

Heart of the Hills Swim Team Terms

A Finals - The top two swimmers, based on times during the dual meet season, for each event will be asked to compete at A Finals. This is a two day event and is a prelim-final format (qualifying swimmers swim their events on second day) A swimmer is limited to three events, only two of which can be individual, and appearing as an alternate on a relay is considered one of their events. Relays and the lineup for this meet are determined by the coaching staff based on winning strategy. Our standing at this meet determines which clubs we swim against the following season.

Age Group – The division of swimmers according to age: 8 & under, 11-12, 13-14, and 15-

Alternate Breathing – Breathing bilaterally on both sides in freestyle swimming, every third stroke cycle. (Ex breathing to the right side then swimming three strokes and breathing to the left side, then swimming three strokes and breathing the to right side, etc.) (See also Bilateral Breathing.)

Anchor - The final swimmer in a relay. The Anchor Leg.

Announcer - The person who announces meet information over the public address system at a meet (usually, a parent volunteer)

Ascending - Intervals or swims that increase in time (# 1 :55, # 2 1:00, # 3 1:05, # 4 1:10, etc).

B Finals - All swimmers not assigned to the A Finals meet will swim in the B Finals meet. All fifteen clubs attend this day and a half event. This is a great opportunity to finish out the season with your best times! Coaches will ask each swimmer what they would like to swim at this meet; relays are not usually swum. This is a timed final format, swimmers only swim their event once. Team scores are not usually kept

Backstroke - One of the four competitive racing strokes characterized by swimming on the back (except the last stroke into the turns). Backstroke (or Back) is swum as the first stroke in the Medley Relay and second stroke in the Individual Medley.

Backstroke Flags - Pennants that are suspended over the width of each end of the pool five yards/meters from the wall that notify backstroke swimmers that they are approaching the end of the pool, similar to a warning track in baseball. The accomplished Backstroker will know the ANGLE that tells them how many strokes it takes to get from under the flags to the beginning of their turn. Other swimmers will count strokes from flags to the wall.

Backstroke Start - In Backstroke and Medley Relay events, swimmers start the race in the pool, facing the start end, with both hands in contact with the end of the pool or the start block and both feet on the wall with toes below the gutter.

Bilateral Breathing - In Freestyle swimming, breathing to the right side then swimming three strokes and breathing to the left side, then swimming three strokes and breathing the to right side, etc. Swimmers are taught to swim in this manner because it helps with body position and helps reduce shoulder injury. (See also Alternate Breathing.)

Blocks - The starting platforms located behind each lane. Blocks have a variety of designs and can be permanent or removable. They also incorporate a bar to allow swimmers to perform Backstroke starts.

Body Roll – In freestyle and backstroke the proper side to side rotation of the hips and shoulders to help reduce drag and improve stroke length.

Bottom - The floor of the pool. In some pools these are adjustable to allow variation in the depth and use of the pool. The term **On the Bottom-** refers to the 30 second mark on the pace clock.

Break-out Stroke - First stroke out of a start or off the walls on turns, very important for establishing proper body position, stroke rhythm and racing tempo.

Breaststroke - One of the four competitive racing strokes characterized by the distinctive frog-like kick and undulating motion. The oldest of the four competitive strokes, it is performed in a front prone position with simultaneous and symmetrical leg kick and pull. Breaststroke (or Breast) is swum as the second stroke in the Medley Relay and the third stroke in the Individual Medley.

Burn-out - Burn-out is a catch word used when a swimmer is tired of swimming ... usually due to too much stress. The stress may be self-imposed, from parents, due to illness, psychological, school, and coaches...many reasons. It is also the most coined term used when a swimmer simply wants to quit swimming.

Butterfly - One of the four competitive racing strokes characterized by the dolphin kick and over the water recovery of the arms. The newest of the four competitive strokes (an outgrowth from the breaststroke in 1956), it is performed in a front prone position with simultaneous up and down leg kick and simultaneous and symmetrical arms stroke. Butterfly (or Fly) is swum as the third stroke in the Medley Relay and first stroke in the Individual Medley.

Button - Part of the automatic/electronic timing system used by the Timers on each lane to stop the clock at the end of a race.

Cap - The silicone or latex covering worn on the head of swimmers. Sometimes to aid in reducing drag and should be used in practice if the swimmer has long hair.

Circle Swim - When there are more than two swimmers in a lane during practice/warm ups, swimmers swim up on the right side, staying close to the lane line always staying to the right of the black centerline

Descending - Intervals or swims that decrease in time (Ex; # 1 1:15, # 2 1:10, # 3 1:05, 1:00, etc)

Descend - To swim each lap in a faster time than the previous. E.g., 4 x 50 yards on a 1-minute interval, swim #1 in 50 seconds, #2 in 48 seconds, #3 in 46 seconds, and #4 faster than 46 seconds.

Disqualification (DQ) - A swimmer's performance that is not counted because of a rules infraction (signified by an official on deck raising one arm with open hand above his or her head). The results sheet will reflect "DQ" and no time will be recorded for the event.

Dive - Entering the water head first at the start of the race.

Dolphin Kick - An undulating, simultaneous kick used in Butterfly. It is also used in Backstroke and Freestyle during the kick-out phase off the walls on starts and turns.

Drills - Drills are very important in teaching proper stroke techniques by isolating various components of a specific stroke. Drills are used every day with all groups.

Dropped Time - When a swimmer goes faster than their previous performance in an event, they have 'dropped time' (also a Personal Best Time).

Dry Lands - The program of exercises and various strengthening regimens swimmers do out of the water.

Dual Meet - A competition between two teams.

Early Take-off - In relays, an early take-off occurs in an exchange when a relay team member leaves the starting block before the previous team member in the water touches the wall. The relay team is disqualified and notified of the disqualification after the end of the race.

Electronic Timing - Timing system operated automatically. The timing system usually has touch pads in the water, buttons for backup timing, and a computer type console that prints out the results of each race. Some systems are linked to a scoreboard that displays the swimmers' times.

Entry - An individual swimmer or relay team listed to compete in an event at a meet.

Event - A race of a stroke over a given distance at a meet. Events are either individual (one swimmer per lane) or relay (four swimmers per lane).

Exhibition - A swimmers event which a swimmer receives time for, but is not eligible for points. Last heat for each event is NOT exhibition, it's for points.

False Start - A violation of the start rules, a false start occurs when a swimmer leaves the starting block, or is moving on the block, before the Starter starts the race. The swimmer is disqualified and is informed of the disqualification after the end of the race.

15-Meter Mark - Marks on the sides of the pool and on the lane lines 15 meters from the ends of the pool. In Freestyle, Backstroke, and Butterfly events the swimmers head must surface at or before these marks

Finals - The final meet of each year. See A Finals and B Finals.

Final Results - The printed copy of the results of each race of a swim meet.

Fins – Swim fins or flippers; devices that fit on a swimmer’s feet. Used in training to aid development of kick, ankle flexibility, stroke mechanics and speed.

Flip Turn - One type of turn used in Freestyle and Backstroke. Just as the swimmer approaches the wall, they tuck their body into a somersault, quickly roll toward the wall and push off with their feet.

Flutter Kick - The alternating kick used in freestyle and backstroke, usually six kicks per stroke cycle.

Forward Start - In Freestyle, Breaststroke, and Butterfly events swimmers start from the start blocks, the edge of the pool, or in the water with a forward dive or push off.

Freestyle - One of the four competitive racing strokes, usually the American Crawl. Swimmers swim in a prone position, face down, and pull the arms independently of each other and legs kick individually. In competition, a swimmer can swim any stroke in a Freestyle event. Freestyle (or Free) is swum as the fourth stroke in the Medley Relay and fourth stroke in the Individual medley.

Heat – All of the swimmers entered in the event are divided into heats.

Individual Medley (IM) - An event in which the swimmer uses all four competitive strokes in the following order: Butterfly, Backstroke, Breaststroke, and

Intrasquad Meet - A competition for just one team that divides into two or more teams.

Interval - A specific elapsed time for swimming or rest used during swim practice.

Jump - An illegal start done by the 2nd, 3rd, or 4th member of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall.

Kick Board - A flotation device used by swimmers during training when swimming with legs only or for drills.

Kick - The leg movements of a swimmer that provide propulsion during execution of the stroke.

Lane Ropes / Lane Lines - Continuous floating dividers attached to a cable stretched from the start end of the pool to the turn end, used to delineate the individual lanes. These dividers are made of individual finned disks that rotate on the cable when hit by a wave. The rotating disks dissipate surface tension waves in a competitive pool. Swimmers **MUST NOT SIT** on the lane lines.

Lane - The specific area in which a swimmer is assigned to swim (i.e., Lane 1 or Lane 2). For pools with starting blocks at only one end: as the swimmers stand behind the blocks, lanes should be numbered from right (Lane 1) to left.

Lap – One length of the pool. There is no difference between lengths or laps.

Lead-off - The first swimmer (leg) in a relay.

Leg - The part of a relay event swum by a single team member; a single stroke portion of the IM.

Length – One lap or length of the pool, the terms lap and length are interchangeable in swimming.

Marshalling – For 8 & unders and 9-10's to help get them lined up and ready for their events. The marshalling events will be listed somewhere near/on pool deck by HHSC parent volunteers.

Meet - A series of swimming events/ races

Officials- Person who execute the many facets of a swim competition to ensure a fair and equitable competition for all swimmers.

Official Results - After all Official Times and Disqualifications for an event are determined/recorded, the final Order of Finish (places) is published.

Open Turn – One type of turn used in Butterfly and Breaststroke. The swimmer touches the wall with both hands simultaneously, rotates, and pushes off with the feet.

Pace Clock - The large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during interval training in warm-ups or swim practice. The red hand goes around every minute (60 seconds). The 60 is sometimes referred to as the "top" and the 30 as the "bottom". Swimmers who watch the clock and know their times improve the most - they get feedback, learn pace, and improve technique.

Paddle - Plastic devices worn on the swimmers hands during swim practice to increase resistance and to increase strength.

Personal Best (PB) - Also PR- Personal Record; The best time a swimmer has achieved so far in a given event

Pull Buoy - A flotation device used for pulling by swimmers in practice.

Pullout - Long, full arm stroke past the hips used in breaststroke after the start and off the walls on the turns.

Race - Any single swimming competition (i.e., preliminary, final, timed final).

Relay - A swimming event in which four swimmers (of the same sex) participate as a relay team, each swimmer swimming an equal distance of the race. There are two types of relays:

- Medley Relay - one swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order
- Freestyle Relay - each swimmer swims Freestyle. .

Relay Exchange - The exchange between the swimmer in the water finishing his/her leg and the next swimmer on the relay team. A perfect exchange will simultaneously have the

finishing swimmer's hand on the touch pad and the starting swimmer's feet just touching the starting block with the rest of the starting swimmer's body extended over the water.

Results - The official listing by place of finish of the competitors in an event. It includes the Official Time and any Points scored, as well as Disqualifications.

Ribbons - Awards earned by swimmers at meets for finishing in the top places. They vary in size, color, design and method of presentation.

Roll - Refers to the side-to-side motion of the body along the long axis in Freestyle (body roll).

Set - Swim workouts are divided into sets of swims in a particular stroke, style, and distance, such as kick sets, pull sets, distance sets, sprint sets, IM sets, etc with a particular purpose. Sets are given in terms of the distance to be swum, calculated in yards or meters, depending on the pool. Therefore, a "set" of "25's" means swimming one length of the pool before resting; "50's" means two lengths, and so on.

Scoring - For dual meets: Individual events 1st, 2nd, 3rd, 4th: 5, 3, 2, 1 point respectively (only 2 swimmers from each team can score points) Relays: 1st-8 points, 2nd-4 points (only 1 relay team from each team can score points)

Stand Up - The command given by the Starter to release the swimmers from their starting position.

Start - The beginning of a race; the dive used to begin a race. Just before a swimmer's heat, the Referee will blow a quick series of whistles to inform the swimmers to be behind their respective blocks. He will then blow one long whistle to inform the swimmers to step up on their blocks. The Starter will then give the command "Take your mark", and after all the swimmers become motionless, will sound the start signal.

Starting Position - The swimmer must take his mark by placing at least one foot at the front of the block. The most common position is bent over, knees bent, feet shoulder width apart, but the track start (one foot forward, one foot back) is becoming popular. However, the swimmer is permitted any position as long as one foot is at the front of the block and a motionless position is held prior to the start signal.

Step Down - The command given by the Starter to have the swimmers move off the blocks. Usually, this command is a good indication everything is not right for the race to start.

Streamline - It often refers to making the body long and narrow (arms/hands together and outstretched, head down between arms, feet together pointed back) in the glide off the starts and walls, but it also applies to all aspects of the strokes. The more swimmers can create a streamlined effect with their bodies, the more efficient they will be in the water

Stroke - There are four competitive techniques (strokes): Butterfly, Backstroke, Breaststroke, Freestyle.

Stroke Count - While swimming backstroke the number of strokes one takes from flags till turn or finish.

Stroke Drills - Sets in training used to develop and hone proper stroke techniques by isolating various components of a specific stroke. Skill drills are used every day with all swimmers.

Timer - The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for activating the backup buttons for the automatic timing system and recording the time from a stopwatch.

Timing System - The method used to obtain times for races at a swim meet. There are 3 types of timing systems:

- manual (stopwatches)
- semi-automatic - manually-operated buttons of an electronic timing system
- automatic - touch pads of an electronic timing system

Touch Pad - The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must touch the touchpad at the end of a race to register a time.

Touch - At the end of the prescribed distance, the finish of the race.

Transition - In the Individual Medley event, refers to the turn where the swimmer finishes one stroke and begins the next stroke (e.g., the transition from Butterfly to Backstroke) (as opposed to the intermediate turns during each stroke/leg).

Warm-up - The readying exercises and practice session a swimmer does before the meet or their event to get their muscles loose and ready to race. Essential to the prevention of injury.