

# The Derrick Devil Rays Swim Team Handbook 2022 Season



May – August 2022

## **Table of Contents**

<b>IMPORTANT CONTACT INFORMATION</b>	<b>3</b>
<b>THE SPORT OF COMPETITIVE SWIMMING</b>	<b>4</b>
<b>THE DERRICK DEVIL RAYS SUMMER SWIM TEAM</b>	<b>5</b>
<b>IMPORTANT DATES</b>	<b>5</b>
<b>FEE STRUCTURE</b>	<b>6</b>
<b>SWIM MEET FEE STRUCTURE</b>	<b>6</b>
<b>DEVIL RAY PARENT CODE OF CONDUCT</b>	<b>7</b>
<b>DEVIL RAY SWIMMER CODE OF CONDUCT</b>	<b>8</b>
<b>TRAINING GOALS AND TIMES</b>	<b>9</b>
<b>GEAR REQUIRED.....</b>	<b>10</b>
<b>TEAM PICTURES.....</b>	<b>10</b>
<b>VOLUNTEER COMMITMENT.....</b>	<b>11</b>
<b>DEVIL RAY COACHING TEAM.....</b>	<b>11</b>
<b>HISTORY AND GOALS OF THE DERRICK DEVIL RAYS SUMMER SWIM TEAM</b>	<b>12</b>
<b>ROLE AND EXPECTATIONS OF THE SWIMMER</b>	<b>12</b>
<b>ROLE AND EXPECTATIONS OF THE PARENT</b>	<b>13</b>
<b>ROLE AND EXPECTATIONS OF THE COACH</b>	<b>14</b>
<b>SWIM MEETS</b>	<b>14</b>
<b>THE DEVIL-RAY RELAY POLICY</b>	<b>15</b>
<b>WHAT TO WATCH IN A SWIM MEET</b>	<b>16</b>
<b>THE RULES</b>	<b>18</b>

**THE OFFICIALS****19****GLOSSARY OF SWIMMING TERMS****21****Important Contact Information:**

## Important Contact Information Swim Coaches:

Admin	Shea Kidd	<a href="mailto:stkidd@ualberta.ca">stkidd@ualberta.ca</a>
Head Coach	William Beach	<a href="mailto:wjbeach@ualberta.ca">wjbeach@ualberta.ca</a>
Assistant Coach	Logan Lopaschuk	<a href="mailto:logster1002@gmail.com">logster1002@gmail.com</a>

## Derrick Devil Rays Parent Executive:

Co-President	Alana Shrubsole–Cockwill	<a href="mailto:ashrubsole@hotmail.com">ashrubsole@hotmail.com</a>
Co-President	Teri Mierlo-Kantor	<a href="mailto:tmierlo@hotmail.com">tmierlo@hotmail.com</a>
Computers	(position open)	
Meet Manager	Brys Francis	<a href="mailto:brys.francis@edmontonpolice.ca">brys.francis@edmontonpolice.ca</a>
Volunteer Coordinator	Alana Shrubsole–Cockwill	<a href="mailto:ashrubsole@hotmail.com">ashrubsole@hotmail.com</a>
Merchandise Coordinator	Amanda Powley	<a href="mailto:amanda.joy.powley@gmail.com">amanda.joy.powley@gmail.com</a>
Member at Large	Tracie Hokanson	<a href="mailto:tracieh@shaw.ca">tracieh@shaw.ca</a>
	Anette Intenberg	<a href="mailto:gregannette@shaw.ca">gregannette@shaw.ca</a>
	Michelle Graham	<a href="mailto:mmg2@ualberta.ca">mmg2@ualberta.ca</a>

## Derrick Management:

Aquatics Director	Shea Kidd	<a href="mailto:aquatics@derrickclub.com">aquatics@derrickclub.com</a>
-------------------	-----------	------------------------------------------------------------------------

**ASSA Information:**

Swim Alberta website

<https://swimalberta.ca/>

## **The Sport of Competitive Swimming**

This handbook is designed to help your child succeed in, and enjoy, the sport of competitive swimming. The information provided here will give you a good working knowledge of the sport and answer some basic questions.

The sport of swimming has many benefits, including the people you and your child will meet during your time at the pool. The camaraderie among swimmers is unique; many swimming buddies become life-long friends.

In addition to new friendships, swimming provides one of the most beneficial forms of exercise for cardiovascular and overall fitness. This exercise can be enjoyed throughout one's entire life. For example, we now have swimmers in their nineties setting "masters" world records.

Life skills your child will develop as a result of participating in swimming include time management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation ends. Successful and productive adults frequently utilize the skills they had the opportunity to refine during their swimming experience.

Age group swimming should be fun, exciting, and rewarding. Many children improve rapidly, and it is not unusual to see big time drops throughout the season. Children are learning and growing at a greater rate than at any other time in their careers. It can be difficult to avoid the tendency to push young athletes at this stage. Although a child of eleven or twelve can handle the physical demands of serious water training, most coaches feel that the workload should not be great until a child reaches puberty. The emphasis at a young age should be placed on improving stroke technique and having fun. After a child reaches puberty, scientists and coaches feel serious training can begin.

Please remember not every swimmer becomes a world record holder, but everyone gains from his or her swimming experience. Supporting everyone in sport, without criticism can be rewarding and will certainly enhance the experience for your children. You may soon find yourself cheering at competitions, timing during meets, or even going on to become a Swimming Canada certified official. Please ask questions of your coaches, officials, and fellow parents throughout the season. The goal of the Derrick summer club is to provide your child with the best possible experience in competitive swimming!

# The Derrick Devil Rays Summer Swim Team

Welcome back to our swimmers, coaching staff, and parents! It is with great excitement that we begin our 2022 summer swim season. For all those that are new to our swim club, our goal is to create a fun, competitive swimming program that strives to develop the swimming ability of all children with a minimum of 50 meters of proper Front Crawl and 50 meters of proper Back Crawl continuously and be skillful in the deep water, with no exceptions. The following information is intended to answer any questions that parents, or swimmers may have with regards to our club.

## Important Dates

First Practice	Monday May 2, 2022 – Derrick Pool
Wetaskiwin Swim Meet.....	Saturday May 21, 2022 – Wetaskiwin Pool
Vermillion Swim Meet	Saturday May 28, 2022 – Vermillion Pool
<b>Millennium/Derrick Swim Meet.....</b>	Saturday June 4, 2022 – Sherwood Park
Lloydminster Swim Meet..... Pool	Saturday June 11, 2022 – Lloydminster
Camrose Swim Meet	Saturday June 18, 2022 – Camrose Pool
Provost Swim Meet.....	Saturday June 25, 2022 – Provost Pool
July Long Weekend	No Training on Friday July 1 <sup>st</sup> , 2022
Wainwright Swim Meet.....	Saturday July 9, 2022 – Wainwright Pool
<b>HUMA Swim Meet.....</b>	Saturday July 16, 2022 – U of A Pool
Fort Sask. Swim Meet.....	Saturday July 23, 2022 – Fort Sask. Harbour Pool
August Long Weekend	No Training on Monday August 1 <sup>st</sup> , 2022
<b>Regional (Region C) Swim Meet</b>	August 5, 6 & 7, 2022 – Camrose Pool
Week of Aug 8-12 Provincials	Training only for swimmers attending

<b>Provincials Swim Meet</b> .....	August 12, 13 & 14, 2022 – Kinsmen Pool
Aquatic Club Championships	TBA – Derrick Club

Notes –

Fort SK pool is an outdoor camp, with an indoor pool.

Provost pool is an indoor camp, with an outdoor pool.

Some meets require the kids to travel outside in between the camp to the pool, prepare accordingly.

## Fee Structure

All fees include 1 Team Swim Cap (for all swimmers) and a t-shirt (for new swimmers)

***Coaches will determine the category that the athletes will train in.  
The swimmer's skill level and commitment are determining factors.***

### **Development III, II, I**

Full Season per child (May – August)	\$525.00
--------------------------------------	----------

ASSA Fee (per child) (prior to June 30)	\$51.25
-----------------------------------------	---------

\*All Derrick Club swimmers will be registered with the ASSA\*

(This fee allows swimmers to compete in any ASSA sanctioned meet)

## Swim Meet Fee Structure

The base fee does not include swim meet coaching and entry fees. These costs will be billed to the members account on an individual basis. The host club charges different fees for events and coaching. These fees are assessed depending on the distance, length, and the number of participants of the swim meets. In general, entry and coaching fees average \$40 to \$75 per meet. Registration for all swim meets is 7 days prior to the meet, you may cancel by notifying the head coach 10 days in advance, in writing or by e-mail and will not be charged for the swim meet fee. **If you do not cancel in time, you will be charged the full amount.**

## Devil Rays Parent Code of Conduct

As a member of the Devil Rays swim club, swimmers and parents are asked to abide by the following guidelines associated with the code of conduct.

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character". I therefore agree:

- I will encourage my child to have fun and remember my child competes in the sport for his or her enjoyment, not mine.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I will learn the rules of the sport and review the Club handbook with my child.
- I will mentor my child by ensuring I always display good sportsmanship and respectful conduct with officials, coaches, athletes, and parents.
- I will teach my child to follow the rules and to resolve conflict in a respectful and fair manner.
- I will ensure that my child treats other athletes, coaches, officials, volunteers, and spectators with respect.
- I will encourage my child to do their best as that is more important than winning.
- I will compliment my child for competing fairly and participating to the best of their ability.
- I will encourage skill development and commitment to practice and the benefit of these practices over winning at competitions.
- I will encourage all swimmers, coaches, officials, and parents not only from our club but other clubs as well to be kind and not critical of anyone.
- I will promote the emotional and physical wellbeing of the athlete ahead of any personal desire I may have for my child to win.
- I will respect the officials and their authority during competition and will never question, discuss, or confront coaches or officials at the venue. I understand there is a 24-hour cooling off period in place prior to emailing or texting the coach about a concern. After 24 hours, if a concern needs to be addressed, I agree to set up a meeting time. I will respect the coaches and athletes and will arrange a meeting prior to or after practices to discuss any concerns.
- Competition day concerns which cannot be resolved after the 24-hour cooling off period may be addressed by emailing the president of the Derrick Devil Rays executive committee. If a concern is not resolved at the Club level, the executive will approach the ASSA Region C Representative to seek a resolution. The Region C Representative will determine if ASSA should be contacted to assist with the resolution (Alberta is divided into 6 regions; we only compete against the other 9

Region C teams). Parents are asked to follow this protocol rather than contacting Alberta Summer Swimming Association directly.

I agree to adhere to the rules and guidelines of the Sport Parent Code of Conduct. I understand that if there is a concern the President of the Devil Rays executive will contact me.

- I have read and agree with the Sport Parent Code of Conduct

## **Devil Rays Swimmer Code of Conduct**

As a proud representative of the Derrick Club, I realize that what I do, whether participating at the club or representing it elsewhere, will always reflect on me, my teammates, and the Derrick Club.

I am to be a pace setter in my personal conduct, setting high standards for both myself and others.

Representing the Derrick Club, my commitment is the following:

- To be sportsman-like, while at the club or representing it elsewhere.
- To respect all people and their property, whether it is at the club or wherever we are staying
- To neither possess alcohol, tobacco, or marijuana and/or supply these substances or their substitutes to others.
- To never be in possession or use of any drug other than prescribed medical drugs. I will advise my coach of the use of any prescription drugs.
- To report any damage caused by my action to officials present.

I agree that if I do not fulfill these commitments that I expect my parents or guardians to be contacted, and the Derrick club may suspend some or all my privileges associated with the club.

- I have read and agree with the Swimmer Code of Conduct



## Training Goals and Times

A summer swim club's season is from May to August. In training, the months of May and June focus on distance (increasing endurance and stroke improvement) and teamwork. During July and August, the focus is on fine tuning skills relating to speed and finesse as well as preparing swimmers for swim meets. Below are the practice times for the months May – August:

**Coaches will notify swimmers of the group they will be participating in.  
Please note times might vary once the season has started.**

### **Monday, Tuesday, Wednesday, Thursday & Friday**

Development III	4:45pm – 5:30pm
Development II .....	5:15pm – 6:30pm
(on deck 5:15 warm up, in water 5:30pm)	
Development I	6:30pm – 8:00pm
(on deck 6:15 dryland, in water 6:30pm)	

\*Prior to important meets – coaches may shorten or cancel practices\*

**\*\*Friday July 1 & Monday August 1 2022\*\***

**there will be no swim practice due to the statutory holiday**

**Times and levels might change due to the number of members that register.**

Development III and Development II are young novice swimmers. Coaches may move experienced and skilled swimmers up to the Development I. These levels are not determined by age but by skill and is at the coaches' discretion.

Please note workouts are created for the team, as a whole. However, sets will be modified according to skill level and stroke specialties of individual swimmers.

## Gear Required

Competition/practice swimsuits are available; please email your requests to [aquatics@derrickclub.com](mailto:aquatics@derrickclub.com). All male swimsuits must remain above the knee, and all swimsuits should fit tight.

### The following items are required for PRACTICES:

- Practice suit
- Swim cap
- Goggles
- Water bottle

### The following items are required for COMPETITION:

- Competition suit – orders will be taken for swimsuits at the beginning of the swim season. For the duration of the swim season we ask that swimmers not wear their competition suits for practice, as they tend to wear quickly.
- Team T-Shirt
- Team swim cap
- Goggles
- Water bottle
- Flip flops – to be worn at camp and taken off just before the pool deck
- Towels – swimmers usually prefer a thick, large beach towel. A quick dry one works the best. Two towels are recommended for swim meets.
- Swim parkas/bathrobes – will keep the swimmers warm during the walk to and from the pool decks
- Sweatpants or shorts
- Permanent marker – swimmers write their competition events on their arms
- Food (a lot of healthy snacks and lunch – swimmers are always hungry)

**It is strongly recommended that all swimmer belongings are marked with his/her name and club name in permanent ink.**

## Team Pictures

We will be having individual and team pictures done on the pool deck Date TBA. Sign Up Sheet To Follow. Please wear your black team bathing suit and t-shirt. Individual “dry” photos will be taken as well as an individual photo to use in photoshop for the team photo. Finally, individual action shots will be taken. There will not be any swim training on the night of team pictures.

## Volunteer Commitment

Parents or Guardians are asked to participate in the following:

- The Derrick Dual Meet & all open Swim Meets – we require 1 parent volunteer from each participating family. There will be a volunteer sign-up sheet on the Devil Ray website. Any parents unable to assist at the meet due to a conflict with date and time will be required to supply a substitute volunteer.
- The Devil Rays are required to provide a 1 parent per family at each swim meet that their child attends. You may not be needed, but must be available. You are required as an official to wear black bottoms and a white top. Most parents choose to wear a t-shirt and shorts, as the pool deck can get very warm. Ensure your footwear has good grip and can get wet.
- All parents are encouraged to take Introduction to Swimming Officiating and the Safety Marshall Clinic. These can be done online at <https://swimalberta.ca/officials/clinics/>
- Once you have completed the online training, contact the volunteer coordinator (refer to the contact information found on page 3), to make sure that your credentials have been updated.

## Devil Rays Coaching Team

We are very fortunate to have Shea Kidd and William Beach returning as our coaches of the Derrick Devil Rays. They both bring a wealth of experience in competitive swimming and have developed an immense understanding of swimming, coaching and the importance of technical skills over their years of competing.

### Shea Kidd – Admin

- Bachelor of Arts in Recreation, Sport, and Tourism
- University of Alberta Swim team alumni
- Over a decade of swimming and coaching experience

### William Beach – Head Coach

- Finishing fourth year at the University of Alberta where he is taking a Bachelor of Arts Degree in History, minoring in Political Science.
- After swimming competitively with the Devil-Rays, in all-year with Olympian swim club, and Varsity with the UofA Golden Bears for 14 years combined Coach Will is officially retired from competitive swimming.

## **Logan Lopaschuk – Assistant Coach**

- My name is Logan Lopaschuk and I am very excited to be a part of the Derrick Devil Rays team! I am from Red Deer, where I swam competitively for 10 years and coached pre-competitive swimming for 3 years. I am attending the University of Alberta for a Bachelor of Education and will just be finishing up my last season with the U of A varsity swim team.

## **History and Goals of the Derrick Devil Rays**

**The Devil Rays were formed in the summer of 1999 to initiate the development of a competitive swimming program prior to construction of the existing facility.**

The goals of the program are:

- Expose children to the sport of competitive swimming
- Give children an opportunity for challenge
- Encourage excellence in the sport through fun, enjoyment and participation
- Create a friendly and competitive team atmosphere
- Improve skill development to the competitive level
- Produce a love and commitment to the sport of swimming
- Develop valuable life skills

When coaches, swimmers, and parents work together, all of these goals are attainable. The specific roles and expectations of the persons involved in the summer club follow:

## **Role and Expectations of the Swimmer**

The development of the swimmer is the whole purpose for the existence of the team, the coach, and the ASSA. The success of any club's activities is completely dependent on the behavior of the children. The swimmer's responsibility is to make the most of the resources put before them by:

- Showing respect for the other swimmers of the club and their parents, the volunteers, the coaches and the officials.
- Being on time for practices and meets.
- Participating as a team member at practices and meets.
- Attending practices if they intend to participate in meets and relays.
- Arriving at the pool 10 minutes before practice.
- Informing the coach as soon as possible if they are unable to attend a meet for which they are registered.

## Role and Expectations of the Parent

Competition allows the swimmer to experience success and to learn how to deal with defeat, while becoming healthy and physically fit. As a parent, your major responsibility is to provide a stable, loving and supportive environment in which this competition will take place. This positive environment will encourage your child's growth in competitive swimming.

Parents also serve as role models and their children often emulate their attitudes. Be aware of this and strive to be positive role models. It can be counter-productive to your child and the team to over-emphasize winning or achieving best times. The most important part of your child's swimming experience is that he learns about himself while enjoying the sport. This healthy environment encourages learning and fun, which will develop a positive self-image within your child. Remember that your child is the swimmer. Children need to establish their own goals and make their own progress towards them.

The following are specific parent expectations:

- Get your child to practice on time. Children should be on deck, showered, with their goggles and cap on waiting for the coaches 10 minutes prior to the start of practice.
- In July and August children in Development II & Development I are required to be on deck, waiting for the coaches 15 minutes prior to the start of practice, as they will be doing dryland training (days and times TBA).
- Show your enthusiasm and support to not only your child but to all team members.
- Encourage your child to attend meets and ensure that he/she is at the meet well in advance of the start time. It is recommended that you arrive at least 15 minutes before the team's warm up time in order to set up in the Devil Rays designated area.
- Show good sportsmanship to coaches, officials, opponents and teammates.
- Communication is an integral part of any relationship and everyone must take responsibility. Please ensure that we have a parent and athlete email address, as we will use this method of communication to relay information.
- Please feel free to speak with the coaches before or after practice or send a quick email, let them coach your children while they are swimming
- Attend ASSA official's clinic in the early season (introduction to timing and safety marshal). The Derrick Club will also attempt to hold an in-person advanced official clinic for stroke and turn.
- Volunteer commitment is required at the Derrick Club's meet and one other meet through the season. (i.e.: Region Meets, Regional's or Provincials.)

## Role and Expectations of the Coach

The role of the coach is to teach and develop young swimmers' technical ability. The coach is also a role model for all swimmers. The coach will help the swimmer to shape his/her attitudes towards swimming as well as their personal values, such as sportsmanship, discipline and work ethic. The coach will comment on the swimmers strengths and areas for improvement in a positive way. By doing so, they will encourage the development of the swimmers' self-esteem. The coach will also be responsible for communicating with swimmers and parents, resolving any conflicts that arise and dealing with poolside discipline issues.

## Swim Meets

The Devil Rays will be participating in a series of swim meets over the course of the summer. The final schedule is included in this handbook. **It is expected that all swimmers compete in a minimum of 2 swim meets prior to Regionals.** We look forward to the involvement of all swimmers and their parents. For any out of town swim meets we will require a minimum amount of swimmers to attend (this number is at the discretion of the coaches). The competitive schedule will wrap up with the regional and provincial meets in early to mid-august.

Prior to a meet, swimmers must get enough sleep, have a good carbohydrate diet, drink plenty of fluids and eat healthy snacks. All swimmers should have some understanding of their personal goals. Coaches would be happy to assist the swimmer with the formulation of these goals.

Parents are responsible for getting their swimmer(s) to the designated pool approximately one half before a meet. The coaches may want to have swimmers there earlier to secure their spot in the designated area. Swimmers should have all of their competitive gear with them (see gear required). Meets are usually on Saturdays with the occasional Sunday and will run from 8:00 a.m. – 6:00 p.m. Once all of the swimmers have competed in the scheduled events there will be the medal presentation. Warm ups could be scheduled as early as 6:30 a.m. Regional and provincial meets run over an entire weekend, as they are much larger meets. **All children should be participating in the Regional meet.** Only swimmers with the fastest times at regionals are eligible to swim in Provincials. The coaches will communicate through email on the specific arrival times.

Once at the meet, swimmers will gather with their team in the designated area and receive specific instructions about individual heats, warm-up lane assignment, and marshalling area location. Coaches are responsible for organizing the swimmers on deck. Parents are usually asked to refrain from staying on the deck with their swimmer. At most pools, there is ample bleacher seating available where parents can sit and watch the meet. Heat sheets (order of

events, approximate time, heat and lane number) will be emailed to the parents the night before the meet. Please bring a permanent marker, as you will want to write their events on their arms.

After individual heats are completed, the meet concludes with team relays. The following information provides a guideline as to how swimmers are chosen for the various Devil Ray relays.

## The Devil Ray Relay Policy

The following is the existing Relay Policy for the Devil Rays. Deviation from this policy will occur at the coaches' discretion and the coaches' decision will be final.

- When determining regular season relay teams:
- Relay teams for "regular" season meets will be determined by the coaches and will be based primarily on the fastest swimmers in each age group and their willingness to participate.
- If there are enough participants in each age group, relay teams for meets will be chosen from both branches of the club in accordance with fastest times in each event. (i.e. A team, B team, C team etc)
- Relay Teams for Regionals will be determined by the coaches and **only** swimmers who have competed in at least one (1) relay event and (2) swim meets throughout the season may compete.
- Relay teams for Provincials will be in accordance with the fastest times per event in each age group regardless of which branch of the club the swimmers are from...(assuming all other team requirements/ attitude/ regular attendance / behavior etc...have been met)... Coaches' decision is final.

## **What to Watch in a Swim Meet**

The following is a brief summary of competitive swimming strokes. Once you participate in a stroke and turn clinic, you will become more familiar with them. These are printed to help convey a better understanding of the sport:

### **The Racing Course**

The length of the short course racing pool is 25 meters and the long course pool is 50 meters. The pool has eight lanes and each lane must be at least 2.5 meters wide. The water temperature must be kept at a minimum of 24 degrees.

### **The Meet**

There are 14 individual events and three relays for men and women in a swimming meet.

### **Freestyle Events**

In the freestyle, the competitor may swim any stroke he or she wishes. The usual stroke used is the front crawl. The alternate overhand motion of the arms characterizes this stroke. The freestyle is swum in 25, 50, 100, 200, 400, 800 and 1500-meter distances.

### **Backstroke Events**

In the backstroke, the swimmer must stay on his or her back at all times. The stroke is an alternating motion of the arms. At each turn a swimmer must touch the wall with his or her hand before executing the turn maneuver. Swimmers must surface within 15 meters after the start of the race. Backstroke race distances are 25, 50, and 100 meters.

### **Breaststroke Events**

Perhaps one of the most difficult strokes to master, the breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast on or under the surface of the water and brought backward in the propulsive stage of the stroke simultaneously.

The kick is a simultaneous thrust of the legs called a "frog" or breaststroke kick. No flutter kicking is allowed. At each turn a swimmer must touch with both hands at the same time. Breaststroke races are distances of 25, 50, and 100 meters.

### **Butterfly Events**

The most beautiful and physically demanding stroke, the butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together. No flutter kicking is allowed.



The butterfly was "born" in the early 1950's a loophole in the (Breaststroke) rules and 1965 the Olympic event in Melbourne, Australia. Butterfly races are swum in 25, 50 and 100-meter distances.

### **Individual Medley**

The individual medley, commonly referred to as the "I.M.", features all 4 competitive strokes. In the I.M. a swimmer begins with the butterfly, changes to backstroke after one-fourth of the race, then the breaststroke for another quarter and finally finishes with freestyle. The I.M. is swum in 100 and 200-meter distances.

### **Starts and Turns**

Many races are lost in poor starts and turns. In the start, the starter visually checks that all swimmers are down and then calls the swimmer to the starting position. Then, once the starter is satisfied, the race is started by either a gun or electronic tone. Start disqualification: may result by swimmer movement on the start block, once the starter says, "Swimmers take your marks".

Quick turns are essential to a good race. In all events the swimmer must touch the wall, but in the freestyle, and backstroke, the swimmer may somersault as he or she reaches the wall, touching only with feet. In the other 2 competitive strokes, the swimmer must touch the wall with 2 hands before executing the turn. Turn disqualification: may result if the swimmer touches the wall with one hand for breaststroke or butterfly turns, incorrect kicks, touching the bottom, turning on stomach before touching the wall on the backstroke turn.

### **Strategies**

The sprint races (25, 50 and 100 meters) are an all-out scramble from start to finish. The slightest mistake can cost precious hundredths of seconds- and the race.

The 200-meter events require the swimmer to have a sense of pace as well as the ability to swim in a controlled sprint.

The 400, 800 and 1500-meter freestyles require the swimmer to constantly be aware of where they are in the water and how tired they are becoming. Swimming the first portion of the race at too fast of a pace can sap swimmers' strength and cause a poor finish. Swimming the first portion of the race too slowly can separate the pack and make catching up impossible.

There are two ways to swim a distance. Swimmers may elect to swim the race evenly (holding the same pace throughout the race) or they may "negative split" the race. A negative split occurs when the second half of a race is faster than the first half.

## **The Team**

A swim team is composed of any number of swimmers. Participants compete in age groups and meets depending on their achievement level and how old they are as of May 1<sup>st</sup> of the present season. Provincially, the age groups are as follows: 6 and under; 7 and 8; 9 and 10; 11 and 12; 13 and 14; 15-17; and 18+. Team practice groups are usually determined by age and ability.

## **The Rules**

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair advantage over another swimmer. The technical rules for each stroke may be found in the publication "Swimming Canada Rules and Regulations". <https://www.swimming.ca/en/swimmingcanadarules/>.

Trained officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules, he will be disqualified from that event which means he will not receive an official time nor be eligible for an award in that event. Disqualifications may result from actions such as not getting to the starting blocks on time, false starting, walking on or pushing off the bottom of the pool, pulling on the lane ropes, or unsportsmanlike conduct.

Technical rules violation for each stroke may include among others:

### **Freestyle**

The swimmer must touch the wall at each turn and at the finish.

### **Backstroke**

Turning past the vertical onto the stomach and gliding or kicking into the wall on the turn (the roll to the stomach must be a part of a continuous turning action); pushing off the wall on the stomach (not on back) after a turn; not remaining on back while swimming; turning onto the stomach before the finish.

### **Butterfly**

Alternating movements of the arms or legs; pushing the arms forward under the water instead of over the water surface (underwater recovery; a breaststroke style kick); touching with only one hand at the turns or finish.

### **Breaststroke**

An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissor (side stroke); shoulders not level; alternating movements of the arms; taking two arm strokes or two leg kicks while the head is underwater; touching with only one hand at the turns or finish.

## The Officials

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

Parents should be certified in order to help at swim meets. The procedure for certification for Level I and Level II (five levels) are as follows: (See Volunteer Commitment on page 10 for further details.)

Level I - Timer, Place Judge & Marshall

- Participate in Level I Clinic
- Complete one on deck evaluation for each position
- Have referee sign officials card

This course will be offered on-line at <https://swimalberta.ca/officials/clinics/>

Level II – Recorder/Scorer, Clerk of Course, Stroke & Turn Inspector, Starter, Chief Finish Judge, Meet Manager & Chief Timer

- Participate in separate Level II clinics for each of the above positions.
- Complete on deck evaluation
- Have referee sign officials card

### 1. Timers

Operate timing devices (watches or automatic timing systems) and record the official time for the swimmer in his lane.

### 2. Turn Judge

Observe from each end of the pool and ensure that the turns and finishes comply with the rules applicable to each stroke.

### 3. Stroke Judges

Observe from both sides of the pool, walking abreast of the swimmers, to ensure that the rules relating to each stroke are being followed.

The positions of Stroke Judge and Turn Judge may be combined into one position called the Stroke and Turn Judge.

### 4. Relay Takeoff Judge

Stand beside the starting blocks to observe the relay exchange, ensuring that the feet of the departing swimmer have not lost contact with the block before the incoming swimmer touches the end of the pool.

### **5. Clerk of the Course**

Arrange the swimmers in their proper heats and lanes.

### **6. Starter:**

Assumes control of the swimmers from the Referee, directs them to "take your mark" and sees that no swimmer is in motion prior to giving the start signal.

### **7. Referee**

Has overall authority and control of the competition, ensuring that all the rules are followed. They assign and instruct all officials, and make final decisions on all questions relating to the conduct of the meet.

Violations of the rules are reported to the Referee, and the rules require that every reasonable effort be made to notify the swimmer or his coach of the reason for disqualification.

If your child is disqualified (dq'd/ disqualified) in an event, be supportive rather than critical. For beginning swimmers, a disqualification should be treated as a learning experience, not as a punishment. A disqualification alerts the swimmer and coach to what portion of the swimmer's stroke needs to be corrected with further practice.

The disqualification is necessary to keep the competition fair and equitable for all other competitors. A supportive attitude on the part of the official, the coach, and the parent can also keep it a positive experience for the disqualified swimmer.

## **Glossary of Swimming Terms**

### **Age Group Provincial Championships**

Often referred to as "A's". Alberta's premiere swimming championships. To enter the meet, swimmers must have attained an "A" qualifying time. They are held in winter short course and in summer, long course.

### **Age Group Swimming**

Swim Alberta provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent. Nationally recognized age groups are: 10 and under, 11-12, 13-14, 15-17. Local swim meets may also include events for 6 and under.

### **Starting Block**

The starting block is the platform where swimmers begin the race.

### **Bulkhead**

A wall constructed to divide a pool into different courses, such as a 50m pool into two 25m courses.

### **Circle Swimming**

This is performed by staying to the right of the black line when swimming in the lane. This allows for more swimmers to swim in each lane.

### **Coach**

A coach is a person who trains and teaches athletes in the sport of swimming.

### **Code of Conduct**

An agreement signed by a swimmer prior to travel stating that the swimmer will abide by certain behavioral guidelines.

### **Cut**

Slang for qualifying time. The cut is a time standard necessary to attend a particular meet or event.

### **Distance**

Term used to refer to events over 400m.

### **DQ/Disqualified**

This occurs when a swimmer has committed an infraction of some kind. i.e. freestyle kick in butterfly. A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.

**Drill**

An exercise involving a portion or part of a stroke, used to improve technique.

**Dry land Exercise**

Training done outside of the water that aids and enhances swimming performance. Usually includes stretching, calisthenics, and/or weight training.

**Entry Form**

An entry form is used for swimmers to enter a competition. Usually includes affiliation number, sex, event number and time.

**False Start**

Occurs when a swimmer is moving at the start. One false start will result in a disqualification.

**Final**

The championship heat of an event in which the top six or eight swimmers from the preliminaries or heats compete, depending on the number of lanes at the pool.

**Flags**

Backstroke flags placed 5m from the end of the pool. They enable backstrokers to execute a backstroke turn more efficiently by counting their strokes.

**Goal**

A specific time achievement a swimmer sets and strives for. Can be in short or long course.

**Gutter**

The gutter area is along the edge of the pool where water overflows during a race and is circulated through the filtration system.

**I.M.**

Slang for Individual Medley, an event in which the swimmer uses all 4 strokes in the following order: butterfly, backstroke, breaststroke, and freestyle.

**Lap Counter**

A set of plastic display numbers used to keep track of laps during a distance race. Also, the person who counts for the swimmer, stationed at the opposite end from the start.

**Long Course**

A pool 50m in length, Swim Alberta conducts most of its summer competitions in long course.

### **Long Distance**

Any freestyle event over 1500m, normally conducted in a natural body of water, such as a lake, river, or ocean. Also known as Marathon Swimming.

### **Meet**

Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer races against the clock to see how he is improving.

### **Middle Distance**

Term used to refer to events of 200m to 400m in length.

A national competition held once a year open to girls 15 and younger and boys 17 and younger. A qualifying standard time must be achieved.

### **Negative Split**

Swimming the second half of the race equal to or faster than the first half.

### **Official**

An official is a judge on the pool deck, at a sanctioned competition, who enforces Alberta Summer Swimming Association rules. There are stroke and turn judges, administrative officials, starters, timers, and referees.

### **Pace Clock**

Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice; may also be digital.

### **Prelims/Heats**

Slang for preliminaries, also called Heats or Trials. Preliminaries or heats are races in which swimmers qualify for the championship finals in an event. This usually only occurs at Regional's in Summer Club.

### **Q-Time**

Qualifying time necessary to compete in a particular event and/or competition.

### **Relay**

A relay is an event where 4 swimmers compete together as a team to achieve 1 time.

### **Scratch**

Scratching from an event is to withdraw from that event in a competition.

### **Short Course**

Short course relates to the length of the pool being 25-metres. Swim Alberta conducts most of its winter competition in short course.

### **Split**

A split is a swimmer's intermediate time in a race. Splits are registered every 50m and are used to determine if a swimmer is on record pace. Under certain conditions, splits may also be used as official times. In a relay, the time for the first swimmer in the relay may be used as an official time.

### **Sprint**

Describes the shorter events (25, 50 and 100m). In training, to swim as fast possible for a short distance.

### **Streamline**

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

### **Taper**

The taper is the final preparation phase. Swim practice distance is reduced to conserve swimming energy for competition. Prior to major competition, an older, more experienced swimmer will shave his entire body to reduce resistance and heighten sensation of the water.

### **Time Trial**

A time trial time is not recorded during a regular meet.

### **Touch Pad**

A touch pad is a large sensitive board at the end of each lane where a swimmer's touch is registered and sent electronically to the timing system.

### **Warm down**

Low intensity swimming used by swimmers after a race or main practice set to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.

### **Hitting the Wall**

If the swimmer starts his/her race too fast, lactic acid builds up in the muscles causing a heavy, stiff sensation in the muscles. The outcome results in the swimmer slowing down and may require great effort to finish the race.