

RVA A 2010 NEWSLETTER

IT'S THAT TIME OF YEAR AGAIN....SPRING IS IN THE AIR...SUMMER IS AROUND THE CORNER...SWIM SEASON IS KICKING INTO GEAR...

We are looking forward to another great season and City/County Meet this year! The Salem Family YMCA will be hosting our Volunteer Training and City/County Championship Meet again this year! The Seed Meeting will be held on Wednesday, July 14th at 7:30 PM at the Salem Family YMCA in Studio B!

CITY/COUNTY CHAMPIONSHIP MEET

Friday-Saturday, July 23 & 24, 2010

At the Salem YMCA
10 & Under in the A.M.
11 & Older in the P.M.

PROPOSED ORDER OF EVENTS:

Friday: Backstroke, Short Freestyle, Individual Medley, and Freestyle Relays

Saturday: Butterfly, Breaststroke, Long Freestyle, and Medley Relays

VOLUNTEER TRAINING YOU DON'T WANT TO MISS:

To ensure that all meet have the best officiating for the benefit of all swimmers, the RVA A Officials Committee has revised training requirements for the 2010 season. **Strokes and turns judges:** The clinics start the certification process for new judge trainees and also serve as a recertification process for existing RVA A judges certified from the previous season. Stroke & turn judges clinics will last approximately ninety minutes. Attendance at any one of the two clinics offered preceding the season is mandatory for all prospective RVA A judges—except USA Swimming judges with current certification status. USA judges must contact Doug Childress (774-9158) or Steve Woolfolk (890-6160) to obtain credentials and updated RVA A rules prior to officiating. **Starters & Referees** also must attend one of the two clinics offered. Every team must have at least one trained starter and referee. Questions call Melissa Conner (540-529-5211)

Stroke & Turn Judges Clinics

Judges attend one session only.

Location: Salem Family YMCA

May 27th (Thursday) 6 pm Studio B

May 30th (Sunday) 1:30 pm Studio B

Clerk of Course & Runners Clinic

Location: Salem Family YMCA

May 30th (Sunday) 2:00 pm Pool Atrium

Starters, Head Timers & Referees Clinics

Location: Salem Family YMCA

May 27th (Thursday) 7:30 p.m. Studio B

May 30th (Sunday) 3 pm Studio B

Computer & Tables Clinics

LOCATION: Salem Family YMCA

Team Manager Clinic (for all teams)

Bring Team Manager II books

May 16th (Sunday) 1:30 pm Studio B

Meet Manager and Head Table Workers Clinic

(for teams that host meets)

May 16th (Sunday) 3:30 pm Studio B

Team Registration Clinic

LOCATION: Salem Family YMCA

(in-person registration opportunity for all team registrars)

May 26th (Wednesday) 7:30 pm Studio B

COACHES MEETING is Sunday, May 30th at 3pm at the Salem Family YMCA Pool Atrium.

Send at least one coach per team, please!

RVA A MISSION STATEMENT: THE MISSION OF THE RVA A IS TO PROMOTE THE SPORT OF SWIMMING FOR PARTICIPANTS OF ALL AGES AND ABILITIES THROUGHOUT THE ROANOKE VALLEY REGION. ALL SWIMMERS, PARENTS, COACHES, AND VOLUNTEERS WILL BE TREATED WITH THE HIGHEST STANDARDS OF COURTESY AND DIGNITY IN AN ENVIRONMENT THAT FOSTERS FUN, PERSONAL GROWTH, FAIR PLAY, AND GOOD SPORTSMANSHIP. THE RVA A STRIVES TO ENSURE AN EQUITABLE SYSTEM OF COMPETITION AMONG SWIMMERS. ITS MEMBER SWIM CLUBS, IN PROMOTING TEAM UNITY AND COMPETITION, ARE CHARGED WITH ABIDING BY THE LETTER AND SPIRIT OF THE RVA A RULES.

DIVISIONS FOR 2010

DIV 1: Hunting Hills, Forest Hills, Stonegate, Roanoke Country Club

DIV 2: Hidden Valley, Read Mountain, Our Lady of Nazareth, Castle Rock

DIV 3: Elks Lodge, Olympic Park, Vinton Area, North Lakes

DIV 4: Spring Run, Limestone Park, Ashley Plantation

EVENT AND MEET SCHEDULE 2010

DATE	EVENTS	HOST	VISITORS	DATE	EVENTS	HOST	VISITORS
June 7, 2010	25 Back, 25 Free (7-8) 25 Fly, 25 Free (6 & Under) 50 Back, 50 Free (9 & Up) Free Relay (9-12) 200 M	VS-LL HH RCC RM HV CR	LN NL SG EC AP SR FH LP OP	June 28, 2010	25 Breast, 50 Free (7-8) 25 Breast, 25 Back (6 & Under) 50 Breast, 100 Free (9 & Up) Medley Relay (13 & Up)	SG AP RM HH EC FH	CR VS OP LN NL HV LP SR RCC
June 14, 2010	50 Free, 25 Breast (7-8) 25 Free, 25 Breast (6 & Under) 100 Free, 50 Breast (9 & Up) Free Relay (13 & Up) 200M	SG AP HV OP FH EC	RM VS CR RCC HH LN SR NL LP	July 6, 2010	25 Free, 100 IM (7-8) 25 Free, 25 Breast (6 & Under) 50 Free, 100 IM (9 & Up) OPEN EVENT Medley Relay (9-12) 200M	VS-AN OP HH FH CR EC	LN LP RM RCC SG AP SR NL HV
June 21, 2010	25 Fly, 100 IM (7-8) 25 Fly, 25 Back (6 & Under) 50 Fly, 100 IM (9 & Up) Free Relay (8 & Under) 100M	VS-AN OP RCC AP HH CR	HV NL SR SG LP LN FH RM EC	July 12, 2010**	25 Fly, 25 Back (7-8) 25 Fly, 25 Back (6 & Under) 50 Fly, 50 Back (9 & Up) OPEN EVENT Medley Relay (8 & Under) 100M	SG RM HV RCC CR FH	VS AP HH SR LP OP LN NL EC

****If inclement weather interferes with the completion of any of the July 12 individual events, there will be a makeup open event the next morning, Tuesday, July 13, 2008 at the Hunting Hills Country Club pool. Warmups will begin at 8:30am; events will begin at 9:00am.**

TEAMS:						HOST POOL LOCATIONS FOR VS:	
AP Ashley Plantation	HH Hunting Hills	RM Read Mountain				AN Aqua Net	
CR Castle Rock	LP Limestone Park	RC Roanoke Country Club				LL Lancerlot	
EL Elks Lodge	OP Olympic Park	SR Spring Run					
FH Forest Hills	LN Our Lady of Nazareth	SG Stonegate					
HV Hidden Valley		VS Vinton Area Swim Team (Team of Aquanet and Lancerlot)					

2009 SUE BLACKWELL SCHOLARSHIP RECIPIENT

Owen Marshall of Salem High School and attending Lynchburg College.

THE SUE BLACKWELL SCHOLARSHIP

The Sue Blackwell Scholarship, administered by the Foundation for Roanoke Valley, was established to honor the memory of Sue, who died in April 2000. Sue was a lifelong supporter of the RVAA and volunteerism. The scholarship is designed to support a graduating high school senior who is currently an RVAA member. Students must demonstrate academic ability, have financial need, and enroll in an accredited 2- or 4- year institution of higher learning. Applications are available at www.swimrvaa.com or from a high school guidance counselor. **Deadline for application is May 23.** The scholarship is awarded at City/County, and currently is in the amount of \$2,000.

THE GEORGE DEVINS SCHOLARSHIP

The RVAA Board of Delegates has approved a scholarship fund in memory of a man who devoted his life to swimmers and swimming in the Roanoke Valley - George Devins. A scholarship of \$750 or more is awarded annually at the City/County Championship Meet. Applicants must be participating members of the RVAA and must have been accepted to, or currently enrolled in, an institution of higher learning. A committee derived from the RVAA Board of Delegates will judge applicants. Interested swimmers may obtain applications at www.swimrvaa.com. Applications must be submitted no later than 7/1/10. Send completed applications to: Melissa Conner 941 Stonegate Drive Salem, VA 24153.

2009 TYLER NORDGREN TROPHY RECIPIENT

Brent Meacham of Ashley Planation

THE TYLER NORDGREN TROPHY

A trophy will be awarded at the annual City/County Championship Meet to an 8-and-under swimmer who embodies the spirit of Tyler Nordgren. Tyler was a member of the Read Mountain swim team who overcame a form of autism, and whose brief swimming career was marked by a drive to improve and the excitement that comes with competing and winning ribbons. In July 2001 Tyler suffered a cerebral hemorrhage during warm-ups for a Monday meet, and passed away later that week. For information about this award, **contact your team delegate.**

2009 GEORGE DEVINS SCHOLARSHIP RECIPIENT

Grace Aheron of Patrick Henry High School and attending Oberlin College in Ohio.

RVAA RULES FOR MEETS 2010

General Eligibility and Meet Rules

1. All swimmers will swim the entire season, including City/County, at the age they have attained on June 1 of the current year.
2. All swimmers must be members of the RVAA member club for which they swim.
 - a. Guests may swim exhibition in any weeknight meet if space is available. Clerk will issue cards and times will be filed by the RVAA to be used as official times if swimmers complete eligibility requirements. No points or ribbons awarded.
 - b. Up to three non-member coaches may swim for points and ribbons for any team.
3. Swimmers must pay non-refundable RVAA dues:

*received by team by May 21, 2010	\$12.00
*received by team after May 21, 2010	\$17.00

Any RVAA swimmer who was not an RVAA member in the 2009 swim season and joins after May 21, 2010 will pay \$12.00 dues.
4. A physician's statement and an explanation of any limitation must accompany a swimmer's request to be classified as "PHYSICALLY LIMITED." Prior to the start of the summer swim season, a committee of referees will review all requests. Therefore, the written request and doctor's verification must accompany the registration and dues form. The referee at the meet site will judge temporary handicaps (ex.: broken arm) on an individual basis.
5. Any swimmer in any age group may start from the deck adjacent to the starting block. However, without a medical waiver, NO ONE may start in the water other than on backstroke or medley relay.
6. With the exception of caps, goggles, nose plugs, and ear plugs, all other swim aids are unacceptable during competition.
7. Each delegate, coach, and judge will receive a copy of the technical stroke rules, and may provide copies to interested swimmers or parents.

Team Responsibilities

8. Each team must supply its share of required workers to run a meet. Teams should refer to the RVAA black notebooks for a full description of the minimum number of workers required by each pool for each meet.

Note: The RVAA may penalize a team if one or more of its workers leave the meet without first securing a qualified substitute for his or her position.
9. The RVAA and its officials may penalize any individual team or teams that fail to comply with the RVAA Meet Rules. The magnitude of the violation will determine the penalties applied: warnings, loss of team points, or disqualification. The referee will make his or her decision according to RVAA referee guidelines. That decision will be final.
10. Each participating team must provide a work roster, clerk of course worker(s), and a **no show list** to each host pool by 5:00 PM on the day of the meet. All other workers must arrive at the meet location by 5:30 PM. All Monday night meets begin at 6:00 PM.
11. No team may begin warm-ups without the presence of its coach and one responsible adult (or two responsible adults if the coach is absent). Every team must post a coach or adult at each end of the team's warm-up lanes. Warm-ups will end no later than 5:50 PM.

Referee and Judging Policies

12. Meet events may be changed only in the case of a typographical error in the RVAA Newsletter. Referees are not to change the order of events.
13. Unless hazardous weather conditions exist, meets must be swum on the assigned date. However, when weather conditions necessitate a change, the referee will delay or postpone the meet after consultation with the coaches. The referee must notify the summer director on the same evening of the postponement. If the referee postpones a Monday night meet, the teams shall attempt to swim the meet on either Tuesday or Wednesday night of that week if pool availability and weather conditions permit. Teams will hold no makeup date for the last Monday night meet; however, if necessary, they will hold an open event on the following day.

14. In Monday night meets and at City/County, strokes and turns officials will judge six and under swimmers as they judge every other age group. If a six and under swimmer disqualifies or fails to place, he or she will receive a participation ribbon but will receive no points. Every six and under swimmer will receive a participation ribbon or a place ribbon.

15. The referee will relieve meet officials and workers of their duties if the officials or workers consume alcoholic beverages before or during the meet.

Classification and Scoring Rules for Monday Night Meets

16. In Monday night competition, a swimmer will be classified for seeding and scoring purposes as Gold, Silver, or Bronze for each event based on the current RVAA Meters Time Standards. When a swimmer's time card indicates no classification of Gold, Silver, or Bronze, the clerk of course will seed the swimmer in the Bronze division.
 17. Fastest qualifying times determine the winners of each race. Ribbons and points will be awarded to the top five qualifiers in each of the three time standard divisions based on their FINAL time at THAT Monday night competition.
 - To earn Gold or Silver classification, a swimmer's time must be equal to or faster than the stated time standard for their age group.
 - A swimmer may move up or down within the Gold/Silver/Bronze divisions from meet to meet.
 - Adult swimmers, ages 19 and up, will receive points but no ribbons at Monday night meets.
 - Monday meet relays receive ribbons, but no points.
 18. In the case of meet postponement or cancellation:
 - Table officials will record all individual times regardless of the status of the meet completion.
 - Completion of two events will constitute a completed meet. If a meet cannot be completed within that week then only the events that were completed at ALL venues will be scored for team totals, and published team scores will reflect completion status.
 19. After each Monday night meet, the participating teams have **48 hours** to identify and notify the summer director of any apparent errors in the results. After the **48 hour** period has elapsed, the unchallenged results shall stand as official.
- ## City/County Championship Meet
20. To participate in any event of the City/County Meet, a swimmer must have competed in at least two weeknight meets as an RVAA registered swimmer. A swimmer must have established a qualified time in each event he or she wishes to enter at City/County, and must have a time equal to or faster than the C/C cutoff time in order to swim the IM or the 100 Free. (Swimmers who have established times but who have failed to compete in two weeknight meets may appeal to the C/C Meet Director for medical waivers only.)
 21. Swimmers who have had fewer than the designated opportunities to swim an event for their age group (6 & Under-three; 7 & Up-two) may establish entry times for the City/County Championship Meet in the Open Event. No one holding a qualified time may swim to better that time in the Open Event. Open Events are held on the last two Monday night meets of the regular season, or, in the case of meet cancellation, on the following day.
 22. Classification rules for City/County follow Monday night rules, but utilize the current RVAA Yards Time Standards.
 23. In each of the three time standard divisions, medals or ribbons will be awarded for the top ten places, and points will be awarded for the top twenty places. Relays receive Gold medals or ribbons and points.
 24. **The season's final score for each team** will be the sum of 60% of its accumulated Monday night meet scores and 40% of its City/County meet score. RVAA championship awards will be presented to all teams based on final scores. Separate first, second and third place awards will be given for City/County scores.

The RVAA will tolerate no malicious acts of mischief or vandalism against member pools, and such conduct may result in suspension and/or expulsion of the perpetrator(s) from the league.

2010 RVAA OFFICERS

RVAA PRESIDENT Doug Doughty 4328 Fox Croft Circle Roanoke, VA 24018 540.989.7452 doughtysports@aol.com	RVAA SECRETARY June Broadwell 6141 Stratford Way Roanoke, VA 24018 540.797.9917 rjb95@cox.net	SUMMER DIRECTOR Melissa Conner 941 Stonegate Drive Salem, VA 24153 540.529.5211 melissaconner76@aol.com
RVAA VICE PRESIDENT Chip Casola 2342 Circle Drive Roanoke, VA 24018 540.774.5081 casola@woodsrogers.com	RVAA TREASURER Mary Lynn Wright 2120 Chestnut Oak Court Roanoke, VA 24018 540.772.2318 dwright240@cox.net	CITY/COUNTY Alan Criss 832 Pendleton Drive Salem, VA 24153 540.389.5464 acriss@wingitphotos.com

2010 RVAA DELEGATES	HIDDEN VALLEY Whitney Smith alphahokie@gmail.com	OUR LADY OF NAZARETH Rob Lawson 2602 Mallard Drive Roanoke, VA 24018 776.6890 roblawson@psverizon.net
AQUA NET Chris & Elaine Lane 2411 Wolf Run Vinton, VA 24179 890-5301 chris.lane1@cox.net	HUNTING HILLS Beth Doughty 4328 Fox Croft Circle Roanoke, VA 24018 354-5475 beth@roanoke.org	READ MOUNTAIN Michael Heck 2407 Carlsbad Circle Roanoke, VA 24012 977-2745 Heckmdh3@cox.net
ASHLEY PLANATION Kim Bray 321 Magnolia Lane Daleville, VA 24083 556-1399 kimmie1b@aol.com	LANCERLOT Harold Wallick 843 Cranwell Drive Vinton, VA 24170 890-3694 Dopplerman@cox.net	ROANOKE COUNTRY CLUB Julie Wheeler 1333 Lakewood Drive Roanoke, VA 24015 345-0527 jwheeler@roanoke.bbb.org
CASTLE ROCK Van Kakouras 5822 Winnbrook Drive Roanoke, VA 24018 761-0800 akakouras@cox.net	LIMESTONE PARK Lori Grim 244 Renicks Run Dr. Buchanan, VA 24066 254-2409 hitalikfarmlori@msn.com	SPRING RUN Colleen Gibbons 5944 Landview Drive Roanoke, VA 24018 989-0974 gibbons716@hotmail.com
ELKS LODGE Richard Hughes 2046 Maiden Lane Roanoke, VA 24015 343-0284 richard@jweiner.com	NORTH LAKES Mike Myers 4935 Shadow Lane Roanoke, VA 24019 562-2115 MMyers1@cox.net	STONEGATE Hunter Greene 635 Fernwood Drive Salem, VA 24153 797-1245 hgreene@hillstudio.com
FOREST HILLS Erik Largen 1877 Red Lane Salem, VA 24153 397-3601 ErikLargen@gmail.com	OLYMPIC PARK Dan Thompson 2109 Avenel Ave. Roanoke, VA 24015 345-8298 dantii@cox.net	<u>RVAA WEBSITE CONTACT</u> Erik Largen 1877 Red Lane Salem, VA 24153 397-3601 ErikLargen@gmail.com

WWW.SWIMRVAA.COM

2010 RVAA REGISTRATION AND DUES DEADLINE: MAY 21, 2010

**REGISTRATION PROCEDURES
PLEASE READ INSTRUCTIONS CAREFULLY.**

1. **Fill out the form at the bottom of this page.** You must use an original or photocopy of this form.
2. **Dues are as follows:**
 For RETURNING RVAA SWIMMERS for 2008: \$12 per swimmer if paid by May 21, 2010, or
 \$17 per returning swimmer if paid after May 21, 2010.
 For SWIMMERS WHO WERE NOT RVAA MEMBERS in 2009:
 \$12 regardless of registration date.
 (However, ALL swimmers are asked to observe the deadline if possible.)
3. **For on-time registrations, make checks and payments directly to your own swim team.** These dues are in addition to any team dues your swim team charges, and will be passed on from your team to the RVAA. Late payment checks must be made payable to RVAA (see #5 below).
4. **Turn in your form and dues directly to your team delegate or your team-designated registrar.** See page 6 of this newsletter for the delegate information for your team. Please DO NOT mail any forms or dues directly to the RVAA.
5. **Deadlines: The deadline for on-time registration with your team delegate is Saturday, May 21, 2010.** Each team must then prepare a team roster using Team Manager software and submit this roster, in both electronic and paper form, and a team check for the appropriate fees to the RVAA by Wednesday, May 26, 2010. Delegates will receive detailed information about this. Swimmers whose registrations and dues have not been turned in by this date will be ineligible to swim for points or ribbons in the first meet; they may swim at the first meet for exhibition only. NO EXCEPTIONS.
Late registrations: These will be accepted during the first 4 Monday night meets (June 7, 12, 21, 28). To register late, the swimmer must submit a completed RVAA registration form and dues check payable to RVAA to the team delegate or registrar, who will turn them in to the head table worker at the next of the designated Monday night meets. These late registrations will be sent in to the RVAA in the meet results bag that Monday night. Swimmers can swim only for exhibition the night they register and may not score points or win ribbons. The swimmer will be eligible to swim for points and ribbons at the following Monday night meet. The last date for all registrations this year is June 28. NO EXCEPTIONS.

TEAM AFFILIATION _____

Name of pool

Check if swimming for a different RVAA team than last year. Name of Last Year's Team: _____

LAST NAME OF SWIMMER(S) _____

STREET ADDRESS _____

Check if address is new since last year.

CITY & ZIP CODE _____

TELEPHONE NUMBER _____

Check if phone number is new.

E-MAIL ADDRESS _____

Check if E-mail address is new.

First Name, Middle Initial & Last Name of Swimmer(s)	Check if a new swimmer	Date of birth	Sex	Age as of 6/1/2010
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____

If you have questions, please contact your team's RVAA delegate. See page six for the delegates listing.

Physically limited swimmers

If a swimmer has a physical limitation, please list the swimmer's name and give an explanation below. To be considered for a waiver, a doctor's excuse **must** accompany the swimmer's registration. (See RVAA Rule #4)

NAME OF SWIMMER _____ Check here if a waiver is already on file with the RVAA.

Explanation (attach if necessary) _____

RVAA DUES ARE NONREFUNDABLE

ATTENTION MEMBERS:

REGISTRATION PROCESS:

ALL REGISTRATIONS MUST BE MADE THROUGH YOUR TEAM. PLEASE DO NOT MAIL REGISTRATIONS TO THE RVAA ADDRESS.

REGISTRATION DEADLINES:

SWIMMERS' REGISTRATIONS DUE TO THEIR TEAMS

BY MAY 21, 2010

(LATE CHARGE APPLIES AFTER THIS DATE.)

TEAM REGISTRATIONS DUE TO THE RVAA BY MAY 26, 2010



ROANOKE VALLEY AQUATIC ASSOCIATION
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