



House of Delegates

Senior Chair – Aaron Dean

May 14, 2024

This past year we have worked on several projects for the association as part of the leadership team for the Competition Committee as Senior Chair. My goal as the senior chair has been to look for ways to better support our athletes and coaches through increasing competitive opportunities, recognition and support. Along with a great group of coaches and others I think we've made some progress.

Athlete Travel Reimbursement

A new simpler system was put together to help coaches input the request for reimbursements a little quicker. We also increased the amount of travel for athletes attending longer national level competitions. For 2024-2025 the following will be the reimbursement levels:

\$700 each: Winter US Open, Winter Junior Nationals, Open Water Nationals, Para Nationals

\$800 each: Summer Nationals, Summer Jr Nationals

PVS Open

Meet Hosts getting additional funds to host meets (starting this summer)

PVS Short Course Championship Meets

Increased bonus swims, balanced meets with updated time standards, changed start times.

PVS Long Course Championship Meets

OPEN Adjusted time standards to make Open Champs a bit bigger, add bonus events, increase finals participation to extend finals timeline.

13 & over Adjusted time standards to reflect changes to the Open meet and to shorten the Saturday distance session that was over 7 hours last summer.

Mental Health First Aid

Will be rolling out a partnership with National Council for Mental Wellbeing to offer Mental Health First Aid course for PVS Coaches for free. Details available soon

PVS Outstanding Athlete Awards

Simplify system to more objectively choose the top swimmers based on a formula of swims.

Nominations from coaches, submit power points scores, weighted average of top 4 swims.

(pending P&P update with PVS Board of Directors)

Coach/ Team Recognition

Have a plan for recognizing the big achievements of the coaches and teams as well as continue to support the coaches to continually improve through educational grants. (pending P&P update with PVS Board of Directors)

PVS Outstanding Athlete Task Force Proposal

Current P&P

This annual award is presented to the male and the female athlete in each age group who are selected by the coaches as the outstanding athlete.

Awards to be made annually to single age group from 9 to 18 and Open with the qualification period remaining the same Sept 1-Aug 31, the coach will have the option of one age group the athlete can apply for. The accomplishments presented on the application must have been achieved in the specific age group for which recognition is sought and achieved during the qualification period.

This award is based solely on the swimming achievements of the athletes from September 1 of one year through August 31 of the next.

Criteria for consideration are:

- National/World Ranking
- Olympic Trials
- USA Swimming National Team Member
- USA Swimming Records Established
- PVS Records Established
- Long Course Nationals
- Long Course Juniors
- Short Course Juniors
- Zone Team Member

Nominations for this award may be submitted by a PVS Coach member or other PVS member. Applications for the award will be due at least two weeks prior to the Competition Committee Meeting at which the selection will be made. Names and teams of the athletes will be removed from the nomination information sent to the coaches. Selection will be made by secret ballot at the Fall meeting of the Competition Committee.

Outstanding Athlete Awarding

The old version is not perfect. The process was cumbersome and weighed heavily on the applicant to parse data as well as very difficult on the viewer to judge.

- Nominations are submitted by coaches and non-coach members of PVS
- We utilize a number of factors times, rankings, and placings to compare and they are not easily comparable.
- Unless a coach knows their swimmer is at the top of their age group, there are times when they are not nominated and thus we recognize the top nominated swimmer vs. the actual best swimmer in each age group.
- There have also only been a handful of teams (about 6-10) that vote in any given year.

- The forms to read the stats for nominations and compare who is better is time consuming, sometimes subjective if a team knows the swimmer.

Outstanding Athlete Award Proposal

Outstanding Athlete oversight will consist of the current Age Group Chair and Senior Chair and PVS Administrative person. Awards will be for single age and athletes and athletes may be nominated and receive awards for more than one age.

- Single Age
- Top four swims (LC or SCY) power points
 - Swimmers may only use a LC or SCY version of the an event discipline and distance. Example, an individual may not use 200 LCM Breaststroke and 200 SCY breaststroke or 800 meter LCM freestyle and 1000 SCY Freestyle per nominated age.
 - Using USA Swimming SWIMS Power Points
 - USA Swimming > Times > Individual Times Search
<https://www.usaswimming.org/times/individual-times-search>
 Type in swimmer's name
 Click on rank by 'points'
 The top four swims in specific age category will be considered with
 The total points will be a sum of the following power points:
 - Swim 1 x .4
 - Swim 2 x .3
 - Swim 3 x .2
 - Swim 4 x .1
- May input multiple nominations for ages per swimmer, but only swims at the specific age will be considered. i.e. may not use times swum as a 14 year old to consider for 13 year old award or vice versa.
- The Online Form submission will calculate the weighted score and provide the results to PVS administrators. Input required by the nominator:
 - Athlete Name
 - Team
 - Gender
 - Age for the nomination
 - Event 1, Time 1, Points 1
 - Event 2, Time 2, Points 2
 - Event 3, Time 3, Points 3
 - Event 4, Time 4, Points 4
 - Nominator name & contact information
 - Submission validation & statement of accuracy.

Year 1 will involve the current committee of this Task Force to review the process.

Year 2 and beyond the AG and SR chair along with the PVS administration will verify the results.

Overview of results if proposed system (pp based, can win more than one age) had been applied to 22/23:

- 11 of the 21 winners (we had a tie last year) would have been the same
- we would have had 3 people who did not win an award get an award
- we would have had 3 people win both their ages
- 1 winner from last year would have been bumped from her award, but would have won her "off age" award
- 2 applicants who did not win any award in 22/23 in their applied age would have won their "off age" award

PVS Awards & Education Grants

It has been several years since PVS has awarded the coach/team awards. If there is one thing that we need to do a better job of as an LSC it is supporting and promoting the coaches and helping their careers as leaders in the sport. PVS has some information regarding these awards and grants in P&P however they leave a lot to the imagination and each year creating new systems and criteria. I would like to propose the following to serve as our system for the next two years and then revisit (if needed) to make adjustments. If approved at CCM, I will seek the approval at the board for updating the P&P going forward.

Proposal

For the 2023-2024 and 2024-2025 season we will recognize the following awards using the below criteria and provide the support for a coach to further their coaching careers (\$7500 budget):

- Up to \$1250 for Age Group coach of the year (travel expenses to ASCA convention and be a candidate for the ASCA coach of the year)
- \$1250 for Senior Coach of the year (stipend to use for educational expenses of choice)
- \$500 for Future Champion Award (continuing education award)
- \$1500 for Rising Star Club (club development)
- 4 x \$500 educational grants for coaches requesting assistance.
- 2 x \$500 for head coach of Zones

At the fall 2025 CCM (and every 2 years following) the Senior Chair and Age Group Chair may make needed changes to the system to adjust for any recommended adjustments.

Potomac Valley Swimming Coach of the Year and Rising Star Awards

Purpose

Potomac Valley Swimming recognizes its top Senior Coach, Age Group Coach, Future Champion Coach & Rising Star Club each year with an award nominated and voted on by its member coaches. A nominating panel will submit automatic nominees while all coach members in good standing may also submit nominations for consideration.

Process

The Coach and Team Award Nominating Panel will be comprised of all coach members serving on the PVS Board of Director, as well as the Junior, Senior and at-large athlete reps.

- The COY Nominating Panel will select nominees for the Age Group and Senior Coach of the Year Awards, Future Champion Award, and the Rising Star Club based on meeting the criteria and rankings as outlined. All PVS coach members may submit names of fellow coaches for consideration by the panel by emailing the PVS Age Group Chair AgeGroupChair@pvs swim.org or Senior Chair SeniorChair@pvs swim.org. The Senior Chair will collect and share the nominees to the panel to verify eligibility of submissions.

- Self-nomination is not allowed.
- Members of the panel will recuse themselves from voting on any specific award if they or a coach from their club are among the nominees being considered.
- Nominations are due no later than September 1.
- The COY Nominating Panel will generate the approved list of nominees to present to the coach members of PVS for voting.
- At the request of the Senior Coach Representative, the PVS Office will distribute the nominations to all PVS coaches via email by September 15th.
- Voting will take place online through a voting form from September 15 – September 30, or remain open for at least ten days.
- Each team will receive one vote for the Senior Coach of the Year, one vote for the Age Group Coach of the Year, one vote for the Future Champion Award and one vote for the Rising Star Club Award. If more than one vote is received, the last vote from the team's head coach will be used.
- Awards will be presented at the Fall PVS Competition Committee Meeting.

Requirements

- Current coach member in good standing with USA Swimming and Potomac Valley Swimming for at least the previous one year of the year the award is presented.
i.e. for 2023-2024 awards they must have been a coach for the previous 2022-2023 in USA Swimming & PVS.
- Nomination is based on the SC and LC seasons combined.
- Coaches may not be nominated if they received the same award the previous season.
- Teams in consideration for Rising Star award must be in good standing with USA Swimming and Potomac Valley Swimming.

Age Group Coach of the Year

PVS to pay actual cost of PVS coach selected as its outstanding 14&U coach to travel to the annual ASCA Convention up to \$1250 for 2023-24.

Criteria: Age Group Coach of the Year

- Three (3) Age Group coaches with highest nationally ranked athletes in the 11-12 and 13- 14 age groups during the selection period will be automatic nominees. The nominee must be the athlete's primary coach. Ties will be decided by the next highest national ranking events by the top ranking athlete coached by the nominee.
- Two (2) additional at-large nominees may be selected by the panel based on but not limited to the following criteria: nationally ranked athletes coached by the nominee, team rankings at PVS Age Group Championship meets, Sectional Meets, National or Junior National qualifiers coached by the nominee.
- All PVS coach members may submit names of fellow coaches for consideration by the panel by emailing the PVS Age Group Chair AgeGroupChair@pvsxim.org or Senior Chair SeniorChair@pvsxim.org.

- The Head Coach/ CEO/ Director of each team will be contacted to verify the direct coach that is to be nominated.

Senior Coach of the Year

The Coach selected as the PVS Senior Coach of the Year would receive an educational stipend similar, but not to exceed, the fees for the 14 & Under Coach attending the ASCA Convention.

Criteria: Senior Coach of the Year

- Three (3) Senior coaches with the highest nationally ranked athletes in the senior swimming category of USA Swimming during the selection period will be automatic nominees. The nominee must be the athlete's primary coach. Ties will be decided by the next highest national ranking event by the athlete coached by the nominee.
- Athletes connected to the coach must be training full-time with the coach during at least 6 months of the swimming year the award is being considered. If there are two coaches in consideration, the designated team head coach will determine the coach being nominated.
- Rankings of collegiate athletes will not be considered.
- Two (2) additional at-large nominees may be selected by the panel based on but not limited to the following criteria: age group 15-18 nationally ranked athletes coached by the nominee, team rankings at Sectional Meets, USA Swimming National Meets, or National/Junior National Olympic Trial qualifiers coached by the nominee.
- All PVS coach members may submit names of fellow coaches for consideration by the panel by emailing the PVS Age Group Chair AgeGroupChair@pvswim.org or Senior Chair SeniorChair@pvswim.org.
- The Head Coach/ CEO/ Director of the team will be contacted to verify the direct / primary coach that is to be nominated.

Future Champion Coach

Criteria: Future Champion

For the coach that works with the new swimmers and won't have a way to win AG or SR Coach of the Year.

- Three (3) PVS coaches will be nominated by the COY Nominating Panel based on the following criteria: Leadership and participation at the club, LSC, Zone, Sectional, and National level; participation in PVS camps, clinics, and events; Community Service involvement; Involvement in other swimming organizations (YMCA, Red Cross, Summer League, etc.); Length of Service; or other leadership projects and/or events worthy of recognition.
- All PVS coach members may submit names of fellow coaches for consideration by the panel by emailing the PVS Age Group Chair AgeGroupChair@pvswim.org or Senior Chair SeniorChair@pvswim.org.
- The Head Coach/ CEO/ Director of the team will be contacted to verify the direct / primary coach that is to be nominated.

Rising Star Club

Criteria: Rising Star Club

Recognizing the club that is moving up in terms of virtual club points, improvement in number of swimmers to Jr and Sr Nationals and IMX participation.

- Three (3) PVS clubs will be nominated by the COY Nomination Panel based on improvement in the team's Virtual Club Championship rank or Club Excellence rank compared from the previous season (SCY and/or LCM)
- Nominations for the Rising Star Club are based on improvement of the club from the previous year.
- Teams may only be eligible once every two years.
- All PVS coach members may submit names of fellow team for consideration by the panel by emailing the PVS Age Group Chair AgeGroupChair@pvswim.org or Senior Chair SeniorChair@pvswim.org.

Educational Grants

Criteria: Educational Grants

Potomac Valley Swimming has established a continuing education program for its coach members. Up to six \$500 educational grants will be awarded each fiscal year. The ~~Short Course~~ Long Course Zone Team Head Coach and Assistant Head Coach will automatically be awarded a grant. The four additional \$500.00 educational grants will be available for active, certified PVS coaches (who have applied) for the upcoming fiscal year. The eligibility criteria for these grants is established by the Competition Committee with the approval of the Board of Directors. The eligibility criteria are distributed annually with the application form.

Those selected may choose any ~~USA Swimming sponsored~~ educational coaches' program for which they are eligible. Other educational opportunities may be approved by the Board of Directors on a case by case basis. Those selected (except the Zone Team coaches) are ineligible the following year. Coaches accepting a grant must submit a report to the Competition Committee and an evaluation to the Board of Directors in addition to receipts turned in for reimbursement to PVS treasurer.

- Coaches will apply for an educational grant for themselves to further their coaching career and support the continued advancement of PVS and the coaches as leaders in USA Swimming.
- All applicants must be coaches in good standing with PVS and USA Swimming and have coached in Potomac Valley Swimming for at least the past 12 months prior to applying.
- Grants may not be granted in consecutive years.
- If there are more than four applicants, the Coach and Team Award Nominating Committee will rank the applicants based on the following criteria:
 1. Years registered as a PVS Coach (more years = higher rank)
 2. Full time coach vs. Part time coach (full time > part time)
 3. Prior Service & Commitment to PVS & Coaching Career:
 - PVS Board Member: 5 points
 - PVS Committee Member: 3 points
 - PVS Zone/camp staff: 3 points
 - Participation at PVS Championship Meets: 2 points
 - Other swimming related lines of work (i.e. summer or high school coaching): 2 points
 - Completion of prior USA Swimming or ASCA related CE credits: 2 points
- Applications will be accepted between March 1 – March 30 each year and selections will be determined no later than May 1. If by May 1 there are remaining grants unclaimed,

additional applications will be granted on a first come first served basis if they meet the minimum requirements.

- All grants will carry a 1 year deadline to use.