

SOUTHWEST AQUATIC TEAM

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* Available upon request.

** Time standards available at borderswimming.org and usaswimming.org

Southwest Aquatic Team

Welcome to the Southwest Aquatic Team! We are looking forward to having you join our team and family.

SWAT was formed on October 4, 2000 by a group of dedicated parents, swimmers and coaches. We want to offer professional and compassionate coaching to swimmers of all ages. We hope to inspire each swimmer to reach their individual goals in swimming.

Swimming with the Southwest Aquatic Team will also teach discipline, character development and teamwork. We feel that the SWAT coaches are the best in the area. They give 110% to the swimmers and to the sport of swimming. They never lower the bar of expectations; they will always lift it and encourage the swimmers to aim higher.

Mission Statement

SWAT is a swim team that empowers young people to excel in life through dedication, discipline and teamwork while having fun.

Southwest Aquatic Team Coaches

RALPH RAMOS – SENIOR COACH:

Ralph has been a swim coach for over 15 years.

Ralph swam for Cathedral High School for four years while also swimming USS for the El Paso Aqua Posse. During his high school swimming career, Ralph qualified and participated in the Texas State Swim Meet for all 4 years. He was also on three TCIL championship teams.

Ralph started instructing “learn to swim” programs in El Paso in 1987. In 1989, he became an assistant coach for the El Paso Aqua Posse. Later, Ralph coached the Tennis West Swim Club and was an assistant coach for Loretto School for one season. Ralph was an assistant coach for the Desert Sharks Swim Club for 8 years.

Ralph specializes in stroke drills and motivational techniques. Ralph received his bachelor’s degree in Psychology and his Master’s degree.

Ralph is married with two children.

“TAKO” RAMON JOSE TAKAMATSU – HEAD AGE-GROUP COACH:

Taco has been teaching or coaching swimming for over 20 years.

He swam for Irvin High School for 4 years and during the off season swam for Nations Tobin swim team. He also continued his enthusiasm for competition by swimming Masters USA Swimming and also has competed in the Texas Amateur Federation State meet.

Taco has coached or instructed at various levels. He has coached teams in the City summer league, and USA Swimming. He also coached the Irvin High School team. From time to time he also provides individual instruction to swimmers to raise their competitive level. Immediately before joining SWAT Taco was an adult swimming and conditioning instructor at UTEP.

Taco has a Bachelor of Fine Arts from NMSU and completed work towards a Masters in Art Education at UTEP.

His motto is “I only coach champions”, and his philosophy on swimming is based on 3 things: discipline, hard work, and enthusiasm. Everyone is a champion when they do their best. With this formula he hopes to assist your swimmer in being successful.

Southwest Aquatic Team Coaches

LAYRA NICLI – ASSISTANT AGE GROUP COACH

Layra spends most of her time coaching the swimmers in the pre-competitive lane. After the youngest swimmers complete their session she assists Taco with the remaining swimmers.

She started swimming in Chihuahua, Mexico. She then spent 2 years swimming on the Franklin High School team. She has been coaching USA Swimming for 2 years. She has also been a swimming instructor, water aerobics instructor and lifeguard at the YWCA. Like Taco she manages to give individual swimming instruction in her free time.

Layra is working on a bachelor's degree at NMSU. She is a sophomore majoring in Political Science and International Relations.

Layra is currently an exchange student in Europe and will return to SWAT this summer.

ANA WILSCAM LEGRAND – ASSISTANT AGE GROUP COACH

Ana has been swimming since the age of 6. At the age of 10, as a volunteer, she taught swimming to Spanish speaking children. She has often volunteered with coaching city league swim teams at the city's Veterans and Tobin pools. She has also taught swimming to all ages from infant to adults. She has been a Lifeguard since the age of 15.

She is especially interested in teaching technique to her swimmers. She has applied this emphasis while teaching swimmers in City Summer Leagues, USA Swimming Clubs and High School.

Individually Ana swam in City Summer Leagues, USA Swimming Clubs and High School. Her 6 children ages 2 to 18 are following in her footsteps and are participating in the same competitive swimming environments.

Southwest Aquatic Team Board of Directors

The Board of Directors meets monthly. You are welcome to attend.

DIRECTOR: Angelica Castrejon acastrejon@elp.rr.com

DIRECTOR: Kerry Lore..... klore@epelectric.com

DIRECTOR: Your Name Could Be Here ??????@???.com

TREASURER: Tom Lore tlore@handgards.com

OTHER COMMITTEE CHAIRS:

TEAM EQUIPMENT: Angelica Castrejon acastrejon@elp.rr.com

SAFETY CHAIR: Tom Lore tlore@handgards.com

OFFICIALS CHAIR: Tom Lore tlore@handgards.com

BORDER REP.: Kerry Lore..... klore@epelectric.com

FUNDRAISING

Each Southwest Aquatic Team family is required to participate in team sponsored fundraising activities. Fundraising is an integral part of our team's finances and helps us keep our dues at a reasonable rate. You are expected to participate in club fundraising. Each family is expected to raise \$100 per year by participating in club events. You will be billed for any shortfall on your commitment.

Some fundraising activities are listed below. If you have other ideas or have had success with another type of fundraiser, please contact a club director or coach.

- A. Southwest Aquatic Team hosted swim meets
- B. Entertainment Books
- C. Meet Sponsorship
- D. Garage Sales
- E. Swim-a-thons
- F. Car Washes
- G. Bobo's Fun Center

2009 Long Course Meet Schedule

(Please remember, this is subject to change, updates will be posted on SWAT's bulletin board at the pool.)

May 1- 3, 2009 LCAT Sun Tan Classic.....NMSU Pool, Las Cruces

May 15-17, 2009Ft Bliss BaracudasPavo Pool, El Paso

May 30-31, 2009 SWAT Sprint InvitationalTigua Pool, El Paso

June 4-7, 2009TucsonArizona, University

June 26-28, 2009.....DSSC Father's DayTigua Pool, El Paso

July 10-12, 2009.....EPAP International..... Pavo Pool, El Paso

July 15-19, 2009Sectionals.....Houston

July 31 – August 2, 2009.....Border Champs.....Tigua Pool, El Paso

July 29 – August 2, 2009TAGS..... Texas

SWAT will host its next meet during the Long Course season May 30-31. Plan on attending and supporting the hosting of this meet.

The Southwest Aquatic Team chooses swim meets to challenge all ability levels of its swimmers. These meets are in El Paso, various cities in Texas, New Mexico, and Arizona. Southwest Aquatic Team members who make the qualifying times also participate in State Championships, Junior and Senior Nationals, and Zone Championships. Meet participation is encouraged. Meet entry fees are the responsibility of each swimmer at the time of entry.

MEET ENTRIES

Throughout the season, swimmers will have many opportunities to participate in meets against other swim teams. Your **primary method of entering swim meets is on-line.** Your coach can assist you with the process. The following guidelines will help answer some of the many questions that come up. If you have any questions, please ask your swimmer's coach or ask another parent. They have entered many meets and will be happy to help.

If you enter a meet and your swimmer does not participate, you will be billed. The club must pay the host regardless if you participate or not.

If using paper entry forms - They need to be filled out completely and correctly, and turned in to the entry coordinator or coach along with a check for entry fees. If entry forms are filled out incorrectly and/or are incomplete, they will be returned to the swimmer. Please do not wait until the deadline to enter meets. If forms need to be returned due to error, the swimmer will miss the deadline and have to late-enter at the meet at double the cost.

The host team will specify a date when the entries need to be in their hands. Our entry coordinator will process all of the forms and online data and send them to the host team before the deadline. If you turn your entry forms into the coordinator late, they will be returned to you. You will then need to call the meet director to see if you can make arrangements to enter directly, or "late-enter" on deck at the meet. Since late entry fees are usually double the cost, it is best to enter ahead of the deadline. For deck entries there is no guarantee of available lane space.

***Read your team meet schedule.** This schedule is published in our newsletter **SWAT's Star Times** and lists the swim meets for the entire season. PLEASE reserve these dates on your calendar. A good source for information can be found on-line at borderswimming.org

***Read the bulletin board.** There is a section of the board at the Westside Rec pool devoted entirely to meet entry information. Every upcoming meet will have an information sheet posted.

***When the meet is held out-of-town.** Travel arrangements to and from out-of-town meets are the parent's responsibility. The meet information sheet will provide a list of hotels, if one is available. All travel arrangements and supervision of the swimmers is the parent's responsibility.

***The number of events a swimmer can swim is different at each meet.** A meet may offer as many as 5 or 6 events each day for an age group, but the meet information will limit each swimmer to 3 to 5 individual events, plus relays per day. Please do not enter more than the allowed number of events. Swimmers attending the afternoon practices

will have their events picked by the coach. To ensure that the swimmer is attending the meet and to foster a growth and understanding for the sport, the coach will select events that the swimmer is prepared to swim.

***Entry Fees.** All competitions require an entry fee paid to the host team. The fees run between \$1.50 and \$5.00 per event depending on the meet. Most meets run \$2.50 per event. In order to facilitate the entry process, please make checks payable to the Southwest Aquatic Team when you turn in your entries. There usually is a surcharge on the entry form that goes directly to the LSC of the Host Team. You must pay for the entries along with the entry form. **If a payment is not attached to the entry form, it will not be accepted.** If you enter a meet and cannot attend, there are **no refunds** of the meet entry fees.

***Qualification/Time Standards for a meet.** Whether or not a swimmer is qualified to swim in a particular meet depends on the classification of the meet and the swimmer's best times. PLEASE check with your coach if you have any doubts as to your qualifications.

FREQUENTLY ASKED QUESTIONS:

Q: Do I sign up for the swim meets or does my coach?

A: YOU DO. Your coach may suggest which events they want you to enter.

Q: What if I have never entered a meet before and don't have an entry time?

A: If the meet is "unclassified" you may enter with "no time" (NT) on the entry form. If the meet has a qualifying time, you should talk to your coach about whether or not you should enter that event.

Q: What do I do if I miss the entry deadline?

A: First, **DON'T** miss the deadline. If a situation occurs, you can contact our meet entries coordinator and discuss your late entries. Remember, late entries usually have all the fees doubled, and you are never assured of an open lane in the event that you want to swim.

SOUTHWEST AQUATIC TEAM DUES SCHEDULE

Annual Fees

- | | | |
|----|--|----------|
| 1. | <u>Annual Family Assessment</u>
This fee is used to pay for coaches travel expenses, relay fees, and swimmer incentives. For new members this fee is due with your USA Swimming registration fee. Other members will be billed each December. | \$50.00 |
| 2. | <u>USA Swimming Athlete Registration Fee</u>
This fee is required by United States Swimming (USA Swimming). It helps pay for liability insurance, operating fees and allows swimmers to compete at sanctioned USA-Swimming meets nationwide. It is an annual fee. | \$60.00 |
| 3. | <u>USA Swimming Non-Athlete Registration Fee</u>
This fee is required by USA Swimming for non-athletes who are involved with a USA Swimming team such as an official, coach, or some administrative positions. | \$60.00 |
| 4. | <u>Annual Fundraising Commitment</u> | \$100.00 |
| 5. | <u>Hosted Swim Meet Non-Participation</u> | \$25.00 |

Monthly Fees**

Workout Groups

Senior	\$60.00	15 and up	Green Group.....	\$45.00
Black Group.....	\$55.00	13-14 Yrs	Pre-Competitive Group	\$40.00
Blue Group	\$50.00			

Monthly fee discounts

Families with 3 or more swimmers will receive a \$15.00 discount.

** Monthly fees are utilized to pay our monthly pool use fee, coach's salaries, payroll taxes and operating expenses.

MONTHLY FEES ARE DUE BY 25th of each MONTH. You will receive a monthly statement in the mail. Any past due payments will be subject to a **late fee of \$25.00**. All dues **MUST** be paid in full or swimmers will not be allowed in the pool during workouts. People are expected to pay on a monthly basis, year-round, regardless of breaks or vacations. Please notify the treasurer (Tom Lore 471-1806 or tlore@handgards.com) **in writing before the first of the month**, if you no longer plan on swimming, or you will be charged for the entire month. Please **NO CASH** – checks preferred

SOUTHWEST AQUATIC TEAM

WORKOUT SCHEDULES LONG COURSE SEASON March 2009 – August 2009

Westside Pool

We do not have our “Official” time slots from the city at this time. Times at city pools are tentative

Senior & Black Group	–	Monday thru Thursday	–	5:30 a.m. – 7:00 a.m.
Blue Group	–	Monday thru Thursday	–	6:00 p.m. – 7:30 p.m.
Green Group	–	Monday thru Thursday	–	6:00 p.m. – 7:30 p.m.
Pre-Competitive Group	–	Monday thru Thursday	–	6:00 p.m. – 7:00 p.m.

The Blue, Green, and Pre-Competitive Groups practice at Armijo Pool (Downtown) on Thursdays from 6:30pm – 8:00pm. This pool has starting blocks for practicing.

Saturday's to be announced on a weekly basis.

Sr. & Black Group will practice at Tennis West during summer months including Friday.

Southwest Aquatic Team – Hosted Meets

The Southwest Aquatic Team hosts two meets annually: the SWAT Swimming Fiesta in October and SWAT Sprint Invitational in May. When we host a meet, we need your help, team members fill the following positions (and other jobs as well):

Meet Director: The Meet Director is the person who runs and organizes the swim meet. Prior to the meet, they contact all the committee chairs to make sure that everything is going well for each committee. One week before the meet, the Meet Director meets with all the Committee Heads and finalizes all the details. The Meet Director also has to make sure that the meet information is put together correctly, approves the design for the heat sheet cover, T-shirt designs, and award selection.

Concession Chair: This person is responsible for selecting and buying the food for the concession stand. Part of this process is obtaining donations from businesses. This person is also responsible for setting up the Concession Stand and closing it down at the end of the meet. This person arranges for team parents to help work the concession stand during the meet.

Hospitality Chair: The Hospitality Room provides breakfast and lunch for the coaches, officials and timers during the meet. The Hospitality Chair is responsible for deciding the food that will be served, calling team members for donations, arranging for donations from businesses, and organizing team parents to help serve the food during the meet.

Fundraising Chair: The Fundraising Chair is responsible for overseeing the team's efforts in obtaining sponsors and ads for our meet. Information sheets should be passed out to team members about obtaining ads for the meet and the deadline for the ads and money to be turned in. This person also orders any banners that are necessary for meet sponsors.

Official's Chair: This person is responsible for contacting officials to work at the meets. For each session they need to have a Referee, Starter, 4 Stroke and Turn Officials, a Clerk of Course, Timing System Operator, and Computer Operator.

Timer's Chair: This person is responsible for calling team members and arranging for 14 timers and 1 head timer for each session of the meet.

Awards Chair: This person is responsible for choosing and ordering the awards, organizing them, and calling team members to work at the awards table during the meet.

Entry Chair: This person is responsible for entering all the entries in to the computer program from Hy-tek, making the heat sheet, designing and/or putting in the advertisements into the heat sheet, creating a notebook for the Clerk of Course, and having the heat sheet printed. This person usually runs the computer during the meet. The notebook for the clerk of course should contain all of the original entries in case there are any questions at the meet.

WORKOUT GROUPS

Pre-Competitive Group: This is a pre-competitive group composed mostly of 6 and under swimmers. In order to be in this group, the swimmer must be able to swim at least one stroke legally for the entire length of the pool, without assistance. They will practice from 6:00 p.m. – 7:00 p.m. on Monday through Thursday. Swimmers are not expected to attend each practice. Dues for this group are \$40.00 per month.

Green Group: This is the beginning group for most swimmers. In order to be accepted at this level, a swimmer must be able to swim 2 of the 4 strokes legally, and be able to swim them unassisted for the entire length of the pool. This group will practice Monday thru Thursday from 6:00 p.m. – 7:30 p.m. The dues for this group are \$45.00 per month.

Blue Group: To be accepted in this group, a swimmer must be able to swim all 4 strokes legally. The emphasis at this level will be on stroke technique, turns, and building endurance. Practices for this group will be Monday thru Thursday from 6:00 p.m. – 7:30 p.m., and some Saturdays. The dues for this group are \$50.00 per month.

Black Group: This level is made up of competitive swimmers who are 13 to 14 years of age. The emphasis for this group is on technique, turns, endurance, and speed. Practices are Monday thru Thursday mornings from 5:30 a.m. – 7:00 a.m. some Saturday mornings. The dues for this group are \$55.00 per month.

Senior Group: This level is made up of competitive swimmers who are 15 and older. Swimmers who are in high school are also put into this group, so that they can get the maximum workouts needed in order to be competitive. Practices are Monday thru Thursday mornings from 5:30 a.m. – 7:00 a.m., and some Saturday mornings. The dues for this group are \$60.00 per month.

PARENT'S RESPONSIBILITIES

Dues are payable by the 25th of each month. If your child stops swimming and you fail to notify the Board in writing **before** the first of the month, you will still be responsible for those dues. Please read the section on Dues for more information.

The coaches are always happy to talk to you before or after practice. Parents are always welcome at practice. We ask that if parents need to talk to the coaches, please do not distract them during practice. You can talk with them before or after practice.

No on-deck coaching by parents. This type of behavior is not fair to your swimmer, the other swimmers, or the coaches. If you have questions about the instruction your child is receiving, please discuss them with the coach before or after practice, or by phone.

Get your swimmers to and from practice on time. Please be on time! This will allow your swimmer(s) to participate in the full practice that you are paying for.

Coaches are responsible for discipline at practice and swim meets. Please bring any disciplinary problems to the attention of the coaches or a board member. We want to keep the swimmers safe, and if we do not exercise appropriate behavior, we risk losing use of the pool.

Parents are required to work at SWAT sponsored meets. They are also expected to help at other swim meets when we are asked to provide workers, such as Border sponsored meets. Without support from all swimmers and parents, we cannot sponsor swim meets for our swimmers and other swimmers in the area.

EVERYONE is expected to help with fundraisers. Fundraising is an integral part of the Southwest Aquatic Team's finances and helps us keep our dues at a reasonable rate.

Parents are responsible for getting their swimmer(s) to swim meets. If you want your swimmer to attend a meet either in or out- of -town, but cannot travel to the meet yourself, you should arrange for transportation with another **team member**. You will be expected to contribute your fair share of money for gas, lodging, and food expenses. Coaches will not be responsible for swimmers out-of-town.

Parents are responsible for turning meet entries in on time. Late entries are costly and will not be the responsibility of the Entry Chairperson.

Please read the monthly SWATS STAR TIMES newsletter to keep up with current information.

All travel arrangements are the responsibility of the parent. When the Southwest Aquatic Team attends any out-of-town meets, it is the parent's responsibility to make their own travel arrangements. They will be responsible for their own child/children. The coaches will not be responsible for any swimmer who attends a meet without a parent.

SWAT TEAM UNIFORMS

All Southwest Aquatic Team swimmers have a minimum uniform that should be worn to each swim meet. Please order your team suit, caps and additional equipment (as specified by your coach) from Angelica Castrejon.

Cap:	Latex or silicone in blue, green or white with logo
Suit:	Girls - Navy blue Speedo Boys - Blue Speedo or Jammer
T-shirt:	Team colors - navy blue and green
Bag:	Optional

ITEMS TO TAKE TO A SWIM MEET

Team suit, team cap, two towels, team shirt or sweats, two pairs of goggles, shoes, socks, cards, games, books, hats, sunscreen, and blankets. You should also bring or buy nutritional snacks and drinks. Recommendations for eating the day of a swim meet competition are:

3-4 hours before: Fresh fruit, fruit and vegetable juices, breads, bagels, baked potatoes, cereal and low-fat milk, low-fat yogurt, sandwiches with a small amount of peanut butter, or lean meats and cheese, and of course CARBOHYDRATES AND LOTS OF WATER! This works for the older swimmers who swim in the afternoon.

2-3 hours before: Fresh fruit and vegetable juice, breads, bagels, English muffins with small amount of butter, margarine, cream cheese, peanut butter and of course CARBOHYDRATES AND LOTS OF WATER!

1 hour or less before: Fruit or vegetables, nothing toooo heavy, and of course CARBOHYDRATES AND LOOOOTS OF WATER!

***please refrain from giving your swimmer any type of sports drinks such as Gatorade since they are very high in sugars and have been known to make some children sick to their stomach during a swim meet. WATER WORKS BEST!**

Southwest Aquatic Team – Code of Conduct

The Southwest Aquatic Team would like to make sure that swimming is a positive experience for our swimmers, coaches, and parents. In order to achieve this, we would like everyone to read and live by the following Code of Conduct.

Things to Remember

1. Southwest Aquatic Team is a team.
2. Our children are swimming, not us.
3. Children need good examples more than they need criticism.
4. Applaud good swims by our team and other teams.
5. Opponents are necessary friends. Without them, your swimmer could not participate.
6. A swim meet is not won or lost by any child, see #1
7. To swim well, our children must come together as a team by supporting and communicating with each other. The coaches and children will accomplish this if we don't undermine their efforts. However, if you disagree with the foregoing statement, undermining can be accomplished by using any of the following tactics: criticizing the efforts of your child, telling your child he/she is the most/least important and best/worst swimmer, telling your child that another child on the team is lousy or has deficiencies, yelling negative comments during practices or meets, criticizing the decisions of the coaches and/or claiming that victory or defeat was the responsibility of any child.
8. Be supportive of the coaches. If you want your swimmer to improve his/her skills and performance, then leave it to the coaches. The parents' jobs are to pay, drive, and offer positive support.
9. Although coaching advice from the parents is generally not appreciated, communication is very important. If anything at all is bothering your child, let the coach know as soon as possible so that he/she has an opportunity to adjust things so that your child's experience will be more rewarding and enjoyable. If you really want to destroy your child's swimming experience, tell everyone but the coach about your child's problem.
10. DO NOT **openly** question an Official's judgment call on deck. Officials are symbols of fair play, integrity and sportsmanship. Should your child ever be DQ'd, **ALWAYS** discuss the **CALL** with your child's coach – never the official. If there has been an error made, the coach will handle the situation for you.
11. Accept the results of each swim. Encourage your swimmer to be gracious in victory, and turn defeat into victory by working towards improvement.
12. The top 6 things parents should say to their swimmers:
Before they swim: **I love you! Good luck! Have fun!**
After they swim: **I love you! It was great to watch you swim!**

Disruptive behavior by parents or swimmers will be dealt with by the Board of Directors as indicated in Article 6.3 of the team bylaws

Southwest Aquatic Team – Code of Conduct

The role that parents play in the life of a swimmer has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders.

1. **Let the coaches coach.** Leave the coaching to the coaches. This includes motivation, goal setting, and stroke or technique critique. You have entrusted the care of your swimmer to these coaches and they need to be free to do their job. If a swimmer has too many coaches, it is confusing for the swimmer.
2. **Support the Southwest Aquatic Team.** Get involved. Volunteer. Help out with fundraisers, carpool; anything you can do to support the team.
3. **Be your swimmer's best fan.** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should never have to perform to win your love.
4. **Support and root for all swimmers on the team.** Foster teamwork. Your child's teammates are not the enemy. When they are swimming better than your child, your child now has a wonderful opportunity to learn.
5. **Encourage your child to talk with the coaches.** If your child is having difficulties in practice or meets, encourage them to speak directly to the coaches.
6. **Understand and display appropriate meet behavior.** Remember your child's self esteem and meet performance is at stake. Be supportive, cheer, and cheer more. To perform to the best of a swimmer's abilities, a swimmer needs to focus on the part of the swim they can control (fitness level, decision making, swimming their own race) If a swimmer starts focusing on what they cannot control (the other swimmers in the race, the officiating, the weather, etc.) the swimmer will not swim up to their ability. If a swimmer hears a lot of people telling him/her what to do, or yelling at or about the officials, it diverts the swimmer's attention away from the task at hand.
7. **Monitor your child's stress level at home.** Keep an eye on your child to make sure that they are handling stress effectively from the various activities in their life.
8. **Monitor eating and sleeping habits.** Be sure your child is eating the proper foods and getting adequate rest.
9. **Help your child keep their priorities straight.** Help your child maintain a focus on schoolwork, relationships and the other things in life besides swimming. Also, if your child has made a commitment to swimming, help them fulfill their obligations to the team.
10. **Reality test.** If your child gets out of the water without winning the race, but they have swum the best that they can that day, help them see this as a "win". Remind them that they need to focus on the "process" and not "results". Their fun and satisfaction should be derived from "striving to improve".
11. **Keep swimming in its proper perspective.** Swimming should not be larger than life for you. If your child's performance produces strong emotions in you, keep them in control. Remember your relationship with your child will continue long after their competitive swimming days are over. Keep your goals and needs separate from your child's experience.
12. **Have fun!** That is what we will be trying to do! We will try to challenge your child to reach past their "comfort level" and improve themselves as a swimmer, and thus, a person. We will attempt to do this in an environment that is fun, yet challenging.

SWAT – “Swim Terms” Glossary

Like any organization, swimming has its own unique language. People new to the sport may wonder what everyone is talking about from time to time, so here are a few definitions to help you.

“A” “B” “C” Times: time standards set by USS for each age group. Slowest swimmers have “C” times, and the fastest swimmers have “A” times. Meets may specify “B-C” times only, or “A” times only.

FINA: The Federation Internationale de Natation Amateur (International Federation of Amateur Swimming) sets rules and standards for swimming worldwide.

JUNIOR NATIONALS AND SENIOR NATIONALS: These meets are held in the spring and late summer and require qualifying times.

LOCAL SWIMMING COMMITTEE (LSC): The local USS Administrative Division. Ours is called Border Swimming, which oversees all the teams in El Paso.

LONG AND SHORT COURSE: Long Course season runs from April to August with events held in 50-meter pools (Olympic size). Short Course season runs from September to March with events held in 25-yard pools.

QUALIFYING TIMES: Minimum time standard to be eligible for certain meets. “Q” times, or qualifying times, are usually included in the meet information.

TAGS: Texas Age Group Swimming. This is our State Championship meet, which is held at the end of both long and short course seasons (July and March).

NAGS: National Age Group Standards. These are times established by United States Swimming for each event, so that swimmers and coaches can monitor the swimmers progress.

UNITED STATES SWIMMING (USA Swimming): Our governing body of swimming, and member of FINA. USS sets rules and national time standards and provides insurance for swimmers. Each swimmer will receive a USS number when they register on the team. This number must be on all your swimmer’s meet entries and forms.

DEL NORTE MEETS: A developmental swim meet series to help new swimmers get used to competing and establish times. Swimmers must have below a “BB” time to compete in these types of meets.

GRAN PRIX MEET: This meet was designed to provide a swim meet for swimmers who have exceeded the qualifications for the Del Norte meets. This meet enables those swimmers to experience longer distance events, or improve their times from previous meets.

SCY and SCM and LCM: Abbreviations for Short Course Yards and Short Course Meters and Long Course Meters.