

SWIMMING GLOSSARY

GENERAL	
<u>Swimming Term</u>	<u>Translation</u>
SwimSmart	We encourage our swimmers to swim using conscious thought and high attention to detail and therefore our swimmers are smart swimmers.
PB	Personal best
Splits	A race can be divided into sections
Negative Split	Where the second half of a race is quicker than the first
IM	Individual Medley, swam in the order as Butterfly, Backstroke, Breaststroke and Frontcrawl
FR / FC	Frontcrawl
BK / BC	Backstroke
BR / BS	Breaststroke
FLY / BF	Butterfly
Drag	Comes in different forms, as coaches we look to reduce this through technical improvement
Gala / Meet	A swimming competition (see competition handbook for further detail)
Short Course	25m Swimming Pool (such as Freemans Quay)
Long Course	50m Swimming Pool (such as Sunderland) All major events are held in these pools
Masters	Swimmers over the age of 18
Stroke Count (SC)	Number of strokes in a specific segment, normally 25m or 50m counts.
Stroke Rate (SR)	Number of strokes per minute, normally measured by a stopwatch
TRAINING	
<u>Swimming Term</u>	<u>Translation</u>
2-5-3	On every underwater phase on Butterfly, Backstroke and Frontcrawl <u>ALL</u> swimmers should glide for 2 seconds, undertake 5 underwater fly kicks and 3 strokes before breathing (Butterfly and Frontcrawl only)
Aerobic	Longer distance, moderate intensity, short rest period swimming sets
Anaerobic	Shorter distance, high intensity, long rest period swimming sets
BBM	Beats below maximum (heart/pulse rate)
BPM	Beats per minute (heart/pulse rate)
Descending	Getting faster (i.e. the time taken reduces)
Dolphin Kick / UWFK (Underwater Fly Kick)	<u>ALL</u> swimmers must perform 5 underwater fly / dolphin kicks off every wall on Butterfly, Backstroke and Frontcrawl
DPS	Distance per stroke, promotes stroke efficiency
Drill	A component of a stroke, rehearsed in training to improve overall stroke efficiency.
Flip Turn	Performed during an Individual Medley (IM) when transitioning from Backstroke to Breaststroke
Form	A swimmer's best stroke other than Frontcrawl
Form 2	A swimmer's 2 nd best stroke other than Frontcrawl
Grab Start	A dive that starts from having feet parallel
HR	Heart rate
Kick	Legs only (no arms / pulling)
Kickboard	A flat float used for kicking exercises
Pull	Arms only (no legs / kicking)
Pull Buoy	The figure of 8 style float that goes between your legs to stop you from kicking
RI	Rest interval, how much rest a swimmer has between repetitions or sets.

<u>Swimming Term</u>	<u>Translation</u>
P1	Performance 1, Durham City's top training squad. These athletes are typically aiming to achieve National and Regional times. See Club website for squad details
P2	Performance 2, is the squad that feeds into Durham City's P1. These athletes are seeking to achieve County and Regional qualifying times. See Club website for squad details.
RPE	Rate of perceived exertion, otherwise known as the level of effort. Can be measured out of 10 or out of 20
Streamline	Underwater body position, looks similar to an arrow. Allows a swimmer to move through the water quickly with no effort.
Swim Down	Should be completed after every race
Touch Turn	Performed on Breaststroke and Butterfly, where the swimmer must touch with two hands simultaneously before turning.
Track Start	A dive that starts with feet shoulder width apart but with one in front of the other
Tumble Turn	Performed on Frontcrawl and Backstroke, looking similar to a somersault into the wall
Turnaround	A specific time for a repetition includes the swim and its rest before having to commence the next repetition.
Warm Up	Prior to any form of intense exercise a warm up must be undertaken, includes blood flow, flexibility and mental preparation.
	<u>GALAS AND COMPETITIONS</u>
<u>Swimming Term</u>	<u>Translation</u>
Nationals	These happen once each year and our swimmers have attended English, Scottish and Irish National events in the last few years. Swimmers must qualify within the qualifying window for these.
NERs	North East Regional Championships. The Long Course event (50m) is in May and usually takes place in Leeds or Sheffield, the Short Course (25m) event happens in October, often in Sunderland. Swimmers must achieve times at least as fast as the specified qualifying times which are set annually. The North East Region is large and extends from the Scottish borders to just south of Sheffield.
N&Ds	Northumberland and Durham County Championships. These usually take place in February, in Sunderland. Swimmers must achieve a minimum qualifying time in order to compete.
Junior League	This is also known as the Diddy League and is for swimmers aged 9-12 years old (age as on 31 st December the same year). It is a team event and each swimmer has a chance to earn points for their team based on the position in which they finish each race. There are 3 Divisions and Teams can get promoted or relegated at the end of all the rounds. Junior League takes place over several weekends between January and June typically. Please refer to Club website for more details.
Target meet	The training year is divided into cycles, a target meet will often fall at the end of a training cycle. The target meet is the competition that squads will work towards to achieve peak performances.