



**2026 - 2027 SEASON
PARENT RESOURCE GUIDE**



Pursuing Individual Excellence!

This year marks **91 consecutive years** that the Peterborough Swim Club has been providing competitive and recreational swimming opportunities in Peterborough and the surrounding region.

Thousands of individuals have participated over the years and benefited from developing the important life skill of swimming, and their strength, fitness and a love of the sport.

The Peterborough Swim Club prides itself on community contributions and changing lives of our swimmers.

CLUB FACTS



91 Years in Operation
of competitive swim club operation

Over 60
Competitive Swimmers

Over 80
Recreational Swimmers

3 Club Hosted Meets
Attracting over 400 swimmers each season

12-16 Swim Meets attended per year
Ranging from local to regional, to provincial, to national level

Each Season, Our Swimmers Compete In:
Invitational, Regional, Provincial and National competitions

Our swimmers are dedicated, with the youngest competitive members training 3.5 hours/week, and our Senior competitive swimmers training up to 14.5 hours/week.

Our swimmers are taught and coached by highly trained, nationally certified professional coaches, each with years of experience working with swimmers of all ages.

As a Club, we are a key stakeholder in the City's endeavours to bring a new Aquatics Centre to Peterborough.

SWIM GROUPS WITHIN THE CLUB

OVERVIEW



Welcome to the PTBO Swim Club! You are now part of a wonderful group of recreational and competitive swim families! After your child has been assessed by one of our coaches, they will be told where they currently fit in the club. The club is broken down into 9 unique levels.

Level	Hours per week in pool/dryland	Competitive / Recreational
Senior Elite	12 hrs pool / 2.5 hrs dryland	Highly Competitive
Junior Performance	10.5 hrs pool / 2.5 hrs dryland	Competitive
AG-Race	7.5 hrs pool / 3 hrs dryland	Competitive
AG-Train	6 hrs pool / 3 hrs dryland	Competitive
AG-Devo	4 hrs pool / 1.75 hrs dryland	Competitive
Rec and Rec +	3 hrs pool (1 or 2+ x/week)	Not Competitive
Masters	5 hrs pool (1 or 2+ x/week)	Optional Competitive
Pre-competitive (Pre-Comp)	2 hrs pool / 1 hr dryland	Limited Competitive
Swim School	1 hour pool	Not Competitive

SWIM SCHOOL

OVERVIEW



A program for young swimmers learning the strokes for competition. Swimmers will swim one or two times per week depending on individual performance level. No external swim meets.

Typical Practice

- Focus on fundamentals of swimming: body line, streamline, arm movements and kicking.
- Athletes grouped by skill, not necessarily age.
- Participants should be 7 years old, able to swim 25m unassisted, and be comfortable in the water.

Fee Structure

- Club fees are paid at the start of each session. Please visit our website for the most recent cost information.
- Swim Ontario affiliation fee (non-competitive). Paid once in each swim season (September to June). Please visit our website for the most recent cost information.

Required equipment

- **Swim Fins**
Recommended brands: Arena, Speedo or TYR
- **One Piece Swimsuit**
For males, prefer Speedo, Arena jammers, or similar tight-fitting style
- **Swim Goggles**
Ones that fit and adjustment straps that remain fixed

In Peterborough, equipment can be purchased at
Pro-Tech Pool and Spa.
Club members receive a
10% discount on non-sale items.

SWIM SCHOOL

PARENTS' FREQUENTLY ASKED QUESTIONS



Will my kid have fun?

Yes! Learning the FUNdamental skills of swimming is fun!

Will my swimmer have to become a competitive swimmer?

No, we do not expect that every child wants to be a competitive swimmer. First and most important is to help your child to become a competent swimmer and to enjoy swimming.

What is the most important aspect of learning how to swim?

Developing a great body position in the water and learning how to kick efficiently.

What if my kid doesn't pay attention to the coach? Should I get involved?

Coaches got this! They will focus the swimmers and help your swimmer stay engaged.

Where can I view the current swim schedule?

Go to ptboswimclub.com and choose Programs and then Swim School Program for the swim school schedule.

What if I can't breathe properly?

We will teach the correct body line for each stroke and develop a positive kick for each stroke. Then we work on breathing technique and the head position required to breathe effectively.

Is butterfly hard to learn?

Sort of: learning how to swim butterfly requires a well-done butterfly kick and learning how to get the timing of the butterfly kick with the arm pulls.

PRE-COMPETITIVE PROGRAM

OVERVIEW



Pre-Competitive is the more advanced recreational novice program of the recreational tier. This skills based program, has swimmers attending twice per week. The 60 to 90 minute class is designed for those swimmers who are comfortable with the pool, seek to improve their efficiency and may have an interest in progressing into the competitive streams.

Typical Practice

- Focus on fundamentals of swimming: body line, streamline, arm movements and kicking.
- Athletes grouped by skill, not necessarily age.
- Pre-comp participants should be 7 years old or older, able to swim 50 m unassisted for Freestyle, Backstroke, and Breaststroke

Fee Structure

- Club fees are paid in monthly installments during the year. Please visit our website for the most recent cost information.
- Swim Ontario affiliation fee (non-competitive). Paid once in each swim season (September to June). Please visit our website for the most recent cost information.

Required equipment

- **Swim Fins**
Recommended brands: Arena, Speedo or TYR
- **One Piece Swimsuit**
For males, prefer Speedo, Arena jammers, or similar tight-fitting style
- **Swim Goggles**
Ones that fit and adjustment straps that remain fixed
- **Snorkel**
Freestyle or swim snorkel (Arena, Speedo, or Finis brand)

In Peterborough, equipment can be purchased at
Pro-Tech Pool and Spa.
Club members receive a
10% discount on non-sale items.

PRE-COMPETITIVE PROGRAM

PARENTS' FREQUENTLY ASKED QUESTIONS



Where can I view the current swim schedule?

Please visit our website at ptboswimclub.com and choose Swimmer Information, then Training Schedule, to see the Pre-competitive training schedule.

COMPETITIVE PROGRAM

OVERVIEW



A program for developing competitive athletes of the club. These athletes swim three to eight sessions a week depending on their assigned level.

Present hours of swimming and dryland

- **AG-Devo**
4 hours/week swim, 1.75 hours/week dryland (presently 3 pool times)
- **AG-Train:**
6 hours/week swim, 3 hours/week dryland (presently 5 pool times)
- **AG-Race**
7.5 hours/week swim, 3 hours/week dryland (presently 5 pool times)
- **Junior Performance**
10.5 hours/week swim, 2.5 hours/week dryland (presently 7 pool times)
- **Senior Elite**
12 hours/week swim, 2.5 hours/week dryland (presently 8 pool times)

Present training locations – Swimming

- Trent University Pool

Present training locations - Dryland

- Trent University
- Hybrid Sports (Ptbo)

Typical practice

- We drill into swim every practice.
- We progress towards stroke proficiency and develop a sound knowledge of the best swim techniques needed to swim effectively and efficiently.
- We practice turns and pull outs (how we start each length of swimming).
- We practice kick and kick timing with arm movements.
- We complete race pace work in every practice.

Required equipment

- **AG-Devo**
Freestyle or swim snorkel (Arena, Speedo, or Finis brand),
swim fins (Arena, Speedo, or TYR brand)
- **AG-Train**
Pull buoy, freestyle or swim snorkel (Arena, Speedo, or Finis brand),
swim fins (Arena, Speedo or TYR brand)
- **AG-Race, Junior Performance, Senior Elite**
Pull buoy, freestyle or swim snorkel (Arena, Speedo, or Finis brand),
swim fins (Arena, Speedo or TYR brand), kick board, fingertip paddles,
hand paddles (just a little bigger than the swimmer's hand), foam roller

In Peterborough, equipment can be
purchased at
Pro-Tech Pool and Spa.
Club members receive a
10% discount on non-sale items.

COMPETITIVE PROGRAM

TRAINING: DRYLAND



Typical practice

- Low organization games for warm-ups: athlete skill development and play is fun.
- We incorporate range of motion activities and movements for body joints so they can move through an effective range of motion.
- Movements and exercises are chosen to complement swimmer and athlete development in the pool.
- Swim Skills dryland emphasizes strengthening of swim strokes

Required equipment

- Running shoes
- Appropriate athletic clothing

Dryland training

- Junior and Senior swimmers have 2 x 1 hr dryland sessions per week at Hybrid Fitness, Health, and Performance.

In Peterborough, equipment can be purchased at
Pro-Tech Pool and Spa.
Club members receive a
10% discount on non-sale items.

COMPETITIVE PROGRAM

TRAINING: PARENTS' FREQUENTLY ASKED QUESTIONS



My swimmer does other sports and activities. What are the consequences of missing practice?

Kids in the swim school and the AG program are encouraged to be multi-sport/activity swimmers. It is positive for their development. We only ask that you keep your swimmer's coach informed.

When do swimmers have to be at practice?

Swimmers should be on deck ready for swim activation or ready for dryland 10 min before practice.

Can I watch practices?

If the facility allows parents to watch a practice, parents can watch but there is no communicating with swimmers during a practice. Practice is a time to swim, socialize with teammates, and for swimmers and coaches to work together.

Where can I view the current training schedule?

Please visit our website at ptboswimclub.com and choose Swimmer Information, then Training Schedule, to see the training schedule.

Tips for parents

- On the way to and from practice, let your swimmers guide the conversation. This might include swimming, and it may not. If they do not want to discuss swimming after a practice or a race(s), that is okay.
- We encourage positive swim talk between parent and swimmer.

COMPETITIVE PROGRAM

TRAINING: SWIMMERS' FREQUENTLY ASKED QUESTIONS



Will practice be hard?

No, it will be what you need. Sometimes practice is challenging - each practice is created for swimmers to be successful.

What do I do if I am too tired to practice?

Taking a practice off occasionally is ok. Please advise your coach. You will return for the next practice rested.

Tips for swimmers

- Sleep, hydrate, and eat well!
- There will be times that you will not want to come to practice ... but come anyway - you will be surprised how you feel after practice.
- Always ask your coach questions, and let your coach know of any worries or concerns you may have. Your coach will be there for you and to help you.

COMPETITIVE PROGRAM

MEETS



Typical meet day

- Meets are fun!
- Each competitive session is limited to 4 hours.
- Print off or save the meet package the day prior to the meet so you have current information about each session, including safety protocols, events in each session, session start and finish times, warm-up start and finish times.
- Print off or save the meet psych sheets or program so you and your swimmer will know the event number they race, the heat, and the lane your swimmer is in.
- Swimmers need to be on deck 30 min before the warm-up session starts.
- Swimmers will have 2 to 4 races per session and, when possible, 1 relay per session.
- Parents can volunteer on deck as timers, stroke and turns judges, and other roles.

Recommended equipment

- Team cap (or two)
- Team suits with team name or performance racing suit (for Junior/Senior), or fave clothing to be warm on deck. Wear team swag
- Deck shoes or slides
- At least 1 pair of goggles (2 if possible)
- Water and simple healthy snacks
- Good luck charms and fave stuffies are welcome!

Expected costs

- Meet fees are billed to swim accounts immediately after the meet occurs. Meet fees include entry fees, along with shared coach(es) expenses (accommodation, travel, meals).
- **Orange** and **Blue** meets (internal club meets) are included in your monthly fee! An amazing way to connect as a team, with a side of racing.

COMPETITIVE PROGRAM

MORE ABOUT MEETS



Meet info

- If you and the coach decide that your swimmer should attend a meet, you will first have to “declare” their commitment to that meet on our website. Once you have declared, you are responsible for paying the fees associated with that meet UNLESS you remove your swimmer from that meet before the “Scratch Deadline”. As long as you remove your commitment (through the website) before the swim meet entry deadline, you will not have to pay.
- The competitive meet schedule can be found on ptboswimclub.com, and then choose Meets & Events, and then Competitive Meet Schedule.

Volunteering and Officiating

- Many volunteers are needed to run an official swim meet. Officiating is a great way to earn required volunteering hours, and it is the best way to learn more about how swim meets work, and the official rules of swimming.
- It is very important to take your officials courses and start to help out ‘on deck’ during some of our clubs meets (and ‘away’ meets too). Reach out to officials@ptboswimclub.com for more information on upcoming courses.

Types of Swim Meets



- There is always a next level to aim for! Time standards may begin at the invitational meet level, and get progressively more difficult as you move up the pyramid.
- The club attends a variety of swim meets at different levels throughout the year. Not every swim meet is recommended for every swimmer. Review the swim meet schedule for meet recommendations for the group your swimmer is in. Please talk to your swimmer’s coach if you have any questions regarding your swimmer attending a swim meet, or if it says O-Consult Coach under your swimmer’s group attendance.
- Best place to start with any questions is always your swimmer’s coach!

COMPETITIVE PROGRAM

COMPETITIONS: PARENTS' FREQUENTLY ASKED QUESTIONS



Where will my child wait between races?

As a team, we will stay together on the pool deck to cheer for each other and be supportive teammates.

Can my swimmer stay with me?

We stay together as a team! Please refrain from contacting your swimmer during the competitive session. Sometimes, if required, swimmers can leave the deck with the permission of the coach to visit their parent(s) or to go to the washroom. Swimmers must check back in with their coach when they get back on deck.

How will my swimmer know when to go up to swim?

New swimmers are paired with an older swimmer to ensure new swimmers have a guide and mentor. Also, the coaches really want your swimmer to have a positive day, so they keep a close eye on all swimmers, even when they are not swimming.

What is the role of the coach(es) on race day?

The coaches ensure swimmers have a positive warm-up and check in with the swimmers before and after a race as part of the swimmers learning and growth. They work with the swimmers to make sure they get to their races on time. Coaches also ensure swimmers are being positive teammates.

At meets, how can I find out how my swimmer did?

Results can be viewed shortly after each event through the Meet Mobile app (requires downloading onto your phone) or will be shared by the swim club a few days after the event.

COMPETITIVE PROGRAM

COMPETITIONS: PARENTS' FREQUENTLY ASKED QUESTIONS



Where can I find out time standards for swim meets?

If a swim meet has time standards, it will be shared in the swim meet event announcement, and a link will be provided to the time standards. Regional Championships, some invitationals, and Provincial Championships have time standards.

Where can I view the current competition schedule?

Go to ptboswimclub.com, and choose Meets & Events, and then choose Competitive Meet Schedule.

Tips for parents

- Parents are there to support their swimmers. Regardless of success or challenges, be there for your swimmers, so they know you are there for them as kids first and swimmers second. That goes for how the coaches see your swimmers too. There will be smiles, tears of joy and sadness, frowns, and excitement. Supportive parents and supportive coaches make an amazing team for our swimmers!
- Cheer for all swimmers. Be positive, encouraging, and supportive to all the PTBO Swim Club family.
- Let your swimmer guide and set the expectations for talking about their swimming.
- Your swimmer can take personal responsibility for their events and schedules, with support from the coaches.
- Nutritious meals are very important before and after swim meets. Having nutritious snacks and staying hydrated during the swim meet are very important to swimmers' success and recovery.
- Competitions are an equally important part of your swimmer's development, just as in-pool and dryland training. We hope that swimmers can attend 80% or more of dryland training, in pool practices, and meets.
- Your kids are not always going to love swimming. Being disqualified and/or missing a race happens. Don't sweat it and be as encouraging as you can.
- Reach out to your swimmer's coach if you have any questions.

COMPETITIVE PROGRAM

COMPETITIONS: SWIMMERS' FREQUENTLY ASKED QUESTIONS



I am nervous to go to a swim meet. Is that normal?

It's okay to be nervous about swim meets. Everyone gets nervous about swim meets - even our very best swimmers!

How do I become a better swimmer?

That is the easy part about swimming. You will need to treat each practice, each length you swim, every turn you do, every start you practice as an opportunity to become a better swimmer.

Tips for swimmers

- Always be sure you have the following items in your swim bag before leaving home for the pool and before leaving the pool for home: goggles, bathing suit, cap, water bottle, towel, snack (or garbage or containers after you finish your snack). Check to see if you have all the required equipment for race day.
- Swimmers need to wear PTBO Swim Club Swag on deck at swim meets - we recommend swimmers dress warmly between races and wear proper running shoes, slides, or flip-flops for footwear.
- Never leave a wet bathing suit in your bag.
- Remember to say thank you to your parents or whoever drives you to and from practice, and also thank your coaches

COMPETITIVE PROGRAM

FEES: SWIM CLUB FEES AND MEET FEES



- Swim club fees are paid monthly in the Pre-comp, AG and Jr/Sr groups.
- These fees reflect the number of times a swimmer trains per week over the possible ten-month swim session (September to June). Over the session, if your swimmer progresses from one group to another, your monthly fees will be adjusted to reflect the change.
- The Swim Ontario/Swim Canada Competitive affiliation fee is paid once in each swim season (September to June)
- Swim meet fees: Swim meet fees, are used to pay meet costs and cover the cost of your swimmer's entries. Entry fees are usually about \$60-\$80/**per day** of swim meets. A standard coaching expense of \$20/day/swimmer is also applied to each swimmer attending a meet.
- To see the fees paid by each swim group, go to ptboswimclub.com, and choose Programs, and then choose Competitive Program. Scroll down under Fees until you see your swimmer's group listed.
- Fees can be paid by e-transfer, automatic debit withdrawal (1.5% processing fee) or by credit card (3.5% processing fee)

COMPETITIVE PROGRAM

FEES: VOLUNTEER POINTS COMMITMENT



- The volunteer commitment is critical to the sustainability of the club.
- To host races in the province, the club requires volunteers that have been specifically trained through the online or in-person officials' courses. Volunteering at a swim meet is a great way to obtain volunteer points.

Number And Level Of Swimmers	Volunteer Points Required	Service Hour Buy-Out
1 or more AG-Devo swimmers	4 points	Minimum wage / hour x 3*
1 AG-Train swimmer	8 points	Minimum wage / hour x 3*
1 or more AG-Devo and 1 or more AG-Train swimmers	11 points	Minimum wage / hour x 3*
1 AG-Race/Jr/Sr swimmer	12 points	Minimum wage / hour x 3*
1 AG-Dev/Train and 1 AG-Race/Jr/Sr swimmer	13 points	Minimum wage / hour x 3*
2 or more AG-Devo/AG-Train and 1 AG-Race/Jr/Sr	14 points	Minimum wage / hour x 3*
1 or more AG-Devo/AG-Train and 2 or more AG-Race/Jr/Sr swimmers	15 points	Minimum wage / hour x 3*
2 or more AG-Race/Jr/Sr swimmers	15 points	Minimum wage / hour x 3*

*Points x 3 x Minimum wage. Family will pay the current minimum wage x3 for each missing point. For example, if a family did 4 points out of 8, they can buy-out 4 points hours by paying 4x3 x minimum wage/hr.

To learn more about the volunteer requirements and ways to fulfill them, visit ptboswimclub.com, choose Parent Information and then Volunteer Requirements. You can also find the Volunteer Reporting Form in the Parent Information dropdown as well.

COMPETITIVE PROGRAM

COST ITEMS AND A FINAL THOUGHT



Swim Expenses in a Usual Year

- + Proper footwear and clothing. Swimmers will rarely be required to bring equipment for dryland. Swimmers from AG-Race and up should have a foam roller
 - + 2 to 3 training suits
 - + 1 to 2 race suits (race suits are suitable for all swimmers but are strongly recommended for swimmers 13 and over)
 - + 2 to 3 pairs of goggles
 - + Training equipment for pool
 - + Training equipment for dryland
 - + Training and equipment bag
 - + Travel (including hotel) costs for swim meets
 - + Swim Canada and Swim Ontario Fees
 - + Monthly swim and meet fees
-

Total: A great experience!

A last thought as you venture into this wonderful new world....

Swimming is a rewarding sport that will challenge you in many ways.

Swimming is more than an individual sport. It creates team bonds and friendships that last a lifetime.

“Swimming doesn’t create character ... it reveals character.”

SWIM VOCABULARY AND TERMINOLOGY

MAKING SENSE OF IT ALL!



Common terms

Swim Club	This is a group based club of swimmers affiliated with Swim Ontario
Competitive Group	Groups within a swim club that compete in Swim Meets
Recreational Group	Groups within a swim club that do not compete but swim for recreational benefits
Masters Swimmers	An organized program and competitive sport for adult swimmers aged 19 and older
Swim Meet	An organized competitive event where individual swimmers or teams race against each other in various swimming strokes and distances
Meet Package	An official document published by the host organization that outlines all rules, schedules, entry fees, and guidelines for a specific swimming competition. It acts as the definitive rulebook and invitation for participating clubs, coaches, and swimmers
Entry Deadline	The final date and time by which a swimmer's registration and event selections must be received by the coach to be accepted
Scratch Deadline	The final time limit to officially withdraw a swimmer from the entire meet without getting a penalty or being charged fees

SWIM VOCABULARY AND TERMINOLOGY

MAKING SENSE OF IT ALL!



Common terms

Time Standards	In competitive swimming, time standards are official benchmark times set by governing bodies or meet hosts. Swimmers must achieve these target times to qualify for specific meets (like regional, provincial, or national events), measure personal progress, or compete against peers of identical skill levels
Timed Finals	In a swim meet, a timed final means each swimmer races an event only once. The final places and winners are decided by sorting the official times of everyone who swam in all the heats, going from fastest to slowest
Prelims	Prelims (short for preliminaries, also called heats) are the morning qualifying races. Swimmers race to set times and try to place in the top group. Their finishing times decide who advances to compete in the final races held later that day (A finals and sometimes B finals)
Finals	In a swim meet, “finals” refers to the final session of a competition where the fastest-qualifying swimmers from the morning preliminary heats race again to determine final places, medals, and team scores
A Finals (Championship Final)	Features the absolute fastest swimmers from preliminaries (usually top 8 or 10) competing for top podium spots and highest points. Only those in A finals can medal.
B Finals (Consolation Final)	Features the next tier of fastest swimmers (e.g., 9th through 16th place) racing for secondary rankings.
Alternates	The next two fastest swimmers outside the qualifiers who step in if a finalist scratches or withdraws
Disqualification (DQ)	A stroke and turn official caught a swimmer breaking a rule during a race. When a swimmer gets a DQ, their time does not count, they earn no points or awards, and the race is wiped from the results

SWIM VOCABULARY AND TERMINOLOGY

MAKING SENSE OF IT ALL!



Common terms

Seeding	The system used to sort swimmers into specific heats and lanes based on their entry times (seed times). Faster swimmers generally compete in the final heats and middle lanes, while slower swimmers race in earlier heats and outer lanes
Circle Seeding	A special method used in preliminary sessions of prelims-finals format swim meets. It spreads the 18 to 24 fastest overall qualifiers across the final three heats in a rotating pattern, placing top seeds in the center lanes of those heats rather than stacking them all into a single race
Heat Sheet	The official master program and schedule for a swim meet. It lists every event in chronological order and details the specific heat (group race) and lane assignment for every participating swimmer, alongside their team and seed time
Psych Sheet	It is published before the competition starts so athletes and coaches can preview the competition, but it does not assign specific lanes or heats.
Event Number	One numbered race on the program, defined by age group, gender, stroke, and distance (e.g., Event 12: Girls 9–10 50-meter freestyle)
Heat Number	A single race inside an event. Because a pool only has a limited number of lanes, large events are split into multiple smaller races or heats
Lane Number	The specific lane that a swimmer will be using for their specific swim
Warm Up	The designated practice and loosening-up period before competition

SWIM VOCABULARY AND TERMINOLOGY

MAKING SENSE OF IT ALL!



Common terms

Meet Officials	Trained volunteers and certified personnel who enforce competition rules, manage event logistics, record accurate times, and ensure a fair, safe environment for all competing swimmers
Referee	Controls the entire meet, enforces rules, starts the race sequence with a long whistle, and rules on any disqualifications.
Starter	Takes over from the referee to give the signal and ensure a fair start for every race.
Judge of Stroke	Walks the pool side from end to end to watch legal stroke technique (butterfly, backstroke, breaststroke, freestyle).
Inspector of Turns (IT)	Watches the pool ends to ensure legal touches, turns, and finishes.
Timers	Record manual times for individual lanes when swimmers touch the wall. May also use plungers or buttons if electronic timing is active.
Chief Timekeeper	Oversees lane timers and fixes timing issues.
Meet Manager	Handles overall pre-meet and on-site logistics, schedules, and operations.
Marshalls	Line up swimmers and organize them into correct heats and lanes before their races.

SWIM VOCABULARY AND TERMINOLOGY

MAKING SENSE OF IT ALL!



Common terms

Jammers	Swim jammers are knee-length close fitting male swim shorts that provide more coverage than regular swimsuits, and are tight and stretchy.
Race Suit	A suit specifically designed for aerodynamic racing, used only on race day. Varying cost levels and “tech” levels of suits exist - you don’t need the most expensive suit to be successful!
Training Suit	A suit designed for the day-to-day practice conditions in the pool - swimmers often have 2-3 training suits.
PB	Personal Best - This is your best time to date for a particular stroke and distance.
Freestyle	A swim stroke most commonly executed as front crawl.
Dolphin Kick	Simultaneous leg kick used in Butterfly
Pull	Arms only (no kicking)
Race Pace Training	A training strategy that requires a swimmer to practice at the exact speed or faster than they plan to race. This conditions the body to sustain that pace through proper technique and physiological adaptation.
Best Average Training	A training strategy that requires swimmers to swim each repetition at a consistent time, which is an average split time for a given distance; for example, if a swimmer’s best time for a 200 Freestyle is 2:20.00, the Best Average for training 50s for a 200 metre race would be 35 sec. The goal of the set would be not to sprint the first rep and slow down later, but to hold a steady, optimal pace that maximizes your overall average speed.
Distance per stroke (DPS) Training	DPS refers to stroke length, or the distance a swimmer travels with each arm cycle. It is a key metric for swimming efficiency because it indicates how effectively a swimmer converts their effort into forward propulsion. DPS is calculated by dividing the distance swum (minus any glide off the wall) by the number of strokes taken: $DPS = (Pool Length - Glide Distance) \div Stroke Count$

ALL PROGRAMS

WHO TO CONTACT



I still have questions: who do I email?

Competitive Program:

Head Coach: Kent Crockower - headcoach@ptboswimclub.com

Head Age Group Coach: Owen Cecile - agegroupcoach@ptboswimclub.com

Swim School (7 and up):

Swim School Coach-Lead: Kent Crockower - headcoach@ptboswimclub.com

General Inquiries:

Head Coach: Kent Crockower - headcoach@ptboswimclub.com

President: David Jonkers - president@ptboswimclub.com

Fees, Billing & Payment Inquiries:

Treasurer: Mike Carroll - treasurer@ptboswimclub.com

Registration Inquiries:

Membership: Adam Bonner - membership@ptboswimclub.com



THANK YOU FOR ALL YOUR SUPPORT

