

WELCOME to the Macomb YMCA Marlin Swim Team (MYM)!

The purpose of the Macomb Marlin Swim Team is to encourage youths to develop strong minds and bodies, to become self-disciplined and exhibit good sportsmanship and team spirit. Swimming offers the advantage of team and individual accomplishments. The Marlins swim for enjoyment and the improvement of strokes and technique. The team builds character and creates a well-rounded swimmer. As a YMCA team, we do not cut swimmers. YMCA swimming in Michigan consists of approximately 25 to 30 teams in southern Michigan.

The Marlin Swim Team is funded through membership dues, fundraisers and by the profits generated through hosting meets. With these funds the team pays for:

- Coaching Staff
- Pool Rentals
- Awards
- Entry fees in Championship meets (w/exception of Eastern "A" Cluster)
- Miscellaneous

In order to keep team membership fees at a minimum, parent volunteers run the swim team and meets. All parents are encouraged to volunteer at home meets and away meets as needed, so that the Marlins can continue to provide cost effective membership. None of the officials (parents of swimmers who have been certified as officials) receive any compensation for their efforts.

Newsletters are published weekly and sent electronically via the Marlin Yahoo Group (e-mail). The newsletter and other pertinent team information are also posted to the team website. It is the responsibility of each family to read the newsletter each week for the latest information on the team activities. The swim practice calendar is published monthly and is also posted on the website. Although we strive to maintain a regular and predictable practice schedule, school events, bad weather, illnesses, etc. can cause the schedule to change. **Please check your email for any last minute practice cancellations.**

Marlin Swim Team Membership

The Marlins are primarily a YMCA team and we follow the YMCA guidelines in running our program. We are also affiliated with the United States of America Swimming (USA). USA Swimming is actually a larger sanctioning body than the YMCA and is the congressionally mandated agent for selection of the US Olympic Swimming team.

Membership in the Macomb YMCA Marlins requires that all swimmers be a Macomb Family YMCA member, in order to compete in any events as a Marlin. YMCA dues are subject to change at the discretion of the YMCA. Family memberships may also be purchased. YMCA membership is required for the entire swim season and participation in any swim meet is prohibited if membership is not current. In addition to the YMCA membership, Marlin dues must be paid in full or a payment schedule set up at the YMCA at the onset of the season. The dues structure is published at the beginning of the season, subject to changes year to year.

Marlin Swimming

It is recommended that you attend at least 3 practices per week. Coaches should be informed if a swimmer will miss practice for an extended period of time. Please make every attempt to have swimmers at practice on time. Locker room time will be limited to 15 minutes before and after practice. The diving board is off limits during practice, unless the coach permits. Parents please stay and make sure that practice hasn't been cancelled before you leave your child at the pool. If you wish to speak with a coach, please do so before or after practice.

2011-2012 Marlin Dues & Coaching Staff

<u>Marlin Dues</u>		<u>Coaching Staff</u>	
Freshman	\$445.00/season	Brad Voss	Co-Head Coach
Sophomore	\$470.00/season	Karl Klomp	Co-Head Coach
Junior	\$555.00/season	Liz Barrett	Assistant Coach
Senior	\$590.00/season	Katie Harrigan	Assistant Coach
High School Boys	\$360.00/season	Maria Johnston	Assistant Coach
High School Girls	\$405.00/season	Linda Thomson	Assistant Coach
		Laura Leix	Assistant Coach

Membership at the YMCA, in addition to the above stated dues, is also required for the swim season. YMCA Membership is \$18/month for 12 & Under and \$28/month for 13 & Over. Family memberships are also available. All swimmer's dues must be paid or have payment schedule set up with the YMCA before they can enter the pool.

Note: Families with multiple swimmers will receive a 10% discount off the greater amount of the Marlin dues. High School swimmers are not eligible for this discount.

Fund Raising & Volunteer Requirements

The Marlin Marathon

The Macomb YMCA Marlin Swim team conducts a swim marathon, normally on the last Sunday in October. The Marathon is held at the YMCA in Mt. Clemens. The purpose is raising funds for team expenses. Each swimmer is assigned a set number of lengths to swim during a two-hour period, not to exceed 200 lengths. The swimmers are allowed to use kickboards, flippers or any other floatation device they wish while swimming their laps.

The Head Coach assigns the lengths. Each swimmer is asked to obtain sponsors to pledge a sum per length or a flat donation. All pledges/donations are tax deductible, if the check is made payable to the Macomb YMCA Marlins. Each swimmer on the team is **REQUIRED** to swim the Marathon. Make-up dates are announced for anyone with scheduling conflicts with the Marathon. If, for whatever reason, swimmer does not

collect and turn in pledge money, the \$100.00 (or \$150.00) deposit check that you wrote upon registration will be cashed. When pledge money is turned in, your deposit check will be returned to you.

Sponsorship/Advertising

All Marlin families are asked to get sponsors for ads for the Marlin Invitational held in January. Although it is not mandatory, \$50.00 worth of ads per family will help keep your swim dues down. Read more info on the Marlin Invitational below.

Home Dual Meets

Each family is expected to contribute snack items for Home Meet concession sales. There will be an Online Signup available from the Marlins web site prior to each Home Meet. Your donations should be delivered to the designated concession area prior to the start of the meet.

Macomb YMCA Marlin Invitational and/or Championship Meets

In the weeks leading up to the Invitational, there will be a sign-up form for food donations needed at the Marlin Invitational. All parents are required to volunteer to work for one session during the invitational. A separate sign-up form is circulated for this purpose. A meet like this is a huge undertaking for the team. We also need about 15-20 people on Friday night for setup, 24 timers for all sessions and other volunteers for other functional areas.

Volunteer Job Descriptions for Home Meets

Concessions - Used to sell food to parents, guests and swimmers during the meet. We strive to have enough volunteers on hand so that no parent will miss seeing their child swim. Also remember that some of our swimmers think the meet is a feasting event broken up by short stints in the water!

Timing - Operate a stopwatch at the end of a lane for the entire swim meet. This job might involve getting a little damp as swimmers dive in but allows the parent to be right on the pool deck as your swimmer swims!

Scoring - Work with trained officials to record swim times and place order.

Awards - Fill out the information that comes from scoring on the ribbons to be given to the swimmers for placement in each event

Runners - Take the cards from the timers at the end of each event, and the officials record of place order and bring them to the scorers

Marshalling - Work with the Marshalling officials to gather the swimmers for each event and place them in the correct swimming order and lane based on entry times

Swim Sales- Help sell Marlin Pride items, etc. during the meet

Miscellaneous Information

- The Marlin Team Corresponding Secretary publishes the weekly newsletter. Please contact the Secretary if you wish to have items included in the newsletter.
- A team picture is taken during the season--see newsletter for date. Individual and team pictures can be ordered if you desire. Even if you do not wish to purchase a photo, please plan to be present for the team picture.
- Team swimsuit: A date will be announced when and where team suits will be available.
- A Christmas Party will be scheduled just before the Christmas break. At this time the marathon prizes will be distributed.
- Marlin Pride items will be for sale in the fall, so that they can be received in time for Christmas gifts. Included in this sale will be jackets, warm-ups, shirts, etc for the whole family.
- The annual MYM banquet will be scheduled for the April time-frame. At this time all the swimmers are recognized for their hard work throughout the season. Numerous awards are also presented for Most Improved, Marlin Pride, and participation in State and Zone.
- A copy of the team's treasury report can be obtained upon request. You must be the parent or guardian of a registered Marlin swimmer to obtain this report. For more information or to obtain a treasury report, contact the Treasurer from the team's Board of Directors.

Conduct

Conduct is the responsibility of the swimmers and their parents. Any swimmer who is disruptive or creates trouble in the pool area or in the locker room will be dismissed from practice and/or a meet. Please remember that we represent the Marlins swim team and the Macomb Family YMCA

Practice Groupings

The Marlin's practices are divided into four groups. They are Freshman, Sophomore, Junior and Senior. The Freshman group is where we start most of our swimmers. Freshman practice concentrates on the fundamentals of the sport, to include instruction on starts, turns and the like. Sophomore practice is similar to Freshman although generally for swimmers who are a little older or having more experience. Junior practice maintains a heavy emphasis on the stroke instruction along with the introduction of interval and aerobic/anaerobic training. The Senior practice concentrates much more heavily on the training aspect of the sport. We will move swimmers from one practice to another throughout the year based on the swimmer's progress but please do not move a swimmer without consulting a coach. Just a reminder that the fees change due to the amount of pool time associated with each practice group.

Practice Philosophy

The coaching and practice philosophy has the season broken into three stages. They are the endurance phase, the conditioning phase, and the peak phase.

During the endurance phase we have two major objectives: build endurance and work on stroke technique. Endurance is the building block that will set the tone for the season. If endurance is not built up at this point in the season, many of our coaching efforts will be rendered ineffective later in the year. The second objective, stroke technique will be addressed throughout the year but receives its most intense attention during this phase. Our primary goal here is to correct bad technique before it becomes habit and to teach the correct technique from the beginning of the season. Practice during this stage will consist of high yardage repeats and various stroke drills. This stage will run to about the beginning of November and times for the swimmers should show gradual improvement during this stage as the swimmers work themselves into shape.

The second stage is the conditioning phase and is the “meat and potatoes” of the season. During this phase we are working on putting the competitive edge on our swimmers.

We want the swimmer’s bodies to grow accustomed to putting out maximum effort with minimum rest, to be able to reach just a little deeper for more speed. The practices during this phase will be characterized by a high number of medium and short distance repeats with minimum rest. It is not unusual for swimmers to look a little ragged during this time and for their times to plateau. This is because the swimmers will be swimming tired during this phase. This stage of the season will run from November to late January or early February depending on the swimmer.

The last phase of the season is the peak phase. It is during this phase that we attempt to bring our swimmers to a point where they will swim up to their peak potential. We generally try to aim the swimmer at a specific meet both physically and mentally. The targeted meet could be Cluster, State or Zone, again depending on the swimmer. During practice we will begin to concentrate heavily on starts, turns, finishes, and other areas where we can gain a little more time. Practices will be characterized by short distance sprint repeats with increased rest between the repeats. We want to take the swimmer into the targeted meet as rested as they can be without falling out of shape.

This summarizes the general breakdown of our season. It must be remembered that there are many variables that can affect this strategy. Each individual swimmer is unique and will react to the practice in a different manner. Also, sickness and extended absences from practice will affect a swimmer’s performance. If you have any questions concerning the practice philosophy, please feel free to talk to the coaches before or after a practice.

Swim Meets

Below are descriptions of the typical meets that the Marlins compete in.

Marlin Meet

The first meet of the season, dubbed the Marlin meet, is essentially a practice meet where only the Marlins compete. The meet structure is similar to our regular dual meet with the addition of several novice events for our first year swimmers only. This meet gives new swimmers and parents a dry run so that they understand how a meet is run. All swimmers are expected to participate. The swimming events are selected by the swimmer and/or parent.

Dual Meets

A dual swim meet is one in which two teams compete against each other. Each team is allowed to score three swimmers or relay teams per event. Individual events are scored 9-4-3-2-1 for first through fifth place and 11-4-2 for first through third in relay events. In addition to the one heat per event that is scored, we often swim exhibition heats to allow more swimmers to participate. Exhibition times are recorded and do count for Qualifying times although not for points at the meet.

See Marlin Calendar for dates and locations of all dual meets. Swimmers need to sign-up in advance to participate in a dual meet. Coaches pick the events for the Marlins and they are posted on the wall at the meet. Please have the swimmer and/or parent check-in at home dual meets at the marshalling area prior to warm-up. Dual meets give the coaches opportunity to see how swimmers perform in various strokes and distances. The coaches also will pick the relay teams and change them throughout the season in order to achieve the best overall team times for the Championship meets. If a swimmer signed up for the meet but can not attend due to illness, please let a coach know ASAP or another family that you know will be attending the meet so the Coach can adjust the line-up.

Dual meets are either “**HOME**” or “**AWAY**”. When the dual meet is at “**HOME**”, the Marlin parents run the meet, from timing to marshalling, scoring, concessions, etc. Parents are needed to volunteer at these meets to help with all of these jobs, see Volunteer Job Descriptions

Invitational Meets

YMCA Invitational meets are where a number of swimmers and teams compete against each other. An invitational swim meet may last one to three days. All swimmers entering an event swim in groups (heats), which are organized according to the entry times for each swimmer. Swimmers with similar entry times swim together. Entry times are determined by the swimmer’s fastest time in that event at the time the entry is sent in. Entries are usually due several weeks in advance of the meet. If the swimmer has not swum the event, the coaches will estimate the time if possible. Individual meets are usually broken into session where specific age groups swim. For example, the 8 &

Unders and 9 & 10's might swim in the morning session and all other age groups swim in the afternoon. There is a fee for each event the swimmer competes in, set by the host team. Parents must pay these fees when they sign up for the meet. These meets are voluntary and usually suitable to all swimmers, unless otherwise noted on the Marlin Calendar, see Calendar for scheduled participation. See MYM Invitational & Championship Meets descriptions for more detail.

The Macomb YMCA Marlin (MYM) Invitational is the annual invitational sponsored by our swim team and is run by the same format described above. Since we host this meet, we expect **ALL** swimmers to swim in this meet. Entry fees for our swimmers are waived for this meet. Each year the meet is scheduled for Saturday and Sunday of the weekend of Martin Luther King Day. The coaches pick the events for the swimmers and will enter everyone unless notified by the published cut-off date that the swimmer is unable to attend.

The MYM Invitational is a two-day meet for everyone (including parents!) with each swimmer allowed to swim a maximum of three individual events and one relay each day. All swimmers will be entered in the maximum number of events with the possible exception of our first year swimmers who have not mastered all of the strokes. All swimmers will swim in at least one of the two relay events. This meet is organized with the 11 & 12's, 13 & 14's and the 15 – 18's swimming in the morning and the 8 & unders and 9 & 10's swimming in the afternoon. This swim meet is run using all eight lanes of the pool in order to run the meet as efficiently as possible.

The key to the success of this meet is everyone's involvement, parent and swimmers alike. This meet is also a key to the team's financial state and allows us to hold down the cost of participation on the swim team. We need everyone to pitch in and volunteer to work at least one session (4 hours) during the meet. Sign-up sheets for food donations and job assignments will be available early in the swim season. Coaches will hand out event sheets about a week before the meet so that each swimmer knows what events they will be swimming.

USA Meets

USA Invitational meets are very similar to the YMCA Invitational with the exception that meets are organized by swimmer ability in addition to age groups. The age groups usually used in Michigan are 8 & under, 10 & under, 11-12, 13-14 and 15-18. Other groupings sometimes used in Michigan USA meets are "mini meets" in which swimmers compete in single-year age groups. Some meets offer "own-age meets" in which swimmers compete in single-year age groups. Some meets offer "open" events for swimmers of any age whom have achieved the relevant time standard. Open events usually are offered to accommodate the needs of high school and post-high-school swimmers.

Michigan Swimming encourages variety in meet formats. Therefore the meet schedule includes some multi-level meets as well as some meets with unique time standards. The meets will be classified as for A and/or B and/or C swimmers where minimum times must be met in order to swim in a B or A meet. Multi-level meets offer events at more than one level. For example, a B-C meet offers both B and C level events,

accommodating swimmers who have B times in some events and C times in other events. Entry fees must be paid when you sign up for the meet. Please note that at an USA Invitational, positive check-in prior to warm-up is required!

The Marlin Calendar will include a number of optional USA Invitational meets. Several of these meets will be targeted for the team to participate in based on age and experience. This has been done in order to give swimmers (and Parents) the option to participate in several local meets instead of YMCA Invitational, which are further away. Coaches from the Marlin team will be present at the meets listed on the Calendar provided more than 10 swimmers elect to participate.

From September through March, USA Swimming is the 25-yard, short course season. From May through July, USA Swimming is 50 meter, long course season. After each short and long course seasons, there are championships meets-State, Sectional, and Zone. There are time standards for each of the championship meets. These meets are not on the Calendar.

Michigan Swimming web site is: www.uss-michigan.com. Please see the USA Manager for any questions.

Championship Meets

The championship meets described below are run similar to an invitational in format. Some of these meets have pre-set qualifying times, see Qualifying Times. The entries for these meets are mailed 2 to 3 weeks in advance of the meet. **All swimmers are expected to swim in these meets and the team covers the entry fees, with the exception of A-Cluster.** Penalties may be assessed if a swimmer or parent has not notified the Head Coach of non-participation, prior to the entry submission date (cut-off date) published (2 to 3 weeks prior). Championship meets have minimum requirements for participation such as the swimmer must have competed in a certain number of either YMCA or USA meets, to be eligible to swim.

Reminder- Please do not leave any meet early without confirming that your swimmer is not needed for a relay event.

Eastern "A" Cluster

This is the first team championship meet of the swim season. All of the Eastern Michigan YMCA teams participate in this meet, about 18 in total. Scores are kept and team trophies are awarded at the conclusion of the meet. A/Eastern Cluster is a two-day meet but is structured so that each swimmer swims on one of the two days only. How the sessions are set-up we do not know yet but look to the Marlin newsletter for more details. Each swimmer is allowed to swim in a maximum of three individual events and up to two relays. Coaches pick the events for the swimmer based on their performance throughout the year. **All swimmers are expected to participate in this meet.** See Marlin Calendar for dates and location.

8 & Under State

This is the State championship meet for our 8 & Unders. Though we call it a Championship meet, this meet is structured to let our younger swimmers have fun. In this meet, for some of the events, 5 years old swim against 5 year olds, 6 year olds versus 6 year olds, etc. There are no qualifying times for this meet and we want all of our 8 & Unders to participate. All of the YMCA teams in the State come to this meet. This meet is a one-day meet with girls swimming in the morning and boys in the afternoon. Like all championship meets the coaches will select the events for your swimmer and the team pays for entry fees. Please note the dates for entry to this meet on the Marlin Calendar and notify the coaches if your swimmer will not be participating by the cut-off date, so that we do not lose the money for entry fees. Please see Marlin Calendar for location of meet. This meet is the last of the season for our 8 & Unders, although they may continue to practice up until the B Cluster meet.

State Meet

This meet is the YMCA State of Michigan Championships. To swim in this meet, a swimmer must meet or surpass pre-set qualifying times, see Qualifying Times. There is no 8 & Under age group at this meet, just a 10 & Under age group. This does not mean that 8 & Unders cannot swim, but they will have to meet the qualifying time for the 10 & Under age group. Again each swimmer can swim a maximum of three individual events and two relays. Some swimmers may not meet the qualifying time for an event but will be picked by the coach to participate on a relay team. The coaching staff selects the make-up of the relay teams. This meet is also a two-day meet, with individual swimmers swimming one day only. Entries are submitted by the coaches and fees paid for by the team. Date and location of the meet can be found in the Marlin Calendar.

Eastern "B" Cluster

This swim meet is for all 9 and Over swimmers who did not participate in the State meets. It is for swimmers who have not met the State qualifying times. Swimmers are allowed to swim in a maximum of two individual and two relays at this meet. The coaches will enter all swimmers who fit the meet criteria, and the team pays for event fees. Swimmers who swim at the State meet in only relays, but have not met the qualifying times in individual events can swim in this meet and are automatically entered. Date and location of the meet can be found in the Marlin Calendar. This is a fun meet for our swimmers and we always do very well at it! Again please notify a coach by the cut-off date if your child will not participate.

Zone

This is the Great Lakes Zone Championship. Our Zone includes all YMCA teams from Michigan, Ohio, West Virginia and Indiana. Again there are pre-set qualifying times that must be met to participate. Each swimmer may swim a total of 3 events a day and a relay. This is a three-day meet with the older swimmers swimming Friday night and Saturday and Sunday mornings and the 10 & Unders and 11 & 12's swimming Saturday and Sunday afternoons. See Marlin Calendar for dates and location.

Nationals

The YMCA Nationals are held at the International Hall of Fame pool in Ft. Lauderdale, Florida. Swimmers must be at least 12 years old to swim in this meet and there are no age groupings. All swimmers who qualify compete together. This is a four-day meet.

The team will provide Marlin Uniforms, voted by the Board, to all members of the National Team, if funds are available.

All financial assistance will be voted on by the Board, if funds are available. A swimmer must be a participating Marlin for a minimum of two consecutive years immediately prior to qualification for Nationals before any financial assistance will be considered.

Age Grouping

All meets are structured so that boys swim against boys and girls against girls at the age groups specified by the meet. Normal age grouping is 8 & Unders, 9 & 10, 11 & 12, 13 & 14, and 15 –18. At some meets there will be a 13-18 age group, combining the 13 & 14's with the 15-18 year olds.

In YMCA swimming, age groups are determined by the swimmers age as of December 1st. Swimmers swim the entire season in the same age group.

In USA swimming, age groups are determined by the swimmers age the day of the meet. In other words the day you turn 9, 11, 13 or 15 is the day you change age groups, even if it is during the season.

Glossary

Anchor - the swimmer to swim the last leg of a relay.

Backstroke Flags - a line of flags stretched across the pool, 15 feet from either end of the pool, to help the backstroker know when they are approaching the wall.

Backstroke Start - a starting position assumed by the swimmer in the water with feet on the wall and their hands at the bottom of the starting block or on the gutter.

Blocks (Starting Blocks) - Platforms at the end of the pool from which the swimmers start their event

Check-In - a swimmer or parent must validate their presence at a meet prior to and/or during warm-up in order to not be withdrawn from the scheduled events, check-in is mandatory for USA meets, required at Dual meets and maybe required by host team of YMCA Invitationals. Check-in is often located at marshalling or on-deck at a specific table.

Disqualification (DQ) - a swimmer is disqualified as a result of a violation of the rules governing strokes, starts, turns, etc. A disqualified swimmers' time is not counted for place or points. Examples are:

- One handed touch at the wall in Breaststroke or Butterfly
- Rolling onto the stomach during any part of the Backstroke other than turn
- False start or starting before the gun sounds in an individual event
- Leaving the blocks or wall in a relay before the prior swimmer touches the wall
- Performing a flutter kick during the Butterfly
- Performing a scissor kick during the Breaststroke
- Pulling hands down past the breast line in the Breaststroke except at start
- Taking more than one underwater stroke at the start or after the turn in Breaststroke
- Head not breaking the waterline with each stroke during the Breaststroke

Dual Meet - a swim meet between two teams which depending on the number of competitors will last about 4 hours, not including warm-up time

Electronic Timing - the electronic timing device in newer pools consisting of an electronic start and finish times are recorded based on touch pads located at the end of each lane.

Emergency Telephone Chain - Marlin team process to use a phone chain to notify all swimmers/parents of a last minute change in practice schedule.

Entry Fee - a fee charged, at meets other than dual meets, for every event a swimmer swims. These fees are set by and sent to the host teams with the entries several weeks in advance of the meet and are not refundable. Entry fees help the host team pay for awards and other expenses such as pool rental, etc.

Event - the stroke and distance to be swam, such as 100 Freestyle.

Exhibition - an exhibition swimmer is one who competes in an event where their time is recorded but whose finish position is not scored for points, common in dual meets. Exhibition times do count as qualifying times toward meets such as State and Zone.

False Start - a disqualification at the start where a swimmer enters the water or leaves their mark before the starting sound.

Flip Turn - a somersault turn, the fastest turn used in the front crawl stroke.

Freestyle - usually refers to the front crawl but a swimmer may swim any stroke during this event

Freestyle Relay - an event in which 4 swimmers on a relay team each swim freestyle for one-fourth of the event distance.

Head Scorer - the official responsible for tabulating and recording the order of finish of events and team and individual scores of the meet.

Head Timer - the official in charge of all times.

Heat - a subdivision of swimmers that compete at the same time, with a minimum of three swimmers unless there are less than 3 swimmers in the event.

Individual Medley (IM) - a race in which a swimmer swims an equal distance of each of the four competitive strokes in the following order: butterfly, backstroke, breaststroke, and freestyle.

Invitational - a meet sponsored by a team in which three or more teams are invited to participate.

Lane Lines - the dark lines at the bottom of the pool that mark the center of each lane and end five feet from the wall. These lines help swimmers swim straight and warn them when they are close to the end of the pool.

Lane Markers – floats that run the length of the pool to mark the boundaries of each lane. Also used to calm the water. The floats are also color coded so that the swimmer can see when they are approaching the end of the pool

Lap - two lengths of the pool.

Marshaling - arranging swimmers, prior to their event, in the order (heat and lane) in which they are to swim.

Marshaling Area - the area where the swimmers assemble before their event and are assigned heat and lane numbers. Swimmers do not leave the marshaling area until they are called to the blocks to swim their event. Swimmers should watch the posted marshaling numbers and report to marshaling when their event is posted.

Marshaling Official - the official to whom the swimmer reports to for heat and lane assignment.

Medley Relay - a relay event with four swimmers, each swimming a different stroke of the four competitive strokes. The order of the strokes is: backstroke, breaststroke, butterfly and freestyle.

Official - one of the many people needed to carry on the operation of a swim meet. Officials must attend a clinic and pass a test of their knowledge of competitive swimming.

Open Turn - a turn in which the swimmers head is kept above the surface of the water allowing a breath to be taken during the turn. This turn is most often used in the breaststroke and butterfly

Qualifying Time - a standard set by the meet director for each event. A swimmer must have equaled or bettered that time in a sanctioned event or with an official split time to be qualified to swim.

Record - fastest recorded time in a particular event.

Runner - a helper who takes the official results from the timers and judges to the scorers' table.

Scorer - an individual who records the official times clocked for the swimmer.

Seed Time - the time entered for a swimmer in an event, either an actual time from a previous meet or an estimated time provided by the coach.

Splits - time clocked for an equal division of an event. The only split times considered for qualifying times are the lead-off swimmers in a relay, as they are the only swimmer to start from a gun.

Start - gunfire or electronic beep to signal the beginning of the race.

Starter - an official who has control of the start of each race and determines false starts.

Stopwatch - a watch that is used to time a swim race. Hand held electronic timers are usually used. They give times to 1/100 of a second and splits for a race or relay.

Swim Season - September through March.

Time - the time from start to finish that a swimmer takes to swim a set distance. It is an objective way to record improvement.

Time Trials - a special event held after a meet that allows a swimmer to try to qualify for a Championship meet, a fee is usually charged per time trial event.

Timers - the individuals who stands at the end of a lane and operate the stopwatches and the back-up button for the electronic timing system if it exists. There are usually three timers for each lane and each time is recorded manually on heat cards.

Warm-up - the hour or so before the start of a meet when the pool is open to swimmers. It is a time for the swimmers to accustom themselves to the pool, to practice turns, starts and work with their coaches. It is not advisable to miss the warm-up. At meets where positive check-in is required, the swimmer will be scratched from their events if not present by a certain time--often during warm-up.

ALL TIME MACOMB Y MARLIN NATIONAL TEAM MEMBERS

1986

Karl Klomp

1992

Kerry Desh, Marta Kwiatek, Jacy Leonard, Jamie Taylor, Mark Leonard

1993

Sarah Conger, Eva Kwiatek, Marta Kwiatek, Jacy Leonard, Mark Leonard

1994

Sarah Conger, Eva Kwiatek, Marta Kwiatek, Jacy Leonard, Annie Rancilio,
David Biondi, Mark Leonard, Patrick Long, Tom Rokita

1995

Jacy Leonard, Sarah Conger, Eva Kwiatek, Marta Kwiatek, Jamie Taylor,
David Biondi, Jeff Flaga, Michael Kowalski, Mark Leonard, Patrick Long

1996

Jacy Leonard, Sarah Conger, Heather Maul, Kim Salsbery, Audra Zackay, Erica
Oparka, Patrick Long, Michael Kowalski, Anthony Grice, Nick Holiday, Nick Zackay

1997

Jacy Leonard, Sarah Conger, Heather Maul, Eva Kwiatek, Erica Oparka,
Michael Kowalski, John Bechill, Nick Holiday, Chris Long, Nick Zackay

1998

Sarah Conger, Erica Oparka, Kim Salsbery, Julie Hasshaw

1999

Chris Long

2003

Craig Jackowiak, Daniel Kurily, Derek Johnston, David Lessard, Jonathon Lessard

2004

Craig Jackowiak, Daniel Kurily, Derek Johnston, Jonathon Lessard, Sebastian Rzepa,
Justin Shields, Marie Stuve

2005

Brook White, Sebastian Rzepa, Marie Stuve

2007

Pat Alfes, Mack Biggert, Ben Dueweke, Craig Fleming, Michael Moore, Aaron Shields,
Matt Victor

2008

Mack Biggert, Nichole Contesti, Kevin Engelman, Alyssa Kulczycki, Hannah Pugh,
Marah Pugh, Brooke Will

2009

Mack Biggert, Nichole Contesti, Nicole Hranchook, Alyssa Kulczycki, Hannah Pugh,
Marah Pugh, Aaron Shields, Heather Thomson, Brooke Will, Nick Victor, Jeff Voss

2010

Mack Biggert, Nichole Contesti, Nicole Hranchook, Shaina Kulczycki, Hannah Pugh,
Marah Pugh, Aaron Shields, Brooke Will, Nick Victor, Jeff Voss

2011

Mack Biggert, Nichole Contesti, Nicole Hranchook, Shaina Kulczycki, Michael Martin,
Hannah Pugh, Marah Pugh, Nick Victor, Jeff Voss, Sierra Wilson