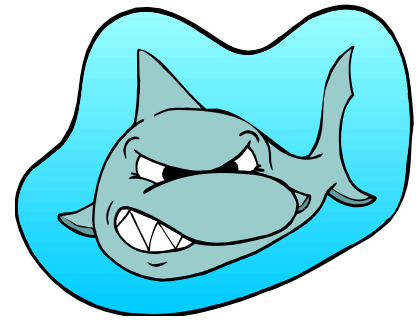


Terms & Things to Know about the Smoky Hill Sharks

Listed Alphabetically



AllStars

AllStars is the last meet of the season, and is when all 24 teams in the league swim together. In order to swim at all stars you must be 7-18 years old (before July 1) and have a qualifying AllStar time. AllStar times are published by the league at the beginning of the season. The times are posted at the pool, just inside the entry door. Swimmers who qualify are allowed to swim the event(s) they qualified in, with a maximum of 3 events. Swimmers who qualify for more than 3 events have to choose which 3 they would like to swim. There are no relays at AllStars.

Caravan

We caravan to Championships, meeting at our pool at a specified time in order to drive together. Please make sure you have directions in case you get separated from the rest of the caravan. Check for departure times on the Friday night before Championships

Championships

Championships are where all 6 teams in our division (B1) attend the meet. 2 heats of each race are held at Championships. If it is a 6 lane pool there will be 12 qualifiers and 2 alternates. If it is an 8 lane pool there will be 16 qualifiers with 2 alternates. Heat 1 is racing for ribbons. It is any child who places 7-12 (or 9-16 if 8 lanes) at prelims. Heat 2 is racing for medals. It is any child who places 1-6 (r 1-8 if 8 lanes) at prelims. Even if a child in Heat 1 swims faster than a child in Heat 2, they are still racing for whatever they qualified for at prelims. (Just remember...there is no consolation heat in the Olympics.)

Ribbons are usually given through 6th places for relays.

Conditioning Practice

Conditioning practice is offered in the morning, from 7-8 a.m. for the older swimmers who swim longer distances during meets. It is not meant for swimmers under 11 years old. Any swimmer attending conditioning practice needs to be prepared to swim 1,000 yards during practice.

Friday Morning Clinic

There is no morning practice on Fridays, instead, we offer Friday Morning Clinics. Sessions are semi-private (2 swimmers max) with the coaches in the water working with swimmers on refining their strokes. Clinics are \$20 for

25 minutes and must be signed up for and paid for ahead of time. Friday morning clinics start on June 11th, and are offered every week, except the 3rd of July.

Heat Sheets

Heat sheets are a list of what events and what heat a swimmer. They are posted on the gate (Home Meets) or near the assigned team area (Away Meets) on the day of the swim meet. Check these sheets (or your child's check-in sheet from the coach) to see what events your child is swimming.

Heating

Heating is the area where swimmers pick up their event cards and get organized in to lanes and heats per event. Once swimmers have been delivered to heating and picked up their cards, volunteers are in charge of getting swimmers to their races. Coaches will usually help with the younger/newer swimmers if they need it. Coaches (or in some cases, parent "wranglers") will also help make sure 8 & under relays are at the correct end of the pool for their leg of the race. Every team runs heating a little differently.

First Call: Start getting ready to get to heating.

Last Call: Swimmers should be in heating with their goggles & caps

Meet Requests

Meet requests are due on line or at the pool by **TUESDAY!** Swimmers can select UP TO 3 individual events. If for some reason the top three events cannot be accommodated, coaches will substitute events with ones they feel the swimmer can swim. Coaches have the final decisions on all event entries.

Coaches are responsible for putting relays together - they have the best knowledge and data, but please note if a swimmer is available for relays on your form! (Any swimmer may "swim up" to fill out a relay provided at least one swimmer on the relay is in the correct age group.) If your swimmer is only able to attend part of a meet, it is important that you communicate this information on the Meet Entry Form. Please be specific on arrival or departure time. **THERE IS NO GUARANTEE THAT YOUR CHILD WILL BE ENTERED IN A MEET IF THE MEET ENTRY FORM IS NOT TURNED IN BY TUESDAY EVENING).**

Meter/Yard

Some pools are 25 METER pools, and some are 25 YARD pools. We are a meter pool. To convert times:

Yards Time (in seconds) x 1.11 = Meters Time (in seconds)

Meters Time (in seconds) ÷ 1.11 = Yards Time (in seconds)

Pasta Party

The night before Championships we host a Pasta Party. The swimmers will have practice first, and then be treated to spaghetti, meatballs, and a light dessert. Parents may join us (after we have fed the swimmers). You do not need to bring anything. We will decorate cars afterwards with window chalk/glass markers (again supplied, but feel free to bring your own).

Prelims

Prelims are held the week before Championships, usually in the morning. Prelims age groups are assigned by the league board. They try to split them as evenly as possible, but each year is different. Your child must swim prelims and qualify in order to swim individual events in Championships. They do NOT have to swim/qualify at prelims in order to swim in relays. Please let a coach know if they would be interested in swimming relays.

Smoky Hill Pool

We rent the pool from the SHMD (Smoky Hill Metro District), which is why we have specified times we can use it (we can't have practice later in the morning; we can't be in until 7 p.m. at night, and have to be out at 1 p.m. after meets).

Team Pictures

Team pictures are taken and then available for order off the internet. There is no preorder form. Individuals and buddy pictures may also be taken at this time, and will be available for order on line. Swimmers should wear their team suits and bring their best smiles.

Warm-ups

At both away and home meets, warm-ups are a chance for swimmers to check out the blocks, the lane lines, and the turn markings (the stripes on the bottom of the pool). After warm-ups coaches, give out slips with children's races/heat/lanes. It's their way of taking attendance. If you miss warm-ups you may have an early morning wake up call in order to make sure you are coming, or your child could be scratched from the meet.

Items that you should bring to a swim meet:

- o Swim Suit & Goggles
- o Caps (if needed)
- o Spare Goggles & Spare Caps (they do break, or mysteriously disappear)
- o Lots of Sunscreen (and make sure to apply it often)
- o Towels/Blankets/Sleeping bags (it's cold in the morning, and they get wet)
- o Sweat shirts and pants
- o Umbrella/Tent for shade
- o Lawn chairs
- o Water/Sport Drinks
- o Sun Glasses
- o Chapstick
- o Flip Flops/Sandals/Pool Shoes
- o Snacks/Lunch/Money for concessions
- o Sharpie to write event/heat/lane numbers on swimmers arm (parent's too!)
- o Card games, books to read, things to do...
- o And most important - Lots of TEAM SPIRIT!

Order of Events

Event-Boys	Age Group	Distance	Stroke	Event-Girls
1	13-14	200	Freestyle	2
3	15-18	200	Freestyle	4
5	8-und	100	Medley Relay	6
7	9-10	200	Medley Relay	8
9	11-12	200	Medley Relay	10
11	13-14	200	Medley Relay	12
13	15-18	200	Medley Relay	14
15	6-und	25	Freestyle	16
17	8-und	25	Freestyle	18
19	9-10	50	Freestyle	20
21	11-12	50	Freestyle	22
23	13-14	50	Freestyle	24
25	15-18	50	Freestyle	26
27	8-und	25	Butterfly	28
29	9-10	50	Butterfly	30
31	11-12	50	Butterfly	32
33	13-14	100	Butterfly	34
35	15-18	100	Butterfly	36
37	6-und	25	Backstroke	38
39	8-und	25	Backstroke	40
41	9-10	50	Backstroke	42
43	11-12	50	Backstroke	44
45	13-14	100	Backstroke	46
47	15-18	100	Backstroke	48
49	6-und	25	Breaststroke	50
51	8-und	25	Breaststroke	52
53	9-10	50	Breaststroke	54
55	11-12	50	Breaststroke	56
57	13-14	100	Breaststroke	58
59	15-18	100	Breaststroke	60
61	8-und	50	Freestyle	62
63	9-10	100	Freestyle	64
65	11-12	100	Freestyle	66
67	13-14	100	Freestyle	68
69	15-18	100	Freestyle	70
71	8-und	100	Individual Medley	72
73	9-10	100	Individual Medley	74
75	11-12	100	Individual Medley	76
77	13-14	200	Individual Medley	78
79	15-18	200	Individual Medley	80
81	8-und	100	Freestyle Relay	82
83	9-10	200	Freestyle Relay	84
85	11-12	200	Freestyle Relay	86
87	13-14	200	Freestyle Relay	88
89	15-18	200	Freestyle Relay	90

Glossary of Swimming Terms

BLOCK: The starting platform.

BREASTSTROKE (BREAST): A frog-like stroke with a whip kick.

BUTTERFLY (FLY): A racing stroke in which both arms rotate together while the legs perform a dolphin kick.

CLERK OF COURSE: Meet official who places swimmers in correct order of events and lane assignments by managing the heating area.

CODE OF CONDUCT: Conduct guidelines that the Mountain Hi Swim League has established and will enforce for swimmers, coaches, officials and parents. (see www.mhsl.org for conduct guidelines)

DQ: Disqualification for reason of a rule/stroke violation. The only swimmers who can not DQ are 6 and unders, swimming in a 6 and under event. A 6 year old can disqualify if they swim in an 8 and under event.

DUAL MEET: A regular season meet with two teams.

EVENT: Any race, per age group, may consist of multiple heats.

FALSE START: This occurs when a swimmer leaves the blocks before the whistle or beeper sounds.

FINISH: End of a race, i.e. when a swimmer touches the wall.

FIRST CALL/LAST CALL BOARD: Located near the Heating Area. White Board maintained by heating area. Signals First Call (swimmers should report to heating area to check in) and Last Call (swimmers are in chairs and all swimmers must be present or they will be scratched) for upcoming events.

FLIP TURN: In the freestyle and backstroke only, when a swimmer turns by completing a partial somersault and twisting underwater before pushing off the wall to resume swimming.

FREESTYLE (FREE): In this event, a swimmer can swim any stroke that he/she wishes, but the front crawl is usually chosen.

FREESTYLE RELAY: A relay consisting of 4 swimmers, who each swim $\frac{1}{4}$ of the race with any stroke, but usually freestyle.

HEAT: Events with many swimmers may need to be divided into multiple rounds or heats, which are the races that make up each event. Swimmers are matched with others of similar seed times with the slowest times in the first heat and the fastest times in the last heat of each event.

HEATING AREA: Area to the side of the blocks where swimmers are organized into the correct heats for each event.

INDIVIDUAL MEDLEY (I.M.): A swimmer swims the prescribed distance in quarter increments in the following order: Butterfly, Backstroke, Breaststroke, Freestyle.

MARK: Swimmer's starting position, assumed when commanded by Starter, as in "take your mark".

MEDLEY RELAY: Four swimmers on a team, who each swim a different stroke for $\frac{1}{4}$ of the race in the following order: Backstroke, Breaststroke, Butterfly, Freestyle. In this race the freestyle leg must be just that, freestyle or front crawl.

MEET: Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer tests him/her self against the clock to see improvement.

MHSL: Mile Hi Swim League. 24 teams make up the league. We are in B1.

N/T (No Time): this is used to designate a swimmer has no previous time in a specific event or distance of event.

REFEREE: Top official at a meet. Has full authority over all officials, swimmers, parents and coaches. Enforces all rules and decides all questions relating to conduct of meet. Can overrule any meet official on a point of rule interpretation or judgment decision on any action he has observed. May also disqualify swimmers or remove any afore mentioned persons for un-sportsman-like behavior.

SCRATCH: To withdraw or be taken out of an event in a competition, due to illness, for being late to check in or not showing up for event.

SEED TIME: The time used to enter a swimmer into a meet; usually the swimmer's personal best.

SPLIT: A swimmer's intermediate (or half way) time in a race.

STARTER: The Deck Official who starts swimmers in each race, usually using a starter gun or beeper.

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 with arms stretched over their heads and a dolphin kick used prior to the swimmer breaking the water. No arm pull is allowed during a streamline.

WAIVER: League insurance waiver form, which must be turned in before a swimmer can participate in a meet or a practice.

Volunteer Positions

Clerk Of Course/Heaters	Line up swimmers in chairs behind the lanes. Make sure swimmers are ready for their race.
Concession	Assist in selling food and drinks during the meets.
End Of Season Party	Coordinates the End of Season party including refreshments, supplies, etc.
Facilities	This position is perfect for the parents that have smaller children to watch over during the Home Meets. Each hour you would be responsible for checking on the paper supplies and functionality of each bathroom and empty the trash cans around the pool deck when needed. Not glamorous but extremely helpful and flexible.
Hospitality	Fill cups with water and snacks. Offer to all workers throughout the meet.
Officials	<p>Officiate during the swim meet</p> <ul style="list-style-type: none"> ○ Starter ○ Meet Referee ○ Stoke & Turn Judges ○ DQ Coordinator ○ DQ Scribe <p>You must be League Certified to hold these positions. MHSL offers clinics for those interested.</p>
Misc.	Sign-up for this position if you are willing to work whenever and you are open to doing whatever job we need help with. We love this group of Volunteers because they help us fill any holes we may have throughout the week.
Ribbons	Ribbon organizers are required for the later shift to assist with labeling and filing ribbons.
Runner	Assist in communications between Starter, Clerk of Course and Scoring table and collecting cards from the timers for each race and delivering to the Scoring table. Also delivers DQ Slips from the Officials to Scoring and then to teams coaches.
Scoring/Timing System	Working with the computer and/or the cards to determine the results for each of the events and the overall meet.
Set-Up / Tear Down	<p>Set-up team meets on Friday night AND Saturday morning to set up the meet: backstroke flags, setting up chairs & ropes, heating areas, tables and the concession stand.</p> <p>Tear Down teams will help dismantle and pack up all gear. Reset pool areas for public use.</p>
Timer	Work stop watch in an assigned lane during the swim meet. One person per lane will write down times.