



PVS Coaches Newsletter

February 2016 Issue

Black History Month

Asking for your opinion:

PVS will be asking coaches, officials, and swimmers about the swim meets they attend each month. The survey for the January 2016 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/PVSJanCoachOfficial>

Survey link for athletes:

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

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 Recap January 2016

1. Bill Marlin is looking for a coach to take over the Distance Coordinator Position
2. A recommendation was made to see how the 2016 Eastern Zone SC AG Champs goes, to determine whether or not PVS will attend in the further.
3. Safe Sport: All clubs need to provide Greg York, Safe Sport Chair will their club's Safe Sport Representative contact information ASAP!
4. LC Senior/Junior Champs will use the standard scratch policies that are used at PVS Open meets in an effort to reduce the number of DFS and open lanes during prelims.
5. A motion to change P&P in regards to allowing club meets on the weekends of PVS Open and Distance Meets will be going to House of Delegates in May.

PVS Coaches Representative Election Will be held at the PVS Short Course Championship Meets (Senior Champs & JO's)

Individuals interested in running for one of the two available PVS Coaches Rep positions should email Heather Purk at hkpurk@gmail.com no later than February 29, 2016.

Coaches Rep (2015-2017) will fill the remaining year of a two year term and will start serving in April 2016.

Coaches Rep (2016-2018) will serve a full two year term and will start serving in September 2016.

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.

**7 Life Lessons Swimmers Can Learn from
John Wooden**

By: Olivier Poirier-Leroy

1. **There is no "I" in Team.** *"It is amazing how much can be accomplished if no one cares who gets the credit."*
2. **Master the Fundamentals.**
3. **Do what you can, with what you have.** *"Don't let what you don't have interfere with what you can do."*
4. **Set the Example.** *"Seek opportunities to show you care. The smallest gestures often make the biggest difference."*
5. **Practice like you want to race.** *"If you don't have time to do it right, when will you have the time to do it over?"*
6. **Effort is Everything.** *"Players with fight never lose a game, they just run out of time."*
7. **Focus on the Positive.** *"If we magnified blessings as much as we magnify disappointments we'd be much happier."*

Observed Swims

Did you know?

Many of the High School Championship Meets are observed swims.

An observed swim is a meet conducted under rules other than USA Swimming technical rules (e.g. high school, NCAA, IPC).

Only those times from swim(s) that are observed and approved USA Swimming appointed and certified officials acting as observers are recognized by USA Swimming.

Swimmers must provide their coach with their USA Swimming ID# to facilitate the swims being entered in the SWIMS Database.

Observed Swims that occur outside the PVS Boundaries are entered into the SWIMS Database by the Times Coordinator of the LSC who provided the observers (i.e. Virginia Swimming is the LSC for the Virginia High School State Championships).

2016 Eastern Zone SC Age Group Championship

Webster, NY
March 24-26, 2016

Head Coach: Chris Schlegel

Assistant Head Coaches:
John Aldonas & Heather Purk

Assistant Coaches:
Liz Badley, Michelle Blanton, Kristina DeWeese, Meghan Edwards, Robert Green, Derek Young

The application for the 2016 PVS Short Course Zone Team will be available online only. The application is being finalized and should be available no later than February 22nd. The application deadline will be Monday, March 14, 2016.

General Questions should be directed to:
Dave Greene, Zone Team Manager at
dgreene@rockvillemd.gov

Team Apparel Questions should be directed to:
Heather Purk, Zone Apparel Coordinator at
hkpurk@gmail.com