



# PVS Coaches Newsletter

October 2017 Issue

## USA Swimming Rule Change – Medley Swimming

If you have not had a chance to read the rule change regarding the freestyle part of the IM and Medley Relay, then please read the updated rule. This is an update to the “Lochte Clarification/Rule” and greatly benefits the swimmers. A link to the rule change is on the PVS Website home page.

## Thought to make you think

“Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t.” – Rikki Rogers

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

Bird and Bait                      From: JoAnn Catania, Monroe Woodbury Devilfish

- Equipment Needed: None
- Purpose: To Encourage Team Building and Fast Swimming
- Stroke: Coaches Choice
- First, break swimmers into pairs of close ability.
- Second, Explain the rules:
  - All swimmers are on the deck and cheering for their teammates.
  - One person is chosen to be the “Bird” and One person is chosen to be the “Bait” in each lane.
  - The “Bait” hops in the water, holds 1 hand on the wall, for an in the water start.
  - The “Bird” hops up on the starting block or is at the pool edge and awaits coach’s directions, for when to safely enter the water (Forward start)
- The idea is: The Bird must try catch the Bait and the Bait must try to outswim the Bird.
- The coach must be **clear** that No one leaves the block with specific instructions. (Safety first)
- Third, When Bird and Bait are in place:
  - The coach shouts “Bait GO!” 0 the swimmer at the wall leaves and swims as fast as they can to reach the opposite wall.
  - When the Bait passes the starting end flags, the coach shouts “Bird GO!”
- The kids never want it to end and switch lanes and partners to challenge each other.

### Important Dates from the Eastern Zone for 2018

March 22<sup>nd</sup> – 25<sup>th</sup>: Sectionals  
South Short Course: Christiansburg, VA                      Long Course: Buffalo, NY

March 29<sup>th</sup>-31<sup>st</sup>: Age Group Championships (Club Meet, No Longer LSC Meet)  
Webster, NY

August 2<sup>nd</sup> – 5<sup>th</sup>: Senior Zone Championship, Buffalo, NY

August 8<sup>th</sup>- 11<sup>th</sup>: Long Course Age Group Championship, Richmond, VA

\*There is no bid for the “Super Sectional” meet. The weekends allowed by USA Swimming are the weekend of PVS Senior/Junior Championship and the weekend before.

\*\*All Time Standards for the 2017 Eastern Zone Championship Meets are available on the Eastern Zone website. ([www.easternzoneswimming.org](http://www.easternzoneswimming.org))

\*\*\* The location for the 2018 Zone Open Water Championship meet is TBD; therefore, the date is TBD as well.

### PVS: Long Course Championship Meets Format Proposal

A proposal was brought before the PVS Competition Committee at the September 2017 meeting for changes to the PVS Long Course Championship Meets by Mark Faherty, Senior Chair. A vote is planned for an the January Competition Committee Meeting.

#### Proposal:

1. PVS LC Senior Championships (2<sup>nd</sup> Weekend in July, where it is currently placed)
  - No changes to this meet
2. PVS LC 12&Under Age Group Championships (2<sup>nd</sup> Weekend in July)
  - a. Qualifying times for 11-12 age group and 9-10 age group
  - b. Current Format (Thurs, Fri, Sun – Prelims/Finals, Saturday – Timed Finals Distance)
  - c. Two separate Prelims sessions: 11-12 and 9-10
  - d. Facility: A location other than UMD as Senior Champs would be at UMD
3. PVS LC Junior Championships (3<sup>rd</sup> Weekend in July)
  - a. 13-14 age group: Qualifying Times
  - b. 15-18 age group: Qualifying Times plus No Faster Than Times (Senior Champs)
  - c. Format the same as PVS LC 12&Under Age Group Champs
  - d. Facility: UMD

### PVS Board of Directors 2017-2018

General Chair: Tom Ugast

Admin Vice Chair: Tim Husson

Finance Vice Chair: Ellen Colket

Operations Vice Chair: Carolyn Kotarski

Strategic Planning: Dave DiNardo

Safe Sport: Merari Chollette

Athlete Reps: Lauren Eldridge, TBA

Senior Vice Chair: Mark Faherty

Age Group Vice Chair: Blair Piddington

Senior Coaches Rep: Heather Purk

Junior Coaches Rep: Evan Stiles

Diversity/Inclusion: Rob Green

Officials Rep: Jack Neill

PVS Rep to Zone Board of Review: Ward Foley