



PVS Coaches Newsletter

January 2016 Issue

Happy New Year!

Asking for your opinion:

PVS will be asking coaches, officials, and swimmers about the swim meets they attend each month. The survey for the December 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/PVSDecCoachOfficial>

Survey link for athletes:

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

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.

Competition Committee Meeting

January 2016

The Next Competition Committee Meeting is January 6, 2016 at 7pm.

We invite all coaches to attend and voice their opinions.

Items on the agenda include

1. Voting for SC Zone Assistant Coaches
2. Voting for LC Zone Head & Assistant Head Coaches
3. Discussion of issues brought to the board via the Monthly Swim Meet Evaluation Survey
4. Club Meet Bids for 2016-2017 Season
5. Outstanding Athlete Nomination Process – Review and Discussion of the changes
6. Coaches Representative Nominations (Vote occurs at Senior Champs in March)

Congratulations to the following PVS Clubs & their coaches for achieving recognition in the 2016 USA Swimming Club Excellence Program

Gold – NCAP (1st overall)

Silver – MACH, RMSC, FISH

Bronze – ASA, AAC

The Club Excellence Program is a voluntary program that identifies and recognizes USA Swimming clubs for their commitment to performance excellence.

Help PVS achieve LEAP 3 status....

In order for the PVS Board of Directors to complete the required paperwork for LEAP 3, we have created another survey for coaches.

This survey will help PVS start a database of information to use to promote and recognize the diversity of PVS Coaches. The results from the survey will be used by the PVS BOD for LEAP 3 and to create a coaches recognition program.

Survey link for the second survey:

<https://www.surveymonkey.com/r/PVSCoaches2>

Please help us help you by improving PVS.

**2016 Eastern Zone LC Age Group Championship
August 3rd – 6th (East Meadow, NY)**

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

Selection of the Assistant Coaches will occur at the May 2016 Competition Committee meeting. Coaches interested in submitting their name for selection should email Steve Menard, PVS Age Group Chair, at h20yea@gmail.com. Please include which position you would like to be considered for.

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 or talk to her at a swim meet. The PVS Board is here to help its members.

What Motivates The Coach?

ASCA asked Coach Steve Bultman, ASCA Level 5, what motivates him.

“One of our problems have been that lots of good coaches have left the sport for various reasons and loss of motivation is a big part of that. I’ve found motivation in various places. First, I think the swimmers, above all, motivate the coach. One of the neatest things about our job is working with outstanding young individuals to help them reach their goals. When you have that kind of relationship, it’s highly rewarding.”

- News For Swim Parents, ASCA

Swimwear used at Competitions

Did you know?

USA Swimming Rule 102.8.1C states....

Only swimsuits complying with FINA Swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

FINA Requirements for Swimwear Approval states...

No zippers or other fastening system allowed.

What does this mean for your swimmers?

The popular swimsuits that many of our female athletes wear that are tied in the back are not permitted to be wore during competition. They can be worn at practice or during meet warm-ups.

PVS Coaches Continuing Education Grant

PVS offers six continuing education grants to coaches in PVS each year.

Each grant is for \$500 and is awarded based on a lottery of grant applications submitted.

Submission of grant applications ends on June 30th of each year and the lottery is to be held at LC Senior Champs. The 2016 PVS Coaches Continuing Education Grant Application (updated) will be available on the PVS website after the January meeting of the Competition Committee.

PVS Coaches who serve as the PVS SC Zone Head Coach and PVS SC Zone Assistant Head Coach are guaranteed one of the six continuing education grants in the year in which they serve in that position. The coach need only submit a grant application before the deadline in order to receive the grant. (Per PVS Policy and Procedures)