

2010 SEOWV Summer Champs Coaches Notes

Parking

While the meet packet indicated that parking would be \$3 per vehicle, I took that information from the OSU web site. If you are interested in \$3 parking, you need to park at the stadium and feed the kiosk (coins or credit cards, no paper bills) and put your parking receipt on the dashboard. Credit cards can take three minutes to transact, so please be patient.

For those parking in the Neil Avenue garage, OSU will collect a \$5 parking fee on the way into the garage and you will receive a receipt. The receipt is good for the day of parking.

Road Construction near OSU

Review the notes posted on the Summer Champs page on how to get to the Neil avenue garage. There are exits closed on Route 315, and you won't be able to make the typical exit to OSU to get to the garage or the stadium. **Please pass this information along to your parents!**

Deck Access

OSU controls the deck with paid staff. And there is just one door to access the deck, so the deck pass will be more important than what we experience at OU.

Some issues:

- Coaches will be further from the parents, so distributing the parent deck passes in the coaches packet would not provide an easy way for a parent to be able to make contact with a coach.
- It will be much more difficult to address the shifts of your volunteer timers, so we needed a somewhat different approach this year.

For Summer Champs 2010 at OSU (and maybe future meets?):

- Coaches will individually get their deck pass from the Ross County representative in the lobby area.
- The names of Officials (by session) need to be submitted to Jon to be on deck (this request is not unique for Summer champs!). Officials will individually pick up a deck pass from the Ross County Representative in the lobby area.
- Teams will provide to Jon a single "named parent" for each session to pickup the deck passes for parents/volunteers from the Ross County representative in the lobby area. The "named parent" will be responsible for distributing and managing how those deck passes are utilized.
- Recognize that replacement timers will not be able to just walk on deck and trade places with the "in service" volunteer. As such, each team will receive one extra timer deck pass for each session. It will be the responsibility of the team to manage the extra timer deck pass to facilitate the replacement shifts of timers. It won't do much good to have the spare timer pass in the possession of a coach or parent already on deck.

- The Ross County representative is a volunteer distributing deck passes for team volunteer assignments or requested in advance. Teams that fail to provide the “named parent” contact names or the names of officials can expect delays to getting on deck. This will **not** be a priority issue at the meet.

Fly Over Starts in the Afternoon

We will use fly over starts in the afternoon session (11 & over). Please instruct your swimmers to remain in the water after they complete their race. The 10 seconds it takes to clear the pool adds up when you consider we had 109 races last Summer for that session.

Lightning

While OSU allows swimming to continue during lightning, the YMCA of the USA policy requires we clear the pool. (When we cleared the pool the first time at College Park for Y Nationals, I understood this policy applies everywhere.)

For the morning session, we will hold up the meet and continue once the storm passes. Only if a morning storm would significantly impact the timeline would we consider the two-pool swimming in the next paragraph (challenge for the bullpen and more difficulty with the younger swimmers). This was the underlying reason for running the younger swimmers in the morning – to provide the likelihood that two pool swimming would only be for the older swimmers.

For the afternoon session, we will examine the timeline of the meet and may resort to competition between two pools. The girls will compete in the South pool (nearest the diving boards) and the boys would compete in the North pool (nearest the scoreboard).

OSU Coaches Notes

Please review the posted “Coaches Notes from OSU.” As a reminder, OSU does not allow you to bring chairs onto the pool deck.

SEOWV Summer Champs 2010

Coaches Notes

- In lieu of a Coaches meeting, please review these notes carefully and share them with your assistant coaches. Should issues arise that need your attention, a special meeting would be called, so please keep an ear open to the announcements throughout the day.
- Racing for 25 yard events will start on the bulkhead and race toward the diving well. The starting blocks on the bulkhead will also provide a starting platform for the 100 yard races.
- The bulkhead is **off limits** during the day, except for officials and the bullpen workers to help the swimmers on the 25 yard races. There **WILL** be blocks on the bulkhead for the 25s and the 100 yard relays.
- The afternoon session (only) will utilize fly-over starts. For individual events (except backstroke), instruct your swimmers to remain in the pool near the lane line, until the upcoming heat takes off of the blocks.
- We have a bullpen for individual events for Saturday morning (the East side of the pool, opposite from the hospitality room).
- Please remind the swimmers (and you too coaches) to help **maintain quiet for the starts** and not to loiter behind the blocks. The biggest challenge is for relays. Please keep the swimmers in another area until they are 3 races (not events) away from their relay turn to swim.
- Coaches – we need your assistance when the swimmers step up for the race. This is **not** a cue to you to shout instructions to your swimmers. You are delaying the progress of the meet.
- There will be no flash photography at the start of a race. **PLEASE** remind your parents and help enforce this. As you all know, a flash at the wrong time may cause a false start and a swimmer's disqualification, so it is very important everyone abides by this rule.
- OSU is supplying stop watches.
- Included in the coaches packet are the relays you entered along with the swimmers names. There is a Medley Relay set and a Free Relay set (check the top of the page). **Please** return any **updates to the timing / scoring table**. All relay cards must be turned in before the start of the particular relay event.
- We will have positive check-in for the 1000 free and the 1650 free (near the scorers table).

- Your team is assigned a lane for warm-up (see a slip in the envelope). You control whether the lane is used for circle swimming or one-way sprints. When your swimmers are not doing starts, remember that the requirement is **feet first** entry for safety! Remember – SAFETY FIRST!
- Time trial entries are made at the timing/scoring table. Individual entries and Medley Relay entries will close at the conclusion of the Breaststroke events. Please make sure the swimmer provides 2 timers for their time trial event. Fees for time trials will be added to your team account with the league. There is ONE time trial session at the end of the meet (logically, time trials will only be for 2010 Long Course Nationals).
- Deck passes are required for adults to be on deck. Your Coaches deck pass is good for both sessions. Other deck passes are color coded for a specific session. There is a box near the exit door/stair way for used deck passes so we can recycle the lanyard for next Champs.
- Coaches are invited to visit the Coaches/Officials hospitality room. Please, the hospitality is for coaches and volunteers with selected colored deck passes (for instance, timers are not invited to hospitality).
- USA Rules require swimmers to touch the pad in their lane to finish the race. The timers will be instructed accordingly. Please remind your swimmers.
- Please bring any officiating questions you may have to the Referee – Jim DePietro.
- Please have your team clean-up their area before departing, especially at the end of the first session. There will not be time for OSU to clean the deck between sessions.
- Your coaches packet has a number of meet programs to match the number of certified coaches.
- The locker rooms are not a playground. Please ask your swimmers to be respectful of the facility.
- Any Officials willing to help should report at 40 minutes prior to the start of each session's start.
- National's entries are due Wednesday by midnight!
- Awards will be presented to the coaches at the end of the meet. No exceptions.
- We are interested in any comments you have about the meet.
- **Please** have fun and we hope you enjoy the meet!
- Each team will receive All Star Certificates in their Afternoon session coaches packet.
- Again, THANK YOU for your patience!