

# Summer 2018

## How much does it cost?

**Program Fee** – This fee is paid to Cole Center Family YMCA, at the courtesy counter. It helps cover the cost of coaches' wages, supplies, and the cost of using the pool.

**Red**-\$80      **White**-\$110      **Blue** - \$140

**Booster Fee** - \$25, this fee, paid by each swimmer, pays for ribbons, supplies, parties, awards, extra lifeguards, relay teams for invitational meets, officials training.

Payment options:

1. 100% at the time of registration
2. 3 bank draft payments (must turn in bank draft form)
  - a. 1<sup>st</sup> payment will be \$25 booster fee + \$25 program fee=\$50 at time of registration.
  - b. 2<sup>nd</sup> payment will half of the remaining program fee
  - c. 3<sup>rd</sup> payment will be the remaining program fee
- *If you need financial assistance, ask for information at courtesy counter.*

Any other arrangement for program fees must be made with Sandy Berendt, Aquatics Director.

***Any swimmer participating with Bluefins after 2nd week of the season will be responsible for this fee regardless if they finish the season or not.***

**NON-Work Penalty Fee** - \$50

This fee is paid by any family that does not work a home swim meet. The fee is incurred for each home meet that the swimmer participates in and his/her family chooses not to work. (example: Joe swimmer swims in two home meets. An adult family member does not work either of them. A penalty fee is added to the account of \$100 (2 meets x \$50 each). Everyone is expected to work the spooktacular and all jobs must be covered, so families will need to do multiple jobs.

***Non-work fees incurred must be paid prior to February 16, 2017.***

**Other Expenses:**

1. YMCA Membership-can be youth membership (\$10 joiner fee, \$15.50 monthly)  
Swimmers must be a YMCA member the entire season, in order to participate on the winter team.
2. Team Suit (Summer Season plain black suit will work)
3. Practice Suits-competitive suit recommended, no two piece suits allowed, it is advised that swimmers not wear team suit to practice.
4. Goggles-at least two pairs of competitive goggles recommended
5. Swim Caps for practice
6. Invitational and Conference Meet Fees cost varies depending on number of events swam.

# Swim Terms Glossary

<b>Anchor</b>	the last swimmer in a relay.
<b>Backstroke</b>	One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swam as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
<b>Bell Lap</b>	the lap of a freestyle distance race when the swimmer has 2 lengths to go. An official rings a bell over the lane of the lead swimmer to signal them that they are nearing the end of the race.
<b>Block</b>	the swimmer dives off the starting "block" at the beginning of a race.
<b>Breast stroke</b>	One of the 4 competitive racing strokes. Breaststroke is swam as the second stroke in the Medley Relay and the third stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
<b>Butterfly</b>	One of the 4 competitive racing strokes. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and first stroke in the I.M. Racing distances are 50 yds/mtr, 100 yds/mtr, and 200 yds/mtr. (LSC's with 8-under divisions offer the 25 yd back)
<b>Cap</b>	a swim cap made of latex, lycra or silicone worn on a swimmers head to protect the hair from the effects of chlorine in the water. It also helps to cut down water resistance from the swimmer's hair.
<b>Clerk of Course</b>	person(s) responsible for keeping track of swimmer circle-ins, scratches and on-deck entries at a meet.
<b>DQ</b>	a slang term for disqualified. Swimmers are disqualified for illegal turns or stroke techniques and for improper starts and finishes. The swimmer will not receive a time for that race if DQ'd
<b>Daktronics</b>	A brand of automatic timing system.
<b>Drag suit</b>	a second suit that is loose fitting worn by competitive swimmers during workouts to add resistance to the flow of water around the swimmer as they swim.
<b>Dry land</b>	a workout done out of the pool. Stretching, core strength exercises, running, stretch cords and weights are all implemented.
<b>Dual Meet</b>	Type of meet where two (2) teams/clubs compete against each other
<b>Event</b>	a swimming race that is designated by the stroke and the distance being swum.
<b>False Start</b>	occurs when the swimmer leaves the starting block too soon or is moving on the block before the starter officially starts the race.
<b>Finish</b>	the end of a race.
<b>Fins</b>	Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not competition.
<b>Flags</b>	Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.
<b>Flip Turn</b>	a type of turn used in freestyle and backstroke. As the swimmer is approaching the wall, they flip forward in a continuous motion, pushing off the wall with their feet to start the next lap.
<b>Freestyle</b>	
<b>Goggles</b>	eye wear worn in the pool to protect the swimmers eyes from the effects of chlorine in the water.
<b>Heat</b>	a group of swimmers racing at the same time. Each event is divided into heats. The swimmers in each heat are seeded with comparable times and placed in lanes with the fastest swimmer in the center lane and the slowest swimmers in the outside lanes.
<b>Heat Sheets</b>	a program which lists swimmers in each event in the order number in which each event is swum. Aka Psyche Sheet
<b>I.M.</b>	abbreviation for individual medley. An event where the swimmer swims equal distances of all four competitive strokes in the following order: butterfly, backstroke, breaststroke and freestyle.
<b>Interval</b>	a goal time set by the coach for a specific stroke /distance. Interval training is done at practice.
<b>Kick Board</b>	a flat form float held in the swimmer's arms while practicing kicking drills.
<b>Lane Assignments</b>	racers are seeded after a swimmer has circled-in. Lane and heat assignments will be posted near the starting blocks before each race. Swimmers are responsible for finding their own heat and lane assignments.
<b>Lane Lines</b>	the dividers used to distinguish individual lanes. The ropes are made of rotating discs which dissipate the waves during races.
<b>Lap Counter</b>	large numbered cards used by the counter, not the swimmer, during freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are all odd numbers with the final lap number on the card being bright red.
<b>Marshall</b>	The adult(s) (official) who control the crowd and swimmer flow at a swim meet.
<b>Official</b>	meet judges who are trained and certified. These include starters, referees, and stroke turn officials.

<b>Pace Clocks</b>	electronic clocks with highly visible number and second hands that are positioned at the ends or sides of a swimming pool so the swimmers can read their times during practice or warm-ups.
<b>Personal Best</b>	a swimmer's best time to date
<b>Pull buoy</b>	a foam float held between a swimmer's legs while practicing arm drills.
<b>Pullout</b>	in breaststroke, the initial arm pull and kick which brings the swimmer to the surface immediately after the start or turn.
<b>Referee</b>	the meet official who oversees the operation of a meet. The referee has the final authority on any rule interpretation or conflict that may arise during the course of a meet.
<b>Relays</b>	races where four swimmer teams compete. In a freestyle relay, each swimmer swims freestyle. In a medley relay, each swimmer swims a different stroke in the following order: backstroke, breaststroke, butterfly, and freestyle.
<b>Scratch</b>	to remove a swimmer from an event prior to the start of the race.
<b>Senior</b>	a swimmer aged 15 and older.
<b>Set</b>	in practice, a combination of swimming and/stroke/kick drills that is typically done in a repetitive fashion and on a certain time interval.
<b>Shave</b>	just prior to a major competition a swimmer will shave their entire body. Shaving provides less resistance between water and skin.
<b>Split</b>	a swimmers intermediate time in a race. A coach will determine whether a swimmer is on an appropriate pace. A negative split occurs when a swimmer swims the second half of the race faster than the first.
<b>Start</b>	is the beginning of the race. Swimmers will stand behind the blocks until instructed to step up on the blocks or enter the water if swimming backstroke. The referee will blow a whistle as a signal that the race is about to begin. The starter will announce the event number and name of the race and will ask swimmers to "take your mark." Swimmers then move into starting position and hold that position until the starter sounds the signal that starts the race.
<b>Starter</b>	the meet official who starts each race.
<b>Stretch Cord</b>	a long, elastic or rubber cord used in dry land workouts.
<b>Taper</b>	the resting process in training for competitive swimming competition. During the middle of the season, an elite swimmer will work out 8 to 10 miles each day. As a major competition draws near, the swimmer will "taper" off the distance swum each day. This enables the swimmer to compete at their peak capability.
<b>Timing</b>	at meets, the touchpad provides the official time. Back-up times are provided by stopwatches.
<b>Touch</b>	the finish of the race.
<b>Touchpad</b>	the area at the end of each lane of the pool where a swimmer's time is registered by their touch and sent electronically to the timing system and then to the scoreboard.
<b>Tri-Meet</b>	A meet with 3 team competing for points to see who places 1st, 2nd and 3rd.
<b>Warm-down</b>	laps swum by a swimmer after the race to get their muscles loose and ready to race.
<b>Warm-up</b>	laps swum by a swimmer before the race to get muscles loose and ready to race.
<b>Zones</b>	The country is divided up into 4 major zones: Eastern – Southern – Central – Western. At the end of the the Zone Administration sponsors a championship age group meet.

# *STAY IN TOUCH*



REMIND

Text @bluefins to 81010 to receive text messages from the coaches that are pertinent to the Bluefins Swim Team.

AND

<https://colebluefins.shutterfly.com>



You will be able to share photos from swim meets, sign up for concession stand needs and swim meet duties, as well as ask questions & chat with other swim families. Join us today!