

SAL 2015 Winter Meeting
Coaches and Representatives
1/7/2015 7 p.m.

Call to Order

The meeting was called to order by Roberta Lichter at 7:05 p.m.

Role was taken and recorded as follows:

Swimming Reps

<u>EAST</u>	<u>CENTRAL</u>	<u>NORTH</u>	<u>WEST</u>
Centennial 1	Dolphins 2	CBEast 2	LoMer 2
CounRock 1	PlyWhmsh 1	HatHorsh 2	Methacton 2
Pennsbury 1	Springfield 2	NorthPenn 2	Norristown 1
NeshCore 2	UpDub 2	Pennridge 2	PerkVal 2
LoMoreland 2	Wissahickon 2	Souderton 2	Radnor 1
		SWAC 2	UpMer 2

Swimming Coaches

<u>EAST</u>	<u>CENTRAL</u>	<u>NORTH</u>	<u>WEST</u>
Centennial 1	Dolphins 1	CBEast 2	LoMer 1
CounRock 2	PlyWhmsh 2	HatHorsh 2	Methacton 2
LoMoreland 2	Springfield 2	NorthPenn 2	Norristown 1
NeshCore 1	UpDub 2	Pennridge 2	PerkVal 1
Pennsbury 1	Wissahickon 2	Souderton 1	Radnor 1
		SWAC 2	UpMer 1

Diving Reps

<u>EAST</u>	<u>CENTRAL</u>	<u>NORTH</u>	<u>WEST</u>
Centennial 1	Dolphins 1	CBEast 1	LoMer 1
CounRock 1	PlyWhmsh 1	HatHorsh 1	Methacton 1
LoMoreland 1	Springfield 1	NorthPenn 1	Norristown 1
NeshCore 1	UpDub 1	Pennridge 1	PerkVal 1
Pennsbury 1	Wissahickon n/a	Souderton 0	Radnor 1
		SWAC 1	UpMer 1

Diving Coaches

<u>EAST</u>	<u>CENTRAL</u>	<u>NORTH</u>	<u>WEST</u>
Centennial 1	Dolphins 1	CBEast 1	LoMer 1
CounRock 2	PlyWhmsh 1	HatHorsh 1	Methacton 1
LoMoreland 1	Springfield 1	NorthPenn 1	Norristown 0
NeshCore 1	UpDub 1	Pennridge 1	PerkVal 1
Pennsbury 1	Wissahickon n/a	Souderton 1	Radnor 1
		SWAC 1	UpMer 1

Approval of Minutes

Minutes from September were distributed. Pennsbury moved to approve the minutes and the motion was seconded by Radnor. The minutes were then unanimously approved.

Business at Hand:

Championship Hosts:

Division Swimming---

Girls:

East - CR
Central - UDAC
North – SWAC
West - PVAC

Boys:

East - CR
Central - UDAC
North - NPAC
West - MAC

Division swim champs meet details need to be sent to webmaster and division.

Division Diving—

Girls and Boys:

East - PENN
Central - UDAC
North – SOUD or HHAA?
West - UDAC

Diving hosts to meet with Roberta after meeting tonight to set up meeting about details.

Sponsorships for SAL Charities in the programs: Due 1/25. Mail to: CB Aquatics, C/O Roberta Lichter, 16 Welden Drive, Doylestown, Pa 18901; checks payable to SAL – ad can be emailed and check must be mailed

Awards:

- Terry Peterson Sportsmanship Award: due to rlichter@cbsd.org by 1/16 – each team votes for boys and girls in **own division**
- Senior Award due 1/8 jenbsteinberg@gmail.com
- Email list of all seniors to Jen – email coming from Andrew about this shortly
- Hall of Fame – two new people going in this year; any suggestions for others should be emailed to Mark McElwee (boys registrar) leadership, coaches, athletes – review website to see if your suggested person has similar attributes (this is for service to the league, not to one specific club)

Diving forms – SAL division champs – two copies to seed meeting in color for your division; league champs forms two copies in white to the seed meeting

Per the operating procedures, to participate in January duals and league champs swimmers must swim in 2 dual meets (Nov/Dec); divers must dive in 2 dual meets (Nov/Dec).

Seed Meeting 1/26 at 7:30pm: deadlines, procedures and handouts – details, deadlines, etc. were reviewed in detail and are in handouts (below) – be sure to read all; be sure to send enough people to seeding meeting – at least one for girls, one for boys, one for diving – meetings are simultaneous so one person cannot handle two positions; watch for more champs instructions to be posted on the SAL site and emailed; pickup division champs awards at seed meeting

Update your league directory with name, email, phone number with any changes now – do this by emailing SAL webmaster – when you email ask him to update his distribution list with the specific change.

Spring Representative's Meeting date – 3/19/2015 7pm UDAC township building

New Business

NONE

Adjourned 8:02pm

See champs hand-outs on next pages.

Suburban Aquatic League

“A” Championship Meet Dates & Deadlines-2015

(See “Championship Procedures” & The Operating Procedures of the SAL – Article X for full details.)

- E-Mail Entries To: ezd.software@gmail.com (Jeff Fox) & divingregistrar@suburbanaquatic.org (Lisa Forlini). **Your entries must include all your swimming & diving entries.**
- Entries Due-Sunday, January 11, 2015 no later than 6:00 PM
- **REMEMBER; RELAY TIMES MUST BE ACTUAL TIMES SWUM! NO MANUFACTURED TIMES WILL BE ALLOWED! TIMES MUST APPEAR ON THE TOP 40 LIST!**
- Only athletes who swam/dove in 40% of your dual meets are eligible to swim/dive at champs.
- Psych Sheet will be posted-Tuesday, January 12, 2015
- Updated Entries Due-Sunday January 25, 2015 no later than 5:00PM. **(Only updated times permitted!)**
- Final Psych Sheets will be posted-Monday, January 26, 2015 by 9:00AM. Two lists will be posted. One with the top 50 and one with all entered swimmers. (Bring your own copies to seed meeting.)

***** IF YOU FAIL TO MEET AN ENTRY DEADLINE BY 1 HOUR OR LESS, YOUR CLUB WILL BE FINED \$200.00 BY THE LEAGUE. IF YOUR ENTRIES ARE OVER 1 HOUR LATE THEY WILL NOT BE ACCEPTED.*****

Seed Meeting

- Upper Dublin Township Building (Across the street from high school.)
- Monday January 26, 2015
- 7:30 PM start - Bring your own copy of final psych sheets.
- Every team must have a representative in attendance for each seed meeting (Boys, Girls, Diving)

“A” Champs at CB South Swimming/Diving- Saturday & Sunday, February 7 & 8, 2015

Age Group	Swim/Dive	Athletes Arrival Time	Scratch Mtg	Timers Report	Warm up	Meet Start	Meet End
SATURDAY							
12-14 Girls	Dive				8am	830am	10am
12 and under Girls	Swim	9:30am	9:45am	9:45am	10am	10:30am	2pm
12-14 Boys	Dive				2pm	2:30pm	4pm
12 and under Boys	Swim	3:30pm	3:45pm	3:45pm	4pm	4:30pm	8pm
SUNDAY							
11 and under Girls	Dive				8am	8:30am	9:30am
11 and under Boys	Dive				9:30am	10am	11am
13 and over Girls/Boys	Swim	10:30am	10:45am	10:45am	11am	11:30am	4pm
15 and over Girls	Dive				4pm	4:30pm	6pm
15 and over Boys	Dive				6pm	6:30pm	8pm

- The Competition course has not been certified in accordance with USA Swimming Rule 104.2.2C (4).
- Water depth is 5 feet at both ends of the pool.
- USA Swimming & Middle Atlantic Swimming shall be free and held harmless from any liability or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms or behind the blocks
- Except where venue facilities require otherwise, changing into or out of swimsuits, other than in locker rooms or designated areas is not appropriate and is prohibited.

If a COACH or TEAM REPRESENTATIVE has any questions please call Sandy Hartmann: cell # 215-206-7343 or home #215-393-0779. Please do not assume anything. If you are not 100% sure about something, PLEASE CALL ME!!!!

Email to Jeff Fox must contain:

1. Subject: Team name and girls/boys
2. Attached: zip file & pdf entry report include relays
3. Body of email: Team name girls/boys
4. Body of email: Total number of swimmers, entries, relays
5. Body of email: Contact information in case of problem, list all numbers

Who to include in entries?

1. Everyone in every swim event.
2. Only divers in diving events regardless of standings. In other words, please include all divers. NO SWIMMERS in diving events unless they are also a diver.

Important details:

1. There will be no additions to the original file only time updates.
2. Include swimmer IDs **only for US swimmers**. Please double check that you have proper IDs for swimmers. Some kids are nicknamed for SAL and properly named with MA for US. Enter proper US ID-this is the only way to identify a

swimmer in the SWIMS database. Please double check for swimmers previously registered who are not registered for 2015.

The Seed Meeting:

The Seed Meeting begins promptly at 7:30 PM at the Upper Dublin township building.

Teams should bring hard copies of all their meet records (diving as well as swimming).

Diving coaches should also bring dive sheets for Divisions and Leagues – the form is in the Form Library, on the SAL website. Be sure to print your sheets on the correct color paper for Divisions and white for Leagues. Two (2) copies for each diver.

Important Information for League Swim/Dive Champs (the entries):

*Entries are due by email to Jeff Fox and Diving Registrar by the due date at 6 PM. All entries will be acknowledged by email. You will get a bounce back from rlichter@cbsd.org due to forwarding on dive registrar's email account.

Entries received between 6:01 PM and 7 PM will be fined \$200. Entries received after 7 PM WILL NOT BE ACCEPTED. NO EXCEPTIONS!!!!

ALL divers should be in the Champs Entries. No need to update diving scores.

Times updates ONLY after original submission of file. The same fines and policy applies - \$200 for up to one hour late, no updates accepted after 1 hr (6 PM), and NO EXCEPTIONS. (If a coach will not be available on Sunday to submit the updates, s/he should designate someone else to do this.)

Preliminary and final Psych Sheets will be posted.

Athletes are limited to a total of 3 individual events and 2 relays across all Champs meets (Division and Leagues, swimming and diving). Remember that diving COUNTS AS AN EVENT. The one exception to this rule: Alternates at Leagues may swim that event at Divisions.

Submit names of ANY SWIMMERS who have a CHANCE of making it into Leagues. You cannot add swimmers after your initial list is submitted!

Submit all divers into dive events. Do not put swimmers into dive events.

To make sure no one is missed: make up the champs entry list early and post it at the pool. Tell swimmers and families to let you know if anyone is missing.

Weed bogus times out of your data base before submitting Champs entries, and be sure to include USA ID #'s ONLY for USA registered swimmers.

Consult with swimmers who are likely to be eligible for more than one event to find out their preferences, in advance of the seed meeting.

Teams should send a MINIMUM of 3 coaches to the seed meeting: Boys, Girls, and Diving. New coaches should be accompanied by someone with experience. Larger teams should consider sending additional helpers (coaches or parents) to help keep track; the seed meeting moves FAST, event by event, and once an event is closed, it will NOT be reopened.

Any swimmer who is inadvertently entered into more than 5 events (3 individuals and 2 relays) will be dropped from the LAST EVENT. No appeals! So – pay attention at the seed meeting!

The Upper Merion Last Chance Swim meet is held on the day before the Updated Champs sheets are due. UMAC will post the meet results on their website as soon as possible after the conclusion of the meet, no later than 7pm on the evening of the meet.

If you have questions about any of this – ASK SOMEONE – an experienced coach or Sandy Hartman (meet director – cell # 215-206-7343)

Important Information for League Swim/Dive Champs (the event):

Teams should make sure all timers have 2 watches each.

Team job assignments will be changed from previous years, so be sure to check the website for your team's assignments.

ALL teams are required to provide 1 parent, for the duration of the meet, to patrol the facility; you can split this up however you want as long as there is one person per team on duty at all times.

Mike Dunn is looking for volunteers for Stroke and Turn. USA or PIAA-certified preferred, but he would not turn down any SAL-cert-only folks who would like to work!

Fly-over starts will be utilized so be sure your swimmers know how to do them!

Swimmers and divers will go into the cafeteria until their scheduled meet in the pool is announced. This will allow for an easier transition.

We are only to be in the pool and cafeteria. Do not bring basketballs or any other type of outdoor play toys.

Supervise non-swimming children at all times and make sure they stay in our part of the building. Anyone found in other parts of the building, including the gymnasiums will be asked to leave the premises.

Swimmers and divers will need to come ready to swim or dive so as not to waste time in the locker rooms.

Locker rooms and pool deck will be off limits to parents who are not serving as volunteers at the meet.

Teams will submit a list of coaches in advance of the meet. No more than 3 coaches on deck per team at one time.

There will not be seating charts.

A list of restaurants and shopping for area around South will be provided.