



PVS Coaches Newsletter

January 2017 Issue

IMX Month

Asking Your Opinion: Monthly Meet Surveys

A change has been made for 2016-2017, the monthly meet survey will only be for PVS Opens, Distance, and Championship Meets. In addition, the link for the meet survey will be made available the weekend of the meet; instead of the end of the month. For club meets, the meet director may request a meet survey for their meet(s) by contact Heather Purk, Coaches Rep.

Thought to make you think

“No matter how humble you are, sometimes you have to work for yourself.” – Mike Bottom

Try It: Sharing an Idea (From One Coach to Another)

Catch and Release Drill From: Heather Purk, Machine Aquatics
ASCA World Clinic 2017 Doc Counsilmen Creative Coaching Award – Second Place

- Equipment Needed: Pull Buoy or Noodle Piece
- Beginner/Intermediate Swimmers: Works on Gliding after Every Stroke
- Advanced Swimmers: Works on Increasing Tempo with Faster Arm Pulls
- How:
 - A swimmer holds the pull buoy out front and releases it to do one stroke then grabs it as they stretch to glide.
 - If a swimmer throws or pushes the buoy, then they have to glide for longer.
 - The younger swimmers pick up the drill faster as the older, advanced swimmers will overthink or try to cheat the drill.
 - The drill allows a coach of multiple levels to use one drill for multiple levels and work on what each level needs.

Hear Something, See Something, Say Something: National Safe Sport Initiative

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.

Highlights from the January Competition Committee Meeting

1. PVS Outstanding Athlete Awards were voted on and the winners announced. A discussion was had on how to improve the process and the subcommittee who developed the current nomination form will be going back and review the process in order to bring additional recommendations to the Competition Committee on how the process can be improved.
2. For Summer 2017, the PVS LC Championship meet locations have been a major focus for the Senior and Age Group Chairs. **The PVS Senior/Junior LC Championship** will be July 6-9, 2017 at Freedom Center. The dates had to be changed as July 6-9th was the only weekend that a LC pool was available in PVS and the northern region of Virginia Swimming. The PVS Age Group LC Championship is TENTATIVELY scheduled to be July 20-23, 2017. The current plan that is being finalized is to have the 11-14 sessions at the Rockville Outdoor 50M pool and the 10&under/Finals sessions at KSAC (MAC).
3. The PVS Meet Schedule including Club Meets for the 2017-2018 was approved by the competition committee and sent to the PVS BOD for final approval.
4. The Assistant Coaches for the PVS 2017 SC Zone Team were selected as well as the Head Coach and Assistant Head Coach for the PVS 2017 LC Zone Team. The coaches will be announced after final approval by the PVS BOD.
5. Senior Chair, Mark Faherty, will be preparing proposals for review by the competition committee regarding financial support of PVS coaches attending national and regional meets as well as financial support for PVS athletes attending regional meets. These proposals are part of the LEAP 3 process for PVS.
6. ASCA World Clinic will be in Washington, DC this year, August 28th-September 2nd. Watch for an email with more information regarding a discounted rate for PVS club coaches.

EZ Long Course Age Group Championship

August 9-12th in Richmond, VA

The election of the Head Coach and Assistant Head Coach for the 2017 PVS Long Course Zone Team was done at the January 4th Competition Committee Meeting. Elections for the seven (7) assistant coaches will be done at the May Competition Committee Meeting. Any coach interested in being considered should email Blair Piddington, Age Group Chair at blair@machineaquatics.com.

Potomac Valley and Eastern Zone SC Championship Meet Dates for 2017

March 2-5th	PVS Short Course/Junior Championships	College Park, MD
March 9-12th	PVS 14&U Junior Olympics Championships	College Park, MD
March 30-April 1st	Eastern Zone Age Group Championship	Webster, NY
March 30-April 2nd	Speedo Sectionals Region 2 (Short Course)	Christiansburg, VA
March 30-April 2nd	Speedo Sectionals Long Course	Buffalo, NY