



PVS Coaches Newsletter

May 2016 Issue

Countdown to OLYMPIC TRIALS!

Asking for your opinion:

PVS will be asking coaches, officials, and swimmers about the swim meets they attend each month. The survey for the April 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/PVSAprilCoachOfficial>

Survey link for athletes:

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

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.

PVS House of Delegates Annual Meeting May 24, 2016 at 7:00 pm Overlee Community Center

PVS Annual Meeting gives every club the opportunity to be part of the decision making process. Each club is asked to have both an athlete and non-athlete representative attend the meeting.

The following board positions are up for election:

Administrative Vice Chair
Age Group Vice Chair
Operations Vice Chair
Safe Sport
Strategic Planning

The 2016-2017 PVS Budget will be voted on at the meeting and all board member reports are available on the PVS website.

A Thought to Make You Think:

“Winners own all decisions made – even the bad ones.
Especially the bad ones.”

They know without personal accountability, there is no learning. Without learning, there is no success.

- John G. Miller

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 18, 2016 Competition Committee meeting. Coaches interested in submitting their name for selection should email Steve Menard, PVS Age Group Chair, at h20yea@gmail.com.

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.

http://www.pvswim.org/safe_sport/May_Scenario.pdf

PVS Long Course Championship Meets Qualifying Times

The Qualifying Times for the PVS Long Course Championship Meets were posted the week of April 17th. The QTs can be found on the "What's New" page and the "Qualifying Times" page of the website.

The LCM cuts for the championship meets have been summarized with the LCM cuts for the Eastern Zone Championship Meets on two tables which can be found on the "Coaches Corner" page of the website. One table is for Age Group QT's and the other table is for Senior QT's. In addition, a copy of each table was emailed to each team's Head Coach and is available by emailing Heather Purk, PVS Coaches Rep, at hkpurk@gmail.com.

Please refer to the posted Qualifying Times for the SCY times and Senior Champs Bonus LCM times.

PVS High School Seniors Class of 2016

The time has come to recognize our graduating high school seniors that swim for PVS Clubs.

PVS Clubs are requested to submit the names and colleges attending to the PVS Administrative Assistant for posting on the PVS Website. Please email pvadmin@pvswim.org.

The list of Graduating Seniors is also announced at the PVS Long Course Championships in July.

A swimmer does not have to be swimming in college to be on the list.

Let's Celebrate our Graduating Seniors!

USA Swimming Rule Changes Effective May 1, 2016

1. Athlete-on-athlete bullying has been removed from the National Code of Conduct and is placed within the jurisdiction of locals clubs.
2. Registered USA Swimming coaches are prohibited from privately coaching an athlete that is currently suspended for doping.
3. Any individual who is banned, suspended, or ineligible for membership is prohibited from being on deck at any time in connection with a USA Swimming activity.
4. Clarification of starting protocol when backstroke ledge are used. "When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited."
5. Clarification of the computation of the 120-day unattached rule when switching clubs.

Upcoming PVS Meeting Dates

Wednesday, May 18th – 7:00pm
Competition Committee,
Overlee Community Center

Tuesday, May 24th – 7:00pm
PVS House of Delegates,
Overlee Community Center

Check the PVS Website for Up-to-Date Locations and Start Time of Meetings.

Coaches Continuing Education (CCE) Grant Applications are due by June 30, 2016 for the 2016-2017 season.

There are six grants of \$500 available for coaches each year. The grantees are awarded at the LC Championship meet in July.