



Aquatics Glossary

Term	Definition
Aerobic	Pertaining to or presence of oxygen.
Anaerobic	Pertaining to or lack of oxygen
Backstroke	Where the swimmer remains on his/her back from the start or push off from the wall to the turn through to the completion of the race.
Backstroke Start	Swimmer starts in water, both hands hold onto block, both feet under waterline.
Bilateral Breathing	Alternate breathing from right to left sides. In freestyle, breathing every third stroke.
Body	The torso, including shoulders and hips.
Breaststroke	Stroke done completely on the horizontal plane with the swimmer's chest horizontal to the bottom of the pool. From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. The arm and leg action is simultaneous. The kick takes place below the waterline.
Buoyancy	This is the upward supportive force of water, counteracting the downward force of gravity. The force of buoyancy is determined by the density of the water; the greater the density the greater the buoyancy. Factors which affect a swimmer's buoyancy and floating position are: age, body build and bone size, muscular development and weight distribution, amount of fatty tissue, lung capacity and water density.
Butterfly	Stroke performed completely on the horizontal plane. After the start and after each turn, the swimmer must remain on the breast and is permitted no more than two leg kicks per stroke cycle. Arm action is forward and simultaneous. Leg kick is simultaneous.
Catch	Occurs with hand entry into water. The hand "catches" or "grabs" water.
Center line of body	Imaginary line drawn down the long axis of the body.
Check List	List of skills coach should be looking at within program.
Cool-Down	Performed at end of training session. Helps remove waste products from body.
Coordination	Consistent movement in water. Example: even leg kick in butterfly.
Course	Designated distance over which the competition is conducted. Long Course: 50 meters (55 yards to be recorded as 50 meters) Short Course: 25 meters or 25 yards
Divisions/Divisioning	Where athletes compete with other athletes of similar ability in equitable divisions. Variance between fastest and slowest time is no more than 10 percent.
Drill	Skill used to develop and maintain stroke technique.
Dual Competition	Competition between two clubs.
Efficient Stroke Technique	Where the best results are obtained, using the least amount of effort.

**Special Olympics Aquatics
Coaching Quick Start Guide**



Term	Definition
Event	Any race or series of races in a given stroke or distance. For competition limits, one event equals one preliminary or one preliminary plus its related final or one timed final.
Fatigue	Short term sensation of tiredness and reduced performance.
Final	Any single race which determines the final places and times in an event.
Finalist	Athletes who swim in a final race.
Finals	Where the final race of each event is competed.
Flutter Kick	Fast freestyle or backstroke kicks.
Freestyle	Stroke other than backstroke, breaststroke or butterfly.
Freestyle Relay	All swimmers swim freestyle stroke.
Frontal Resistance	This is the resistance to forward progress made by the water immediately in front of the swimmer or any part of the body. This resistance is caused by the swimmer's shape in the water.
Grab Start	The swimmer stands on the block/edge, toes curled over edge, hands holding onto block.
Heats	Division of an event in which there are too many swimmers to compete at one time.
Horizontal	Parallel with the surface of the water.
Hypothermia	Occurs when the body's core temperature drops too low.
In-Water Start	Swimmer starts in water, holds onto block with one hand, points the other in the direction of swim and pushes off wall with two feet.
Individual Medley	Event where the athlete swims the prescribed distance and strokes in the following order: butterfly, backstroke, breaststroke, freestyle.
Invitational Competition	Competition in which all competitions and/or teams are invited by the host.
Lane Markings	Guidelines on the bottom of the pool and in the center of the lanes, running from the starting end to the finishing/turning end of the pool.
Lateral	Swimmer is on his/her side.
Length	Extent of the course from one end to the other.
Log Book	Record of swimmer's progress and activity.
Main Set	Main training part of a program. New skills may be introduced, skills revised along with timed set work.
Medley Relay	Four swimmers swim an equal distance in order of backstroke, breaststroke, butterfly and freestyle
Meet	Series of events held in one program.
Pace Clock	Used by swimmers to check the time taken for each set distance. Counts off rest time before starting again.
Pool	Physical facility in which the competition is conducted.



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Pool Deck	Area immediately around pool.
Preliminary	Session of the meet in which heats are held; also called divisioning.
Prone Position	Swimmer lies on front.
Propulsion	This is the force that drives the swimmer forward and is created by the swimmer's arms and legs.
Qualifying Heats	Competition in which there are a number of heats to qualify the fastest swimmers for the finals where final placing for the event will be determined. Can also be called divisioning.
Race	Any single swimming competition; i.e., preliminary, final, timed final.
Relay Leg	Order/position of a swimmer in a relay team event.
Relays	Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke.
Rotate/Rotation	Moving in one line of the body's axis.
Scissor Kick	Kick performed while on the side.
Seconds Rest	Rest time given between sets.
Simultaneous	Moving at the same time.
Streamline – Streamlining	Body shape in the water which offers the least possible resistance.
Supine	Swimmer lies on back.
Total Distance	Total amount of meters covered in program.
Track Start	Swimmer stands on block/edge, one foot in front with toes over edge, other foot behind, hands holding onto block.
Unified Sports Team	Refers to a proportionate number of athletes and partners.
Warm-Up	Series of exercises/drills used to prepare the body. On-land warm-up can consist of jogging and stretching. In-water warm-ups include slow, easy swims.
Whip Kick	Description of leg action in breaststroke.