Parents Guide To Swimming

Sooner Swim Club

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Organizations in Swimming

There are different levels of organization in swimming and they involve you in different ways.

Home	State	National
Your first and most involved organization is your home club: Sooner Swim Club. Your home club provides your practice and your coaches.	Your second level organization is your LSC (Local Swim Committee): Oklahoma Swimming. Your LSC sponsors things like: LSC practice day, Zones, and other functions. Your LSC also supports your home club when hosting meets as a valuable resource.	Your third level organization is your National level: USA Swimming. USA Swimming provides insurance for your home club. This is the organization that your swimmer is required to join in order to swim in meets.
[Sooner Swim Club](#)	[Oklahoma Swimming Home](#)	[Usa Swimming](#)

There are 2 Seasons in Swimming: Short Course/Long Course

Swimming is a year round sport. Meet season is broken up into Short Course and Long Course. Check out below to learn the differences.

Short Course:

- Swam in a **25 Yard** pool
- Season runs Late August-Early March
- We will host more home meets during this season.
- Break usually follows end of March

Long Course:

- Swam in a **50 Meter** pool
- Season runs Late March-Early August sometimes early August
- Fewer home meets due to 50 meter pool.
- Break usually follows beginning of Aug

Remember: Times Don't Convert!
Conversion times from Long Course to Short Course and back are not accurate. Trying to convert can frustrate swimmers.

State Level Short Course Swim Meets

Away Meets

These can be in Oklahoma or neighboring states. Potentially requires a hotel which is reserved by swimmers family. Travel to these meets is the responsibility of the swimmer's family, including hotel reservations, which should be made independently.

14 & under State

This is OKS Age group (14 & under) Championship. These times are faster than regionals and are the highest state level championship for this age group. Qualifying times found: 2025-2028 14-U Age Group

Home Meets

These meets are hosted by SSC at YFAC.

Regionals

Formally known as D2. This is the first level of championship meet in Oklahoma Swimming. Qualifying times found: 2025-2028 Regionals

Senior State

This is the OKS Senior State. This meet is open to all age groups with qualifying times. This is geared to 15 and overs. Qualifying times found: 2025-2028 Senior Championships

State Level Long course Swim Meets

Away Meets
These can be in Oklahoma or neighboring states. Potentially requires a hotel which is reserved by swimmers family. Travel to these meets is the responsibility of the swimmer's family, including hotel reservations, which should be made independently.

Long Course State
This is our 11 & up state championship meet. Qualifying times found: 2025-2028 11 & up Long Course Championship

Home Meets
These meets are hosted by SSC at Westwood.

10 & under Championship
This is our Long course season 10 & under championship meet. This meet is typically held in a Short Course Pool.

Zone and national level swim meets

Sectionals

This is the first National level meet that swimmers can qualify for. Qualifying times are usually listed closer to the meet.
25-spring-sectionals_037867.pdf

Juniors

This is the third National level meet that swimmers can qualify for. This is usually the highest level National meet for 18-U.
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Zones

This is a 14-U meet where swimmers represent their state instead of their club. A USA swimming AAA age group qualifying time is needed to attend this meet: 2025-2028 USA Swimming Motivational times

Futures

This is the second National level meet that swimmers can qualify for. Qualifying times found:
2025 Futures Champs

What is a motivational time?

In swimming, a motivational time is a time standard set to help swimmers measure their progress and set goals as they improve. These times are established USA Swimming and are broken down by age group and gender. They serve as benchmarks to motivate swimmers and provide targets to work toward in their development.

For example:
- USA Swimming publishes time standards ranging from B (beginner-level) to AAAA (elite-level) times, with each level becoming progressively faster.
- A swimmer achieving a "B" time might aim to improve to an "A" time, and so on, as they grow stronger and more competitive.
- Motivational times are used for things like qualifying for certain meets, earning recognition, or simply providing a sense of accomplishment.

USA Swimming 2024-2028 Motivational Standards

10/7/2024 2:19:40 PM

B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
				10 & under Girls				**10 & under Boys**				
39.79 *	35.99 *	32.09 *	30.89 *	29.59 *	28.29 *	**50 FR SCY**	27.49 *	28.69 *	29.89 *	31.09 *	34.59 *	38.19 *
1:30.79 *	1:21.09 *	1:11.49 *	1:08.29 *	1:04.99 *	1:01.79 *	**100 FR SCY**	1:00.69 *	1:03.79 *	1:06.79 *	1:09.79 *	1:18.89 *	1:27.99 *
3:22.79 *	3:00.59 *	2:38.39 *	2:30.99 *	2:23.59 *	2:16.19 *	**200 FR SCY**	2:12.69 *	2:18.99 *	2:25.29 *	2:31.59 *	2:50.59 *	3:09.49 *
8:36.69 *	7:45.09 *	6:53.39 *	6:36.19 *	6:18.99 *	6:01.69 *	**500 FR SCY**	5:52.99 *	6:09.79 *	6:26.59 *	6:43.39 *	7:33.79 *	8:24.29 *
48.59 *	43.29 *	37.99 *	36.19 *	34.39 *	32.59 *	**50 BK SCY**	32.19 *	33.99 *	35.79 *	37.59 *	42.89 *	48.29 *
1:45.79 *	1:33.99 *	1:22.29 *	1:18.39 *	1:14.49 *	1:10.59 *	**100 BK SCY**	1:08.99 *	1:12.49 *	1:16.09 *	1:19.59 *	1:30.09 *	1:40.69 *
54.59 *	48.69 *	42.79 *	40.89 *	38.89 *	36.89 *	**50 BR SCY**	36.39 *	38.29 *	40.19 *	42.09 *	47.69 *	53.39 *
2:00.29 *	1:46.89 *	1:33.59 *	1:29.09 *	1:24.69 *	1:20.19 *	**100 BR SCY**	1:18.79 *	1:22.69 *	1:26.59 *	1:30.59 *	1:42.29 *	1:54.09 *
48.39 *	42.69 *	36.99 *	35.09 *	33.19 *	31.29 *	**50 FL SCY**	30.79 *	32.59 *	34.29 *	35.99 *	41.29 *	46.49 *
1:56.69 *	1:41.39 *	1:26.09 *	1:20.99 *	1:15.99 *	1:10.89 *	**100 FL SCY**	1:09.79 *	1:14.59 *	1:19.49 *	1:24.39 *	1:38.99 *	1:53.49 *
1:44.29 *	1:33.19 *	1:22.09 *	1:18.39 *	1:14.69 *	1:10.99 *	**100 IM SCY**	1:09.79 *	1:13.09 *	1:16.39 *	1:19.69 *	1:29.69 *	1:39.69 *
3:42.09 *	3:18.79 *	2:55.49 *	2:47.69 *	2:39.99 *	2:32.19 *	**200 IM SCY**	2:30.89 *	2:38.39 *	2:45.89 *	2:53.49 *	3:15.99 *	3:38.59 *
2:53.19 *	2:35.89 *	2:18.59 *	2:12.79 *	2:06.99 *	2:01.19 *	**200 FR-R SCY**	2:00.19 *	2:05.89 *	2:11.59 *	2:17.29 *	2:34.49 *	2:51.69 *
3:14.99 *	2:55.49 *	2:35.99 *	2:29.49 *	2:22.99 *	2:16.49 *	**200 MED-R SCY**	2:15.39 *	2:21.79 *	2:28.29 *	2:34.69 *	2:53.99 *	3:13.39 *

2028-motivational-standards-age-group.pdf

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Where can i find qualifying times?

> **The Meet Book**
>
> Check the meet book to find the qualifying times and let the coaches know if your child qualifies

The Coach will let parents know if a meet has a qualifying time. These times usually change every quad (or 4 years) with the Olympics.

To find:

- Motivational Times
- Swimming Parallel Standards
- Regional Meets
- Age Group Championships
- Senior Championships
- 11-Over Long Course State Championships
- Sectionals
- Futures Championships

Go to www.oks.org

What is a state time?

A State Championship qualifying time in swimming refers to a qualifying time standard that swimmers must meet to compete at the Oklahoma State Championship meet. These times are set by each state's swimming governing body (our LSC is Oklahoma Swimming) and vary depending on the swimmer's age group, gender, and event.

State Championship requirements are broken up between AGE GROUP STATE CHAMPIONSHIP (up to 14 years old) and SENIOR STATE CHAMPIONSHIP (requires a qualifying time)

Oklahoma Swimming - Qualifying Times - All qualifying times.

What is a Regional time?

A Regional qualifying time in swimming refers to a qualifying time standard that swimmers must meet to compete at the entry level Regionals Championship meet. These times are set by each state's swimming governing body (our LSC is Oklahoma Swimming) and vary depending on the swimmer's age group, gender, and event.

State Championship requirements are broken up between AGE GROUP STATE CHAMPIONSHIP (up to 14 years old) and SENIOR STATE CHAMPIONSHIP (requires a qualifying time)

Oklahoma Swimming - Qualifying Times - All qualifying times.

25_28 Meet QTs - Regionals qualifying times.

UNIFORMS

- **<u>We are an ARENA sponsored club</u>**
  - **This means, we are required to wear and use ARENA uniforms (at meets)** and gear.
- Uniforms include:
  - SSC team suit
  - SSC warm up
  - SSC cap
- Uniform Fee is charged to your Commit account each August (required)
  - Consists of team suit and swim cap (minimum)
  - Sizing will be offered prior to ordering
- Swimquick
  - Discounts for tech suits
  - Gear can be ordered from Swimquick
  - Sooner Swim Club for more information and to order

At Swim Meets:

- Team suit and cap are required for warm ups
  - If a swimmer would like to wear a tech suit or kneeskin suit, they can change after warm up.
  - Tech (Technical) Suit
    - 13 years old an up
    - Offers compression, reduced drag, and buoyancy
  - Kneeskin Suit
    - 12 and under (will have a checkmark on the back)
    - Offers some compression and streamlining
- Wear your warm up to swim meets
- Highly recommend wearing a parka to keep warm

At Practice:

- Recommended to NOT wear team suit to practice. The more the suit is worn, the more it stretches. Tight suits help drop time at meets.
- Practice suit brand is optional

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Signing up for a swim meet Pt 1

- In Commit under Upcoming Meets
  - Go to the Information Tab of your preferred meet
    - This document explains everything about the swim meet including dates, location, events, meet format, etc. This is where you will find the meet book attached.
    - Find out if this the right meet for your swimmer. Are there time standards required? Is your swimmer ready for this meet? Check this document for time standards requirements. You can also talk with your coach for more information.
    - Not sure what events your swimmer should be in? Talk to their coach, they are the most knowledgeable about your swimmers strengths and goals. For championship level meets, events will be decided by the coach.
    - This is a great spot to prep your swimmer for the day of the meet. For the E H L S swimmers write on their arm and/or leg. You can get the Event Number and Event ready in advance.
    - More information will come out from the coach closer to the meet letting you know

Signing up for a swim meet Pt 2

Now you have the information for the meet and you are ready to register.

- Go to Register Athletes
  - Commit to the meet by clicking Yes, commit.
  - By your swimmers name and age, click the down arrow.
  - There will be a list of Available Entries for you to choose from.
  - Once you have decided which events to register, click the right plus sign.
  - Check out the Fee tab to check out the meet cost.
  - Once registration is complete, an email will be sent out informing on the charge date for the meet.

What does your swimmer need for a meet?

➔ Team Suit and Warmup
➔ Goggles
  ◆ A backup pair
➔ Team Cap
  ◆ This cap helps coaches track your swimmer on deck and parents tell swimmers apart.
  ◆ A backup - you never know when one will break!
➔ 1-3 Towels
➔ Swim Parka, Hoodie, or Robe
  ◆ While not required, it does help the swimmers stay warm between swims
➔ Shoes that can get wet
➔ Healthy snacks
➔ Water
➔ Stuff to do: books, coloring books, waterproof activities
➔ Sometimes chair depending on facility
➔ Sharpie

What do *you* need/Need to know for a meet?

➔ Towels are nice to dry off after wet hugs
➔ Sharpie/Pen/Highlighter for writing events and marking on heat sheets
➔ Cash for heat sheets and concessions
➔ Activities for down time
➔ Chair depending on facility
➔ Water - you need to stay hydrated as well!
➔ Dress in layers - facilities often cater to swimmers and not spectators

Its Meet Day!

- You've checked your email and you know arrival times and start times!
- You have your swimmers event numbers and events ready.
- Warms Ups are VERY important, plan to be at the pool prior to warm up time to get a good seat.
- Parents are not allowed on deck unless they are volunteering for the meet.
- When arriving at the pool, swimmers will go on deck and find their team.
- Meet time from start to finish is generally around 4 hours.
- It's meet day and expectations are high. Remember, it's the Coaches job to coach. Parents job to support and love!

I bought a heat sheet. How do I read it?!

#1 Girls 10 @ Under 200 IM

- #1 is the event number
- 200 IM is the event

Heat 2 of 3 Finals

- The group which the swimmers will race

Numbers 1-8

- The lane the swimmer will race in

EHLS – What does it mean and why is it on my swimmers arm?

EHLS means Event Heat Lane Stroke

These are used during swim meets to help swimmer keep track of what they are swimming.

You will write the below grid on their arm or leg

E	H	L	S
3 Free		2	4	50
5 Back		4	6	50

My Swimmer got DQ'd! What does that mean?

- If your child is DQ'd (disqualified) during a race, please don't be discouraged or disappointed.
- Disqualifications are common among young and seasoned swimmers alike and can happen during any stroke and event.
- You and your swimmer will probably not know during the race that it has even happened, but may see "DQ" for a time on the posting or app.
- Please ask the coach if you have questions following the meet. They will work with your swimmer to adjust their stroke, starts, or turns.
- These are learning moments.
- The timing pads are touch sensitive, but sometimes are difficult for the younger swimmers to touch hard enough to stop the clock (especially on the backstroke). That is where the manual timers come in.
- Don't worry, there are safeguards to ensure an accurate time is recorded.
- Remind your swimmer to cheer for teammates. If all swimmers are engaged in the competition, it raises the energy level for the entire team!
- Please remember that coaches are very busy during the meet so you will need to arrange a later time to discuss the DQ if needed.

Setting Goals and expectations

- Remember these goals are for the swimmers, not the parents. Swimmers should be an active participant in their goal making.
- Be Specific: Make sure goals are clear and measurable
  - i.e. Improve 100 free time by 2 seconds or swim 10 laps in practice without stopping for a break.
- Make them achievable:
  - Set goals that are challenging but realistic to swimmers current abilities.
- Set short-term and long-term goals
- Track progress

- Focus on effort and not just results
  - Encourage swimmers to set goals related to effort, consistency, and attitude.
    - I.E. working on flip turns at every practice
- Stay POSITIVE
- Review and adjust goals
- CELEBRATE ALL ACHIEVEMENTS
  - Celebrate progress, not matter how small. Recognizing milestones helps swimmers stay motivated and engaged.

Volunteerism

There are a ton of ways that you can contribute to your swimmers and Sooner Swim Club's success. The first step is GETTING INVOLVED! Some of the ways you can help are:

- Go to Parent Meetings
- Become a Board Member
- Volunteering at swim meets
- Become a Swim Official
- Join a committee
- Help hand out shirts and caps before championship meets
- Check with a Coach or Board Member to see all of the ways you can get involved.

Interested in being an official?

Steps to becoming an official:
- Athlete Protection Training (online, annual)
- Background check (online, every two years) – Club pays
- Concussion training (online, once only)
- USA swimming registration (online, annual)– Club pays
- On-Deck Training (4 sessions minimum)
- Clinic attendance (Zoom offered on Thursdays)
- Test (online, open book)

Order of official levels:
- Stroke and Turn
- Chief Judge
- Starter
- Deck Ref
- Admin official (computers/dry side)

Being a Timer

- Being a TIMER is a great opportunity to be on deck and supporting your swimmer and your team.
- The timing pads are touch sensitive, but sometimes are difficult for the younger swimmers to touch hard enough to stop the clock (especially on the backstroke). That is where the manual timers come in.
- Rules of being a timer:
  - Phones are not allowed to be out behind the blocks. This is a SafeSport rule to protect swimmers.
  - Stay focused on your lane.
  - Record accurate times on the sheet. If you miss a time, it is ok, just put NA.
- Responsibilities include but are not limited to:
  - Start and Stop Timing:
    - Begin timing at the start of each race and stop the stopwatch as the swimmer reaches the finish.
  - Monitor the Clock:
    - Keep an eye on the race and ensure the stopwatch is functioning correctly throughout the event.
  - Record Times:
    - Record the swimmer's time on a timing sheet.
  - Coordinate with Head Timer:
    - Communicate with the head timer if there are any issues with timing devices or if additional timing support is needed.
  - Provide Backup:
    - In case of malfunctioning or failure of the primary timing system, the timer ensures that a backup is in place to maintain accurate times.
  - Swimmer Check:
    - Make sure each swimmer getting on the block is the swimmer on the provided sheets.

Still have questions?

Swimming is a sport you'll always be learning about—there's always something new to discover. As your swimmer progresses, you'll find that you'll need to keep picking up new tips and info to support them along the way. The best part is that you don't have to figure it all out on your own—learning from others is one of the most valuable parts of the journey.

One day, you'll be the one helping new swim parents find their way, passing along everything you've learned. Take it all in, have fun with the process, and share your knowledge whenever you can. If you have questions, don't be afraid to chat with other parents, grandparents, coaches, or board members while you're in the stands. It's a great way to connect with others and make the most of your time at the pool. The more you engage with the community, the more you'll learn and grow together.

Websites

Sooner Swim Club: Sooner Swim Club

Oklahoma Swimming: Oklahoma Swimming Home

USA Swimming: USA Swimming

Meet Mobile App: Meet Mobile App | Swim Meet App

    - Yearly fee

My Swim IO: https://www.active.com/mobile/meet-mobile-app

Swim Cloud MySwimIO Homepage

Swimetry - not always up to date or accurate Swimmetry on the App Store Swimmetry - Apps on Google Play