

## **SWIMMING JARGON**

Here are some phrases you may not have heard before:

**GALA.....**A Swimming competition

**PB...**Personal Best or Best time your child has ever swum

**Long Course...**A swim in a 50metre pool such as Ponds Forge in Sheffield

**Short Course....**A swim in a 25metre pool

**ASA/Swim England...**Amateur Swimming Association....Swimming's governing body

**Officials...**Referees, Judges and Timekeepers at a gala

**Blocks...**Platforms for diving from

**County Times...**Qualifying Times to enter County Championships

**Regional Times...**Qualifying Times to enter Regional Championships

**Rankings...**A database of best times on the British Swimming website

**DQ...**Disqualification

**Cannon...**The cannon relay is usually the last race in a league gala. The fastest boy and girl in each year group swim 1 or 2 lengths each.

**Dry Land Training...**Training done out of the water that aids and enhances swimming performance, usually includes stretching, calisthenics and circuit training.

**SWIM MARK...**The quality standard for Swimming Clubs