



PVS Coaches Newsletter

March 2017 Issue

Championship Meets Month

PVS SC Zone Team:

The online application for the PVS SC Zone Team is available on the PVS Website. The deadline for applying is Monday, March 13th at 5pm for everyone. The cost of the trip is \$465.00.

The link to the online application is <https://www.emailmeform.com/builder/form/1bg7GUp3O8M5AdZd>.

Questions: Contact Heather Purk, PVS Zone Team Manager at hkpurk@gmail.com

Thought to make you think

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." – *Lou Holtz*

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

'Vegas' Workout ASCA World Clinic 2017 Doc Counsilmen Creative Coaching Award – Fourth Place

- Materials: Deck of Cards
- Each Lane or Group is Dealt three (3) cards.
- First Card: # of Repeats
 - Ace = 1, Jack = 11, Queen = 12, King = Stopwatch Roulette
- Second Card: Suit = Stroke
 - Spade = Free, Heart = Fly, Diamond = Breast, Club = Back
- Third Card: Distance
 - Ace = 15's No Breath
 - 2, 3 = 25's ODDs AFAP, EVENS Recovery
 - 4, 5, 6 = 50's Build to Finish
 - 7, 8, 9 = 75's
 - 10 = 100's
 - Jack = 50's Kick w/Snorkel
 - Queen = 75's Kick
 - King = 100's Kick w/Board
- Special Ones
 - 3 Aces = Practice is Over
 - 3 Nines = 10 Minute Peer Coaching of Starts

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 Diversity Select Camp, June 15-18, University of Buffalo

The Eastern Zone is hosting its fourth Diversity Select Camp and Regional Coaches Summit this Summer in Buffalo, NY from June 15-18th! If you have any swimmers or coaches from your team that may be interested in this one of a kind opportunity, please have them apply. LSC Chairs and Coaches from each LSC can offer them a unique motivational and educational experience. Participants from the various LSCs that comprise the Eastern Zone will participate in a three-day program, which includes pool training, motivational, and education sessions and team-building activities. The application and forms are available on the PVS website or by emailing Rob Green, PVS Diversity Chair at Robert.green@dc.gov. PVS will cover the cost of up to four (4) PVS swimmers, and 1 PVS coach to join me at the Eastern Zone Diversity Camp and Summit.

Swimmer Criteria:

- Current PVS swimmer between the age of 13-16. [Age as of March 31st, 2017]
- Is a member of an ethnically under-represented population that is less than 10% of the current USA Swimming membership.
- Athletes must have qualified in at least one individual event in their local LSC championship meet in either SCY or LCM seasons. [PVSC Jr./Sr. Champs, PVSC 14 & U Junior Olympics, PVS LC Age Group Champs, PVS LC Jr./Sr. Champs]
- Athletes who have been selected for the 2016 National USA Swimming Diversity Select Camp, 2015 Zone Diversity Select Camp, National Select Camp or Zone Select Camp are not eligible.

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 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