



[EMILY WEISS | GIRLS HIGH SCHOOL SWIMMER OF THE YEAR | PHOTO COURTESY OF PETER H. BICK]



2018-19

NISCA

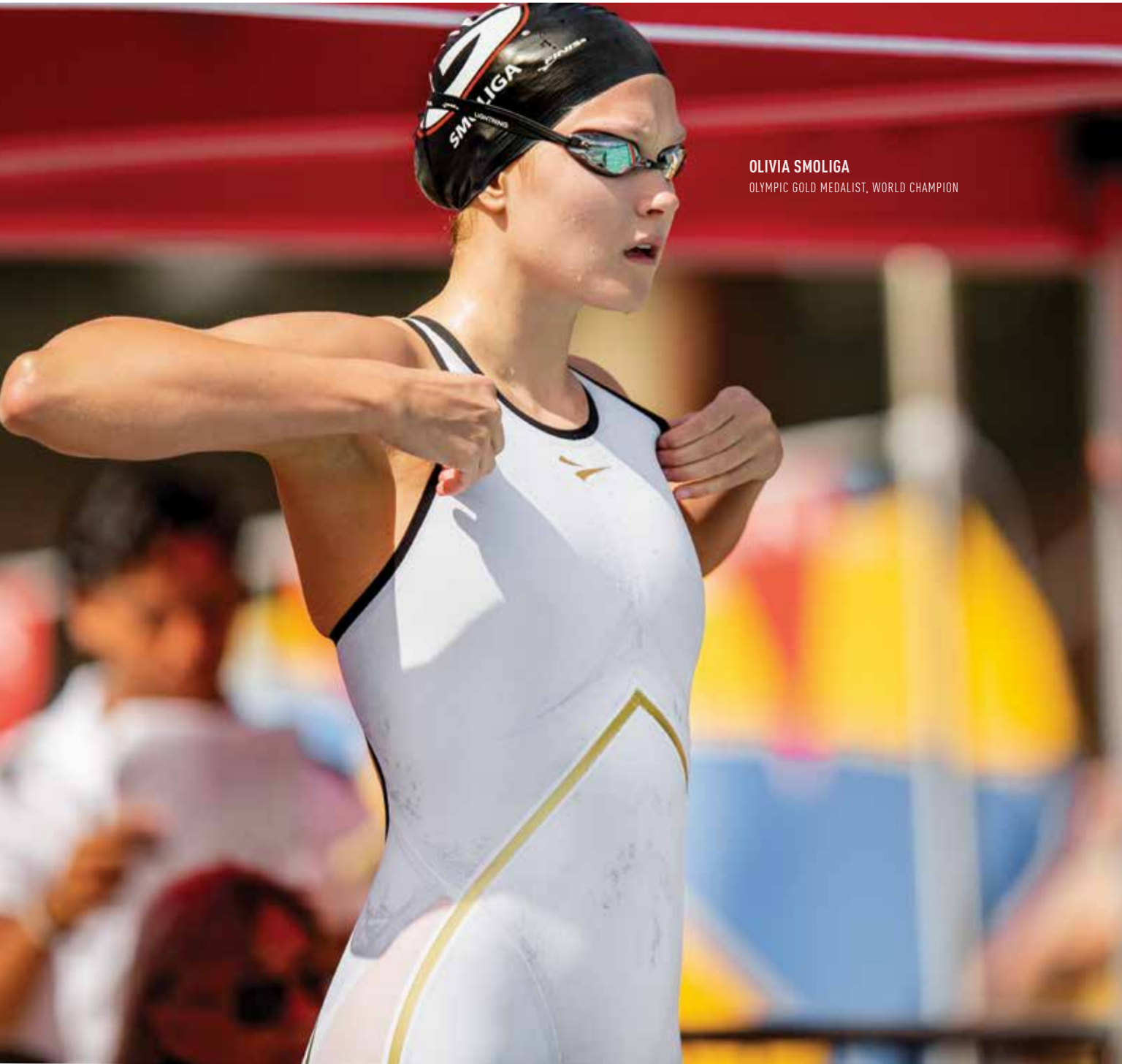
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NISCA wants YOU! I can't put it any simpler. The National Interscholastic Swimming Coaches Association is the voice of your heart and soul if you are a high school swimming, diving and/or water polo coach. The NISCA motto, *"To educate coaches, to promote aquatic sports, and to honor coaches and athletes"*, says it all.

To educate coaches: We want to provide opportunities to further educate you in your sport. We have produced a New Coaches Manual which is perfect for the novice coach. The revised manual was written by NISCA coaches from all over the country. It was written by high school coaches for high school coaches. It will provide you with nuts and bolts info and great ideas to "spice" it up in your program. We are also partnered with the National Federation of High School Associations (NFHS) to produce the NFHS Swimming Certification course. The course is available now at www.nfhslearn.com. We are also working with NFHS to produce a Diving Certification course which will be available soon. A professional journal will arrive at your house every other month. Journals are generally filled with articles on swimming technique, goal-setting, and training sets. Our national conference and meeting every year has several clinics and panels with a wide range of speakers, everything from Olympic coaches and athletes to the coaches who are in the trenches, just like you. For several years we have worked with the American Swimming Coaches Association (ASCA) to present a high school coaching track at their annual World Coaching Clinic.

To promote aquatic sports: NISCA has worked long and hard to partner with other swimming organizations. Our main goal in these partnerships is the promotion of swimming, diving and water polo in general and the high school level of these sports specifically. We also attempt to foster a greater understanding of high school sports and their role in child and athlete development as well as the development of aquatic sports. We have sent NISCA representatives to meet with USA Swimming, the American Swimming Coaches Association, USA Water Polo, Our Kids Initiative (U.S. Masters Swimming, YMCA Swimming, NCAA, NFHS, and FINA) and separately with the National Federation of High School Associations NFHS. It is through these relationships that we are building bridges with other organizations in aquatic sports.

To honor coaches and athletes: The All America program (swimming, diving, water polo, and academic) is our most visible honor for athletes. With literally thousands of athletes honored each year this program touches every state. We realize that not every team will have an All America athlete or scholar. We also honor teams for their scholarship with our Scholar Team award. The National Dual Meet Ranking program is another way we honor teams. This involves NISCA Power Points and is for all school sizes, all levels. All of these programs, except diving All America, are free for member coaches. On the coaching side we have several awards. They include the 25-year service award and the end-of-service award which are available for ALL hardworking coaches. We honor five coaches with the Outstanding Service award, one honoree each for the Hall of Fame award and Collegiate-Scholastic Award. While coaching success is one facet of what the committee is looking for, service and involvement on a local, state or national level is important as well. Please consider filling out a Professional Resume or filling one out for that great coach in your area. The form is available and can be submitted on line at www.niscaonline.org

And last but certainly not least, one of the many benefits of being a member of NISCA is \$1,000,000 liability insurance coverage. This protects you where ever you coach and more information is inside this mailing. I urge you to consider membership in the National Interscholastic Swimming Coaches Association. If you're not a member, join today!



Mark Onstott
NISCA President

BENEFITS OF NISCA MEMBERSHIP

1700 NISCA members benefit from the following:



OPPORTUNITY FOR NISCA LEADERSHIP

- 50 State Directors
- 8 Zone Directors
- Numerous Committee Chairpersons
- 4 Major Elected Officers

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- Hall of Fame Award
- Outstanding Service
- 25 Year Service
- Completion of Service
- Appreciation
- Collegiate Scholastic Award
- David H. Robertson Excellence in Coaching Award

NISCA TEAM AWARDS

- All-American Awards
- Girls/Boys H.S. Swimming & Diving
- Girls/Boys Water Polo
- Girls/Boys Academic All-American
- Scholar Team Award
- NISCA State & Zone Top Sixteen Awards
- National Dual Meet Team Ranking

PUBLICATIONS

- Web Site: www.niscaonline.org
- Bi-monthly NISCA Journal
- High School Coaches Manual
- NISCA Constitution & By-Laws

BENEFITS TO MEMBERS

- Savings on Swimming World Magazine Subscription
- Savings on joint membership with ASCA, CSCAA & ISHOF
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NISCA SERVICES AND COMMITTEES

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How do I obtain the insurance?

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What is covered by the insurance?

if you are a high school coach and a member of NISCA, you are covered while you are coaching any swimming team or event, high school, summer league, club, swimming camps, etc. Coverage covers all 12 months of the year. Diving and Water Polo coaching are not currently covered.

How much insurance is provided?

Your NISCA membership provides you with \$1 million in liability insurance.

How do I obtain a Certificate of Insurance?

Contact Tom Wojslawowicz at treasurer@niscaonline.org

Who do I contact if I need to make a claim?

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NISCA MEMBERSHIP FORM

PLEASE DUPLICATE AND PASS ON TO ANY HIGH SCHOOL OR COLLEGE COACH IN YOUR AREA WHO IS NOT A NISCA MEMBER
YOU CAN ALSO SIGN UP OR RENEW A MEMBERSHIP ONLINE AT [HTTP://WWW.NISCAONLINE.ORG/Memberships](http://www.niscaonline.org/Memberships)

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 Address: _____ City: _____ State: _____ Zip: _____
 City: _____ State: _____ Zip: _____ My School is: Public Private (Circle one)
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 Work Phone: _() _____ Coaching Girls: Swimming / Diving / Water Polo (circle all that apply)
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 Fax: _() _____
 # Years Coaching: _____ # Years NISCA Member _____ College Attended: _____

Please be sure and check the appropriate box depending on what multiple (if any) organizations you are joining in addition to NISCA.

- \$50** **NISCA MEMBERSHIP.** The NISCA MEMBERSHIP YEAR is August 1 to July 31 for the current school year. Your membership includes \$1,000,000 of liability insurance and the bi-monthly Journal (\$10 of your dues goes toward publishing of the NISCA Journal). This is tax deductible. The NISCA TAX I.D. # is 11-3192617. The NISCA High School Coaches Manual is now available for download from the NISCA website with your membership (<http://www.niscaonline.org>)
- \$150** **SPECIAL TEAM MEMBERSHIP RATE.** Sign **up to 4** coaches at your school. Please fill out separate applications for all coaches on the team membership and send them in TOGETHER in the same envelope. **TAKE ADVANTAGE OF THIS SPECIAL RATE.**
- \$40** **SPECIAL RATE for RETIRED NISCA MEMBERS.** Must have been a NISCA member last year and be retired from both TEACHING and COACHING.
- \$100** **International Swimming Hall of Fame (ISHOF) & Swimming World Magazine Subscription.** Members receive quarterly newsletter Headlines from the Hall of Fame, a 10% discount in gift shop and free admission to ISHOF museum. This is only available to the interscholastic swim coach. A monthly magazine (12 issues) featuring High School Swimmers of the Year, All Americans, Nation Team Champions, Technique Tips, Season Plans and more.
- \$10** **NISCA Members voluntary contribution to the International Swimming Hall of Fame (ISHOF).** Other donation amounts are accepted, please enter the total donation amount in the box to the left.
- \$25** **College Swim Coaches Association Membership (CSCA).** Only available to Interscholastic Swimming Coaches. Receive 6 issues of Poolside (official publication of the CSCA) and 6 issues of Top Times and Top Team Rankings. Collegiate Swim coaches and their assistants must join CSCA through their own organization.
- \$88** **American Swim Coaches Association Membership (ASCA).** Members will receive 6 ASCA Magazines and 12 Newsletters.

- \$15** "COACHING SWIMMING SUCCESSFULLY" 2nd Edition by Dick Hannula
- \$20** "SPRINTING II – IT TAKES GUTS" by Sam Freas

Total

Due to security concerns, NISCA will no longer accept credit card numbers on paper applications. To pay for membership by credit card please call Tom Wojslawowicz at 843-637-4663 (H).

Mail Applications and Payment to:
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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.

BEST OF NISCA JOURNALS 2018

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MAXIMUM SLEEP, MAXIMUM PERFORMANCE

by Cheri D. Mah, M.S.

SLEEP: KEY TO PERFORMANCE

The demands on high school swimmers are greater than ever. Beyond late night or early morning training sessions (whenever the team can get time and space) swimmers often maintain irregular schedules throughout a season. Add in dryland, rigorous academic course loads, and social schedules that can be sustained on mobile devices, and it can be very difficult for athletes to get a good night's rest.

The evidence that a lack of sleep negatively affects cognition and motor skills is widely known. In extreme cases of sleep deprivation (17-19 hours without sleep) the resulting impairments mirror those found in people who are drunk. Despite this understanding, athletes continue to sacrifice sleep, to complete homework, to chat with friends, or to get up early for morning practice. In part, many simply don't understand how important sleep really is. By helping swimmers to understand the link between sleep and peak performance, high school coaches can help their swimmers prioritize sleep and get a leg up on the competition and on their lives.

SLEEP EXPERT CHERI MAH TO THE RESCUE

"What can I do to go faster?" is a question that great swimmers ask of themselves every day, and Cheri Mah, research fellow at the University of California San Francisco (UCSF) has the answer: sleep more. Since she was an undergrad at Stanford, studying with the "father of sleep medicine," Dr. William Dement, she has been "fascinated with sleep, how young the field is, and how much we still need to understand about how sleep impacts daytime performance and health." Mah has dedicated the decade since to the relationship between sleep and physical and cognitive performance in elite athletes across a wide range of sports. She has worked with teams such as the Golden State Warriors, the San Jose Sharks, and the Toronto Blue Jays, among others, and has developed programs to educate professional and collegiate athletes on the importance of prioritizing the quantity and quality of sleep.

While many have shown that a lack of sleep can hurt performance, Mah's 2011 "Stanford Basketball" study demonstrated that athletes can improve their performance by extending their sleep, aiming for ten hours over a seven week period. In that study, Stanford Basketball players extended

their sleep to ten hours over a five to seven week period and the results were dramatic: players saw a distinct increase in their sprint speed, free throw percentage, and three point shooting percentage. According to Mah, "It was one of the first sleep extension studies to quantify athletic performance gains, cognitive benefits, and mood enhancement in an elite athlete population."

IMPLICATIONS: HIGH SCHOOL SWIMMERS

While it is common sense to some, Mah's work gives credence to the idea that to see gains in performance, swimmers need to fulfill their individual sleep requirement or reduce the sleep debt accumulated over time. For swimming communities trying to find an edge that will get them that extra second drop at the end of the season, her work has profound implications. In an abstract she wrote while at Stanford in 2008, her conclusions anticipated those of the basketball study. When timing 15m start times, reaction times, and turn times, Mah and her fellow researchers concluded that extended sleep led to "significant improvements in measures of athletic performance." Her conclusions make a strong case for coaches incorporating strategies for sleep into routines alongside dynamic warmup, nutrition, and hydration as keys to performance at practice and at competitions...◀

Read the full article at niscaonline.org

CONDITIONING DRILLS AND SKILLS FOR THE SPORT OF DIVING

by Michael Wright, MSP
University of Tennessee

One of the most important aspects of diving is maintaining good body control while performing skills and drills. All diving skills require a diver to maintain a well-balanced center of gravity while twisting and flipping through the air. If you were to look up the definition of balance, you would see that it is an equal distribution of elements or proportions to remain evenly stable. The word balance is used in almost every skill set for the sport of diving. A diver must have good balance to perform a strong dive.

Most divers have strong abdominal muscles to help contribute to their balance while flipping and twisting in the air. After a diver propels from the diving board, they rely heavily on their center mass, also known as their abs. A diver's abs can affect

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the first step in a diver's approach, how a diver lands on the end of a diving board, the direction a diver takes flight into the air, the way a diver kicks out of a dive to slow rotation or even the way a diver moves through the water.

Below are four drills and skills that will contribute to a diver's balance. Figures 1-4 are referred to as a hanging tuck to pike down on a stall bar. Figure 5 shows an exercise to strengthen a diver's forearm. Figures 6-7 are referred to as a resistance throw down. Figures 8-10 show the use of an ab roller for total body control.

HANGING TUCK TO PIKE DOWN (FIGURES 1-4)

This exercise is done on a stall bar but can be performed on any elevated bar which allows your legs to freely hang. The starting position allows a diver to hang from the bar with hands about shoulder width apart while pointing their toes (*Figure 1*). The first action is to tuck knees to chest while maintaining a toe point and keeping legs together (*Figure 2*). With knees close to armpits, the diver then extends their legs into an open pike position (*Figure 3*). With slow control, the diver then lowers their legs back to the starting position (*Figure 4*). This exercise contributes to a diver's lower abs specifically, but also helps arms strength. This skill will be applied to back and reverse take offs while also helping body control for an open pike finish into a dive.



Read the full article at niscaonline.org

PRACTICE PLANNING FOR BETTER EXECUTION SCORE IN DIVING

By Jason Baumann

Every year I receive ten or more requests for assistance from Activities Directors, Swimming Coaches and parents looking to fill vacant diving coach positions at the high school level. I am happy to report that almost always these individuals do find a solution and find an individual willing to help out as the diving coach. On most occasions this individual is a former diver and perhaps a first-time coach. While having a diving background is extremely helpful, being a coach is a different perspective and you may need some additional skills. The best way to avoid the pitfalls of being a new coach is to have a season plan, review at the end of the season and make adjustments for the future. Save practice electronically and review at seasons end on what worked and what didn't and make revisions.

What items should you consider before you start this process? The length of the seasons are typically 15 weeks, with the qualifying meets for the State Championships occurring at approximately week 14. What are your goals for the season? What are the goals for the individuals on your team? The answers to these questions depend heavily on the athletes you have and their experiences. It also depends upon your philosophy. My philosophy is to focus on growth and development from the beginning to the end of the season and development of better skills.

New coaches often feel the pressure to have divers prepared for the first meet of the season, which can be in week two or three of a twelve-week season. How easy or difficult this task may depend upon the athletes and how prepared they are to begin the season. Many high school divers are multiple sport athletes, only train for diving during the high school season, or are new to diving with little to no experience, but may have gymnastic backgrounds, and a few may participate in club diving programs or train in the off-season. If you have athletes that only train during the high school season, they need time to get back the skills they had to end the last season. The diversity of experience can also make coaching and directing these athletes a challenge as they may need very different training methods and philosophies from you depending upon which category they come from. One of the things I have consistently heard over the years is a coach that says, "I have a new diver and I taught them an eleven-dive list in the first two weeks of practice." Now I know that new diver might be a gymnast and already have some of the skills that it takes to become a good diver, but they still need to learn the proper diving fundamentals. They may have gotten them ready for competition in the first two weeks, but I am skeptical that they were able to teach them sound

fundamentals that will keep them safe and successful over their career in diving. Take the time to find out about your athletes, background, experiences and determine an overall plan for each individual for the season. Remember the most important meets of the season come at the end of the season, not the beginning, be patient and follow your plan that allows the diver to have the most success in the long term.

Depending upon the experience of the diver your goals for them may be different. For beginning divers, it may things such as establishing good fundamental techniques, the proper starting position, hurdle, takeoffs, entries into the water, physical and mental preparedness. I would say competitive goals may include trying to be able to compete a six-dive dual meet list or an eleven-dive list by the end of the season. For more advanced and returning divers you may want to focus on refining technique as well as some competitive results. But remember the competitive placement and results should be a result of focusing on high execution not just throwing big tricks. Quality execution should be the focus and goal over moving to higher degree of difficulty dives before an athlete is ready. This takes patience and self-restraint as a coach, but can produce high quality long term results in the future.

The detail work is what you work on in practice that can have a huge impact in your athletes score. Here is an example. If you implement something as simple as every time you go in head first, you grab your hands for your entry. This is a simple way to improve your entries into the water and sets a good tone for tight body position going in the water. If the result is an increase in average judges score of 0.5 per judge, that equates to 1.5 times the total degree of difficulty for that divers list. To keep the math simple let's say the total degree of difficulty for 6 dives in 12.0 and for 11 dives is 22.0. If that diver score 0.5 point more from each judge on average, that would be an improvement of 18.0 points for 6 dives and 33.0 points for 11 dives. Would that make a difference in their placement? Absolutely.

Read the full article at niscaonline.org

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"TEACHING TECH:" SEAN RIBORDY TALKS TRAINING THE 500 FREESTYLE

Interview by Mac Guy

Sean Ribordy has coached 20 seasons with the Peoria Notre Dame Boys Swimming Team in Peoria, Illinois. Over the last five years in particular, Ribordy's 200 and 500 freestylers

have become perennial fixtures at the Illinois State Finals, and a state championship in the 500 free helped his team to a runner-up finish in 2015. Ribordy spoke with me over the summer about his approach to distance training and how his athletes have achieved such a consistent level of excellence.

MG: *Talk a little bit about your program.*

SR: I graduated from college in 97 and that fall, I started coaching high school swimming. Those first couple years I was really only a few years older than some of the kids that I was coaching, and it's been a fun journey. We were kind of new program. My first season coaching we were in the mid states six conference, and I think we were in 5th place out of 6 teams. The journey over the past twenty years has just been incredible, building up to the peak in 2015 where we got our first state trophy. It's been kind of a whirlwind career at PND. I feel like me and the swim program are tough to separate, just because it's been such a big part of my life.

I came out of college not as a freestyler. I couldn't swim freestyle to save my life, I was just a horrible freestyler. It never came naturally to me. I was more of a breaststroker, and for whatever reason, just from a coaching standpoint, I've been fascinated with the distance freestyle events. I had a lot of success there, and of course, when you have some success you get more interested in it. When I work with my athletes, I tell them, "great sprinters are typically born, and distance swimmers, you're only limited by how hard you are willing to work and long you're willing to work that hard." My basic philosophy is that everyone can become a great distance freestyler, because it just really requires commitment and hard work.

The Key Ingredient: 500 Pace Sets

SR: One key ingredient is our 500 pace sets...we do one twice a week. And really the focus is to swim at the pace that you want to swim at for 500 yards. So, call it another thing: you're training at lactate threshold pace. And we play with the distance, we play with the repetitions, and we play with the rest, and basically I'll throw a different combination at them every time we do it, so they don't get used to it, and I think it's really paid off in the fitness that the kids get.

The other basic philosophy that I've had is that most athletes train too hard on the easy days and train to easy on the hard days. So, my training philosophy is to hit every energy system in the appropriate amounts during the week...We try to make sure we do a ton of recovery swimming but then also we try to do a lot of very high intensity repetitions as well. You know, I look back at some of the stuff we did earlier in my career, and I feel like everything we did was at moderate intensity. There really was no variation or separation for the full range of efforts and the full range of speeds, and we just have had a lot of success with that philosophy.

I think they do all appreciate [the 500 Pace Set's] place in the overall training program, but at the same time, I think they know it's going to require a lot of concentration, and they are going to have to bring their whole self and their emotional

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wherewithal to that set. Because there is no faking it, so to speak, and kind of the way I do it is that it's geared toward my elite athletes, but we do it on a 1:1 work to rest ratio. So the send off is pretty easy: even the beginning swimmer can get in and make the sendoff. There's no problem. They just end up getting less rest than the faster athletes. But, I do time the repetitions, and typically, for the more elite swimmers they will get their time for every single repetition. And so you can't hide from the set because the clock is running, they are getting times read off, and if someone is going easy, it's really obvious that they are going easy. So, when we do that set, the boys know, hey, I'm going to be held accountable here, and I can't fake it on this set. I have to give what I have.

MG: *You talked earlier about the idea that everyone can do distance swimming, so how do you get those who identify as "sprinters" to adopt that mentality?*

SR: So, we have a tendency to have fun with this. One of my basic philosophies, when kids come to me and say, "hey coach, why am I doing this, I'm a sprinter?" My response is, "who told you you were a sprinter?" Who told you that? Why did you believe them?" They know they have to do it. There are no excuses. Even if you are more of a sprinter, you have to do this...it's a vital part of our training.

You know, a few years ago we won the 400 free relay, and our times in that relay were commensurate with everybody else, but one of the things I was most proud of was our anchor leg: his back half was faster than anyone else's back half. The overall time was about the same as everybody's and I really chalked that up to the fitness we get out of these lactate threshold pace sets. But, going back to us having fun with it, there are differences in skill sets, but what we do with the sprinters, is that we might send them off, sometimes five seconds ahead of the distance swimmers and then the distance swimmers will try to catch the sprinters. The distance swimmers are not as quick out of the gates, but they can hold speed for a long period of time. And that's one of the ways we have a little bit of fun with it. Or maybe the sprinters will just hang on for the first 50, and then the last 25 maybe they drop the hammer and put a big effort in. So even within the context of the set we would have some fun with it and play to the kids' unique talents.

Read the full article at niscaonline.org

WHAT IS HIGH SCHOOL WATER POLO?

By Bryan Weaver, NISCA AA Water Polo Chair

- *The sport of water polo is a team game that demands swimming skills, strength, coordination and ball handling skills.*

- *The high school minimum playing area is 25 yards in length and 15 yards in width. Men's international teams have a larger all deep field of play, 30m by 20m – Women's international is 25m by 20m. In the water at any one time, teams are allowed seven players (six field players, and one goalkeeper). Players tread water the entire game and cannot touch the bottom or sides of the pool. An ideal course is all-deep. In a shallow-end pool, field players may rest on the bottom, but not use it to their advantage. The goalkeeper may touch the bottom and may handle the ball with both hands, but all other field players are required to use only one hand at a time.*
- *The game is played in four quarters, Varsity being 7 minutes in length, Junior Varsity 6 minutes and Frosh/Soph 6 minutes. There are three, two-minute time outs in regulation. There is a two-minute break between quarters, except for halftime, which is 5 minutes.*
- *Player substitutions may be made 'on the fly' during live time, after a goal, or between quarters, or after any of the three time outs allowed.*
- *Physical contact is the rule rather than the exception, as players maneuver for position in front of the goal. The official indicates fouls by blowing a whistle and pointing their hand in a horizontal position. Unlike most sports that stop on a whistle, action in water polo is initiated on the whistle.*
- *The visiting team wears white caps and the home team wears a dark colored cap. Goalkeepers wear red caps.*
- *A goal (1 point) is scored when the ball is thrown or pushed completely past the face of the goal.*

Time Clocks

Two types of clocks are used to time a water polo game. One indicates the time remaining in the quarter and the other, called a shot clock, indicates how much time remains for the offensive team to shoot the ball. A team is allowed 30 seconds to shoot the ball.

Starting the Game

Each quarter is started with the teams lined up on opposite ends of the playing field. On a whistle blast from the officials, the teams sprint toward the center of the pool for the ball, thrown there by the official. The team gaining possession of the ball advances toward its offensive end of the pool by swimming, dribbling or passing the ball.

Fouls

There are three types of fouls, Ordinary, Personal, Penalty and Game Exclusion (Major)

Read the full article at niscaonline.org

OLYMPIC MEDALIST
RYAN MURPHY



GO BOLD. GET GOLD.

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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.



BUILD YOUR PROFESSIONAL RESUMÉ

One of NISCA's missions is to honor their member coaches. There are several professional awards that are given: Outstanding Service, Hall of Fame, Collegiate-Scholastic, David H. Robertson Excellence in Coaching, and a 25-year award.

All but the 25-year award are chosen by the NISCA Awards Committee. The 25-year award is also sent out by the committee. To be considered for any of these awards, coaches must fill out a professional resume. Now it is easier than ever! Simply fill out your information on a Google form and submit it. You can even go back and edit it by providing the same e-mail address each time.

You can find the on-line resume form at <https://goo.gl/forms/cDajJ77yWuSB9vVE2>. Fill out your contact and mailing information, then tell us about all the great work that you have done with your team, school or community.

Sample Resumé:

Leadership (local; state; national)

State coaches assn secretary 1986-1997, state coaches assn president 1997-2001, NISCA letterhead position 2001-present, State Meet Coordinator, 1980-2000, State Meet Diving Judge 2001-present, helped create state coaches assn, helped write state coaches assn bylaws

Professional Recognition and Awards

5 time State Coach of the year, 10 time District coach of the year, 3 time Outstanding Program, Champion of Character award.

Aquatic Coaching Experience and Accomplishments

Central High School, 1975-2005, Central High School Water Polo (created team) 1980-1995, sent minimum of 2 swimmers to state meet every year since 1982, 3 All America Swimmers, 2 All America Divers, 45 All America Academics, 10 Scholar Teams

Other Contributions to Community and Youth

Numerous articles submitted to NISCA Journal, speaker at numerous clinics, raised money for cancer awareness, participated in March of Dime walk 15 years



Make Submitting an Entry Part of Your 2018-2019 Season!
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:
Claude Valle, NISCA Power Point Chair
P.O. Box 207
Weston, MA 02493
powerpoint@nisca.net

SWIMMING WORLD'S 1960 VAULT IS NOW OPEN TO NISCA MEMBERS

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Your ISHOF membership includes digital access to *Swimming World Biweekly* and digital access to current *Swimming Technique Magazines* and unlimited digital access to all *Swimming World Magazine* issues back to 1960 in the *Swimming World Vault*.

ABOUT SWIMMING WORLD MAGAZINE

The magazine, both print and digital, presents complete national and international coverage of competitive aquatic sports; including high school, open water, diving, synchro and water polo. This includes stunning photos, columns and personality features of age group, high school, college and elite athletes.

ABOUT SWIMMING WORLD BIWEEKLY

This magazine comes out every two weeks and aggregates all the top internet stories that you might have missed in the fleeting world of internet content. Each issue recaps top stories and unique content not previously published.

ABOUT SWIMMING TECHNIQUE MAGAZINE

This magazine comes out every three months and includes great information on training and technique. The content is geared for coaches and swimmers who want to learn more about the science and technical aspects of competitive swimming. Look for additional features on dryland, health and mental training with each issue.



Learn more at: SwimmingWorld.com/NISCA-ISHOF

*Normal Cover Price \$250.00 - Your Price \$150.00 - You Save \$100.00



NATIONAL INTERSCHOLASTIC SWIMMING COACHES ASSOCIATION

2018-2019 NISCA/SPEEDO SWIMMING ALL-AMERICA TIME STANDARDS



2018-2019 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
1:33.34	1:34.94	200 Medley Relay	1:46.44	1:44.54
1:38.52	1:40.23	200 Freestyle	1:50.65	1:48.80
1:49.83	1:51.77	200 Individual Medley	2:04.02	2:01.69
:20.60	:20.96	50 Freestyle	:23.58	:23.23
:48.96	:50.03	100 Butterfly	:55.63	:54.45
:44.99	:45.78	100 Freestyle	:51.13	:50.29
4:28.75	4:33.39	500 Freestyle	4:57.09	4:52.26
1:24.92	1:26.03	200 Freestyle Relay	1:37.16	1:35.50
:49.53	:50.64	100 Backstroke	:56.11	:54.89
:55.93	:57.11	100 Breaststroke	1:04.05	1:02.60
3:06.24	3:08.93	400 Freestyle Relay	3:31.27	3:27.79

2018-2019 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
1:44.07	1:45.86	200 Medley Relay	1:58.79	1:56.67
1:49.16	1:51.05	200 Freestyle	2:02.69	2:00.55
2:01.91	2:04.18	200 Individual Medley	2:17.66	2:15.08
:23.05	:23.45	50 Freestyle	:26.29	:25.90
:54.54	:55.73	100 Butterfly	1:01.80	1:00.49
:49.98	:50.86	100 Freestyle	:56.86	:55.92
3:55.96	4:00.04	400 Freestyle	4:20.61	4:16.37
1:34.77	1:36.01	200 Freestyle Relay	1:48.53	1:46.67
:55.03	:56.26	100 Backstroke	1:02.34	1:00.98
1:02.08	1:03.39	100 Breaststroke	1:11.22	1:09.61
3:27.47	3:30.47	400 Freestyle Relay	3:55.35	3:50.92

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

CONFERENCE REGISTRATION FORM

86th Annual NISCA Conference

Wednesday – Saturday, March 20-23, 2019

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

Reservation Options:

Option 1...The Complete Package. Cost \$250.00

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

Option 2...NISCA Members and Family for each person. Cost \$170.00

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

Option 3...Award Winners and Presenters

As an Awardee or Presenter, you will receive free Conference registration, NISCA Awards banquet, admission to the mixer and clinics and eligibility for door prizes. Family and guests will be charged the \$170.00 (Option 2) rate for the Conference Registration.

Awardee/Presenter's

Name: _____

Additional Banquet Tickets - Cost \$65.00

NCAA Tickets are an additional fee of \$80.00

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 1 Women'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 _____

Spouse's name, if attending the clinic: _____

PLEASE MAKE COPIES OF THIS FORM FOR ADDITIONAL REGISTRATIONS

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (____) _____

e-mail address: _____

Reservation Options:

Option 1 – Please reserve _____ @ \$250.00 \$ _____

Option 2 – Please reserve _____ @ \$170.00 \$ _____

Option 3 – Please reserve _____ Free \$ _____

_____ Additional Banquet Tickets @ \$65.00 \$ _____

_____ Additional NCAA Tickets @ \$80.00 \$ _____

_____ Bus Transportation @ \$30.00 \$ _____

TOTAL \$ _____

Please reserve bus transportation to & from the meet on Thursday/Friday/Saturday at an additional cost of \$30.00 paid in advance

Please indicate your entrée choice for the NISCA Awards Banquet: If you do not indicate your choice, you will be given Beef.

Beef _____ Fish _____ Chicken _____

Checks should be made payable to **NISCA**.

Send to:

Thomas Wojslawowicz
3015 Shiloh Ln.
Charleston, SC 29414-8025

Rev. 1.1 07-19-2018

Embassy Suites
By Hilton Austin Central
5901 N IH-35
Austin, TX 78723
Check-In Time: 3:00 PM
Check-Out Time: 12:00 PM
Tel. 512-519-0460

NISCA Hotel Reservation Form
86th Annual NISCA Conference
Wednesday – Saturday, March 20-23, 2019
Reservations must be made by individual attendees directly with the Hotel

Cutoff Date for Reservations is Feb. 24, 2019

Room Rates: Single \$149.00 + Taxes (15%)
Complimentary Wi-Fi in guest rooms, lobby, meeting rooms. Complimentary breakfasts and parking included.

Transportation to the hotel from the airport via Super Shuttle is about \$15.00.

Transportation to and from the meet has been arranged by NISCA and will be by reservation only, paid for in advanced and is not refundable.

Hotel reservations must be made by Feb. 24, 2019. Reservations made after this date will be taken on a space available basis only.

Date of Arrival: _____

Estimated Time of Arrival: _____

Date of Departure: _____

Please Reserve: _____ room(s) for _____ people

NAME(S) OF PEOPLE WHO WILL BE SHARING THESE ACCOMODATIONS:

Name: _____ Phone: (____) _____

Address: _____

City: _____ State: _____ Zip: _____

School: _____

AMEX _____ VISA _____ MASTERCARD _____ DISCOVER _____

Card Number _____ Exp. Date _____

CVC (Security) Code _____

Signature _____


Rev. 1.1 07-19-2018

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