



# Triton Swimming

## Team Manual

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The Triton Swimming Team Manual outlines the goals of our program at every level, both in and out of the water. The model utilizes long-term athlete development concepts to promote sustained physical activity, participation in sport, and success at a high level.

**In the manual**, you will find information on different group practice/times, our championship suit recommendations, team progressions & training groups, equipment needed, plus—an individualized break down of each training group.

**In the appendix**, you will find information on how to calculate your USA Swimming Powerpoints, our swim meet policy, Triton Swim Team's code of conduct & USA Swimming's minor adult athlete protection policy, our team cheers, and on page 43 a consent form that **MUST BE FILLED OUT AND RETURNED TO YOUR COACH** acknowledging your received/read all parts of this manual and are in agreement with them during your participation with Triton Swimming.

On the immediate next page, you'll see a table of contents regarding all parts of this manual. We hope that this model will serve as a reference guide for both families and our staff, as your swimmers throughout our program. Our hope is that we develop not only great swimmers, but well-rounded people as well. We are happy to have you as part of our #TritonFamily!

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## Practice Groups/Times

Group	Practices Offered Weekly	Age range	Practice Duration
National	8 water sessions + 6 dynamic warmups + 2 weight sessions	14 and over	AM: 1.5 hours PM: 2.5 hours
Senior 1	7 water sessions + 6 dynamic warmups + 2 weight or dryland sessions	13 and over	AM: 1.5 hours PM: 2 hours
Senior 2	7 water sessions + 6 dynamic warmups + 2 weight or dryland sessions	13 and over	AM: 1.5 hours PM: 2 hours
Age Group Performance	6 water sessions + 6 dynamic warmups	11-14	2 hours
Senior Prep	6 water sessions + 6 dynamic warmups	13 and over	1.75 hours
Gold	6 water sessions + 6 dynamic warmups	9-12	1.50 hours
Silver	5 water sessions + 5 dynamic warmups	8-11	1.25 hours
Bronze	4 water sessions + 4 dynamic warmups	7-9	1 hour
Pre-Comp	2 water sessions + 2 dynamic warmups	8 and under	1 hour

### SENIOR PROGRAMMING

- **National:** Elite level training, competition & commitment, focus on Sectional, Futures, & USA National Championships.
- **Senior 1 & 2:** High level training, competition & commitment focus on Sectionals, Zone & KY State Championships.
- **Senior Prep:** Training, competition and technique work focused on preparing swimmers for High School Competition and KY State Championships.

### AGE GROUP PROGRAMMING

- **Age Group Performance:** Training, competition and technique work focused on preparing swimmers for KY State Championships & Age Group Sectionals.
- **Gold:** High level of age group training, competition & commitment level with the focus on the, All-Stars, Zone, & KY State championships.
- **Silver:** Increased age group training, competition, & commitment level, with the focus on the All-Stars & KY State Championships.
- **Bronze:** Swimmers will be introduced to USA swimming & competition. Mainly focuses on improving technique, achieving best times, and having fun as a team.

### DEVELOPMENTAL PROGRAMMING

- **Pre-Competitive:** Focus is 100% on improving technical skills in the water and preparing swimmers for long term success in the pool.

## Championship/Technical Suit Recommendation

What are technical (tech) suits and how do they work? Technical suits are specially made suits designed to help swimmers reduce as much drag as possible in the water. The suits are made of fabrics specially made to repel water, allowing you to move through the water more efficiently. The suits are designed to be very tight and hold your muscles in, reducing drag, enhancing your body line, and delaying the onset of muscle fatigue.

**How do I identify a technical suit vs a regular suit?**

Technical suits are typically very expensive (\$200-\$500) and will have a “FINA Approved” sticker on the suit. Tech suits for men extend from the navel to the knee and tech suits for women extend from the shoulders to the knee. Regular suits are much more affordable (\$10-\$50) and are typically made of a lycra or nylon material.

Men have the option of wearing a speedo (brief) or a jammer (knees to hips) and all of the women’s suits extend from the shoulders to the hips.

**Below are a few other reasons why we don’t recommend technical suits for younger swimmers:**

- The swimmers are the ones putting in the work, the suit isn’t doing anything magical for them. Improvement comes from hard work and improved technique; there are no short cuts and we hope that they learn that.
- When swimmers believe they are wearing a “fast” suit, they tend to race with a lot more confidence. We want swimmers to be confident in themselves and their ability, not just their suit. It is important that the swimmers learn to race at 100% whether they are in a technical suit or not. If they can only swim fast when the conditions are “perfect”, we are not developing mentally tough athletes.
- Technique and skill development is essential for all long term swimmer development. It is crucial that as swimmers progress through the sport they have developed a solid foundation in technique and stroke development to enable them to achieve higher results in the latter years of their career. Personal best times should not be the only evaluation or measure of success for younger swimmers.
- These suits are not designed for young swimmers. The manufacturers design these suits for older athletes. One of the main benefits of wearing a technical suit is for muscle compression. Most of the swimmers at this age are not developed enough to get the full benefit of the suit.
- Most NCAA D1 schools only wear tech suits for their conference and national championship meets. Beyond the fact that these athletes are some of the best swimmers in the world, these schools are also sponsored and still only let their athletes wear these suits at their most important meets.
- Several other National Governing Bodies, States, and teams that we compare ourselves to are banning the suits for younger swimmers altogether.
- They’re expensive. The pressure to buy \$200-\$500 suits makes an already expensive sport even more expensive and detracts from the sport.
- There’s a point of pride in NOT needing a technical suit to race fast when their competitors still feel that they need a tech suit to race fast.

**Our Recommendations:** Triton Swim Team is a TYR sponsored team, therefore, we ask all Triton athletes to compete in the appropriate Triton suits as outlined below. All suits must be ordered through Swimville USA to receive full team discounts!

- **12 & Under Swimmers:**
  - **In Season Meets:** Black TYR Team Suit
  - **Championship Meets:** No TYR Technical Suits
- **13 & Over Swimmers:**
  - **Any Meets:** Technical Suits are allowed (consult with your coach)

Group	Practice Time (Mins)	% Teaching : % Training	Teaching Goals (mins per practice)	Kicking Goals (yards per practice)
National	6x150 & 2x90	30-10 : 70-90	45-15	800-1200
Senior 1	6x120 & 1x90	35-15 : 65-85	42-18	1000-1200
Senior 2	6x120 & 1x90	30-50 : 50-70	60-36	800-1000
Age Group Performance	6x120	60-50 : 40-50	72-60	600-800
Senior Prep	6x105	70-50 : 30-50	73.5-52.5	600-1000
Gold	6x90	70-50 : 30-50	63-45	600-900
Silver	5x75	80-60 : 20-40	60-45	500-800
Bronze	4x60	90-70 : 10-30	54-42	200-400
Pre-Comp	2x60	100 : 0	60	200-300

Group	Equipment Used (* = provided by the team)
<b>National</b>	Kickboard, pull buoy, fins, paddles, snorkel, parachute, stretch cords*, power towers*, tempo trainers*, water bottle
<b>Senior 1</b>	Kickboard, pull buoy, fins, snorkel, paddles, parachute, stretch cords*, power towers*, water bottle
<b>Senior 2</b>	Kickboard, pull buoy, fins, snorkel, paddles, parachute, stretch cords*, power towers*, water bottle
<b>Age Group Performance</b>	Kickboard, pull buoy, fins, paddles, snorkel, water bottle
<b>Senior Prep</b>	Kickboard, pull buoy, fins, paddles, snorkel, water bottle
<b>Gold</b>	Kickboard, pull buoy, fins, snorkel, finger-tip paddles, water bottle
<b>Silver</b>	Kickboard, pull buoy, fins, snorkel, water bottle
<b>Bronze</b>	Kickboard, pull buoy, fins, snorkel, water bottle
<b>Pre-Comp</b>	Kickboard, fins, water bottle

Pre-Comp - Development Guide

Freestyle	Backstroke	Breaststroke	Butterfly	Starts / Turns	Underwaters
<p>Legal 25</p> <ul style="list-style-type: none"> <li>• Blowing bubbles</li> <li>• Breathing every 3</li> <li>• Aware of body line</li> <li>• 25 Streamline Kick</li> <li>• Can feel water on top and bottom of feet</li> </ul>	<p>Legal 25</p> <ul style="list-style-type: none"> <li>• Stay on back</li> <li>• Aware of body line</li> <li>• 25 Streamline Kick</li> <li>• Can feel water on top and bottom of feet</li> </ul>	<p>Learning the Fundamentals</p> <ul style="list-style-type: none"> <li>• pull, kick, glide</li> <li>• Feet turned out</li> <li>• Emphasis on the kick</li> </ul>	<p>Learning the Fundamentals</p> <ul style="list-style-type: none"> <li>• pull, kick, glide</li> <li>• Feet together</li> <li>• Arms pull simultaneous</li> <li>• Emphasis on the kick</li> </ul>	<ul style="list-style-type: none"> <li>• Ready Position</li> <li>• Complete Racing Start Progression</li> <li>• Two hand touches</li> <li>• Flip turns</li> </ul>	<ul style="list-style-type: none"> <li>• Streamline to flags</li> </ul> <div data-bbox="1671 594 1986 699" style="background-color: black; color: white; text-align: center; padding: 5px;"><b>Pre-requisites:</b></div> <ul style="list-style-type: none"> <li>• Legal 25's of Freestyle &amp; Back</li> </ul>
<b>Suggested Intervals</b>				<b>Exit Requirements:</b>	
<p>No Intervals are Required for this group</p>				<ul style="list-style-type: none"> <li>• Understanding the Fundamentals of Breaststroke &amp; Butterfly</li> <li>• Year-around participation is encouraged</li> <li>• Blowing bubbles</li> <li>• Streamline</li> <li>• Maximum age of 8</li> </ul>	

## Pre-Comp - Championship Character Guide

Physiological Progressions (Dryland, Nutrition, etc.)	Work Ethic, Self-Discipline & Time Management	Team Building Skills	Psychological Skills
<p><b>What Practice Is Geared Towards</b></p> <ol style="list-style-type: none"> <li>Coordinated movement patters; swims freestyle and backstroke with legal form</li> <li>Aerobic endurance</li> </ol> <p><b>Nutrition</b></p> <ol style="list-style-type: none"> <li>Can name three sources of fruit, vegetables, protein, and fat.</li> <li>Has a favorite healthy food.</li> <li>Can help in the kitchen preparing meals.               <ol style="list-style-type: none"> <li>Mixing</li> <li>Pouring</li> <li>Cracking Eggs</li> <li>Cutting/chopping fruits &amp; vegetables</li> </ol> </li> </ol>	<p><b>Work Ethic and Self-Discipline</b></p> <ol style="list-style-type: none"> <li>The swimmer will pick up and put away any equipment he or she used in practice.</li> <li>The swimmer will be ready to start practice on time with the appropriate equipment (suits, goggles, etc.).</li> <li>The swimmer gives the coach his or her undivided attention while the coach is talking. The swimmer should focus his or her eyes on the coach and remain quiet when the coach is talking. The swimmer will also follow directions set forth by the coach in practice.</li> <li>The swimmer will “Just say no!” to drugs and other harmful substances.</li> <li>The swimmer will show respect for the facilities and equipment.</li> <li>The swimmer will swim the entire set (e.g., doesn’t walk on bottom, counts accurately).</li> </ol>	<p><b>Championship Behavior and Accountability</b></p> <ol style="list-style-type: none"> <li>The swimmer understands that he or she is part of a team and has respect for his or her teammates.</li> <li>The swimmer listens to recommendations from the coach and tries to make the appropriate changes.</li> <li>The swimmer understands appropriate team rules and the consequences of breaking the rules.</li> </ol> <p><b>Commitment and Team Loyalty</b></p> <ol style="list-style-type: none"> <li>The swimmer will know the team name and team colors.</li> <li>The swimmer will know the names of teammates and coaches in his or her practice group on the team.</li> <li>The swimmer will know the name of the training group immediately above (Bronze).</li> </ol>	<ol style="list-style-type: none"> <li>The swimmer demonstrates a sense of becoming capable of performing increasingly complex tasks outlined in the other three dimensions (coachable)</li> <li>The swimmer understands and behaviorally demonstrates that others can teach them new things (willing to learn new things and new perspectives-coachable)</li> <li>The swimmer behaviorally demonstrates and verbally communicates that participation in this activity is worth their time and effort (fun).</li> <li>The swimmer behaviorally demonstrates “initiative and competency” - becomes more comfortable with the pool/swimming environment and culture</li> <li>The swimmer behaviorally demonstrates both a “me and a we” (egocentrism) in their learning and participation.</li> </ol>



Bronze - Development Guide

Freestyle	Backstroke	Breaststroke	Butterfly	Starts / Turns	Underwaters
<p>Legal 50</p> <ul style="list-style-type: none"> <li>• Set streamline before push-off</li> <li>• Breathing every 3</li> <li>• Blowing bubbles</li> <li>• Aware of body line</li> <li>• 25 Streamline Kick</li> <li>• Can feel water on top and bottom of feet</li> <li>• Push-off on back and rotate to stomach after turn</li> </ul>	<p>Legal 50</p> <ul style="list-style-type: none"> <li>• Set streamline before push-off</li> <li>• Stay on back</li> <li>• Aware of body line</li> <li>• 25 Streamline Kick</li> <li>• Can feel water on top and bottom of feet</li> <li>• Learn stroke count for turn</li> </ul>	<p>Legal 25</p> <ul style="list-style-type: none"> <li>• Set streamline before push-off</li> <li>• pull, kick, glide</li> <li>• Feet turned out</li> <li>• Emphasis on the kick</li> </ul>	<p>Legal 25</p> <ul style="list-style-type: none"> <li>• Set streamline before push-off</li> <li>• Arms out of the water</li> <li>• Continuous undulation</li> <li>• Feet stay together</li> <li>• Emphasis on the kick</li> </ul>	<ul style="list-style-type: none"> <li>• Ready Position</li> <li>• Complete Racing Start Progression</li> <li>• Two hand touches</li> <li>• Flip turns</li> </ul>	<ul style="list-style-type: none"> <li>• 3 dolphin kicks</li> <li>• Streamline to flags</li> </ul> <div data-bbox="1671 529 1978 594" style="background-color: black; color: white; text-align: center; padding: 5px;"><b>Other</b></div> <ul style="list-style-type: none"> <li>• The swimmer demonstrates a higher level of physical comprehension than they did in Pre-Competitive.</li> <li>• Make kicking a priority</li> <li>• Introduction to the Pace Clock</li> <li>• Understanding fundamentals of: Build, crazy fast, Fast/EZ, ALL OUT</li> <li>• Understanding basic (1 min.) intervals and leaving 5-10 seconds apart</li> </ul>
<b>Suggested Intervals</b>		<b>Pre-Requisites:</b>		<b>Exit Criteria:</b>	

There are no interval requirements for this group. Each swimmer should have a basic understanding of odds/evens laps.

- Legal 25's of Freestyle & Backstroke
- Understanding the Fundamentals of Breaststroke & Butterfly
- Year-around participation is encouraged
- Blowing bubbles
- Streamline

- 50 FR/Bk, 25 BR/FL, and cumulative 100 IM
- The maximum age for this group will be 9 years old.
- Basic understanding of dives and flip turns
- Year-around participation is encouraged
- Four practices per week will be offered, but recommend three for maximum benefit.
- Blowing bubbles while swimming Free, FL, and Breaststroke
- Streamline

## Bronze - Championship Character Guide

Physiological Progressions (Dryland, Nutrition, etc.)	Work Ethic, Self-Discipline & Time Management	Team Building Skills	Psychological Skills
<p><b>What Practice Is Geared Towards</b></p> <ol style="list-style-type: none"> <li>Coordinated movement patters; swims freestyle and backstroke with legal form- all strokes</li> <li>Aerobic endurance</li> </ol> <p><b>Nutrition</b></p> <ol style="list-style-type: none"> <li>Can name three sources of fruit, vegetables, protein, and fat.</li> <li>Has a favorite healthy food.</li> <li>Can help in the kitchen preparing meals. <ol style="list-style-type: none"> <li>Mixing</li> <li>Pouring</li> <li>Cracking Eggs</li> <li>Cutting/chopping fruits &amp; vegetables</li> </ol> </li> </ol>	<p><b>Work Ethic and Self-Discipline</b></p> <ol style="list-style-type: none"> <li>The swimmer will pick up and put away any equipment he or she used in practice.</li> <li>The swimmer will be ready to start practice on time with the appropriate equipment (suits, goggles, etc.).</li> <li>The swimmer gives the coach his or her undivided attention while the coach is talking. The swimmer should focus his or her eyes on the coach and remain quiet when the coach is talking. The swimmer will also follow directions set forth by the coach in practice.</li> <li>The swimmer will “Just say no!” to drugs and other harmful substances.</li> <li>The swimmer will show respect for the facilities and equipment.</li> <li>The swimmer will swim the entire set (e.g., doesn’t walk on bottom, counts accurately).</li> </ol>	<p><b>Championship Behavior and Accountability</b></p> <ol style="list-style-type: none"> <li>The swimmer understands that he or she is part of a team and has respect for his or her teammates.</li> <li>The swimmer listens to recommendations from the coach and tries to make the appropriate changes.</li> <li>The swimmer understands appropriate team rules and the consequences of breaking the rules.</li> </ol> <p><b>Commitment and Team Loyalty</b></p> <ol style="list-style-type: none"> <li>The swimmer will know the team name and team colors.</li> <li>The swimmer will know the names of teammates and coaches in his or her practice group on the team.</li> <li>The swimmer will know the name of the training group immediately above (Silver).</li> </ol>	<ol style="list-style-type: none"> <li>The swimmer demonstrates a sense of becoming capable of performing increasingly complex tasks outlined in the other three dimensions (coachable)</li> <li>The swimmer understands and behaviorally demonstrates that others can teach them new things (willing to learn new things and new perspectives-coachable)</li> <li>The swimmer behaviorally demonstrates and verbally communicates that participation in this activity is worth their time and effort (fun).</li> <li>The swimmer behaviorally demonstrates “initiative and competency” - becomes more comfortable with the pool/swimming environment and culture</li> <li>The swimmer behaviorally demonstrates both a “me and a we” (egocentrism) in their learning and participation.</li> </ol>

Silver - Development Guide

Freestyle	Backstroke	Breaststroke	Butterfly	Starts / Turns	Underwaters
<p>Competitive 50, Legal 100</p> <ul style="list-style-type: none"> <li>Aware of body line</li> <li>50 Streamline Kick</li> <li>Can feel water on top and bottom of feet</li> <li>Can count their strokes</li> <li>High elbow catch</li> <li>One eye in, one eye out while breathing</li> <li>Exhales at proper time</li> <li>Kick while you breathe</li> <li>Proper timing of the breath</li> <li>Leave wall on back after turn and rotate to stomach. Hands in a streamline before your feet hit the wall</li> </ul>	<p>Competitive 50, Legal 100</p> <ul style="list-style-type: none"> <li>Aware of body line</li> <li>50 Streamline Kick</li> <li>Can feel water on top and bottom of feet</li> <li>Can count their strokes</li> <li>Bend elbow while pulling</li> <li>Full body rotation</li> <li>Shoulder up, turn arm pit into water</li> <li>Head still</li> <li>Going head first into turn—get hands into streamline before feet hit the wall</li> </ul>	<p>Competitive 50, Legal 100</p> <ul style="list-style-type: none"> <li>Set streamline before push-off</li> <li>Correct timing of stroke</li> <li>Correct timing of the breath</li> <li>Correct Pullouts off every wall</li> <li>Body position                             <ul style="list-style-type: none"> <li>Hips up, head down</li> </ul> </li> <li>High elbow catch</li> <li>Can count their strokes</li> </ul>	<p>Competitive 50, Legal 100</p> <ul style="list-style-type: none"> <li>Timing / rhythm</li> <li>Arms exit the water to the side when starting the recovery</li> <li>Pinky's first on the recovery</li> <li>Continuous undulation through the stroke</li> <li>Body position                             <ul style="list-style-type: none"> <li>Hips up, head down</li> </ul> </li> <li>Can count their strokes</li> <li>No breath before turns</li> <li>Set streamline before push-off</li> <li>No breath on first or last stroke during races</li> </ul>	<p>Turns/Leaving wall</p> <ul style="list-style-type: none"> <li>Legal turns for all strokes</li> <li>Not breathing in / out of turns</li> <li>Ready position</li> <li>Leave wall underwater</li> </ul> <p>Starts</p> <ul style="list-style-type: none"> <li>Propelling themselves forward, not up</li> <li>Hands in streamline before they enter the water</li> </ul>	<ul style="list-style-type: none"> <li>4 dolphin kicks underwater off each wall</li> <li>Breaststroke pullouts off every wall (without fly kick)</li> </ul> <p style="text-align: center;"><b>Other</b></p> <ul style="list-style-type: none"> <li>Understand the following concepts:                             <ul style="list-style-type: none"> <li>AFAP, DPS, Stroke count, Scull, Descend, IMO, AOME</li> </ul> </li> <li>Focus on swimming tall</li> <li>Focus on hip position in all strokes</li> <li>Focus on feeling the water at all times</li> <li>Make kicking a priority</li> <li>The swimmer demonstrates a higher level of physical comprehension than in Bronze.</li> <li>Must be able to read clock for :15, :30, :45, and 1:00 intervals.</li> </ul>
Pre-Requisites:			Exit Criteria:		

- 50 FR/Bk, 25 BR/FL, and cumulative 100 IM
- Basic understanding of dives and flip turns
- Blowing bubbles while swimming Free/FL/Breast
- Streamline
  - Legal 100's of Freestyle & Backstroke
  - The maximum age for this group will be 11 years old.
  - Five practices will be offered
  - Legal 50's Butterfly and Breaststroke
  - Complete Racing Start Progression
  - Freestyle and Backstroke flip turns
  - Legal finishes on all strokes
  - Breathing every 3 in Freestyle
  - Maintain streamline after starts and turns
  - Learn to push off in "ready position" for all strokes
  - Can perform kick sets continuously without changing strokes
  - 50 Streamline kick on back and stomach

**Interval Tests** - 11 years old and one or more of the following:

- 4 x 200 IM @ 4:00
- 5 x 100 FR @ 1:40
- 5 x 100 kick @ 2:20

Suggested Intervals	Requirements:
<p>The athlete is capable of swimming the following interval bases (per 100):</p> <ul style="list-style-type: none"> <li>• Free @ 1:40-1:50    Back @ 2:00-2:10    Breast &amp; Fly @ 2:45-2:55    Kick @ 2:20-2:30    IM @ 2:00-2:10</li> </ul>	<ol style="list-style-type: none"> <li>1. May participate in other sports, but will compete in championship meet at the end of season</li> </ol>

Silver - Championship Character Guide

Physiological Progressions (Dryland, Nutrition, etc.)	Work Ethic, Self-Discipline & Time Management	Team Building Skills	Psychological Skills
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<p><b>What Practice Is Geared Towards</b></p> <ol style="list-style-type: none"> <li>Coordinated movement patterns; swims all four strokes with legal form</li> <li>Aerobic endurance</li> </ol> <p><b>Cognitive</b> The swimmer begins to understand maturation, physical development, and nutrition.</p> <ul style="list-style-type: none"> <li>Understands and accepts individual differences in physical size within an age group.</li> <li>Understands that energy for exercise is derived from nutrition.</li> </ul> <p><b>Dryland</b></p> <ol style="list-style-type: none"> <li>Introduction to balance and coordination skills.</li> <li>Introduction to games and activities that include kicking, throwing, tossing, hopping, jumping, and skipping—creating a dynamic warm-up for the group.</li> <li>The swimmer participates in multiple sports/activities.</li> <li>Multiple body-weight exercises implemented, including push-ups, mountain climbers, and planks.</li> <li>Use of shoulder stabilization exercises (I, T, Y's, etc.)</li> </ol> <p><b>Nutrition</b></p> <ol style="list-style-type: none"> <li>Independently pack healthy snacks for during school and before/after training.</li> <li>Able to choose quality calories from fruit, vegetables, whole-grains and cereals, low-fat dairy, lean protein, and heart-healthy fats.</li> </ol>	<p><b>Work Ethic and Self-Discipline</b></p> <ol style="list-style-type: none"> <li>During practice the swimmer will       <ol style="list-style-type: none"> <li>Leave on time during sets.</li> <li>Start and finish at the wall.</li> <li>Swim the set in the prescribed manner (e.g., doesn't do freestyle on butterfly sets, doesn't pull on kicking sets, performs all turns legally).</li> <li>Swim the entire set (e.g., doesn't walk on bottom, doesn't sit on the wall, counts accurately, etc.).</li> </ol> </li> <li>The swimmer will communicate with his or her coach.</li> </ol> <p><b>Time Management</b> The swimmer understands the importance of hard work in the classroom and will complete his or her homework on time.</p>	<p><b>Championship Behavior and Accountability</b></p> <ol style="list-style-type: none"> <li>The swimmer demonstrates an understanding of sportsmanship-championship behavior (e.g., doesn't throw goggles, congratulates opponents).</li> <li>The swimmer will treat teammates, parents, and coaches like he or she would want to be treated.</li> <li>The swimmer sits with the team during swim meets.</li> <li>The swimmer talks to the coach immediately before and after each race.</li> <li>The swimmer knows basic meet procedures including how to use and read a heat sheet.</li> <li>The swimmer learns basic race tactics</li> <li>The swimmer has a positive attitude.</li> <li>The swimmer wears team gear at all swim meets.</li> </ol> <p><b>Commitment and Team Loyalty</b></p> <ol style="list-style-type: none"> <li>The swimmer will learn the history of the team.</li> <li>The swimmer chooses a swimming role model (maybe a member of his or her team) and knows the event in which the individual competed or competes.</li> <li>The swimmer takes pride in being a member of the team, which the swimmer demonstrates by:       <ol style="list-style-type: none"> <li>participating in team cheers</li> <li>knowing the coaches' names</li> <li>cheering on teammates during swims (practice or meets)</li> <li>wearing Triton gear</li> <li>Thanking the coaches after practice</li> </ol> </li> <li>The swimmer will know the name of any other training group(s) on the team besides his or her own group. (example: Bronze, Silver, and National)</li> </ol>	<p><b>Peak Performance Management</b></p> <ol style="list-style-type: none"> <li>Understands and can demonstrate the difference between tense and relaxed muscles.</li> <li>Can identify past situations where both have been present.</li> <li>Can describe the relationship between nervousness and performance.</li> <li>Can describe the mind-body connection (negative thoughts lead to tight muscles lead to poor performance).</li> </ol> <p><b>Self-Image</b> Understands the role of failure and the importance of learning from one's mistakes; understands that this is essential to becoming a champion.</p> <p><b>Self-Talk</b> Has a general understanding of the effect that negative self-talk plays on performance.</p> <p><b>Mental Dimension of Training</b> Understands that an important part of training in swimming involves the mental dimension.</p> <p><b>Concentration</b></p> <ol style="list-style-type: none"> <li>Possesses a basic understanding of the concept of concentration.</li> <li>Knows the difference between focusing on what's important and what's not.</li> <li>Has an understanding of what to focus on and what to block out both in practice and in meets.</li> <li>Is aware when focus leaves target and knows how to bring focus back (how to concentrate)</li> </ol>
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Gold - Development Guide

Freestyle	Backstroke	Breaststroke	Butterfly	Starts / Turns	Underwaters
<p>Competitive 200-500 Basic concepts:</p> <ul style="list-style-type: none"> <li>• Body Line</li> <li>• Streamline</li> <li>• Gliding (reaching)</li> <li>• Progression: Pull on side of body, finish on the side of the leg, long arm recovery, elbow high recovery, fingertips first, enter hand in front of shoulders, glide!</li> <li>• Small &amp; Fast Kick</li> <li>• One eye in, one eye out breathing</li> <li>• Breathing Pattern</li> <li>• Sculling</li> <li>• Stroke count</li> <li>• Works breathing patterns: 3, 5, 7</li> <li>• 100 Streamline kick</li> <li>• 14-15 strokes per 25 yards</li> </ul>	<p>Competitive 100-200 Basic concepts:</p> <ul style="list-style-type: none"> <li>• Body Line</li> <li>• Streamline</li> <li>• Gliding (reaching)</li> <li>• Progression: Head still, Shoulder out first, thumb up, long arm recovery, little finger in first, behind the shoulder, elbow bend recovery, fingertips up, pull to leg, body rotation!</li> <li>• Small &amp; Fast Kick</li> <li>• Sculling</li> <li>• 14-15 strokes per 25 yards</li> </ul>	<p>Competitive 100-200 Basic concepts:</p> <ul style="list-style-type: none"> <li>• TIMING! P-B-K-G</li> <li>• Downhill swim</li> <li>• Progression: Thumbs down, open arms little wider than shoulder, elbow high catch, scoop to the chest, breath, kick, squeeze the leg, hips and feet up, shoulder forwards, stretch, face down, glide!</li> <li>• Pullouts off every wall w/ fly kick</li> <li>• Sculling</li> <li>• 9-10 strokes per 25 yards</li> </ul>	<p>Competitive 100-200 Basic concepts:</p> <ul style="list-style-type: none"> <li>• Timing / rhythm</li> <li>• Undulations (head down, hips up)</li> <li>• Body position</li> <li>• 2 kick per 1 arm stroke</li> <li>• Kick down and up</li> <li>• Progression: Open arms little wider than shoulders, kick, fingertips down, bend elbow, thumbs almost touch under chest, breath when hands are under chest, kick, finish pull with arms straight, hands next to leg, face in the water before recovery, straight arms recovery, glide!</li> <li>• Sculling</li> <li>• Works breathing every other stroke</li> <li>• 9-10 strokes per 25 yards</li> </ul>	<p>Turns/Leaving wall</p> <ul style="list-style-type: none"> <li>• Legal turns for all strokes</li> <li>• Not breathing in / out of turns</li> <li>• Ready position</li> <li>• Leave wall underwater</li> <li>• Push off wall on back</li> </ul> <p>Starts</p> <ul style="list-style-type: none"> <li>• Push forward, not up</li> <li>• Butterfly arms, or elbow high</li> <li>• Streamline before they enter the water</li> <li>• Proper wind up for relay starts</li> <li>• Clearing the water for backstroke starts</li> </ul>	<ul style="list-style-type: none"> <li>• 5 dolphin kicks underwater off each wall while racing</li> <li>• Breaststroke pullouts off every wall</li> </ul> <div style="background-color: black; color: white; text-align: center; padding: 5px;"><b>Individual Medley</b></div> <ul style="list-style-type: none"> <li>• Competitive 200 IM</li> <li>• Faster IM turns</li> </ul>
Pre-Requisites:				Exit Requirements:	

<ol style="list-style-type: none"> <li>1. Legal 100's of Freestyle &amp; Backstroke</li> <li>2. Legal 50's Butterfly and Breaststroke</li> <li>3. Complete Racing Start Progression</li> <li>4. Freestyle and Backstroke flip turns</li> <li>5. Legal finishes on all strokes</li> <li>6. Breathing every 3 in Freestyle</li> <li>7. Maintain streamline after starts and turns</li> <li>8. Leaves in "ready position" for all strokes</li> <li>9. Can perform kick sets continuously without changing strokes</li> <li>10. 50 Streamline kick on back and stomach</li> </ol>	<ul style="list-style-type: none"> <li>• Attends 75% practices a week</li> <li>• Capable to swim a competitive 200 in all strokes</li> <li>• Capable to swim a competitive 500 Fr under 7:00 min.</li> <li>• Consult with Coach</li> <li>• <b>Interval Tests:</b> <ul style="list-style-type: none"> <li>• 5 x 200 IM @ 3:30</li> <li>• 6 x 100 FR @ 1:30</li> <li>• 6 x 100 kick @ 2:10</li> </ul> </li> </ul>
<b>Suggested Intervals</b>	<b>Other</b>
<p>The athlete is capable of swimming on the following base intervals (per 100):</p> <ul style="list-style-type: none"> <li>• Free @ 1:30-1:40      Back @ 1:50-2:00      Fly &amp; Breast @ 2:35-2:45      Kick @ 2:10-2:20</li> <li>• IM @ 1:50-2:00</li> </ul>	<p>Basic Workout:</p> <ul style="list-style-type: none"> <li>• Ae and An threshold</li> <li>• VO2Max</li> <li>• Variable speed</li> <li>• Hold pace</li> <li>• Heart Rate</li> <li>• DPS</li> <li>• Race Strategy</li> <li>• AO</li> <li>• JMI</li> <li>• Must be able to read clock on :05 intervals</li> </ul>



Physiological Progressions (Dryland, Nutrition, etc.)	Work Ethic, Self-Discipline & Time Management	Team Building Skills	Psychological Skills
<p><i>What Practice Is Geared Towards</i> Aerobic endurance</p> <p><b>Cognitive</b></p> <ol style="list-style-type: none"> <li>The swimmer understands the concept of a balanced diet and basic fuels used during swimming training.</li> <li>The swimmer begins to understand the basics of different energy system usage in sprinting versus distance swimming.</li> <li>Swimmer follows prescribed race plan</li> </ol> <p><b>Dryland</b></p> <ol style="list-style-type: none"> <li>The swimmer starts to take ownership of the dryland activities.</li> <li>The swimmer continues the work from Silver with an emphasis on keeping the body healthy and injury free.</li> <li>The swimmer participates in dryland approximately three times per week.</li> </ol> <p><b>Nutrition</b></p> <ol style="list-style-type: none"> <li>Understands “My Plate” for athletes and can put together a healthy meal based off that information/portion</li> <li>Can read and understand aspects of nutrition labels. <ol style="list-style-type: none"> <li>Calories to serving size</li> <li>Fat g</li> <li>Carb g</li> <li>Protein g</li> </ol> </li> </ol> <p><b>Posture</b> The swimmer can sit, stand, and walk with good posture</p>	<p><i>Work Ethic and Self-Discipline</i></p> <ol style="list-style-type: none"> <li>The swimmer is not influenced by the negative behavior of his or her teammates.</li> <li>The swimmer understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to meet performance.</li> <li>Swimmer understands the traits of a great teammate and endeavors to become one.</li> </ol> <p><b>Time Management</b></p> <p>The swimmer gets better at balancing school and outside activities.</p>	<p><i>Championship Behavior and Accountability</i></p> <ol style="list-style-type: none"> <li>Swimmer knows qualifying standards for highest level competitions.</li> <li>The swimmer has knowledge of required times to qualify for finals.</li> <li>The swimmer sits with the team during swim meets.</li> <li>The swimmer participates in team cheers and cheers for their teammates (at practice and at meets)</li> <li>All phones / electronics are put away during swim meets.</li> </ol> <p><b>Commitment and Loyalty</b></p> <ol style="list-style-type: none"> <li>The swimmer makes relays a priority.</li> <li>The swimmer wears team gear.</li> <li>The swimmer knows team logo</li> </ol>	<p><i>Peak Performance Management</i></p> <ol style="list-style-type: none"> <li>Can combine self-talk and slow breathing for peak performance management.</li> <li>Has a clear awareness of personal stressors</li> <li>Is capable of performing progressive muscle relaxation.</li> <li>Recognizes that anxiety can negatively affect mind and body.</li> <li>Knows techniques to control mind (positive self- talk and imagery) and body (deep breathing, progressive muscle relaxation).</li> </ol> <p><b>Imagery and Visualization</b></p> <ol style="list-style-type: none"> <li>Understands the importance of imagery in enhancing performance.</li> <li>Knows the principles behind effective imagery practice.</li> <li>Can perform basic visualization skills.</li> </ol> <p><b>Concentration</b></p> <p>Can quickly return concentration focus in practice and in meets from uncontrollable to appropriate focus.</p> <p><b>Goal Setting</b></p> <p>Swimmer regularly visits, and if need be, re- evaluates goals.</p> <p><b>Self-Talk</b></p> <p>Knows at least one technique for handling negative self-talk.</p>

Senior Prep - Development Guide

Freestyle	Backstroke	Breaststroke	Butterfly	Starts / Turns	Underwaters
<p>Competitive at races 500 and below</p> <ul style="list-style-type: none"> <li>• Training towards 500 freestyle</li> <li>• Understands bodyline</li> <li>• Able to hold streamline while kicking</li> <li>• Learns to count strokes during practices and competition</li> <li>• Understands high elbow catch</li> <li>• Proper timing of breath; when to inhale and when to exhale</li> <li>• Can change speeds while swimming</li> </ul>	<p>Competitive at 100 - 200 backstroke</p> <ul style="list-style-type: none"> <li>• Training towards 200 backstroke</li> <li>• Understands bodyline</li> <li>• Able to hold streamline while kicking</li> <li>• Learns to count strokes during practices and competition</li> <li>• Keeps head still while swimming</li> <li>• Understands how to rotate the body while swimming</li> </ul>	<p>Competitive at 100 - 200 breaststroke</p> <ul style="list-style-type: none"> <li>• Training towards 200 breaststroke</li> <li>• Correct timing of the stroke including when to breathe</li> <li>• Performs "Underwater – Pull, Kick, Glide" with fly kick off of each wall</li> <li>• Understands bodyline</li> <li>• Learns to count strokes during practices and competition</li> </ul>	<p>Competitive at 100 - 200 butterfly</p> <ul style="list-style-type: none"> <li>• Training towards 200 butterfly</li> <li>• Correct timing of the stroke including when to breathe</li> <li>• Has continuous undulations throughout the stroke</li> <li>• Understands bodyline</li> <li>• Forehead enters water as arms finish their recovery</li> <li>• Learns to count strokes during practices and competition</li> </ul>	<p><b>Starts</b></p> <ul style="list-style-type: none"> <li>• Proper "stance" in "take your mark" position</li> <li>• Hands in streamline position before entering the water</li> <li>• Use of hips to generate power from the start to the water</li> </ul> <p><b>Turns/Push-offs</b></p> <ul style="list-style-type: none"> <li>• Knows "Ready Position"</li> <li>• Legal turns for all strokes and IM transitions</li> <li>• No breathing in / out of turns/finishes</li> <li>• Introduction of crossover turn</li> </ul>	<ul style="list-style-type: none"> <li>• 3-5 fly kicks underwater off each wall during practice and competition – fly, back and free</li> <li>• Breaststroke pullouts underwater off each wall during practice and competition</li> </ul>
					<p><b>Individual Medley</b></p>
					<p>Competitive at 200IM and training towards 400IM</p>

<b>Pre-Requisites</b>	<b>Exit Requirements:</b>
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<ul style="list-style-type: none"> <li>• Minimum age of 13 years olds</li> <li>• Swim a 500 Freestyle continuous</li> <li>• Legal in all 4 strokes</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Age Group Track:</b> <ul style="list-style-type: none"> <li>• Attends 75% practices a week</li> <li>• Capable to swim a competitive 200 in all strokes</li> <li>• Capable to swim a competitive 500 Fr under 7:00 min.</li> <li>• Consult with Coach</li> <li>• <b>Interval Tests:</b> <ul style="list-style-type: none"> <li>• 5 x 200 IM @ 3:30</li> <li>• 6 x 100 FR @ 1:30</li> <li>• 6 x 100 kick @ 2:10</li> </ul> </li> </ul> </li> <li>• <b>Senior II:</b> <ul style="list-style-type: none"> <li>• 5 x 200 IM @ 3:15</li> <li>• 6 x 100 FR @ 1:20</li> <li>• 6 x 100 kick @ 2:00</li> </ul> </li> </ul>
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Suggested Intervals	Other
<p>There are no suggested intervals for this group.</p>	<ul style="list-style-type: none"><li>• Understands the following concepts:<ul style="list-style-type: none"><li>◦ Stroke Rate, Tempo</li></ul></li><li>• Sensory Integration<ul style="list-style-type: none"><li>◦ The swimmer should be able to Identify what it feels like to go fast. They should be able to Incorporate that feeling into their race strategy.</li></ul></li><li>• Refine race strategies, specific to individual athlete</li><li>• Understands the importance &amp; value of improving the minor details of every stroke / race (streamlines, starts, turns, etc.)</li><li>• Should demonstrate and comprehend proper stroke technique<ul style="list-style-type: none"><li>◦ Should begin to understand the techniques of each stroke</li></ul></li></ul>

## Senior Prep - Championship Character Guide

Physiological Progressions (Dryland, Nutrition, etc.)	Work Ethic, Self-Discipline & Time Management	Team Building Skills	Psychological Skills
<p><b>Groups Primary Training Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Aerobic Endurance</li> <li>2. Well Rounded Swimming Athleticism</li> </ol> <p><b>Cognitive:</b></p> <ol style="list-style-type: none"> <li>1. Can explain the difference between aerobic and anaerobic training of energy systems.</li> <li>2. Understands nutritional requirements of training and competition.               <ol style="list-style-type: none"> <li>a. Demonstrates understanding of basic nutrition principals for swimming performance.</li> <li>b. Has a basic understanding of RDA's for swimmers, hydration, and the importance of eating a balanced diet.</li> </ol> </li> <li>3. Demonstrates understanding of relationship between training programs and maturation and development and their effects on competitive and training performance.</li> <li>4. Understands how to use heart rate measurement to monitor training progress.</li> </ol>	<ol style="list-style-type: none"> <li>1. The swimmer learns to accept responsibility for his/her performance.</li> <li>2. The swimmer will learn coping skills to deal with peer pressure.</li> <li>3. The swimmer will learn coping skills to deal with parent pressure.</li> <li>4. The swimmer will know the basics of prohibited substances.</li> <li>5. The swimmer understands and performs personal race strategies.</li> <li>6. Demonstrates an ability to balance school, swimming, family, and social.</li> </ol>	<ol style="list-style-type: none"> <li>1. The swimmer can effectively communicate his/her commitment to his/her parents, coach and teammates.</li> <li>2. The swimmer knows the group goals and will take an active part in developing attainable personal goals.</li> <li>3. The swimmer understands the relationship between his/her personal commitment level and results.</li> </ol>	<ol style="list-style-type: none"> <li>1. Understands personal signs of under or over arousal, ("not enough" or "bad" nervous).</li> <li>2. Identify personal optimal zone of performance both in practice and competition.</li> <li>3. Learn arousal control techniques.</li> <li>4. Develops a pre-race ritual/routine.</li> <li>5. Realizes that positive comments help reduce stress, build confidence and can increase enjoyment of competition and practice.</li> <li>6. Has developed a long-range goal within the sport.</li> <li>7. Develops short and intermediate goals that ultimately tie into long-range goals.</li> </ol>

## Age Group Performance - Development Guide

Freestyle	Backstroke	Breaststroke	Butterfly	Starts / Turns	Underwaters
Competitive 500 <ul style="list-style-type: none"> <li>Aware of body line</li> <li>200 Streamline Kick</li> <li>Can feel water on top and bottom of feet</li> <li>Can count their strokes</li> <li>High elbow catch</li> <li>One eye in, one eye out while breathing</li> <li>Exhales at proper time</li> <li>Kick while you breathe</li> <li>Proper timing of the breath</li> <li>Can change speeds/accelerate while swimming</li> <li>Uses breathing patterns: 3, 5, 7 and 3/2</li> <li>12-15 strokes per 25 yards</li> </ul>	Competitive 200 <ul style="list-style-type: none"> <li>Aware of body line</li> <li>200 Streamline Kick</li> <li>Can feel water on top and bottom of feet</li> <li>Can count their strokes</li> <li>Bend elbow while pulling</li> <li>Full body rotation</li> <li>Shoulder up, turn arm pit into water</li> <li>Head still</li> <li>12-15 strokes per 25 yards</li> </ul>	Competitive 200 <ul style="list-style-type: none"> <li>Correct timing of stroke</li> <li>Correct timing of the breath</li> <li>Pullouts off every wall w/ fly kick</li> <li>Correct timing pullout</li> <li>Body position               <ul style="list-style-type: none"> <li>Hips up, head down, knees don't pull forward</li> </ul> </li> <li>High elbow catch</li> <li>Can count their strokes ~8 per 25 yards</li> </ul>	Competitive 200 <ul style="list-style-type: none"> <li>Timing / rhythm</li> <li>Arms exit the water to the side when starting the recovery</li> <li>Pinky's first on the recovery</li> <li>Continuous undulation through the stroke</li> <li>Body position               <ul style="list-style-type: none"> <li>Hips up, head down</li> </ul> </li> <li>Established breathing pattern</li> <li>Forehead enters first following breath</li> <li>Can count their strokes ~ 8 per 25 yards</li> </ul>	Turns/Leaving wall <ul style="list-style-type: none"> <li>Legal turns for all strokes</li> <li>Not breathing in / out of turns</li> <li>Ready position</li> <li>Leave wall underwater</li> </ul> Starts <ul style="list-style-type: none"> <li>Propelling themselves forward, not up</li> <li>Hands in streamline before they enter the water</li> <li>Proper wind up for relay starts</li> <li>Clearing the water for backstroke starts</li> </ul>	<ul style="list-style-type: none"> <li>6 dolphin kicks underwater off each wall while racing</li> <li>Breaststroke pullouts off every wall with fly kick</li> </ul> <div style="background-color: black; color: white; text-align: center; padding: 5px;"><b>Individual Medley</b></div> <ul style="list-style-type: none"> <li>Competitive 200 IM, Legal 400 IM</li> <li>Introduction to 400 IM race strategy</li> <li>Legal crossover turn</li> </ul>
<b>Pre-Requisites:</b>			<b>Exit Requirements:</b>		

- Minimum age of 11, maximum age of 14
- This training group period is one to three years.
- Capable to swim a competitive 200 in all 4 strokes
- Capable to swim a competitive 500 Fr under 7:00 min.

- Must attend 80% of practices
- Maintain minimum requirements
- Competitive 200 of all 4 strokes, including a 500 FR
- Competitive technique in all 4 strokes, starts, and turns
- Great underwaters
- Maintain streamline after all starts and turns
- Automatically pushing-off in "ready position" for all strokes
- **Senior II considerations:**
  - 5 x 200 IM @ 3:15
  - 6 x 100 FR @ 1:20
  - 6 x 100 kick @ 2:00
- **National Team considerations:** Minimum age of 14, who is becoming a freshman in high school. Swimmer must have 2 current Senior Sectionals cuts and/or achieve the level of USA Swimming's Powerpoints: (Please, see appendix on how to calculate your powerpoints)
  - SC women: 3,084
  - SC men: 3,038
  - LC women: 3,096
  - LC Men: 3,073
- Consult with your coach

### Suggested Intervals

The athlete is capable of swimming on the following base intervals (per 100):

- Free @ 1:20-1:30      Back @ 1:40-1:50      Breast & Fly @ 1:25-1:35      Kick @ 2:00-2:10
- IM @ 1:40-1:50

### Other

- Identify what if feels like to go fast, Incorporate into race strategy
- Develop general race strategies
- Able to get their own time from the clock.
- Confident in using multiple, rotating intervals during a set (i.e. 50 on :35, 100 on 1:10 repeat x6)
- The swimmer demonstrates a higher level of physical comprehension than they did in Gold.

## Age Group Performance - Championship Character Guide

Physiological Progressions (Dryland, Nutrition, etc.)	Work Ethic, Self-Discipline & Time Management	Team Building Skills	Psychological Skills
<p><b>What Practice Is Geared Towards</b> Aerobic endurance</p> <p><b>Cognitive</b></p> <ol style="list-style-type: none"> <li>The swimmer understands the concept of a balanced diet and basic fuels used during swimming training.</li> <li>The swimmer begins to understand the basics of different energy system usage in sprinting versus distance swimming.</li> <li>Swimmer follows prescribed race plan</li> </ol> <p><b>Dryland</b></p> <ol style="list-style-type: none"> <li>The swimmer starts to take ownership of the dryland activities.</li> <li>The swimmer continues the work from Senior Prep or Gold with an emphasis on keeping the body healthy and injury free.</li> <li>The swimmer participates in dryland approximately three times per week.</li> </ol> <p><b>Nutrition</b></p> <ol style="list-style-type: none"> <li>Understands “My Plate” for athletes and can put together a healthy meal based off that information/portion</li> <li>Can read and understand aspects of nutrition labels. <ol style="list-style-type: none"> <li>Calories to serving size</li> <li>Fat g</li> <li>Carb g</li> <li>Protein g</li> </ol> </li> <li>Can cook a healthy meal using kitchen equipment (microwave, oven, stove, etc.)</li> </ol>	<p><b>Work Ethic and Self-Discipline</b></p> <ol style="list-style-type: none"> <li>The swimmer is not influenced by the negative behavior of his or her teammates.</li> <li>The swimmer understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to meet performance.</li> <li>Swimmer understands the traits of a great teammate and endeavors to become one.</li> </ol> <p><b>Time Management</b> The swimmer gets better at balancing school and outside activities.</p>	<p><b>Championship Behavior and Accountability</b></p> <ol style="list-style-type: none"> <li>Swimmer knows qualifying standards for highest level competitions.</li> <li>The swimmer has knowledge of required times to qualify for finals.</li> <li>The swimmer sits with the team during swim meets.</li> <li>The swimmer participates in team cheers and cheers for their teammates (at practice and at meets)</li> <li>All phones / electronics are put away during swim meets.</li> </ol> <p><b>Commitment and Loyalty</b></p> <ol style="list-style-type: none"> <li>The swimmer makes relays a priority.</li> <li>The swimmer wears team gear.</li> </ol>	<p><b>Peak Performance Management</b></p> <ol style="list-style-type: none"> <li>Can combine self-talk and slow breathing for peak performance management.</li> <li>Has a clear awareness of personal stressors</li> <li>Is capable of performing progressive muscle relaxation.</li> <li>Recognizes that anxiety can negatively affect mind and body.</li> <li>Knows techniques to control mind (positive self- talk and imagery) and body (deep breathing, progressive muscle relaxation).</li> </ol> <p><b>Imagery and Visualization</b></p> <ol style="list-style-type: none"> <li>Understands the importance of imagery in enhancing performance.</li> <li>Knows the principles behind effective imagery practice.</li> <li>Can perform basic visualization skills.</li> </ol> <p><b>Concentration</b> Can quickly return concentration focus in practice and in meets from uncontrollables to appropriate focus.</p> <p><b>Goal Setting</b> Swimmer regularly visits, and if need be, re- evaluates goals.</p> <p><b>Self-Talk</b> Knows at least one technique for handling negative self-talk.</p>

**Posture**  
The swimmer can sit, stand, and walk with good posture

Senior 2 - Development Guide

Freestyle	Backstroke	Breaststroke	Butterfly	Starts / Turns	Underwaters
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<p>Competitive at all distances</p> <ul style="list-style-type: none"> <li>Competitive at 1650 freestyle</li> <li>Sound bodyline head inline with spine</li> <li>Eyes focused straight down</li> <li>Hand entry at 11 &amp; 1 with Neutral head position (no thumb first)</li> <li>1 eye in water, 1 eye out when breathing</li> <li>High elbow position</li> <li>Ability to bilaterally breath</li> <li>Kick that is driven from the hips--no crossover when breathing</li> <li>Has ability to change tempo while swimming</li> <li>Uses breathing patterns: 3, 5, 7 and 3/2</li> <li>12-13 strokes per 25 yards</li> </ul>	<p>Competitive at all distances</p> <ul style="list-style-type: none"> <li>Proper body alignment</li> <li>Head inline with spine-chin up-eyes up- no head movement</li> <li>11 &amp; 1 hand entry with little finger first</li> <li>Bent elbow under water as hip rotates down</li> <li>Shoulder and Hip rotate up as arm pit turns into water</li> <li>Kick driven by hips as feet kick up and downward</li> <li>Should always know stroke count for turns and finishes</li> <li>12-13 strokes per 25 yards</li> </ul>	<p>Competitive at all distances</p> <ul style="list-style-type: none"> <li>Correct body line hips-up, head focused at 45-degrees angle</li> <li>Hips lock out as lower legs come up toward bottom</li> <li>Feet dorsiflex as toes point down.</li> <li>Elbows always in front of the body</li> </ul>	<p>Competitive at all distances</p> <ul style="list-style-type: none"> <li>Body position: high hips, eyes focused down, body always moving forward</li> <li>Timing/Rhythm: keyhole under body--ensuring 2 kicks per stroke</li> <li>Relaxed Recovery</li> <li>Stroke Count: LC 22 or less and SC 8 or less</li> </ul>	<p><b>Turns/Leaving wall</b></p> <ul style="list-style-type: none"> <li>Legal turns for all strokes</li> <li>Not breathing in / out of turns</li> <li>Ready position</li> <li>Leave wall underwater</li> <li>Uses the IM crossover turn during races</li> </ul> <p><b>Starts</b></p> <ul style="list-style-type: none"> <li>Always moving forward, not up</li> <li>Squeeze ears on streamlines</li> <li>Fingers should enter water first</li> <li>Bottom arm Breakout</li> <li>Legs before arms in all strokes</li> </ul>	<ul style="list-style-type: none"> <li>6+ dolphin kicks underwater off each wall while racing (or past 3rd line)</li> <li>Breaststroke pullouts off every wall with fly kick</li> <li>Establish a kick count for all strokes and distances</li> </ul>
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## Individual Medley

- Competitive 400 IM
- Able to race with crossover turn
- Legal all 4 strokes and turns

## Pre-Requisites

- Minimum Age: 13.
- Must be able to complete:
  - 5 x 200 IM @ 3:15
  - 6 x 100 FR @ 1:20
  - 6 x 100 kick @ 2:00

## Requirements & Exit Criteria:

- Attends 85% of practices
- Maintain minimum requirements
- Has 2 current Senior Sectionals Cuts and/or
- Achieves USA Swimming's Powerpoint(s) level: (Please, see appendix on how to calculate your powerpoints)
  - SC women: 3,084
  - SC men: 3,038
  - LC women: 3,096
  - LC Men: 3,073
- Consult with your Coach

## Suggested Intervals

## Other

The athlete is capable of swimming on the following base intervals (per 100):  
Free @ 1:15-1:20   Back @ 1:20-1:25   Breast @ 1:35-1:40   Fly @ 1:35-1:40.  
Kick @ 1:45-1:50   IM @ 1:25-1:30

- The swimmer demonstrates a higher level of physical comprehension than they did in previous groups.
- Should understand which drills to use for each stroke.
- Should be able to warm up and down at meet on their own.
- Should know their pace for each stroke and distance.

## Senior 2 - Championship Character Guide

Physiological Progressions (Dryland, Nutrition, etc.)	Work Ethic, Self-Discipline & Time Management	Team Building Skills	Psychological Skills
<p><b>What Practice Is Geared Towards</b> Aerobic endurance w/ technique focus</p> <p><b>Cognitive</b></p> <ol style="list-style-type: none"> <li>The swimmer understands the concept of a balanced diet and basic fuels used during swimming training.</li> <li>The swimmer begins to understand the basics of different energy system usage in sprinting versus distance swimming.</li> <li>Swimmer follows prescribed race plan</li> </ol> <p><b>Dryland</b></p> <ol style="list-style-type: none"> <li>The swimmer starts to take ownership of the dryland activities.</li> <li>The swimmer continues the work from AGP with an emphasis on keeping the body healthy and injury free.</li> <li>The swimmer participates in dryland approximately three times per week.</li> </ol> <p><b>Nutrition</b></p> <ol style="list-style-type: none"> <li>Understands “My Plate” for athletes and can put together a healthy meal based off that information/portion</li> <li>Can read and understand aspects of nutrition labels. <ol style="list-style-type: none"> <li>Calories to serving size</li> <li>Fat g</li> <li>Carb g</li> <li>Protein g</li> </ol> </li> <li>Can cook a healthy meal using kitchen equipment (microwave, oven, stove, etc.)</li> </ol> <p><b>Posture</b> The swimmer can sit, stand, and walk with good posture</p>	<p><b>Work Ethic and Self-Discipline</b></p> <ol style="list-style-type: none"> <li>The swimmer is not influenced by the negative behavior of his or her teammates.</li> <li>The swimmer understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to meet performance.</li> <li>Swimmer understands the traits of a great teammate and endeavors to become one.</li> </ol> <p><b>Time Management</b> The swimmer gets better at balancing school and outside activities.</p>	<p><b>Championship Behavior and Accountability</b></p> <ol style="list-style-type: none"> <li>Swimmer knows qualifying standards for highest level competitions.</li> <li>The swimmer has knowledge of required times to qualify for finals.</li> <li>The swimmer sits with the team during swim meets.</li> <li>The swimmer participates in team cheers and cheers for their teammates (at practice and at meets)</li> <li>All phones / electronics are put away during swim meets.</li> </ol> <p><b>Commitment and Loyalty</b></p> <ol style="list-style-type: none"> <li>The swimmer makes relays a priority.</li> <li>The swimmer wears team gear.</li> </ol>	<p><b>Peak Performance Management</b></p> <ol style="list-style-type: none"> <li>Can combine self-talk and slow breathing for peak performance management.</li> <li>Has a clear awareness of personal stressors</li> <li>Is capable of performing progressive muscle relaxation.</li> <li>Recognizes that anxiety can negatively affect mind and body.</li> <li>Knows techniques to control mind (positive self-talk and imagery) and body (deep breathing, progressive muscle relaxation).</li> </ol> <p><b>Imagery and Visualization</b></p> <ol style="list-style-type: none"> <li>Understands the importance of imagery in enhancing performance.</li> <li>Knows the principles behind effective imagery practice.</li> <li>Can perform basic visualization skills.</li> </ol> <p><b>Concentration</b> Can quickly return concentration focus in practice and in meets from uncontrollables to appropriate focus.</p> <p><b>Goal Setting</b> Swimmer regularly visits, and if need be, re-evaluates goals.</p> <p><b>Self-Talk</b> Knows at least one technique for handling negative self-talk.</p>

Senior 1 - Development Guide

Freestyle	Backstroke	Breaststroke	Butterfly	Starts / Turns	Underwaters
<p>Competitive 1650</p> <ul style="list-style-type: none"> <li>Aware of body line</li> <li>250 Streamline Kick</li> <li>Can feel water on top and bottom of feet</li> <li>Can count their strokes</li> <li>High elbow catch</li> <li>One eye in, one eye out while breathing</li> <li>Exhales at proper time</li> <li>Kick while you breathe</li> <li>Proper timing of the breath</li> <li>Can change speeds/accelerate while swimming</li> <li>Uses breathing patterns: 3, 5, 7 and 3/2</li> <li>12-15 strokes per 25 yards</li> </ul>	<p>Competitive 200</p> <ul style="list-style-type: none"> <li>Aware of body line</li> <li>200 Streamline Kick</li> <li>Can feel water on top and bottom of feet</li> <li>Can count their strokes</li> <li>Bend elbow while pulling</li> <li>Full body rotation</li> <li>Shoulder up, turn arm pit into water</li> <li>Head still</li> <li>12-15 strokes per 25 yards</li> </ul>	<p>Competitive 200</p> <ul style="list-style-type: none"> <li>Correct timing of stroke</li> <li>Correct timing of the breath</li> <li>Pullouts off every wall w/ fly kick</li> <li>Correct timing pullout</li> <li>Body position                             <ul style="list-style-type: none"> <li>Hips up, head down, knees don't pull forward</li> </ul> </li> <li>High elbow catch</li> <li>Can count their strokes -8 per 25 yards</li> </ul>	<p>Competitive 200</p> <ul style="list-style-type: none"> <li>Timing / rhythm</li> <li>Arms exit the water to the side when starting the recovery</li> <li>Pinky's first on the recovery</li> <li>Continuous undulation through the stroke</li> <li>Body position                             <ul style="list-style-type: none"> <li>Hips up, head down</li> </ul> </li> <li>Established breathing pattern</li> <li>Forehead enters first following breath</li> <li>Can count their strokes - 8 per 25 yards</li> </ul>	<p>Turns/Leaving wall</p> <ul style="list-style-type: none"> <li>Legal turns for all strokes</li> <li>Not breathing in / out of turns</li> <li>Ready position</li> <li>Leave wall underwater</li> </ul> <p>Starts</p> <ul style="list-style-type: none"> <li>Propelling themselves forward, not up</li> <li>Hands in streamline before they enter the water</li> <li>Proper wind up for relay starts</li> <li>Clearing the water for backstroke starts</li> </ul>	<ul style="list-style-type: none"> <li>6 dolphin kicks underwater off each wall while racing</li> <li>Breaststroke pullouts off every wall with fly kick</li> </ul>
					<p><b>Individual Medley</b></p>
					<ul style="list-style-type: none"> <li>Competitive 200 IM, Legal 400 IM</li> <li>Introduction to 400 IM race strategy</li> <li>Legal crossover turn</li> </ul>

<b>Pre-Requisites:</b>	<b>Exit Requirements:</b>
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- Minimum age of 13
- Can read clock for all intervals
- Is committed to swimming as one of their primary sports
- Technically is sound on all 4 strokes
- Is eager to see where their swimming career can take them

**Suggested Intervals:**

The athlete is capable of swimming on the following base intervals (per 100):

Free @ 1:25      Back @ 1:30    Breast @ 1:35-1:40      Fly @ 1:30      Kick @ 1:55      IM @ 1:35

- Must attend 83.33% of practices

**Senior I considerations:** Minimum Age: 13. Swimmer must have current National 13-14 Motivational "AA" Standards and/or achieve the level of USA Swimming's Powerpoints: (Please, see appendix on how to calculate your powerpoints)

- SC women: 2,444
- SC Men: 2,808
- LC women: 2,440
- LC men: 2,833

**National Track considerations:** Minimum age of 14, who is becoming a freshman in high school. Swimmer must have 2 current Senior Sectionals cuts and/or achieve the level of USA Swimming's Powerpoints: (Please, see appendix on how to calculate your powerpoints)

- SC women: 3,084
- SC men: 3,038
- LC women: 3,096
- LC Men: 3,073

- Consult with your coach

## Senior 1 - Championship Character Guide

Physiological Progressions (Dryland, Nutrition, etc.)	Work Ethic, Self-Discipline & Time Management	Team Building Skills	Psychological Skills
<ul style="list-style-type: none"> <li>• Aerobic endurance</li> <li>• Muscular endurance</li> <li>• lactate tolerance</li> <li>• anaerobic capacity</li> <li>• Versatility</li> <li>• Understands Heart Rate</li> </ul> <p><b>For guide to Energy System:</b></p> <ul style="list-style-type: none"> <li>• Importance of water intake</li> <li>• Importance of proper nutrition</li> <li>• Importance of shoulder and core warm-ups</li> <li>• Importance of sleep (naps)</li> </ul>	<ul style="list-style-type: none"> <li>• The art of balancing school, church, family, friends, and being the swimmer you want to become.</li> <li>• Working each practice to be the best of your ability.</li> <li>• Communication is key</li> </ul>	<ul style="list-style-type: none"> <li>• Look at situation and figure out how you can help</li> <li>• How to make your teammate better --will also help you</li> <li>• A kind word goes a long way</li> <li>• Lead by example--You do NOT have to be the oldest or fastest!</li> <li>• Always report USA Swimming Violations</li> <li>• Teach new or younger swimmers the ropes</li> </ul>	<ul style="list-style-type: none"> <li>• Talk about meet stressors with coach prior to meet</li> <li>• Practice and visualize meet setting and races prior to meet</li> <li>• Set daily, meet, and long-term goals</li> <li>• Take failures as a lesson learned--use it to fuel your future.</li> <li>• Control only what you are able to control and let the other things go.</li> <li>• Always be positive.</li> </ul>

## National - Development Guide

Freestyle	Backstroke	Breaststroke	Butterfly	Starts / Turns	Underwaters
<p>Competitive at all distances</p> <ul style="list-style-type: none"> <li>• Training towards all freestyle races</li> <li>• Understands bodyline</li> <li>• Able to hold streamline while kicking</li> <li>• Counts strokes during practices and competition</li> <li>• Uses high elbow catch</li> <li>• Proper timing of breath; when to inhale and when to exhale</li> <li>• Can change speeds while swimming</li> </ul>	<p>Competitive at all distances</p> <ul style="list-style-type: none"> <li>• Training towards 200 backstroke</li> <li>• Understands bodyline</li> <li>• Able to hold streamline while kicking</li> <li>• Counts strokes during practices and competition</li> <li>• Keeps head still while swimming</li> <li>• Rotates the body while swimming</li> </ul>	<p>Competitive at all distances</p> <ul style="list-style-type: none"> <li>• Training towards 200 breaststroke</li> <li>• Correct timing of the stroke including when to breathe</li> <li>• Performs “Underwater – Pull, Kick, Glide” with fly kick off of each wall</li> <li>• Understands bodyline</li> <li>• Counts strokes during practices and competition</li> </ul>	<p>Competitive at all distances</p> <ul style="list-style-type: none"> <li>• Training towards 200 butterfly</li> <li>• Correct timing of the stroke including when to breathe</li> <li>• Has continuous undulations throughout the stroke</li> <li>• Understands bodyline</li> <li>• Forehead enters water as arms finish their recovery</li> <li>• Count strokes during practices and competition</li> </ul>	<p><b>Starts</b></p> <ul style="list-style-type: none"> <li>• Proper “stance” in “take your mark” position</li> <li>• Hands in streamline position before entering the water</li> <li>• Use of hips to generate power from the start to the water</li> </ul> <p><b>Turns/Push-offs</b></p> <ul style="list-style-type: none"> <li>• Knows “Ready Position”</li> <li>• Legal turns for all strokes and IM transitions</li> <li>• No breathing in / out of turns/finishes</li> <li>• Has legal crossover turn</li> </ul>	<ul style="list-style-type: none"> <li>• 6+ fly kicks underwater off each wall during practice and competition – fly, back and free</li> <li>• Breaststroke pullouts with fly kick off each wall during practice and competition</li> </ul>
<b>Individual Medley</b>					
• Competitive at 200 and 400 IM					
<b>Pre-Requisites:</b>			<b>Maintain Group Status:</b>		
<ul style="list-style-type: none"> <li>• Minimum age of 14, who is becoming a freshman in high school</li> <li>• Swimmer must have 2 current Senior Sectionals cuts and/or</li> <li>• Achieves USA Swimming’s Powerpoint(s) level: (Please, see appendix on how to calculate your powerpoints) <ul style="list-style-type: none"> <li>• SC women: 3,084</li> <li>• SC men: 3,038</li> <li>• LC women: 3,096</li> <li>• LC Men: 3,073</li> </ul> </li> </ul>			<ul style="list-style-type: none"> <li>• Attends 90% of practices</li> <li>• Attend highest level championship meet possible (every season)</li> <li>• Maintain minimum requirements</li> <li>• Coaches discretion</li> </ul>		
<b>Suggested Intervals</b>			<b>Other</b>		

The athlete is capable of swimming on the following (100 base) intervals:

- Freestyle @ 1:12.5
- Backstroke @ 1:22.5
- Breaststroke @ 1:32.5
- Butterfly @ 1:27.5
- IM @ 1:22.5
- Kick @ 1:35

- The swimmer knows pace for each stroke.
- The swimmer understands the techniques of each stroke and knows which drills to use to work on specific parts of each stroke.
- The swimmer is able to properly warm themselves up during swim meets.
- The swimmer is able to properly cool themselves down during swim meets.
- The swimmer demonstrates a higher level of physical comprehension than they did in Senior or AGP.

National - Championship Character Guide

Physiological Progressions (Dryland, Nutrition, etc.)	Work Ethic, Self-Discipline & Time Management	Team Building Skills	Psychological Skills
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<p><b>Groups primary training objectives:</b></p> <ol style="list-style-type: none"> <li>1. Aerobic Endurance</li> <li>2. Lactate Tolerance</li> <li>3. Sprint Speed and Power</li> <li>4. Well Rounded Swimming Athleticism</li> <li>5. High Level Performance</li> </ol> <p><b>Cognitive</b></p> <ol style="list-style-type: none"> <li>1. The swimmer understands the energy systems and how they are applied towards training.             <ol style="list-style-type: none"> <li>a. Understands the relationship between training sets and energy systems.</li> <li>b. Understands the effect of training cycles.</li> </ol> </li> <li>2. The swimmer uses heart rate measurement to monitor training.</li> <li>3. The swimmer knows their stroke counts and stroke rates for each stroke.</li> </ol> <p><b>Dryland</b></p> <ol style="list-style-type: none"> <li>1. A wide variety of exercises used to accommodate all needs (injury prevention and different body types).</li> <li>2. The swimmer understands that their posture during school and dryland directly relates to their posture in the water.</li> <li>3. The swimmer continues to work on different body parts that go into good aquatic posture.</li> <li>4. The swimmer is introduced to weight training.</li> </ol> <p><b>Nutrition</b></p> <ol style="list-style-type: none"> <li>1. Has a healthy meal/snack routine throughout the week that is time efficient.</li> <li>2. Can meal prep when needed.</li> <li>3. Makes smart decisions when dining out.</li> <li>4. Can compare nutrition labels for healthier options.</li> </ol>	<ol style="list-style-type: none"> <li>1. The swimmer will demonstrate an understanding and be willing to participate in drug testing procedures.</li> <li>2. The swimmer demonstrates self-motivation.</li> <li>3. The swimmer takes pride in doing the little things well and goes beyond the call of duty.</li> <li>4. The swimmer has mastered time management skills so outside activities do not interfere with practice/meet attendance.</li> <li>5. The swimmer demonstrates leadership responsibilities by working with younger swimmers (i.e. being friendly, giving talks and/or in water work)</li> </ol>	<ol style="list-style-type: none"> <li>1. The swimmer accepts the responsibility of being a leader and/or role model. The swimmer will lead by positive example.</li> <li>2. The swimmer understands the need to sacrifice self-interest for team goals.</li> <li>3. The swimmer demonstrates commitment to his/her team by continued dedicated membership.</li> <li>4. The swimmer recognizes the importance of communication.</li> <li>5. The swimmer understands the importance of seasonal, yearly, and quadrennial planning and the consistency of the plan within each of the cycles.</li> </ol>	<ol style="list-style-type: none"> <li>1. Maintain optimum relaxation levels, (good nervous) regardless of uncontrollables.</li> <li>2. Demonstrates an understanding of factors that arouse and relax the athlete.</li> <li>3. Utilizes relaxation techniques under meet duress to perform optimally.</li> <li>4. Through instruction is able to visualize a race from start to finish in complete detail (seeing, hearing, and feeling)</li> <li>5. Can utilize ultimate goal in swimming to maintain intensity and work ethic in practice.</li> <li>6. Demonstrates an ability to quickly rebound from mistakes and failures.</li> <li>7. Able to use pre-race routines and during-race focal points to control concentration.</li> <li>8. Able to positively reframe uncontrollables and adversity to enhance confidence.</li> </ol>
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**APPENDIX:**  
**How to Calculate your USA Swimming Powerpoints:**

**Finding Power Points:**

- 1 - Go to [usaswimming.org](http://usaswimming.org)
- 2 - Click on "Times" Tab
- 3 - Click on "Times Search & Power Point Calculator" Tab
- 4 - Click on "Power Point Calculator" Tab
- 5 - Enter "Distance", "Stroke", and "Course" of race you are looking up
- 6 - Enter "Age"
  - If calculating points for National Team: Females enter age 14, Males enter age 15
  - If calculating points for Senior Group: Females and Males enter age 13
- 7 - Select appropriate gender
- 8 - Enter Swim Time (Minutes, Seconds, and Milliseconds)
- 9 - Click "Calculate" (Points should appear just below)
- 10 - Repeat steps 5-9 to find points for your 5 largest point races (you may need to do this for more than 5 races)
- 11 - Add up your 5 highest point values to see how your score compares to the point total of the group you're trying to move into.

**SWIM MEET POLICIES:****Meet Entry Policy**



Athletes and parents are free to commit, decline or de-commit to swim meets up until the meet deadline listed on the event landing page on Triton's Team Unify Page: <https://www.teamunify.com/Home.jsp?team=kstsl>

Once the deadline has passed, if space is available, athletes may be entered into the meet at meet management and coach discretion. Deck entries are an administrative challenge, so they are extremely discouraged and a last resort. Please make every reasonable effort to enter the meet by the deadline in order to secure a spot in the meet.

Once the deadline has passed, athletes can NOT de-commit from the meet, and will be liable for all charges regardless of participation. Any circumstance that results in participation or non-participation of a committed meet will result in meet fees. Such circumstances include, but are not limited to: illness, change in plans, or commitment error.

The Triton Swimming staff works extremely hard to keep the deadlines as close to meet entry deadlines as possible, often with less than a 24-hour turn-around. Once a meet entry file has been sent from Triton to meet management, Triton is responsible for all of the entries included in that report, regardless of swimmer participation. In turn, you will be responsible for the meet fees.

### **Time Trial & Deck Entry Policy**

The meet committee and coaching staff go to great lengths to ensure that the athlete has a positive experience at a swim meet, whether it be at home or away. In order to run successful meets in a short time frame, following the policies and procedures to sign up for a competition and entering the appropriate events prior to the meet's deadline is crucial.

While we understand that there are unforeseen circumstances, deck entries at swim meets are in charge of by the host team and your coach(s) discretion and are a last resort in an emergency situation. Deck entries are subject to lane availability only, meaning your athlete may have limited, if any opportunity, to swim.

Throughout the season the coaching staff gets many requests to do time trials to qualify for a higher level of competition. We want to be sure that we are giving the athletes every opportunity to reach their highest level of success, but all time trials will be at the discretion of the meet referee and coaching staff. An athlete must fully take advantage of the opportunities within the team's scheduled meets and prior competitions in order to be considered for a time trial request. All time trial requests should be communicated by the athlete to their coach. If the time trial is approved, the athlete will be notified and payment for such must be submitted at the time of the request.

## **Triton Swimming**

### **Pre-Competitive & Competitive Swim Team's Code of Conduct**

Triton Swim Team has adopted USA Swimming's Code of Conduct to use as its own for the club.

#### **ARTICLE 304: CODE OF CONDUCT**

304.1 The mission of USA Swimming is to encourage participation and the pursuit of excellence in all aspects of swimming. USA Swimming grants the privilege of membership to individuals and organizations committed to that mission. The privilege of membership may, therefore, be withdrawn or denied by USA Swimming at any time where USA Swimming determines that a member or prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

In order to assist all members to better serve the interests of those who participate in swimming, USA Swimming has adopted this Code of Conduct.

304.2 Any member, former member, or prospective member of USA Swimming is subject to the jurisdiction of the Board of Review. Any member, former member, or prospective member of USA Swimming may be denied membership, censured, placed on probation, suspended for a definite or indefinite period of time with or without terms of probation, fined or expelled from USA Swimming for life if such person violates the provisions of the USA Swimming Code of Conduct, set forth in 304.3, or aids, abets or encourages another person to violate any of the provisions of the USA Swimming Code of Conduct. USA Swimming shall initiate an investigation of any former member of USA Swimming when a report required under 306.1 is received.

304.3 The following shall be considered violations of the USA Swimming Code of Conduct: Measures to be adjudicated by the USA Swimming National Board of Review

.1 Violation of the right to compete provisions set forth in Article 301.

.2 Discrimination in violation of the Amateur Sports Act which requires that USA Swimming must provide an equal opportunity to athletes, coaches, trainers, managers, administrators, and officials to participate in the sport of swimming. Athletes must be allowed to participate and compete to the fullest extent allowed by the Rules and Regulations. Discrimination against any member or participant on the basis of age, gender, race, ethnicity, culture, religion, sexual orientation, gender expression, gender identity, genetics, mental or physical disability, or any other status protected by federal, state or local law, where applicable, is prohibited.

.3 Violation of any of the Athlete Protection Policies set forth in Article 305.

.4 Violation of any of the Sexual Misconduct Reporting Requirements set forth in Article 306 or the Prohibitions against Retaliation for Good Faith Reporting of Abuse set forth in Article 307.

.5 Any violation of the FINA Rules on the Prevention of Manipulation of Competition as found in the current FINA Manual, including (i) betting; (ii) manipulating competitions; (iii) corrupt conduct; (iv) misuse of inside information; (v) failure to report; and (vi) failure to cooperate.

.6 Conviction of, imposition of a deferred sentence for, or any plea of guilty or no contest at any time, past or present, or the existence of any pending charges, for (i) any felony or (ii) any offense involving use, possession, distribution or intent to distribute illegal drugs or substances.

.7 The sale or distribution of illegal drugs or the illegal sale or distribution of any substance listed on FINA's recognized list of banned substances.

.8 The use of illegal drugs in the presence of an athlete, by a coach, official, trainer, or a person who, in the context of swimming, is in a position of authority over, that athlete.

.9 The providing of alcohol to an athlete by a coach, official, trainer, manager or any other person where the athlete is under the legal age allowed to consume or purchase alcohol in the state where the alcohol is provided.

.10 The abuse of alcohol in the presence of an athlete under the age of eighteen (18), by a coach, official, trainer, or a person who, in the context of swimming, is in a position of authority over that athlete.

.11 For any USA Swimming member club or coach to knowingly:

A allow any person who has been sanctioned with a membership suspension by the Center for SafeSport or USA Swimming to coach or instruct any of its athlete members,

B aid or abet coaching or instruction of athletes by any person who has been sanctioned with a membership suspension by the Center for SafeSport or USA Swimming or

C allow any person who has been sanctioned with a membership suspension by the Center for SafeSport or USA Swimming to have an ownership interest in such USA Swimming club or its related entities.

Measures to be adjudicated by the USA Swimming Zone Boards of Review

.12 Any act of fraud, deception or dishonesty in connection with any USA Swimming-related activity.

.13 Any non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any meet official and which is related to any decision made by such official in connection with a USA Swimming sanctioned competition.

.14 Action, other than through general advertising, by a coach, owner, officer, volunteer, representative, or employee of a swim club, or a USA Swimming or LSC employee, either through direct contact with an athlete or the encouragement of others, to recruit or otherwise encourage an athlete who is already a member of a USA Swimming member swim club to leave that club, unless the acting party receives prior written approval to recruit or encourage the athlete to change affiliation from the designated club representative of the athlete's existing USA Swimming-member swim club or contact is initiated by the athlete, the athlete's parent or authorized representative. General advertising includes any information that is:

A Distributed to an identifiable general population where there is a reasonable expectation that the majority of that population are not current members of USA Swimming, or

B Placed in or on any item that is sold.

In the event of a violation of this section, a sanction may be imposed against any coach, owner, officer, volunteer, representative or employee of a swim club, or against any such club, or any combination thereof, as appropriate.

.15 Violation of any team misconduct rule as established by the USOC, USA Swimming, any Zone or LSC team authority.

.16 Any other material and intentional act, conduct or omission not provided for above, which is detrimental to the image or reputation of USA Swimming, a LSC or the sport of swimming.

Measure to be adjudicated by the U.S. Anti-Doping Agency

.17 Violation of the anti-doping provisions set forth in 303.3. Measure to be adjudicated by the U.S. Center for SafeSport

.18 Violation of the Safe Sport Code

### **ARTICLE 305: ATHLETE PROTECTION POLICIES**

The following policies related to Athlete Protection are mandatory components of the USA Swimming Code of Conduct:

305.1 Inappropriate touching between an athlete and an adult non-athlete member or Participating Non-Member (as defined in 401.1) is prohibited, including, but not limited to, excessive touching, hugging, kissing, and having an athlete sit on a non-family member adult's lap.

305.2 Any inappropriate sexual conduct or advance, or other inappropriate oral, written, visual, or physical conduct of a sexual nature at any time, past or present toward any person under the age of eighteen (18) by (i) a coach member or other non-athlete member, or (ii) any other adult participating in any capacity whatsoever in the activities of USA Swimming (whether such adult is a member or not) is prohibited.

305.3 Any rubdown or massage performed on an athlete by any adult member or Participating Non-Member, excluding the spouse, parent, guardian, sibling, or personal assistant of such athlete, is prohibited unless such adult is a licensed massage therapist or other certified professional. Any rubdown or massage performed at a swim venue by a licensed professional must be conducted in open/public locations and must never be done with only the athlete and licensed massage therapist in the room. Even if a coach is a licensed massage therapist, the coach shall not perform a rubdown or massage of an athlete under any circumstances.

305.4 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.

305.5 Employees and volunteers of USA Swimming, Zones, LSCs and member clubs who interact directly and frequently with athletes as a regular part of their duties and individuals with any ownership interest in a member club must be non-athlete members of USA Swimming and satisfactorily complete criminal background checks as required by USA Swimming. This does not apply to volunteers such as timers, marshals, computer operators, etc., who only have limited contact with athletes during a meet. Any individual who is banned, currently suspended or ineligible for membership is prohibited from serving as a timer, marshal, or computer operator, or otherwise being on deck at any time in connection with a USA Swimming activity.

### 305.6 TRAVEL

.1 Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete unless the coach is the parent, guardian, sibling, or spouse of that particular athlete.

.2 Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-required criminal background check.

.3 When only one athlete and one coach travel to a competition, the athlete must have his/her parent's (or legal guardian's) written permission in advance to travel alone with the coach.

.4 Clubs and LSCs shall develop their own travel policies. USA travel policies must be signed and agreed to by all athletes,



Swimming will provide a model club travel policy as an example. Club parents, coaches and other adults traveling with the club.

305.7 Clubs shall establish their own action plans for implementing model plan as an example which shall serve as the default for any club reviewed and agreed to annually by all athletes, parents, coaches and other non-athlete members of the club.

USA Swimming's anti-bullying policy. USA Swimming shall provide a that fails to establish its own plan. Club anti-bullying plans must be

305.8 Clubs shall establish their own electronic communication/social media policy. USA Swimming shall provide a model policy as an example, which shall serve as the default for any club that fails to establish its own policy. Club electronic communication policies should be reviewed and agreed to annually by all athletes, parents, coaches and other non-athlete members of the club.

### **ARTICLE 306: SEXUAL MISCONDUCT REPORTING REQUIREMENTS**

306.1 It is every member's responsibility to promptly report any incident regarding sexual misconduct by a member as described in the SafeSport Code for the U.S. Olympic and Paralympic Movement to the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

306.2 Filing a knowingly false allegation of sexual misconduct is prohibited and may violate state criminal law and civil defamation laws. Any person making a knowingly false allegation of sexual misconduct shall be subject to disciplinary action by USA Swimming.

306.3 Neither civil nor criminal statutes of limitation apply to reports of cases of sexual abuse.

### **ARTICLE 307: PROHIBITIONS AGAINST RETALIATION FOR GOOD FAITH REPORTING OF ABUSE**

307.1 No Member shall retaliate against any individual who has made a good faith report under 306.1 or 304.3.18.

307.2 For the purposes of 307.1, there shall be a rebuttable presumption that any adverse action regarding the employment, membership, or other material rights of an individual who has made a good faith report under 306.1 or 304.3.18 within 90 days of a report is retaliatory. An adverse action includes, without limitation: discharge or termination; demotion or reduction in compensation for services; or the removal of or from, or restrictions on, access to facilities, team activities or team membership privileges.

# Minor Athlete Abuse Prevention Policy

## THIS POLICY APPLIES TO:

- All USA Swimming non-athlete members and adult athlete members;
- Participating non-members (e.g., meet marshals, meet computer operators, timers, etc.);
  - LSC and club adult staff and board members; and
- Any other adult authorized to have regular contact with or authority over minor athletes.  
Collectively “Applicable Adult(s)”

## GENERAL REQUIREMENT

USA Swimming member clubs and LSCs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club.

## ONE-ON-ONE INTERACTIONS

### I. Observable and Interruptible

- A. One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor’s legal guardian) must occur at an observable and interruptible distance from another adult unless meeting with a Mental Health Care Professional and/or Health Care Provider (see below) or under emergency circumstances.

### II. Meetings

- A. Meetings between a minor athlete and an Applicable Adult may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult, except under emergency circumstances.
- B. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
- C. Meetings must not be conducted in an Applicable Adult or athlete’s hotel room or other overnight lodging location during team travel.

### III. Meetings with Mental Health Care Professionals and/or Health Care Providers

If a Mental Health Care Professional and/or Health Care Provider meets with a minor athlete in conjunction with participation, including at practice or competition sites, a closed-door meeting may be permitted to protect patient privacy provided that:

- a. The door remains unlocked;
- b. Another adult is present at the facility;
- c. The other adult is advised that a closed-door meeting is occurring; and
- d. Written legal guardian consent is obtained in advance by the Mental Health Care Professional and/or Health Care Provider, with a copy provided to the club.

### IV. Individual Training Sessions [Recommended]

Individual training sessions outside of the regular course of training and practice between Applicable Adults and minor athletes are permitted if the training session is observable and interruptible by another adult. Legal guardians must be allowed to observe the training session.



## **SOCIAL MEDIA AND ELECTRONIC COMMUNICATIONS**

### **I. Content**

All electronic communication from Applicable Adults to minor athletes must be professional in nature.

### **II. Open and Transparent**

Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete's legal guardian must be copied. If a minor athlete communicates to the Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult must copy the minor athlete's legal guardian on any electronic communication response to the minor athlete. When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult must copy another adult.

### **III. Requests to Discontinue**

Legal guardians may request in writing that their minor athlete not be contacted through any form of electronic communication by the club, LSC or by an Applicable Adult subject to this Policy. The organization must abide by any such request that the minor athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.

### **IV. Hours**

Electronic communications must only be sent between the hours of 8:00 a.m. and 8:00 p.m., unless emergency circumstances exist, or during competition travel.

### **V. Prohibited Electronic Communication**

Applicable Adults with authority over minor athletes are not permitted to maintain private social media connections with unrelated minor athletes and such Applicable Adults are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Applicable Adult has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with minor athletes must be discontinued. Minor athletes may "friend" the club and/or LSC's official page.

Applicable Adults with authority over minor athletes must not send private, instant or direct messages to a minor athlete through social media platforms.

## **TRAVEL**

### **I. Local Travel**

Local travel consists of travel to training, practice and competition that occurs locally and does not include coordinated overnight stay(s).

Applicable Adults must not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must always have at least two minor athletes or another adult in the vehicle, unless otherwise agreed to in writing by the minor athlete's legal guardian.

[Recommended]

Legal guardians must pick up their minor athlete first and drop off their minor athlete last in any shared or carpool travel arrangement.

### **II. Team Travel**

- a. During team travel, when doing room checks two-deep leadership (two Applicable Adults should be present) and observable and interruptible environments must be maintained. When only one Applicable Adult and one minor athlete travel to a competition, the minor athlete's legal guardian must provide written permission in advance and for each competition for the minor athlete to travel alone with said Applicable Adult. Team Managers and Chaperones who travel with the club or LSC must be USA Swimming members in good standing.
  
- b. Unrelated non-athlete Applicable Adults must not share a hotel room, other sleeping arrangement or overnight lodging location with an athlete. Minor athletes should be paired to share hotel rooms or other sleeping arrangements with other minor athletes of the same gender and of similar age. When a minor athlete and an adult athlete share a hotel room or other sleeping arrangement, the minor athlete's legal guardian must provide written permission in advance and for each instance for the minor to share a hotel room or other sleeping arrangement with said adult athlete.
  
- c. Meetings during team travel must be conducted consistent with the One-on-One Interactions section of this Policy (i.e., any such meeting must be observable and interruptible). Meetings must not be conducted in an individual's hotel room or other overnight sleeping location.

## **LOCKER ROOMS AND CHANGING AREAS**

### **I. Requirement to Use Locker Room or Changing Area**

The designated locker room or changing area must be used when an athlete or Applicable Adult changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).

### **II. Use of Recording Devices**

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a minor athlete or an Applicable Adult is prohibited.

### **III. Undress**

An unrelated Applicable Adult must not expose his or her breasts, buttocks, groin or genitals to a minor athlete under any circumstance. An unrelated Applicable Adult must not request an unrelated minor athlete to expose the minor athlete's breasts, buttocks, groin or genitals to the unrelated Applicable Adult under any circumstance.

#### **IV. One-on-One Interactions**

Except for athletes on the same team or athletes attending the same competition, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area, except under emergency circumstances. If the organization is using a facility that only has a single locker room or changing area, separate times for use by Applicable Adults must be designated.

#### **V. Monitoring**

The club must regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:

- a. Conducting a sweep of the locker room or changing area before athletes arrive;
- b. Posting staff directly outside the locker room or changing area during periods of use;
- c. Leaving the doors open when adequate privacy is still possible; and/or
- d. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms.

Every effort must be made to recognize when a minor athlete goes to the locker room or changing area during practice and competition, and, if the minor athlete does not return in a timely fashion, to check on the minor athlete's whereabouts.

#### **VI. Legal Guardians in Locker Rooms or Changing Areas**

Legal guardians are discouraged from entering locker rooms and changing areas. If a legal guardian does enter a locker room or changing area, it must only be a same-sex legal guardian and the legal guardian should notify a coach or administrator in advance.

### **MASSAGES AND RUBDOWNS/ATHLETE TRAINING MODALITIES**

#### **I. Definition:**

In this section, the term "Massage" refers to any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).

#### **II. General Requirement**

Any Massage performed on an athlete must be conducted in an open and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.

#### **III. Additional Minor Athlete Requirements**

- a. Written consent by a legal guardian must be obtained in advance by the licensed massage therapist or other certified professional, with a copy provided to the club.
- b. Legal guardians must be allowed to observe the Massage.
- c. Any Massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the Massage in the room.
- d. [Recommended] Any Massage of a minor athlete must only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician's treatment plan.



### Triton Swim Team's Consent Form:

I hereby certify that I have received and reviewed the Triton Swim Team's Team Manual & the appendix (including our swim meet policy, Minor Adult Athlete Protection Policy, Triton Swim Team's Code of Conduct. I acknowledge these policies as a condition of participation or employment with Triton Swim Team.

I understand that violation of one or more of the provisions of the Minor Adult Athlete Protection Policy, Code of Conduct, or Triton's Team Manual may result in suspension or termination of participation or employment with Triton Swim Team.

**If an employee of Triton Swim Team:**

Name (print clearly): \_\_\_\_\_  
First Name, MI, Last Name

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

**If a participant with Triton Swim Team:**

Name of Swimmer (print clearly): \_\_\_\_\_  
First Name, MI, Last Name

Swimmer's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Parent/Guardian (print clearly): \_\_\_\_\_  
First Name, MI, Last Name

Parent's/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
*(Parent/Guardian Signature only required if swimmer is under the age of 18)*



## Triton Team Cheers

### 1.) MOTIVATED:

Leader- Are you motivated?

Group- Motivated, Educated

Downright Dedicated

Rompin'

Stompin'

Can't get enough,

Huh!!

### 2.) GO BACK

Go back, go back, go back to the woods

Your coach is a farmer and your team is no good

Go back, go back, go back to the hood

Your coach is a loner and your team is no good

### 3.) BOOTIE SHAKIN'

Left, left, left, right, left

Left, left, left, right, left

My back is aching, my suits too tight, my bootie's shaking form left to right

To the left, to the left. To the right, to the right

To the cat, meow, meow  
To the dog, a ruff ruff

#### **4.) SHAKE IT**

Tritons in the front let me hear you grunt  
Tritons in the middle shake it just a little  
Tritons in the back, show us where you're at  
Tritons in the stands jump and clap your hands.

(Then you slap your knees 7 times, Clap 7 times, Slap 3 times, Clap 3 times, Slap one time, Clap one time, then scream TRITONS!!!!)

#### **5.) BOOGIE DOWN**

(Leader says what is in regular type. Group says what is in **bold** type.)

When I say go, you say fight  
Go, **FIGHT** go, **FIGHT**  
When I say win, you say tonight  
Win **TONIGHT** win **TONIGHT**  
When I say boogie, you say down  
Boogie **DOWN**, boogie **DOWN**  
When I say all, you say right  
All **RIGHT**, all **RIGHT**  
**GO FIGHT, WIN TONIGHT, BOOGIE DOWN, ALRIGHT, ALRIGHT**  
**GO FIGHT, WIN TONIGHT, BOOGIE DOWN, ALRIGHT, ALRIGHT**

#### **6.) KIELBASA**

Oo-sah-sah-sah, oo-sah-sah-sah, hit em on the head with a big kielbasa, stick em in a barrel, roll down the street, Tritons, Tritons can't (or won't) be beat!!!

### **7.) SHOWER**

Ooh, a dollar, Blank (whatever the team's name is) needs a shower. Soap, shampoo, and deodorant too!!!

### **8.) SLACKERS**

We are Tritons, we are pro!  
 We won't drop to your quo.  
 So slackers, slackers don't you know,  
 Your teams are crud cuz we told you so.  
 Pick it up cuz we have to go,  
 You better get up or we'll leave you in the road.  
 Y'all better get up, put up, get on your feet,  
 CUZ TRITONS, TRITONS, WON'T BE BEAT!!!!

### **9.) RAIDERS**

We're the TRITON swimmers,  
 We're raiders of the night,  
 We're super fast swimmers,  
 We love to really fight,  
 Heidi, heidi, god all mighty,  
 Who the heck are we,  
 Zimm, zamm, bling, blam,  
 Number one we'll be!  
 (Repeat three times getting louder each time through)

### **10.) CAVE MAN**

Leader – Make up a bunch of grunting cave man noises

Group – Repeat what the leader says and does  
(Go through several rounds)

### 11.) BOOM CHICKA BOOM

Leader – I said a boom chicka boom

Group – Repeat

Leader – I said a boom chicka boom

Group – Repeat

Leader – I said a boom chicka rocka chicka rocka chicka boom

Group – Repeat

Leader – Uuh Huh

Group – Repeat

Leader – Owe Yeah (on last round really lengthen the owe yeah)

Group – Repeat

Leader – One more time

Group – Repeat

Leader – Big Man Style (Using big deep voice)

- Munchkin Style (Using small high pitched munchkin voice)

- TRITON Style (Yelling as loud as you can)

(Repeat cheer going through the different styles)

### 12.) ICKY

Leader – Icky la boom ba

Group – Repeat

Leader – Icky la picky wicky

Group – Repeat

Leader – Uffel the duffel waffle

Group – Repeat

Leader – Oooh ka tee aah

Group – Repeat



All – Go Tritons!

All – (Clap 5 times) T – (Clap 5 Times) R – (Clap 5 Times) I – (Clap 5 Times) T – (Clap 5 Times) O – (Clap 5 Times) N – (Clap 5 Times) S – (Clap 5 Times) TRITONS!

(Clap the 5 claps faster for each letter)

### **13.) CHEER**

Leader – Give me a cheer

Group – Yells and screams until leader signals stop

Leader – Give me a long cheer

Group – Yells and screams until leader signals stop

Leader – Give me a short cheer

Group – Yells and screams until leader signals stop

Leader – Give me a silent cheer

Group – Open mouth and wave arms without noise until leader signals stop

Leader – Give me a loud cheer

Group – Yells and screams louder than other cheers until leader signals stop

Leader – Give me a Triton cheer

Group – Yells, screams and waves arms until leader signals stop (louder than loud cheer)

### **14.) TRITONS**

TR

TRI

TRI-TONS

Tritons, \*Everybody\* claps twice, Tritons, \*Everybody\* claps twice

X3 (each time getting louder and jumping more)

## **Appendix of Referenced Articles**

### **USA SWIMMING HANDBOOK**

#### **ARTICLE 301 MEMBER RIGHTS**

301.1 Except as provided in 301.2, no individual or organizational member of USA Swimming, nor any organization affiliated with USA Swimming, may deny or threaten to deny any eligible swimmer, coach, trainer, manager, official or administrator the opportunity to participate in any international swimming competition approved by USA Swimming, if selected by USA Swimming or one of its members. In addition, except as provided in 301.2, no individual or organizational member of USA Swimming, nor any organization affiliated with USA Swimming, may censor or otherwise penalize subsequent to the event any swimmer, coach, trainer, manager, official or administrator for having participated in any such international swimming competition approved by USA Swimming.

301.2 An educational institution which a swimmer is attending at the time of such international competition may deny the swimmer the opportunity to participate only if said educational institution reasonably determines that such participation would either:

- .1 Prevent the swimmer from meeting the academic requirements which are applicable to all students who participate in the swimmer's particular course of study.
- .2 Jeopardize the swimmer's or the educational institution's performance in the established program in the particular sport in which the swimmer competes, provided that the international competition occurs during the scheduled competitive season of the educational institution.

301.3 Any swimmer, coach, trainer, manager, official or administrator who alleges that he or she has been denied or is about to be denied, by a person or an organization affiliated with USA Swimming, a right as set forth in 301.1, shall immediately inform the Chief Executive Officer, who shall promptly cause an investigation to be made and steps to be taken to settle the controversy without unnecessary delay. Such steps shall include, but shall not be limited to, advising the Secretary General of the U.S. Olympic Committee, and submitting the matter to the American Arbitration Association for binding arbitration.

301.4 Whenever a swimmer, or party acting on a swimmer's behalf, informs the Chief Executive Officer of an alleged violation of the swimmer's right to participation as set forth in 301.1, the Chief Executive Officer shall review all the related evidence of the case and make a report, with a preliminary recommendation, to the National Board of Review within thirty (30) days, or sooner if the situation requires. The Board of Review shall review the case and the preliminary recommendation of the Chief Executive Officer and take whatever action it deems appropriate. Any of the parties involved in the action who are dissatisfied with the decision of the National Board of Review may appeal said decision under the provisions set forth in Article 409.

#### **ARTICLE 302 ATHLETE REGISTRATION**

302.1 REGISTRATION — All swimmers practicing with a member club or competing in events sanctioned by USA Swimming must be registered as athlete members of USA Swimming. Athlete members must meet the rules of eligibility contained in Article 303. No swimmer alleged to be ineligible shall be denied the right to register and compete without being afforded the opportunity to refute the allegations relating to possible ineligibility, pursuant to Part Four.

302.2 MEMBERSHIP — Athlete membership will consist of an annual membership, an out-reach membership, a seasonal membership, or a single-meet open water membership.

- .1 Annual Membership — Membership is for a calendar year. Non-members applying for membership on or after September 1 will be issued a membership valid through December 31 of the following year.

.2 Flex Membership [effective September 1, 2018] — At the option of the LSC, flex memberships may be offered for the same period of time as an Annual Membership. Those with Flex memberships are eligible to compete in only two sanctioned competitions per registration year. Flex members are permitted to transition to the Annual membership category within the same calendar year, paying the difference between the cost of the Flex membership and the Annual membership. Flex membership is not valid for competition at or above the LSC Championship level.

.3 Outreach Membership — Annual membership with specially reduced fees. Each LSC House of Delegates shall determine how athletes qualify for outreach membership.

.4 Seasonal Membership — At the option of the LSC, membership may be offered for one or two periods of not more than 150 days per period within a registration year. Seasonal membership may also be offered for an unspecified but continuous period of not more than 150 days commencing on the date of registration. Seasonal membership is not valid for competition at or above the Zone Championship level.

.5 Single-Meet Open Water Membership — At the option of the LSC, membership may be offered for the specific date(s) of an open water competition(s). The swimmer must compete unattached. Single-meet membership is not valid for competition at or above the Zone Championship meet.

302.3 APPLICATION/RENEWAL — Athlete membership applications and payment as set forth in 502.7 shall be submitted to the Registration Chair of the LSC. The Registration Chair may designate deputy registrars to accept applications on behalf of the Chair and forward for approval.

302.4 FALSE REGISTRATION — If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

### **ARTICLE 303 ELIGIBILITY**

303.1 It shall be the responsibility of all USA Swimming members to comply with the rules and regulations of USA Swimming and the Rules, Constitution and Bureau decisions of FINA, as well as to avoid acting in any manner which brings disrepute upon USA Swimming or upon the sport of swimming.

303.2 Except as provided for in 203.9, only athlete members of USA Swimming are eligible to compete.

303.3 As a member of the National Governing Body of the United States Olympic Committee (USOC), and as a member Federation of Federation Internationale de Natation (FINA), USA Swimming is obligated to adhere to the anti-doping rules of the USOC and FINA. In addition, USOC Bylaw Chapter XXIII, Section 2(G) provides that, as a condition of membership in the USOC, each National Governing Body shall comply with the procedures pertaining to drug testing and adjudication of related doping offenses of the independent anti-doping organization designated by the USOC to conduct drug testing. The USOC has designated the United States Anti-Doping Agency (“USADA”) as that organization. The current anti-doping rules of the USOC, FINA and USADA are available at the offices of USA Swimming or on line at the following websites:

WADA [www.wada-ama.org](http://www.wada-ama.org)

FINA [www.fina.org](http://www.fina.org)

USOC [www.usoc.org](http://www.usoc.org)

USADA [www.usada.org](http://www.usada.org)

As a condition of membership in USA Swimming, it is the responsibility of each athlete member of USA Swimming to comply with the anti-doping rules of FINA, USOC and USADA and to submit, without reservation or condition, to in-competition and out-of-competition doping controls conducted by either FINA or USADA.

(Out-of-competition doping controls by USADA may take place at USA Swimming elite-level camps, training sessions at USOC facilities, or with no advance notice any time for athletes designated by USA Swimming and USADA for inclusion in USA Swimming's no advance notice testing pool.)

Pursuant to USOC Bylaw Chapter XXIII, Section 2(G), the management of positive and elevated test results for USA Swimming athletes has become the responsibility of USADA. Any inconsistent provisions elsewhere in USA Swimming rules are hereby superseded. USA Swimming will, without further process, enforce and publish any sanction communicated to USA Swimming by USADA resulting from adjudication of a doping control under the USADA Protocol for Olympic Movement Testing.

303.4 A swimmer shall cease to be eligible to compete in events conducted by USA Swimming or its LSCs, or by any FINA Federation, while under suspension or if expelled by USA Swimming for violations of this Part Three.

303.5 No Individual Member or Group Member of USA Swimming shall coach, train or provide swimming-related advice or service to any swimmer who is serving a period of ineligibility or provisional suspension for an anti-doping rule violation. In accordance with policies and procedures in the USA Swimming Policy Manual, Coaches and Group Members are required to report any non-member of USA Swimming ranked in the top 100 in the world who participates in team activities.

303.6 If a swimmer is required to forfeit any medals, points or prizes earned at an event on account of an anti-doping rule violation, then any compensation paid by USA Swimming to the swimmer's coach(es) on account of that swimmer's result shall also be forfeited and shall be returned to USA Swimming.

303.7 A swimmer may be registered for USA Swimming and Masters Swimming at the same time. Membership in U.S. Masters Swimming does not imply or presume membership in USA Swimming.

303.8 A swimmer declared ineligible for any reason may be reinstated pursuant to the provisions of Article 404.

#### **ARTICLE 401 GENERAL**

401.1 As a voluntary membership organization, where membership is a privilege and not a right, USA Swimming and Zones (as provided in Part Six), and the U.S. Center for SafeSport may censure, enjoin, place on probation, suspend for a definite or indefinite period of time with or without terms of probation, fine, or expel any member of USA Swimming, including any athlete, coach, manager, official, and member of any committee, as well as any person participating in any capacity in the affairs and/or attending activities of USA Swimming, the Zones or LSCs, whether such person is a member of USA Swimming or not (a "Participating Non-Member"), who has violated any of its rules or regulations, or who aids, abets, and encourages another to violate any of its rules or regulations, or who has acted in a manner which brings disrepute upon USA Swimming, the Zone, the LSC or the sport of swimming. USA Swimming may also conduct hearings on any matter affecting USA Swimming as the National Governing Body for swimming. For the purposes of Part Four, the term "days" shall mean calendar days; in the event that an applicable time period ends on a Saturday, Sunday, or any other day which is a national holiday on which United States Postal Service regular postal delivery is not available (collectively, a "Non-Business Day"), such time period shall be extended to the next day which is not a Non-Business Day.