



APOLLO

SWIM & DIVE



Here you will find information about the various events, apps, meets, and terms that we use and organize during our swim season. Please email Alexandra.badger@isd742.org if you have any additional questions.

MEETS

- **DUAL MEET:** A swim meet where 2 teams are competing directly against one another. JV and varsity swimmers both score points for their team. Points are allotted by the place an athlete gets at the end of a race. Dual meets are usually held on Tuesday and Thursday evenings from 6:00-8:30.
- **ELK RIVER INVITATIONAL:** This meet is unique because only 7th, 8th, and 9th grade boys may participate. This is a great opportunity for newer and younger swimmers to compete against their peers without older (and potentially more experienced) athletes. This meet is usually held in early February but please check the team calendar for details.
- **INVITATIONAL MEETS:** A swim meet where multiple teams are invited to participate and swim against each other. The Apollo Boys' Swim & Dive usually does 2 invitational meets during the season: The Elk River Invitational and the Maroon and Gold Meet.
- **TRUE TEAM:** This is a championship meet where our entire team will compete against other teams in our section. This meet is unique because rather than receiving awards for individual swimmers, only team's receive awards for overall points. All swimmers who compete will score points for their team, regardless of place.
- **CONFERENCE LAKE CHAMPIONSHIP (CLC):** This is a championship meet near the end of the season where teams in the Central Lakes Conference compete against each other. All athletes participate in this meet. Please check our team calendar for details about dates and times.
- **SECTIONS:** This is a championship meet where teams in our section (this is a different group of teams than those in our conference) compete against each other. This is also a qualification meet to compete in the Minnesota State Meet. Anyone who makes a qualifying time may compete in the event they qualified for. Section qualifying times are listed on the website on the swim corner page.
- **STATE CHAMPIONSHIP:** This is a championship meet where the top swimmers in the state compete against each other. To qualify for the state meet, swimmers must place 1st, 2nd, or 3rd in the finals heat at Sections or swim a state qualifying time. Divers must place in the top 4 positions.

TEAM EVENTS & FUNCTIONS

- **BANQUET:** This is a celebration at the end of the year where coaches can highlight the team's success. The Apollo Swim Coaches will give out awards for MVP, Most Improved, Rookie of the Year, Diver of the Year, and Team Spirit. Captains also usually present awards to highlight athletes' achievements.

- **PARENT NIGHT:** Parent night is a night where the team takes time to specifically thank and recognize parents for their support and hard work. We do this during the potluck at the conclusion of the last home meet.
- **SENIOR NIGHT:** This is a special ceremony where seniors are highlighted during the final home meet. Generally, seniors are announced along with various highlights of their swim and school career.
- **POTLUCKS:** A dinner where the parents of athletes bring dishes to share. We usually have potlucks after each home meet.
- **PASTA FEEDS:** These are special potlucks that the parents organize before important meets. Generally, there will be at least 2 pasta feeds: one before CLC and one before Sections. These dinners are usually held after swim practice 1-2 days before the swim meet in question. This is a fun event designed to fuel athletes before big meets and get them excited about competing.
- **SWIM-A-THON:** A swim-a-thon is a fundraiser where swimmers ask friends, teachers, neighbors, and other members of their community to sponsor them to swim a certain number of laps. Each \$1 that a swimmer receives from a sponsor equals 1 length of the pool they must swim. For example, if a teacher donates \$5, a parent donates \$3, and a neighbor donates \$4 to a swimmer, that swimmer must then swim 12 lengths of the pool (12 x 25 yards).
- **APOLLO v STAFF RELAY:** The team invites staff members at Apollo High School to compete in a relay against the Boys and Girls Relay Teams.

SEASON

- **SUMMER PRACTICE:** This summer we will do a 1-2 week swim clinic at the start of summer (first week in June). The objective of the camp is not conditioning, but rather technique and focusing on form.
- **CAPTAINS' PRACTICES:** Athletes can begin practicing 2 weeks before the start of the season. However, these practices must be organized and run by captains. Coaches may assist during this time.
- **SWIM PRACTICE:** Swim practice is held every day after school and on Saturday mornings. There may be occasional morning practices. The swimming portion of practice usually starts at 3:45 and ends at 5:45. Practices continue during breaks and holidays. All practices are mandatory unless excused by a coach. 90% attendance is required to earn a Varsity Letter.
- **DRYLANDS:** Following practices on Tuesdays and Thursdays, athletes do exercises designed to strengthen their core and increase flexibility.
- **WEIGHT LIFTING:** Following practices on Mondays, Wednesdays, and Fridays, athletes work out in the weight room. We use a program called Starting Strength which is designed to increase overall

strength and explosiveness through compound lifts (lifts that use several muscle groups at once). We teach and approve lifting technique at the start of the season.

FUNDRAISING

- **CONCESSIONS:** Throughout the school year, the swim team is asked to work the concessions stand during another sport's game/event. Usually 3-8 parents and athletes are asked to attend. It is expected that ALL athletes/families attend at least one of these events. The team receives a portion of the money earned during concessions. Details will be posted on apolloswim.weebly.com
- **MEAT RAFFLE:** Occasionally, the team will sell meat raffle tickets at a local bar/restaurant (usually the Eagle's Club).
- **SWIM-A-THON:** See description in the Team Events section.

TECHNOLOGY

- **TEAM WEBSITE:** Our team website is apolloswim.weebly.com. This is the platform we use for event calendars, notices, sign-up links, results, highlights, and other information. Please check this website regularly during the season.
- **REMIN:** Remind is an app that allows coaches to connect with parents and athletes. Coaches can send group or individual methods. Please text [@742swim](https://www.remind.com/join/742swim) to the number **81010** or go to [remind.com/join/742swim](https://www.remind.com/join/742swim).
- **MEET MOBILE:** This is a phone app that allows parents, athletes, and coaches to monitor the meet live. Once your phone is connected, you will have access to swimmers' splits, final times, and place in their heat.
- **EMAILS:** The coaching staff will periodically send out emails to families. Please make sure you have given your email to a coach or captain's parent.

EQUIPMENT

- **JAMMERS:** Usually boys opt to swim in jammers. Jammers are knee length, form-fitting swim suits. They can be purchased at Scheels or swimoutlet.com
- **GOGGLES:** There are a TON of goggle makes and models. Choosing a pair of goggles is a matter of preference. We recommend having 2 pairs (in case one pair is lost or broken).
- **CAPS:** Caps are usually made of latex or silicone. Caps are not required for practice but are recommended for meets. Caps reduce drag and therefore increase speed. Team caps are provided to swimmers at the start of the year. If a cap is lost, it is \$5 to replace a season cap, and \$10 to replace a post-season cap.



- **DRAG SUIT:** Drag suits are mesh-shorts that are worn over swimsuits. These increase resistance during training times and help build strength. They are NOT required.



- **DRAG-SOX:** These are mesh socks that are tied around a swimmer's ankle. They make it harder to kick and increase kicking strength. These are provided by the team.



- **PADDLES:** These are plastic, porous gloves. They increase shoulder strength. We recommend that newer swimmers start with small finger paddles and work up to larger hand paddles as their technique and strength improves. These are NOT provided by the team. They may be purchased at swimoutlet.com.



- **PULL BUOYS:** These are flotation devices that swimmers hold between their legs to prevent kicking. They increase buoyancy and shoulder strength. These are provided by the team.



- **KICKBOARDS:** These are flotation devices that swimmers hold onto to isolate their kick. These are provided by the team.



- **CHAMOIS:** a synthetic leather towel that divers use to dry off in between dives. This helps them stay warm but also prevents them from slipping in the middle of their next dive. These are not required.



EXPECTATIONS | S W E A T

- **S**PORTSMANSHIP: Congratulating opponents, thanking timers and officials, cheering for ALL athletes (regardless of team), shaking hands with opponents, cleaning any used spaces.
- **W**ORK **E**THIC: Coming to practice on time, following instructions closely, putting in 100% effort every day, finding that extra gear when you're tired, asking for advice for improvement.
- **A**TTITUDE: Staying positive during meets and practices, asking for feedback from coaches, respectful to equipment and facilities, respectful to all coaching staff, supporting teammates and coaches, congratulating teammates during practices and meets, supportive, caring.
- **T**EAMWORK: Helping teammates in and out of the pool, holding teammates accountable for their behavior/attitude, offering feedback and support to teammates, cheering.

SWIMMING AND DIVING VOCABULRY

Why are there butterflies in the pool? How many laps is a 200? I thought my did was doing diving, not algebra... what's with the 104C??

We know that swimming and diving lingo can be confusing! It takes years to master the terminology. If you don't know something, it's always a good idea to ask a coach, teammate, or veteran swim parent. Here's a BRIEF introduction to some of the most common terms.

SWIMMING

- **Butterfly:** Butterfly is a physically demanding stroke where both arms come out of the water at the same time.
- **Backstroke:** A stroke where swimmers compete entirely on their backs.
- **Breaststroke:** A technically demanding stroke that uses sculling motions and a frog-like kick.
- **Freestyle:** Also known as front-crawl. This is the most common stroke.
- **Individual Medley:** Each swimmer swims 1 lap of each stroke in this order: Butterfly, Backstroke, Breaststroke, Freestyle.
- **Starts:** Swimmers dive off the blocks.
- **Streamline:** Swimmers reach forward with hands touching. This reduces drag after starts and turns.
- **Breakout:** The first few strokes after a start or turn.
- **Open-Turns:** A turn where the athlete first touches the wall and then turns to push off in the opposite directions (Butterfly and Breaststroke).
- **Flip-turns:** A turn where the athlete does a summersault to change direction and go back the other way (Freestyle and Backstroke only)
- **Relays:** Events where 4 athletes compete together. The distance of a relay 200 or 400 is the total swam by all the athletes in a relay. For example, in a 200 relay, each athlete swims a 50. $4 \times 50 = 200$.
- **25? 50? 200???** The length of the pool is 25 yards long. In swimming, we use this distance to discuss the length of the event. A 25 is one length of the pool. A 50 is 2 lengths of the pool. $100 = 4$ lengths. $200 = 8$ lengths. $500 = 20$ lengths.
- **Event:** There are 12 unique events in high school swimming. An event is a race. The event may be JV or Varsity; a relay or individual event; a 50, 100, 200, or 500, and may be Butterfly, Backstroke, Breaststroke, Freestyle or Medley. Events are listed on meet programs.
- **Heat:** A heat is a group of swimmers that compete at the same time. For example, there may be 14 swimmers who want to compete in the 50 Freestyle event. However, there are only 8 lanes. So, Heat 1 will have 6 swimmers and Heat 2 will have 8. Even though the swimmers are not competing at the same time, they are still swimming against one another.

Strokes

Breaststroke

Arms move forward from breast at the surface of the water, then pull backward under the water for propulsion. Simultaneous thrust of the legs is called the frog kick. The swimmer must touch the wall with both hands.

Turns

Quick turns are key to good race. the swimmer must touch the wall on each turn.



Crawl stroke

The legs perform a kicking action while the arms are alternately brought over head and into the water.

Turns

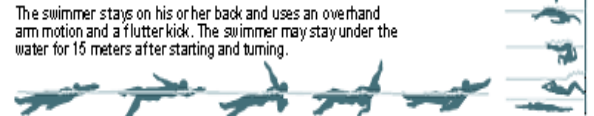
Swimmers in crawl stroke and backstroke races may somersault when reaching the wall, touching it only with feet.



Backstroke

The swimmer stays on his or her back and uses an overhand arm motion and a flutter kick. The swimmer may stay under the water for 15 meters after starting and turning.

Turns



Butterfly

It is the most demanding stroke – a simultaneous overhand arm motion combined with a dolphin kick. The swimmer must touch the walls with both hands.

Turns

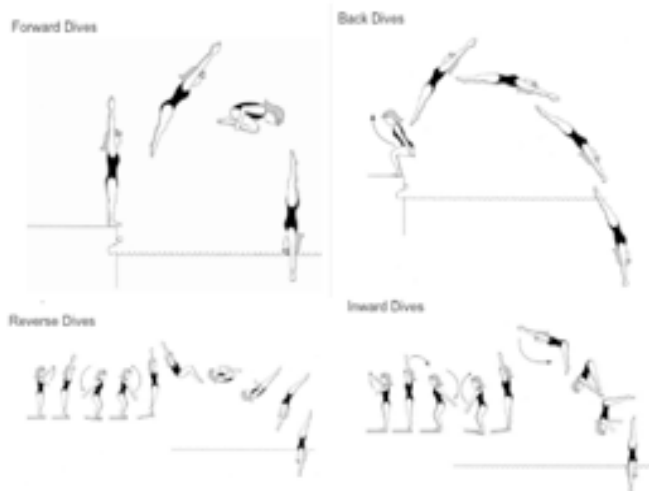
Swimmer makes an open turn after touching the wall with both hands and pushes off with feet.



DIVING

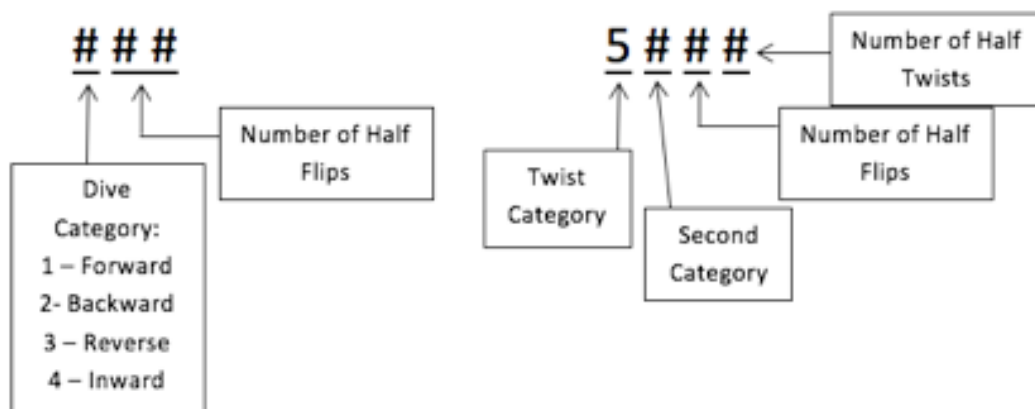
Categories: In diving there are five categories: forwards, backwards, reverses, inwards, and twists.

- **Forwards:** Diver faces forward and rotates forward.
- **Backwards:** Diver is at the end of the board, facing backwards and rotates backwards.
- **Reverses:** Diver faces forward and rotates backward.
- **Inwards:** Diver is at the end of the board facing backwards and rotates forward.
- **Twisters:** Diver adds a $\frac{1}{2}$, 1, $1\frac{1}{2}$, (etc.) twist to another dive
- **Approach:** How a diver takes off the board before completing a dive.
- **Eligibility:** Each week, there is a chosen dive category that competitors **MUST** complete at least one dive in that selected category. In order to compete JV or Varsity in a dual meet, a diver must have a total of six dives. They can either have at least one of each category (and one additional dive), OR they can have two dives of the selected dive category and then have three additional categories present in their list.



****An 11 dive competition is different. To compete a diver must have two distinct dives in each category and then one additional dive.**

- o **Dive Numbers:** Example-- 104c: Forward 2 Somersaults Tuck



- **Positions:** a = straight, b = pike, c = tuck, d = free

- **Scoring:**

In dual meets, there will be three judges (Apollo coach, other teams' coach, and an official). Judges score each dive on the take-off, the rotation, the twists, completion of the dive, distance from the board, position, and just lots of things. The judges' scores are added up then multiplied by the degree of difficulty of the completed dive. These are totaled to find the diver's final score of the meet. If there are more than three judges, the highest and lowest scores will be dropped equally until there are only three scores remaining.

Unsuccessful Attempts:

Reasons a dive might be "failed" or called an "unsuccessful attempt" include: wrong dive completed, wrong body part entered the water first, under or over rotation on twists.

OTHER FAQ'S

Where do I find information about schedules and times?

Check the team website at Apolloswim.weebly.com or contact a coach.

How do I order a team suit? Apollo Apparel?

Captains and coaches choose the team suit before the start of the season. We then collect suit sizes at the team informational meeting and purchase them as a group. Parents/Athletes then write checks to Apollo Boys Swim & Dive. Suits are generally between \$30-\$50. Captains and coaches also choose apparel that can be purchased for the season. We then create an online store that can be accessed through the team website. There is usually a deadline for the apparel store.

Johnny can't make it to _____. What should I do?

We know that students have busy lives! We support athletes who are involved in music, robotics, Boy Scouts, etc. Please email a coach before the practice/meet in question and we will adjust accordingly.

Why isn't Johnny entered in any events at this meet?

To be eligible to compete, athletes must be in good academic standing (No F's and fewer than 6 missing assignments) and must have attended practice the day before (unless excused by a coach). Athletes may not be able to compete for additional reasons like: illness, injury, restrictions on the number of entries, qualification times, behavior consequences, etc. Please ask a coach if you have questions.

I want Johnny to improve for next year. What can he do?

Lots! Join a club team like GCA or YMCA Gators. Weight lift during the off season. Join another sport. Come to summer practices. Work out independently (resources available on the website). Ask for one-on-one lessons. Go to a swim/dive camp. Need other ideas? Ask a coach!

This is a lot of information and I feel overwhelmed. What can I do?

Please tell a coach! We know that starting a new sport can be overwhelming. We usually pair new swimmers/families with veteran families so that you have a mentor during the first year.

Registration fees? Equipment? Club teams? Yeesh, this sounds expensive...

Please contact a coach! We have scholarships available through our school and booster club.

Didn't see your question answered here?

Ask a coach or veteran swim parent!