

Aloha Aquatics: New Parent Crash Course

When in doubt find a board member or email one of the coaches with your question. We hope this very brief intro to swim life will help shed some light on a few things.

USA SWIMMING

Aloha Aquatics Association is a member of the [Hawaiian Swimming](#) Local Swim Committee (LSC) of [USA Swimming](#), the national governing body for competitive swimming. Most meets Aloha enters are USA Swimming sanctioned or Hawaiian Swimming LSC approved meets. Each swimmer must be a registered USA Swimming member to compete in any meet.

WEBSITES

The team website, www.alohaquatics.org has a link for Meets/Entries where details about each meet are posted. Please check the website for info about upcoming meets. There is also info about swim meets on other islands posted at the Hawaiian LSC website:

www.hawaiianswimming.org

OnDeck

TeamUnify desktop version comes in a handy dandy app. You can use your TeamUnify login with the OnDeck app:

https://play.google.com/store/apps/details?id=com.teamunify.ondeck&hl=en_US&gl=US&pli=1

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Apple: <https://apps.apple.com/us/app/ondeck/id292507219>

SOCIAL MEDIA

We have a private Facebook page for families of Aloha Aquatics Association swimmers to share photos and videos of team events. This is a great page to ask general questions about swim life, coordinate carpools to practice sites, or just a place to introduce your swimmer and your family. Please email the registrar for the link

EQUIPMENT

Are you new to the sport and don't know what you need? Or maybe you need an extra cap? Our equipment manager (equipment@alohaquatics.org) can help you out. We also have a [page on our website](#) dedicated to equipment.

FINANCIALS

Please reach out to our treasurer, (treasurer@alohaquatics.org) and they can help you.

CALENDAR

Workout times and schedules for each group. The Coaches and Site administrator keep this site updated. Non-scheduled pool closures happen periodically. Check this site at least weekly, preferable daily. We do ask all parents to update and verify the SMS section of their account to be notified of last minute changes.

MEET SCHEDULE

The yearly meet schedule for the Hawaiian LSC is posted at the above websites. Each year is divided into two seasons:

Long course (50 meter pools) April-August

Short course (25 yard pools) August-April

TYPES OF MEETS

Classified Meets: Every registered swimmer can enter. Usually 2 sessions, 11& older in the morning, 12 & under in the afternoon. Each swimmer can enter 3-4 events. Some classified meets include relays.

“B/C” Meets: Swimmers can only enter events for which they have not achieved “A” times. One morning session. Held at 25 yard pools.

Invitational Meets: Swimmers can only enter events for which they have achieved “AA” times or better. Two days or longer, 2 sessions per day.

State Championships: July (Long Course) and December (Short Course). Swimmers can only enter events for which they have achieved “AAA” times or better. Relay team can include swimmers without AAA times.

TIME STANDARDS

Time standards are posted at www.hawaiianswimming.org. You can use these to track your swimmer’s progress and set goals.

For more information about how these times are generate:

Info: Hawaiian Swimming Age Group Time Standards are reviewed each summer. Each year a subset of the standards are adjusted progressively faster relative to prior years due too the increased number of athletes participating in the sport and the progression of our championship-level athletes using the following procedure. Most AAA times (championship meet qualifying times) are set such that an average of 34 athletes per event (per age group and gender) would have *qualified* (not entered) for an Age Group Championship meet for each of the last 4 years. Long distance events are set for an average of 24 athletes per event. Standards for events with a relatively lower number of participants are set to a similar "quality" level to other events within the same age group. AA times are 10% slower than AAA times, A times are 10% slower than AA times, B times are 10% slower than A times (except for the 8&U age group where B times are 20% slower than A times), and C times are times that are slower than B times. Due to a drop in 10u and 11-12 registered athletes, those time standards for 2019-20 are a little slower this year. (from hawaiianswimming.org)

About Meets

MEET NOTICE

About 2-3 weeks before a meet, our website will have a link to the meet notice for each meet. The meet notice includes the date, time and place of the meet, eligibility rules, deadline for entries, a list of events, and info on concession and parking. Please read it and become familiar with it. It will have answers to a lot of frequently asked questions (warmup, events, can my swimmer participate).

MEET ENTRIES

Prior to an upcoming meet, you will receive a “New Event” email. This means you may be eligible to enter the meet. Eligibility lists will also be posted on our website. You will not be entered in a meet unless you notify your coach that you want to enter the meet. **You are**

responsible for meet entry fees if you are entered but do not swim. The coaches will discuss with the swimmers what events they will swim in a meet. A few days before the meet you will receive a "Confirmation of Entries" email with the Meet Entries Report which lists the events for each swimmer. After the deadline, you can log into your account and see the approved events for your swimmer.

We try our best to keep meet information up to date with any changes, but it is also your responsibility to check it regularly to stay informed about upcoming meets, and know the meet entry deadlines. While the coaches remind the swimmers, your swimmer may not pass the info to you.

MEET TIMES

Meets are 1 or 2 sessions per day. Morning sessions start at 8:30 or 9:00, warm ups at 7:30. Second session warm ups start immediately after the first session ends. You will be notified what time the second session is estimated to start and when to be there. Four hour time limit per session.

WHAT TO BRING TO THE MEET

Aloha will have a team tent at the meet for shade for the swimmers. Extra pop up tents are welcome and encouraged, since there is not always room for parents and siblings under the Aloha Team tent. Bring chairs and/or a blanket/mat to sit on. It is very important for swimmers to stay out of the sun and off their feet between events so they are rested and can swim their best. You'll also need to bring: lots of fluids; food; sunscreen; extra suit (PLEASE: talk to your coach about appropriate meet wear), cap and goggles; towels; warm clothes in case it's cold or windy; things to do while waiting between events, such as books, cards, toys, games, music.

AT THE MEET

Most meets will have heat sheets for sale at the meet. You can purchase one of these to allow you know when you swimmer will be swimming. You can then (if your child would like you to) write each swimmer's events on their arm with a sharpie. Swimmers should check with the coaches for meet warm up information. Once the meet starts, swimmers will be told by the coach when to get ready to swim their events. Before each event, swimmers check in with the coaches on deck, then go to their lane. After the event, swimmers should get their time from the lane timer and check in with the coaches again. At some meets, there are long waits between events. Swimmers should not leave the Aloha area. If a swimmer is not in the Aloha area it is not the responsibility of the stager or coach to go looking for them. During the meet, drink plenty of fluids, preferably water. By the time you feel thirsty you are already dehydrated. Eat light prior to swimming.

HEAT SHEETS

Heat Sheets will be available for purchase at the meet for \$2 or \$3. The Heat Sheet lists every event including heat and lane assignments.

VOLUNTEERS

At every meet, each team is required to provide one official or timers for every five swimmers entered. We need one or two parent stagers to send the kids to their events throughout the meet. Once you have been to a few meets and become familiar with how a meet runs, you will be expected to take your turn volunteering for these jobs.

RESULTS

Results are posted at the meet as they are finalized. After the meet, results are posted at www.hawaiianswimming.org and our team website, usually that night or the next day. There are also websites like www.hawaiiswim.org and apps like Meet Mobile (paid subscription) where you can see results.

OPEN WATER SWIMS, TRIATHLONS

Swimmers are encouraged to participate in open water swims held throughout the year. Many swimmers also participate in keiki triathlons and biathlons. Entry for these events is usually handled by each family.

ADVANCED SWIMMERS

Swimmers age 12 and older with “Senior” times are eligible to participate in senior meets. Swimmers with “zone” or “sectional” times are eligible to participate in regional meets, often held on the mainland.

To know if your swimmer qualifies, check out the times standards for those events.

**These terms are used around the pool deck
and are only **GUIDELINES****

While viewing the results page, a "+" next to the swimmer's time indicates that this was the swimmer's personal best!

Age up: The instance in which a swimmer's birthday results in a change in the age group in which s/he will compete.

Awards:

- BC meets: normally pins for the top 16 finishers, and participation pins for the other participants.
- ABC meets: normally ribbons for the top 8 finishers.
- "AA" meet:, medals to the top 3, ribbons 4th - 8th.
- Invitational, same as "AA" meet.
- State Championships, Medals to the top 8th, usually.

Backstroke Flags: A line of flags placed over the pool at a distance of 20 feet away from each end of the pool. The purpose of these flags is to help a swimmer locate the wall while doing backstroke.

Clerk Of Course: An official who assigns swimmers to the different heats and lanes. The swimmer must report and check in to this person before their event.

Course: Designated distance over which the competition is conducted.

- Long Course - 50 meter Facility.
- Short Course - 25 yard Facility.
- Short Course Meters - 25 meter Facility.

DQ: Disqualification during a meet due to an infraction of the United States Swimming rules.

Pulling: during swimming, using a pull buoy or some other device to immobilize the legs in order that only the upper body muscle group gets developed.

Pull Buoy: A pull buoy consists of two foam cylinders strapped together by nylon straps or cord. Pull buoys increase the resistance in the water and inhibit the use of the swimmer's lower body, causing the swimmer to exercise the muscles of the upper body in moving through the water.

Referee: As in all sports, this official makes the decisions on disqualifications as well as other decisions that is needed on the deck.

Relays: Swum with the same gender, not necessarily the same age or level of competition.

Repeats: A repeated distance in a given time interval.

Session: A.M. and P.M parts of a meet. Session One is for 11 and older swimmers, and usually starts at 0830. Session Two is for 12 and under swimmers and starts one hour after the completion of Session One (usually 11:30 – 1:30).

Set: In training, a number of repeats consist of a set.

Split Time: Time recorded from official start to completion of an initial distance within a longer event. A time taken at different intervals of an overall race. Time maybe taken for the 1st lap, 2nd

Ear Plugs: Plugs to keep water out of the swimmer's ear. Reportedly helps to prevent ear infections.

Entry Fees: a nominal fee paid by a swimmer, in order to enter and participate in an event.

False start: When a swimmer starts the race before the starting signal is given.

Finals: To swim the top 8 or 16 swimmers for points and placing.

Finish Judge: Stands at the finish end of the pool and in his view point, jots down the finish as s/he sees it. Sometime this call supersedes the stop watch time.

Form Judge: This official walks along the side of the pool during competition and checks to see if the swimmer is swimming in a legal fashion.

Heats: In a single event, say 50 yards of freestyle. There may be 24 swimmers participating. If at the site of competition, the pool has 8 lanes, the 24 swimmers would be broken down to 3 even heats of 8 swimmers a piece. That is, the fastest 8 swimmers would probably be swimming in the 3rd heat, the next fastest in the 2nd heat and the next fastest in the 1st heat. Although the swimmers are in different heats, the top 8 among all 24 swimmers would score or be awarded.

I.M.: Individual Medley, a individual race consisting of butterfly, backstroke, breaststroke and freestyle (in that order)..

Kicking: During training, an exercise in which swimmers use a kickboard and move through the water primarily by kicking and using leg muscles.

lap, 3rd lap and so on. The times are then compared to see if the swimmer had paced him/herself over the entire race. A quick look and talk from the coach can ready the swimmer for the next event, to do better.

Time Finals: Competition in which only heats are swum and final placing are determined by the times performed in the heats. Out of a number of swimmers, the times are consolidated, and the top 8 swimmers are awarded points.

Time Standards: The time standard for any event in a meet is the cut-off time for that event. If a swimmer betters his/her time, he/she will advance to the next higher level of competition.

Time Trials: An event or series of events where a swimmer may compete and achieve or to better a required time standard.

Timer: A rotating volunteer position at meets. A parent/older swimmer who times events at a swim meet. At all meets, each swim club needs to provide one timer for every 5 swimmers entered.

Touch Pad: A light weight pad 2 feet deep by 3 feet wide, placed at the finish wall of the lane. The pad is connected to a computer which registers a swimmer's time and place in the heat.

Training: To exercise the necessary muscle groups and develop skills to

Lane: The specific area in which the swimmer is assigned to swim. Lane 1 shall be on the swimmer's right when s/he faces the pool.

Lane assignment: A particular lane which is assigned to a swimmer in an event .

Lane line: A continuous floating marker attached to a line stretched from the lanes running from the starting end to the turning end.

Lane markers: The guidelines on the bottom of the pool and in the center of the lanes running from the starting end to the turning end.

Lycra suits: A suit with a slick lycra coat to be used mainly for swim competition. This tighter fitting suit has less drag in the water and gives a competitive edge over a swimmer with a nylon or baggy suit.

Meet Check-in: The last important step to do, prior to racing in your event. This process is done 45 minutes before the meet starts. **No check-in, No Swim.**

Nylon suits: Used during practice and during warm-up during a meet. A well fit, not necessarily snug for less drag.

Practice: To do over again and through repetition, to master the correct form.

perform at the level of training.

Trials: Preliminary race to obtain the fastest 8/16 swimmers by time to swim in the finals.

Turn Judge: This official checks to see if the swimmer touches the wall with two hands on butterfly and breaststroke. That the swimmer touches the wall on freestyle and backstroke.

Unattached: A swimmer who competes but who does not represents a club.

U.S.S. United States Swimming. The governing body.

Warm-Up: A period of swimming designed to bring the heart rate up, warm up the muscles, and get limber. This is also a period of being mentally aware of the race to be swum.

Warm-Down: A period of swimming designed to bring the heart down. After competition, the swimmer does a easy swim to stretch, move the lactic acid out of their muscles, and let the body do a 75% recovery.