

A photograph of a swimming pool with multiple lanes, viewed from an underwater perspective looking towards the surface. The water is clear blue, and the lane lines are visible as dark blue lines on the pool floor and as ripples on the surface.

Swimming 101

for parents

Welcome to Arizona Swimming!



A little about us...

Arizona Swimming is the governing body of competitive swimming in Arizona. Arizona Swimming is the local swim committee for USA Swimming which is the national governing body of competitive swimming in the United States. Your swim club and your swimmer are members of Arizona Swimming and yes it is USA Swimming that sends athletes to the Olympics!

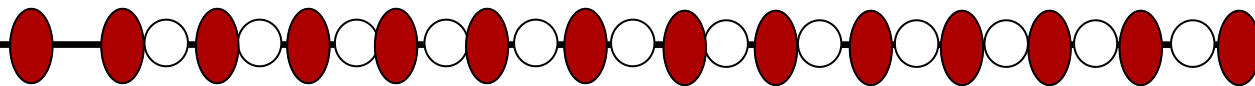
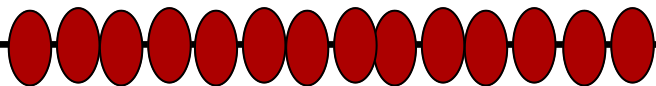
For more information visit our website at www.azswimming.org

Swimming meets are primarily run by volunteers. We would encourage you to contact your swim club and see how you can get involved. You'll love it!

USA Swimming

Mission Statement:

USA Swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Amateur Sports Act. We provide programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport.



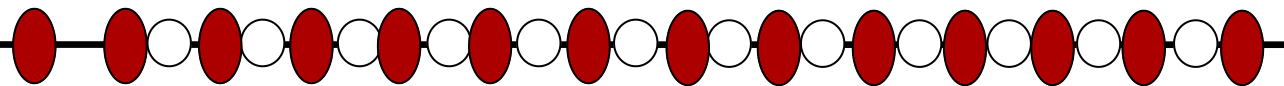
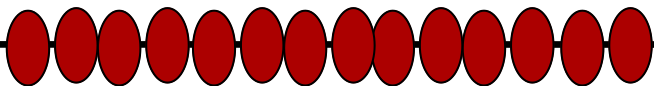
Arizona Swimming

Mission Statement:

Arizona Swimming, Inc. will provide an educational, structured, fair, fun rewarding, and competitive program of swimming for Arizonans of all ages and diverse backgrounds. We will operate under the auspices of United States Swimming, Inc to serve our athletes, non-athletes, coaches, clubs and affiliated organizational members.

Vision Statement:

We will continually strive to excel in providing our member with the opportunity to reach their full potential, whether it be in the pool, on the deck, or in the rest of their lives.



Swimming is...

- ❖ A life-long sport that provides life lessons such as:
 - ❖ Organizational skills
 - ❖ Commitment
 - ❖ Long and short term goal setting
 - ❖ Ownership of actions-consequences
- ❖ Making new friends for athletes and parents
- ❖ Learning the language of swimming



And, You can be involved too!!

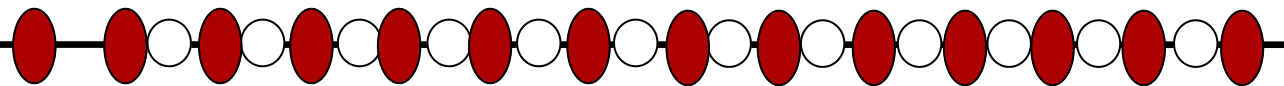
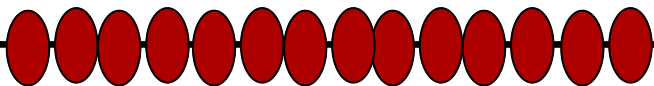
Volunteer Opportunities

Competitive swimming offers various opportunities for parents to become involved with their athletes depending on the club which they are members.

Timers, Chaperones, Officials and Meet Marshals are ALL volunteers.

Interested in becoming a volunteer?

Check with your club about opportunities to become involved



USA Swimming / Arizona Swimming

National Organizational Structure



Membership in USA Swimming

• Membership in USA Swimming is through a Local Swim Committee which for Arizona is:

Arizona Swimming Inc., AZSI

• Types of Membership include:

- Athlete-Seasonal or Year-Round
- Non-Athlete
 - Coach
 - Official
 - Other (i.e. Meet Director, Chaperone, Club Administrator)



Volunteer Responsibilities

Below are examples of some of the ways you can volunteer for your swimming community and the responsibilities involved!

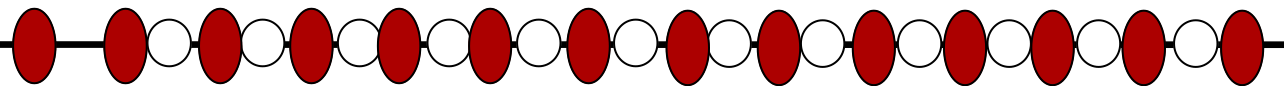
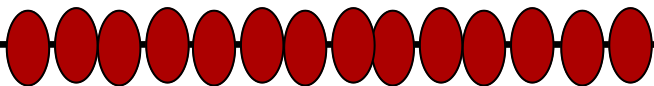
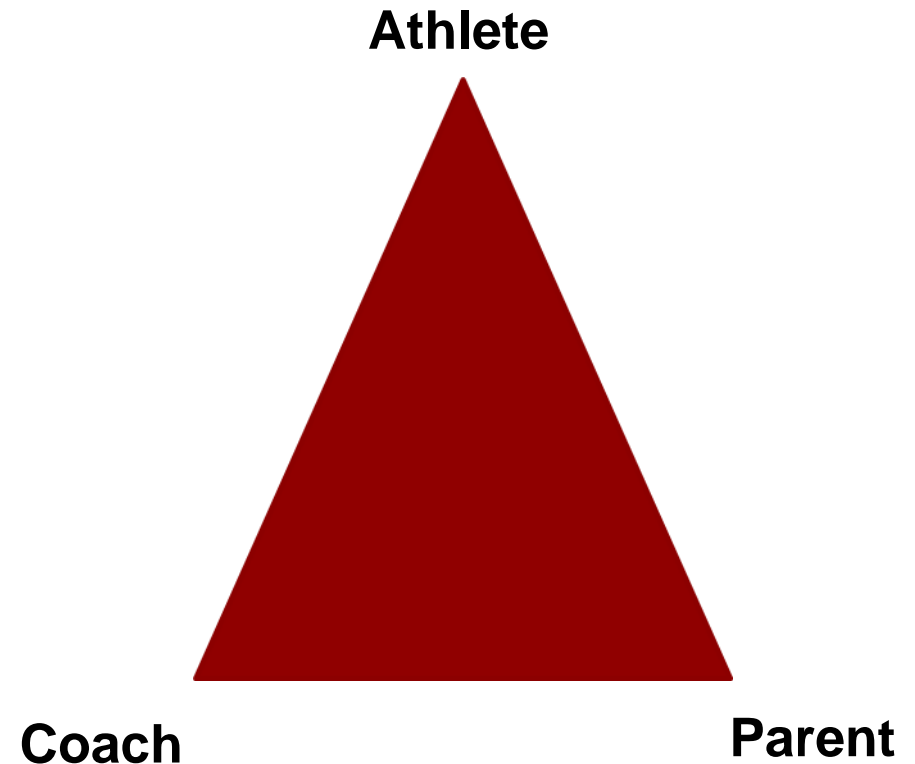
Meet Marshals - A Meet Marshal is a meet official whose responsibility is to enforce warm-up procedures and maintain order in the swimming venue.

Timers - May be the sole responsibility for, or in other cases a backup for, obtaining a time for the swimmer during a meet.

Officials - Through proper training to become a certified Stroke & Turn or Admin, you can become a certified official to help with working meets and over time, add certifications for Starter, Chief Judge, Deck Referee and Meet Referee.



Components of Competitive Swimming



Components of Competitive Swimming

ATHLETE



- Commitment
- Attending practice regularly
- Attentiveness to coaching
- Social - making friends and having fun
- Long term and short term goal setting
- Measuring performance

COACH

- Has a great passion for the sport
- Is professional with coaching philosophy
- Has knowledge of competitive swimming
- Enjoys continuing to learn about swimming
- Understands teaching your athlete



PARENT



- Build a rapport with your athletes coach
- Guide your athlete to deal with success and failure
- Fuel your athlete for good performances
- Encourage level of competition relevant to level of training - talk to the coach

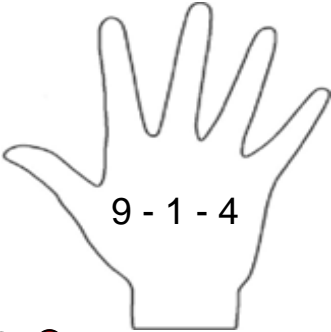
Reading the heat sheet

A Heat sheet may be available close to the start of the meet. These sheets will list the actual heat and lane a swimmer will be competing in.

Below is an example of a heat sheet:

Event 9 Heat 1		Boy's 8 & Under 100 yard Freestyle		
1	Johnson, Brad	7	AZSwim	2:00.00
2	Smith, Bart	8	AZSwim	1:58.99
3	Hamilton, Donnie	6	AZSwim	1:55.19
4	Thompson, Jacob	7	AZSwim	1:46.54
5	Gonzales, Tommy	7	AZSwim	1:52.11
6	Simpson, Henry	8	AZSwim	1:56.56
7	Valdez, Jose	6	AZSwim	1:59.84
8	Campbell, Corey	8	AZSwim	2:01.26
↑	↑	↑	↑	↑
Lane #	Name	Age	Team	Entry Time

Jacob's **E**vent, **H**eat
and **L**ane are
written on his hand to
help him
remember!



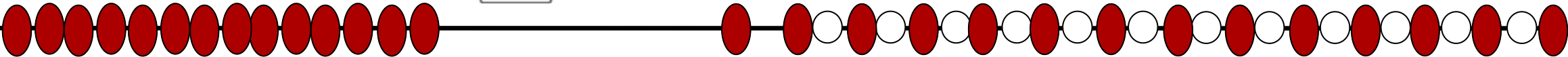
Things to bring to a swim meet...

Your club Coach will inform you what the swimmers are expected to wear and bring to meets



Here are some general ideas of what you may be asked to bring...

- ⇒Water
- ⇒Goggles
- ⇒Team gear (i.e. swim suit, swim cap, t-shirt)
- ⇒Shorts / Pants
- ⇒Sunblock
- ⇒Sandals
- ⇒Shade
- ⇒Chair
- ⇒Towel
- ⇒Healthy snacks





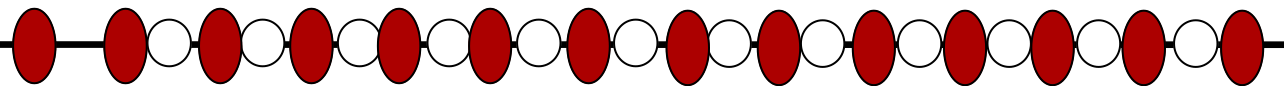
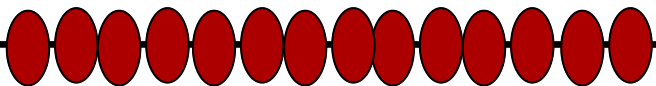
Tips for Parents

Keep it FUN! The more fun your swimmer has, the more success they will see.

2. Don't forget the sunscreen!
3. Don't forget the water!
4. Get involved. Being close to the action is fun!
5. Be on time. Warming up is a very important part of any practice or swim meet.
6. Make sure you bring all the right equipment. Ask your coach!

Meet Guidelines for Parents

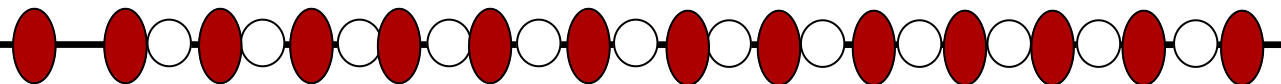
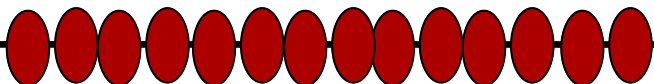
- ✓ Always be quiet for the "start" of the race
- ✓ No flash photography at the start
- ✓ No photos from behind the blocks at any time.
- ✓ Be considerate of the spectator area vs. the athlete competition area. Do not stand behind the blocks.



SAFETY FIRST

Safety Tips:

- ✓ During warm up at the meet always enter the pool feet first!
- ✓ Always stay near the team area when you are not swimming.
- ✓ Make sure to wear sunscreen.
- ✓ Always drink LOTS of water!
- ✓ Never warm up alone!
- ✓ Stay in the shade to keep cool between races.
- ✓ SIT between races, rest those legs!



More Information

USA Swimming

- USA Swimming home page: www.usaswimming.org
- Parents Tab: www.usaswimming.org/parents
- for information on USA/AZ Swimming's commitment to Safe Sport, visit: www.usaswimming.org/swimmers-parents/parents/safe-sport-for-parents

Arizona Swimming

- Arizona Swimming home page: www.azswimming.org
- Parents Tab: www.azswimming.org/parents

For information on **Arizona Swimming clubs**, you can use our online search engine here:
<https://www.azswimming.org/search-for-a-team-coach-or-pool/>

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