



# PVS Coaches Newsletter

April 2016 Issue

## Start of Long Course Season

### Asking for your opinion:

PVS will be asking coaches, officials, and swimmers about the swim meets they attend each month. The survey for the March 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/PVSMarchCoach  
Official](https://www.surveymonkey.com/r/PVSMarchCoachOfficial)

Survey link for athletes:

[https://www.surveymonkey.com/r/PVSMarchAthlet  
e](https://www.surveymonkey.com/r/PVSMarchAthlete)

Survey link for Senior/Junior Champs:

[https://www.surveymonkey.com/r/PVSSRJRChamps  
2016](https://www.surveymonkey.com/r/PVSSRJRChamps2016)

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:

“Remember, you are faster than someone everyday. But everyday someone is faster than you.”

- Coach Mark Onstott

### Last Chance to give your opinion/input about the Coaches Corner Page of the PVS website.

Coaches....If you have not taken the Coaches Survey #2, then this is your last chance. The information gained from the survey will be used to update the Coaches Corner Page of the PVS website and will be the information used for the PVS LEAP 3 application.

Survey Link:

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

### PVS Coaches Representative Election Results

Congrats to Evan Stiles, who will fill the remaining year of a two year term and will start serving in April 2016.

Congrats to Heather Purk, who will serve her second two year term which will start in September 2016.

Thank you to all the coaches who participated in the election process.

### 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 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](mailto:h20yea@gmail.com).

**Hear Something, See Something,  
Say Something**

**National Safe Sport Initiative**

April 2016 – 1<sup>st</sup> Month

Have you and your coaching staff viewed this month's scenario?

Have you discussed the scenario with your practice groups? If NOT, then WHY NOT?

Opening productive communication channels with every USA Swimming Club.

[http://www.pvswim.org/safe\\_sport/April\\_Scenario.pdf](http://www.pvswim.org/safe_sport/April_Scenario.pdf)

**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

Congratulations to the 77 swimmers who represented PVS at the meet.

Aris Runnels (NCAP) won the 11-12 Girls 50 Butterfly and set a new EASTERN ZONE RECORD. The record was previously held by Cassidy Bayer, another PVS swimmer.

The 10&Under swimmers received their medals on Friday and Saturday from US Olympian and former PVS Swimmer, Chloe Sutton.

The coaching staff would like to thank the three PVS officials who came up to Webster and worked the meet: Carrie Sanidad (RMSC), Rick Thompson (NCAP), and Joe Tiago (TANK).

**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](mailto: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, April 11<sup>th</sup> – PVS Board of Directors

Wednesday, April 20<sup>th</sup> – Officials Committee

Wednesday, May 18<sup>th</sup> – Competition Committee

Tuesday, May 24<sup>th</sup> – PVS House of Delegates

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