



Sudbury Laurentian Swim Club 2025-2026 Registration Package

The Sudbury Laurentian Swim Club is a non-profit minor sport organization. SLSC is designated “competitive swimming” and is recognized by the City of Sudbury. The Club is a member of the Northeastern Ontario Swimming Association, which is the “Northeastern Region” of Swim Ontario. Swim Ontario, in turn, is a provincial body of Swimming/Natation Canada. Swimming/Natation Canada, along with the national bodies for diving, water polo and synchronized swimming, is affiliated with the Aquatic Federation of Canada (AFC). The body which regulates and controls competitions in the four aquatic sports at the world level is World Aquatics.

The Club's programs are directed by the Head Coach through the professional coaching staff. Administration, policy and operational activities supporting the programs are planned and executed under the direction of a volunteer Board of Directors through working committees. The ongoing success of the Club depends on the teamwork, dedication and supporting efforts of all involved.

**Welcome to this continued legacy of success and thank you
for joining us in the 2025 – 2026 swim season!**

This registration package contains valuable information, and we appreciate you taking the time to read through it carefully.

Information Sources

- **SLSC Club Administrator:** Should you have any questions regarding registration please do not hesitate to contact Dean Henze @ Dhenze@laurentian.ca or slsccoach@gmail.com.
- **SLSC Website:**
The website lets you view group calendars, view information/sign up for swim meets, access the volunteer section for club-hosted swim meets, access team-related documents, and keep up-to-date on the latest team news and events.
www.sudburyswimming.ca
- **SLSC Updates:** Any updates or news will be sent via an email to all members highlighting important club news and events. The email address provided during registration will be used for this email. Please watch and read these to keep up to date.
- **Head Coach:** Head coach Dean Henze Dhenze@laurentian.ca is happy to discuss questions regarding programming and training.
- **New Members:** No question is too small! For questions about all that 'other stuff' please feel free to reach out to the following board member should you have any questions.

SLSC - Board of Directors

President	Léa Bray	president.slsc1@gmail.com
Vice President	Krissy DeMarco	vp.slsc1@gmail.com
Treasurer	Christie Laprairie	treasurer.slsc1@gmail.com
Secretary	Matt Demers	secretary.slsc1@gmail.com
Member at Large	Lauren Cull	slscmemberatlarge@gmail.com

SLSC - Committees

If you are interested in joining one of the committees, please reach out to a board member.

Fundraising Committee: slscfundraising@gmail.com

Officials Committee: slsc.officials1@gmail.com

Socials / Marketing Committee: marketing.slsc1@gmail.com

Meet Manager Committee: meetmanagerslsc@gmail.com

SLSC Programming Structure

Swim Skills: This is a 10-week sessional program that is geared to 7-year-olds who want to learn basic water skills and learn skills that will enhance their long-term future in the water.

Competitive Groups:

Novice Development: This is our introductory competitive program and teaches swimmers the basic swimming skills for Freestyle ("Front crawl"), Backstroke and Breaststroke. To get into Novice Development a swimmer will be able to swim a competent Freestyle and backstroke for more than 25 meters. A basic understanding of a fundamental dolphin kick is also required. While in Nov. Dev, a swimmer will learn basic turns, breaststroke and the beginnings of butterfly.

Novice Advanced: Is an advanced version of Novice 2 and will introduce more advanced skills, as well as Butterfly. To get into Novice advanced a swimmer should have a strong freestyle and backstroke with a competent breaststroke. Other skills that should be demonstrated are flip turns for freestyle and backstroke and a strong ability to dive from the edge (preferably off of the blocks). The swimmer should have ideally competed in at least 2 Top Fish level meets or club Time Trials. The exception to this would be a new swimmer with advanced skills.

Junior Development: This group is geared towards our very best 10 and under swimmers and beginning 11-13 year old swimmers. Basic training concepts are expanded but emphasis is placed on continuing skill development. In order to get into Junior development a swimmer should demonstrate a strong Free, back and breast stroke. A competent butterfly is also a desired skill. Advanced level turns and dives are also expected. Performance expectations are that they swimmer has competed in regional level competitions or higher, and have attained times in at least three 100 meter events, and can kick in training at a competent level. Qualifying for Regional A champs is an asset.

Junior Advanced: This group is the first of the groups that expects a larger time commitment. The commitment to learning to train and continued skill development are the expectations for this group. It is geared towards our best 11-14 year olds and developing 14-15 year olds. This group is a high-level performing group. To be eligible, a strong demonstration of all four stroke as and a strong ability to swim the 200 IM at a high level. Swimmers must be at least at the Regional Championship level and preferably chasing OAG 12 & under standards. Performance in training is also expected. Being able to complete training sets such as 10-12 x 100 free on 1:45, kicking sets that are averaging 1:10 per 50 are also expected. The commitment level of this group is also an expectation. Attendance is a criteria, especially for travel to away competitions.

Senior: The Senior group is a performance group as well. Attendance is a key requirement. Swimmers expecting to be in the Senior group should be able to demonstrate a strong 400 IM. Able to train at a higher level in regards to holding freestyle pace time approaching 1:30 per 100 meters, kick sets approaching 1:00 per 50. Other performance criteria will include the ability to race distance freestyle events at a competent level. The main emphasis is on commitment to training and swimming at each individual's highest potential. This group trains 8 times per week and incorporates dry-land practices.

SLSC Coaching Staff

Dean Henze - Dean Henze - Dean, a native of Atikokan, Ontario, is a highly experienced swim coach with over 35 years of coaching and nearly five decades of involvement in competitive swimming. He began his competitive swimming career mastering a variety of strokes, ultimately specializing in speed freestyle, and competed against some of Canada's future elite athletes, including a young Alex Baumann. His passion for coaching led him to roles across Canada, including a dozen years with the Barrie Trojans before joining the Sudbury Laurentian Swim Club in September 2009. Over his coaching career, Henze has guided athletes to provincial teams, Canada Games, and international tours, taking pride in both elite-level achievements and the breakthroughs of developing swimmers. His philosophy balances pushing athletes toward high performance while respecting the importance of personal growth, confidence, and life skills. Since 2009, Henze has continued to lead the Sudbury Laurentian Swim Club, emphasizing skill development, confidence, and teamwork, while also coaching the Masters Swim Team. He is a Level 3 certified coach, holds a B.Sc. in Kinesiology (1987) and an M.Sc. in Human Development (2001), and has been the Head Coach of 2 international tour teams: 1997 World Blind Championships and 2018 Jr Pan Pacific Games.

Phil Parker - Phil began his coaching career with the Laurentian University Swim Club (LUSC) from 1997 to 1999, working with swimmers aged 9–12 and focusing on their technical development. From 1999 to 2002, he served as the assistant varsity coach with the Laurentian University Voyageurs Swim Team under head coach Jenő Tihanyi. He then became the head coach of the Voyageurs Swim Team, a role he held from 2002 to 2021, and has also been coaching the Masters Swim Team since 2002. Phil is a Level 3 certified coach, holds a B.Sc. in Kinesiology (1997) and an M.Sc. in Human Development (2001), and was named OUA Coach of the Year in 2020.

Chancy Trottier - Chancy is a dedicated competitive swim coach and former high-performance athlete with over 20 years in the sport. She began swimming with the Timmins Marlins, became a provincial qualifier at age 10, and competed at Ontario Festivals through age 13. Chancy later represented Canada at the 2019 Underwater Rugby World Championships in Austria, showcasing her strength and teamwork on the international stage. With 13+ years of coaching experience—including time with Future Olympians Swim Club, TMSC, and Sudbury Laurentian Swim Club—Chancy is known for her technical expertise, motivational coaching, and athlete-centered approach. She has helped swimmers reach provincial levels and build the resilience needed for success in and out of the pool. Outside coaching, she works in Social Services for the City of Greater Sudbury, volunteers with North Edge Church, and is active in CUPE 4705. Passionate about sport, equity, and community, Chancy looks forward to making waves with your swimmers this season.

Laura Young - Laura's career began with sport, specifically swimming, in Cameron Lake at Fenelon Falls and later in pools and lakes from Halifax to Ottawa. She is currently on her second go-around as a certified lifeguard and swimming instructor. She primarily works at R.G. Dow Pool. A founding member of Masters Swimming Sudbury (formerly Laurentian Masters), Laura specializes in individual medley and backstroke. On the lake and open water, she advocates for clean swimming spaces and ensured the masters are charter members of the international effort known as Swimmable Cities. She is also a co-race director of the Island Swim, Northern Ontario's only open-water swim race and a fundraiser for local charities. Away from the water, Laura is a long-time journalist in Northern

Ontario. She is the author of two books: Solo Yet Never Alone: Swimming the Great Lakes and Soulmates on Ice: From Hometown Glory to the Top of the Podium. She has extensive experience writing, editing and publishing short and feature-length content for print and online platforms.

Financial Commitment

This is a snapshot of anticipated fees for families' budgeting purposes. All fees are approximate and can vary from year to year. Fees will also vary based on your child's level of swimming (which group they swim with) and how extensively they qualify to participate in swim meets.

Financial Changes – 2025/2026 Season

We would like to inform members of the following financial updates for the upcoming season:

- **E-Transfers Discontinued:** Beginning this season, we will no longer be accepting e-transfers as a method of payment. Processing e-transfers requires manual entry into our system and has resulted in a high volume of follow-up reminders. This change will help us streamline operations and ensure a more efficient and consistent payment process.
- **No Fee Increases:** We are pleased to announce that there will be no fee increases this year.
- **Updated Monthly Payment Schedule:** In previous years, monthly payments were collected from September through April. This season, monthly dues will instead run from October through May. During registration in September, only the Swim Canada and Club Administration fees will be charged immediately. Monthly training fees will begin in October.
- **Fundraising Raffles:** Our fall and spring fundraising raffles will return this season. The payment timelines for fundraising will remain the same as last year. Please stay tuned for more details regarding payment amounts and the number of tickets each swimmer will be required to sell.

Required Fees

- Registration fee based on which group your child belongs to, see chart below.
- Swim Canada Fee
- Team Uniform Fee \$60 – Mandatory for NEW SWIMMERS due at time of registration
 - 2 t-shirts and a cap
 - Returning swimmers have the option to purchase
- Swim meet registration and individual race entry fees (varies by meet)
- Required training equipment for practices (varies per group, reusable each year)

Registration Fees

Please see the table below for the registration fee that is required for each swimmer for the 2025-2026 season:

	SWIM SKILLS	Novice Dev	Novice Adv	Junior Dev	Junior Adv	SENIOR
Annual Fees	\$225 per session	2005.00	2500.00	2700.00	3450.00	4230.00

Payment of the above registration fees can be made in full at the time of registration (annually) or by monthly installments on an 8-month payment schedule that will run from October 2025 to May 2026. Swim Skills - a \$35 administration fee will be charged for each registered session. Competitive Groups - a \$125 administration fee will be charged at the time of registration.

NOTES:

- All previously outstanding balances must be paid at the time of registration and will be added to your total amount owing at the time of checkout. A \$45 NSF charge will incur for any transactions that are declined.

Family Account Payment Options

Credit Card

- There is a 3.25% processing fee for all credit card transactions.

Pre-auth debits

- You do have the option to pay by Canadian Banking pre-auth debits during registration.
- There is a 1.25% processing fees for pre-auth debit transactions.

Fundraising

SLSC fundraising events help offset Club operating costs. For this season we will be running 2 mandatory team raffles this fall and spring. Each raffle will raise \$10,000 and will incur a \$225 charge. Swimmers will be required to sell approx. 15 tickets per raffle (based on membership #s). Accounts will be charged approx. \$225 in the spring and fall.

We will also run a Swim-a-Thon this season and are looking for people to help organize every swimmer is encouraged to participate. In addition to the Swim-a-Thon we will also be running other smaller fundraisers throughout the season, stay tuned for those details!

Bingo brings in approximately \$20,000 of revenue to the club annually. The club continues to need more volunteers to support our Bingo nights. Please contact Phil Parker if you think you can help: pparker@huntingtonu.ca.

Withdrawal from the Club

The \$125 administration fee is non-refundable. Any swimmer deciding to resign from the club prior to December 31st will incur a \$500 cancellation fee and monthly dues from September 1st to December 31st will be charged.

Swimmers who resign after December 31st all remaining dues will be charged.

If the swimmer has paid the fees in full and resigned prior to December 31st, a prorated refund will

take place minus the \$500 cancellation fee and monthly fees from September to December.

Refunds for Medical Leave

Refunds will be granted at the discretion of the Board upon written application to the Club, accompanied by a letter from a medical doctor, describing the nature of the illness. Such applications will be considered where the swimmer is unable to train for a minimum of 1 month due to medical reasons. A refund granted under this policy will not be assessed on administration fee. The refund will apply to the training fee only.

Meet Fee Refunds

Meets are not refundable. There are no refunds for swimmers who scratch from events, the swimmer will be responsible for meet fees regardless of attendance for participation at the subscribed meet.

Fee Reductions

There will be no reduction in fees for a swimmer desiring a leave of absence from training, except for validated medical reasons as described above.

Free Trial

A free trial shall not exceed two weeks of continuous training sessions. No fee will be charged for this.

Meet Fees and Coaches Fees

Meet fees are entry fees charged to participate in various competitions throughout the year. Each host club charges fees per individual event and relay or a flat fee (regardless of the number of events). When a swimmer is entered in a meet the fees plus a coach fee is charged to the family account:

- \$25 Top Fish
- \$75 Regional Champs/Invitational
- \$75 out of town/ NEOR Meets
- \$100 Provincial Meets
- \$150 National / Out of Province Meets

Note - Swim Meets that are added to the competition calendar after board budget approvals are subject to adjustments to the above fee structure.

Practice Locations and Schedules

The regular practice schedules are located on our website. However, there are occasionally impacts to the regular schedule. When this happens an email from the coach will be sent to affected groups.

Practices locations, dependent on group:

- Nickel District - 140 Hawthorne St, Sudbury ON

- RG Dow Pool - 38 Veterans Rd, Copper Cliff ON
- Howard Armstrong (HARC) - 4040 Elmview Dr, Hanmer ON

Practice Schedules The schedule on our website is a **tentative** practice schedule for the swim season. Please keep an eye out on your email for a finalized version with start dates. Our website will also be updated once finalized.

Team Uniform and Equipment

All SLC swimmers are required to dress appropriately in team uniforms to represent our team during practice, competitions, and team functions. **It is mandatory that all swimmers have/buy an SLSC t-shirt.**

Swimmers must wear a team cap, and if choosing to wear shirts over their swimsuits for dryland it must be the team shirts. Goggles and training suits are of the swimmer's own preference. However, goggles and suits should be appropriate style/cut for training. For example board shorts and tankinis are not suitable.

1) Competition Uniform

- a) Suit requirements depend on your swimmer's age.
 - 12 & Under swimmers must wear a navy or the SLSC team suit. 12 & Under swimmers may not wear tech suits.
 - 13 & Over swimmers must wear a navy or the SLSC team suit. Tech suits can only be worn with coach approval and will be reserved for higher level meets such as finals at regionals/provincials and will not be permitted at other meets.
- b) Clothing requirements are as follows:
 - Swimmers are expected to be wearing team gear, such as a t-shirt, parka, hoodie, sweatpants, always during swim meets.
 - Any home-made SLSC gear is not permitted.
- c) Swimmers must wear team caps at meets but they are free to choose any brand (excluding caps from other swim teams such as NCA) for training.

We're excited to announce that we've partnered with **Swim Hub** this year for our team gear!

You can browse and order from our team store here:

[Sudbury Laurentian Swim Club Team Store](#)

- **Passcode:** SLSCTEAM
- **Discount code:** SLSCSAVE

In addition, we'll also have a team store for **t-shirts, hoodies, and more** through **HMR Branding**. Stay tuned for details on when that portal will open for orders and links to the store.

Happy shopping and let's show our team spirit!

Meet Schedule

Meet invitations will be provided by your swimmer's coach. Do not commit to any meets on our website unless you have received an official invitation. Each training group will have a designated meet schedule, which will be shared with you at the beginning of the season.

Stay Connected with Pool Queue

We encourage all families to actively use their Pool Queue accounts to stay informed and organized throughout the season.

You can:

- Add additional family email addresses to your account for better communication
- Access and download invoices anytime for your records
- View the pool schedule and declare for events in just a few clicks

Here's a quick how-to guide:



Add Additional Emails:

- Log into your Pool Queue account
- Go to My Account > Edit Account Info
- Add extra email addresses under the contact section and save



Download Invoices:

- From your dashboard, go to Billing or Invoices
- Select the invoice you want and choose the download or print option



View Pool Schedule & Declare for Events:

- Visit your Team Calendar to view upcoming practices, meets, and events
- To declare for a swim meet or team event:
 - Click on the event in the calendar
 - Choose Attend/Decline and select your swimmer's availability
 - Be sure to save your selection

Swimmer Registration with Swimming Canada

Each swim club in the province of Swim Ontario is a Swim Ontario member. Swim Ontario is a member of the national governing body for swimming called Swimming Canada and the provincial governing body or Provincial Section (PS) called Swim Ontario. In return for government sport funding, all governing organizations are required to report on membership. Non-identifying statistics are obtained directly from the data collected in the Registration and Events Management System (REMS). With your assistance to provide accuracy, we can comply with our requirements and continue to benefit from strong government support, virtually all of which is directed towards the support of swimmers, coaches and clubs. All swim clubs are required to process all registrations to Swim Ontario and Swimming Canada via the REMS.

The final steps of registering with your swim club includes the following mandatory steps:

1. Confirmation of primary contact and information and preferred language related to your family and swimmer(s) in the REMS
2. Indication of your preference to receive emails of a commercial nature
3. Confirmation of Canadian citizenship status – identifies eligibility of swimmers to set records or national team selection.
4. Signing the Acknowledgement and Assumption of Risks Form
5. Agreement to abide by Swimming Canada's policies

NOTE: It is only upon completing the above steps in the REMS that you/your swimmer are considered officially registered and a member of Sudbury Laurentian Swim Club and then covered by insurance. This registration process must be completed before entries into a swim meet can be submitted and accepted. Your information is held by the Club, Swim Ontario and Swimming Canada in compliance with the [Swimming Canada Privacy Policy](#).

In addition to the mandatory questions, there are five optional declarations that may be completed in the REMS. Providing this information is voluntary and will be used for statistical and informational purposes as well as for program development. It will not be used by your Provincial Section or Swimming Canada for any prohibited purpose as per The Canadian Human Rights Act and Provincial Human Rights legislation.

1. **Gender Identification** – allows swimmers to self-declare their gender identification (Cisgender, Non-Binary, Transgender). This optional self-declaration will have no effect on the gender of registration but will provide valuable information in order to continue to develop and grow programming.
2. **Indigenous Descent** – identifies eligibility for the North American Indigenous Games and/or regional/provincial funding opportunities (if available). In some Provincial jurisdictions, these statistics are also required as part of government funding reporting requirements.
3. **BIPOC Declaration** – this optional self-declaration will provide information for government reporting and to develop and grow programming.
4. **Impairment Declaration** – helps Swimming Canada, Swim Ontario and your swim club to direct opportunities that are specifically targeted to swimmers with a

disability (Para Swimmers)

Refer to: <https://www.swimming.ca/en/resources/>

5. **Hard of Hearing** – assists in identifying individuals who may be eligible for participation in events specifically targeted to swimmers who are deaf/hard of hearing.

IMPORTANT AND REQUIRED

After September 13, 2025 SLSC will activate your swimmer with Swimming Canada. Once your swimmer is activated you will receive an auto-generated email with a direct link to your Swimmer Account. (Check your spam folder if you do not receive it.) Then you can complete your swimmer registration with Swimming Canada by following the steps below. Please do not try to complete your swimmer registration before receiving the email with the personalized link.

Swimmer Registration with Swimming Canada

Log into your SNC account

Complete Swimmer Registration

1. Click the **Complete Now** blue button for each swimmer.
2. Follow the prompts on the bottom right ensuring all required fields are completed.
3. You will go through the different pages:

Page #1: Primary Contact Information

1. Enter all required contact information
2. Indicate preferred language
3. Answer question
4. Enter a username (that you would prefer) / password if necessary
5. Click **Confirm** and **Submit** blue button

Page #2: Swimmer Information

1. Review each swimmer information and if necessary, add additional information using the edit button.
2. Click on **Continue to Consent** blue button at bottom right.

Page #3: Swimmer/Family Consent Forms

ALL forms must be signed for each registered Swimmer associated with the account. If a Swimmer is under the age of 18, a parent/guardian must sign the form.

1. Click "Click to Sign" link for each form to sign
 - a. A new window opens
 - b. Fill in all the required fields and scroll down to Sign, Attest or Save

HINT: If you do not see the print/close/create PDF buttons after clicking Sing/Attest/Save, make sure to scroll up to see which field is missing.

- c. When a form is completed, scroll down and you will see a Print button instead of

Sign, Attest or Save
button.

2. Repeat for all forms for all swimmers. 2 forms per swimmer:
 - a. Acknowledgment and Assumption of Risk Form
 - b. Swim Ontario Code of Conduct and Concussion Management Procedure Acknowledgement (Rowan's Law requirement)
 - d. The Club Registrar will receive an email indicating that the Swimmer has signed the Form.
 - e. The Swimmer/Parent/Guardian can view/save a signed copy of the form.
3. Click the Complete Swimmer Registration blue button on bottom right.

Completed Swimmer Registration

1. Click FINISH button to complete registration for the swimmer(s).
2. You will return to the Dashboard page and will see "View Swimmer Profile" instead of "Complete Now" by each swimmer that has a completed profile.

Note: PSO Pending status indicates that the club has not yet made payment to Swim Ontario for registration fees. No action is necessary on your part.

Account updated - When account information is updated, all the required forms are executed and consent messages answered, you will receive an email that the swimmer(s) account has been updated and registration is complete.

Swimming Terms

SLSC	Abbreviation for the Sudbury Laurentian Swim Club.
NEOR	North Eastern Ontario Region (NEOR) – the regional area in which the Sudbury Laurentian Swim Club competes.
AGE GROUP SWIMMING	Age Group Swimming: This is the program through which Swimming-Natation Canada (SNC) provides fair and open competition for under 18 years of age members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning.
BLOCK	The starting platform
BULKHEAD	A wall constructed to divide a pool into different courses, such as a 50m pool into two 25m pools.
CIRCLE SWIMMING	Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane.
COACH	A person who trains and teaches athletes in the sport of swimming.
CUT	Slang for qualifying time. A time standard necessary to attend a particular meet or event.
DISTANCE EVENT	Term used to refer to events over 400 metres.
DQ (DISQUALIFIED)	This occurs when a swimmer has committed an infraction of some kind (e.g. onehanded touch in breaststroke). A disqualified swimmer is not eligible to receive an award, nor will there be an official time in that event.
DRILL	An exercise involving a specific part of a stroke, used to improve technique.
DRY-LAND TRAINING	Training done out of the water that aids and enhances swimming performance; usually includes stretching, callisthenics, and/or weight training.
ENTRY DEADLINE	A date coaches must submit entries for swimmers by to allow them to race in a specific competition. Once deadline is past there are no refunds.

FALSE START	Occurs when a swimmer is moving at the start prior to the signal.
FINAL	The championship heat of an event in which the top 6, 8 or 10 swimmers from the preliminaries compete for awards, depending on the number of lanes in the pool.
FINISH	The final phase of the race, the touch at the end of the race.
FLAGS	Backstroke flags placed 5 metres from the end of the pool. They enable backstrokers to execute a backstroke turn more efficiently through being able to count the number of strokes into each wall.
GOAL	A specific time, event or skill achievement a swimmer sets and strives for; can be short or long term.
I.M.	Slang for individual medley, an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.
LONG COURSE OR LC	50m long pool.
LONG DISTANCE/OPEN WATER	Any freestyle event over 1500 metres, normally conducted in a natural body of water, such as a lake, river, or ocean.
MEET	Competition designed to be a measure of progress and a learning experience. By implementing what has been learned in practice, the swimmers test themselves against the clock to see how they are progressing.
MIDDLE DISTANCE	Term used to refer to events of 200 to 400 metres in length.
NEGATIVE SPLIT	Swimming the second half of the race faster than the first half.
OFFICIAL	A judge on the deck of the pool at a sanctioned competition who enforces SNC rules.
OFFICIAL SPLIT	The first portion of the full distance of an event raced at a sanctioned meet. Example – a 50 or 100 within a 200 meter event.
OFFICIAL TIME	A time achieved in a race during a sanctioned competition.
PACE	The often pre-determined speed with which a swimmer completes each segment of a race (e.g. 25m, 50m)
PACE CLOCK	Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice (may also be digital).

PRELIM	Slang for preliminaries, also called heats, the races in which swimmers qualify for the championship and consolation finals in an event.
Q-TIME	Qualifying time necessary to compete in a particular event and/or competition.
RELAY	An event in which 4 swimmers compete together as a team to achieve a time.
SAFETY PROCEDURE	Safety procedures are designed to prevent accidents, and must be followed to the letter.
SANCTIONED MEET	All competitions in which records may be set and official times may be obtained, must be sanctioned (= approved officially) by a Swim Ontario Sanctioning Officer.
SCRATCH	To withdraw from an event in a competition. There can be a monetary penalty for a late scratch.
SHORT COURSE OR SC	25 meter long pool.
SNC	Swimming Natation Canada – National governing body for competitive swimming.
SWIMON/SO	SwimOn/SO: Swim Ontario – Provincial governing body for competitive swimming.
SPLIT	A swimmer's intermediate time in a race. Splits are registered every 50m and are used to determine if a swimmer is on a planned pace. Under certain conditions, initial splits may also be used as official times.
SPRINT	Describes the shorter events (50 and 100m); in training, to swim as fast as possible for a short distance.
STREAMLINE	The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as tight and straight as it can be.
TAPER	The final preparation phase. As part of this phase, and prior to major competitions, older and more experienced swimmers will shave their entire body to reduce resistance and heighten sensation in the water.
TIME TRIAL	A practice race which is not part of regular competitions. Time trials may be sanctioned and used to qualify for specific meets.
TOUCH PAD	A large sensitive board at the end of each lane where a swimmer's touch is registered and sent electronically to the timing system.
WARM-DOWN	Low intensity swimming used by swimmer after a race or main practice set to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.

WARM-UP	Low-intensity swimming used by swimmers prior to a main practice set or a race to get muscles loose and warm, and to gradually increase heart rate and respiration.
WATCHES	Stopwatches used to time swimmers during a competition. When totally automatic timing equipment is used, watches serve as a back-up method.