



# 2013 SWIMMING & DIVING

## *Sportsmanship Matters!*



### 2013 SWIMMING & DIVING DATES POSTED ONLINE

For a complete list go to [www.uhsaa.org](http://www.uhsaa.org); click on the **Calendar** tab and then on **Swimming & Diving**.

- Mon, Aug. 12-Sun, Aug 25 Swimming & Diving Moratorium (See Handbook Article 2, I & G 2.2.5)
- Tue, Oct. 1-Tue, Oct. 29 Online UHSAA Swimming & Diving Rules Clinic under Training tab
- Monday, October 7 Beginning Practice and Team Selection for Swimming & Diving
- Friday, November 8 First Swimming & Diving Meets May Be Held

### Online UHSAA Swimming & Diving Rules Clinic Required

On an annual basis head coaches are required to complete an online UHSAA Swimming Rules Clinic and quiz. The 2013 Online UHSAA Swimming & Diving Rules Clinic will be available under the Training tab on the UHSAA website at [www.uhsaa.org](http://www.uhsaa.org) from **Tuesday, October 1 through Tuesday, October 29**. Schools will be fined \$50 if the head coach does not complete the online clinic by the deadline of October 29.

### Fall Training Clinics for Swimming Officials

Information on the dates and locations of the fall training clinics for individuals interested in certifying as a swimming official will be posted on the UHSAA Swim page at [www.uhsaa.org](http://www.uhsaa.org). Contact Robyn Peterson at [robynvpeterson@gmail.com](mailto:robynvpeterson@gmail.com) if you have any questions.

### Changes to “Out-of-Season Restrictions”

The “Three Weeks Prior” restrictions which prohibits coaching, practices, drills, etc., prior to the start date of each sport was reduced to “Two Weeks Prior.” However, the “Two Weeks Prior” restrictions do not apply to swimming and diving. Coaches are not restricted from teaching proper stroke instruction to potential student-athletes as long as the workouts are open and voluntary.

The 12 week **dead time period** other sports have had was reduced to a four week **sport specific moratorium** like swimming. A statewide one week summer moratorium for all activities will begin next summer, July 7-14. With the new changes for 2013-14, there will now be five annual moratoriums: Thanksgiving, Christmas, New Year’s Day, **Sport Specific Moratorium** and **Summer**. The Sport Specific Moratorium for Swimming & Diving will be the second and third weeks in August (August 12-25) and the last two weeks of April.

### UHSAA and NFHS Rules and Resources

Coaches must adhere to all rules and regulations in the **2013-14 UHSAA Handbook** posted under the Publications Tab and the **NFHS Swimming & Diving Rules Book**. **Information on the 2014 State Diving and Swimming Meets (2A-5A) is available on the Swim page at [www.uhsaa.org](http://www.uhsaa.org)**. The Swimming Section of the UHSAA Handbook, posted on the Swimming page, includes the information on submitting state entries and qualifying for the State Diving and Swim Meets.

Bookmark the UHSAA website at [www.uhsaa.org](http://www.uhsaa.org) and download the free UHSAA mobile app. A list of sanctioned meets is available under the Schools tab. Our parent organization, the National Federation of State High School Associations (NFHS), has two websites that provide valuable resources for coaches. Go to the NFHS Swimming & Diving page for NFHS rules changes and latest updates at <http://www.nfhs.org/Swimming/>. Go to <http://www.nfhslearn.com/> to take a advantage of several online courses including “Concussion Training” and “The Role of the Parent in Sports.”

**--Please contact Becky Anderson, UHSAA Assistant Director at [anderson@uhsaa.org](mailto:anderson@uhsaa.org) with any questions--**