



GLOSSARY OF TERMS

- **Age Group:** Swimmers are referred to as age group swimmers before the ages of 14 (girls) and 15 (boys).
- **Anchor:** The final leg in a relay. The final swimmer in a relay is regarded as the anchor.
- **ASA:** The Amateur Swimming Association is the English national governing body for swimming, diving, water polo, open water and synchronised swimming. It organises competition throughout England, establishes the laws of the sport and operates comprehensive certification and education programmes for teachers, coaches and officials as well as its Learn To Swim Awards scheme. The ASA supports 1,600 affiliated swimming clubs through a National/Regional/County structure.
- **AT: Anaerobic Threshold.** A training intensity that pushes the swimmer to the highest pace they can hold without suffering from increased lactic acid production.
- **Attendance:** The amount a swimmer turns up to training. It is directly proportional to how successful a swimmer they will be!
- **Bi Lateral Breathing:** The process of breathing to both sides in front-crawl (every 3 strokes). This is regarded as best practice during training.
- **Blocks:** The starting blocks from which front-crawl, backstroke and breast-stroke races begin.
- **British Swimming:** The operational name of the ASA.
- **Call Room:** The area which a swimmer must go before a major final. There is usually a strict deadline on the time before the race which the swimmer must be in the room.
- **Carbohydrates:** The main source of food energy in swimming
- **Catch:** The point at which the propulsive phase of a stroke begins. This is when a swimmer will feel most resistance during their stroke. A strong, well developed catch is an essential technique for a competitive swimmer.
- **Cool Down:** Used by the swimmer to rid the body of excess lactic acid generated during a race. Essential to avoid injury and ensure peak performance for following events.
- **Dehydration:** The term commonly used to describe a swimmer who has not consumed enough water during training / competition. If a swimmer feels thirsty, it is an indication that they are approximately 2% dehydrated. At 2% dehydration a swimmers resting heart rate can be up to 10 Beats per minute higher than normal. This uses extra energy.

- **DQ: Disqualified.** A swimmer can be disqualified for a numerous reasons. The reason for disqualification will sometimes be published on the meet results.
- **Drag Shorts:** Swimming shorts designed to increase the amount of resistance a swimmer receives while swimming. Highly recommended for training and warm up/swim downs during competitions.
- **Even Pace:** A race strategy in which a swimmer covers the second half of the race at the same pace as the first half.
- **Event:** A race or stroke over a set distance eg. 100 frontcrawl or 200 breastroke.
- **False Start:** When a swimmer leaves/moves on the bloke before the starting signal has been sounded.
- **False Start Rope:** A length of rope stretched over the width of the pool. Used for stopping swimmers who are unaware of a false start. Usually place 15 meters from the start end of the pool.
- **Fartlek Training:** "Speed play" Fast-Slow-Fast-Slow.
- **FINA:** Federation Internationale de National de Amateur. The international Rules making and governing body of competitive swimming, diving, water polo and synchronized swimming.
- **Flags:** Placed 5 meters from either end of the pool. Commonly referred to as backstroke flags, their most common use is to assist backstrokers during turns and finishes.
- **Flyer:** In relays, when a swimmer performs a takeover before the incoming swimmer has touched the wall
- **Goals:** What a swimmer is trying to achieve during the hours of training they put into the pool. A swimmer should have Short, Medium and Long Term goals. If in doubt about your goals, talk to your coach!
- **HDW:** Heat declared winner. Used when no finals are to be swum, the fastest time during the heats will be deemed the winner.
- **Heats:** The first stage of a competition.
- **Hypoxic training:** A form of training that utilises minimal oxygen use. The aim is to train the body to work more efficiently with less oxygen, which is very useful during races.
- **IM: Individual medley.** All four strokes in the following order; Butterfly, Backstoke, Breastroke, Frontcrawl. IM's are raced over 100,200 or 400 meters.
- **Interval training:** Work-Rest-Work-Rest
- **Lactic Acid:** The by product of training at intensities above the point at which the body can get sufficient oxygen to the muscle. Lactic acid lowers the pH within the muscle, which in turn reduces the effectiveness of enzymes within the muscles, and therefore stops them working efficiently.
- **Log Book:** A method for swimmers to record all of the training they do, plus competition results and individual goals. Electronic log books are best, as they can be emailed between coach and swimmer on a regular basis.
- **Long Course:** Competitions held in a 50 meter pool

- **LT: Lactate tolerance.** A type of training that is focused around improving a swimmers ability to deal with increased lactic acid in the muscles. Very high intensity and can be very uncomfortable. Swimmers often suffer nausea during these sets. Only recommended for swimmers who have reached puberty.
- **Marshalling Area:** The area where swimmers report to the Race Marshalls prior to their heat and await the direction to go to the blocks.
- **Negative split:** A race strategy in which a swimmer covers the second half of the race faster than the first half.
- **NQT:** National qualifying time for the British nationals.
- **PB: Personal best.** The best time a swimmer has ever done.
- **Puberty:** A key time in a swimmers development. When a swimmer reaches puberty, they begin to produce lactic acid, have growth spurts, and sometimes mood swings in the pool! On the plus side, they become much stronger and have much greater motor control of their limbs. Performances can vary considerably during this period of a swimmers development. A good coach expects this to happen, and the swimmer should not become disheartened.
- **QT:** Qualifying time
- **Regional:** Refers to Yorkshire region.
- **RQT:** Regional qualifying time
- **Scratch:** To withdraw from an event after having declared an intention to participate. This practice, unless for good reason e.g. medical that may have to be confirmed by providing evidence, should be avoided; it does not reflect well on either the swimmer or the Club and may result in a fine!.
- **Short Course:** Competitions held in a 25m pool.
- **Split:** A swimmer's intermediate time in a race. Splits are registered every 25, 50 or 100 metres depending on the event distance and are used to determine if a swimmer is on target pace.
- **Stretching:** The process of gradually increase the length of muscle fibres. This increases the range of motion around a joint. This can in turn reduce the probability of injury, and increase in performance. It is ESSENTIAL that a swimmer has warm up before stretching.
- **Swim Off:** In a Heat/Semi finals/Finals type competition, a race after the scheduled event to break a tie.
- **Takeover:** The point in which one swimmer replaces another swimmer in a relay
- **Taper:** The process of resting a swimmer at the end of a training cycle before an important meet. Resting involves a reduction in training milage and intensity, but NOT a reduction in sessions (unless indicated by the head coach).
- **Touch Pad:** The removable pad (on the end of pools) that is connected to an automatic timing system.
- **Warm-up:** The process of physically and mentally preparing to swim, either in training or competition. Warm ups should be swam at a slow pace with an emphasis on technique. They are essential to avoid injury.

- **Youth:** Swimmers aged between 14 and 18 (girls) and 15 and 18 (boys). After 18 a swimmer is regarded as a Senior.

Thank you for taking the time to read this.

BOBSC Committee