

**SECTION IV  
GIRLS' SWIMMING & DIVING**

**2009 HANDBOOK**

**Prepared by:**

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## 1. 2009-10 SECTION IV GIRLS' SWIMMING

This swimming handbook has been prepared and designed to provide information for use in the administration of Section IV swimming competition. The intention of this handbook is to serve as a guide to all participating schools. It is suggested that all coaches and athletic directors read this handbook as well as the current National Federation Rules Book, and the **2006-08** N.Y.S.P.H.S.A.A. handbook. For further information, please refer to the handbook in its entirety.

## 2. 2009 SECTION IV GIRLS' SWIMMING IMPORTANT DATES

August 17	Official starting date
August 24th	Pre-season Meeting at <b>Chenango Valley HS</b> at 7:00 p.m.
September 1	Starting date for modified swimming and diving
September 12	ACT's
October 1	Code of Conduct to be sent to Ben Nelson
October 1	Letter of Commitment to be sent to Ben Nelson
October 10	SAT's
October 24	ACT's
October 28	Sectional Seeding Meeting <b>via e-mail</b>
*	
November 1	SAT's
November 4	Sectionals
November 6	Sectionals
November 7	Sectionals at Watkins Glen SAT's
November 10	Sectionals - Diving Part B
November 20	State Meet at Webster
November 21	State Meet at Webster
November 30	Coaches Coaching History Form due to NYSPHSAA office
December 5	SAT's
December 12	ACT's
December 12 <sup>th</sup>	End of Season State Ranking Form due to John Combs

### 3. SECTIONAL INFORMATION FOR 2009 GIRLS' SWIMMING

**It is the responsibility of EACH COACH/SCHOOL to ATTEND the pre-season meeting. It is also the responsibility of the each coach to get their teams entries in on the Hy-Tek file to the designated person on time and in the appropriate format.**

SECTIONALS: open tournament by state classification

Each school may bring four (4) entries per individual event and one (1) team per 200 Medley Relay, one (1) team per 200 Free Relay, and one (1) team per 400 Free Relay.

**ENTRIES will be given to the designated individual(s) by e-mail on Sunday, November 1st by 6:00 p.m.** Entries are to be on Hy-tek; **coaches also include the number grade of the student and their swimmers US number** if they swim club. This information is needed for the State Meet as well as the US data base for times.

CODE OF CONDUCT forms MUST be turned into the Interscholastic Sports Coordinator by October 1st.

***NO SHAVING WILL BE PERMITTED*** AT THE FACILITY FOR ANY DUAL MEET, INVITATIONAL, SECTIONAL MEET OR STATE MEET OR PRACTICES!

**ADMISSION FEES** will be charged at the door. Please notify your team so that they may spread the word to spectators.

FEES: Wednesday, November 4th	Set by Section
Friday, November 6th	Set by Section
Saturday, November 7th	Set by Section
Tuesday, November 10th	Set by Section

**SEEDING MEETING:** Sunday, November 1st method is by e-mail; entries in by 6:00 pm

**ENTRIES** should be entered by using Hy-tek data. **PLEASE** all use numbers for you student/athletes grades so that this is easily imported from one meet to the next. We also import from sectionals to states so **PLEASE use numbers not letters. Also include the club swimmers number if they swim club.**

### **"A" SECTIONALS**

SITE: TBA  
DATE: November 4th, 2009  
EVENTS: Swimming prelims  
TIME: warm-up 3:00 p.m. prelims., 4:30 p.m.

SITE: Watkins  
Glen

DATE: November 7th, 2009  
EVENTS: Swimming consolation and finals  
TIME: Swim warm-up finals

### **"B" SECTIONALS**

SITE: TBA  
DATE: November 4th, 2009  
EVENTS: Swimming prelims  
TIME: warm-up 3:00 p.m. prelims., 4:30 p.m.

SITE: Watkins Glen  
DATE: November 7th, 2009  
EVENTS: Swimming consolation and finals  
TIME: Swim warm-up finals

### **"C-D" SECTIONALS**

SITE: TBA  
DATE: November 4th, 2009  
EVENTS: Swimming prelims  
TIME: warm-up 3:00 p.m. prelims., 4:30 p.m.

SITE: Watkins Glen  
DATE: November 7th, 2009  
EVENTS: Swimming consolation and finals  
TIME: Swim warm-up consolation and finals

### **ALL DIVING FOR ALL SECTIONALS:**

SITE: TBA  
DATE: November 6, 2009  
TIME: TBA

### **DIVING PART B:**

SITE: TBA  
DATE: November 10th, 2009  
TIME:

#### 4. GIRLS STATE MEET INFORMATION

SITE: Webster

DATES: November 20 and 21, 2009

**POOL AVAILABLE THURSDAY , NOVEMBER 19h FOR PRACTICE 5:45-7:45 P.M.**

**DIVING SHEET due at pool prior to leaving Thursday night**

DATE: Friday, November 20, 2009

EVENTS: Swimming prelims., Diving prelims., semis.

TIME: 10:00 a.m. - 11:50 Swimming warm-up (All Sections)

12:00 noon Meet start swimming (15 minute break where normal diving is)

12:00 noon Diving warm-up (All Sections) (following NFHS rules for cuts)

4:00 pm Diving start

DATE: Saturday, November 21, 2009

EVENTS: Swimming & Diving Finals and Consolation Finals

TIME: 9:00 a.m. - 10:00 a.m. Diving & swimming warm-ups

10:15 p.m. Finals & Consolation Finals (last 3 dives)

\*DIVING SHEETS: Entry sheets Checked by 9:00 p.m. on Thursday, November 19, 2009. Refer to Rule Book for Championship Meet "Choice of Dives" (Star Voluntary Dive).

***NO SHAVING WILL BE PERMITTED AT THE FACILITY FOR THE STATE MEET! (WET OR DRY)***

ADMISSIONS: \$8.00 per session, EVERYONE (\*\*No swimmers or divers may go into the spectator area!\*\*)

**CODE OF CONDUCT: SIGNING THE CODE OF CONDUCT AS YOUR ATHLETES COACH YOU ARE AGREEING TO : #9. Abstain from use of alcohol and controlled substances (unless prescribed by a physician).**

**This was shared with all of the state sport coordinators at the annual NYSPHSAA meeting in the sports coordinators informational meeting.**

#### HOTEL:

Hampton Inn  
878 Hard Road  
Webster, NY 14580  
(585) 671-2050  
\$99.00 room

## 5. GIRLS' STATE MEET QUALIFYING TIMES RULES 2009-10

### Girls' Swimming & Diving Section IV Sport Coordinator

Diane Hicks-Hughes  
119 Park Lane  
Ithaca, NY 14850

E-Mail: [dh2oswim@twcny.rr.com](mailto:dh2oswim@twcny.rr.com)

School Phone: 533-4652 ext3162  
School FAX: (607) 533-461  
Home Phone : (607) 273-6160  
Home FAX: (607) 273-7223

#### GIRLS' Swimming & Diving State Meet Qualifier Procedure

**TO:** Section IV Athletic Directors, Executive Committee **Approved by committee 6/08**  
**FROM:** Section IV Girls' Swimming & Diving Coaches

Section IV Girls' Swimming & Diving Coaches requests the following adjustment to the qualifying method for the Girls' Swimming & Diving State Championship meet.

#### **CLARIFICATIONS:**

1. All qualifying times **MUST** be performed in high school meets following the National Federation Rules for swimming and diving with National Federation Officials (NYSCSO) official in **ALL** capacities (No volunteer coaches, parents, etc are permitted as officials). Since the qualifying score for diving is an 11 dive meet, all qualifying scores for diving **MUST** be done at an 11 dive high school meet following all National Federation Rules and National Federation Officials (NYSCSO) must be in all capacities.
  2. Only one relay per school is allowed in each relay event.
  3. Relays - If a time is achieved during the season, that time belongs to the four individuals who competed in the relay when the time was achieved.
  4. Times that meet the state time standard which are achieved during the preliminaries, consolation finals or finals of sectional competition shall meet the requirement for qualifying.
  5. FAT (Fully Automatic Timing) times are to be used.
  6. Any athlete disqualified at the Sectional Tournament for unsportsmanlike conduct shall **NOT** be eligible at the State Championship.
- **A copy of the official meet results must be available for verification\***
  - \* **The time standards apply to non-winning place finishers at the section's qualifying meet.**

#### **PROPOSED FORMAT:**

- **RELAYS:** The relay teams that perform the qualifying time during the season participates in the State Meet. If no relay team from the section performs the time the fastest relay from all the class meets will continue onto the State Meet.
- **INDIVIDUAL EVENTS:** Swimmers/divers who meet the state meet qualifying time or score during a high school certified meet with the proper officiating have the opportunity to participate in that event in the state meet. If no individual meets the state mandated time/score in an event the fastest/highest individual in that event from sectional class meet will have the opportunity to swim/dive in that event at the state meet.
- **The Section 4 Girls' Swimming & Diving coaches will designate a specific date and time after the sectional meet to declare what events their swimmers will participate in at the state meet. Some of the team's individuals may have met qualifying times in several events during the season and they would have the opportunity to choose which events they would swim at the state meet.**

#### **RATIONAL FOR REQUEST:**

The Girls' Swimming & Diving Committee is asking for a change in policy which may be granted from our section. This format would allow teams the opportunity to have a true team championship and not worry about individuals swimming events that they would qualify in for the state meet. **This would bring equity in Section 4 for both girls and boys swimming and diving in this qualifying procedure.**

**STATE MEET QUALIFYING VERIFICATION FORM**

Date \_\_\_\_\_ School \_\_\_\_\_ Meet Site \_\_\_\_\_

**PLEASE PRINT**

**Individual Events:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

**Relay Events:**

**200 Medley Relay**  
Time \_\_\_\_\_

**200 Free Relay**  
Time \_\_\_\_\_

**400 Free Relay**  
Time \_\_\_\_\_

**Athlete Names/ Grades**

**Athlete Names/Grades**

**Athlete Names/Grades**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I certify that the performances listed above are accurate and were performed in a NYSPHSAA meet in accordance with NFHS rules.

Referee (Signed) \_\_\_\_\_ Date \_\_\_\_\_

Referee name (Please Print) \_\_\_\_\_ Phone \_\_\_\_\_

Coach (Signed) \_\_\_\_\_ Date \_\_\_\_\_

Coach Name (Please Print) \_\_\_\_\_ Phone \_\_\_\_\_

Please mail or fax this form to:  
**Diane Hicks-Hughes**  
119 Park Lane  
Ithaca, NY 14850  
FAX (607)

The time standards apply to non-winning place finishers at the section's qualifying meet.

## 5.1 GIRLS' STATE MEET QUALIFYING TIMES 2009-10

<b>EVENTS</b>	<b>TIME</b>
200 MEDLEY RELAY	1:54.28
200 FREESTYLE	1:59.00
200 I.M.	2:15.42
50 FREESTYLE	:25.42
1 METER DIVING	396.00 pts.
100 BUTTERFLY	1:01.98
100 FREESTYLE	:55.51
500 FREESTYLE	5:18.58
200 FREESTYLE RELAY	1:43.65
100 BACKSTROKE	1:02.03
100 BREASTROKE	1:10.37
400 FREE RELAY	3:45.48

**10 lanes will be used. Finals will have 3 heats for each; bonus heat, consolation finals, and finals.**

### **HOTEL for State Meet:**

Hampton Inn  
878 Hard Road  
Webster, NY 14580  
(585) 671-2050  
\$99.00/room

## 6. CLASSIFICATION ENROLLMENTS FOR 2009-10

(as per SEDs 1/09 Data)

### CLASS A SCHOOLS:

Elmira	(M)	1631
Binghamton & Seton	(M)	1558
Corning	(M)	1345
Ithaca		1336
Horseheads		1058
Union-Endicott		1036
Vestal		950
ABG	(M)	899

### CLASS B SCHOOLS:

Maine-Endwell		621
Johnson City		599
Norwich		544
Owego Free Academy		544
Susquehanna Valley		498
Dryden		488
Oneonta		486
Windsor		481
Chenango Valley		461

### CLASS C & D SCHOOL:

SCCS & US		440
Chenango Forks		438
Waverly		424
Whitney Point		342
Lansing		342
Watkins Glen		335
Greene		308
Delaware		238
Odessa-Montour		194

## 6.1 SETTING RECORDS:

Records **MUST** be set during the current high school season that the athlete is participating in.

Team records, school records, pool records, sectional records, state records, etc. **MUST** be done during a meet following the rules that govern our sport of swimming and diving (National Federation). The records can be swum as an individual team entry in a dual meet, double-dual, tri-meet, invitational meet, sectional, championship meet, or state meet. The time **MUST** be done during high school inter-school competition. The swim may also qualify if it is an exhibition swim or the lead off leg of a relay. However, the swim must conform to the rules governing exhibition swims and lead off legs of relays for that stroke. Records may not be set during time trials or an inter-squad scrimmage. **According to the NFHS 2009-10 Rules book times MUST be by FAT (Fully Automatic Timing).**

## 7. NYSPHSAA

### 7.1 NYSPHSAA CLASSIFICATION

Class A	801 and up
Class B	400 to 799
Class C	0 to 399

### 7.2 DIVING ROTATION

1st week	Forward (1 <sup>st</sup> week of Section 4 competition)
2nd week	Back
3rd week	Inward
4th week	Twist
5th week	Reverse
(6th week through remainder of season repeat as above)	

**8. GUIDELINES FOR SPORTS STANDARDS  
AS STATED IN THE N.Y.S.P.H.S.A.A. 2008-10 HANDBOOK**

Sports standards adopted by an athletic association shall conform to the following:

1. **SEASONS.** Each sport shall be assigned a specific starting and finishing date for all member schools. Any necessary changes in such dates due to local school, league, or section problems must be approved by the executive officers of the associations. The length of a season, including all skill testing, conditioning, practice and contests, shall not exceed:  
**22 consecutive weeks** for **swimming**, basketball, gymnastics, ice hockey, indoor track and field, skiing, swimming, volleyball, and wrestling.
2. **TIME BETWEEN CONTESTS.** Each sport shall be designated with an appropriate time between contests, including inter-school scrimmages. The time between contests shall be consistent with the nature of the sport in terms of: pupil physical recovery time, injury exposure, specialized practice preparation, as well as the administrative, financial, and climatic factors.
3. **REQUIRED PRACTICE DAYS.** Each sport shall be assigned a suitable number of practice days prior to the first scrimmage and contest. A minimum number of practice days shall be established as team practices and a minimum number of practice days shall be required of each participant. Team sports of a strenuous nature shall also have an appropriate number of practice days devoted entirely to physical conditioning before commencing with team skill development activities.
  - a. **SWIMMING - Number of practices prior to the first scrimmage:**  
**12 TEAM 10 INDIVIDUAL**
  - b. **SWIMMING - Number of practices prior to the first contest:**  
**12 TEAM 10 INDIVIDUAL**
4. **MAXIMUM NUMBER OF CONTESTS.** The maximum number of contests which maybe established for interscholastic sports during a regular schedule shall be determined in the sections established by the athletic associations of the State. The maximum number of contests shall be limited in accordance with a majority vote of the chief school officers of the schools located within the section. The maximum number of contest established for each sport during the regular schedule is subject to review by the State athletic associations and may be altered where it is found that disparities in the number of games contribute to unequal competition between teams in different sections.

All sectional post-schedule tournaments shall be approved by the local sectional athletic council or controlling body in which the schools hold membership. All other post-schedule tournaments shall be approved by state athletic associations.

**MAXIMUM NUMBER OF CONTESTS FOR SWIMMING: 18 \* for 2009-10 this is changed to 16**

\* Indicates maximum plus section, state championships and games necessary to break divisional or league ties.

\*\*\*\*\* **The Executive Committee approved at the January 30-31, 2009 meeting the following fiscal concern:  
For swimming & diving the maximum number of contests will be 16 for the 2009-10 school year.**

5. **MIXED COMPETITION.** Mixed competition between male and female pupils shall conform to Section 135.4 (c) (7) (ii) (c). An exceptional girl, under this regulation, is a girl who is so far superior to other girls in her school, league, or section that she can only be challenged through participation on a boys' team.
6. **PARTICIPATION RULES.** Eligibility standards adopted by an athletic association shall be the same for male and female pupils.  
Competition standards for each sport must be the same for male and female sports when the events and rules are identical, and associations shall make an effort to have these standards equitable whenever the events and rules are not identical.

## **SWIMMING - follows the National Federation Rules for Swimming, Diving, and Water Polo.**

A competitor shall be permitted to enter a maximum of 4 events, no more than 2 of which may be individual events.

### **9. ELIGIBILITY STANDARDS**

AS STATED IN THE N.Y.S.P.H.S.A.A. HANDBOOK 2008-10

1. **BONA FIDE STUDENTS:** A contestant must be a bona fide student of the high school represented and must be taking at least four subjects including Physical Education. A foreign exchange student may be considered a bona fide student if all of these eligibility rules are satisfied. A student in an education program in two schools may represent only the home school.
2. **REPRESENTATION:** (a) A contestant, or athletic team, shall not represent a school except in conformance with all rules and regulations. It shall be the duty of trustees and boards of education to require that athletic activities be limited to competition between secondary school students.  
**To be eligible for sectional, intersectional, or state competition, a team must have competed in six (6) school scheduled contests during the season. Contestants in individual sports** (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, SWIMMING, tennis, outdoor track, winter track, and wrestling) **MUST ALSO have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team's regular schedule.**
3. **AGE AND GRADE:** A student shall be eligible for inter-school competition in grades 9,10,11, and 12 until his/her nineteenth birthday. If the age of nineteen years is reached on or after July 1, the student may continue to participate during that school year in all sports. NOTE: Students may be eligible regardless of age or grade if they have been approved through the State Education Department's Selection/Classification Program. The 15 year old below the 9th grade needs only to meet selection/classification maturity standards to be eligible at the high school level.
4. **HEALTH EXAMINATION:** A student who may engage in interschool competition shall receive an adequate health examination and health history update when required, and may not practice or participate without the approval of the school medical officer. NOTE: Medical examinations may be scheduled at any time during the school year and shall be valid for a period of twelve continuous months. Unless the medical examination is conducted within 30 days of the start of a season, a health history update is required. Any pupil whose safe participation is in question as a result of the health history interview, or injury, or prolonged absence must be re-qualified by the school physician prior to participation.
5. **TRANSFER:** (a) A student in grades 9-12 who transfers, with a corresponding change in residence or his/her parents (or other persons with whom the student has resided for a least six months) shall become eligible after starting regular attendance in the second school. A residence change must involve a move from one public school district to another public school district, for athletic eligibility the student must enroll in the public school district or in the public school district or in a private school within that district's boundaries of his/her parents residency. The Superintendent, or designee, will determine if the student has met district residency requirements.. (b) A student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one (1) year if as a 9-12 student participated in that sport during the one (1) year period immediately preceding his/her transfer.

6. **RECRUITMENT AND UNDUE INFLUENCE:** Recruiting and Undue influence is defined as the use of influence by any person connected directly or indirectly with a NYSPHSAA school to induce a student to transfer from one school to another, or to enter the ninth grade at a member school for athletic purposes - whether or not the school presently attended by the student is a member of the NYSPHSAA (a) The use of undue influence to secure a student for competitive purposes in a sport is prohibited. An infraction shall cause the student to forfeit eligibility in that sport for one year from the date of enrollment. The offending school shall be subject to provisions of Rule 19 (D). (b) Evidence of undue influence includes, but is not limited to, personal contact by coaches and sponsors in an attempt to persuade transfer, gifts of money, jobs, supplies, clothing, free transportation, admission to contests, invitation to attend practices and/or games, or free and/or reduced tuition.

\* **READ HANDBOOK FOR FURTHER INFORMATION !**

## **10. MODIFIED INTERSCHOLASTIC SPORTS PROGRAM**

### **N.Y.S.P.H.S.A.A. HANDBOOK 2008-10**

**MODIFIED PROGRAM:** The Modified Program for grades 7, 8, and 9, ages 12-15, is a plan for athletic activities adapted to the needs and abilities of students in those age, grade, and maturity levels in terms of readiness, game and seasonal controls, and revised game rules with emphasis on provisions for safety. A modified team is one which is comprised of students from grades 7, 8, and 9 which must follow all Modified Program eligibility standards and compete only against modified teams. NOTE: A modified team comprised solely of ninth grade students cannot compete against a freshman team.

#### **THE SECTION-COUNCIL FOR MODIFIED ATHLETICS**

Establishes essential administrative units and sports chairmen to provide the leadership necessary for the Modified Sports Programs in the schools of the section. Official league representatives and sports chairmen shall comprise the Section's Council for Modified Athletics.

a) Shall establish the dates for the opening of all sports seasons. Fall: September 1st is the earliest possible date for fall sports season. Later dates may be set.

#### **MODIFIED SWIMMING**

##### **GAME CONDITIONS:**

1. A minimum of 2 nights rest between contests.
2. The maximum number of contests shall be 14.
3. Ten practices are required before the first scrimmage.
4. Fifteen practices are required before the first interschool contest.

##### **GAME RULES:**

1. The National Federation Rules of Swimming and Diving shall be followed except as indicated below.
2. A swimmer is permitted one false start before disqualification.
3. Swimmers may compete in a maximum of three events. (1 relay and 2 individual, or 2 relays and 1 individual.)
4. The events and their order shall be:
  1. 200 yd. medley relay
  2. 200 yd. freestyle
  3. 100 yd. individual medley
  4. 50 yd. freestyle
  5. Diving competition shall consist of (1) voluntary dive which shall be done first: week 1 - forward group; week 2 - back group; week 3 - inward group (begin rotation over), and three (3) optional dives: two (2) of the three (3) must be from different groups.
  6. 50 yd. butterfly (optional - 100 yd. butterfly)
  7. 100 yd. freestyle
  8. 50 yd. backstroke (optional - 100 yd. backstroke)
  9. 50 yd. breaststroke (optional - 100 yd. breaststroke)
  10. 200 yd. freestyle relay
5. Pools
  1. Pools with five or less lanes - two entries per team.
  2. Pools with six or more lanes - three entries per team.
  3. Each team shall be permitted the same number of entries in relays as individual events.
6. With prior mutual agreement of teams or league or section, races may be conducted by seeded heats with the winners based on time alone. No final events may be conducted.

## **11. PROTEST GUIDELINES**

### **ARTICLE XIV PROTESTS:**

1. For all Sectional contests there shall be a Protest Committee of three (3) in place prior to the contest.
2. No protest is ever allowed on the judgment decision of an official.
3. A Section IV member school may protest the following:
  - A. Misinterpretation of a rule by an official.
  - B. The use of an ineligible player.
  - C. Dangerous field or court conditions. This would apply, ONLY if the Section or school has been previously notified to eliminate the conditions and failed to do so.
    1. Such a protest must be made prior to the start of the game to both officials and the opposing coach, and consideration should be seriously given to postponing the contest in the interest of safety.
4. A protest must be made when a coach considers a violation has occurred, i.e., before the next pitch. THIS APPLIES TO ALL SPORTS - A PROTEST MUST BE MADE BEFORE THE NEXT PLAY BEGINS SO THAT THE OFFICIALS MAY RECONSIDER THE DECISION.
  - A. The protesting coach must notify the official, and the opposing coach, with the point of protest recorded in the scorebook, and announced by the official, in charge, to the crowd.
5. If it is an ineligible player protest, the school need not protest at the game site, but, must protest, in writing, to the Section Interscholastic Sports Coordinator.

### **TIME LINES FOR PROTESTING:**

1. The Athletic Director of the protesting school must place a phone call to the Section Interscholastic Sports Coordinator the next school day.
2. The protest, in writing, must be received by the Section Interscholastic Sports Coordinator no later than the third school day after the contest.
3. Copies of the protest must also go to the Section President, the defending Athletic Director and the involved assigning secretary.
4. The Section Interscholastic Sports Coordinator may request a shorter time frame for any protest review if the season is soon ending.

### **SECTION REVIEW OF PROTESTS:**

1. The Section Interscholastic Sports Coordinator will review the written protest, consult with the Section President and the specific Sports Coordinator and make the preliminary decision regarding "grounds for protest".
2. If the protest is within the rules, the Section Interscholastic Sports Coordinator will contact the officials and the defending school to obtain written statements of their version.
3. Once all statements are available, the Section Interscholastic Sports Coordinator and the Section President will make the final decision if the protest is receivable.
4. If the protest is receivable, the President will call a meeting of the Appeals Committee to rule on the protest.
5. In such cases, the President will call upon the alternates so that neutral members may make a ruling.

**11.1 FORM TO FILE A WRITTEN PROTEST**

Date of the meet being protested \_\_\_\_\_

School filing protest \_\_\_\_\_

Coach filing protest \_\_\_\_\_

Site where contest occurred \_\_\_\_\_

Time when violation being protested occurred \_\_\_\_\_

Violation being protested (please be very specific)

\_\_\_\_\_  
\_\_\_\_\_

Were the guidelines for filing a protest adhered to? \_\_\_\_\_

Was the violation protested immediately at the site? \_\_\_\_\_

Was the violation noted in the scorebook? \_\_\_\_\_

Name of the opposing coach \_\_\_\_\_

Officials that were officiating the meet:

Referee \_\_\_\_\_

Starter \_\_\_\_\_

Judge \_\_\_\_\_

Date Interscholastic Sports Coordinator was notified by the Athletic Director? \_\_\_\_\_

Time Interscholastic Sports Coordinator was notified by the Athletic Director? \_\_\_\_\_

\_\_\_\_\_  
Athletic Director

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach

\_\_\_\_\_  
Date

Date this written complaint was received by Ben Nelson \_\_\_\_\_  
Date

Mail to: Ben Nelson, Interscholastic Sports Coordinator  
N.Y.S.P.H.S.A.A., Inc., Section IV  
Civic Center, Box 777  
21 Liberty Street  
Sidney, NY 13838

## 12. MISCONDUCT POLICY

Because Section IV believes that the purpose of interscholastic athletics is to help promote sportsmanship and also believes that coaches, athletes and officials should be setting examples by their behavior, it is recommended that the following policy be implemented:

Any coaches or players should refrain from unsportsmanlike conduct. Any specific act of misconduct of the kind described herein by any coach or player from the modified level through the varsity level in any sport shall result in action by the Section as set forth below.

### COACHES AND PLAYERS:

Any school whose coach or player is ejected from an interscholastic competition for having used profanity, engaged in unsportsmanlike conduct, or who physically assaults an official shall be sanctioned for such conduct on the part of such coach or player in the following manner:

#### Disqualification for Use of Profanity or Unsportsmanlike Conduct

##### A. **COACH**

1. Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct ,including taunting, is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. *Disqualification from one season carries over to the next season of participation. **The coach may not be present at the game site.*** **NOTE:** "Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet.
2. A coach who strikes, shoves, kicks, or makes other physical contact with the intent to annoy, harass or intimidate another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

##### B. **PLAYER:**

1. Any member of a squad ruled out of a contest for unsportsmanlike conduct, including taunting, or for flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. Disqualification's from one season carry over to the next season of participation.
2. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official shall be expelled for the game immediately and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense. **NOTE:** Member of the squad includes player, manager, score keepers, timers, statisticians.

##### C. **OFFICIAL:**

1. Unprofessional conduct on the part of the official such as, but not limited to, taunting, baiting, use of profanity, shall be reported by a school administrator from the aggrieved school to the section executive director. A request will be made to the appropriate sport officials' chapter to investigate the incidence and to report their action to the section in a timely manner.

### **General rules:**

Any player or coach cited for misconduct which occurs before or after the contest is played, and if found guilty, shall subject the school to the same penalties as if the offense occurred during the game. Events occurring away from the site of the contest shall not be handled under this policy, but may be reviewed by the Ethics Committee under its general authority.

Although multiple acts may be cited as evidence of the offense, for purposes of the sanctions set forth above, no more than one offense shall be deemed to have occurred in any one game, except that if a coach or player is ejected from a contest by an official for unsportsmanlike conduct or the use of profanity, any continuation of such unsportsmanlike conduct or profanity following ejection may be cited as an additional offense.

### **DEFINITIONS**

**Player** - Any student athlete participating in an interscholastic sport at any level from modified to varsity.

If a player has been accepted for an Individualized Education Program prior to the time of the offense, and the hearing panel determines that the offense arose out of the particular condition which rendered the student eligible for an Individualized Education Program, such player shall not be deemed to have committed an offense and neither the student nor the school shall be penalized under these rules.

**Coach** - Any person serving in the role of coach including, but not limited to, assistant or associate coaches, J.V. Coaches, or other persons performing in a role commonly deemed to be that of a coach, regardless of the name or title afforded to such person and regardless of whether they perform at a modified, freshman, junior varsity or varsity level. The fact that a coach is not functioning in an official capacity at the time of the offense shall not exempt a school from the sanctions contained herein.

**Participate** - Participate shall be defined for purposes of this policy as being present on the school grounds of the school where the contest is being held.

**Profanity** - Profanity for purposes of this policy shall be defined as the use of language commonly considered to be swear words and/or obscenities including, but not limited to, any words or phrases generally regarded by officials as meriting ejection, regardless of the tone of the utterance or the context in which the language is used. A list of typical words and phrases which is not intended to be all inclusive but is illustrative of profanity has been placed with the Interscholastic Sports Coordinator. Any coach who has any concern or doubt about the words or phrases deemed to constitute profanity should contact the Interscholastic Sports Coordinator for clarification.

**Assault** - The actual physical contact of an official by a player or coach where such contact occurs with intent.

**Unsportsmanlike Conduct** - Any misconduct or unprofessional behavior generally deemed to violate accepted norms of sportsmanship for coaches or player which would ordinarily justify ejection from a game or event and/or which in this instance did result in such ejection.

**Technical Offense** - An incident which might arguably be deemed unsportsmanlike, but which occurs as part of the normal flow of the game or contest (e.g. illegal hold in wrestling, illegal tackle or block in football, running into a catcher), even though it may result in ejection, will not be deemed unsportsmanlike conduct unless it is flagrant and is deemed to have been committed with intent to injure.

**Calendar Days** - Calendar days as used in this policy for the purpose of calculating certain notice periods shall not include Saturdays, Sundays or State Holidays.

## **PROCEDURES**

Any ejection occurring during the course of a game shall be presumed to be based upon misconduct or assault unless one or more of the officials involved in the game or both athletic directors certify to Section IV that the ejection was not based on such grounds.

Within twenty-four hours of the contest in question it shall be the duty of the official to provide by phone call or fax report of the misconduct. Within two calendar days of the contest in question, it shall be duty of athletic director for the school district in which the coach is employed or the player attends to report said incident to the Interscholastic Sports Coordinator of Section IV.

Failure to provide a report by the official within the above stated time frames may render an official ineligible to work post-season games. Failure to report such incident by the athletic director shall not serve as a defense for the school, coach, or player in question. Placing a report in the mail or faxing the same by the athletic director to the Interscholastic Sports Coordinator within the two day period shall be timely.

Any other coach, athletic director, building principal or other appropriate school official may report such misconduct or assault of which they are aware, even if no ejection has occurred, and such reports shall be deemed to have the same force and effect as an ejection by an official.

Although only one signature is needed on the misconduct reporting form, any party submitting such form may at his or her election include the signature of other game officials or school representatives who can attest to the facts evidencing the misconduct.

Where a player or coach is ejected from a game or he or she is reported to the Section as having been guilty of misconduct or assault by a school official, the Section shall forward to the coach or player notification that he or she has been reported as having been guilty of a particular offense. Such determination shall become final unless within two (2) calendar days of receipt of the notification, the player or coach or the school with which they are affiliated forwards by Certified Mail (Return Receipt Requested) to the Interscholastic Sports Coordinator a request for review.

If any player or coach fails to fulfill a sanction imposed under the misconduct policy, that player or coach shall be ineligible to participate until such sanction has been fulfilled. Any game in which an ineligible player or coach participates shall be forfeited.

Any school whose player or coach is charged with misconduct or assault, and/or the player or coach themselves, shall be entitled to a review of the charge by the Interscholastic Sports Coordinator of the Section. The Interscholastic Sports Coordinator will review any written materials submitted and where available, any video or audio tapes of the events in question, and shall determine whether the citation should be sustained or dismissed. The determination of the Interscholastic Sports Coordinator shall become final unless he/she grants further leave to appeal to a three member panel of the Ethics Committee or within two days of receipt of notification of the decision of the Interscholastic Sports Coordinator, the school with the player or coach is affiliated forwards to the Interscholastic Sports Coordinator by hand delivery or certified mail (return receipt requested) a request for a hearing by a three member panel of the Ethics Committee. Every request for hearing must be accompanied by a check or money order in the sum of \$100.00 payable to Section IV, which deposit will be returned in the event the decision of the official is modified or revised. The hearing shall be held as soon as practicable.

In any matter where the Interscholastic Sports Coordinator is required to excuse himself/herself, any member of the Ethics Committee may be designated to fulfill the roll of the Interscholastic Sports Coordinator under this policy. Any such member of the Ethics Committee serving in the place of the Interscholastic Sports Coordinator would be ineligible to serve as one of the three members of the hearing committee should a further appeal in such matter be taken.

Requests for review and/or hearings relating to an official's judgment of the facts will be permitted, but such determinations will only be reversed if the evidence of misjudgment on the part of the official is clear and convincing.

In appointing the members of any such hearing panel, the Chairman or Interscholastic Sports Coordinator shall consider both the availability of committee members and any potential conflicts of interest which might exist relating to the issue, the teams and/or personalities involved. Where a request for a hearing is made, the hearing panel shall meet within ten days of receipt of the request for such hearing. They shall render a decision within one week of the closure of the record with respect to such hearing.

In the event that the hearing panel reaches a determination which is favorable to the school, coach and/or player, the matter shall be stricken from the record and shall not be treated as an offense. If the hearing panel determines that the coach or player was guilty of misconduct or assault, then the offense shall remain a part of that person's record and the penalties prescribed herein shall be imposed.

The decision of the hearing panel shall be forwarded in writing to the player or coach and his or her school district, and shall become effective upon receipt by the school district.

Unless otherwise requested by the player or coach, any penalties to which the player or coach might otherwise be subjected shall be stayed pending a determination by the Interscholastic Sports Coordinator or hearing panel.

In the event that the player or coach does not waive the automatic stay herein, the hearing panel shall determine whether or not the request for a hearing was frivolous or groundless. If the hearing panel determines that it was frivolous or groundless, then the school, player or coach may be subject to such other and additional penalties as the hearing panel deems appropriate including, but not limited to, the forfeiture of games previously played and/or extended bans on participation in games to be played in the future.

Any ejection of a player or coach occurring in a game or contest held outside of Section IV must be reported to the Interscholastic Sports Coordinator of the Section by the athletic director of the school district of the coach or player ejected. Failure to file such report within two days after the team returns to the local area may subject the school to penalties.

Any school which is not a member of Section IV but which participates in a league based in Section IV shall be subject to the same rules and procedures described herein for any offenses occurring in a contest within said league. Any offenses by a player or coach of a school district outside of league competition shall be reported to an appropriate official of the Section herein said school district is based for such action as that Section deems appropriate.

Notwithstanding any provision set forth herein, the Ethics Committee of Section IV reserves the right to review either on its own initiative, or at the request of a parent, athlete, coach or school, the facts and circumstances involved in any incident and make such decision as the interests of fairness and justice require.

If any coach, athletic director or player needs clarification of any of the rules and policies set forth herein, the Interscholastic Sports Coordinator of the Section will endeavor to respond to such inquiries. However, all inquiries must be set forth in writing.

Effective 9/1/92

Approved by Athletic Council on 6/24/92 (Revised 6/23/93, 3/8/95, and 6/18/97)

Effective 8/15/95

## 12.1 Misconduct Reporting Form

**SECTION IV ATHLETIC COUNCIL**

of the

N.Y.S.P.H.S.A.A., Inc.

Civic Center, Box 7 ♦ 21 Liberty Street

Sidney, NY 13838

607-561-2347

**13. Officials' Fees**  
**13.1 VARSITY Fees for 2005-2009**

PRESIDENT  
David Daniels  
Susquehanna Valley CS  
PO Box 200  
Conklin, NY 13748  
Phone 607-775-0304

1<sup>st</sup> VICE PRESIDENT  
Andy Lutz  
Thomas A. Edison HS  
2083 College Avenue  
Elmira Heights, NY 14903  
Phone 607-733-5604

2<sup>nd</sup> VICE PRESIDENT  
Gordie Daniels  
Franklin Central School  
PO Box 888  
Franklin, NY 13775  
Phone 607-829-3551

INTERSCHOLASTIC  
SPORTS  
COORDINATOR  
Ben Nelson  
Civic Center, Box 7  
21 Liberty Street  
Sidney, NY 13838  
Phone 607-561-2347  
Fax 607-561-2344

GIRLS'  
REPRESENTATIVE  
Margaret Tremblay  
77 Crestview Drive  
Pine City, NY 14871

CENTRAL  
COMMITTEE  
Mike Virgil  
Morris Central School  
PO Box 40  
Morris, NY 13808  
Phone 607-263-6100

Terry Heller  
Greene Central School  
40 S. Canal Street  
Greene, NY 13778  
Phone 607-656-4161 x 216

Ed Redmond  
Lansing Central School  
300 Ridge Road  
Lansing, NY 14882  
Phone 607-533-4652

Julie Maney  
Delaware Academy & CS

TO: OCC Committee, Presidents Official Boards, Assignors Official Boards

FROM: Ben W. Nelson, I.S.C.

DATE: August 4, 2008-08-04

CONC: Contract Agreement

From our July 16<sup>th</sup> meeting held at the Sidney Civic Center the following was agreed to with details to be worked out during the separate Group meetings to be held on Wednesday, August 13, 2009 at the Sidney Civic Center beginning at 5:00 pm with Group 1, 6:00 pm with Group 2, 7:00 pm with Group 3 and 8:00 pm with Group 4.

Items that were agreed to:

- A. A four (4) year Contract
  - Year 1 – 2009-10
  - Year 2 – 2010-11
  - Year 3 – 2011-12
  - Year 4 – 2012-13
- B. Annual Fee Increases of
  - Year 1 = 2.0% (2009-10)
  - Year 2 = 2.5% (2010-11)
  - Year 3 = 3.0% (2011-12)
  - Year 4 = 3.5% (2012-13)
 Distribution of fee increases (Varsity, J.V. & Modified) to be determined by each Group (1,2,3,4).
- C. Mileage to be figured by using the new IRS rate announced in January of each year, to be effective for Official Fees that begin on July 1 of the same year.
 

Mileage reimbursement to be as follows:

  - Year 1 – IRS rate less .12 cents (2009-10)
  - Year 2 – IRS rate less .10 cents (2010-11)
  - Year 3 – IRS rate less .10 cents (2011-12)
  - Year 4 – IRS rate less .09 cents (2012-13)
- D. Fingerprinting reimbursements of 50% cost for NEW Officials only.
- E. Groups to meet individually with OCC to review intangible requests and finalize dollar amounts on Wednesday, August 13<sup>th</sup> at the Sidney Civic Center.
  - Group 1 – 5:00 pm
  - Group 2 – 6:00 pm
  - Group 3 – 7:00 pm
  - Group 4 – 8:00 pm
- F. Games delayed due to lightening or weather, that total 90 minutes or more of cumulative delay, shall be terminated by the officials. Status to replay, resume or certify as a completed game, shall be determined by the respective Sport Rule Books, League, Section and NYSPHSAA Policy.

*Fee is Game Fee for Varsity Contest with Active Officials.*

*\*Swimming: Extra heat (3 free up to 200 yards; \$2.00 per heat per official thereafter)*

Diving: a. No diving in meet, \$11.50 less (3) b. Extra diver \$3.00 per official per diver (Over 6 divers is extra)  
Section IV Meets: Up to 2 hours=Regular Fee; 2 to 3 hours=1 1/2 X Fee; 3 to 4 hours=2 X Fee; 4 to 5 hours=2 1/2 X Fee; etc.

\*Swimming: Extra heat (3 free up to 200 yards; \$1.50 per heat per official thereafter)

Diving: a. No Diving in meet, \$7.00 less.  
b. Extra diver \$2.00 per official per diver (Extra is more than 6)

# - Indicates the fee for that many officials

Fee is Game Fee for Modified Contest.

\*Swimming: Extra heat (3 free up to 200 yards; \$1.50 per heat per official thereafter)

Diving: a. No Diving in meet, \$7.00 less.  
b. Extra diver \$2.00 per official per diver (Extra is more than 6)

## 14. 2009-10 GIRLS' SWIM COACHES DIRECTORY

### Afton

Kevin Diefenbacher  
Afton Central School  
PO Box 5  
Afton, NY 13730  
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(W) 335-5482  
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### Binghamton

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Assistant: Mary Pat Keenan  
Adam McElligott  
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### Chenango Forks

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### Chenango Valley

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Assistant: Charlie Frayer  
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### Corning

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Kevin Wilson

**Delhi**

Linda Burr  
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**Dryden**

Vicki Alexander  
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[Valexan52@yahoo.com](mailto:Valexan52@yahoo.com) (H)  
 (FAX) 844-9004  
 Asst. Drew Hilker [andrew.hilker@cortland.edu](mailto:andrew.hilker@cortland.edu)

**ELMIRA**

Steve Woodworth  
 1060 Lincoln Street  
 Elmira, NY 14901  
 (H) 734-6647  
 (S) 735-3100 ext 3160  
 (FAX)  
 Email [SWOODWORTH@stny.rr.com](mailto:SWOODWORTH@stny.rr.com)  
[swoodwor@elmircityschools.com](mailto:swoodwor@elmircityschools.com)  
 Asst. J. Sentigar  
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**Greene \***

Mike Platta  
 Greene Central School  
 40 S. Canal Street  
 Greene, NY 13778  
 (S) 607-656-4161 ext. 283  
 (H) 607-843-9096  
 (S) FAX 656-8872  
 Email [mplatta@greenecsd.org](mailto:mplatta@greenecsd.org)

**Horseheads**

Pete Warren  
 1 Blue Raider Lane  
 Horseheads, NY 14845  
 (S) 739-6366 **BTC** 8:00-9:00, 2:30-3:00  
 (H) 737-6121  
 (FAX) 739-0067  
 Email: (H) [bluwoody@yahoo.com](mailto:bluwoody@yahoo.com)  
 (W) [pwarren@horseheadsdistrict.com](mailto:pwarren@horseheadsdistrict.com)

**Ithaca**

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**Johnson City**

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 Diving: Carrie Wright

**Maine Endwell**

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**Norwich**

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**Odessa-Montour**

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 (H) 535-4266  
 (S) FAX 594-3438  
 Cell: 857-3213  
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**Oneonta**

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**Owego Free Academy**

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**Southern Cayuga/Union Springs**

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 (H) (315) 364-7920  
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**Susquehanna Valley**

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**Union Endicott**

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**Vestal**

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 FAX: 757-2351  
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**Watkins Glen**

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**Waverly**

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 (W) FAX 692-4434  
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**Windsor**

Maria DeCastro  
 (H)  
 POOL  
 FAX  
 Email:

# 15. Sectional Roster - Sectionals

## Section IV Sectional Roster

Coach : \_\_\_\_\_

EVENTS (please enter time for each event)

	Last Name, First Name	Year in School	Event #1 200 Med. Relay	Event #2 200 Freestyle	Event #3 200 Ind. Medley	Event #4 50 Freestyle	Event #5 1 meter Diving	Event #6 100 Butterfly	Event #7 100 Freestyle	Event #8 500 Freestyle	Event #9 200 Free Relay	Event #10 100 Back	Event #11 100 Breast	Event #12 400 Free Relay
1														
2														
3														
4														
5														
6														
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13														
14														
15														
16														
17														
18														
19														
20														
21														
22														
23														
24														
25														
26														
27														

## 2008 NEW YORK STATE RANKING FORM

School Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Section # \_\_\_\_\_  
 Class    A    B    C    D    (circle one)

Coach's Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Fax \_\_\_\_\_  
 Email \_\_\_\_\_



EVENT	NAMES	NAMES	NAMES	NAMES	NISCA Pts
200 Medley Relay	A				
	B				
200 Freestyle					
200 Individual Medley					
50 Freestyle					
Diving (6 dives)					
100 Butterfly					
100 Freestyle					
500 Freestyle					
200 Freestyle Relay	A				
	B				
100 Backstroke					
100 Breaststroke					
400 Freestyle Relay	A				
	B				

Team's Seasonal Data
<b><u>Record</u></b>
League: _____
Overall: _____
<b><u>Losses</u></b>
r
r
r
r
r
r
r

**Directions:**

1. Place entries and times as though swimming a dual meet in a six lane pool with diving. (May be an actual meet)
2. All times must be verifiable (actually swam in inter-school meets)
3. Composite relay times are **NOT** acceptable.
4. Hy-Tek's Meet Manager Report Results using "special points" can be used for any dual meet using that software application.

**Tabulation:**

1. Calculate NISCA power points using separate 1999 Revised points and instructions.
2. Microsoft Excel Spreadsheet is available by email to create and verify calculation.

The final 2007 results can be viewed at <http://nbsharks.com/NYSGRrankings.html>

THANK YOU JOHN COOMBS!

## 16. RATING SYSTEM FOR OFFICIALS

Each year the coaches are actively involved in a rating system of the swim officials. **Each coach is requested to fill out one form which will include all three officials every swim meet. The host coach as well as the visiting coach** will fill out a form on all three officials after each swim meet. This means that after each swim meet **each coach should fill out one form which will include the referee, the starter, and judge** and label them accordingly.

At the **end of each week, you are requested to mail the top copy of the forms to Ben Nelson** who will then keep a running tally on each official. The **second copy of the form goes to the coach's athletic director** and the **third copy is for the coach** to keep on file. If a coach rates an official with a number one (1) or two (2) in a specific area, the coach must make a comment as to why. It is very **IMPORTANT that EACH and EVERY COACH complete a form on each official after each meet.** This rating system will determine the officials selected this year for the sectional and state qualifier swim meets. \*Each coach is also requested to rate each official at the sectional and state qualifier meet.

\*The system is valuable in assisting the tournament committee with the selections.

### 16. SWIMMING OFFICIALS' ROSTER

This is a list of swim officials from the school year 2008-09. Additions and deletions will be necessary as you progress through the season.

#### BINGHAMTON (South Central) CHAPTER:

	Home	Work
Sandy Alter-Ballard	768-4791	778-5322
Roger Bell	625-2914	770-9343
Carol Belva	785-3954	
Patty Benda	765-2526	
Russ Bitler	625-4238	222-4103
Tom Bond	539-7066	
Gary Crossman	C761-6149	
Inez Dickenson	754-9114	
Sid Dunn	217-5499	
Don Edwards	648-5286	251-5058
Bob Fiacco	754-9860	778-2360
MaryAnn Horton	722-9423	723-7404
Steve Jurena	748-4173	
John Kane	798-7354	
James Ketchuck	754-8925	755-6073
Steve Klimow	648-6004	
John Lynch	722-0366	
John Malack	785-2954	
Larry Marshall	754-1471	
Christine McCloe	785-6675	751-3346
Tom Metzlar	786-0023	
Nancy Newby	648-8034	
Nancy Percik	722-6782	
Judy Savage-Ferris	754-9170	251-5092
Erin Shiel	798-0766	721-8090
Joe Shore	773-8809	729-5511
Jessica Smith	222-1679	
Diane Thorton	748-6858	
Sally Zaengle	655-4887	
John Zawistowski	648-8168	

**ITHACA-CORTLAND CHAPTER**

	<b>Home</b>	<b>Work</b>
Pat Ackley	844-8396	
Ron Alexander	844-3128	
Vicki Alexander	844-3128	844-8694
Mike Armitage	279-1071	273-8364
Carolyn Connors	(315)364-7610	
Gary Crossman	761-6149	
Diane Hicks-Hughes	273-6160	533-4652x3162 cell 227-1179
William Hinderliter	533-7287	cell 592-1538
Robert Jewell	273-6254	937-5471
Everett Markwardt	257-1076	
Shelly Matheny	256-7247	cell 280-3839
Joseph McMahan	753-3519	cell 283-9136
Patricia Owens	(315)810-4603	(315)396-9359
Marge Porterfield	272-3780	
Heather Rejman	(315) 364-6701	(315) 730-3181
Sarah Scheiber	351-3239	
Roy Staley	257-0488	272-8283
Brent Stephans	257-8497	275-3150
Antonio Testa	753-6113	591-1493
Roger Wilmier	753-1619	

**NORWICH-ONEONTA CHAPTER**

	<b>Home</b>	
Bob Bowers	336-4459	
Eric Diefenbacher	336-1696	
Kevin Diefenbacher	334-6788	335-5482
Doug Downey	336-2036	
Deb Dubois	627-6760	
June Fraser	746-2461	
Tracie Jones	432-4155	
Maggie Kleinstuber	334-4561	
Barbara LoPiccolo	334-8748	
Richard Meyer	278-5829	
Sandra Schecavitz	432-0546	
Erica Slonaker	432-2216	
Doug Sutherland	316-3238	
Art Torrey	432-2216	
Noreen Wessels	843-8465	
Nicole Wilber	432-4155	
Teresea Woodard	334-9440	

**SOUTHERN TIER CHAPTER:**

	<b>Home</b>	<b>Work</b>
Gary Cruttenden	739-7341	
Jill Dunphy	733-0793	735-3537
Lori Friend	462-9719	
Rita Heisler	562-3272	
Myra Kunath	562-3586	737-7818
Kate Lamoreaux	546-6477	535-3210x7420
Meachele Manchester	734-4648	731-4226
Dave Pannone	565-8783	
Bill Raplee	733-0692	
Nancy Ruda	228-0045	
Fred Seither	732-5287	731-9613
Art Smith	739-2002	
Don Thomson	733-1799	
Pete Warren	737-6121	
Eileen Wesneski	739-8220	
Mike Wesneski	739-8220	
Scott Westervelt	594-2502	
Bill Winkky	739-7385	
Eric Winkky	796-5860	
Jill Winkky-Wade	796-2980	
Cindy Wood		

# 17. GIRLS SWIMMING AND DIVING RECORDS

UPDATED THROUGH 7/20/09

**League Records:**

<b>EVENT</b>	<b>RECORD</b>	<b>HOLDER</b>	<b>SCHOOL</b>	<b>Date</b>
<b><u>200 MEDLEY RELAY</u></b>				
<b>STATE:</b>	1:46.14	Nicole Heise Lauren Norberg Logan Todhunter Lindsey Norberg	Ithaca	11/18/06
<b>STATE MEET:</b>	1:46.14	Nicole Heise Lauren Norberg Logan Todhunter Lindsey Norberg	Ithaca	11/18/06
<b>SECTION 4:</b>	1:46.14	Nicole Heise Lauren Norberg Logan Todhunter Lindsey Norberg	Ithaca	11/18/06
<b>STATE QUALIFIER:</b>	1:52.55	Morgan Staley Katie Levy Alissa Cantone Janelle Szary	Ithaca	2001
<b>'A' SECT.:</b>	1:47.47	Nicole Heise Lauren Norberg Logan Todhunter Lindsey Norberg	thaca	2007
<b>'B' SECT.:</b>	1:52.91	Jenna Holden Shelley McNamee Emily Price Brittany Ferencik	Owego	2005
<b>'C' SECT.:</b>	1:53.10	Courtney Warren Molly Murphy Jaclyn Conklin Jennifer Conklin	Watkins Glen	2005
<b>IAC:</b>	1:52.70	Kim Warren Maryann Reiss Allison Hanley Cathy Brown	Watkins Glen	1999
<b>STAC:</b>	1:46.14	Eva Simitch-Warke Lauren Norberg Logan Todhunter Lindsey Norberg	Ithaca	11/18/06
<b>Sullivan Trail:</b>	1:54.10	H. Brown Kim Theetge H. Holleran Laura Senko	EFA	1994
<b>Broome:</b>	1:52.03	Kate Tallet Eve Tokos Happy Wonka Meg Young	Binghamton "in state meet finals at Nassau CC"	11/15/86

## GIRLS SWIMMING AND DIVING RECORDS

UPDATED THROUGH 7/20/09

EVENT	RECORD	HOLDER	SCHOOL	Date
<b><u>200 FREESTYLE</u></b>				
<b>STATE:</b>	1:48.47	Marissa Dressel	Kenmore West	11/22/08
<b>STATE MEET:</b>	1:48.47	Marissa Dressel	Kenmore West	11/22/08
<b>SECTION 4:</b>	1:54.42	Tanja Blatnik	Chenango Forks	11/4/94
<b>STATE QUALIFIER:</b>	1:55.32	Kate Tallet	Binghamton	1989
<b>'A' SECT.:</b>	1:54.66	Kailey Gardner	Ithaca	2006
<b>'B' SECT.:</b>	1:54.42	Tanja Blatnik	Chenango Forks	1994
<b>'C' SECT.:</b>	1:57.93	Sarah Newman	Lansing	1989
<b>League Records:</b>				
<b>IAC:</b>	1:57.93	Sarah Newman	Lansing	1989
<b>STAC:</b>	1:54.66	Kailey Gardner	Ithaca	2008
<b>Sullivan Trail:</b>	1:58.91	Jen Allaire	Horseheads	1991
<b>Broome:</b>	1:55.32	Kate Tallet	Binghamton	1989
<b><u>200 INDIVIDUAL MEDLEY</u></b>				
<b>STATE:</b>	1:58.29	Julia Smit	Mount Sinai	11/19/05
<b>STATE MEET:</b>	1:58.29	Julia Smit	Mount Sinai	11/19/05
<b>SECTION 4:</b>	2:04.64	Beth Timmons	Ithaca	11/19/94
<b>STATE QUALIFIER:</b>	2:08.94	Beth Timmons	Ithaca	1993
<b>'A' SECT.:</b>	2:06.71	Lindsey Norberg	Ithaca	2007
<b>'B' SECT.:</b>	2:14.19	Christine Lockwood	Chenango Valley	2005
<b>'C' SECT.:</b>	2:13.66	Caitlyn Burr	Delhi	2003
<b>League Records:</b>				
<b>IAC:</b>	2:12.11	Sarah Newman	Lansing	1990
<b>STAC:</b>	2:06.71	Lindsey Norberg	Ithaca	2008
<b>Sullivan Trail</b>	2:10.77	Jen Allaire	Horseheads	1991
<b>Broome:</b>	2:09.55	Nicole Knapp	Chenango Forks in state finals	1999
<b><u>50 FREESTYLE</u></b>				
<b>STATE:</b>	:23.26	Richelle DePold	Scotia	1991
<b>STATE MEET:</b>	:23.26	Richelle DePold	Scotia	1991
<b>SECTION 4:</b>	:23.78	Happy Wonka	Binghamton At UE	9/19/86
<b>STATE QUALIFIER:</b>	:24.18	Sarah Newman	Lansing	1989
<b>'A' SECT.:</b>	:23.99	Beth Timmons	Ithaca	1993
<b>'B' SECT.:</b>	:24.46	Jessie Koltz	Chenango Valley	11/6/04
<b>'C' SECT.:</b>	:24.50	Kali Dean	Lansing	11/5/08
<b>League Records:</b>				
<b>IAC:</b>	:23.82	Sarah Newman	Lansing	1989
<b>STAC:</b>	:23.78	Happy Wonka	Binghamton	1986
<b>Sullivan Trail:</b>	:24.86	Holly Dalrymple	Horseheads	1996
<b>Broome:</b>	:23.78	Happy Wonka	Binghamton	1986

# GIRLS SWIMMING AND DIVING RECORDS

UPDATED THROUGH 7/20/09

EVENT	RECORD	HOLDER	SCHOOL	Date
<b><u>DIVING</u></b>				
<b>DUAL (6 dives):</b>				
STATE:	322.65	Cassandra Cardinell	Shaker	1996
SECTION 4:	301.85	Leslie Baker	Horseheads	10/17/96
<b>League Records:</b>				
IAC:	283.05	Bobbi Hamilton	Dryden	1993
STAC:	288.55	Missy Urbanic	Vestal	10/21/87
Sullivan Trail:	301.85	Leslie Baker	Horseheads	10/17/96
Broome:	288.55	Missy Urbanic	Vestal	10/21/87
<b>CHAMPIONSHIP (11 dives):</b>				
STATE:	561.80	Cassandra Cardinell	Shaker	11/21/98
STATE MEET:	538.35	Casey Matthews	Williamsville North	11/17/07
SECTION 4:	502.40	Stacey Gallacher	Horseheads	11/10/99
STATE QUALIFIER:	502.40	Stacey Gallacher	Horseheads	1999
'A' SECT.:	496.05	Missy Urbanic	Vestal	1987
'B' SECT.:	420.65	Betsy Potter	EFA	1995
'C' SECT.:	440.30	Bobbi Hamilton	Dryden	1993
<b>League Records:</b>				
IAC:	462.70	Bobbi Hamilton	Dryden	1993
STAC:	496.05	Missy Urbanic	Vestal	1987
Sullivan Trail:	489.20	Leslie Baker	Horseheads	1996
Broome:	496.05	Missy Urbanic	Vestal	1987
<b><u>100 BUTTERFLY</u></b>				
STATE:	:54.35	Richelle DePold	Scotia	11/17/90
STATE MEET:	:54.35	Richelle DePold	Scotia	11/17/90
SECTION 4:	:56.26	Logan Todhunter	Ithaca	2007
STATE QUALIFIER:	:58.05	Beth Timmons	Ithaca	1994
'A' SECT.:	:56.26	Logan Todhunter	Ithaca	2007
'B' SECT.:	:58.56	Jessie Koltz	Chenango Valley	2005
'C' SECT.:	:59.87	Jaclyn Conklin	Watkins Glen	2007
<b>League Records:</b>				
IAC:	:59.85	Jaclyn Conklin	Watkins Glen	2007
STAC:	:56.26	Logan Todhunter	Ithaca	2007
Sullivan Trail:	1:00.20	Connie Sweet	Horseheads	1982
Broome:	:59.25	Kate Tallet	Binghamton	10/29/89
<b><u>100 FREESTYLE</u></b>				
STATE:	:50.53	Richelle DePold	Scotia	11/19/89
STATE MEET:	:50.53	Richelle DePold	Scotia	11/19/89
SECTION 4:	:51.98	Beth Timmons	Ithaca	11/18/94
STATE QUALIFIER:	:52.84	Kate Tallet	Binghamton	1989
'A' SECT.:	:52.18	Emily Peck	Ithaca	2006
'B' SECT.:	:52.97	Teresa Sestak	Chenango Valey	1983
'C' SECT.:	:53.37	Sarah Newman	Lansing	1989
<b>League Records:</b>				
IAC:	:52.80	Sarah Newman	Lansing	1989
STAC:	:52.18	Emily Peck	Ithaca	2006
Sullivan Trail:	:54.45	Jennifer Groff	Horseheads	1993
Broome:	:52.50	Teresa Sestak	Chenango Valley	1982

## GIRLS SWIMMING AND DIVING RECORDS

UPDATED THROUGH 7/20/09

EVENT	RECORD	HOLDER	SCHOOL	Date
<b><u>500 FREESTYLE</u></b>				
<b>STATE:</b>	4:46.97	Jessica Foschi	Friends	11/17/95
<b>STATE MEET:</b>	4:46.97	Jessica Foschi	Friends	11/17/95
<b>SECTION 4:</b>	5:00.36	Kailey Gardner	Ithaca	2006
<b>STATE QUALIFIER:</b>	5:15.95	Margaret MacDougall	Ithaca	1989
<b>'A' SECT.:</b>	5:00.36	Kailey Gardner	Ithaca	2006
<b>'B' SECT.:</b>	5:07.05	Tanja Blatnik	Chenango Forks	1994
<b>'C' SECT.:</b>	5:30.06	Marian Schamel	Watkins Glen	1999
<b>League Records:</b>				
<b>IAC:</b>	5:21.96	Sarah Newman	Lansing	1990
<b>STAC:</b>	5:00.36	Kailey Gardner	Ithaca	2006
<b>Sullivan Trail:</b>	5:21.60	Kim Gibson	Horseheads	1992
<b>Broome:</b>	5:12.27	Kate Tallet	Binghamton	1989
<b><u>200 FREESTYLE RELAY</u></b>				
<b>STATE:</b>	1:36.19	Caitlin Nicholson Logan Todhunter Lauren Norberg Emily Peck	Ithaca	11/17/07
<b>STATE MEET</b>	1:36.19	Caitlin Nicholson Logan Todhunter Lauren Norberg Emily Peck	Ithaca	11/17/07
<b>SECTION 4:</b>	1:36.19	Caitlin Nicholson Logan Todhunter Lauren Norberg Emily Peck	Ithaca	11/17/07
<b>STATE QUALIFIER</b>	1:39.81	Sarah Fox Sarah Markowitz Amanda Kumpf Beth Timmons	Ithaca	1994
<b>'A' SECT.:</b>	1:39.20	Nicole Heise Lauren Norberg Caitlin Nicholson Emily Peck	Ithaca	2006
<b>'B' SECT.:</b>	1:40.77	Melissa Harrison Sarah Casey Betsy Howard Jessie Koltz	Chenango Valley	2005
<b>'C' SECT.:</b>	1:41.37	Allison Hanley Kim Warren Marian Schamel Cathy Brown	Watkins Glen	1999

# GIRLS SWIMMING AND DIVING RECORDS

UPDATED THROUGH 7/20/09

EVENT	RECORD	HOLDER	SCHOOL	Date
<b><u>200 FREESTYLE RELAY (Continued)</u></b>				
<i>League Records:</i>				
<b>IAC:</b>	1:40.62	Allison Hanley Kim Warren Marian Schamel Cathy Brown	Watkins Glen	1999
<b>STAC:</b>	1:39.20	Nicole Heise Lauren Norberg Caitlin Nicholson Emily Peck	Ithaca	2006
<b>Sullivan Trail :</b>	1:41.94	Emily Senko Kim Theetge Laura Senko Jilliam Treubig	EFA	11/9/94
<b>Broome:</b>	1:42.66	S.Hathaway D.O'Connell S. Buzzy Lisa Weinwurm	Johnson City	11/12/92
 <b><u>100 BACKSTROKE</u></b>				
<b>STATE:</b>	:53.98	Kim Holden	Fox Lane	11/22/08
<b>STATE MEET:</b>	:53.98	Kim Holden	Fox Lane	11/22/08
<b>SECTION 4:</b>	:58.17	Sarah Newman	Lansing	10/27/90 in IAC's
<b>STATE QUALIFIER:</b>	:58.84	Claudine Gruver	Chenango Forks	1994
<b>'A' SECT.:</b>	1:00.38	Jane Terrell	Ithaca	1996
<b>'B' SECT.:</b>	:58.76	Claudine Gruver	Chenango Forks	1994
<b>'C' SECT.:</b>	:59.56	Sarah Newman	Lansing	990
<i>League Records:</i>				
<b>IAC:</b>	:58.17	Sarah Newman	Lansing	10/27/90
<b>STAC:</b>	1:00.38	Jane Terrell	Ithaca	1996
<b>Sullivan Trail:</b>	1:00.75	Holly Dalrymple	Horseheads	1996
<b>Broome:</b>	1:00.89	Kate Tallet	Binghamton	1986
 <b><u>100 BREASTSTROKE</u></b>				
<b>STATE:</b>	1:02.43	Lindsey Norberg	Ithaca	11/18/06
<b>STATE MEET:</b>	1:02.43	Lindsey Norberg	Ithaca	11/18/06
<b>SECTION 4:</b>	1:02.43	Lindsey Norberg	Ithaca	2006
<b>STATE QUALIFIER:</b>	1:07.52	Kim Theetge	EFA	1994
<b>'A' SECT.:</b>	1:03.17	Lauren Norberg	Ithaca	2008
<b>'B' SECT.:</b>	1:07.21	Heather Mekos	EFA	1987
<b>'C' SECT.:</b>	1:09.16	Amber Brooks	Elmira Heights	1995
<i>League Records:</i>				
<b>IAC:</b>	1:08.70	Danielle Smith	Lansing	11/16/90 In State Meet Prelims at RPI
<b>STAC:</b>	1:02.43	Lindsey Norberg	Ithaca	2006
<b>Sullivan Trail:</b>	1:06.32	Kim Theetge	EFA	11/19/94
<b>Broome:</b>	1:08.16	Darcy Hermann	Union Endicott	1988

## GIRLS SWIMMING AND DIVING RECORDS

UPDATED THROUGH 7/20/09

EVENT	RECORD	HOLDER	SCHOOL	Date
<b><u>400 FREESTYLE RELAY</u></b>				
<b>STATE:</b>	3:29.95	Caitlin Nicholson Logan Todhunter Lindsey Norberg Emily Peck	Ithaca	10/6/07
<b>STATE MEET:</b>	3:29.99	Nicole Heise Kailey Gardner Lauren Norberg Lindsey Norberg	Ithaca	11/22/08
<b>SECTION 4:</b>	3:29.95	Caitlin Nicholson Logan Todhunter Lindsey Norberg Emily Peck	Ithaca	10/6/07
<b>STATE QUALIFIER:</b>	3:36.56	Sarah Fox Sarah Markowitz Amanda Kumpf Beth Timmons	Ithaca	11/9/94
<b>'A' SECT.:</b>	3:35.54	Nicole Heise Kailey Gardner Lauren Norberg Lindsey Norberg	Ithaca	2008
<b>'B' SECT.:</b>	3:44.72	Sarah Casey Meghan Nugent Jessie Koltz Christine Lockwood	Chenango Valley	11/6/04
<b>'C' SECT.:</b>	3:46.38	Meaghan Morley Teresa Burr Caitlyn Burr Allison Cole	Delaware Academy	2001
<b>League Records:</b>				
<b>IAC:</b>	3:41.73	Allison Hanley Kim Warren Marian Schamel Cathy Brown	Watkins Glen	1998
<b>STAC:</b>	3:29.95	Caitlin Nicholson Logan Todhunter Lindsey Norberg Emily Peck	Ithaca	2007
<b>Sullivan Trail:</b>	3:44.69	Erin Gunselman Jen Allaire M. Gibson L. Borja	Horseheads	1989
<b>Broome:</b>	3:42.35	Mac Young J. Zeboris Kate Tallet Happy Wonka	Binghamton	1986

## 18. News Media

### **PRESS & SUN BULLETIN**

Charles Jaworski-Sports Editor  
Vestal Parkway East  
PO Box 1270  
Binghamton, NY 13902-1270  
798-1191  
1-800-365-0077  
FAX 798-1113

### **THE LEADER**

Bob Benz-Sports Editor  
34 West Pulteney Street  
Corning, NY 14830  
607-936-4651 x 43  
FAX 936-9939

### **ELMIRA STAR GAZETTE**

Roger Neumann  
201 Baldwin Street  
Elmira, NY 14902  
607-734-5158  
1-800-836-8970  
FAX 734-3004

### **ITHACA JOURNAL**

Tom Fleischman -Sports Editor  
123 West State Street  
PO Box 430  
Ithaca, NY 14850  
607-274-9214  
607-274-9277  
607-272-4248-FAX

### **THE EVENING SUN**

Patrick Newell-Sports Editor  
29 Lackawanna Ave  
Norwich, NY 13815  
607-337-3078  
1-800-236-1368  
FAX 334-8273

### **THE WALTON REPORTER**

Thomas Coddington-Sports Editor  
181 Delaware Street  
PO Box 359  
Walton, NY 13856  
607-865-4131  
FAX 865-8983

### **THE DEPOSIT COURIER**

Hilton Evans-Sports  
24 Laurel Bank Ave  
Deposit, NY 13754  
607-467-3600  
FAX 467-5330

### **THE DAILY STAR**

Dean Russin-Sports  
102 Chestnut Street  
PO Box 250  
Oneonta, NY 13820  
607-432-1000  
1-800-721-1000  
FAX 432-5707

### **THE WATKINS REVIEW**

Glenda Rephart  
210 Franklin Street  
Watkins Glen, NY 14891  
607-535-2711

### **THE TIOGA COUNTY COURIER**

59 Church Street  
Box 374  
Owego, NY 13827  
607-687-0108

### **THE EVENING TIMES**

Glenn Rolfe  
201 North Lehigh Avenue  
Sayre, PA 18840  
717-888-9643  
1-800-459-6397  
FAX 888-6463

### **THE CORTLAND STANDARD**

Jere Dexter-Sports  
110 Main Street  
PO Box 672  
Cortland, NY 13045  
607-756-5665 x 24  
FAX 756-5665 x27

### **THE WINDSOR STANDARD**

Jason Christensen-Sports  
PO Box 208  
Conklin, NY 13748  
607-775-0472

### **VALLEY NEWS**

Jeff Matolka-Sports  
3123 Watson Blvd.  
Endwell, NY 13760  
607-757-0753

**19. Letter of Intent**

**Letter of Intent  
For  
Moving to a Higher Class**

*Sport*                      **Girls' Swimming**

*School*                      \_\_\_\_\_

*Date*                        \_\_\_\_\_

*Current  
Classification*              \_\_\_\_\_

*Our school has elected to move to a higher class to participate in the Section IV Swimming Tournament. We will move up to participate as a Class \_\_\_\_\_ school.*

*Signature of Coach*        \_\_\_\_\_

*Signature of  
Athletic Director* \_\_\_\_\_

*This form must be returned to the Interscholastic Sports Coordinator of Section IV by **AUGUST 1, 2009** ONLY if your school intends to play in the Section IV Swimming Tournament at a higher class.*

**Send to:**            **Ben Nelson, Interscholastic Sports Coordinator**  
                         **Section IV Athletic Association**  
                         **Civic Center, Box 777**  
                         **21 Liberty Street**  
                         **Sidney, NY 13838**

**20. NYSPHSAA Coaching History Form**

**Section IV Girls' Swimming & Diving  
Coaches' Coaching History Form  
(NYSPHSAA. INC. Database)**

NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

SEASON: \_\_\_\_\_

NUMBER OF YEARS COACHING Girls' Swimming & Diving  
\_\_\_\_\_

CURRENT RECORD:

\_\_\_\_\_ WINS                      \_\_\_\_\_ LOSSES                      \_\_\_\_\_ TIES

NUMBER OF CONSECUTIVE LEAGUE TITLES: \_\_\_\_\_

NUMBER OF OVERALL LEAGUE TITLES \_\_\_\_\_

NUMBER OF SECTIONAL CONSECUTIVE TITLES \_\_\_\_\_

NUMBER OF OVERALL SECTIONAL TITLES \_\_\_\_\_

MAIL TO:

Todd Nelson, Assistant Director  
NYSPHSAA, INC.  
8 Airport Park Boulevard  
Latham, NY 12110

DEADLINE:                      ***December 1<sup>st</sup>, 2009***