

# SEOWV AA Champs 2009 - 2010

## Saturday Coaches Notes

- In lieu of a Coaches meeting, please review these notes carefully and share them with your assistant coaches.
- The fiberglass starting blocks for the 100 yard relays are NOT attached to the deck. Please help you swimmers by standing on the step or locking the block up against the pool edge for their dive.
- Please remind the swimmers and the parents 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 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 of this so it does not delay the progress of the meet.
- There is no swimmer camp in the hallways and stairwells due to fire code restrictions. Please help us with keeping the aisles clear, and the areas marked as No Swimmer Camp clear.
- There will be **no** “camp” starting from lane 10 around to the diving boards. The Grover Gym will be available for swimmer camps, and there will be an announcer – providing event updates in the gym. **Swimmers are NOT permitted in any other part of the building where the gym is located. Please make sure your team is instructed.**
- The Grover Gym has a new floor. As such, OU wants to keep it fresh. Food is not allowed in the Grover Gym.
- Swimmers may NOT use a towel on top of the blocks. We are using the relay exchange pads with the speed lights with the non-slip surface. There is no reason to put a towel on the blocks.
- The relay pads may be activated during the meet, but the judging of relays will be done solely by human observation. There is no appeal to using the relay pads to review a relay exchange.
- Included in the coaches packet are the relays you entered along with the swimmers names. Each block of relays is a different set of full printed pages. **Please** return any updates to the timing / scoring table (at the diving boards). All relay cards are due before the start of the particular relay event.
- Deck passes are required for adults to be on deck. Your coach desk deck pass is good for both days. Other deck passes are color coded for a specific day.
- Positive check-in is required for the 1,000 (Sunday) and 1,650 (Saturday) near the diving boards. We will then seed the event to maximize the number of lanes used. The deadline is the end of the **Medley** Relays.
- We invite coaches to visit the Coaches/Officials hospitality room. It is just behind the diving boards.
- Only the shallow end is available for warm-ups during the meet. See the enclosed warm-up sheet.

- Remember that warm-ups are **feet first** entry! SAFETY FIRST! One-way sprints are coaches choice, but all swimmers in the lane must be doing one-way sprints, and they must be exiting the pool at the opposite end. Warm-ups will end at 10:55.
- Submit time trial entries at the timing/scoring table. Individual entries and Medley Relay entries will close at the start of the 1650 event to allow time for seeding.
- Only the Saturday session will have a bullpen.
- Please recognize that we follow USA rules. As such, suits must be approved by USA swimming, or we must remove the swimmer from the race and have them change suits. The most problematic suit is the Speedo Fastskin II (with the “dots”). If you remove the dots, the suit is deemed acceptable. Please inform your swimmers.
- Please bring any officiating questions you may have to Jim DePietro.
- Please have your team clean-up their area before departing. Otherwise, the time for the OU staff to clean-up gets charged to the league.
- 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 10:15am to hospitality on Saturday.
- We are guests at OU, and parking needs to be in legal parking spaces. Given past problems, we instructed OU to ticket illegally parked cars.
- SUMMER TEAMS OR INTERESTED SUMMER TEAMS: We will try to do the scheduling for summer meets during the final (slowest) heat of the 1650 on Saturday. If there is just one heat of girls and one heat of boys, we will need to wait until after time trials. Listen for announcements. Summer Champs is at OSU on July 10.
- Saturday time trials will be open to all swimmers competing on Saturday for the Saturday events. Approximate start time is 5:45 PM. Fees for time trials will be billed to your team account.
- This meet is “Approved” by USA swimming. Please see Jon if you want your results submitted to Ohio Swimming for inclusion in the Swims database.
- We will present awards to the coaches at the end of the meet. No exceptions. Please be patient so the awards staff can do their work accurately.
- If anyone has a “Last Ditch” or “All Star” meet to try for Zone cuts, please let Jon know for the Sunday Coaches packets.
- Zones entries are due on Monday, March 15 @ 8:00 PM. Submit early to insure you have a valid entry file. Don’t wait for the deadline – you can resubmit your final update just before entries close!
- We are interested in any constructive comments you have about the meet.
- **Please** have fun and we hope you enjoy the meet!

Again, THANK YOU for your patience!

PS: For those that are not aware, Meg is undergoing chemo for breast cancer. She is four rounds into treatment and is doing pretty well. Please let her work her tasks at the meet at her pace.