

Briefing to the Swimmers

At the practice meet, provide what the swimmer' needs to know.

What you really need to know

- **False Start is a False start in High School Swim** – No second chances like summer swim.
- **No Reseeds** – Swimmers must be in their lane at the quick whistles and ready to step up at the long whistle.
- **Jewelry**
 - Is allowed, however wearing an electronic device is DQ and removal from the rest of the meet -- obviously a very severe penalty.
- **Tape** - Kinesio tape is not allowed and tape of any other kind must accompanied by a Doctor's note and approved by the referee **BEFORE** the meet.
- **Energy Drinks** - In 2010, the VHSL Executive Committee passed on energy drink policy which is in the effect immediately for all VHSL member schools. PWCS supports this policy and will follow the same policy. Recommendation that athletes do not consume energy drinks during participation in any interscholastic activities.
- **Swim Attire**
 - Caps - Only High School - Double Caps ensure your swimmer has the cap turned inside out if a swim cap from a club, summer or college is viewable on a swimmer in the water it is a DQ for sportsmanship. (Only exception is the United States Flag)
 - Tie back suits are considered illegal equipment given the use of a fastening system
 - Attire From Other Teams You Cannot Wear (Swim Bags Are Okay)

What you need to know at the MEET

- Officials and what are those Officials looking for? What are the expectations?
- Approaching The Block ~ Being Ready To Swim
 - Be ready at the whistles.
 - The quick chirps mean prepare to step up to the platform or swim block
 - The long whistle means to step up to the platform, swim block and/or enter the pool for back stroke. If a swimmer is not on the block it is consider a delay in the meet and the swimmer will be disqualified
- No Dive Over Starts – Dive over starts are not allowed in High School swim
- Starting Blocks and Adjustments must be made before stepping onto the block
- False Starts are False Starts no do-overs – False starts are dual confirmed by the Referee & Starter.
- **Rule Differences:** What is the difference between high school swimming and summer swim?
 - **Breaststroke:** No initiation of the hands before the first downward butterfly kick is needed, before the first breaststroke kick.
 - **Butterfly:** Arms must be simultaneous and on the **same horizontal plane**.
 - **Butterfly & Breaststroke:** Hands at the turns and finish **CAN OVERLAP** one on top of the other
 - **Backstroke:**
 - When swimmer reaches the flags they can **turn over and kick into the wall**.

- Can **skull backwards** into the wall on their back.
 - **Individual Medley and Medley Relay:** The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast ***before any stroke, kick or propulsive motion.*** *Key word ***propulsive*** ~
- Relay events:
 - The leadoff swimmer, once called to the platform, may not change his/her swimming order in the relay event with any other teammate
 - Swimmers are to exit the pool immediately after completing their swim;
 - Swimmers are not to re-enter the pool after their team completes the event.
- Entering pool between and during competition; e.g., only with Referee's acknowledgment
- **500 Boards** - flip when the swimmer is ***AT THE START END.***
- Cheering swimmers on during meet~ definitely, just ensure the officials can observe swimmers.
- At the end of the swim - REMEMBER TO THANK your Timer

- ***WHAT HAPPENS IF YOU GET DQ's*** - we encourage you to talk to your coach and your coach will talk to the meet referee. The officials cannot be directly approached and it is not because we don't want to respond it is just part of the official code of conduct not to discuss. ***Remember the Officials have the mantra of Benefit of the doubt always goes to the swimmer!***