

Welcome

Welcome to the great sport of competitive swimming and the Blue Dolphin Swim Team. We, at the Blue Ash YMCA, feel our swim program is focused in the right direction offering both an enjoyable and rewarding challenge for your children.

The Blue Dolphin Swim Team is a year-round competitive team. We participate in both YMCA and USS (United States Swimming) competition, thus offering exposure to local, regional, and national amateur athletics. Swimmers participate with groups according to their age and ability. Many qualities are developed through competitive swimming such as: physical conditioning, self-confidence, and sportsmanship character building and self-discipline. Personal development is recognized on an individual basis and rewarded through more challenging practice sessions and keener competitive meets.

Hopefully, this booklet will answer all your questions concerning the swim team. If not, please feel free to contact one of the Officers of the Board and/or the Head Coach for further information and clarification.

INITIAL PAYMENT

There is an Initial Payment of \$225.00 to \$80.00 for every swimmer on the Blue Dolphin Swim Team. Initial payment and forms are due by September 1st. No swimmer will be allowed on deck after October 1st if forms have not been received. All registration forms should be mailed to:

Blue Ash YMCA Swim Team
5000 YMCA Drive
Cincinnati, OH 45242

PHILOSOPHY OF COMPETITION

The Blue Dolphin Swim Team engages in a multi-level competition program with YMCA and United States Swimming that, like our training program, attempts to provide challenging, yet success-oriented competitive situations for swimmers of all ages and abilities. The following policies outline our philosophy:

1. We emphasize competition with one's self. Winning ribbons, medals, or trophies is not our main goal. Even if the swimmer finishes first, but has swum poorly in comparison to his/her own past performances, he/she is encouraged to do better. The individual's improvement is our primary objective.
2. Sportsmanlike behavior is of equal importance to improved performance. Respect for officials, congratulations to opponents (other competitors), encouragement to teammates, determined effort, and mature attitudes are examples of behaviors praised and rewarded by the Blue Ash YMCA coaching staff.
3. A swimmer is praised for improving his/her stroke or time. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's responsibility to provide love and encouragement that bolster the swimmer's confidence along the way.
4. Swimmers are taught to set realistic, yet challenging goals for meets and use those goals to direct their training efforts.
5. Swimmers are prepared and encouraged to compete in all swimming events, distances, and strokes. This policy promotes versatility and encourages the swimmers to explore their potential in the wide range of events offered in competitive swimming. All swimmers are expected to swim in swim meets for their ability level.

AGE GROUPS

8 & Under 9 - 10 11 - 12 13 - 14 15 & Over SENIOR

Determining your swimmer's age for a meet is different for USS and YMCA competition.

YMCA Short Course Season: Age group is determined by the age of the swimmer as of December 1.

YMCA Long Course Season: Age group is determined by the age of the swimmer as of June 1.

USS Short & Long Course Season: Age group is determined by the swimmer's age as of the first day of the meet.

MEMBERSHIP REQUIREMENTS - YMCA CHAMPIONSHIP MEETS

In order to participate in a YMCA "A" or "AA" championship meets, you must be a member of the YMCA you represents for thirty (30) days prior to swimming these meets and participate in three intra-league meets. In order to compete in YMCA Nationals, you must be a member of the YMCA you represent for ninety (90) days and participate in three intra-league meets and a league or zone championship meet.

USA SWIMMING REGISTRATION

Our team competes in USA Swimming sponsored meets. Therefore, USS membership is necessary for those swimmers who compete in USA Swimming meets. USA Swimming membership is not necessary for YMCA league meets. The registration fee is currently \$45.00. It is expected that swimmers in the Elite, Senior and Advance Age Groups will obtain an USS membership. Junior, Blue and Dolphins Group swimmers are not encouraged to swim USA Swimming competition.

If you are transferring from a swim team with prior USA Swimming affiliation, you must swim unattached for 120 days before representing the Blue Ash YMCA Swim Team. Your period of unattachment begins with the last date you competed representing your previous team.

HOW TO ENTER A MEET

1. Entry sheets and meet information are available in the Entry Notebooks. Notebooks are in the lobby of Ferris Building and the back hallway of the main building.

2. Enter correct age group for the meet.

USS MEETS --	ENTER AGE AS OF FIRST DAY OF MEET
YMCA MEETS --	ENTER AGE AS OF DECEMBER 1 FOR SHORT COURSE WINTER SEASON; JUNE 1 FOR LONG COURSE SUMMER SEASON

3. Check eligibility if the meet has qualifying times. If your swimmer is eligible but cannot attend - PLEASE mark a NO next to their name in the Entry Notebook.

4. PRINT names clearly on entry form and write your best time or NT for "no time" for each event that you wish to swim. Coaches will review entries and may add/delete events at their discretion. For USS meets include your USS registration number.

5. All of this must be done by the entry deadline that is normally two to three weeks prior to meet.

Entry deadlines are posted in the Entry Notebooks, and should be checked weekly.

6. Dual meets -- all you need to do is sign up one week before the meet. The coach will decide events to be swum by each swimmer.

7. Please initial any changes made on entry sheets: e.g., scratches. No changes can be made after entry deadline. Once an entry is submitted to the host team, non-refundable entry fees are deducted from your Pre-Paid Meet Entry Account (PME).

8. Please ask the coaches for assistance if you need help with this entry procedure.

9. Prior to the entry deadline for the first meet, every swimmer who competed with Blue Ash last short course season will receive a copy of their best times. It is advisable to check final results as they are posted during each meet and record them for your own records.

PROCEDURES BEFORE A MEET

1. The week before the meet, look over the entries that will be posted. Often the coaching staff will add to or delete some of the events you have entered.

2. Arrive at the pool twenty minutes prior to the warm-up time, so the proper stretching exercises can be done before entering the pool.

3. Obtain a heat sheet and check to see if you are properly entered. If there is a mistake, discuss it with your coach so corrective action can be taken if appropriate. Ensure you are familiar with procedures for Clerk of Course and scratches. At some meets you must check in for each event you entered prior to the start of the meet; failure to do so will disqualify you from the event.

4. A warm-up is always conducted by a member of the BASH Coaching Staff and is required by all BASH swimmers.

5. All BASH swimmers are required to wear the team suit (solid black Speedo with logo) and the black team cap. All other team apparel is optional: however, wearing the complete team uniform promotes team

unity and pride and greatly aids spectator recognition.

6. Each BASH swimmer is responsible for knowing which events he/she is swimming and for being present on time to swim. It is customary to write event numbers, heat, and lane assignments on the back of the younger swimmer's hand.

7. If possible, before reporting to the blocks, a swimmer should confer with a member of the coaching staff to review race strategy and goals.

8. At the conclusion of each race, the swimmers should ask the lane timers for their time. The swimmers are then asked to come immediately to the coaching staff. This gives the coaches an opportunity to discuss the race with each swimmer and add positive comments concerning splits, stroke technique, race strategy, etc.

9. When the official results are posted, record the official time to the 1/100th of a second in your logbook.

10. In between races, swimmers are asked to rest and stay warm. All energy is to be stored up and used in competition. If swimmers must eat, a light nutritious snack is recommended.

11. It is very important that parents check with the coaching staff prior to leaving the swim meets, making certain that their child had not been placed on a relay.

What to bring: BASH team swim suit, BASH team swim cap (optional), Goggles (optional), 2 towels (or more), Old blanket or sleeping bags, Quiet games or books, Food/nutritious snacks, Logbook (for recording official times), Money for heat sheets (\$1.00 - \$6.00), and a big Water bottle.

LOG BOOKS

One of the ways a swimmer improves is to become aware of his/her times and splits in every event. We want each BASH swimmer to keep a record of their competition times from meet to meet. The coach will always take splits during a race and give them to the swimmer after each event. At this time the swimmer can enter them, along with the official time, in the logbook. Keeping the logbook at home will help keep the swimmer aware of times and goals, as well as facilitate sign-ups for meets.

BEHAVIOR AT MEETS

1. Whenever and wherever a BASH swimmer wears any item of the team uniform, the individual should remember that his actions and words reflect on the team he represents and he should behave accordingly. Let your actions reflect the pride you have in the Blue Ash YMCA organization and the Blue Ash YMCA Swim Team.

2. As a matter of courtesy to the officials and meet hosts, it is preferable that swimmers and parents alike stay off the deck and competition venue, unless they are competing or serving in an official capacity.

3. Similarly, as a matter of courtesy, all questions that swimmers or parents may have concerning meet results, an officiating call, or the conduct of a meet, they should be referred to the coaching staff only. They, in turn, will pursue the matter through proper channels.

4. As a matter of pride, leave the rest area and the pool in a neat and clean condition at the conclusion of each session of the meet.

5. With regard to which events a swimmer competes in, the coaching staff shall have the final word.

BASH team members are never to scratch or late enter an event without first consulting one of the coaches.

6. In a meet with preliminaries and finals, it is expected that any BASH swimmer qualifying to swim in the finals will do so.

RECEIVING AWARDS IN PUBLIC

Whenever there is a system of presenting awards at a meet, it is customary for swimmers to be prompt and to cooperate fully with dignity and respect to the presentation.

It is also customary for our swimmers to be polite and modestly thankful for any awards they receive. It is appropriate to congratulate other swimmers and to receive like congratulations with poise and a "thank you." Good sportsmanship is essential.

If photos are being taken, we ask the swimmers to remain until the shooting is complete, being sure to cooperate with the photographer. Do not ham it up! The picture may be special to someone else.

OUT-OF-TOWN MEETS

Trips to meets in other cities become an important aspect of a swimmer's career while advancing through the age group ranks. The Blue Ash YMCA Swim Team has established the following policies for the safety of the swimmer and peace-of-mind of his/her parents:

1. Parents are to be responsible for arranging transportation and lodging to away meets, except for Nationals, USS Nationals, and some All-Star competitions. **DO NOT ASK YOUR SWIMMER TO HANDLE THIS JOB.**
2. Parents are encouraged to attend out-of-town meets with their swimmers and to chaperon other youngsters. These trips can be great fun for parents and swimmers alike and are rare opportunities to participate in a special way in each young swimmer's career.
3. A coach has too many responsibilities to the team as a whole to accept responsibility for an individual swimmer. Therefore, do not ask a coach to provide transportation.
4. Any swimmer riding in a car is responsible to the parent/driver for his/her behavior and is expected to adhere to the Blue Ash Y code of behavior at all times.
5. A medical release and emergency telephone number must be given to the parent/driver with whom your swimmer is riding in case emergency medical treatment is required.
6. An appropriate contribution is expected from each passenger in a car to the driver/owner to help defray gasoline and other expenses such as meals.

BLUE ASH YMCA BUS TRIP POLICY

It is important for swimmers to participate in meets with and without parents in attendance. This adds to the growth experience a child can gain from competitive swimming, teamwork, and individual initiative.

1. All Blue Ash YMCA swimmers must travel with the team and stay in the hotel with the team on all bus trips.
2. The full amount will be collected in advance and will not be refunded (unless all expenses are met).
3. All release forms must be signed prior to the trip.
4. All swimmers must follow our established code of conduct. Regulations must be followed as set forth by the coaches and chaperons.
5. On team trips where the coaches are in charge, they reserve the right to search through any swimmers' items if he/she believes anyone possesses any tobacco, alcohol or drugs.

COACHES' RULES

1. Any organization needs rules and discipline if it is to be successful. A swim team is no exception. At the discretion of the coach, a swimmer may be dismissed from a swim practice or meet if his/her behavior warrants such action.
2. Any swimmer using abusive language, derogatory actions or not respectful of any coach's authority, may be suspended from the team for not less than one week and an apology to the coach and swimmers will be necessary before reinstatement. A second offense may result in suspension from the team for one swimming season. Suspension may be longer if coaches and YMCA deem necessary.
3. If you want to speak to the coach about your swimmer, please see the coach before or after practice or make an appointment. Parents are not allowed on deck during a practice session.
4. Our first few weeks, we'll be emphasizing stroke improvement through teaching and strokes drill. Training distances will be less than normal, with emphases being place on correcting stroke mechanics or learning new techniques.
5. Swimmers must maintain good behavior during their time at the YMCA. Swimmers can get "labeled" as Swim Team Brats and everyone else in the YMCA scrutinizes any misbehavior.
6. One of our main goals is that to be sure all swimmers are having fun at practice and enjoy practicing.
7. With our system, of offering more practices than swimmers need to come to, sometimes results in some large groups at some practices. Like wise, other practices have very small attendance. Therefore, do not judge our training groups until families' sort out the days they'll be coming to practice. After a few weeks, practices usually level out.

POLICIES FOR TRAINING GROUP CHANGES

- 1) All changes must be coach initiated, and then approved by the new coach and the head coach. Parents are welcome to discuss with their swimmer's coach what their child needs to improve to move to the next training level.
- 2) Change must meet one main criterion - the swimmer needs a new training challenge.

Fast meet times do not usually come into the discussion, but attendance, attitude, and work ethic do figure into the equation. Technique is always important, and if a swimmer is not working on technique but just “muscling” their way through practice, their new challenge needs to be- completing their current work out with good technique.

3) We do not have basic training requirements for each group, because of the constant change through out the season and year to year. Some years we’ll have a strong group at specific level and other levels may not be as strong. We always have swimmers well out side the norm and we try and accommodate as many as possible. As the season goes along, each group’s training level improves and becomes more challenging.

4) We do have attendance requirements. If a swimmer is not able to meet their current attendance recommendations, they probably cannot make an increased commitment of a new group.

5) All changes must benefit the swimmer and their new training group. If a swimmer would be forced to swim hard without technique just to keep up in a new group, it would be of no benefit. Another example is over crowding one group verse staying in a current group and getting more individual attention.

PARENT INFORMATION

Please wait until after practice or before practice to talk with your swimmer’s Coach. Please do not take time away from your Coach and swimmers during practice since we are limited to a specific amount of time to swim. Also, the safety of our swimmers is important, and coaches need to watch the pool during practices.

To contact Coach Bill, call the YMCA at 791-5000 and his extension is 2620. He has voice mail and tries return calls a quickly as possible. He is usually always in his office from 11:00 AM till he leaves for practice at about 2:30 PM.

Also, parents must watch practice from the lobbies of the pools. An extra person on the pool deck just adds more distractions for the swimmers and coaches.

PICKING UP YOUR CHILD AFTER PRACTICE

Typically, the YMCA is still open after most practices finish. The exception is on Monday, Wednesday and Friday evenings in the Ferris Pool. The swim team is the last activity those evening in that building. Those nights, parents need to be on time for picking up their child. We expect all parents to be available 10 minutes after the scheduled end of practice to pick up their swimmers. The coaches hate to wait to long after practice, and we do not have this extra expense in our budget for coaches’ salaries. If this become a problem, we will be taking your swimmer to the Main Building’s Lobby, which is open until 10 PM, those evening. If an emergency occurs and you cannot meet these time restraints either call the Y at 791-5000 or Ferris Pool at 793-5303 to make arrangements. Swimmers need to be sure and hurry and change after practice, and sitting in the whirlpool will be limited. The coaches will try and hurry the swimmers along and be sure everyone has a parent. We also encourage the swimmers to wait inside the YMCA in the evening now that it is dark out and getting colder. They can look our through the door to see their ride arrive.

COMMUNICATIONS - NEWSLETTER

Our weekly newsletter is placed in family folders at the beginning of each week. Any items of general interest should be referred to Coach Bill Whatley for inclusion in the newsletter. From time to time, check the team file box in the back hallway for special interest items (like awards) and other notices. We need to minimize our postage bill and use the box on a regular basis. There is a folder for each family in the file. The coaches will remind the swimmers to check the box when something needs to be picked up.

We also now have a website – www.swimbash.com

STATEMENT OF PURPOSE, YMCAs OF GREATER CINCINNATI

"The Young Men's Christian Association we regard as being, in its essential genius, a world-wide fellowship united by a common loyalty to Jesus Christ for the purpose of developing Christian personality and building a Christian society."

We are a member of the National Council of YMCAs of U.S.A. and the World Council of YMCAs.

FINANCIAL INFORMATION

YMCA MEMBERSHIP

All Blue Dolphin swimmers must hold a YMCA membership, whether it is either a family or teen membership. Information about membership payment plans is available at the front desk. If there is a waiting list for Blue Ash YMCA membership, a "limited activity card" will be issued which will allow a swimmer to practice with the team.

TEAM MEMBERSHIP FEE

Swim Team fees are established each year for the period September through August. The fee covers both the winter short course and the summer long course seasons. Swimmers joining the team after January 1 will be assessed on a pro-rated basis. Fees are based on the amount of time each group practices.

We incur expenses unique to a swim team. This includes operating expenses such as: awards, equipment purchases and maintenance, USA Swimming and YMCA team association fees, official's certification expenses, pool rental outside the YMCA, and the largest expense, our financial obligation to the Blue Ash YMCA for coaches' salaries, benefits, and related expenses.

The fees for the 2004 – 2005 season are as follows:

GROUP	TEAM FEES	PME/MEET ENTRIES	Initial Payment + PME
Elite	\$825	\$100	\$225 + \$100
Senior	\$700	\$100	\$175 + \$100
Adv Age	\$635	\$100	\$160 + \$100
Dolphin	\$545	\$100	\$150 + \$100
Blue	\$465	\$100	\$125 + \$100
Junior	\$295	\$100	\$80 + \$100

Second, Third and Fourth Payments: The second payment of team fees will be due November 1st. The final payment will be due by January 15th. Swimmers will be held out of practices and meets if fees are not paid. Special circumstances will be considered; parents must consult with the BASH Team's Treasurer. You may pay your membership in one payment if you desire. Families wishing to pay a set amount monthly should make arrangements with the swim team treasurer.

USA Swimming registration fee (\$45.00) is in addition to the swim team membership fee. All swimmers in the Elite & Senior 1 Groups should be USA Swimming registered. All others have an option as to whether or not they want to be USA Swimming registered. USA Swimming registration fees will be billed with the membership billing.

Family Fund Raising Commitment

In an effort to keep our fees down and retain a high caliber program, it is important that all families realize the necessity for fund-raising participation. Meeting our budget this year will require that EACH family help in fun-raising and all profits raised by each family will be credit to their Team Fees. These credits can be raised by participation in the BASH fund raising activities such as --selling Fruit (November sale), operating the timing system on rental assignments when taken to meets not hosted by BASH, making a tax-deductible contribution, selling ads for meet programs, grocery coupons or by any other fund raisers in which the team participates.

PREPAID MEET ENTRY ACCOUNT (PME)

Swim meets require the payment of entry fees by the participating teams (except dual/tri meets). The team must pay entry fees when our entry is submitted to the host team or league. In order to simplify the collection and payment of entry fees, the swim team maintains an escrow or Prepaid Meet Entry fee account for each family.

At the beginning of the season (September), each swim team family starts an entry fees account. The starting amount is based on the estimated number of events swum by swimmers in the various groups. The initial deposits requested are \$100 per swimmer.

Collected funds are placed in the Team PME Account and each family's sub-account is credited for the amount billed. After each meet, the amount of entry fees charged to each swimmer is determined from the

Meet Entry Form (not the actual events swum) and deducted from the respective sub-accounts. Prepaid meet entry fees are separate and in addition to swim team membership fees.

1. All unused escrow account funds will be returned to a family when they leave the team, providing all financial commitments to the Blue Dolphin Swim Team are cleared.
2. Account balances remaining at the end of each season will be carried forward to the next season.
3. If a relay is scratched because you failed to show for the event and another swimmer is not available to swim in your place, your account will be charged for the entire relay.
4. If you do not attend a meet you have been entered, there will not be a refund of fees. Teams don't make refunds and our team cannot be held responsible for your absence.
5. Since the swim team is required to pay entry fees in advance, each family MUST maintain a positive account balance. Accounts with a negative balance will NOT be entered in meets until the account is brought up to date. Swimmers with a negative balance from the previous season will NOT be entered or allowed to practice until that account is cleared. This includes membership fees, entry fees, and any family fund-raising commitment that is still outstanding. When an account balance falls below \$10.00 per swimmer or \$20.00 per family, you will receive another PME bill.

TEAM UNIFORM The Blue Dolphin team suit is a SPEEDO suit of the year and it is available at KAST-A-WAY SWIMWEAR, 9356 Cincinnati-Columbus Road (RTE 42), West Chester, Ohio - phone 777-7967. A team discount is available on the suit at the store. Team BASH caps are available for \$3.00 each. They can be purchased from Coach Whatley or charged to your PME account.

GLOSSARY OF SWIMMING TERMS

BLOCKS - These are the platforms on which the swimmer stands and pushes off to start each race.

B, A, AA - Cut-off times established by a group--league, state, or national. AA is the fastest time.

CLERK OF COURSE - Is an individual or a group of individuals in an area where swimmers go to be pre-staged for the upcoming events. They normally receive a lane slip, are placed on benches or whatever is available in the order they will swim. Dual meets and smaller meets normally do not have a Clerk of Course.

CUT - A swimmer swims faster than the established time. There are individual meet cuts: "A" and "AA" for both YMCA and Ohio State, and National cuts including YMCA, Junior, and Senior.

DISQUALIFICATION - A disqualification indicates the swimmer involved has committed some infraction of the rules for either the start, turn, or stroke of the event being swum. No points are scored nor is the time recorded.

DUAL MEET - This meet does not require registration for USS and is a meet between two teams, which when held in a 6 lane pool and each team gets 3 lanes only.

ENTRY FORM - Form used to formally enter swimmers in various events in a meet. It is broken down by boys and girls and age groups. These forms, and completion deadlines, are kept in notebooks at both pools and should be reviewed regularly. Although the coaches will do a final review of the entry forms prior to sending them in, it is the responsibility of the parents/swimmers to complete the entry form.

EVENT - An event is a race that includes the stroke, distance, age, and gender of the swimmers -- i.e., 13-14 Boys 100 Yard Butterfly.

FINALS - The session of a meet where qualifying rounds were held previously to determine the finalists (6 to 20 in number -- depending on the pool size and whether or not consolation finals are held). The finalists compete to determine the winner.

HEAT SHEET - A listing of all swimmers by event number, heat, and lane assignments in the meet. These are available at the beginning of the meet and are usually purchased at the price of \$1.00 - \$5.00.

HEATS - At most meets there is generally more than enough swimmers to fill each lane. When this happens, the swimmers are placed in heats according to their entry times.

LANE - The lane is the divided section of the pool designated 1 through 6 or 8 in which the swimmer swims his/her practice or races in the meet. The practice lanes generally remain the same. At meets the lanes vary for each race.

LANE SLIP - Prepared by the host club for a meet and usually given to the swimmer prior to a race at the clerk of course. Usually computer-prepared and indicates the swimmer's name, team, event, heat, and lane

numbers and spaces to record times. It is given to the timer by the swimmer prior to the race. NOTE: In some cases, lane slips are not used.

LONG COURSE - A type of competitive pool that measures 50 meters in length. The standard size for all international competition and all world record swimming is the 50-meter course.

NEGATIVE SPLIT - On races from between 200 yards to a mile, it is important to maintain consistency. A negative split indicates bringing a race back faster than you started out.

PACING - On all long events a swimmer must realize that the finish is as important as the start. Pacing knows how much to give up at the beginning so as not to burn up all energy before the finish. Pacing is not used for sprint events.

PRELIMS - In certain meets, the qualifying rounds held for each event to determine the finalists.

PROOF OF TIME - A requirement at some meets (usually "AA" and above) to make certain that all swimmers have legally met the time standards for that meet.

PSYCHE SHEET - A ranking by seeding times for all the swimmers entered in each race of a meet, sometimes used at meets in place of a heat sheet.

READY BENCH - An area that is part of Clerk of Course at a meet where swimmers report before their event to be arranged into their heat and lane assignments.

REFEREE - The official who has the authority over all other officials at the meet. He makes all final decisions and sees to the efficient running of the meet.

RUNNERS - These people will collect cards from the timers at the end of each race and run them over to the scorer's table.

SCORERS - These people score the meet, write out ribbons or medals, and post the scores and results after every few events.

SEEDED TIMES - The time a swimmer has entered for a meet on the Entry Form. This time determines one's heat and lane assignments in that particular event.

SENIOR SWIM MEETS - All registered swimmers who have met the qualifying time and age standard for a specific event(s) are eligible to compete.

SHORT COURSE - A type of competitive pool, which measures 25 yards or 25 meters in length.

SPLIT - It is a segment of time for part of an event. Most common on relays where you have four individual times those equal the sum of the four participants' final time.

SPRINT - A sprint is a high energy burst of speed for a short distance.

STARTER - This person will see that the crowd is quiet and then will start each race with a loud beep or light from the timing system. It will be his job to determine a false start and to recall such a start.

STROKE AND TURN JUDGES - These people will see that the swimmer does each stroke and turns properly as stated in the rulebook. If a stroke or turn is done improperly, these judges will write up a disqualification card to be brought to the runner or the scorer's table.

"TAKE YOUR MARK" - This is the command that the starter gives the swimmers at the start of each race. It tells the swimmer to take his/her starting position.

TIMERS - These are people who take the times of each swimmer. There are normally 2 or 3 per lane with each having a watch or hook-up to the automatic timing system. One timer also acts normally as a recorder; i.e., writes down the watch times of the event swum in that lane.

TIMES - Throughout the season, a swimmer will swim several events more than once. The time they swim is the final result of their effort. It will determine at which level they perform that event -- B, A, AA.

TOUCH AND FINISH - These are important. For each event the touch for a finish or a turn has definite rules. There is a specific legal touch for each stroke.

TRI MEET - This meet does not require registration for USS and is a meet between three teams. In a 6-lane pool each team gets 2 lanes only.

USA Swimming - United States Swimming, Inc., which is now the governing body for all amateur swimming in the United States. National Headquarters are in Colorado Springs, Colorado.

USA Swimming CARD OR NUMBER - A card issued from the USA Swimming with a personal registration number of each athlete member in the United States Swimming.

The registration fee for USA Swimming in Ohio is \$30.00 per swimmer. Swimmers interested in joining USS should get more information from your coach.

USA Swimming MEETS - Swim meets that are authorized and sanctioned by United States Swimming.

USA Swimming meets generally have the distinction of:

1. 2 or 3 day meets

2. Involve a procedure of "signing up" 3 weeks in advance and entry fees are much higher than YMCA Invitationals. Entries are sent to the Meet Chairman with swimmers seeded according to their entry time (best time).

3. Swimmers can usually swim 3 - 4 events per day.

4. Awards at some meets may be more elaborate such as trophies or medals.

5. Swimmers are assured of good races because of seeding procedure and can experience a variety of events.

USA Swimming meets are encouraged only for the swimmer who: 1) has learned the fundamental skills of the four strokes, starts, and turns; and, 2) have developed the strength and endurance to complete all the distances. Coaches will help parents and swimmers decide if the swimmer should participate.

PARENT ORGANIZATION

The parents' organization known as the Blue Dolphin Parents Boosters is a major support group for the Blue Ash YMCA Swim Team. They provide the volunteer leadership to perpetuate the program and establish a good rapport with the YMCA leadership.

The governing body of the organization is the Swim Team Board. The Swim Team Board represents the Parent Boosters and assists the coaches and the YMCA in the operation of a successful program.

Responsibilities include: collecting team membership and entry fees, arranging for various team activities, directing fund- raising, and purchasing and maintaining equipment.

It is not the intent of the board to interfere with coach/swimmer/parent relationships.