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# 1. INTRODUCTION

## WELCOME:

Welcome to Farragut High School Admiral Swimming! If you've come this far you are well on the way to becoming part of our program. We want you to feel comfortable and to know what we expect of you and what you can expect from us. This handbook is intended to outline many facets of our team and how we work. It is in no way comprehensive and may very well contain errors. Please feel free to ask questions and help us to refine this document to make it more useful.

## WHY SWIM?

The values of competitive swimming:

- **Swimming has no bench sitters.** Competitive swimming is a sport in which there are no bench sitters because all programs are by age group and ability level.
- **Swimming is healthy.** Injuries are few and mild. The sport has been shown time and time again to be the best sport for overall conditioning of the body. Swimming provides cardiovascular fitness, muscular fitness, and increased flexibility and can be continued into old age.
- **Swimming provides self-discipline.** No one can make a person swim. All swimmers must develop an inner sense of discipline to devote themselves to the sport.
- **Swimming is a direct reward system.** In swimming, the harder you work, the greater your reward. The time clock is an objective judge of the result. There are no judges with subjective scores, no dependence on the efforts of others; only you and the clock evaluate your effort.
- **Swimming teaches the relationship between team and individual.** Neither team nor individual can exist and prosper in swimming without the other. Swimming teaches people to work with others.
- **Swimming teaches organization.** Swimmers have to organize their day to fit in all the life activities they want. They learn to do so, and in so doing, usually become much better students. Swimmers are almost always better students when they are training and competing.

Swimming teaches people how to win, how to lose with grace, and how to develop a personal philosophy that will make them long-term successes in life. **Swimmers learn to evaluate their efforts, set goals, and achieve. They gain an athlete's mind that says, "I can control my life, and the results of it. If it is to be, it's up to me."**

## HISTORY:

Swimming at Farragut High School has had a long and varied history. The team has existed in many forms since the opening of the school in 1971. At times, FHS has been represented by a few swimmers who have trained independently of any team. Other times a subset of local USA clubs have represented the Admiral swim team.

The Farragut High School Swim Team participates in the Knoxville Interscholastic Swim League and the Tennessee Interscholastic Swimming Association. Swimming in the state of Tennessee is not associated with the TSSAA. In the first year with the current coaching staff the team has grown and improved its dual meet record, Region meet finish, State meet finish, individual placing and National Team Ranking.

The team also upholds a strong tradition of academic excellence. Both the boys and girls teams have won Team Academic Awards (presented by the National Interscholastic Swim Coaches Association) annually and 5 individual swimmers earned Academic All-American honors.

## TEAM PHILOSOPHY:

The Farragut High School Swim and Dive Team is a competitive varsity swimming and diving team offering instruction, training and competition to FHS students. The FHS program strives to help develop successful people, as well as successful swimmers. To meet these goals, the following team philosophy has been determined:

1. To develop a swimming and diving program that is competitive at a local, regional and state level.
2. To promote a sense of school spirit through involvement in the swimming and diving program and the support of other school organizations.
3. To provide physical fitness, proper conditioning, and a development of positive self-image through organized and motivating practice sessions.
4. To provide an environment for self-improvement and goal achievement through hard work, dedication and self-discipline.
5. To promote the ideals of integrity, good sportsmanship and team loyalty through competition.

#### **STAFF:**

Head Coach Betsy Hondorf

Betsy Hondorf is a graduate of Johns Hopkins University where she was a four year All-American swimmer. She also has earned degrees from Emory University and the University of Georgia. The Oak Ridge native has been the Head Swim Coach of the Farragut High school swim team for 1 year. She enters the 2019-20 season with 34 years of coaching experience at the summer league, high school, USA and college levels. Hondorf belongs to several coaching associations including the National Interscholastic Swim Coaches Association and the American Swim Coaches Association and regularly attends workshops to stay current in the latest swimming trends. She has studied the Total Immersion method of swimming instruction and includes their theories in her technique coaching. Coach Hondorf also teaches in the Science department at Oak Ridge High School.

Assistant Coach Chris Franklin.

Chris Franklin has been a part of the swimming community in East Tennessee for the majority of the last quarter century, first as an athlete and now as a coach. While growing up Chris was able to swim for the University of Tennessee from 2003-2005, specializing in backstroke, individual medley, and distance freestyle. Aside from summer league coaching where he is the current head coach for the Gulf Park Blue Sharks, Chris has spent 5 years as an assistant at Knoxville Catholic High School, one year with Catholic Youth Swimming, and is in his second year at Farragut High School. Chris also has previous experience as a USA Swimming coach with 3 years as a senior assistant for Tennessee Aquatics. Outside of the aquatic environment Chris enjoys reading, King of the Hill, and all things sport or Tennessee related.

#### **TEAM STRUCTURE:**

The Farragut High School Swim and Dive Team is actually comprised of two separate teams: the Lady Admiral Swim Team and the Admiral Swim Team. These teams train together and usually compete as one unit.

Exceptions include dual meets against single-sex schools and invitational and championship meets. Divers train with Tennessee Diving and generally compete at diving meets on the same day as swim meets.

Each team is lead by one or two captains. Captains are chosen by the team and coaching staff from rising Junior and Senior swimmers. Captains are expected to make swimming their top priority outside of school-work, therefore swimmers who participate in fall sports or other activities that prevent them from attending all practices throughout the year are not eligible to serve as captains. Other upper class swimmers take leadership roles throughout the season.

In contrast to many other varsity sports for most training and competition activities the team is separated based on ability rather than on school standing. This means that a talented, hard-working freshman swimmer may train in a lane with juniors and seniors. Conversely, a less-experienced junior may be on a relay with three freshmen. This overlap allows for a unique opportunity for team building and the perpetuation of tradition.

## 2. PRACTICE

### PRACTICE SCHEDULE:

- Pre-Season: Early September through late September  
Monday through Thursday evenings, 6:30 -8:00 pm (Wednesday TBA)  
Includes swimming, running and dry-land exercises  
Swimmers in fall sports and marching band are welcome to attend as their schedule permits
- Regular Season: Late September through the end of the season- mid- to late February depending on  
Championship meet qualification.  
Monday through Thursday evenings, 6:30-8:00 pm  
Includes dry-land and swimming
- Enrichment: Christmas break training  
Schedule is modified to accommodate Christmas Day and New Years Holidays. `  
Final schedule will be available in early December.  
May include some “special” sessions.
- Post-Season: Late March through May  
Swimmers are encouraged to participate in Summer Prep programs offered by area clubs.
- Summer: June and July  
Swimmers are encouraged to maintain their swimming fitness by participating in the local  
summer swim league, GKAI SA

### ATTENDANCE POLICY

1. Swimmers are expected to **attend all scheduled practices** during the season.
2. If a swimmer is absent from school they are prohibited from participating in any extracurricular activity. A call or e-mail notifying the coaches of such an absence is appreciated.
3. If a swimmer becomes ill during the school day he or she should let the coach know as soon as possible. Unless the swimmer is running a fever, most experts agree that mild exercise does not prolong illness. Respiratory conditions are often improved by exposure to the warm, moist environment of the pool.
4. In the case of pre-arranged conflicts (i.e. orthodontist appointments, etc...) **THE SWIMMER** is responsible for notifying the coach in advance.
5. In the case of an unforeseen conflict, **THE SWIMMER** is responsible for notifying the coach personally either in person or by telephone before practice. Messages may not be sent with other team members. Very few such absences will be permitted before consequences are imposed.
6. Enrichment and other holiday practices may be excused if prior, out-of-town travel is arranged.

### PRACTICE EQUIPMENT:

The following is a list of equipment that each swimmer is responsible for bringing to all practice sessions. Dry-land exercises may be assigned to swimmers who fail to bring all equipment to practice. Most equipment should be carried and stored in the swimmers' mesh equipment bag.

- Swim suit(s)- **do not wear your team suit to practice!**
- Goggles
- Cap (for hair longer than eye-length)
- Towel
- T-shirt, shirt and athletic shoes for running/dryland
- Fins
- Water Bottle
- Pull Buoy
- Hand Paddles (optional, but encouraged)

## **PRACTICE EXPECTATIONS:**

Swimmers are understood to be at practice because they want to be and are therefore expected to cheerfully comply with team policies.

- Swimmers will complete all stretching, dry-land exercises and swimming sets to the best of their ability and without complaint.
- Restroom breaks will be taken only at proscribed times during the practice.
- Swimmers will keep water bottles within reach and drink from them frequently during practice. Coaches will re-fill water bottles as needed.
- Swimmers will not get out of the pool in the middle of a training set unless he or she is injured. If the injury is determined to be severe enough that the swimmer cannot continue to practice then the swimmer will be dismissed until practice is completed. The swimmers' ability to return to practice will be assessed by the coaches after practice. Any swimmer who frequently leaves practice for injury may be removed from the team.
- Swimmers will not touch the bottom of the pool, lane-ropes or other swimmers unless specifically told to do so.
- Swimmers should encourage and challenge each other during practice. Negative comments are not constructive and should be kept private and/or shared with the coach individually.
- The coaches will give feedback on technique and training as often as possible- swimmers should take advantage of this resource and are encouraged to become involved in the process.
- The coaches will be available after practice to discuss individual questions or concerns.

## **POOL POLICIES:**

The Student Aquatic Center and Allan Jones pools are located on the campus of the University of Tennessee

1. No pets are allowed in or around the pool facilities.
2. No food or beverages are allowed in the pool facilities, other than water bottles for practice.
3. Chewing gum and candy are not allowed in the pool facilities.
4. Neither food nor vendor sales are allowed without the express authorization of the Aquatics Director.
5. No glass containers of any kind will be permitted in or around the Aquatics Complex.
6. Fighting, threatening to fight or cause physical harm to other spectators, employees, or sports officials.
7. Lewd behavior and/or indecent exposure or inappropriate bathing attire is prohibited.
8. Refusing to move from an area to which the user has not been granted access is prohibited. Swimmers are not allowed to be in any areas of the facility except for the pool, locker rooms, concourse hallway and spectator stand areas.
9. Entry into a public restroom of the opposite gender is prohibited.
10. Vandalism is prohibited.
11. Moving furnishings on the pool deck or in the locker room facilities is prohibited.
12. Offensive, profane, or threatening language directed to other participants, spectators, employees or officials is prohibited.
13. Offensive or obscene language on clothing or banners, and unauthorized banners are prohibited.
14. Possession of bottles, cans, squirt bottles, glass containers and any container wherein alcoholic beverage is discovered is prohibited.
15. Possession of weapons, fireworks, knives (with or without sheath), horns, whistles, artificial noisemakers, bats, sticks, clubs, poles, fish nets or other net material, beach balls, frisbees, skateboards, roller blades, roller skates, live pets (including all animals or reptiles except seeing eye or hearing dogs), or any object that would obstruct the vision of participants, spectators, employees or officials is prohibited.
16. Throwing objects, spitting, or deliberately dropping liquid/ice on seating areas is prohibited.
17. The use of cell phones in the locker rooms is prohibited.

# 3. MEETS

## COMPETITION PHILOSOPHY

We attempt to provide challenging and success-oriented competitive situations for all varsity swimmers. The following policies outline our philosophy about competition:

- We are a varsity athletic program and as such hold as our primary goal producing as successful a season record as possible. Meet line-ups and relay composition reflect this goal.
- We emphasize competition with oneself. The individual's improvement is a major objective.
- Sportsmanlike behavior is of equal importance to improved performance. Team spirit, respect for officials and opponents, determined effort, and mature attitudes are examples of behavior valued and praised by the coaching staff.
- Swimmers are taught to set realistic yet challenging goals for meets and to relate those goals to practice sessions in an effort to direct their training efforts.
- Swimmers are encouraged to compete in all swimming events and strokes. This policy promotes versatility and encourages the swimmer to explore his potential in the wide range of events offered in competitive swimming.

## CLASSIFICATION AND TYPES OF MEETS:

- Dual/Tri Meets- The majority of the Farragut Swim and Dive Teams' schedule is comprised of dual/tri meets (about 8/season). These are meets against one or two other teams. Home meets are held at the Student Aquatic Center or Allan Jones pools. These meets are held on Sunday afternoons. Dual/tri meets generally last about 2 hours. Swimmers can participate in a maximum 4 events, no more than 2 of which may be individual events. Coaches make up the meet line-up with the goal of winning the meet. There are no entry fees for dual/tri- meets. Parent help is required for these meets (see FHSSDT Booster Club below).
- Invitationals- Several invitationals are part of the Farragut meet schedule. These are large, sometimes multi-day events involving many teams. Swimmers are usually encouraged to provide input on their entries, although coaches will determine relays and the final entry. For most of these meets, the program will cover the cost of entry fees as long as the swimmer attends. These meets usually require one or two parent volunteers per session.
- Prelim/Finals Meets- Some invitationals and both Championship meets are prelim/final format. This means that all swimmers compete in the morning sessions and then the top 16 qualifiers return in the evening to compete for final placing. Usually the top 8 swimmers place in the Championship final heat and places 9-16 are in the consolation final heat. Final/consolation qualifiers earn awards (ribbons/medals) and points. Earning a spot in evening swims is highly prestigious and is a benchmark of progress for the individual swimmer and the team. Fees and parent volunteers for these meets are the same as those for invitational meets.

## SWIM MEET PROCEDURES

All swimmers should be able to pack their own gear for a swim meet. The following is a complete check list of items to bring:

Team meet suit	hat	swim cap
2-3 towels	warm shoes or thongs	goggles
team t-shirt	Water bottle/snacks	parka or sweats
sleeping bag (all day meets)	money (for food, heat sheet-all day meets)	Change of clothes

1. You are expected to arrive at the meet one hour prior to the starting time of the meet.
2. You should wear the official FHSSDT Swim Team suit, cap, and/or t-shirts, sweats.

3. You are expected to know when it is your turn to warm up. The coach will direct the warm-up.
4. You are responsible for getting to the proper location within time for your races.
5. When not swimming your races, you should be either resting in the team area, talking to your coach, or cheering on your teammates.
6. Swimmers are required to stay for the ENTIRE meet.
7. Upon completion of the meet, FHSSDT swimmers are to leave their team area CLEAN!

### **BEHAVIOR AT MEETS/TRAVEL MEETS/CODE OF CONDUCT**

1. All swimmers will behave like ladies and gentlemen during our trip. We are representatives of Farragut High School.
2. Swimmers will wear appropriate dress at all times.
3. Swimmers will not touch each other.
4. Swimmers will remain with the team at all times.
5. Swimmers may enter a room of the opposite sex only with permission from the coaches and doors must be kept propped all the way open at all times.
6. Swimmers will remain in their rooms after lights-out.
7. Swimmers will not share razors and/or shaving water.
8. The bus and hotel rooms will be kept clean.
9. No alcohol, drugs or weapons will be tolerated

### **MEET SCHEDULE**

The meet schedule is finalized at the KISL coaches meeting in September. However, several meet dates are already set. The meet season generally commences at the end of October and runs through the end of January. Once the meet schedule is finalized all swimmers will be required to commit to attending meets on the FHSSDT website. All swimmers are expected to attend all meets for which they are qualified. If a swimmer has a PRE-EXISTING conflict (i.e.- wedding, etc...) with a meet it should be noted on the website. Requests to be excused from meets after that time may be denied. Missing a meet may result in disciplinary consequences.

## 4. ADMIRAL SWIM AND DIVE BOOSTER CLUB

### DESCRIPTION

The FHSSDT Booster Club operates to support the activities, athletes and coaches of the Farragut High School Swim and Dive Team. The organization supports our student athletes by recognizing student accomplishments at a year-end gathering, providing monetary assistance through fundraising opportunities and by perpetuating community support, both for our athletes and the sport of competitive swimming.

Good parental support is the foundation for a successful swim program. Parents are needed in many areas for the team to function efficiently. **Parents of Farragut High School swimmers and Divers are required to take an active role in helping the swim team. This includes helping at meets, fund raising and social activities.** Everyone has *something* to offer. Below are some guidelines that will help you and your swimmer.

- Volunteer your time at swim meets as directed by the Meet Director. It takes the **whole parent membership** to put on a successful meet. When attending away meets, your help is still a **necessity** and, during all of the team's social and fundraising events, your assistance is **expected**. With all of us helping, the work should be evenly distributed amongst us. We want our swimmers to be proud of the job their parents do.
- If you have a special skill and are willing to volunteer that skill to the team, please let us know. Extra help is always welcomed!
- Support the coaches and team with a positive attitude.

### ORGANIZATION

The FHS Swim and Dive Booster Club is headed by a parent rep whose primary function is to facilitate communication between the various committees and with the coaches. Each committee has a chair who organizes the activities of parent volunteers on their committee and communicates with other parents and the coach through the president.

### COMMITTEES

Team Lunch- Identifies and contacts prospective lunch sponsors. Directs collected food donations along with parent contributions. Schedules lunches with the school. Coordinates providing lunch for swimmers on the Friday before home meets and distribution of sack lunches for away, weekday meets. Operates throughout the year.

Organization of Meet Workers- Contacts and organizes workers for each swim meet. Each home meet requires the volunteer services of a starter/official, stroke and turn judges, scorer, timers, water/hospitality for coaches and officials. At away meets a scorer and timers are necessary as well as the occasional official.

Publicity- With input from the coaches supplies local media outlets with results and/or pictures from each meet. May work with fundraising committees to improve publicity of those events.

Banquet- Arranges catering, set-up, decorations and clean up for the season end awards banquet.



# 5. PARENT/COACH/SWIMMER INTERACTION

## GUIDELINES FOR THE PARENT

- The single most important thing which you can do for your child is to help him/her develop a strong sense of sportsmanship and a positive self-image. With your help, this will be swimming's best benefit to your child.
- Although swimming has a strong individual element, your child is, most of all, part of a team. We encourage families to stay until the meet is over to show team spirit and pride (and help clean up!).
- See that your swimmer gets the proper rest and nutrition, including a well-balanced diet.
- Be positive. Help your child look beyond today and toward his or her goals.
- Be patient. Swimmers develop at different paces, but all swimmers need time. No matter how your child seems to be doing in comparison to other swimmers, don't push. When he or she is ready, the big improvement will come.
- Never "bug" your swimmer about his or her swimming. It will only irritate your child.
- Please make sure that your swimmer arrives to all workouts and meets on time. If your child is late, he or she will not benefit from a proper warm-up and/or perhaps not receive an important message from the coaches.
- Be a follower not a leader. Your swimmer will perform as well as he or she wants to, not as either you or we, the coaches, want.
- Watching Workouts: If you choose to watch the teaching and training sessions, you may do so from a distance. Parents are asked to keep your distance from the swimmers. Never talk, signal, wave or admonish your child while he is in workouts. If you notice a problem, talk to the coach about it by phone or appointment. Never time your child during workouts. The repeat times are something for his/her coach and the child to discuss. If your swimmer has a poor workout, offer encouragement for him/her to swim better at the next one. **Note: NO SMOKING on the pool deck!**
- Anything worthwhile usually means sacrifice and hard work. Never complain about the number of hours of practice your child logs each week. Make your swimmer realize that you will support him in every way possible.

## COACH RESPONSIBILITIES

- **"The Coach is the Coach."** We want your child to relate to his/her coach as soon as possible concerning swimming competition, technique and training. This relationship and bonding between coach and swimmer produces the best results. When parents interfere with opinions as to how the child should swim it causes considerable confusion as to who the swimmer should listen to.
- The coaches are responsible for placing swimmers in practice groups. This is based on the age and ability of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group by the coach.
- Sole responsibility for stroke instruction and the training regimen rests with the coaching staff. Each group's practices are based on sound scientific principles and are geared to the specific goals of that group.
- The coaching staff will make the final decision concerning which meets swimmers may attend. The coaching staff also makes the final decision concerning into which events a swimmer is entered.
- At meets, the coaching staff will conduct and supervise warm up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmer's performance. (It is the parents' job to offer love and understanding regardless of their child's performance.)

- The building of a relay team is the sole responsibility of the coaching staff. It is the swimmer's responsibility to find out if he/she is in a relay. Relays are very important to the team and if a swimmer is chosen to swim on one he/she is expected to participate.
- Coaches track seasonal improvement of each swimmer and make awards at the conclusion of the season.
- The coach will also monitor the swimmer's academic progress and advise the swimmer and parents of potential problems or opportunities. The coaching staff will develop a long-range academic/career plan with each swimmer and help him/her achieve mile-stones toward reaching his/her goals.
- If necessary, the coaches will determine appropriate disciplinary action for misbehavior or unsportsmanlike conduct. Coaches will make decisions about removal of swimmers from the team in the case of continued problems.

## COMMUNICATION

- Keep yourself informed by reading all publications from the team. Check the team web-site often for current information- daily is not too often during meet season. Also check for e-mail from the coaches and/or parent volunteers.
- Don't try to talk to the coaches while they are conducting a workout. Consider the pool deck a classroom. Would you interrupt a classroom teacher while he/she was in the middle of a lecture? If a coach is not talking to the swimmers, he is thinking, watching and analyzing. If you need to ask questions about meet entries, workouts, fund raisers, etc., please leave an e-mail or voice mail message and the coach will call you.
- Above all; **communicate**. If you question any aspect of the swim program, please make an appointment and discuss it with the coach.

## 6. FINANCES

### FUNDRAISING

The FHS swim team does not receive any funds towards operations from the Knox County School system or from Farragut High School beyond coaches salaries, therefore, fundraising is a necessary activity of the team. Last year, a fundraiser was held at Brixx Pizza Turkey Creek. Ideas for fundraisers are always welcome!

### EXPENSES

Since we are not sanctioned by the TSSAA and are not located on the High School campus we are largely left to fund the program on our own. We raise money to pay for training equipment, meet entries, official's fees and transportation among other things. The following is a partial list of team expenses:

- Bus travel
- Meet entries
- Meet officials
- Registration with KISL, TISCA and NISCA
- Permanent publicity (record board?)
- State Meet supplies

# 7. RECORDS AND STANDARDS

## TEAM RECORDS:

Team records are comprised of best times swum at any sanctioned (i.e. High School or USA swimming) competition. Records are updated at the completion of each High School season.

### FARRAGUT HIGH SCHOOL SWIMMING TEAM RECORDS 2019 (in progress)

Girls				Boys		
Date	Name	Time	Event	Date	Name	Time
			50 Free			
			100 Free			
			200 Free			
			500 Free			
			100 Back			
			100 Breast			
			100 Fly			
			200 I.M.			
			200 Medley Relay			
			200 Free Relay			
			400 Free Relay			

**KNOXVILLE INTERSCHOLASTIC SWIM LEAGUE  
CHAMPIONSHIP QUALIFING TIMES**

<b>Event #</b>	<b>Event Name</b>	<b>Women</b>	<b>Men</b>
1, 2	200 Medley Relay	none	none
3, 4	200 Yard Freestyle	2:43.00	2:38.00
5, 6	200 Yard Individual Medley	3:03.00	2:43.00
7, 8	50 Yard Freestyle	none	None
11, 12	100 Yard Butterfly	1:31.00	1:21.00
13, 14	100 Yard Freestyle	None	None
15, 16	500 Yard Freestyle	7:48.00	7:03.00
17, 18	200 Yard Freestyle Relay	None	None
19, 20	100 Yard Backstroke	1:31.00	1:26.00
21, 22	100 Yard Breastroke	1:36.00	1:31.00
23, 24	400 Yard Freestyle Relay	none	none

**TENNESSEE STATE HIGH SCHOOL SWIMMING CHAMPIONSHIP QUALIFING  
TIMES (2019)**

<b>Event #</b>	<b>Event Name</b>	<b>Women</b>	<b>Men</b>
1, 2	200 Medley Relay	none	none
3, 4	200 Yard Freestyle	2:12.19	2:00.29
5, 6	200 Yard Individual Medley	2:31.09	2:17.49
7, 8	50 Yard Freestyle	26.99	23.99
11, 12	100 Yard Butterfly	1:07.39	1:00.19
13, 14	100 Yard Freestyle	1:00.39	52.99
15, 16	500 Yard Freestyle	5:59.69	5:37.19
17, 18	200 Yard Freestyle Relay	none	none
19, 20	100 Yard Backstroke	1:07.89	1:01.59
21, 22	100 Yard Breastroke	1:17.69	1:09.19
23, 24	400 Yard Freestyle Relay	none	none

## 8. GLOSSARY

**Admiral-** Team mascot! Often shortened to 'Ads' as in "GO ADS!"

**Age Groups** - In U.S.A. Swimming, competition is primarily broken into 2 yr. segments. Events are swum as 8 & under (or 10 & under), 9-10, 11-12, 13-14, 15-18. Some competitions may have SENIOR or OPEN levels where swimmers of any age who have met the time standard for a particular event may enter. There are no age groups in High School Swimming

**Blue Raider-** A swimming set that combines swimming and dry-land exercises.

**Cap** - A latex or silicone swim cap used during a meet or practice to cut down resistance and to protect swimmer's hair from the effects of chlorine. Must be worn by anyone with hair that covers their eyes. Only FHSSDT team caps may be worn for competition.

**Circled Seeding** - Where trials and finals are conducted, the trial heats are sorted by time - slowest to fastest EXCEPT for the last three heats. Swimmers who are placed in the last three heats are sorted by lane where the fastest three are assigned lane 3, the next three assigned lane 4, then 2,5,1,6 or in an eight lane pool, 4,5,3,6,2,7,1,8 respectively.

**Clerk of Course** - The person who is in charge of the area where swimmers report prior to their event. They may simply receive an entry card to provide to the timer or be sorted by heat and lane and remain in that area until they are called to the starting blocks.

**Competition/Team Suit** - A team racing suit is required for competition. This suit is usually 2 to 3 sizes smaller than the practice suit to reduce resistance. The material is usually lycra. Suits made of cutting edge technical fabrics are often purchased for Championship meets.

**Core-** Muscles of the trunk. Strength and abdominal training are concentrated on this area of the body.

**Drag Suit-** A nylon mesh suit usually worn by male swimmers over a brief style suit during practice. The suit is more durable than a lycra suit on its own and adds additional training benefit through the addition of resistance forces.

**Enrichment-** A period of intense training over the two weeks of Christmas break. May include additional practice sessions

**Finals** - Where preliminary /trials are conducted for the purpose of determining the top swimmers in a race or series of races. These "finalists" compete again to determine the final placing in that event. The number of "finalists" chosen will be determined by the number of lanes and the host team. Normally, there are 6 or 12 finalists for meets conducted in a 6 lane pool and 8 or 16 finalists for meets conducted in an 8 lane facility.

**Fins-** Equipment worn on the feet to increase ankle flexibility, speed and leg conditioning.

**Fist Gloves-** Tight fitting latex mittens worn to increase awareness of movement in the water.

**Goggles** - Lenses worn by swimmers during practices and meets to enhance vision and protect their eyes from the effect of chemicals in the water.

**Heats** - The method used to sort swimmers within an event. The number of heats in a given event is determined by the number of entrants and the lanes available for competition. Swimmers are either grouped by times from slowest (first heat) to fastest

**Heat Sheets / Program** - Lists all events, heats and lane assignments for the competition. In some cases, a estimated "time line" will show the approximate time each heat will be swum. Competitors names, ages and club affiliations are provided as well. (last heat). Where trials and finals are held, circle seeding is used (see Circle Seeding).

**Hypoxic-** Training done with limited breathing. Done to increase lung capacity and lactic acid tolerance.

**Klinton 200s-** Swimming set of 200s freestyle that seems to go on forever.

**Monster-** A swimming set performed for time without lane-ropes that involves swimming and dry-land exercises. An award is given at the end of the season for the fastest male and female Monster during Enrichment training.

**Negative Split** - A swim where the intermediate times indicate that the swimmer is covering equal distance in less time as the swim progresses. Common example: second half of the swim is faster than the first half.

**Practice Suit** - This is a suit worn during practice sessions. They are generally made of nylon, lycra or stretch nylon. DO NOT WEAR YOUR TEAM SUIT TO PRACTICE. You want to keep this suit in excellent condition for the meets.

**Seed Time** - or entry time, the time submitted by a swimmer for a particular event. The time will determine the swimmer's heat and lane assignment for that event. The time should reflect the swimmer's best time in that event at the time of submission. If a swimmer has not competed in the event (in most cases) submission of a no time "NT" is proper.

**Shave Down**- A swimming technique for dropping time at the end of the season in which swimmers shave all body hair not covered by a suit or swim cap. Required of State qualifiers, suggested for Region qualifiers.

**Split** - The time of a particular segment of a race. Split times are used to help teach pace and race strategy. Example: For a 50 yard race, the swimmer's split time for the first 25 might be a 17.85, and the final time 36.63. In a 100 yard event, the swimmer would have 4 split times.

**Starter** - The official who is responsible for starting each heat, insuring all swimmers get an equal advantage at the start of the race and calling the next heat to the starting blocks.

**Stroke / Turn Judge** - The official who is responsible for insuring swimmers adhere to stroke / turn rules governing that particular stroke / event.

**Surgical Tubing**- Thick rubber tubing used for resistance training and assisted swimming.

**Team Uniform** - The team uniform is made up of one or more of the following: suit, cap, t-shirt, sweatshirt/warm-up suit/parka.

**Touch Pad**- The part of the electronic timing system which rests in the water, against the wall where the race ends. A swimmer should be trained to "touch" the area of the pad (at the lip of the wall and below) in order to activate the system and insure the fastest race time.

**Towel** - A thick, large towel is usually preferred by swimmers. A minimum of two towels is recommended for meets.

**Warm- Ups/Sweats/Parka** - Some type of warm-up suit/sweats/parka should be worn at meets and to and from practice during cold weather. Athletic apparel should be worn during dry land exercises.

**U.S.A. Swimming** - The national governing body for amateur swimming in the United States.

## 9. DIRECTIONS

Swimmers are responsible for finding their own rides to most meets- carpooling is strongly recommended. The program provides a bus to several meets each season, generally those that are farthest away such as Clinton and/or Sevierville.

### **Athens YMCA**

Athens, TN

Travel Time: 35 minutes

1. Take I-75 south to exit #49 (Athens/Decatur Exit).
2. At light #5 turn left.
3. Turn right on Knoxville, Avenue.
4. YMCA is 1st building on right.

### **Baylor School**

Chattanooga, TN

Travel Time: 90 minutes

1. Take I-75 South to I-24 a
2. Take exit 178 (U.S. 27 North).
3. After crossing the Tennessee River, take the 5th exit, (U.S. 127, Signal Mountain).
4. Proceed under the overpass, moving to the left turn lane after the second traffic light.
5. The entrance to the campus is located on the left at the third traffic light, directly across from Harry's Citgo convenience store.
6. Park in the Field House parking lot
7. Map at [http://www.baylorschool.org/BS\\_ADM\\_GTKU\\_VIS\\_DIR.html](http://www.baylorschool.org/BS_ADM_GTKU_VIS_DIR.html)

### **Clinton Community Center**

Clinton, TN

Travel Time: 45 minutes

1. Take I-40 onto I-140 (Pellissippi Parkway) head North Towards Oak Ridge.
2. Pellissippi Parkway becomes Highway 62 (Oak Ridge Highway).
3. Go through Solway, stay in right lane, and cross over the bridge at Melton Hill Lake.
4. Exit right (east) at the end of the bridge (Edgemoor Road).
5. Stay on Edgemoor Road until you come to 25W and then turn left (onto 25W).
6. From 25W go north (left), pass through a red light, cross the green bridge, pass through another red light (across from Burger King)
7. Turn left on E. Broad Street.
8. The community Center is on the left at the corner of East Broad and South Hicks Street.

### **McCallie School**

Chattanooga, TN

Travel Time: 80 minutes

1. Take I-75 south to I-24 and follow the signs towards Downtown Chattanooga;
2. Exit at Belvoir Ave./Germantown Road; the exit will put you on North Terrace Ave. parallel to the interstate;
3. Go 0.8 miles to Germantown Road;
4. Turn right on Germantown Road;
5. Go 0.7 miles to Brainerd Road;
6. Turn left on Brainerd Road; go 1.0 miles, through Missionary Ridge Tunnel;
7. Immediately after passing through the tunnel, take the first off-ramp to the right (marked Highway 17),
8. Before the overpass; at the bottom of ramp, turn left onto Dodds Ave.; Campus is 1 block on the left

## **Oak Ridge Civic Center**

Oak Ridge, TN

Travel Time: 30 minutes

1. Take I-40 onto I-140 (Pellissippi Parkway) head North Towards Oak Ridge.
2. Pellissippi Parkway becomes Highway 62 (Oak Ridge Highway).
3. Go through Solway, stay in left lane, and cross over the bridge at Melton Hill Lake.
4. Stay on Highway 62 as it becomes Illinois Avenue to Tulane Rd. Turn Right on Tulane Avenue
5. Turn left onto the Oak Ridge Turnpike. The Civic Center is on the left. Use the second entrance for the pool.

## **Sevierville Community Center**

Sevierville, TN

Travel Time: 2 hours

1. Take I 40 to Exit #407
2. Take a right on to Highway 66.
3. Go about 9 miles.
4. Take a left onto Highway 411 (Chapman Highway and Dolly Parton Parkway)
5. Take a right onto Gary Wade Boulevard.
6. Take a left onto Bruce Street.
7. Community Center is in front

## **Tennessee School for the Deaf**

Knoxville, TN

Travel Time: 1 hour 20 minutes

1. Exit I-40 at exit 388A, James White Parkway
2. Stay on James White Parkway and cross the South Knoxville Bridge.
3. At the end of the South Knoxville Bridge, take the Sevier Avenue exit and stay to the right.
4. Turn right onto Sevier Avenue at the end of the exit.
5. Just after the railroad tracks, turn to the right onto Island Home Avenue.
6. At the end of Island Home Avenue, just past the petroleum storage tanks, there are two stone columns. Drive between the columns onto Maplewood.
7. Turn right at the first road to the right.
8. Go about one block and turn left onto Island Home Boulevard.
9. The entrance to the school is at the end of the boulevard.
10. The pool is in the large building right next to the parking lot.

## **University of Tennessee**

Knoxville, TN

Travel Time: 1 1/2 hours

1. Take I-40 to Airport Exit (Highway 129)
2. Exit Kingston Pike & turn left (east) onto Cumberland Avenue
3. Take a right on the road immediately past the railroad overpass.
4. This is an entrance to the UT campus.
5. Turn left at the third street.
6. Go to stop sign and turn right.
7. Go to the stop sign, cross the street and enter the pool parking lot.



# 10. FORMS

## FHSSDT CONTACT INFORMATION SHEET

Name: \_\_\_\_\_  
Last First Middle Initial

Name: \_\_\_\_\_  
Preferred

Date of Birth: \_\_\_ / \_\_\_ / \_\_\_\_\_ Age: \_\_\_\_\_

“Mail to” name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

e-mail: \_\_\_\_\_

### Parent/Guardian Information:

Parent 1:

Parent 2:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Day #: \_\_\_\_\_

Day #: \_\_\_\_\_

Evening #: \_\_\_\_\_

Evening #: \_\_\_\_\_

Cell #: \_\_\_\_\_

Cell #: \_\_\_\_\_

### Emergency Contact Information:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Swimmer Information:

Cell Phone: \_\_\_\_\_

Schedule:

1<sup>st</sup> Semester

2<sup>nd</sup> Semester

1<sup>st</sup> Period: \_\_\_\_\_

1<sup>st</sup> Period: \_\_\_\_\_

2<sup>nd</sup> Period: \_\_\_\_\_

2<sup>nd</sup> Period: \_\_\_\_\_

3<sup>rd</sup> Period: \_\_\_\_\_

3<sup>rd</sup> Period: \_\_\_\_\_

4<sup>th</sup> Period: \_\_\_\_\_

4<sup>th</sup> Period: \_\_\_\_\_

Lunch: Early/Late

Lunch: Early/Late

Drive: Yes/No

If yes, car make and model: \_\_\_\_\_

Other obligations and schedule:

\_\_\_\_\_

**FARRAGUT HIGH SCHOOL SWIM AND DIVE**  
**STATEMENT OF EXCELLENCE**  
**2019-2020**

1. I am responsible for making the program work for myself and for everyone else on the team.
2. I will accept every team member as a person. I will respect his/her rights to pursue excellence. This includes myself.
3. I place a high value on the pursuit of excellence. I will keep the pursuit of excellence and victory enjoyable. I will do everything I can to help my teammates to pursue excellence.
4. I understand that my choices outside of the pool are as important as those I make at practice and I will take them as seriously. I will not jeopardize myself or my teammates by making poor choices.
5. I will treat practice as an opportunity.
6. I will embrace physical and mental challenge because I know it is necessary to make my team and myself stronger.
7. I will encourage others to embrace challenge and to make challenge fun.
8. I will enjoy swimming and I will express my enjoyment in practice and competitive situations. I will encourage others to talk about the fun.
9. I will thank others on the team for their encouragement and support.
10. I will thank my coaches for challenging me to better my physical and mental skills.
11. I will express complaints only to a person who can do something about the problem. When I voice concerns, I will offer solutions for correcting the problem.
12. I will encourage my teammates to remind me when I am not focused, or am acting in a negative manner. I will thank them for reminding me and for taking the responsibility to help my team and me.
13. I have no interest or use for excuses. I don't need to protect myself from others' opinions by making excuses before or after I swim.
14. I realize that failure is an important part of success. I will use my failures to make myself stronger.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_