

2015-2016 NISCA

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A swimmer is shown in a pool, captured in a dynamic pose as if performing a stroke. They are wearing a black swim cap, blue-tinted goggles, and a colorful patterned swimsuit. They are using yellow FINIS Agility Paddles on both hands. The water is splashing around them, and the background is a bright, slightly blurred outdoor pool setting.

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Let me know if there are questions I can answer or issues I can help with during the year. Here’s to another successful swimming and diving season.

Have a great school year.



Arvel McElroy
NISCA President

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PERFECTING TECHNIQUE

BY DICK HANNULA

TEACH, TEACH, TEACH!! Keep coming back to the basics of perfect technique. The coach that is primarily in a developing program, as in high school swimming, must continually emphasize technique improvement. As swimming technique improves so does the speed and confidence of the swimmer improve. The best swimmers including Olympians work on technique in the preparation for their Olympic competition. I still recall working for eight straight days on only basic backstroke technique with one of my club team members the week prior to her Olympic swim where she won gold and set a new world record. I always found that the best method to get a swimmer out of a slump in swimming times was to go back to teaching the basics of the stroke involved.

Technique can be taught within the actual training session without losing training time or training results. This type of technique training doesn't require stopping the swimmer for long verbal explanations, just the opposite as it reinforces what has been already taught through video and other technique training sessions. Short, brief, and positive statements made within the rest interval phase of the training encourage and improve swimming technique. The swimmer knows the coach is watching and has an added incentive to improve that technique tip that the coach is emphasizing. The burden is on the coach to develop great word pictures that he or she can give to the swimmer in a very short time period. Repetition is the key and necessary to facilitate learning. The coach that can adjust the word pictures and find new methods to say the same thing will be the most successful in attaining successful stroke technique adjustments.

I believe that the coach has to create positive word pictures of what is correct. Most of us are used to spotting what is wrong. We then may

tell the swimmer what is wrong. This procedure reinforces the continuation of what is incorrect and the opposite of what we intended. We have helped to create a picture in the swimmer's mind of the incorrect technique. We should want to create a picture of the correct technique instead. If a coach tells a swimmer that she is dropping her elbow on the catch position, the swimmer's first mental picture is of dropped elbows. When the coach makes a positive statement such as "elbows up" on the catch then the swimmer sees a correct image and learning is more effective.

The best stroke coach that I have known was the late Howard Firby of Canada. He was a Canadian Olympic coach several times and he was located in Vancouver, B.C. which is only a few hours drive from my home in Tacoma, Washington. Our teams competed in many of the same swim meets. I got to become a coaching friend and had many one-on-one conversations with him. He could simplify technique like no other coach had done. He was truly a great teacher. He was an artist as well and used clay to mold a swimmer and to explain the essentials of any stroke.

One of the papers that I received from Howard was called "Stroke Coaching" and I tried to follow his advice. I have listed them previously but it was a great number of years ago. I believe that it is worth repeating.

The following list is not necessarily in order of importance. These are suggestions, short cuts, and drills for use in stroke coaching.

These stroke teaching suggestions were made by Howard over 40 years ago. The book that I have recommended previously, "Putting the One Minute Manager to Work" (Blanchard and Lorber) emphasizes the principles outlined in Howard Firby's "Stroke Coaching" paper.

1) BEGIN WITH STANDARD TECHNIQUE:

Later you may tailor the stroke to the swimmer's physique and coordinative ability.

2) GENERAL MOVEMENTS FIRST, COMPLEX ACTIONS LATER: *Get the timing and general actions correct before concerning yourself with exact degrees of arm-bend, etc.*

3) TEACH THE ARM ACTION FIRST: *Give the swimmer a confidence building experience. The arms operate mostly within the swimmer's field of vision and are the easiest components to control.*

4) SKILL FIRST, SPEED LATER: *Stress stroke control until the swimmer "owns" the skill.*

5) SPEAK TO EVERY SWIMMER EVERY SESSION: *An ignored swimmer is an unhappy swimmer; an unhappy swimmer is seldom a good learner.*

6) ADDRESS YOUR SWIMMERS BY NAME: *"You see, Cindy, what you need to work on is..."*

7) USE EVERYDAY WORDS: *Avoid academic expressions such as medial rotation, angular momentum, pronate, etc.*

8) SEQUENCE DETAILS: *Sequencing allows a learner to concentrate on movements one at a time, e.g., the catch, the out-sweep, in-sweep, etc.*

9) BE CONCISE: *Use short sentences: Don't ramble on in greater and greater detail.*

10) USE WORD PICTURES: *"Arm out front like a swordfish's sword" (one arm butterfly), etc.*

11) ASK FOR FEEDBACK: *"Can you feel the power you get that way?"*

NISCA ALL-AMERICA AWARDS

To be considered as a NISCA High School All-American in Swimming, Diving and Water Polo, the student must compete for an interscholastic team and be scholastically eligible as determined by his/her state athletic association or school authority. All applicants must be in at least the 9th-grade level of school to be eligible.

WATER POLO: All applications submitted must be for performances played in regularly scheduled interscholastic water polo games. USWP game performances will not be considered! Only interscholastic coaches may submit application. Applications should be sent to the Water Polo Zone Chairman following the interscholastic season. DEADLINE IS MAY 1st FOR FALL AND WINTER SEASONS AND 1 WEEK AFTER SPRING SEASON ENDS.

ACADEMIC: To qualify for this award, you must: (A) have a minimum GPA of 3.750 on a 4-point scale, or 93.7500% of the grade scale your school uses for 7 semesters/11 trimesters. GPA may not be rounded up. (Your school's grade scale is determined by the point value awarded a regular, non-weighted "A"; examples are listed on the back of the application); (B) be a graduating senior; (C) have lettered in your high school program (swimming, diving or water polo) your senior year. A copy of your transcript is required.

DIVING: Divers are limited to 8 consecutive semesters of eligibility. Fifth-year seniors, 7th- and 8th-grade students are not eligible for consideration. The top one hundred (100) ATHLETES as determined by the NISCA judging panel will be named All-America. Coaches must submit the appropriate diving sheets and video for the diver to be eligible for consideration.

SWIMMING: Swimmers are limited to 8 consecutive semesters of eligibility. Fifth-year seniors, 7th- and 8th-grade students are not eligible for consideration. The fastest one hundred (100) ATHLETES as determined by time in each event will be named All-America.

PLEASE NOTE: Coaches **MUST** submit an application for All-America in order for athletes to be considered for the award. No exceptions will be allowed.



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EVERYTHING YOU WANTED TO KNOW ABOUT BREASTSTROKE PULL-OUTS BUT WERE AFRAID TO ASK

BY JEFF COMMINGS (WITH DAVE BARNEY)

Several years ago when I was directing a stroke clinic for NM high school swim coaches, I enlisted the aid of a young reporter for the Albuquerque Tribune. His name was Jeff Commings. That was back in the late 90's. Today Jeff Commings serves our sport as a writer/producer in charge of multi-media for Swimming World Magazine. Jeff was a terrific swimmer growing up in St. Louis and went on to excel at the University of Texas in Austin. His specialty was breaststroke and I remember the good impression he made as a lecturer/demonstrator at the clinic I mentioned a moment ago. Here are a few tips on breaststroke pull-outs, written recently by Jeff and emended only slightly by me.

1. STARTING THE PULL - Rule #1. Be sure your line of sight is straight to the bottom of the pool throughout the underwater cycle. When you begin the pull-down from the streamlined position, place the hands just outside the shoulder line. Keep your elbows slightly bent to accelerate your hands as they grip the water. Pull down and back toward your hips in a slightly outswEEP-insweep motion. If you elect to take the one dolphin kick (allowed during the underwater cycle), you should do it just before you initiate the pull-down but not until the hands have separated from the streamlined position.

2) PROPULSIVE PHASE - Make sure to bring the hands together at the strongest part of the underwater pull, doing so just as your hands pass your diaphragm on the lower part of your breastplate. Keep your wrists rigid to maintain the hold your palms have on the water. Be sure to keep your palms facing back toward your feet during the entire pull-down and push back to the hips.

3) GLIDE PHASE - How long you hold the glide phase of the cycle depends largely on the speed you have generated on the pull-down. It's all a matter of timing. The rule of thumb probably should be that the hold should be terminated when you sense your acceleration

diminishing. During the glide phase, keep your hands close to your body to reduce drag.

4) RECOVERY PHASE - Beware!!! This is the moment when poor technique and lack of focus can bring you to a complete stop in the water. As you move your hands (the arms will follow) forward from the hips, slide them up the mid-line of your torso, keeping your elbows close to your sides. This is the path of least resistance. Your palms should face upward until they pass your face, then rotated down as you reach forward. Make the recovery QUICKLY. You need to spend as little time in this phase as possible. Remember this formula . . . the faster you move your hands = the faster your kick will be = the quicker you will approach setting up your breakout.

5) SETTING UP THE FIRST STROKE - Beware!!! The most common mistake most breaststrokers make at this point is lifting the head to see how deep they are in the water. Lifting the head in both breaststroke and butterfly creates drag and ruins the body line you have created during the entire pull-out procedure. To ensure that you are neither too deep nor too shallow, keep practicing and experimenting to find the ideal depth on the push off the wall. Too shallow, and you will find yourself pulling along a surface wave loaded with turbulent resistance. Too deep, and you will find yourself gliding too long to reach the surface. Both these extremes will slow you down drastically. Through practice, you will find "the middle way," as the Greeks were fond of saying.

6) BREAKOUT - Even the best breaststrokers occasionally have pull-outs that are less than ideal. When that happens, they improvise with their body position so that their first stroke carries as much of the speed they have generated off the wall and during the pull-out as possible. You must not be lazy on your first stroke. You must discipline and train yourself to make your body as long as you possibly can (longer is flatter, flatter is faster, both under and on top of the water) by breathing down toward the surface (rather than up) thereby leading the stroke with the top of your head rather than the exposed face...

TOTAL TEAM EFFORT

BY MICHAEL J. STOTT

Since grade school I believed an old coach who reminded me that “close only counts in horseshoes and hand grenades.” Add total team effort to the list.

For the last several years The Collegiate School (Richmond, VA) girls team has been blessed with some outstanding swimmers. The last of our “stars” graduated in June 2014 and headed for UCLA and Penn after having helped the Cougars win three state championships, seven of nine state relay titles and 66 consecutive dual meets. That streak ran to 85 this year before losing to this year’s 5A public school champion.

While a strong female contingent returned, crosstown rivals Trinity and St. Catherine’s, and Peninsula powerhouse Hampton Roads Academy posed major threats to any continued state meet supremacy. Trinity and Hampton Roads had returning state champions and rosters of excellent individuals while we and St. Catherine’s hoped to counter with depth. Trinity finished second behind Collegiate at the 2014 state meet – by seven points. With that as a backdrop the winter season began.

Collegiate and Trinity train at the same facility, the 2008 Olympic Trials pool, site of the 2015 state meet. Opposing coaches speak to one another, but are content to go about their own (unfinished) business. Trinity’s frequently outspoken goal to unseat Collegiate is persistent and rankling.

So the big question for the Cougar coaching staff in November was how to keep the success going? Clearly something was needed in addition to the swim training, dryland and team socials. We had an energetic group of young females and integrating them with veterans via team discussions, pre-competition activities and locker room gatherings became a priority.

Throughout the regular season on-deck support was more enthusiastic than



the recent past. Former USA swimmers trained with the high school team and took leadership roles in dryland. In addition the captains did an outstanding job of summoning student body spectators to late season meets.

But the state meet presented problems of its own. We endured a lot of sickness. Our best breaststroker Jasmine Harper was ill much of the year and trained less than in the past. One of our three captains, Caroline Pollard, came down with mono before the conference meet and was doubtful for States. Then came the late season thumping from defending (and repeat) 5A state champ Albemarle, leading our team and staff to question our vulnerability. State meet psyche sheets revealed what we had long suspected, the meet, unlike the last nine years, would be comparatively low scoring and a dogfight among a half dozen teams.

A CAPTAIN’S VOICE

Following Thursday night warm-ups Collegiate traditionally has a team meal. “I consider it to be stress-free where everyone is optimistic and supportive,” says tri-captain Pollard. “On Friday we repeatedly told the girls that meets are won during prelims, and if we wanted to win this meet, we would have to give 110 percent in the morning and hope that could give 120 percent during finals. Continuous support and comfort from our teammates was a necessity.”

Fast forward to Friday. After Day One the leaderboard read Hampton Roads (122), Trinity (118), Flint Hill (96), Collegiate (85), St. Catherine’s (84), Madeira (80). Trinity had already won the 50 free and 200 medley relay and was poised to win the 100 back and be a force in the free relays. Hampton Roads

and Flint Hill had no divers, Trinity had one while Collegiate and St. Catherine’s had four each. We were still in it, but had work to do.

“Going into the second day in fourth place had us a little downtrodden,” says Pollard. “It was new territory. We did not know what to expect and if there were enough points available for us to catch the frontrunners. We questioned victory more than ever. However, we knew that if we stayed positive, even if we lost we could still say that we had fun and enjoyed every second of it.

“I envisioned three possible outcomes: One, we would win and be ecstatic. Two, we would lose, regret being pessimistic and look back on this meet as the worst of our high school careers. Three, we would lose and look back on this meet as the best of our high school careers. I figured that #3 was the most likely choice, so we rallied the troops, put smiles on our faces, and cheered our a**es off. I am a strong believer in total team effort. Every single point mattered and the massive accumulation of all the special events throughout the entire season catalyzed a chain reaction. And the fans that came to support us were huge catalysts,” says Pollard.

Solid Saturday morning swims, including a surprising top seed by freshman Caroline Baber in the 100 free, provided a glimmer of hope. Afternoon diving would be crucial and after St. Catherine’s went 1, 3, 12 (41), Collegiate (4, 5, 6, 16 (43), Trinity 10 (7) the stage was set for a free-for-all finals.

Strategist and assistant Collegiate coach Mike Peters says “I left diving thinking we had a very small chance of winning, mostly due to Trinity scoring seven points. I had already started to think who I would rather have win if not us. I talked only to evening swimmers before the night session, opting for the honesty route. Not giving them ‘A we just need to swim well and things will be OK,’ but telling them the truth. We needed to be perfect.” Assistant Bucka Watson agreed. “After diving I thought we had about a 15 percent chance of winning the meet. And based on how we were swimming, I did not know if that was possible. I still had hope, but I also to my dismay, had my doubts.” ...



photo courtesy of Melissa Lundie

REVIEWING THE CATCH

BY DICK HANNULA / RICHARD THORNTON

Recently I read a new article written by Richard Thornton for his team entitled, “Enlarging the Catch”. It quickly brought to mind an article that I had written more than 30 years previously. It was titled “The Magic Touch”. We had each observed swimmers succeeding making a great catch position. We were a generation apart but reached similar conclusions. I will summarize my article that was written in the early 1980’s, and then submit Richard’s article. I believe it should be a major point to emphasize in our coaching great technique. Richard is the coach of the San Ramon Valley Livermore Aquatics and the son of Coach Nort Thornton, University of California, Berkeley. The NISCA Journal published Richard’s article, “Swimming Downhill” earlier this year and I appreciate his insight on swimming and his willingness to share that knowledge.

“THE MAGIC TOUCH” – DICK HANNULA

A good feel for the water is often used to describe a swimmer who seems to get a lot of distance or speed out of fewer strokes. Rowdy Gaines just swam the incredible times of 42’s for the 100 and 1:33’s for the 200 during the collegiate season. Rowdy has that magic touch and attains a very high efficiency in his stroke. (The magic touch referred to Rowdy’s ability to gather and hold water on the catch position.)

I have watched the best swimmers on my team, from a high overhead position, to determine what seemed to be the difference between good and the average swimmers. The one thing that the good swimmers

seemed to have in common was a good “feel” for the water before they start to stroke. This was most apparent to me when they make their catch at the start of the stroke. The good swimmers seem to pause and “feel” for the water before they start their strokes. They seem to gather water on the hand and forearm before they attempt to move it in the pull. Yesterday I was watching our breaststroke swimmers. The 55 second college breaststroke swimmer was working out with our 57 second high school breaststroker. The obvious difference was at the start of the stroke. The college swimmer was hesitating and feeling water better at the start of the stroke in the catch position. The high school swimmer was in a bigger hurry to start the pull. The one had a solid hold on the water, the other was slipping slightly at the start of the stroke...

Don Schollander (’64 and ’68 Olympics and world records) seemed to hesitate on entry as he prepared to place his hand on the water. Coach John Tallman, Seattle Cascade Swim Club, told me twenty years ago that the most important part of the stroke is the start of the stroke (the catch position). How well you hold water at the start of the pull is vital to the efficiency of the stroke.

The “feel” of the water can be improved. When I first started experimenting with hand paddles, I made them out of a thin aluminum. My thought was to use the paddles to develop “feel” for the water and not strength. The hand pauses as it enters the water and meets water resistance. Our thin aluminum paddles were very sensitive

to the water on the catch. Subsequently, my holed plastic paddles were designed to attain this same effect.

“Feel” for the water can be developed through many other techniques. “Fist” swimming is one method. The swimmer swims with a closed fist and closes off the hand to the feel of the water. It forces the swimmer to use the forearm. As the swimmer gradually opens the hand from the fist position, the swimmer becomes more aware of the water pressure on the hand. Changing strokes in practice helps acquire better feeling for the water. Breaststroke arm pulling should be done by the swimmers in all strokes. Reverse sculling, wearing gloves, and fist swimming can all play a part in the process of acquiring a better “feel” for the water. Improving the feel of the water at the catch position especially is an important ingredient for fast swimming. Maybe 42’s and 1:33’s are not incredible and only the tip of the iceberg. (Now proved to be most true)

“ENLARGING THE CATCH” – RICHARD THORNTON

One of the most important parts of the swimming stroke is the catch as that is where the hips start to move with power. The swimmer must have an efficient and strong catch as it relates to holding water so that they have great leverage to vault the body forward. The part of the stroke that gets less attention but probably sets apart the great swimmers from all the other swimmers is the preparation going into the catch. The finger pressing into the catch sets up the catch by setting up the elbow position and the pitch of the fingers, hand, and forearm for efficiency in the vault/arm pull.

Roque Santos was giving a talk on breaststroke at the NorCal Swim Clinic. Roque did his age group swimming in Chico, California before swimming at the University of California, Berkeley. He then spent a few seasons training with 200 Breaststroke World Record Holder Mike Barrowman under the coaching of Hungarian, Josef Nagy. The main point that I got from his talk was to make sure the fingers continue to travel forward on the out sweep in breaststroke...

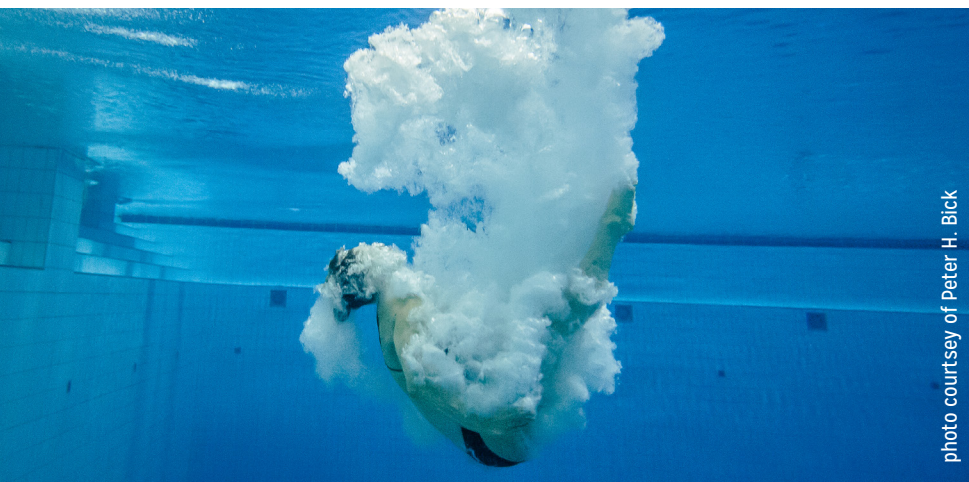


photo courtesy of Peter H. Bick

HIGH SCHOOL DIVING JUDGES SCALE MODIFIED

BY DON MASON - NISCA RULES COMMITTEE

The recent change in the High School Diving Judging Scale to the FINA descriptions (and scores) has prompted many discussions as teams and officials begin their season.

The flaw or problem we experienced with the old judging scale is that good dives were thought of as merely OK or acceptable and satisfactory dives were thought of as almost deficient. That left us with meets where excellent or exceptional dives were few and far between and most dives were scored from $4\frac{1}{2}$ - $7\frac{1}{2}$. This condensed range of scores led to extremely tight overall/final scores and led judges to be cautious in giving divers higher scores (especially to opposing divers). The new judging scale should create the necessary separation that has been missing in High School diving by allowing divers to receive more accurate scores and let judges differentiate dives and divers more fairly.

First, I would like to strongly recommend that as judges we all start using the adjectives used in the judging scale. By putting our thoughts into the descriptive words, Failed, Unsatisfactory, Deficient, Satisfactory, Good, Very Good, and Excellent, we can better place a dive into the correct category.

Next, the Failed, Unsatisfactory, and Deficient categories have very little change (Deficient has increased $\frac{1}{2}$ point higher) while the exceptional and excellent

categories have been renamed and refined at the top of the scale. Excellent describes a 10 (not necessarily a perfect dive) and Very Good replaces the adjective excellent as the second highest category. With the new scale Very Good dives receive an $8\frac{1}{2}$, 9 or $9\frac{1}{2}$.

The main changes fall in the Satisfactory and Good categories. Generally speaking, more dives fall into these categories than any other. The old scale condensed these categories ($4\frac{1}{2}$ to 7) and failed to differentiate between good divers doing average dives and average divers doing better than expected dives. It was common for a "good" diver to do a sloppy dive and receive good scores while an "ok" diver had to work extremely hard to get a good score. The new scale should fix this by stretching and raising the scores in these categories from 5 to 8.

Additionally, most coaches would agree that a dive receiving $4\frac{1}{2}$'s is not satisfactory. The Satisfactory category now includes the scores 5, $5\frac{1}{2}$, 6 and $6\frac{1}{2}$. Almost all coaches would accept optional dives receiving scores in this satisfactory range at their championships.

We also need to understand that the adjectives we use should describe the dives. For instance an average dive, an acceptable or ok dive all are the same as satisfactory.

Average, Ok, Acceptable = Satisfactory

When a dive is better than average (satisfactory) it should be scored in the Good Category (or higher) this includes scores ranging from 7 to 8. If it is slightly better a 7 is appropriate, if it is significantly better a $7\frac{1}{2}$ or an 8 if it is bordering on very good. Remember that by definition, a good dive is better than average or acceptable.

Where an Excellent dive is near perfect (a "10"), the Very Good category describes an exceptionally well done dive that is not quite a 10. Generally speaking, if a dive is done really well it is most likely in the Very Good category.

Really Good = Very Good

When a diver performs a dive that borders on "good" the scores may fall in both the satisfactory and good categories (i.e. $6\frac{1}{2}$, 7, 7 or $7, 6\frac{1}{2}, 6\frac{1}{2}, 7, 7$). This should not create any concerns or imply any judge is being unfair. However, if the scores range from $5\frac{1}{2}$ to $7\frac{1}{2}$ a good referee will suggest that the judges tighten up or reevaluate their scoring.

Another aspect I like about the new scale is in regards to the Improper hands up (or down) deduction. In the past when a diver violated this rule it was close to automatic someone would say no more than 4's and everyone would give the dive a 4. On occasion judges would score it a 3 or $3\frac{1}{2}$. With the new scale the deficient category goes up to a $4\frac{1}{2}$ which allows for judges to differentiate better. A poorly skilled dive with the hands way out of place can be given a $3\frac{1}{2}$, whereas a highly skilled dive with hands slightly too high or too low may be scored a $4\frac{1}{2}$. If it falls in between the two a 4 is still available.

If you or another judge is having difficulty adapting to the new scale allow yourself some time to adjust. Use the change to increase conversations regarding judging and work together to help everyone understand the new categories. Remember that the real goal of a judge is to place a dive into the right category. When all judges place a dive into the same category, even if the scores differ, the task of a judging panel has been achieved.

NISCA PROFESSIONAL AWARDS

A part of NISCA's mission is to recognize and honor coaches for accomplishments within the sport. At our annual conference each year, NISCA presents the following awards:

HALL OF FAME AWARD: This is the highest award given by the organization. To be considered for the award, a member must have: 1) been selected for the Outstanding Service Award and/or shown leadership at the national level in interscholastic aquatics as well as service to the Association; 2) served aquatics for a minimum of 20 years; 3) been a member in good standing of the Association for a minimum of 15 years; 4) had outstanding success as a competitive aquatics coach.

COLLEGIATE – SCHOLASTIC AWARD: This award is presented annually to the interscholastic coach who—or to the organization which—in the estimation of the recipient's peers, has made the most significant contributions to aquatic sports at the interscholastic level. To be considered for this award, the candidate or organization must have: 1) served interscholastic aquatics for at least 20 years; 2) been a member in good standing of the Association for at least 30 years; 3) served as an elected officer or member of the letterhead for at least 14 years or served the Association for at least 14 years in a capacity other than a member of the letterhead.

DAVID H. ROBERTSON EXCELLENCE IN COACHING AWARD: This award is presented to individuals who have won five or more state championships for swimming or water polo. The recipient must apply in writing to the NISCA Professional Awards committee to be considered.

OUTSTANDING SERVICE AWARD: To be considered for this award, members must have: 1) served aquatics in swimming and diving and/or water polo for at least 15 years; 2) been a member in good standing of the Association for at least 10 years; 3) had above average success as a competitive aquatic coach; 4) shown leadership.

TWENTY-FIVE-YEAR AWARD: This award recognizes members of the Association who have been coaching in aquatics for at least 25 years, at least 15 of which shall have been as a regular member. The recipient must apply in writing to the Professional Awards chair to be considered.

COMPLETION OF SERVICE AWARD: This award is presented to a current or past member who has retired from both coaching and teaching.

Please submit your Professional Awards Résumé by going to niscaonline.org to download the Professional Awards Résumé form.

NISCA would like to know how best to serve you

Please take our survey by going to www.surveymonkey.com/r/FHXT9W2

If you complete the survey and provide your e-mail address, you will be entered to win a \$100 Finis Gift Certificate.





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Entry Deadline: Postmark by May 31st
(Send regular mail - Don't waste the money on express mailing)

HAVE YOU PARTICIPATED BEFORE?

If yes, don't forget to enter again this year!

NEVER PARTICIPATED?

Have this be your first year to participate. Find out how your best dual meet line-up compares with other schools around the country in your general enrollment category. It is not difficult and many coaches have fun completing an entry. If you use "Team Manager" software, most likely it can compute an entry for you!

THE PROGRAM:

The Program, utilizing the NISCA Power Point Tables, is open to ALL schools. Certificates are awarded to the Top 25 in each of 12 categories by size, gender and public and independent affiliation. Five of the 12 categories had fewer than 25 entries last year. The smallest public and independent school categories (less than 900 enrollment) almost always have fewer than 25 entries.

Questions or Comments?

Contact Paul Torno, NISCA Power Point Chair
P.O. Box 1409
Sandia Park, NM 87047

Phone: (505) 286.4105
E-mail: ptorno@msn.com

2015-2016 HIGH SCHOOL SWIM TEAM SPONSORSHIP PROGRAM

I. Qualifying Speedo Teams:

- Team must purchase a minimum of 18 Speedo suits at regular team price for regular team outfitting.
- Suits must be purchase from an official NISCA/Speedo Team Dealer.

II. Promotional Benefits:

- Coach Reward:
 - Choice of 4 polo shirts (Does not include customizing).
 - Order should be placed through your designated NISCA/Speedo Team Dealer.

III. Team Promotional Benefits:

- 25% discount off of Dealer price on championship meet suits (championship meets include league, conference, district, sectional or state).
- 20% discount off of Dealer price on Speedo warm-up or Speedo parka (minimum order 12 pieces).
- 20% discount off of Dealer price on new Speedo training aids specified in Yearly Speedo Team Book.

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COACH'S NAME: _____

PHONE NUMBER: _____ FAX NUMBER: _____

SHIPPING ADDRESS (NO P.O. BOX): _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____

DESIGNATED TEAM DEALER: _____

Please email or fax this form to your designated NISCA registered team dealer (See List) to participate in our sponsorship program.



NATIONAL INTERSCHOLASTIC SWIMMING COACHES ASSOCIATION

2015-2016 NISCA/SPEEDO SWIMMING ALL-AMERICA TIME STANDARDS



2014-2015 NISCA/SPEEDO SWIMMING ALL-AMERICA YARD TIME STANDARDS

**Top 100 Athletes determined by time will be recognized as All-America in individual and relay events.*

TOP 100 ATHLETES WILL BE RECOGNIZED AS ALL-AMERICA

BOYS ALL-AMERICA		EVENT (YARDS)	GIRLS ALL-AMERICA	
AUTOMATIC	CONSIDERATION		CONSIDERATION	AUTOMATIC
1:34.13	1:35.69	200 Medley Relay	1:47.45	1:45.59
1:39.07	1:40.69	200 Freestyle	1:50.82	1:49.09
1:50.28	1:52.59	200 Individual Medley	2:04.60	2:02.49
20.72	21.04	50 Freestyle	23.71	23.31
49.37	50.27	100 Butterfly	55.98	54.84
45.28	45.97	100 Freestyle	51.40	50.59
4:29.64	4:34.58	500 Freestyle	4:57.63	4:52.18
1:25.05	1:26.40	200 Freestyle Relay	1:37.45	1:36.02
49.85	51.13	100 Backstroke	56.51	55.31
56.25	57.49	100 Breaststroke	1:04.66	1:03.22
3:06.58	3:09.68	400 Freestyle Relay	3:32.15	3:28.71

2015-2016 NISCA/SPEEDO SWIMMING ALL-AMERICA METER TIME STANDARDS

**Meters are converted to Yards by the online entry database. Coaches enter Meter times and check "Meters."*

**Top 100 Athletes determined by time will be recognized as All-America in individual and relay events.*

TOP 100 ATHLETES WILL BE RECOGNIZED AS ALL-AMERICA

BOYS ALL-AMERICA		EVENT (METERS)	GIRLS ALL-AMERICA	
AUTOMATIC	CONSIDERATION		CONSIDERATION	AUTOMATIC
1:44.95	1:46.69	200 Medley Relay	1:59.91	1:57.84
1:49.77	1:51.56	200 Freestyle	2:02.79	2:00.87
2:02.52	2:05.09	200 Individual Medley	2:18.31	2:15.96
23.19	23.54	50 Freestyle	26.44	25.99
55.00	56.00	100 Butterfly	1:02.19	1:00.93
50.31	51.07	100 Freestyle	57.16	56.26
3:56.74	4:01.08	400 Freestyle	4:21.08	4:16.30
1:34.92	1:36.42	200 Freestyle Relay	1:48.85	1:47.25
55.38	56.81	100 Backstroke	1:02.78	1:01.45
1:02.44	1:03.81	100 Breaststroke	1:11.90	1:10.30
3:27.85	3:31.30	400 Freestyle Relay	3:56.34	3:52.50

**In association with
NCAA Div. 1 Men's
Swimming and Diving
Championships**

CONFERENCE REGISTRATION FORM

83rd Annual NISCA Conference

Wednesday – Sunday, March 23-26, 2016

Atlanta Marriott Northwest at Galleria, Atlanta, GA

**In association with
NCAA Div. 1 Men's
Swimming and Diving
Championships**

Reservation Options:

Option 1...The Complete Package. Cost \$215.00

This option includes EVERYTHING! Conference registration, tickets for all sessions of the NCAA Championships, NISCA Awards Banquet, NISCA Breakfasts, admission to the mixer and clinics, and eligibility for door prizes.

Option 2...NISCA Members and Family for each person.

Cost \$145.00

This option includes everything in Option 1 EXCEPT the NCAA tickets.

Spouse's name, if attending the clinic: _____

Please note the following:

1. Conference materials will NOT be mailed in advance. All conference materials will be held for each registrant until they check in at the Conference.
2. NISCA has contracted for sixty tickets to the *NCAA Division I Men's Swimming & Diving Championships*. They will be sold on a first come, first serve basis.
3. If you are registering additional coaches, please make additional copies of this form.

Arrival Information

Date and Time _____

PLEASE MAKE COPIES OF THIS FORM FOR ADDITIONAL REGISTRATIONS

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (____) _____

e-mail address: _____

Reservation Options:

Option 1 – Please reserve _____ @ \$215.00 \$ _____

Option 2 – Please reserve _____ @ \$145.00 \$ _____

_____ additional Banquet Tickets @ \$45.00 \$ _____

TOTAL \$ _____

Please indicate your entrée choice for the NISCA Awards Banquet:

If you do not indicate your choice, you will be given beef.

Beef _____ Fish _____ Vegetarian _____ Chicken _____

Card # _____ Exp. Date _____

Signature: _____

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Check-Out Time: 12:00 PM**

NISCA Hotel Reservation Form

83rd Annual NISCA Conference

Wednesday – Sunday, March 23-26, 2016

*Reservations must be made by individual
attendees directly with the Marriott hotel*

**Cutoff Date
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Reservations
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Mar. 10, 2016**

Room Rates: Single \$109.00+tax (14% local, \$3.00 county and \$5.00 tourism)
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Reservations must be made by Mar. 10, 2016. Reservations made after this date will be taken on a space available basis only.

Name: _____ Phone: (____) _____

Address: _____

City: _____ State: _____ Zip: _____

School: _____

Date of Arrival: _____

Estimated Time of Arrival: _____

Date of Departure: _____

Please Reserve: _____ room(s) for _____ people

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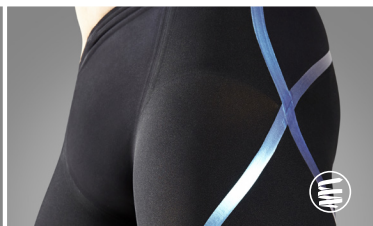
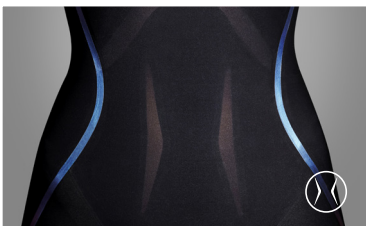
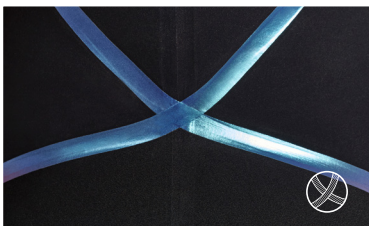
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