

General Swim Meet Information

Helpful Resources for Swim Meets



1. OnDeck App
 - a. This is the mobile version of TeamUnify and provides quick access to information such as meet information (swimmer entries, meet itineraries, timelines, job sign-ups, etc.), upcoming events/meets, account/billing management, etc.
2. Meet Mobile
 - a. This app provides meet-specific information such as heat sheets, live results, scores, etc.
**Results may be posted to Meet Mobile before they are official. If you see results that seem incorrect to you, give it some time for the meet management office to finalize the results. If the problem does not get corrected, connect with your swimmer's lead coach!*

Meet Documents **It can be helpful to print some of these documents and have them with you at the meet*

3. Meet Announcement
 - a. This document provides a guideline for how the meet will be conducted:
 - i. Order of events, session times, entry fees, seeding type, requirements for circle-in or positive check-in, etc.
4. Meet Itinerary
 - a. This document is put together by the FCST staff and will generally highlight important information from the meet announcement as well as information regarding warm-up times, shirt colors for each day of the meet, parking information, seating information, etc.
5. Psych Sheet
 - a. This document lists all swimmers entered in each event and ranks them by entry time
 - i. This can be helpful when preparing for positive check-in events or meets with prelims/finals
6. Heat Sheet
 - a. This document will outline the order of events and racing assignments for each swimmer
 - b. Use the Heat Sheet to write swimmers Event (E), Heat (H), and Lane (L) #s on their arm with a sharpie!
 - i. Below is an example of how to write this out.
 - ii. For younger swimmers, it can also be helpful to write the event out (e.g., 100 IM)

E	H	L	
3	7	4	100 IM
7	6	1	50 Back
13	12	8	200 Free

- a. Swimmers will not need their heat & lane assignments on their arm once they get older and are more comfortable with meets
 - b. Of note: Girls are Odd event #s, and Boys are Even event #s
7. Timeline
 - a. This document will give an idea of how long each event and session will take, indicating when your swimmer might compete in their events
 - i. Use the Timeline to assist your swimmer with reporting to their coach; we recommend they talk to their coach no less than 30 minutes prior to their race

FCST Merchandise

Xtreme Swim

Xtreme Swim has set up an online store specifically for FCST. You will need to set up an account to purchase **equipment and team suits** from our Team Store. Doing this will also allow you to benefit from the discounts they have offered us! Team Suits are available for everyone to purchase, along with any other equipment that you might need. You will save 25% on all Arena items and 10% on all other brands. You will also receive free shipping on all orders over \$75.

Group Equipment Lists are located on the website @ <https://www.swimfcst.com/page/competitive-team-info/team-store>

- **To access the FCST Xtreme Swim team store:**
 - Log in or create an account on **xtremeswim.com**
 - Go to <https://xtremeswim.com/pages/access-team-store>
 - Following the instructions on that page, enter the team code "**FCST**"

Team Store

Our team store is the best place to purchase FCST Spirit Wear, personalized caps, and clearance team apparel. We have one large spirit wear order at the beginning of the short course season for items such as personalized caps, hoodies, hats, towels, t-shirts, and more. We offer the opportunity to purchase additional personalized caps at the beginning of each long course season as well.

- **Our Spirit Wear order form is currently live until September 29th!**
 - More information is on the next page

Team caps

For non-personalized caps, either the swimmer or parent can reach out to their lead coach and request a cap. Hillary will bill for these as she receives the information from the coaches:

Latex Caps = \$7

Silicone Caps = \$15

WhatsApp Parent Community

Additional Questions?

Be sure to join our FCST Parent Community on WhatsApp to receive announcements from admin, connect with parents in our general chat, and connect with parents of your swimmer's group!

Do not hesitate to ask questions!
We are all here to help!



Swimming Glossary

~Just a few swimming terms that might be helpful to know~

Swim stroke terms

1. **Individual medley (IM):** all four strokes swam in the following order: fly, bk, br, fr
2. **Underwater (UW):** while this is not technically a stroke, many coaches refer to the underwater dolphin kick when you push off the wall as the 5th and fastest "stroke" 😊

Distance terms:

3. **Short course:** a 25-yard pool (SCY)
4. **Long course:** a 50-meter pool (LCM)
5. **Short course meters:** less common in the US, 25-meter pool (SCY)
6. **50:** 2 short course lengths, or 1 long course length
7. **100:** 4 short course lengths or 2 long course lengths
8. **200:** 8 short course lengths or 4 long course lengths
9. **500:** 20 short course lengths, not a race in long-course meters (the LCM equivalent is the 400)
10. **4IM or 2IM:** this refers to the 200 or 400-individual medley
11. **The "mile":** 1500 long course meters or 1650 short course yards

Equipment terms:

12. **Paddle:** a plastic hand device that may cover a swimmer's palm and fingers to add resistance and improve stroke technique
13. **Fins:** rubber-like devices that go on each foot to help improve kick power and in some cases ankle flexibility
14. **Snorkel:** a device that helps swimmers breathe while keeping their head in the water, typically used to help improve head position or focus on technique without interruption for a breath
15. **Buoy:** a foam device swimmers put between their legs to increase buoyancy during swims
16. **Tempo trainer:** a device swimmers put in their swim cap that emits sound to guide and improve stroke tempo and rhythm
17. **Kickboard:** a board swimmers hang on to focus on their legs during kick sets, it may also be used as a buoy during pull sets

Technique training terms

18. **Catch:** the initial arm movement when swimmers must engage hands and forearms to establish a strong grip on the water for better propulsion
19. **Bilateral breathing:** this means breathing to both sides of the body to promote balance, typically swimmers will be told to breathe every 3, 5, 7, or 9 strokes when focusing on this
20. **Pull:** when a coach tells swimmers to get pulling gear on this usually means grab your buoy and paddles; the swimmer will perform the stroke without a kick

- 21. **Short-axis strokes:** butterfly and breaststroke
- 22. **Long-axis strokes:** freestyle and backstroke
- 23. **Scull:** when swimmers use only hands and forearms to move forward without full strokes
- 24. **Kicking:** when a swimmer uses their legs to propel them forward, kick sets typically involve not using arms and focusing on legs
- 25. **Distance per stroke (DPS):** if a coach tells you to focus on DPS they want you to focus on technique and take fewer strokes for each distance
- 26. **Stroke rate:** the number of strokes a swimmer takes per minute, indicating the speed of their arm movements
- 27. **Streamline:** a position in which a swimmer aligns their body to minimize drag and maximize efficiency in the water with hand over hand above their head
- 28. **Open turn:** a turn that a swimmer does when swimming breaststroke and butterfly in which the swimmer must touch with both hands and then turn in the other direction
- 29. **Transition turn:** the turns in IM between butterfly to backstroke, backstroke to breaststroke, and breaststroke to freestyle
- 30. **Flip turn:** at the end of a freestyle or backstroke lap when a swimmer must flip over and kick-off to turn to maximize efficiency and promote speed
- 31. **Pull-out:** the underwater in breaststroke when a swimmer pulls down and does a dolphin kick before sneaking arms back up for the first stroke
- 32. **Breakout:** the first stroke that transitions a swimmer from underwater to swimming

General workout terms

- 33. **Taper:** this is a time before a race when training intensity and volume decreases to give swimmers time to promote rest and recovery to optimize performance; what this looks like varies greatly depending on a swimmer's age and skill level
- 34. **Strength & Conditioning ("Dryland"):** land-based exercises and activities that swimmers do outside of the water to improve overall athleticism, flexibility, and strength
- 35. **Warm-up:** takes place at the beginning of practice, this is a chance to gradually warm up the muscles and slowly get the heart rate up
- 36. **Cool-Down or warm-down:** this happens at the end of a workout or after a race. This is gentle, easy swimming to help reduce heart rate, stretch, and relax the muscles
- 37. **Main set:** this is the main focus of the workout and usually the most challenging section that focuses on speed, endurance, technique, or all three
- 38. **Pre-set:** typically, this is a set that comes right before the main set, it may involve drills or slight pace work to help a swimmer get primed for the main set
- 39. **Descend:** getting progressively faster with each repetition or throughout a distance
- 40. **Ascend:** starting fast and progressively getting slower (opposite of descending)
- 41. **Negative split:** when a swimmer focuses on making the second of a set or a race faster than the first half

- 42. **IM order (IMO):** sets may be assigned to you as "IM order" for example, 4×100 IM order would be 1. Fly, 2. Bk, 3. Br, 4. Fr
- 43. **Best average:** this emphasizes consistency over a set or race, this is when a swimmer holds their best time across a series of repetitions be it 50s or 100s
- 44. **Build:** this is when a swimmer gradually increases their speed and intensity, starting slower and finishing a set or distance with increased speed and effort
- 45. **Circle swim:** in the US, swimming in a counterclockwise direction within a shared lane, down on the right and back on the left
- 46. **Spilt the lane or sides:** dividing a lane into two sides when less than 2 people are in the lane and agree to share
- 47. **Open-water swimming:** swimming done in rivers, lakes, and oceans
- 48. **Split:** the time it takes for a swimmer to complete a portion of a race or a set
- 49. **Pace:** a set performed at a specified speed over a duration. For example, if a swimmer wants to go 2:00 in the 200 free they would try to hold 30 seconds on each 50 for 200 pace

Swim Meet terms

- 50. **Meet:** an organized swimming competition where swimmers compete in various events
- 51. **Event:** a specific stroke and distance combination raced at a swim meet like the 200-yard breaststroke or 50-meter freestyle
- 52. **Heats:** divisions of events based on swimmers' seed times, often used in preliminaries to determine qualifiers for finals
- 53. **Psych sheet:** a document that lists the swimmers' entry times and ranks them in each event before a swim meet
- 54. **Heat sheet:** a document that outlines the order of events and specific race assignments for each swimmer
- 55. **Seed:** what a swimmer is ranked before the meet, if they are listed third fastest a swimmer would say "I am seeded third"
- 56. **Entry Time:** the time a swimmer is entered into a meet with; this is generally their best time prior to competition
- 57. **DQ or disqualification:** a ruling by officials that disqualifies a swimmer due to violating a rule
- 58. **PB or best time:** a swimmer's fastest time in a particular event
- 59. **Block or starting block:** an elevated platform that swimmers dive off of at the start of their race
- 60. **Wedge:** an adjustable platform on the starting block that helps swimmers maximize their leg power to launch forward
- 61. **"Take your mark":** a phrase used by the official to signal swimmers to take their starting position on the blocks
- 62. **Tech suit:** a high-performance swimsuit designed to reduce drag and enhance speed in competitive swimming, usually very tight

- 63. **Lap counter:** a device used to keep track of the number of laps swum during long races, typically the 500 and up
- 64. **Official:** a person responsible for enforcing the rules and overseeing the fair conduct of a swimming competition
- 65. **Touchpad:** electronic pad at the end of each lane in a pool that swimmers touch to register their times during a race; it is important for swimmers to hit this with force!
- 66. **Timers:** 2-3 people who sit behind each lane during a race to get the swimmer's race time
- 67. **Relay:** a race when four swimmers compete as a team, each swimming a portion of the total distance
- 68. **Medley relay:** a relay race where each swimmer on the team swims a different stroke in a specific order (back, br, fly, fr) *notice this is a different order from the individual medley
- 69. **Anchor:** the 4th and final swimmer who swims the last leg of a relay race
- 70. **Prelims:** short for preliminary heats, the initial rounds of competition to determine qualifiers for the finals
- 71. **Finals:** the last round of the competition where the top qualifiers from prelims compete for rankings and medals
- 72. **Timed Finals:** indicates that all heats of a particular event will only be swum once at a meet; there is no prelims/finals set up