

November 20, 2006

TO: PRINCIPALS, ATHLETIC DIRECTORS, AND BOYS SWIMMING COACHES
(Three copies per school. Please give all enclosures to the Head Swimming Coach)

FROM: TODD THARP, ASSISTANT EXECUTIVE DIRECTOR

RE: ITEMS PERTAINING TO THE UPCOMING SWIMMING SEASON

Dear Principal, Athletic Director, and Boy's Swimming Coach:

I would like to point out several items of interest concerning the upcoming season.

IHSAA HANDBOOK - Please review the swimming information in the current IHSAA Handbook to become familiar with it. *We specifically call your attention to the information on recommended water depth, proper supervision at swimming meets and practices, NFHS rule adoptions and exceptions, and the system that will be used to determine the 24th qualifier in each event to the state meet, should a tie exist.*

IMPORTANT DATES - The first swimming practice date is Monday, November 13th and the first competition date is Monday, November 27th. District competition will be held on Saturday, February 10th, 2006. A District Swimming Site and Assignment sheet has been enclosed. The State Swimming Meet will be held at the Marshalltown Community Y on Saturday, February 17th, 2006.

REGULAR SEASON INFORMATION- A mandatory 10 minute break will be taken immediately after the 500 yard freestyle event during regular season competition (dual, double dual, triple dual, triangular, and tournaments).

STATE SWIMMING MEET INFORMATION- A maximum of three (3) coaches and one (1) alternate per relay will be allowed at the state meet.

PROPER SUPERVISION OF SWIMMERS - Section 641-15.4(4)"d"(4) of the Iowa Code states, "For a structured swimming program, such as lap swim, competitive swimming, water exercise classes, swim lessons, and physical education classes a life guard is not required provided the program is supervised by an instructor, teacher, or **coach who is a lifeguard or has current certification from the American Red Cross in basic water safety, standard first aid, and infant, child and adult CPR**; or equivalent training approved by the Department of Health."

SECTION 641-15.4(4)"d"(4) OF THE IOWA CODE ALSO STATES, "An instructor, teacher, or coach may be responsible for a MAXIMUM of 30 persons within a structured activity. If more than 30 persons are involved (*in or out of the water*) in a structured activity, a second qualified supervisor **MUST be present."**

SWIMMING WARM UP GUIDELINES - Guidelines for meet warm up appear in the front of the NFHS Swimming Rule Book. Warm up guidelines are necessary to protect the safety of all swimmers and to reduce the liability of administrators and coaches. **POST WARM UP GUIDELINES FOR YOUR POOL SO ALL SWIMMERS CAN REVIEW THEM** and, if at all possible, review the guidelines with all coaches present. Jewelry should **NOT** be worn during warm up and **NO SWIMMERS SHOULD BE IN THE POOL UNLESS THERE IS PROPER SUPERVISION**. To protect the safety of all swimmers, it is important for you to designate a deck supervisor for warmups at all home meets.

OFFICIAL ROSTERS - To ensure we have accurate roster information for district and state meets, we asking coaches to complete an on-line roster form. To enter roster information, go to our website at www.iahsaa.org. Under the Web Index on the left side of the home page, scroll down and click on **Swimming**. Under swimming , click on **2006-2007 Swim Rosters** and you will have access to the form. An explanation of how to enter the roster information is available once you have accessed the form.

Rosters should be submitted by December 8, 2006.

POWER RATINGS - The Iowa High School Swim Coaches Association will be compiling power ratings throughout the season. They will use the roster you have submitted to us on-line. Enclosed is a letter from Mike Loupee, President of the IHSSCA, explaining the procedure used to enter meet results and times. If you have any questions contact Mike.

SPORTSMANSHIP - The Athletic Association expects good sportsmanship from every administrator, coach, participant, official, and spectator. Each coach, and/or athletic administrator, is asked to take a few minutes on the first day of practice to discuss good sportsmanship with your swimmers. Discuss what good sportsmanship is, and what it is not. It is also important to continue to emphasize and expect good sportsmanship throughout the season. Perhaps during your regular season swim meets you could **have your public address announcer make an announcement or two on the importance of everyone practicing good sportsmanship**. I have enclosed several samples. If we all work together, we can maintain and/or improve sportsmanship in all high school athletic programs.

2007-2008 STARTING DATE- The beginning of the boys' swimming season in 2007-2008 will begin one week earlier. The IHSAA's Board of Control approved a one week earlier starting date beginning in 2007. The first day of practice will be on Monday, November 5, 2007. The first legal competition date will be on Monday, November 26, 2007.

2008 STATE SWIM MEET- The 2008 boys' state swim meet will on Saturday, February 9^h at the Community Y in Marshalltown.

PREVENTING AND MANAGING SHOULDER PAIN IN SWIMMING- Please find enclosed an article dealing with preventing and managing shoulder pain in swimming through proper training. This article provides some stretches to be used along with some strengthening exercises.

I wish you a successful season and look forward to the opportunity of working with you. If you have any questions or concerns as the season progresses, please don't hesitate to contact me.

Sincerely,

Todd Tharp
Assistant Executive Director

enclosures:

District site & assignment sheet
Sportsmanship announcements
2006-2007 National Federation Rules Changes
2006-2007 National Federation Points of Emphasis
Article-Preventing and Managing Shoulder Pain in Swimming
Letter from Mike Loupee, IHSSCA regarding power rankings

Abbreviation	School Name
AMS	Ames
ANK	Ankeny
BET	Bettendorf
BNE	Boone
BUR	Burlington
CAR	Carroll
CFL	Cedar Falls
CRJ	Cedar Rapids Jefferson
CRK	Cedar Rapids Kennedy
CRW	Cedar Rapids Washington
CLN	Clinton
CAL	Council Bluffs Abraham Lincoln
DVC	Davenport Central
DVN	Davenport North
DVW	Davenport West
DEC	Decorah
DMH	Des Moines Hoover/North
DML	Des Moines Lincoln/East
DMR	Des Moines Roosevelt
DOW	Dowling Catholic, WDM
DBH	Dubuque Hempstead
DBS	Dubuque Senior
FTD	Fort Dodge
GRN	Grinnell
IND	Indianola
ICH	Iowa City, High
ICW	Iowa City, West
JON	Johnston
KEK	Keokuk
LEW	Lewis Central
LMR	Linn-Mar
MTN	Marshalltown
MAC	Mason City
MUS	Muscatine
NEW	Newton
OTT	Ottumwa
PLV	Pleasant Valley
SCE	Sioux City East
SCM	Sioux City Metro
SEP	Southeast Polk
SPN	Spencer
STL	Storm Lake
WDM	Valley, West Des Moines
VNS	Vinton-Shellsburg
WLE	Waterloo East
WLW	Waterloo West
XAV	Xavier, Cedar Rapids

IF SUBMITTING POWER RATING INFORMATION USING HY-TEK TEAM MANAGER PLEASE USE THE FOLLOWING INSTRUCTIONS

- 1. Enter all grades as numbers. Freshman = 9, sophomore = 10, junior = 11 and senior = 12.**

- 2. Use the school names and abbreviations as listed on the left side of this sheet.**

- 3. When entering athletes' names, capitalize only the first letter of the athlete's first and last names, except in cases like McFarland or O'Hara.**

SPORTSMANSHIP ANNOUNCEMENTS

Good sportsmanship is valued by the _____ Community Schools. We are pleased you chose to support your team this evening. Please do so by refraining from negative yells or comments directed at athletes, coaches, fans, and officials or other negative acts.

_____ Community Schools encourages positive sportsmanship and behavior at the meet tonight. Please encourage your athletes and coaches with positive comments and acts. What you do and say during the contest reflects on your team, school and community. Enjoy the meet by being a good sport.

_____ Community Schools supports the Conduct Counts programs initiated by our state associations. Good sportsmanship is a priority at high school events. Negative comments and acts directed toward athletes, coaches, fans, or officials are unacceptable in this educational environment. Be a good sport for your school and community.

_____ Community Schools reminds you that you are in a Good Sportsmanship Zone. No negative chants, yells, comments or acts directed at athletes, coaches, fans or officials are tolerated. They are a basis for removal. Conduct does Count. Do not embarrass your team, school and community by behaving in a negative manner.

The Iowa High School Athletic Association urges your cooperation in making this meet a memorable experience for your players and coaches. Don't confuse supporting your team with negative cheers directed at the opponent or booing the decisions of the officials. Those actions cause your team and school to be seen in a negative light.

The athletes competing in this contest have trained many hours. They have earned your respect and applause. Your positive behavior will earn their respect for you. Conduct Counts in Iowa and its starts with you. Enjoy today's meet.