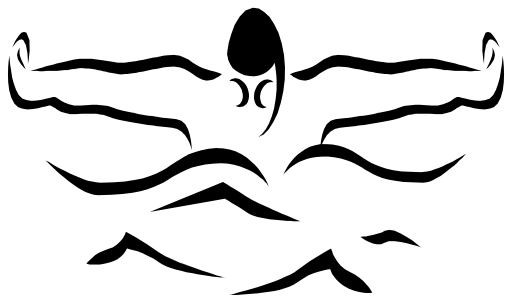


Section VIII Modified Athletics

GIRLS SWIMMING & DIVING FALL



COACHES INFORMATION PACKET

Coordinator Tami Ann DeRose, Jericho Public Schools
School: 203.3600 ext. 3416
tderose@jerichoschools.org
Cell: 516.427.0766

Section VIII

Modified Swim Coaches Directory

2022-23

MIDDLE SCHOOL	Boys & Girls COACH	E-MAIL ADDRESS
BETHPAGE	B&G Jeff Hack	jhack@bethpage.ws
Cold Spr. HARBOR No pool	B&G Sandra Rivadeneyra	srivadeneyra@csh.k12.ny.us
FARMINDALE-Howitt 4 lanes	B&G Kevin Coleman	kcoleman@farmingdaleschools.org
HEWLETT-Woodmere 4 lanes	B&G Jill Loveland	JLoveland@hewlett-woodmere.net
HICKSVILLE	G Jennifer Scott Anne Marie Hawkins Kevin Bunting	jscott@hicksvillepublicschools.org ahawkins@hicksvillepublicschools.org
GN NORTH	B Michelle Sicurella B&G Justin Cisario G Savannah Ahern	mlsicurella@greatneck.k12.ny.us jcisario@greatneck.k12.ny.us sahern@greatneckk12.ny.us
GN SOUTH	B&G Brian Pernice	bpernice@greatneck.k12.ny.us
MANHASSET No pool	B&G Sheryl Idzik	Sheryl_idzik@manhassettschools.org
JERICO	B&G Tami Ann DeRose	tderose@jerichoschools.org
Plainview Old-Bethpage 4 lanes	B Alison Incarnato B&G Dio Katehis	aincarnato@pobschools.org dkatehis@pobschools.org
UNIONDALE 4 lanes	B&G Caitlin Woods	cwoods@uniondaleschools.org]
SYOSSET	B&G Scott Holtzman	sholtzman@syossetschools.org
LYNBROOK Early Fall outdoor pool	G James O'Hara	James.ohara@lynbrookschool.org

BOOKS

Section VIII Nassau County 2022-23 School & Officials Directory
 New York State Public High School Athletic Association Handbook
 National Federation of State High School Association
 Swimming and Diving Rules Book 2022-23

Coordinator: Tami Ann DeRose - Jericho Public Schools
 W- 516.203.3600 ext. 3416
 tderose@jerichoschools.org
 Cell 516-427-0766

Rule Interpreter: Bea Hartigan 631-271-3349 E-mail: Bea.hartigan27@gmail.com

SECTION VIII GIRLS MODIFIED SWIMMING

STATE & SECTION REGULATIONS

Game Rules: The National Federation Rules of Swimming and Diving, and the NYSPHSAA and Section VIII regulations for participating in athletic competition in swimming will be followed:

1. ROSTERS – place roster on scorer’s table before start of meet. (ENTRY CARDS & DIVE SHEETS)
2. Once an entry is submitted to the referee it cannot be changed. (Can change prior to start of an event)
3. No logo on caps can be visible.
4. 6 (new as of 2019) practices are required before the first meet or scrimmage (no scoring).
5. Section VIII Approved Maximum number of meets – 11
7. A swimmer is permitted one false start before disqualification.
8. A swimmer may start on the pool deck or in the water – must maintain contact before start.
9. Swimmers may compete in a maximum of three events. (1 relay and 2 individual or 2 relays and 1 individual)
10. Guns are no longer permitted as signaling devices. (HANDHELDS BEING USED)
11. Modification in facility - Inform coaches and officials in a timely fashion.
12. Sportsmanship - Exhibition of events, quiet respect for divers, etc.
13. Rating Cards - Please submit after every meet

14. The events and their order shall be:

NOTE: (At some pools, diving is first in order to save time when the lane lines are out)

200 yd. medley relay (Back, Breast, Fly, Free)

200 yd. freestyle

100 yd. individual medley (Fly, Back, Breast, Free)

50 yd. freestyle

Diving Competition shall consist of (1) voluntary dive (degree of difficulty not to exceed 1.8) which shall be done first: week 1-forward group; week 2-back group; week 3 in-ward group (begin rotation over), and three (3) optional dives: two (2) of the three (3) must be from different groups.

BREAK 15 minute warm-up begins (coaches may agree to differ)

50 yd. butterfly

100 yd. freestyle

50 yd. backstroke

50 yd. breaststroke

200 yd. freestyle Relay

15. Pools with five or less lanes - two entries per team. Pools with six or more lanes - three entries per team. Each team shall be permitted the same number of entries in relays as individual events.

POINT SYSTEM

6 Lane Pools Individual Events: 6, 4, 3, 2, 1 Relays 8, 4, 2 (Submit Virtual Scoring Sheet)

4 Lane Pools Individual Events: 4, 3, 1 Relays 6, 3, 1 (Submit Virtual Scoring Sheet)

(Note: If any stroke is performed incorrectly, the swimmer will be disqualified)

16. **JEWELRY RULE** – No jewelry (which includes visible body piercing objects) shall be worn in any sport. Any piece of jewelry that is visible at the start or during a contest is in violation of the **Section VIII Jewelry Rule**. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible.

17. If scheduled for a 4:30 start or later, and both teams are present, and adequately warmed up, please notify officials immediately to avoid any unnecessary delays.

18. Braces or special swim suits must have permission from the State HS Office.

Dives of the Week:

Week of Sept 26	101	Week of Oct 17	101
Week of Oct 3	201	Week of Oct 24	201
Week of Oct 10	401	Week of Oct 31	401

**IT IS THE DUTY OF ALL CONCERNED WITH THE MODIFIED PROGRAM OF ATHLETICS:
MODIFIED PROGRAM**

1. To provide as broad and varied an athletic program as is possible with an opportunity for competition on an equal basis for all students. A desirable modified interscholastic program will encourage participation at several achievement levels. Interschool competition in a modified sports program should encourage participation for as many children as possible.
2. To realize that the individual schools have the final responsibility to equalize competition and must administer the program so that no overmatching of teams or individuals shall be permitted.
3. To conduct the athletic program so that educational objectives shall be achieved; so that the highest ideals of sportsmanship are upheld; so that no single phase of the educational program is promoted at the expense of other equally important programs.
4. To realize that the athletic program should be balanced with all other activities essential to youth, including those which may be conducted by out-of-school groups, to avoid an excessive load for any student.
5. To administer the program in such a manner that participants are properly examined, approved, equipped, insured, selected, classified, instructed, and supervised so that as safe a program as is possible is conducted.
6. To administer the educationally based athletic program in its proper perspective, with minimal loss of school time, limited publicity, competent officiating, and limited awards focused on participation.
7. To provide qualified leadership that understands the teaching of sports to the age group, the objectives of this modified sports program, and the emphasis on safety procedures.
8. To cooperate with schools in the area in providing an interscholastic athletics administrative organization within your section that will achieve the objectives and will aid in the development of the highest type of cordial interschool relationships.
9. To conduct the program so that proper respect for authority is achieved. All participants, coaches, parents, spectators and interested individuals will demonstrate appropriate conduct at all times.
10. To promote sportsmanship by competing within the spirit of the rules, to give every opponent due credit and respect, and to win honorably and to lose graciously.
11. To finance the program through Board of Education approved funds.
12. To cooperate with the Sectional Athletic Council, League or Conference in its efforts to provide sound leadership for all in modified athletics program. No sectional team or individual championships are to be conducted in modified interscholastic athletics.

Revised 9/09

Dive Order

DUAL MEET DIVING SCORE SHEET

Place

Name _____ School _____ Date _____

	Dive # & letter	Description	Pos	DD	J 1	J 2	J 3	J 4	J 5	Net	Total				
1		Forward	SS												
		Back													
		Reverse													
		Inward													
2		Forward	SS								+				
		Back													
		Reverse													
		Inward													
3		Forward	SS								+				
		Back													
		Reverse													
		Inward													
4		Forward	SS								+				
		Back													
		Reverse													
		Inward													
5		Forward	SS								+				
		Back													
		Reverse													
		Inward													
6		Forward	SS								+				
		Back													
		Reverse													
		Inward													
Total															
If there are only two judges, calculate 50% of the total and enter it here and then calculate the FINAL SCORE. ⇒											+				
Final Score															

1. The weekly Group shall be determined by the Section. The three (3) Optional Dives must come from at least 2 of the 3 groups and may include any of the dives other than the Voluntary Dive. The Voluntary Dive must be done first.
2. The dive number and position shall be the official description of the dive and take precedence.
3. If a diver makes an error in listing the position of a dive, the diver may change the position provided the error is discovered and protested by the diver to the Referee prior to performing the dive. If changed to a position with a lower DD, that shall apply. If changed to a higher DD, the original DD shall apply.

bch 9-12

Coach's Signature

Diver's Signature

Referee's initials

Dive table as of 9/1/17

Forward Dives				
	C tuck	B pike	A straight	D free
101 Forward Dive	1.2	1.3	1.4	
102 Forward 1 SS	1.4	1.5	1.6	
103 Forward 1 1/2 SS	1.6	1.7	2.0	
104 Forward 2 SS	2.2	2.3	2.6	
105 Forward 2 1/2 SS	2.4	2.6		
106 Forward 3 SS	2.9	3.2		
107 Forward 3 1/2 SS	3.0	3.3		
112 Forward Flying 1 SS	1.6	1.7		
113 Forward Flying 1 1/2 SS	1.8	1.9		

Back Dives				
201 Back Dive	1.5	1.6	1.7	
202 Back 1 SS	1.5	1.6	1.7	
203 Back 1 1/2 SS	2.0	2.3	2.5	
204 Back 2 SS	2.2	2.5		
205 Back 2 1/2 SS	3.0	3.2		
205 Back 2 1/2 SS	3.0	3.2		

Reverse Dives				
301 Reverse Dive	1.6	1.7	1.8	
302 Reverse 1 SS	1.6	1.7	1.8	
303 Reverse 1 1/2 SS	2.1	2.4	2.7	
304 Reverse 2 SS	2.3	2.6	2.9	
305 Reverse 2 1/2 SS	3.0	3.2		

Inward Dives				
401 Inward Dive	1.4	1.5	1.8	
402 Inward 1 SS	1.6	1.7	2.0	
403 Inward 1 1/2 SS	2.2	2.4		
404 Inward 2 SS	2.8	3.0		
405 Inward 2 1/2 SS	3.1	3.4		
412 Inward Flying SS	2.0	2.1		
413 Inward Flying 1 1/2 SS	2.7	2.9		

Twists				
5432 Inward 1 1/2 SS, 1 Twist				2.7
5434 Inward 1 1/2 SS, 2 Twists				3.1
5434 Inward 1 1/2 SS, 2 Twists				3.1

Twist Dives

	C tuck	B pike	A straight	D free
5111 Forward Dive 1/2 Twist	1.6	1.7	1.8	
5112 Forward Dive 1 Twist		1.9	2.0	
5121 Forward 1 SS, 1/2 Twist				1.7
5122 Forward 1 SS, 1 Twist				1.9
5124 Forward 1 SS, 2 Twists				2.3
5126 Forward 1 SS, 3 Twists				2.8
5131 Forward 1 1/2 SS, 1/2 Twist				2.0
5132 Forward 1 1/2 SS, 1 Twist				2.2
5134 Forward 1 1/2 SS, 2 Twists				2.6
5136 Forward 1 1/2 SS, 3 Twists				3.1
5142 Forward 2 SS, 1 Twist	2.6	2.7		
5152 Forward 2 1/2 SS, 1 Twist	3.0	3.2		

5211 Back Dive 1/2 Twist			1.8	
5212 Back Dive 1 Twist			2.0	
5221 Back 1 SS, 1/2 Twist				1.7
5222 Back 1 SS, 1 Twist				1.9
5223 Back 1 SS, 1 1/2 Twists				2.3
5225 Back 1 SS, 2 1/2 Twists				2.7
5227 Back 1 SS, 3 1/2 Twists				3.2
5231 Back 1 1/2 SS, 1/2 Twist				2.1
5233 Back 1 1/2 SS, 1 1/2 Twists				2.5
5235 Back 1 1/2 SS, 2 1/2 Twists				2.9
5251 Back 2 1/2 SS, 1/2 Twist	2.7	2.9		
5311 Reverse Dive 1/2 Twist			1.9	
5312 Reverse Dive 1 Twist			2.1	
5321 Reverse 1 SS, 1/2 Twist				1.8
5322 Reverse 1 SS, 1 Twist				2.0
5323 Reverse 1 SS, 1 1/2 Twists				2.4
5325 Reverse 1 SS, 2 1/2 Twists				2.8
5331 Reverse 1 1/2 SS, 1/2 Twist				2.2
5333 Reverse 1 1/2 SS, 1 1/2 Twists				2.6
5335 Reverse 1 1/2 SS, 2 1/2 Twists				3.0
5351 Reverse 2 1/2 SS, 1/2 Twist	2.7	2.9		
5411 Inward Dive, 1/2 Twist		1.7	2.0	
5412 Inward Dive 1 Twist		1.9	2.2	
5421 Inward 1 SS, 1/2 Twist				1.9
5422 Inward 1 SS, 1 Twist				2.1

MS Meet Worksheet

<u>ORDER</u>	EVENT	LANE	LANE	LANE
<u>1</u>	200 Med Relay (Bk, Br, Fl, Fr)	<u>Bk</u> <u>Br</u> <u>Fl</u> <u>Fr</u>	<u>Bk</u> <u>Br</u> <u>Fl</u> <u>Fr</u>	<u>Bk</u> <u>Br</u> <u>Fl</u> <u>Fr</u>
<u>2</u>	200 Free			
<u>3</u>	100 IM (Fl, Bk, Br, Fr)			
<u>4</u>	50 Free			
<u>5</u>	Dive			
<u>6</u>	50 Fly			
<u>7</u>	100 Free			
<u>8</u>	50 Back			
<u>9</u>	50 Breast			
<u>10</u>	200 Free Relay			

[illegible]

SCORE SHEET

EVENTS								
	1ST PL.	2ND PL.	3RD PL.	4TH PL.	5TH PL.	ODD lanes	EVEN Lanes	
1. 200 Med.Relay	8	4	2	X	X	PTS	PTS	
	LN	LN	LN	X	X	SCORE	SCORE	
2. 200 FREE	6	4	3	2	1	PTS	PTS	
	LN	LN	LN	LN	LN	SCORE	SCORE	
3. 100 I.M.	6	4	3	2	1	PTS	PTS	
	LN	LN	LN	LN	LN	SCORE	SCORE	
4. 50 FREE	6	4	3	2	1	PTS	PTS	
	LN	LN	LN	LN	LN	SCORE	SCORE	
5. DIVING	6	4	3	2	1	PTS	PTS	
	LN	LN	LN	LN	LN	SCORE	SCORE	
6. 50 FLY	6	4	3	2	1	PTS	PTS	
	LN	LN	LN	LN	LN	SCORE	SCORE	
7. 100 FREE	6	4	3	2	1	PTS	PTS	
	LN	LN	LN	LN	LN	SCORE	SCORE	
8. 50 BACK	6	4	3	2	1	PTS	PTS	
	LN	LN	LN	LN	LN	SCORE	SCORE	
9. 50 BREAST	6	4	3	2	1	PTS	PTS	
	LN	LN	LN	LN	LN	SCORE	SCORE	
10. 200 Fr. Relay	8	4	2	X	X	PTS	PTS	
	LN	LN	LN	X	X	SCORE	SCORE	
					FINAL			

Event # 1 (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 200

Lane TEAM _____

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Event # 2 (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 200

Lane TEAM _____

_____	_____
_____	_____
_____	_____

Event # 3 (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 100

Lane TEAM _____

_____	_____
_____	_____
_____	_____

Event # 4 (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 50

Lane TEAM _____

Event # 6 (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 50

Lane TEAM _____

Event # 7 (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 100

Lane TEAM _____

Event # 8 (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 50

Lane TEAM _____

Event # 9 (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 50

Lane TEAM _____

Event # 10 (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 200

Lane TEAM _____

Event # ____ (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 200

Lane	TEAM
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Event # ____ (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance _____

Lane	TEAM
_____	_____
_____	_____
_____	_____

Event # ____ (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance _____

Lane	TEAM
_____	_____
_____	_____
_____	_____