



# DALLAS AQUATIC MASTERS

*Fun, Fitness and Competition*

## Words to Swim By - A Glossary of Very Important Terms

Monday, August 26, 2002

The following is a glossary of terms and expressions commonly heard at an Adult Fitness Swim workout. This information was compiled for the benefit of newcomers and "old pros" alike.

**Blow Chow:** A visualization that pretty much paints its own picture.

**Bottom, on the:** See Top, on the.

**Build:** A gradual increase in speed to full throttle. Building a set results in a negative split—when the second half of a set is completed in less time than the first half. Building leads to a higher level of aerobic conditioning.

**Butcher:** One whose reckless use of "swimmer's machetes" or hand paddles causes havoc and/or injury to other swimmers.

**FIYCH:** These initials throw fear into the hearts of all swimmers; a secret code used by coaches to push hardworking swimmers to the brink. It is important to know the Fastest Interval You Can Hold. This is also the given name of a least 85% of the cab drivers in New York City.

**Grand Piano Time:** Sudden loss of speed due to exhaustion; characterized by the feeling of immense weight (like a piano or some major appliance) on one's back; a rush of fatigue.

**I.M.** (Individual Medley): an individual event in which the swimmer swims all four strokes in "I.M. order"—fly, back, breast, free.

**Interval:** A period of time for completing a swim set. For instance, "4 times 100 on 3 minutes" means that you note your starting time and then swim 100 yards (or meters). You start your second 100 exactly three minutes after you started your first 100. With any luck, you will finish your first 100 before the three minutes are up, and you get a little rest before you start the second 100. Larger intervals mean more rest and an easier set. If you took more than 3 minutes, you did NOT "hold the interval". Interval training can be both mentally stimulating and devastating. Descending intervals (rest time decreasing) often results in a "blow chow alert".

**Motorboat Time:** A kick set. Usage: women generally out-perform men during motorboat time.

**Rabbit:** A small terrestrial mammal known for short sudden bursts of speed: usually applied to undisciplined swimmers who are unable to "build". Rabbits do not reap the benefits of long periods of aerobic conditioning.



## Words to Swim By - A Glossary of Very Important Terms (page2)

**Roll the Barrel or Over the Waterfall:** A visualization technique used to keep elbows high during the first part of the pull.

**Sammy and Suzie Save-Up:** Sammy and Suzie are those annoying swimmers who “sandbag” the whole workout (see below), and then blow everyone out of the water on the final set; Sammy and Suzie emerge victorious –ego inflated and cardiovascular system untapped.

**Sandbagging:** Swimming below one’s ability.

**Six-Beat Kick:** Named after a helicopter combat maneuver designed to provide a rapid vertical ascent while minimizing the chance of a tail rotor strike. When applied to swimmers and ballroom dancers (who, coincidentally, are equally concerned about their tail rotors) it refers to a rhythmic synchronization of arm and leg movements based on rigid adherence to a little known mathematical formula (three kicks for every arm stroke, or six kicks for every arm cycle).

**Tailgater:** Swimmer who consistently swims on the heels of another; unanimously voted “Most likely to Get Kicked in the Nose during Practice”.

**Taper:** Gradual decrease in length of workouts with a corresponding increase in intensity leading up to a competitive event; often used as an excuse when a swimmer is sandbagging.

**Tombstone:** Short for “Tombstone Memorial Kick Set”. A somber and intensely personal ceremonial display characterized by holding a kickboard vertically in front of your chest while doing any stroke kick. Can only be distinguished from sandbagging by informing the coach of the name recently deceased before proceeding.

**Top, on the:** Denotes points on the pace clock; the bottom is when the sweep hand is on the “30.” The top is when the sweep hand reaches the “60.”

**Torture du Jour:** Swimmers’ jargon for the upcoming practice, especially when the practices are published in advanced.

**Walk & Stalk:** Visualization technique used to “walk” the shoulder forward (as opposed to “swing and fling” the windmill effect) and then reach out with the arm from a high elbow position for a powerful hand catch (the “stalk”).

**Wall Time:** Wall hugging; wall huggers take unscheduled breaks by attempting to become one with the end of the pool; wall time occurs most frequently at the deep end; especially when the coach is occupied with other swimmers.