



PVS Coaches Newsletter

February 2017 Issue

Last Chance Qualifier Month

PVS Age Group Coach of the Year Nominations:

Nomination Forms for the PVS Age Group Coach of the Year will be available at Junior Olympics (JO's) and are due to Blair Piddington (blair@machineaquatics.com) by the Friday, April 7, 2017.

Look for more information to come.....

Thought to make you think

“What seems like talent, it turns out, is often better practice habits in disguise.” – *Perfect Practice*

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

Turn and Burn and Flip

From: Sue Burch, Tara Tarpons

ASCA World Clinic 2017 Doc Counsilmen Creative Coaching Award – Third Place

- Works best if the lane lines are removed.
- How:

A Swimmer starts from the block. They swim down and do a flip turn and come back to about midpool and do another flip turn to return to the turn wall where they do 30 seconds of wall kicks. At the end of the wall kick, they flip and swim to the start end where they flip and start the sequence over again.

i.e. Swim 25...Flip...Swim 12.5...Flip....Swim 12.5.....30 Sec Wall Kicks....Flip....Swim 25....Flip and Repeat the Sequence.

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.

EZ Short Course Age Group Championships, March 30th- April 1st

Coaching Staff: Michelle Blanton (YORK), Head Coach

Liz Badley (HACC), Assistant Head Coach

Assistant Coaches: Dylan Jones (MACH)

Morgon Henderson-Kunz (MACH)

Christine Canty (MACH)

Jim Gully (NCAP)

Leslie Tomlinson (NCAP)

Bethany Ellis (AAC)

The Application for the PVS Short Course Zone Team will open the week of Feb 20th. The online application will close on Monday, March 13th at 6:00 pm. Any swimmer that apply but is not accepted onto the team will receive notification on Tuesday, March 14th.

The trip cost: \$465.00

The trip cost includes bus transportation to and from the meet, hotel room (shared), meet entry fees, PVS Zone Team Jacket, PVS Zone Team Latex Caps (2), PVS Zone Team T-shirts (3), all meals from Wednesday Dinner thru Saturday Dinner.

Please encourage any of your 12&Under swimmers in the PVS Top 10 times list to apply. Please encourage any of your 13&Over swimmers who are close to sectional cuts to apply. This meet is a wonderful opportunity for those senior swimmers who just miss sectional cuts to have a prelim/finals championship meet. Last Year, PVS had multiple athletes achieve sectional cuts at this meet.

EZ Long Course Age Group Championship

August 9-12th in Richmond, VA

The election of the Head Coach, Jeremy Synder, and Assistant Head Coach, Heather Purk, 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

Election for Coaches Representative to the PVS Board

This is a call for all coaches interested in running for one of the Coaches Rep positions on the PVS Board.

Elections will take place at Senior/Junior Champs and JO's. Any interested coaches should contact, Heather Purk, Junior Coaches Rep at hkpurk@gmail.com