain number of sectional time standards to travel with the team to this meet.

### Western Zones

USA Swimming also divides the United States into Zones (groupings of Sections) for the purpose of conducting a Zone Championship meet. This meet occurs only at the end of Long Course season. SNS selects a team to represent the LSC at the meet. To be eligible, swimmers must first obtain a qualifying time. Next, swimmers submit an application with their qualifying times and coach recommendations. A committee of coaches selects a team from the pool of applicants that will represent SNS in competing at the Western Zone Championships.

### USA Swimming Junior National Championships

Junior Nationals are exclusively for swimmers age 18 and under. The meet is held each December (short course) and August (long course). This meet serves as a stepping stone to the top national and international level meets for 18 and under athletes.

### USA Swimming National Championships/ Olympic Trials/ US Open

These top national level competitions are held at different times throughout the year and serve as qualifying meets for international level competitions.

### National Junior Team

The National Junior Team is comprised of the top 18 and under swimmers in the country and serves as the first step in the National Team hierarchy. Team members typically attend a National Team camp and an International Competition. Making this team is a goal for many of our top athletes.

## Team Travel Meets

Team travel meets are away meets attended by swimmers, coaches and adult chaperones. Team travel meets will strive to bring a ratio of one chaperone/coach for every 8 swimmers on the trip. Chaperones, under direction of the head coach, will be responsible for the care of all athletes on the trip including meals, curfews, transportation and any other issues that may arise. Coaches will be responsible for all meet related aspects of the trip including meet administration and coaching but will also assist with the needs of the chaperones such as transportation needs.

### SMST selects team travel meets for the following reasons:

- Provide swimmers with experience competing against swimmers from other LSCs, typically at a higher quality of individual and team competition.
- Swimmers gain experience in prelims/finals competition in and outside of Sierra Nevada Swimming.
- The coaches are seeking competitions conducive to exceptional performance.
- The swimmers experience the fun of traveling independently with the team.
- The swimmers learn responsibility and independence through this travel experience.

## SMST Team Travel Policy

### General Policies adopted in the USA Swimming Rulebook.

- a) Club travel policies and Code of Conduct must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club. (305.5.D)
- b) Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check. (305.5.B)
- c) Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that particular athlete). (305.5.A)
- d) When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach. (305.5C)

## Chaperone Guidelines for Team Travel

Thank you for volunteering to serve as a chaperone. Your role in our swimmer travel trips is an invaluable one. While chaperoning a trip can be hard work, you will find that being a part of our team travel trip is a rewarding experience. Because we know the sacrifice and work involved with organizing a team trip, a chaperone's flight, team meals, and room are covered expenses.

There are a few things that, as a chaperone, you need to be prepared for. In the most general terms, you are responsible for the care of our swimmers 24 hours per day for each day that we are on our trip. You can expect to be the first one up in the morning and the last one to bed. You can expect emergency store runs and frequent trips from the pool to the hotel that may cause you to miss your child's event. You will also need to enforce team rules and policies with all of our swimmers.

### Guidelines for chaperones:

- 1) Before the trip, chaperones will meet with the head coach to discuss the trip.
- 2) We ask chaperones to be helpful and flexible with the intent of assisting our athletes experience a successful trip.
- 3) Chaperones will be provided with a rooming list of the athletes upon arrival at the hotel.
- 4) Every attempt will be made to arrange the athlete rooms in a block.
- 5) Chaperones are expected to carry the emergency forms for all swimmers in attendance.
- 6) Chaperones are responsible for carrying basic first aid supplies and feminine needs.
- 7) Chaperones may be responsible for carrying athlete return airline tickets.
- 8) Chaperones and coaches are responsible for distributing keys to athletes upon arrival at the hotel.
- 9) Chaperones will grocery shop for breakfast, meet snack items, and beverages as needed.
- 10) Chaperones are responsible for making sure swimmers are accounted for before driving to/from the pool at the time specified by the head coach.
- 11) Chaperones will drive the athletes to and from the hotel and swim meet venue obeying all local laws of safe vehicle operation. I.e. Cell phones, etc.
- 12) Chaperones must show proof of insurance before the trip and to be allowed to transport athletes.
- 13) Chaperones will arrange lunch and deliver to the swim meet or the hotel as needed by the team.
- 14) Chaperones will take orders for dinner, arrange an eating place, and pick up the food. Most meals will be catered or picked up so the athletes can eat at the hotel.
- 15) Chaperones will ensure that athletes are behaving according to the Sierra Marlins senior travel code of conduct.
- 16) Swimmers are to be in their rooms at the time designated by the head coach.

- 17) Swimmers are to have their lights out at the time designated by the head coach.
- 18) Chaperones will make room checks at times designated by the head coach.
- 19) Any minor issues will be handled by the chaperones. The coach in charge will be kept informed of any issues that may occur. Disciplinary action will be decided upon and enforced by the coach in charge.
- 20) Fees incurred by the chaperones (food, supplies, etc.) can either be paid for on a chaperone's credit card for later reimbursement, or money to cover expenses can be obtained from the team treasurer. Chaperones should keep track of all money spent while on the trip and keep all receipts for items purchased.

## Sierra Marlins Team Travel Code of Conduct Contract

1. Swimmers are not allowed to leave either the hotel or the pool without permission from the head coach and/or chaperone.
2. Swimmers are required to be in their rooms and have lights out at a time specified by the coach and/or chaperone.
3. No long distance phone calls are to be made from hotel rooms.
4. No pay movies are to be ordered from hotel rooms.
5. Swimmers are expected to treat hotel and pool facilities with respect and are responsible for any damages incurred.
6. Alcohol or drug use will not be tolerated.
7. When swimmers of opposite genders are in one room, the door shall remain wide open.
8. Swimmers are responsible for their own wake-up calls. The team will leave the hotel at a time specified by the coach.
9. Swimmers are expected to behave appropriately and represent the Sierra Marlins in a mature manner.
10. Team members and staff traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc. unless otherwise excused or instructed by the head coach or his/her designee
11. Any additional guidelines for the team will be established as needed by the coach of record.

### Implementation

Your signature on this document constitutes unconditional agreement to comply with the Sierra Marlins Swim Team code of conduct.

Failure to comply with the code of conduct as set forth in this document may result in disciplinary action.

Such disciplinary action will be determined by the coach of record and may include, but not limited to:

1. Dismissal from the meet and immediate return home at the expense of the parent.
2. Restriction from one or more future team events or competitions.
3. Dismissal from the team.

The undersigned has read, understands and agrees to the terms of this agreement.

\_\_\_\_\_  
Swimmer's signature

\_\_\_\_\_  
Parent's signature

## Responsible Swimmers

### **At practice, as a swimmer I will:**

Arrive on time for practice with the appropriate equipment.

Be considerate of other swimmers during practice, and support my teammates.

Show respect for my coach and the other Marlin coaches by practicing good listening and cooperative behavior.

Follow all pool rules at the practice facility. Show appreciation for the facility by remembering to pick up my gear after practice, and respect the Folsom Aquatic Center staff.

### **At meets, as a swimmer I will:**

Arrive on time for warm-ups and participate in warm-ups as directed by my coach.

Wear a Sierra Marlin's team approved suit and cap.

Wear the SMST uniform while receiving medals at championship meets.

Compete in all events for which I am registered unless I have communicated otherwise with my coach.

Remember to speak with the coach before and after my race.

Eat nutritious foods and drink water to keep myself properly fueled and hydrated for the meet.

Participate in the SMST team cheer and support my fellow Marlin swimmers during their races when possible.

Represent SMST with pride by practicing good sportsmanship and respectful behavior with other swimmers and meet officials.

## Responsible Parents and families

***SMST maintains a zero-tolerance policy regarding harassment or offensive behavior of any kind.***

### **Parent and family expectations:**

**Support, praise and encourage your swimmer at every opportunity.** For any swimmer, improving times, supporting their effort, and improving technique are good sources of praise and encouragement.

**Support good attendance and punctual behavior.** Do your best to assure that your swimmer(s) arrives at practice and at meets on time.

**Support the team by volunteering.** Each family is required to work a certain number of parent volunteer hours each season. Please support your swimmer and the team by making sure you fulfill this requirement.

**Help out at away and home meets by timing.** All swimmers who attend swim meets must have a parent, relative, or friend participate in the timing responsibilities of the meet. Please make sure to support the team by signing up for these shifts in a timely fashion.

**Contribute in a positive way to the team's culture and environment.** Each team member makes daily "deposits" or "withdrawals" to the team's environment with their words and actions. Successful teams are full of people who strive to improve the team's environment and their child's experience as a member of a nurturing and supportive team.

**Be constructive** if you are unhappy with some aspect of your coach's performance or the team's functioning. Constructive solutions include calmly discussing the issue with the coach, talking to the team parent to get more information or ideas about solutions, or approaching a board member with questions or suggestions. When approached with questions or concerns phrased in a respectful manner, the coaches, team parents and board members will do their best to help.

**Carefully time your discussions with coaches:** Please respect the fact that on deck during practice and at swim meets, coaches are attending to the needs of their swimmers. If you would like to discuss an issue or communicate with your child's coach, the most effective way is to send a quick email. For discussion of more involving issues, make a request to your swimmer's coach that you find a time to sit down for an appointment at a time that works for both of you.

**Avoid talking to your swimmer(s) during practice.** This is distracting to your child and the other swimmers in the group. Parents are expected to maintain the role of "observer," "supporter," and "cheerleader" for swimmers. The coaches have the authority to limit a parent's participation in practice, meets, and other team activities if they feel any parent's actions are detrimental to a swimmer or to the team.

**Bullying and Electronic Communication Policy.** SMST is committed to each swimmers success in learning within a caring, responsive, and safe environment that is free of discrimination, violence, and bullying. Our team works to ensure that all swimmers have the opportunity and support to develop to their fullest potential and share a personal and meaningful bond with people on the team and community. The use of electronic communication either by email or social media by swimmers, parents or staff to bully, influence or disparage any member of our team will not be tolerated by SMST. The Sierra Marlins embrace and support USA swimming's policy on these subjects and these can be reviewed at the [USA Swimming Website](#).

## Swimming Glossary

<b>"A" time</b>	Time classification for a swimmer, as with A times, AA times, B times, and so forth.
<b>A meet</b>	Swim meet which requires swimmers to have previously achieved an A time standard in the events they wish to enter.
<b>A-B-C meet</b>	This type of meet includes every ability level of swimmer from novice to very experienced.
<b>Age group</b>	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: 8-under, 13-Over, 15-Over, Junior, Senior.
<b>ASCA</b>	The American Swim Coaches Association. The professional certifying organization for swim coaches throughout the nation. ASCA offers many services for coaches' education and career advancement.
<b>Backstroke</b>	One of the 4 competitive racing strokes, basically any style of swimming on the back. Backstroke is swum as the first stroke in the medley relay and second stroke in the IM. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
<b>B-C meet</b>	Swim meet that offers competition for swimmers who have not achieved A times in the events that they race.
<b>Bell lap</b>	The part of a freestyle distance race (400 yards or longer) when the swimmer has 2 lengths plus 10 yards to go. A timer rings a bell over the lane of each swimmer who has reached the backstroke flags before making the last turn at the start end of the pool.
<b>Blocks</b>	The starting platforms located behind each lane. Some pools have blocks only at the deeper end of the pool (called the "start end"), and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.
<b>B-meet</b>	Swim meet which requires swimmers to have previously achieved a B time standard in the events they wish to enter.
<b>Breaststroke</b>	One of the 4 competitive racing strokes. Breaststroke is swum as the second stroke in the medley relay and the third stroke in the IM. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd breaststroke.)
<b>Butterfly</b>	One of the 4 competitive racing strokes. Butterfly, or fly, is swum as the third stroke in the medley relay and first stroke in the IM. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
<b>Button (plunger)</b>	A manual timing system device that records a back-up time for use if the swimmer did not hit the touch pad or the pad malfunctioned. The button or plunger is at the end of a wire, plugged into a deck terminal box. There are usually 2 buttons per lane. The timer is responsible to push the button as the swimmer finishes the race.

<b>Championship finals</b>	The top 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. The fastest heat of finals when multiple heats are held.
<b>Championship meet</b>	The meet held at the end of a season. Qualification times are usually necessary to enter meet.
<b>Check-in</b>	The procedure required before a swimmer swims an event in a deck seeded meet, sometimes referred to as "positive check-in". Swimmers (or their coaches) mark their names on a list posted by the meet host by a specified deadline.
<b>Circle seeding</b>	A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes in the final 3 heats. See rule book for exact method for seeding depending on the lanes in the pool. Also called championship seeding.
<b>Club</b>	A registered swim team that is a dues paying member of USA Swimming and the local LSC.
<b>Consolation finals</b>	After the fastest 6 or 8 swimmers, the next fastest 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.
<b>Deck</b>	The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an authorized USA Swimming member may be on the deck during a swim competition.
<b>Deck Entries</b>	Accepting entries into swimming events on the first day or later day of a meet.
<b>Developmental meet</b>	A classification of meet or competition that is usually held early in the season. The purpose of a developmental meet is to allow all levels of swimmers to compete in a low pressure environment.
<b>Disqualified</b>	A swimmers' performance in an event is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand, and can be explained after the meet by the coach.
<b>Distance</b>	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). Distances for long course are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), 1500 meters (30 lengths).
<b>Dry-land</b>	The exercises and strength programs swimmers do out of the water. Dry-land work is vital for injury prevention and effective competition.
<b>Dual meet</b>	Type of meet where two (2) teams/clubs compete against each other, often ideal for novice swimmers. Tri-meets and quad-meets are also generally smaller and less intense than invitational.
<b>Electronic timing</b>	A timing system that usually has a push-button starting machine with a horn and a strobe light,



	touch pads 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' times.
<b>Entry</b>	An individual, relay team, or club roster's event list in a swim competition.
<b>Entry fees</b>	The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.
<b>Entry limit</b>	Each meet usually has a limit on the number of swimmers that can be accepted, or a time limit that cannot be exceeded. Once an entry limit has been reached, a meet will be closed to entries.
<b>Event</b>	A race or stroke swum over a given distance. An event equals 1 preliminary with its final, or 1 timed final.
<b>False start</b>	When a swimmer leaves the starting block before the horn or gun. A false start confirmed by both of two designated officials is a disqualification.
<b>Fastest to slowest</b>	A seeding method that may be 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 girls' heat and one boys' heat until all swimmers have competed.
<b>FINA</b>	The international, rules-making organization, for the sport of swimming.
<b>Final results</b>	The printed copy of the results of each race of a swim meet.
<b>Finals</b>	The final race of each event. See "Championship Finals", "Consolation Finals", "Timed Finals", etc.
<b>Fins</b>	Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not competition.
<b>Flags</b>	Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.
<b>Freestyle</b>	One of the 4 competitive racing strokes. Freestyle is swum as the fourth stroke in the Medley Relay and fourth stroke in the IM. 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)
<b>Heat sheet</b>	The printed listings of swimmers' seed times and their assigned events, heats and lanes at a swim meet. Heat sheets are usually sold at the admissions table.
<b>Heats</b>	A division of an event in which there are more swimmers than lanes, so that they cannot all compete at the same time. The results for an event are compiled by swimmers' time swum after all heats of the event are completed.
<b>High point award</b>	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.

<b>Horn</b>	A sounding device used with a light to signal the start of a race.
<b>IM</b>	Individual Medley. An event in which an equal distance of each of the 4 competitive strokes is swum in order. The order of strokes is butterfly, backstroke, breaststroke, and freestyle. IM distances are: 100 yds/mtr, 200 yds/mtr, 400 yds/mtr.
<b>Infraction</b>	Doing something against the rules that is cause for disqualification, if observed by an official, and reported to the referee, who confirms the disqualification.
<b>Insurance</b>	USA Swimming offers insurance coverage which is automatic when swimmer, coach, official, pays their USA Swimming registration fee.
<b>Interval</b>	A specific elapsed time for swimming or rest used during swim practice.
<b>Invitational</b>	Type of meet that requires a club to request an invitation to attend the meet.
<b>Kick board</b>	A flotation device used by swimmers during practice.
<b>Lane</b>	The specific portion of the pool in which a swimmer is assigned to swim.
<b>Lane lines</b>	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.
<b>Lap</b>	One length of the course. Sometimes may also mean down and back (2 lengths) of the course.
<b>Lap counter</b>	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.
<b>Leg</b>	The part of a relay event swam by a single team member. A single stroke in the IM.
<b>Long course</b>	A 50 meter pool. The long course season typically lasts from the beginning of April through August.
<b>LSC</b>	Local Swim Committee. The local level administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming.
<b>Marshall</b>	The volunteer official who observes the pool during warm-ups, and may control the crowd and swimmer flow at a swim meet
<b>Medals</b>	Awards given to the swimmers at meets. They vary in size and design and method of presentation.
<b>Meet Director</b>	The volunteer in charge of the administration of the meet.

<b>Meter pool</b>	The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters pools are 50 meters long; short course meters pools are 25 meters long.
<b>Mile</b>	The slang referring to the 1500 meter or 1650 yard freestyle, each of which is slightly short of a mile.
<b>NAGTS</b>	National Age Group Time Standards - the list of "C" through "AAAA" times published each year.
<b>Nationals</b>	USA Swimming senior or junior level meets conducted in March/April and August. See Senior or Junior Nationals.
<b>NT</b>	No Time. The abbreviation used on a heat sheet to designate that the swimmer has not achieved an official time in that event before.
<b>Officials</b>	The certified, adult volunteers, who operate the many facets of a swim competition.
<b>Open competition</b>	Competition which any qualified club, organization, or individual may enter.
<b>Pace clock</b>	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 warm-ups or swim practice.
<b>Paddle</b>	Colored plastic devices worn on the swimmers hands during swim practice.
<b>Positive check-in</b>	The procedure required before a swimmer swims an event in a deck-seeded meet, and at some pre-seeded meets. Swimmers must mark their names on a list posted by the meet host.
<b>Prelims-finals</b>	Type of meet with two sessions. The preliminary heats are usually held in a session that is early in the day. The fastest 6 or 8 (Championship Heat) swimmers, and sometimes the next fastest 6 or 8 swimmers (Consolation Heat) return later 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.
<b>Pre-seeded</b>	A meet conducted in which a swimmer is assigned to each event, lane, and heat prior to the meet. These assignments are then posted on heat sheets for the information of swimmers, coaches, spectators, and officials.
<b>Psyche sheet</b>	Another name for a meet program, usually before events are deck-seeded, that lists swimmers in order of their times without assigning them to heats or lanes.
<b>Pull Buoy</b>	A flotation device used for pulling between the legs in practice.
<b>Qualifying times</b>	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. See "A" "AA" (etc.) times.

<b>Referee</b>	The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.
<b>Relays</b>	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, the next swimmer swims Breaststroke, the third swimmer swims Butterfly, and the last swimmer swims Freestyle. 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.
<b>Sanction</b>	A permit issued by an LSC to a USA Swimming Club to conduct an event or meet.
<b>Sanction fee</b>	The amount paid by a USA Swimming Club to an LSC for issuing a sanction.
<b>Scratch</b>	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, a swimmer can be disqualified from remaining events.
<b>Seed</b>	Assign the swimmers heats and lanes according to their submitted or preliminary times.
<b>Seeding</b>	Deck Seeding – swimmers must report to the Clerk of the Course at some announced time before the event. After scratches are determined, the event is seeded. Pre-Seeding - swimmers are arranged in heats according to submitted times prior to the meet.
<b>Senior meet</b>	A meet that is for senior level swimmers and is not divided into age groups. Qualification times are usually necessary and will vary depending on the level of the meet.
<b>Senior nationals</b>	National championships are conducted as long course meets in the spring (usually in late March) and in the summer (usually in late July or August).
<b>Session</b>	Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group. Many meets have separate morning and afternoon sessions depending on swimmers' age groups.
<b>Short course</b>	A 25 yard or 25 meter pool. The short course season typically lasts from the beginning of September through March.
<b>SNRT</b>	Sierra Nevada Recordable Time
<b>SNS</b>	SNS is a non-profit corporation and the Local Swimming Committee (LSC) to which SMST belongs

<b>Split</b>	A portion of an event, shorter than the total distance, that is timed, for example, the time for the first 50 yards of a 100 yard race, or the time swum by one swimmer of a relay team. It is common to take multiple splits for the longer distances
<b>Starter</b>	The volunteer official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.
<b>State meet</b>	A championship meet held twice a year (Short Course and Long Course) sponsored by the LSC. It is common to hold a Championship Senior meet and Age Group meet separately. Qualification times are necessary.
<b>State qualifier</b>	A swimmer who has made a necessary cut off time – an ‘A’ time – to enter the state championship meet.
<b>Stroke</b>	There are 4 competitive strokes: butterfly, backstroke, breaststroke, freestyle.
<b>Stroke &amp; Turn judge</b>	A volunteer official trained and authorized to observe racers’ strokes as they swim through the jurisdiction assigned to the official, usually 2-4 lanes. At a short course meet, the stroke judges will generally stand at either end of the pool, and have jurisdiction to the midline of the pool. At a long course meet, a stroke judge will usually walk along the side of the pool as the swimmers race, and may have jurisdiction from one end to the other. A stroke judge who observes a swimmer commit an infraction will report to the referee, and the swimmer may be disqualified.
<b>Submitted time</b>	Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets.
<b>Swim-off</b>	In a Prelims/Finals competition, a race after the scheduled event to break a tie. The only circumstance that warrants a swim-off is to determine which swimmer makes finals or becomes an alternate, otherwise ties stand.
<b>Taper</b>	The resting phase of training for a senior swimmer before a championship meet.
<b>Time standard</b>	A time that a swimmer must achieve to qualify for a specific meet.
<b>Time trial</b>	An opportunity for a swimmer to swim an event at a competition outside of the regular schedule of events.
<b>Timed finals</b>	Competition in which the time and placing in the preliminary heats are the final results.
<b>Timer</b>	The volunteers sitting behind the finish end of the pool responsible for getting watch times on events, recording those times, and activating the backup buttons for the electronic timing system.

<b>Touch pad</b>	The removable plate (on the end of pool lanes) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to electronically register a time in a race.
<b>Unattached</b>	An athlete member who competes, but does not represent a club or team. When an athlete changes from one team to another, there is a required 120 days for the swimmer to have unattached status from the date of their last competition.
<b>Unofficial time</b>	The time displayed by the timing system, read over the intercom by the announcer immediately after the race, or clocked by the lane timers. The official time will be the time posted in the final results.
<b>USA number</b>	A 12 character ID assigned to a swimmer upon registering with USA swimming. This ID is comprised of the swimmers first three letters of their first name, middle initial, first four letters of their last name and birthdate. For example: The USS ID # for swimmer Susan Laura Miller, birthdate June 5, 2002 is SUSLMILL060502.
<b>Yard pool</b>	The measure of the length of a swimming pool used during short course meets. A short course yard pool is 25 yards (75 feet) in length.
<b>Zones</b>	The country is divided up into 4 major zones: Eastern - Southern - Central - Western. Our zone is the Western zone.