



PVS Coaches Newsletter

March 2016 Issue

Short Course Championship Meets 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 February 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/PVSFebCoachOfficial>

Survey link for athletes:

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

Survey link for Black History Invitational:

<https://www.surveymonkey.com/r/BlackHistory30>

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.

A Thought to Make You Think:

“Humility is COMMON SENSE. None of us are experts on everything. What we don’t know and can’t do, far exceeds what we can do, and do know.”

- George Block

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.

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

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.

Candidates as of February 24, 2016:

Rob Green – DCPR

Heather Purk – MACH

Evan Stiles – AAC

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.

**Preparing for Championship Meets
A 10yr old swimmers thoughts....**

The coach said we need to refine STUFF.

Streamline
Turns
Underwaters
Fast swimming
Finishes

It's important to work on **STUFF**.

CYAC swimmer of Coach Chris Fay

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 has been finalized and is available on the PVS website on the Zone Team page.

<http://www.pvswim.org/zoneteam/index.html>

The application deadline will be Monday, March 14, 2016 at 5:00pm.

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

Age Group Coach of the Year

The PVS Age Group Coach of the Year Award is awarded to the one coach that has, in the eyes of the selection committee, achieved the most as an age group coach during the just completed LCM and SCY seasons. The selection criteria is based on a coach's achievements from the start of the current LCM season (the day after the SC Eastern Zone Championship Meet – March 29, 2015) through the last day of the following year's SC Eastern Zone Championship Meet (March 26, 2016).

The PVS Age Group Coach of the Year will have his/her expenses paid to attend the ASCA World Clinic in Ft. Lauderdale, FL September 6-11, 2016, where the award is presented.

Nomination forms for the PVS Age Group Coach of the Year will be handled out at PVS 14&Under Junior Olympic Championships (JO's) and are due to the PVS Coaches Rep by Friday, April 8, 2016. Forms will also be available on the Coaches Corner Page of the PVS Website.

Forms may be email to hkpurk@gmail.com or mailed to:

Machine Aquatics
Attn: Heather Purk, PVS Coaches Rep
204-D Mills St, NE
Vienna, VA 22180

Upcoming PVS Meeting Dates

Monday, March 7th – PVS Board of Directors

Wednesday, April 20th – Officials Committee

Wednesday, May 18th – Competition Committee

Tuesday, May 24th – PVS House of Delegates

Check the PVS Website for Locations and Start Time of Meetings.