

SEOWV AA Champs 2009 - 2010

Sunday Coaches Notes

- In lieu of a Coaches meeting, please review these notes carefully and share them with your assistant coaches.
- 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 aces (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.
- **SUNDAY: We will do Fly-Over starts.** Please help us keep the swimmers in the water at the end of the race. It improves the timeline for Sunday by about 30 minutes. Scheduled end is close to 4:45, with Time Trials to follow.
- 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.
- 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 this 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 before the meet and during the day. 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 8:55.

- 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 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 8:15am to hospitality on Sunday.
- 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** meet scheduling will occur immediately **after the time trials on Sunday**.
- This meet is “Approved” by USA swimming. Teams that submit the enclosed form to the Scoring Table will have their times submitted to Ohio Swimming for inclusion in the Swims database. Even if you have ANY unattached swimmers, please return the form.
- 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.
- 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.
- We are interested in any constructive comments you have about the meet.
- Sunday time trials will be open to all swimmers competing on Sunday. Approximate start time is 5 PM. Fees for time trials will be billed to your team account.
- If anyone has a “Last Ditch” or “All Star” meet to try for Zone cuts, please let Jon know.
- 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!
- IF all of your coaches certifications were accepted by Linda Brooks by this past Thursday, your ZONE deck pass is included in the Sunday envelope.
- **Please** have fun and we hope you enjoy the meet!

Again, THANK YOU for your patience!