

RVA A 2011 Newsletter

NEW ON-LINE REGISTRATION: Go To www.swimrvaa.com to sign up for the 2011 season

RVA A has launched an on-line registration system. All swimmers must register and pay dues on-line at www.swimrvaa.com by May 25 to avoid the late fee. Last day to register for first meet eligibility is May 30.

City/County Championship Meet Friday-Saturday, July 22 & 23, 2011

Salem YMCA

10 & Under in the A.M.

11 & Older in the P.M.

Order of events:

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

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



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Volunteer Training for All

Training ensures that all meets are run smoothly and have the best officiating for the benefit of all swimmers. **Strokes and turns judges:** The clinics start the certification process for new judge trainees and also serve as a recertification process for returning RVA A judges. Judges clinics last approximately ninety minutes. Attendance at one session is *mandatory* for all prospective RVA A judges—except current USA Swimming judges. USA judges must contact Steve Woolfolk (890-6160) or John Stanley (354-9856) to obtain credentials and updated RVA A rules prior to officiating. **Starters & Referees** must attend one of the two judges clinics offered. All teams must have at least one trained starter and referee. Questions call Beth Doughty (540-354-5475)

Stroke & Turn Judges Clinics

Judges attend one session only.

Location: Salem Family YMCA

June 2 (Thursday) 7 pm Studio B

June 4 (Saturday) 1:30 pm Studio B

Clerk of Course & Runners Clinic

Location: Salem Family YMCA

June 4 (Saturday) 2:00 pm Pool Atrium

Starters, Head Timers & Referees Clinics

Location: Salem Family YMCA

June 2 (Thursday) 8:30 p.m. Studio B

June 4 (Saturday) 3 pm Studio B

Computer & Tables Clinics

LOCATION: Salem Family YMCA

Team Manager Clinic (for all teams)

Bring Team Manager II books

May 15th (Sunday) 1:30 pm Community Room B

Meet Manager and Head Table Workers Clinic
(for teams that host meets)

May 15th (Sunday) 3:30 pm Community Room B

Seeding Meeting

July 13 (Wednesday) 7:30 p.m. Studio B

Coaches Meeting is Saturday, June 4 at 3pm at the Salem Family YMCA Pool Atrium.

Each team must send at least one coach or your team may be penalized.

2011 DIVISIONS

DIV 1: Hunting Hills, Roanoke Country Club, Stonegate, Read Mountain

DIV 2: Forest Hills Our Lady of Nazareth, Hidden Valley, Our Lady of Nazareth, Elks Lodge

DIV 3: Castle Rock, Olympic Park, Spring Run,

DIV 4: Vinton Swimming, Ashley Plantation, Limestone Park

EVENT AND MEET SCHEDULE 2011

DATE	EVENTS	HOST	VISITORS	DATE	EVENTS	HOST	VISITORS
June 6, 2011	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 RC RM HV EL	AP, CR, LP LN FH SG OP SR	June 27, 2011	25 Breast, 50 Free (7-8) 25 Breast, 25 Back (6 & Under) 50 Breast, 100 Free (9 & Up) Medley Relay (13 & Up)	SG AP CR OP RC FH	HH HV, EL SR VS, LP RM LN
June 13, 2011	50 Free, 25 Breast (7-8) 25 Free, 25 Breast (6 & Under) 100 Free, 50 Breast (9 & Up) Free Relay (13 & Up) 200M	SG VS-AN CR HH FH OP	RC LN, AP EL RM HV SR, LP	July 5, 2011	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 EL RC FH AP HV	OP CR, LP HH RM LN, SR SG
June 20, 2011	25 Fly, 100 IM (7-8) 25 Fly, 25 Back (6 & Under) 50 Fly, 100 IM (9 & Up) Free Relay (8 & Under) 100M	RC EL HH RM HV FH	SR, AP LN OP VS, LP CR SG	July 11, 2011**	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 OP HH HV RM	EL, VS CR, RC FH LN, LP SR, AP

****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 12, 2011 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			
CR Castle Rock	LP Limestone Park	RC Roanoke Country Club			
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			

2010 Sue Blackwell Scholarship Recipient

Katie Farrell
Our Lady of Nazareth

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 20.** 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 **7/11/11**. Send completed applications to: Beth Doughty, 4328 Fox Croft Circle, Roanoke, VA 24018.

2010 Tyler Nordgren Trophy Recipient

Libby Jamison
Roanoke Country Club

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. Applications should be submitted at the City/County Seed Meeting..

2010 George Devins Scholarship Recipient

Brittany Lane
Vinton Area Swim Team

RVAA RULES FOR MEETS 2011

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 25, 2011	\$15.00
*received by team after May 25, 2011	\$20.00
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 worker requirements provided to their delegates for a 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. All warm-ups will end no later than 5:50 PM or as designated by the meet referee.

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.

2011 RVAA OFFICERS

RVAA PRESIDENT Chip Casola 774.5081 casola@woodsrogers.com	RVAA SECRETARY June Broadwell 797.9917 swimrvaa@gmail.com	SUMMER DIRECTOR Beth Doughty 354-5475 beth@roanoke.org
RVAA VICE PRESIDENT Rob Lawson 776-6890 roblawson@psverizon.net	RVAA TREASURER Mary Lynn Wright 540.772.2318 dwright240@cox.net	CITY/COUNTY Tim Wortman 815-8120 greenberet@att.net

2011 RVAA DELEGATES	HIDDEN VALLEY Whitney Smith 354-8445 alphahokie@gmail.com	READ MOUNTAIN Michael Heck 977-2745 Heckmdh3@cox.net
AQUA NET Chris & Elaine Lane 890-5301 chris.lane1@cox.net	HUNTING HILLS Doug Doughty 798-1202 doughtysports@aol.com	ROANOKE COUNTRY CLUB Julie Wheeler 345-0527 jwheeler@roanoke.bbb.org
ASHLEY PLANATION Kim Bray 556-1399 kimmiebl@aol.com	LANCERLOT Harold Wallick 890-3694 Dopplerman@cox.net	SPRING RUN Colleen Gibbons 989-0974 gibbons716@hotmail.com
CASTLE ROCK Michael Gray 598-0044 Slink221@gmail.com	LIMESTONE PARK Lori Grim 254-2409 hitalikfarmlori@msn.com	STONEGATE Hunter Greene 797-1245 hgreene@hillstudio.com
ELKS LODGE Chris Roakes 904-9671 mroakes@cox.net	OLYMPIC PARK Dan Thompson 345-8298 dantii@cox.net	<u>RVAA REGISTRAR</u> <i>Patricia Wortman</i> 314-1392 rvaadata@cox.net
FOREST HILLS Erik Largen 397-3601 ErikLargen@gmail.com	OUR LADY OF NAZARETH Larry Landolt 309-1781 larry@eventzone.org	<u>RVAA WEBSITE CONTACT</u> <i>Erik Largen</i> 397-3601 Eriklargen@gmail.com

ON-LINE REGISTRATION ONLY AT
www.swimrvaa.com
PLEASE READ INSTRUCTIONS

1. Go to www.swimrvaa.com to register for the 2011 swim season. Click on "Registration."
2. **RVAA dues are paid on-line by credit card:**
\$15 per swimmer if paid by May 25,
\$20 per if paid after May 25, 2011.
3. RVAA dues are in addition to any team dues your swim club charges. Your team dues are not payable through the RVAA on-line registration. Team dues are handled directly by each team. Contact your team delegate or coach for more information.
4. **Deadlines:** You must register on-line by May 30 to be eligible to swim for points and ribbons in the first meet of the season. Late registrations may swim in the first meet for exhibition. Late registrations are available until June 27. To be eligible to swim for points and ribbons in the next Monday night meet, a swimmer must register on-line at www.swimrvaa.com by midnight of the previous Monday night. **NO EXCEPTIONS.**

The mission of the RVAA 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 RVAA 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 RVAA rules.



Roanoke Valley Aquatic Association
PO Box 21832
Roanoke, VA 24018
WWW.SWIMRVAA.COM

NEW RULES ON EQUIPMENT:

1. **Competition suits** must be constructed of a woven/knit material that is 100% permeable to air and water. Suit may not be made or altered to aid in buoyancy with no zippers or other fastening system other than a waist for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings and waist openings). The male suit shall not extend above the waist or below the top of the kneecap. Female suits shall not extend beyond the shoulders or below the top of the kneecap or cover the neck. Swimmers are allowed to wear only one suit in competition (unless prior approval has been given by the officials committee). Swimmers wearing an illegal suit not be allowed to compete in the meet until wearing a legal suit or if caught competing in an event with an illegal suit will be disqualified for that event and not allowed to compete until complying with the rule.
2. If an RVAA swimmer is competing in a **team suit or cap**, it must represent his/her RVAA team. Swimmers also may wear suits or caps not readily identified with any team in competition.