



# PVS Coaches Newsletter

November 2015 Issue

Welcome to the 2015-2016 Swim Season (Year of Olympic Trials!)

## Asking for your opinion:

PVS will be asking coaches, officials, and swimmers about the swim meets they attend each month. The survey for the October 2015 meets is available. A link to the survey can be found on the PVS website on the HOME page and is provided below.

Survey link for coaches & officials:

<https://www.surveymonkey.com/r/6SBFSSV>

Survey link for swimmers:

<https://www.surveymonkey.com/r/6FWCGBP>

The survey is meant to be a way for every coach to give their feedback on how the meet ran without having to identify themselves. The only identifying information that is asked is what team you coach for and will only be used to make sure that the PVS Board of Directors is receiving feedback from every PVS club.

Please check out the PVS website for a link to Legislation adopted at 2015 USA Swimming HOD that are effective **immediately**:

Below are two of the effective immediately rules that may affect your team:

### R-11 Representation

One hundred twenty (120) consecutive days rule was clarified. Swimmers will be unattached for 120 days starting the day after the last date an athlete represents one club at an open competition. An open competition is any sanctioned PVS meet that is not an intrasquad swim meet.

### R-12 Eligibility

No Member of USA Swimming is able to coach, train, or provide swimming related advice or service to any swimmer who is serving a period of ineligibility or provisional suspension.

## Non-Athlete Registration (Coaches/Officials) Information:

*Unattached Renewing* Coaches should use the online form for their Non-Athlete Registration.

*New (Unattached/Attached)* Coaches should use the online form for their Non-Athlete Registration

*Attached Renewing* Coaches should contact their club registrar to obtain their Coach Renewal Form.

Please note that non-athlete credentials will not be sent by the PVS Registrar. Coaches are asked to either print a copy of their non-athlete credentials from their USA Swimming account or have Deck Pass available for review by the Meet, Deck, or Admin Referee at a swim meet.

## What do you want to see on the Coaches page of the PVS website?

We are asking for your opinion on what you would like to see on the Coaches Corner page of the PVS website.

Throughout the 2015-2016 season, we will be sending out quick 10 question surveys to help guide changes to the page and to receive feedback about those changes.

Survey link for the first survey:

<https://www.surveymonkey.com/r/ZLBRPXW>

Please help us help you by improving the PVS website.

## 2016 Eastern Zone SC Championship March 23<sup>th</sup>-26<sup>th</sup> (Webster, NY)

The PVS Board and Competition Committee is looking for coaches interested in being on the Eastern Zone SC Championship Coaching Staff.

PVS sends an All-Star team of swimmers to compete against All-Star teams for the other LSCs in the Eastern Zone.

Selection of the Head Coach and Assistant Head Coach occurred at the October 2015 Competition Committee meeting. Chris Schlegel (ASA) will be the Head Coach. Heather Purk (MACH) and John Aldonas (CSC) will be Co-Assistant Head Coaches.

Selection of the Assistant Coaches will occur at the January 2016 Competition Committee meeting. Coaches interested in submitting their name for selection should email Steve Menard, PVS Age Group Chair, at [h20yea@gmail.com](mailto:h20yea@gmail.com).

## 2016 Eastern Zone LC Age Group Championship August 3<sup>rd</sup> – 6<sup>th</sup> (East Meadow, NY)

The PVS Board and Competition Committee is looking for coaches interested in being the Head Coach or Assistant Head Coach for the Eastern Zone LC Age Group Championship.

In order to be eligible to be the Head Coach, a coach must have served as the Assistant Head Coach on a previous Eastern Zone Championship trip.

In order to be eligible to be the Assistant Head Coach, a coach must have served as an Assistant Coach on a previous Eastern Zone Championship trip.

Selection of the Head Coach and Assistant Head Coach will occur at the January 2016 Competition Committee meeting. Coaches interested in submitting their name for selection should email Steve Menard, PVS Age Group Chair, at [h20yea@gmail.com](mailto:h20yea@gmail.com). Please include which position you would like to be considered for.

## I didn't know that was a rule...

Have you ever had a swimmer disqualified for something you did not know was a rule?

Consider attending one of the PVS Stroke & Turn Officials training classes to learn what specific things officials are watching for in each stroke.

The view that a stroke & turn official has can be very different than the view that a coach has of a swimmer at a swim meet.

The schedule of upcoming clinics is available on the PVS website.

Currently, there are two PVS Coaches who are also Stroke & Turn officials. If you are from a small club, then attending a stroke & turn clinic could be used to encourage more of your parents to attend and become PVS officials.

Want to find out more about what is going on in Potomac Valley Swimming? Want to find out what the PVS Board of Directors is doing for its members?

#1 – Check out the PVS website for updates

#2 – Attend a PVS Board of Directors Meetings  
Meeting Dates and Locations are posted on the home page of the PVS website

#3 – Contact a PVS Board Member with your questions.

Not sure who you should contact, then email Heather Purk, PVS Coaches Rep at [hkpurk@gmail.com](mailto:hkpurk@gmail.com) or talk to her at a swim meet. The PVS Board is here to help its members.