

RIVER CITY AQUATICS (RCA) SWIM TEAM

Welcome – AAU Summer Swim



Welcome to the River City Aquatics (RCA) Swim Team!

The information in this packet will introduce you to RCA.

Dear RCA Parent,

Welcome to River City Aquatics (RCA), the leading swim program in Southeast Missouri. We strive to offer a complete program for all ages and abilities—from young, developmental swimmers to athletes with the talent and commitment to achieve success at the National and International levels.

Since 2012, RCA has repeatedly established itself as one of top competitive teams in Missouri, as well as one of the top small-town teams in the United States. The team competes in local, regional, national, and international competition sanctioned by USA Swimming, Inc., the national governing body for amateur swimming in the United States. AAU, and World Aquatics, the international governing body for swimming.

This new Parent Handbook will help introduce you to the many facets of RCA and competitive swimming. New Parent meetings will be offered to provide more detail about RCA and to answer questions you may have.

Looking forward to a great swimming season,

River City Aquatics Coaching Staff

And

RCA Booster Club

Welcome to RCA!

RCA is a nonprofit organization run by a head coach and a Board of Directors. The team employs a coaching staff that is made up of certified professionals, who love the sport of swimming and are dedicated to helping your child to be the best swimmer that he or she can be. This team has a Booster Club that was created to support the RCA swim Club.

RCA Booster Club;

The purpose of the booster club shall be to provide financial support and resources to the swimmers of the River City Aquatics Swim Team. The booster club will also encourage sportsmanship, social participation and etiquette among participants, members and families. This organization shall be non-profit, non-sectarian, and non-partisan. The RCA Booster Club manages the RCA home swim meets. The booster club is an important part of the growth of the RCA Swim Team, and it is strongly recommended that all families participate in the booster club. The Booster Club is made up of an Executive Board and Board members.

The duties of the Booster Club Board are as detailed below:

- To transact necessary business in the intervals between general membership meetings.
- To approve the plans of the project committees.
- To oversee fundraising activities. To develop future goals and plans to sustain a healthy and functioning booster club.

In addition to the Board Members, the RCA Booster Club has several committees:

- Meet Director
- Social Committee
- Communication Committee
- Publicity Committee
- Team Spirit wear Committee
- Team Recognition Committee
- Fundraising Committee

RCA and RCA Booster Club encourages parents to get involved in the Booster Club by serving as Committee Chairs or Committee Members.

Summer Swim:

RCA is a member of [AAU Swimming](#). The Amateur Athletic Union (AAU) is an amateur sports organization based in the United States. AAU is a non-profit, volunteer-based organization. A multi-sport organization, the AAU is dedicated exclusively to the promotion and development of amateur sports and physical fitness programs. The AAU was founded in 1888 to establish standards and uniformity in amateur sports. During its early years, the AAU served as a leader in international sport representing the U.S. in the international sports federations. The AAU worked closely with the Olympic movement to prepare athletes for the Olympic Games. After the Amateur Sports Act of 1978, the AAU has focused its efforts into providing sports programs for all participants of all ages beginning at the grass roots level. The philosophy of "Sports for All, Forever," is shared by nearly 800,000 participants and over 150,000 volunteers.

RCA Mission, Vision, and Goals Mission Statement

“Empowering young people to be successful in life through excellence in swimming.”

Vision Statement

RCA, the “epicenter” of progressive competitive swimming in Southeast Missouri, inspires team performance through individual excellence by engaging mind, body, and spirit. Our model of excellence is built upon collaboration, innovation, and implementation and is embraced by our athletes, coaches, parents, volunteers, alumni, donors, and the global competitive swimming community.

Goals

1. To nurture the whole child at every age and, realizing that each one is different, allow young people to develop as far as their dreams, talents, and efforts take them.
2. To teach young people the process of achieving. To encourage them to dream, help them set worthy goals, promote a strong work ethic, provide support when they struggle, and inspire them to persevere until they succeed.
3. To provide a level of coaching that will lead to the development of world-class swimmers, should they so aspire, while at the same time allowing beginning swimmers to develop character, self-confidence, and the love for the sport in an atmosphere of caring and consideration.
4. To encourage parents to actively support both their child and the program as a whole, realizing that their personal investment is a key ingredient to a young person’s success in any endeavor.
5. To provide the community and the swimming world with young people who are becoming the best they can be—as individuals, students, citizens, and athletes.

Our Facility

RCA swims at the Cape Aquatics Center located at 1920 Whitener St, Cape Girardeau MO. The Aquatics Center is a year-round, indoor aquatic facility. It features a 25 yard by 50 meter Olympic-sized pool.

Pool Time

Practices are typically offered four days a week (Monday – Thursday). Practice schedules depend on the group in which a swimmer is placed. While RCA does not require swimmers to attend every practice, RCA does encourage swimmers to do so in order to train well and reap the maximum benefit offered by the program.

To make the most of your time on the team, coaches request that swimmers attend consistently.

RCA divides team swimmers into graduated, integrated training/practice groups. Groups range in ability from novice to elite. Each swimmer is placed in a group by a RCA coach, based on his or her current swimming ability and age. Within each group, coaches focus on helping swimmers achieve skill-appropriate goals so each swimmer is able to grow and progress at an individual pace.

TEAM PHILOSOPHY

Teamwork – RCA believes that our current (and future) success in achieving the team's goals is dependent upon the cooperation and support of all swimmers, their families, and the coaches.

Coaching – RCA is led by an experienced, knowledgeable, and professional staff, which strives to educate and inspire the RCA swimmers. The coaches refine strokes, develop training cycles, and motivate swimmers for continued swimming success as he or she progress through the age groups.

Swimmers – RCA swimmers are all unique individuals with different backgrounds, needs, and goals. RCA develops positive self-esteem, individual goal setting, and healthy social interaction. RCA believes that all swimmers, parents, and coaches unite to promote team spirit for a greater RCA.

TEAM REQUIREMENTS

All Groups

1. Signed Code of Conduct - Swimmer
2. Signed Code of Conduct – Parent
3. AAU Membership – (Stroke School, Summer Swim, and Senior Prep)

TEAM FEES

Fees:

Summer swim fees are a one time charge. Payment is due before or on the first day of summer swim practice. The fees are set by the Head Coach and the team s Board of Directors.

Credit Card and Bank Account Payments:

Credit card and bank account payments are available. There is a credit card fee associated with the payment. A lock box to deposit checks is also available at the swim facility.

Swim Meets:

Summer swim meets, except for SMSC Champs meet at the end of the summer swim session, are included in the one time price. If the swimmer participates in the SMSC Champs meet, a separate charge will be billed to the account after the SMSC meet.

Late fees:

If an account is 45 days past due, a \$30.00 fee will be added to the swimmer s account.

PRACTICES

What to bring to practice ([this list is also on RCA s website by group](#)):

- Weather appropriate clothing worn over swim suit
- Swim Suit
- Towel
- Mesh bag designed to get wet containing:
 - Swim cap
 - Googles
 - Water bottle

Parent Practice Expectations:

1. All communication with coaches should be done **before or after practice, but not during practice.** Please be mindful that just because it's before or after your child's practice does not mean the coach(es) are not coaching another group. Please be respectful of their time constraints.
2. Please bring your swimmer to practice 10-15 minutes before practice time. Arriving late without the coach's approval may result in your child not being able to practice that day.
3. Pick up your child at the end of practice **on time.** The coaches are here to coach swimming. Coaches may have another practice to start or have places to be after practice. Being 10 minutes late to pick up your child may result in a fee charged to the swimmer's account.
4. Parents are encouraged to watch practice from time to time. We understand and we are excited that you want to learn about our sport as much as the swimmers do. Here are some important guidelines when observing practice based on research from the American Swimming Coaches Association.
 - a. First, young swimmers want parental approval more than anything in the world and their attention will naturally default in the parent's direction. For swimmers to learn as much as possible during practice, it is imperative that coaches have each swimmer's undivided attention. Please do not communicate with your swimmer during practice and do not compete with the coach for your swimmer's attention.
 - b. Second, we insist that parents do not interrupt the coaches on deck while they are coaching. If you need to communicate with a coach, please do so before or after practice (if they are not coaching another group). Just because they are happy to help you during a practice doesn't mean it's the best thing for them, your child, or the team.
 - c. Third, our coaches spend a considerable amount of time planning weekly training sessions for each of their practice groups. Every training set or instructional drill has a purpose. One practice and/or practice set often builds on another during each week. Please understand that you may not understand the purpose of what the swimmers are doing on any given day based on what they've done previously or what is planned in the future.
 - d. Finally, please do not try and coach or advise your swimmer based on what you see (or think you don't see) him/her do during practice. Many times when teaching stroke skills, coaches ask their swimmers to do things that may

look incorrect or actually might be illegal during competition. However, the drills have an important purpose in teaching skills. Swimming a one-arm butterfly stroke, flip turns in butterfly or breaststroke, or using a flutter kick with breaststroke are examples of drills with a specific purpose. In some cases, a coach may even ask a swimmer to specifically perform “improper” technique for a while as part of a long-term progression toward proper technique. Be careful not to undermine that.

5. To reiterate, please feel free to observe practices on occasion but please stay off the immediate pool deck during practices to avoid attention conflicts between swimmers and the coach, and please do not attempt to coach your swimmer based on what you observe at practice. If you must be at practice, we ask that you stay on the south side of the pool (toward the locker rooms) and at least do not sit directly in front of your swimmer’s training group.
6. Note: Remember, we are guest at The Cape Aquatic Center. Please make sure siblings within the facility are safe, courteous, and well-behaved. Also, please make sure the area is clean before leaving. We’ve established a great working relationship with the city and their staff over the years. We want to be the best guests possible.

Supporting Your Swimmer:

1. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's role to provide love, recognition, and encouragement necessary to help a young athlete feel positive about him/herself. Be the person that your swimmer can look to for constant, positive reinforcement.
2. Strive to provide your swimmer with the basic opportunities s/he needs to have a positive swimming experience. Make sure your swimmer regularly attends practice and swim meets.
3. A parent's attitude often dictates those of the swimmer. A swimmer might not be consciously aware of what is taking place, while subconsciously absorbing powerful messages about a parent's desires and feelings. For example, be enthusiastic about taking your swimmer to practices, helping at swim meets, and participating in team activities. Please don't look at these functions as chores.
4. Every individual learns at a different rate and responds differently to the various methods of skill presentation. Some swimmers take more time to learn; this requires patience on the part of the coach and the parent, both of whom must remember that the swimmer's ultimate swimming potential may be as great or greater than that of a faster learner.
5. Avoid comparing the skill, courage, determination, attitude, performance, or improvement of your swimmer to other swimmers. Swimmers mature physiologically and psychologically at different ages; the weakest swimmer in a practice group this year could be leading practices in the future.
6. The etymology of the word "competition" goes back to the Latin words "com" and "petere," which mean "together to strive." It is important to teach young swimmers to compete **with, not against** others, and to use competition to help them strive to be their own best self.
 - Discuss your swimmer's progress/concerns with the coach before or after practice, not during practice.
 - Don't chastise your swimmer at the meets. They are trying their very best and the last thing they need is to have their parent scolding them in front of others. Be supportive of their efforts and realize that the swimmers are LEARNING to compete.
 - Help the RCA parents out with set up and take down of, timing of meets. If you don't know what to do, ask one of the parent leaders.
 - Our team's environment is a family oriented one. Get to know all of the other swimmers/parents. We take care of each other.
 - It's been said that the RCA parents have more fun together than the swimmers. And it has become very evident that RCA parents stand out as those always willing to help. We are known for this and we take pride in that.

Swimmer Practice Expectations:

1. Attend swim practices.
2. Apply the swim techniques taught by the coach.
3. Be focused. You are at practice to get better / faster / stronger. All workouts should be taken seriously; no goofing around.
4. During practice hours, no phones will be used.
5. Show up 10-15 minutes before practice starts.
6. No sharing water bottles.
7. Use of audio or visual recording devices, including cell phone cameras, is not allowed in changing areas, rest rooms, or locker rooms. **NO EXCEPTIONS!!!!**
8. Clean up after yourself. Do not leave trash on the pool deck, bleachers, changing areas, rest rooms, or locker rooms.

SWIM MEETS

What to bring to swim meets:

- Weather appropriate clothing worn over swim suit
- Team Shirt
- Backpack containing:
 - Towels
 - Goggles x 2
 - Swim cap x 2
 - Water bottle
 - Snacks/food (something hydrating, water, fruit, etc.)
 - Extra swimsuit
 - Sharpie x 2 (for writing events on swimmer)
 - Sunscreen (if applicable)
- Folding chair or blanket to sit (if applicable)

Swimmers are expected to participate in Swim Meets as a **team**. Cheering for each other is highly encouraged!!!! Swimmers are encouraged to sit together as a team, cheer each other on, play games, and hang out between events. Swimmers may want to bring games, coloring books, toys, or anything else to pass the time between events.

Swimmers Expectations:

Meet attendance: All swimmers are encouraged to attend meets. Events will be selected by the coaches based on the skill and limited for younger swimmers.

1. Swimmers should “check-in” with his/her coach upon arriving at the meet facility.
2. Swimmers should then get ready to enter the pool for warm-up instructions. Warm-ups are designed to develop good habits and get butterflies out.
3. After warm-ups, there will be a team meeting.
4. Swimmers should report to his/her coach **before** going to the bullpen/blocks and swimming an event.
5. Swimmers should report to the bullpen or the starting blocks when his/her event is announced.
6. Swimmers should report to his/her coach **after** swimming in an event. The coach will want to speak with the swimmers about the race.
7. Always be a good sport at all times (to your teammates as well as athletes from other teams) no matter how you feel about your race.
8. Become familiar with reading Heat Sheets – You are responsible for knowing what heat and lane you are in.

RCA Group Placement Philosophy:

Group placement is based on many factors and a fair amount of coaching instinct. However, there is a big-picture, team-wide philosophy that drives group placement decisions. We hope that communicating these ideas will allow for a better understanding of group placement decision making.

The swimmer’s group placement determines a floor, not a ceiling. And by that, we mean that each group has different standards for membership (the floor), but does not have upper limits of achievement (the ceiling). In no way does group placement communicate the coaches’ belief about a swimmer’s potential.

A swimmer’s group is not meant to be a predictor of future success, nor an indicator of his/her worth to the team or to the coaches. First and last, we view swimmers as outstanding young people, and the more we can do to remove inaccurate status labels from groups, the better.

Parent Meet Expectations:

Meet attendance: All swimmers are encouraged to attend meets. **Parents are also required to volunteer at meets.** For home meets, volunteer job listings will be posted on the RCA Website for the meet in question. Examples of jobs: timers, bullpen coordinators, concessions, etc.

Events will be selected by the coaches based on skill and limited for younger swimmers. Please make sure to speak with your coach if you have specific circumstances for a meet.

1. Ensure your swimmer has all the necessary gear for the meet.
2. Ensure your swimmer arrives on time and is prepared to swim. Arrive at the pool at least 15 minutes before the scheduled warm-up time. Arriving early helps swimmers feel less stressed.
3. Your conduct should always represent RCA positively.
4. Do not expect to talk to your swimmer after his/her race. Swimmers need to cool down, talk with coaches, and then, if there is time, they can come see parents, if needed.
5. Respect the coaches' ability to lead the team and instruct your swimmer. Encourage/cheer on swimmers and leave technique suggestions to the coaches.
6. Team spirit in the stands is always appreciated, but not a requirement.
7. While the coaches are always ready and willing to help, coaches are not responsible for ensuring swimmers are ready and in the correct place for his/her race.
8. Become familiar with reading Heat Sheets – swimmers are responsible for knowing what heat and lane to be in.

The RCA Philosophy of Competition:

In preparing for your swimmer's meets, the following are some basic fundamentals of competition that RCA coaches stress.

1. Each swimmer should compete with him/herself. It is more beneficial to improve one's time and/or technique than to win a ribbon or medal.
2. In addition to earning best times, the coaches praise swimmers for working on technique and/or racing strategies. Please note that it is possible that a swimmer won't improve his/her time when s/he tries something new (e.g., flip turns, technique, etc.). However, if a swimmer continues to try a new skill or technique, s/he will improve more in the long run.
3. The swimmers are taught to set realistic goals, and as they get older, they are taught to relate performance in practice to their goal times.
4. The coaching staff encourages age-group swimmers to swim every event they are eligible for at some point during the season. This helps to promote versatility since swimmers are continuously switching best events as they grow, mature, and change body shapes and sizes.

5. Sportsmanship is a MUST at RCA. We expect all swimmers, parents, and coaches to respect the officials, competitors, and the facilities we use. We also want swimmers to encourage and support their teammates.

SUCCESS=Improving one's own best-self.

General information:

- Swimmers are entered and seeded based on previous best times.
- Swimmers who have not raced previously are entered with a no time (NT).
- Swimmers without entry times may have a more random placement in a heat.
- Racing is organized by age groups, gender, and stroke.
 - Each type of race is called an “event”
 - Each event is ordered and numbered.
 - Each event will have a series of “heats” (races) within each event.
 - Heats will have 5-10 swimmers in each, which are seeded (organized) by swimmers’ previous best times.
 - Ribbons or awards are different for every meet. Read Meet Invites for details.
- Heat Sheets listing all of the events and heats are sometimes available for purchase (\$5.00) at the meet. Sometimes the Heat Sheets are provided before the meet and uploaded to the RCA website.

Heat Sheets:

For those who are beginners to the sport of swimming, Heat Sheets are a bit overwhelming. With that in mind, RCA wants to put you at ease. Reading a heat sheet is not as bad as you think.

A heat sheet is a program for a swim meet. It lists all the events that are going to be swam. It lists the swimmers in each race (or event). It tells us the heat and lane that the swimmer will need to be in for their race (or event).

When we talk about the pool area, we use the term deck. The pool deck is the area that surrounds the actual pool.

The pool itself is divided into lanes. Each lane is designated by a number. The lanes are separated by lane lines (floaty ropes connected to each end of the pool).

Events: Events are listed by a #. The official will call for swimmers to line up for “Event # xx”, whatever the event number is. The official name of the event is spelled out beside the number of the event on the heat sheet. Ex. Event #xx boys 9-10 25 yard freestyle.

Heats: Depending on the number of swimmers in an event, an event might have multiple heats. A “heat” is a group of swimmers swimming in the pool at the same time. If there are more swimmers in an event than lanes to swim in, we need to create multiple heats (or groups) for that event. Ex. an event might have 10 swimmers total combined from each team. Only 6 can swim at one time due to only having 6 lanes. 2 heats would need to be swam with 6 in heat 1 and 4 in heat 2 to complete the full event.

Heat Sheet sample:

St. Peters Rec-Flex Swim Team				IIVTEK's MEET MANAGER 8.0 - Page 1			
2024 Ozark Division I Championship - February 23-25, 2024, Sanction #: 6243							
Hosted By: Rec-Plex Sharks, METS & FAST Swim Teams							
Meet Program - Sunday Morning Prelims - NORTH POOL							
#56 Boys 10 & Under 100 Yard IM				#60 Boys 13-14 200 Yard IM			
Ozark Record: 1:04.65 2022 JP Costello				Ozark Record: 1:54.24 2021 Nate Thomas			
Lane	Name	Age	Team	Lane	Name	Age	Team
Heat 1 of 3 Prelims				Heat 1 of 7 Prelims			
1	Dubin, Gaeluca	10	CSP-02	1	Rivas, Rudan J	13	METS-02
2	Harrison, Christian J	9	RSCA-02	2	Swaney, Harry R	14	PDWY-02
3	Lai, Jason	9	CSP-02	3	Ackleshauser, Tishan F	13	CSP-02
4	Stout, Andrew E	10	RSCA-02	Heat 2 of 7 Prelims			
5	Moore, Joseph G	8	CSP-02	1	Raney, Andrew J	14	PDWY-02
Heat 2 of 3 Prelims				2	Blankenship, Nolan W	14	SEA-02
1	Barling, Isaac C	10	SAJJ-02	3	Dunsey, Miller J	14	CSP-02
2	Eastman, Ashton C	9	METS-02	4	Chaudhuri, Kaish S	14	RSCA-02
3	Bubba, Parker J	10	CSP-02	5	Kansler, Kyle W	14	RSCA-02
4	Saunders, Deon E	9	CSP-02	6	Barnes, Cole B	13	RSCA-02
5	Moore, Alex	10	CSP-02	Heat 3 of 7 Prelims			
Heat 3 of 3 Prelims				1	Dullis, Hudson J	13	CRCY-02
1	Boiland, David M	9	CSP-02	2	Mortens, Barrett N	14	FAST-02
2	Probst, Brandon B	10	CSP-02	3	Marawski, Curtis R	14	CSP-02
3	Noss, Eli G	10	CSP-02	4	Zhang, William	14	RSCA-02
4	Achenhausen, Logan D	9	CSP-02	5	Purcell, Ben R	14	RCA-02
5	Elsworth, Nate A	9	PDWY-02	6	Becker, Patrick M	14	RSCA-02
#58 Boys 11-12 100 Yard IM				#64 Boys 15-16 200 Yard Freestyle			
Ozark Record: 54.23 2023 Austin M Chu				Ozark Record: 50.63 2023 JP Costello			
Lane	Name	Age	Team	Lane	Name	Age	Team
Heat 1 of 5 Prelims				Heat 1 of 4 Prelims			
1	Samuels, Noah S	11	SAJJ-02	1	Marston, Luke J	15	RSCA-02
2	McGarley, Gavin T	12	SEA-02	2	Anderson, Mason J	15	RSCA-02
3	Samet, Henry R	11	METS-02	3	Cadivi, Carlos C	12	SEA-02
4	Lachner, Chris T	12	RSCA-02	4	Wheeler, Nicholas	11	CSP-02
Heat 2 of 5 Prelims				Heat 2 of 4 Prelims			
1	Clinger, Nathan J	11	SEA-02	1	Gentry, Nathan	12	CSP-02
2	Wisher, Jake P	12	PDWY-02	2	Wheeler, Nicholas	11	CSP-02
3	Abraham, Oliver N	11	SEA-02	3	Seaton, Zachary S	12	CSP-02
4	Chen, William W	12	CSP-02	4	Phillips, Dwayne R	12	CSP-02
5	Beane, Luke T	12	PDWY-02	5	Collins, Brock T	12	RCA-02
6	Brown, Cameron L	12	SAJJ-02	6	Strom, Cameron L	12	SAJJ-02
Heat 3 of 5 Prelims				Heat 3 of 4 Prelims			
1	Soley, JD D	12	BPCK-02	1	Beane, Luke T	12	PDWY-02
2	Rouse, Cameron J	12	CSP-02	2	Lu, Grant	11	METS-02
3	Hall, Graham E	12	CSP-02	3	Wheeler, Nicholas	11	CSP-02
4	Kennedy, Rob J	11	IMMET-02	4	Chu, Ryan Y	11	CSP-02
5	Kells, Shadi	11	CSP-02	5	Johnson, Cooper C	12	HPNT-02
6	Shank, Alexan H	12	PDWY-02	6	Wheeler, Nicholas	11	SEA-02
Heat 4 of 5 Prelims				Heat 4 of 4 Prelims			
1	Corbett, Jacob A	13	CSP-02	1	Corbett, Jacob A	13	CSP-02

Example:

Event #56	#56 Boys 10 & Under 100 Yard IM	EVENT Name
	Ozark Record: 1:04.65 2022 JP Costello	
Lanes #	Heat 1 of 3 Prelims	Heat #1 of 3
Lane	Name	Age Team Seed Time
1	Dolmi, Gianluca	10 CSP-OZ 1:28.74
2	Harrison, Christian J	9 RSCA-OZ 1:26.07
3	Lai, Jason	9 CSP-OZ 1:18.17
4	Stein, Andrew E	10 RSCA-OZ 1:24.14
5	Moore, Joseph G	8 CSP-OZ 1:28.39
	Heat 2 of 3 Prelims	
	1 Barlage, Isaac C	10 SALU-OZ 1:28.74
	2 Eastman, Ashton C	9 METS-OZ 1:25.83
	3 Robic, Parker J	10 CSP-OZ 1:16.86
	4 Saunders, Deon E	9 CSP-OZ 1:20.51
	5 Moon, Alex	10 CSP-OZ 1:28.18
	Heat 3 of 3 Prelims	
	1 Boland, David M	9 CSP-OZ 1:28.70
	2 Fouke, Boardie B	10 CSP-OZ 1:24.15
	3 Voss, Eli G	10 CSP-OZ 1:13.50
	4 Ackenhausen, Logan D	9 CSP-OZ 1:20.20
	5 Eiswirth, Nate A	9 PKWY-OZ 1:26.74

Writing on Arm:

Entering a swim meet can be an exciting yet overwhelming experience, especially for those new to the competitive swimming scene. One crucial aspect of preparation is knowing how to write on a swimmer's arm for a swim meet. This guide aims to provide clear, structured, and valuable information on this topic, ensuring you're well-prepared for the swimmer's next meet.

Firstly, it's important to understand why swimmers write on their arms for meets. This practice helps swimmers keep track of their events, heats, and lanes, which is crucial in a fast-paced and often chaotic environment. It serves as a quick reference guide during warm-ups, races, and cooldowns.

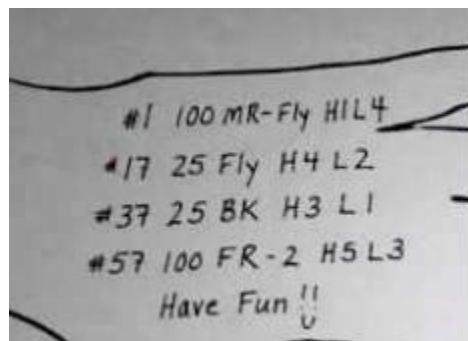
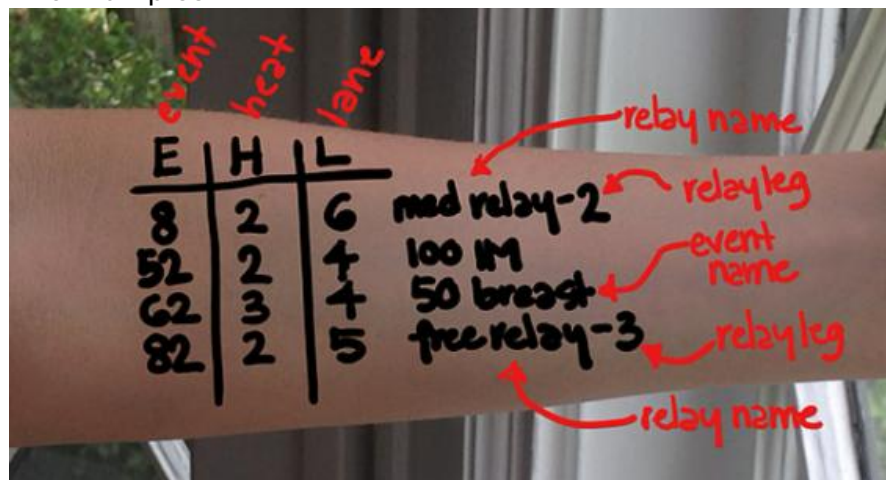
When deciding how to write on a swimmer's arm, choosing the right pen is key. You need a pen that is waterproof and skin-safe. Many swimmers opt for a Sharpie or a similar permanent marker, as these are less likely to smudge or wash off in the water. Make sure to have 2 pens; one for a backup.

The information written on a swimmer's arm typically includes the event number, heat, and lane. Obtain this information from the Heat Sheets. For example, "E3 H2 L4" would mean Event 3, Heat 2, Lane 4. Keeping it concise and clear is important for quick glances between races.

When writing on a swimmer's arm, make sure the skin is dry and free of lotions or oils, as this can affect the pen's staying power. Write in a place on the swimmer's arm that is easily visible but won't rub against his/her swimsuit or skin too much. The inner forearm is a common choice. NOTE: sunscreen will affect ink even permanent marker.

Permanent marker can be removed with alcohol-containing hairspray, hand sanitizer, rubbing alcohol, and sunscreen.

Two Examples:



Bullpen:

Some swim meets have a bullpen for swimmers. This is a place where swimmers report at meets before their event to receive their entry cards and to be arranged into their heat and lane assignments.

Team Apparel:

During the summer swim season, the RCA Booster Club will provide one t-shirt for a swimmer (if the swimmer is registered by a certain date, which will be indicated on the sign up flyer).

Parents need to make sure the correct shirt size for swimmers is entered into their RCA account. To do this:

- Log into RCA account
- Select My Account – Account Info
- Select Members Tab
- Select Swimmer
- Scroll down to Apparel Size

When attending a summer swim meet, swimmers need to wear his/her Summer Swim T-shirt.

Team Caps:

Wearing a RCA swim cap is mandatory during meets. RCA swim caps (non-personalized) can be purchased for \$12.00.

Team Communications:

Please consult the [RCA website](#) for general teamwide communications. The Program Info page shows the coaching staff with contact information and practice times. The Swim Meets page will show SMSC summer swim meets. Go to the Swim Meets page and select “attend/decline” to RSVP to meets.

If information and/or time change, communication will be sent either via email, text, or notification through the SE Motion app.

Pay close attention to registration deadlines. **IF YOU MISS THE DEADLINE, YOUR SWIMMER WILL NOT BE ABLE TO COMPETE IN THE MEET.**

Emails and texts will be sent for communication, so please make sure your accounts are up to date with email addresses and cell phone information. Also, make sure to check spam folders for RCA emails. To update account for email address and cell phone information:

1. Log in to account
2. Select My Account – Account Info
3. On the Account Tab,
 - a. In the Account Information section, add email address
 - b. In the Account Contact Information section, add Mobile/SMS number and Carrier.
4. Select Save

SportsEngine (SE) Motion is a great app that interfaces with the RCA website. It is recommended that you download this app. It is available on both iPhones and Android and it is free.



DISCIPLINE AND BEHAVIORAL CONSEQUENCES

All swimmers are expected during practice to:

- Listen and pay attention to the swim coach.
- Raise hand and ask questions rather than shout.
- Show respect to all teammates at all times.
- Not touch or excessively splash other swimmers.

Our swim practices are a safe space for swimmers to develop and grow. It is important to us that each swimmer has a positive environment to learn, swim, and challenge him/herself without anybody limiting his/her experience and opportunity. RCA does not allow any physical or verbal abuse of any kind toward swimmers, coaches, or staff by other swimmers or parents. We have a firm no-bullying policy.

If a swimmer feels that a teammate is interfering with any of the above items, please have him/her speak with the coach/head coach to contact the parents and speak with them.

Potential Behavioral Consequences:

- 1st time = speak with swimmer
- 2nd time = speak with swimmer AND parent.
- 3rd time = potential removal from team (temporary or permanent) depending on severity.

Consistent removal from practice / distraction / problem = meeting with head coach and possibly asked to leave the team.

GLOSSARY OF SWIMMING TERMS

Ever wonder what your coach means when they say something? Here are all the terms that you may hear while on deck!

- 25, 50, 100, 200, 500 Yard Events- The pool at the Y is 25 yards long. A 25 yard event is one length. A 50 yard event is two lengths. A 100 yard event is four lengths. A 200 yard event is eight lengths. A 500 yard event is 20 lengths.
- Age Groups- Swimmers are grouped according to their ages: 8 and under; 9 and 10 year olds; 11 and 12 year olds; 13 and 14 year olds and 15-18 year olds.
- Course – Designated distance over which the competition is conducted.
- Deck Seeding – Heat and lane assignments are determined for the swimmers at the beginning of each meet session, after scratches are taken out.
- DQ – Disqualification. A swimmer is usually disqualified when s/he performs a stroke, touch or turn incorrectly or when s/he enters the water before the start (false start).
- Dual Confirmation- When two officials must see an infraction. Dual Confirmation is necessary to determine if swimmers in a relay have left before the previous swimmer has touched.
- Dual Meet- A swim meet where two different teams compete.
- False Start – When a swimmer enters the water before a race or moves during the start, s/he may be charged with a false start. This results in disqualification, and the swimmer being unable to compete in the event.
- Freestyle Relay – Four swimmers on each team each swim one fourth of the total prescribed distance all freestyle.
- Head Timer- A timer who is responsible for making sure an accurate time is collected. These duties include collecting times from other timers and counting laps.
- Heat – The group of swimmers who swim a race at the same time. Several heats may be held in a particular event.
- Heat Sheets – Printed listings of all swimmers by event number and entry time. These are also called the Meet program or “Psych Sheets.”
- IM – Individual medley. The event where a swimmer swims butterfly, backstroke, breaststroke, and freestyle, in that order.
- Lap – Two lengths of the pool
- Length – One length of the pool.
- Medley Relay – Four swimmers on each team each swim one fourth of the total prescribed distance in the order: backstroke, breaststroke, butterfly, freestyle.

- Meet Director – The individual in charge of planning and organizing all aspects of a meet. It is under the discretion of the meet director that changes be made to the event schedule, scoring, time line, etc.
- Referee – The AAU official who has the final authority over all other officials at the meet. He makes all final decisions and sees to the efficient running of the meet.
- Runner - An individual whose job it is to transport the event cards or timer sheets from the head timer to the scorer's table.
- Seed times – The times a swimmer uses to enter a meet. These times appear on the heat sheet and the entry cards and determine the swimmers heat and lane assignment in a meet.
- Seeding – The process of assigning swimmers to lanes and heats by time. In general the swimmers with the slower seed times swim in the earlier heats. The order of swimming in the final heats depends on the type of meet.
- Starter- Person who starts each race of the meet. Should be level II certification.
- Straight Seeding – Swimmers are assigned to lanes in heats from slowest to fastest. In a given heat, the fastest swimmers swim in the middle lanes and slower ones in the outer lanes.
- Split – The time a swimmer achieves in one or more laps of his race. Coaches use these times to instruct swimmers in pacing. For example, the time for the first 50 yards in a 100-yard race is the swimmers 50 yard split.
- Starter – The official responsible for starting each heat and calling swimmers to the blocks.
- Stroke and Turn Judge – An official who determines the legality of swimmers strokes, turns and finishes and disqualifies those who do not conform to USA rules depending on the meet.
- Timer- A volunteer who starts a stopwatch when the Colorado System flashes and stops the watch when some part of the swimmer's body touches at the end of the race. There are two or three timers per lane.
- Touch Pad – An electronic pad, which stops the clock when the swimmer touches it at the end of the race. This is usually the official time, although corrections are made if the swimmer misses the pad.