



# Off The Blocks



## Welcome Back everyone!

As the new General Chair of PVS, I want to welcome everyone back to another year of the nations fastest swimming! I am excited to get this season started on a positive note. Please enjoy the first installment of my newsletter. I hope it is informative as well as fun and educational.

Bill Marlin  
PVS General Chair

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## Mutual of Omaha Duel in the Pool Returns Dec. 20-21 in Glasgow, Scotland

COLORADO  
SPRINGS, Colo. – A team of the United States' top swimming talent will take on Europe's best in the Mutual of Omaha Duel in the Pool, set for Dec. 20-21 in Glasgow, Scotland.

The two-day, short-course meet will be contested at the Tollcross International Swimming Centre, site of the 2014 Commonwealth Games. Day one of the meet is slated for 2 p.m. ET on Friday, Dec. 21, followed by the conclusion of the meet at 9 a.m. ET on Satur-

day, Dec. 21. Footage from the meet will be televised by NBC as part of a two-hour show on Sunday, Dec. 22. The show will air from 4-6 p.m. ET.

This year's event will be the sixth Mutual of Omaha Duel in the

Pool in the history of USA Swimming, with past Duels held in 2003, 2005, 2007, 2009 and 2011. The U.S. is undefeated and holds a 5-0 record in the history of the Mutual of Omaha Duel in the Pool.



Katie Ledecky

**"If you fail to prepare, you're prepared to fail." – Mark Spitz**

## Latest Version of Deck Pass and Deck Pass Plus Offer Multiple New Features

What's in the new version?

- Access to USA Swimming membership card for all member types.
- Deck Pass Perks:

Deck Pass users will receive exclusive deals from USA Swimming and its sponsors and partners.

- Find the Golden Patch promotion

allows all registered athletes the opportunity to win free products from USA Swimming and its partners.

- Improved live streaming of featured events.

## PVS Scholar Athlete Awards

**"Only he who can see the invisible can do the impossible."** –  
Frank L. Gaines

217 applications were received for this year's PVS Scholar Athlete Awards. This was an all time high for this program. Good Luck to all who applied.

"The only way to prove that you're a good sport is to lose."  
– Ernie Banks



"I always felt that my greatest asset was not my physical ability, it was my mental ability."  
– Bruce Jenner

## PVS October Open Meet—Changes October 18-20, 2013

The Fairland site has been moved to the Prince Georges Sports & Learning Complex for Friday and Saturday and the University of Maryland for Sunday.

No Changes for the Lee District site.

Please check the PVS website for any additional changes once entries have come in.

Volunteer sign-ups are also linked on the PVS Schedules page.

Please take a moment and sign up to volunteer at this meet.



Here are some upcoming Official's Clinics. If you can't make one of these clinics, please visit the PVS Official's page to see the full list of clinics offered near you!

Oct 1—Admin Official—Overlee, 7-9 pm

### PVS Officials Clinics

Oct 3—Stroke & Turn—PGCC—6:30-9:00

Oct 6—Hy-Tek—MLK Swim Center—10—noon

Oct 6—Colorado Timing System—MLK Swim Center—10—noon

Oct 12—Starter—Herndon Community Center 8-10 am

Oct 12—Stroke & Turn—Herndon Community Center 10-12:30

Oct 13—Colorado Timing System—Herndon Community Center—9-11 am

## USA Swimming Announces \$2 Dues Increase

The House of Delegates at the 2013 USAS Annual Convention approved a dues increase of \$2 a year for 10 years beginning in 2015. This was vital to the continued long-term success of USA Swimming. It will allow USA Swimming to maintain and improve their existing programs and services. Please click [here](#) to see a catalog of the current programs and services

that are available to clubs, coaches, and athletes. Also, you can click [here](#) to see the earlier President's Message that explained the background on why we proposed this increase.

In addition, the increase will allow USA Swimming to add even more programs that will be of benefit to our members.



"It's not whether you get knocked down; it's whether you get up."

— Vince Lombardi



## Safe Sport

Safe Sport will always be one of USAS and PVS' highest priorities. While USA Swimming has made great strides during the past three years and their Safe Sport Program continues to be recognized as one of the premier programs of any youth-serving organization, they can always get better. To this end, USA Swimming recently commissioned an independent review of their entire program.

USA Swimming hopes this review will accomplish two things: validate the positive aspects of their current

programs and provide recommendations for how they can improve the programs going forward. The review report is expected to be completed this winter and it will be made public in early 2014.

Although our non-athlete members are required to take Safe Sport education on an annual basis, USA Swimming has developed two separate educational programs for athletes and parents. These are completely voluntary, but still critical pieces of their program.

If you and/or your athlete(s) have not yet gone thru the Parent and Athlete Safe Sport Program, I strongly urge you to do so.

Here is the link to take the Safe Sport Programs. Just cut and paste it into your browser.

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1960&Alias=Rainbow&Lang=en>

**"Adversity causes some men to break; others to break records."**

— William A. Ward

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Financial matters 703-759-9628

PVS Registrar 202-549-5750

### 10 Commandments for Swim Parents

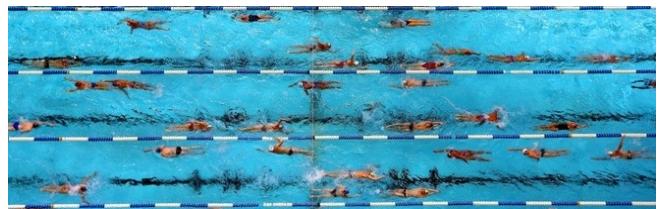
- I. Thou shall not impose thy ambitions on thy child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at a competition.
- V. Thou shall acknowledge thy child's fears.
- VI. Thou shall not criticize the officials.
- VII. Thou shall honor thy child's coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have goals besides winning.
- X. Thou shall not expect thy child to become an Olympian.

### Transfer Athletes

**PARENTS:** If you have changed teams this year, you must submit a transfer form to the PVS Registrar. This form is available online. Please use the below link to complete your transfer form & submit it to PVS.

Your registration with PVS will sit in a holding tank and will not be complete without this form.

[https://www.emailmeform.com/builder/  
form/Dwcd907Z67kGacx8g](https://www.emailmeform.com/builder/form/Dwcd907Z67kGacx8g)



### Swimming Links

#### Shoulder Injury Prevention

[http://www.usaswimming.org/DesktopDefault.aspx?  
TabId=1587&Alias=Rainbow&Lang=en](http://www.usaswimming.org/DesktopDefault.aspx?TabId=1587&Alias=Rainbow&Lang=en)

#### USA Swimming Nutrition Tracker:

[http://www.usaswimming.org/DesktopDefault.aspx?  
TabId=1547&Alias=Rainbow&Lang=en-US](http://www.usaswimming.org/DesktopDefault.aspx?TabId=1547&Alias=Rainbow&Lang=en-US)

#### Hispanic Heritage Swim Meet:

[http://www.usaswimming.org/\\_Rainbow/Documents/895b5f66-672c-48ab-b8cd-  
73c1d90e5a7a/366676\\_Hispanic%20Heritage%20meet%20oct%206-7%  
2012.pdf](http://www.usaswimming.org/_Rainbow/Documents/895b5f66-672c-48ab-b8cd-73c1d90e5a7a/366676_Hispanic%20Heritage%20meet%20oct%206-7%202012.pdf)

#### 2013 Cultural Swim Meets and Events Calendar

[http://www.usaswimming.org/\\_Rainbow/Documents/fafda02f-bfaf-4734-b967-  
e2d56d43e87c/2013%20Cultural%20Swim%20Events%20and%20Meets2.pdf](http://www.usaswimming.org/_Rainbow/Documents/fafda02f-bfaf-4734-b967-e2d56d43e87c/2013%20Cultural%20Swim%20Events%20and%20Meets2.pdf)

