

NEON

USA SWIM CLUB

"A FORMIDABLE USUALLY VICTORIOUS RIVAL OPPONENT"

North East Ohio Nemesis Handbook

NEON SWIMMING

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<http://www.neonswim.com>

This handbook was assembled to help new members better understand our club and to outline various policies and procedures that affect them from year to year. It is also a good reference for our veteran swimmers.

NEON is a coach owned non-profit organization and a part of USA Swimming. USA Swimming boasts America's largest program of guided fitness activity for children. We derive funds from membership dues, fundraising events, donations and sponsorship. We spend these funds primarily on coaching costs, facility rental, equipment, incentives, scholarships and social functions for the swimmers.

NEON exists to promote a guided age group/senior program for the sport of swimming and provide those athletes with organized opportunities for competition. **NEON** aims to improve the abilities of all its members and encourages participation of all in meets. When young people become member of **NEON** they learn values of sportsmanship, teamwork, goal setting and discipline. Swimming provides physical, emotional and intellectual skills that will last a lifetime.

Team Philosophy

Our training philosophy is designed to have athletes reach their potential in their High School and College years. Many swimmers that peak at younger ages plateau and generally discontinue swimming before entering High School. We feel it is important to lay a foundation with our younger swimmers based on great technique, skills, good habits and all around athleticism that can be built upon at the senior level. This approach allows swimmers to progress gradually through the difficult developmental years.

VALUES

- LIFELONG FITNESS
- A WAY OF LIFE
- INTERDEPENDENCE
- TEAMWORK AND SPORTSMANSHIP
- SAFETY, RESPONSIBILITY AND RESPECT
- DETERMINATION AND MOTIVATION

Short Course Season

Starting September 5, 2009 and lasting until March 17, 2010, the short course season is comprised of training and competing in 25-yard pools. During the short course season, practices for **NEON** are held at the North Olmsted Recreation Center.

Long Course Season

Starting April 5, 2010 and lasting until August 15, 2010, the long course season is comprised of competing in 25-meter or 50-meter pools. During long course season, practices are held at the North Olmsted Rec Center but will move to the Gemini Center (in Fairview Park) on June 1.

Practice and Attendance Policies

Please arrive to practice promptly, ready to swim at your scheduled time. It is difficult to have swimmers come late and warm them up properly in order to “catch-up” to what the other swimmers have already done. So we encourage promptness to practice. Also, have transportation home arranged before arriving to practice. After practice, coaches are not responsible for swimmers. We as coaches understand that everyone is not able to attend every practice. To obtain maximum benefits, attendance is encouraged. In case of practice cancellation or time change, updates will be posted on the **NEON** website (www.neonswim.com).

We are responsible for the safety of your children during practice. To keep all swimmers safe, they must remain on the deck at all times and must notify a coach if leaving the deck for the restroom or a drink. **NEON** has an obligation to act responsibly while at the North Olmsted Recreation Center. This includes swimmers, parents and siblings. All members of our team need to do everything possible to respect the property of others. Any damages to the facility

may result in financial responsibility of the swimmers parents. Any damage may also result in the swimmer being asked to leave the team permanently.

Parents are not allowed on the pool deck during practice unless it is an emergency. This is for USA insurance policies as well as a safety issue for the coaches and swimmers. Parents are allowed to observe practice from the bleachers or observation window.

Groups

Neon is divided into the following groups:

Bronze: developmental group for beginning swimmers; emphasis on stroke technique through many drills; over emphasis on kicking for all strokes; instruction to training methods including interval work and distance swimming; development of basics of starts and turns; practices offered four times a week.

Silver/Gold: more advanced group separated by ability; heavy emphasis on training with stroke instruction/drills when appropriate; will work on racing techniques and strategies; will be trained in all of the body's energy systems; practices offered six times a week including dry land.

High School/Platinum: elite level group; these swimmers are highly committed and attend practices regularly; training consists of fine tuning their stroke mechanics and racing strategies; practices will focus on endurance training to help reach maximum in all events; admittance in this group must be approved by the head coach and any swimmer not attending practices and meets might be removed; practices offered six times a week (sometimes doubles).

Swim Meets

Competitive Strokes:

The four competitive strokes are **freestyle, backstroke, breaststroke** and **butterfly**. Events are held in all of the competitive strokes at varying distances depending on the age-group of the swimmer. In addition, there is a combination of all four strokes swum by one swimmer called the **individual medley** or **IM**. Other swimming events include relays, which are a group of four swimmers who either all swim freestyle, one after the other to form a **freestyle relay** or each individual swim one of the competitive strokes of backstroke, breaststroke, butterfly and freestyle, in that order, to form a **medley relay**.

Types of Swim Meets:

Developmental Meets: These meets generally do not have any qualification time standards. Most of the time these meets offer each one of the competitive strokes in the two distances offered for each age-group.

Qualification Meets: These meets have some type of qualification time standards that a swimmer must meet in order to enter the meet.

District Championship: At the end of each season (short and course), Lake Erie Swimming, Inc. sponsors a championship meet. LESI sets the qualifying time standards for these championship meets. Generally, the standards fall close to the national "A" time standard.

Sectional Championship: This championship meet occurs twice during the year, once at the end of the short course season in March and once at the end of the long course season in July. A swimmer may qualify to participate by achieving specific time standards applicable only to the sectional meet.

Zone Championship: The United States is divided into four Zones; each having its own championship meet held aft the District Championships each summer. A swimmer may qualify to participate by achieving a national "AAA" time. This is an all-star meet where swimmers compete as a member of Team Lake Erie against other mid-west states from the Central Zone.

USA National Championships (Senior Nationals): Other than Olympic Trials and the World Championship Trials, each of which is held every four years, this meet represents the highest level of competition for our senior swimmers. Swimmers who meet the national qualifying

time standards travel to various cities throughout the U.S. to compete against the country's best swimmers. Swimmers can qualify for national teams that represent the U.S. by their performances at Senior Nationals.

Admission Requirements

To join the team, **NEON** requires swimmers to tryout. At the tryout, swimmers must complete one length of the pool independently. Swimmers can then come to workouts for a trial week for \$25. If the swimmer joins **NEON**, this \$25 would be then taken off your fee for the season.

Glossary of Swimming Terms

A glossary of swimming terms follows for those of you who are new to swimming.

- Age group** 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: e.g. 8-under, 13-over, Junior, Senior.
- Alternate** In a prelims/finals meet, after the finalists are decided, the next two fastest swimmers other than the finalist are designated as alternates (the faster of the 2 being first alternate and the next being the second alternate). If a finalist cannot participate, the alternates are called to take their place, often on a moments notice.
- Anchor** The final swimmer in a relay
- Backstroke** One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swum as the first stroke in the Medley relay and second stroke in the I.M.
- Blocks** The starting platforms located behind each lane.
- Breaststroke** One of the 4 competitive racing strokes. Breaststroke is swum as the second stroke in the medley relay and the third stroke in the I.M.

Butterfly	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 I.M.
Button	The manual timing system stopping device that records a back-up time in case the touch pad malfunctioned. It is the timers' responsibility to push the button as the swimmer finishes the race.
Cap	The latex, lycra, or silicone covering worn on a swimmer's head.
Champ. Meet	The meet held at the end of a season. Qualification times are usually necessary to enter the meet.
Champ. Finals	The top 6 or 8 swimmers (depending on the number of pool lanes) in a prelims/finals meet who, after their prelims swim, qualify to return to the finals. The fastest heat of finals when multiple heats are held.
Check-In	The procedure required before a swimmer swims an event in a deck seeded meet. Sometimes referred to as positive check in, the swimmer must mark their name on a list posted by the meet host.
Circle Seeding	A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18-24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes.
Club	A registered swim team that is a dues paying member of USA Swimming and the local LSC.
Consolation Finals	After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers 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.
Deck	The area around the pool reserved for swimmers, officials and coaches. No one but an authorized USA member may be on deck during a swim competition, warm-ups and practice.
Deck Entries	Accepting entries into swimming events on the day of the meet.
Deck Seeding	Swimmers report to the Clerk of Course or a staging area and receive their lane and heat assignments for their events.
Developmental Meet	Novice level swimmers of swim meets

Disqualified	A swimmer's performance is not counted because of a rules infraction. An official raising one arm with open hand above their head shows a disqualification.
Dive	Entering the water head first. Diving is not allowed during warm-ups except at the designated time in specific lanes that are monitored by the swimmer's coach.
Dropped Time	When a swimmer goes faster than their previous performance, they have "dropped their time".
Dry land	The exercise and various strength programs swimmers do out of the water.
Entry	An individual, relay team or club roster's event list into a swim meet.
Entry Fees	The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.
Event	A race or stroke over a given distance.
False Start	When a swimmer leaves the starting block before the beeper. False starts may also be called on swimmers who are moving after the "take your mark" command.
FINA	The international rules making organization for the sport of swimming.
Final Results	The printed copy of the results of each race of a swim meet.
Fins	Large rubber fin type devices that fit on a swimmer's feet. Used in swim practice and not during competition.
Flags	Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall; aids in letting backstrokers know when the wall is approaching.
Freestyle	One of the 4 competitive strokes. Freestyle (FREE) is swum as the fourth stroke in the medley relay and also in the I.M.
Heats	A division of an event when there are too many swimmers to compete at the same time.
Heat Winner	A ribbon or coupon given to the winner of a single heat at an age group swim meet.
Heat Sheet	The pre-meet printed listings of swimmers seed times in the various events at a swim meet. These sheets vary in accuracy, since the coaches submit swimmers times many weeks before the meet. Heat sheets are sold at the admissions table.
High Point	An award given to the swimmer scoring the most points in a given age group at a swim meet (not all meets offer high point awards).
Illegal	Doing something against the rules that is cause for disqualification.

IM	Individual Medley; a swimming event using all 4 of the competitive strokes on consecutive lengths of the race. The order is: Butterfly, Backstroke, Breaststroke and Freestyle and could be 100, 200 or 400 yards or meters in length.
Jump	An illegal start done by the 2 nd , 3 rd or 4 th member of a relay team. The swimmer on the block leaves the block before the swimmer in the water touches the wall.
Kick Board	A flotation device used by swimmers during practice.
Lane	The specific area in which a swimmer is assigned to swim.
Lane Lines	Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purposed of separating each lane and quieting the waves caused by swimmers.
Lap	One length of the course.
Lap Counter	The large numbered cards (or the person turning the cards) used during the freestyle events that are 500 yards or longer.
Leg	The part of a relay event swum by a single team member.
Long Course	A 50 meter pool
Marshall	The designated official who controls the crowd and swimmer flow at a swim meet.
Meet	A swimming competition.
Meet Director	The official in charge of the administration of the meet.
Meters	The measurement of the length of a pool that was built per specs using the metric system. Long course is 50 meters, short course is 25 meters.
Mile	The slang referring to the 1500 meter or the 1650 yard freestyle event, both of which are slightly short of a mile.
Natatorium	A building constructed for the purpose of housing a pool and related equipment.