

**PENNSYLVANIA HIGH SCHOOL SWIM COACHES ASSOCIATION**

**COACH OF THE YEAR AWARD**

**2009 APPLICATION FORM**

**PHSSCA** is proud to announce that, beginning with this season, **COACH OF THE YEAR** awards will be presented for the first time in our state history. Awards will be presented to four coaches annually at our state clinic in spring: **AA Girls Coach, AAA Girls Coach, AA Boys Coach and AAA Boys Coach**. The awards will be presented based on three criteria: **1-NISCA Dual Meet Power Points, 2- your team place at your district meet, and 3- your team place at the state championship meet.**

*To apply, you must be a member of PHSSCA and be a coach of a scoring team as defined by the PIAA.*

Here is an example of how this scoring system based on 100 points will work:

NISCA power points	6000+	50 points
	5900	49 points
	5800	48 points
	5700	47 points
	5600	46 points
	and so on	down to 0 points

State Meet	1 <sup>st</sup> place in your division	25 points
	2 <sup>nd</sup> place	24 points
	3 <sup>rd</sup> place	23 points
	and so on	down to 0 points

District Meet	20+ teams	15-19 teams	10-14 teams	5-9 teams	1-4 teams
1 <sup>st</sup> place	25 points	22 pts	19 pts	16 pts	13 pts
2 <sup>nd</sup> place	24 points	21 pts	18 pts	15 pts	12 pts
3 <sup>rd</sup> place	23 points	20 pts	17 pts	14 pts	11 pts
and so on	and so on	and so on	and so on	and so on	and so on

**Here's an example:**

<b>Team A</b>	4945 power points	39 points	
	3rd at states	23 points	
	2nd of 14 at districts	18 points	
<b>Total</b>		<b>70 points</b>	

To apply, complete the NISCA Dual Meet Power Ranking on the opposite side, fill in the following information and return to:

Tim O'Connor, 6676 Trafalgar Drive, Macungie, Pa. 18062, by April 10, 2009.

COACH NAME: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

COACH-HOME ADDRESS: \_\_\_\_\_

\_\_\_\_\_ zip: \_\_\_\_\_

Phone: \_\_\_\_\_ EMAIL: \_\_\_\_\_

PIAA DISTRICT: \_\_\_\_\_ AA \_\_\_\_\_ AAA \_\_\_\_\_ BOYS TEAM: \_\_\_\_\_ GIRLS TEAM: \_\_\_\_\_

POWER POINT TOTAL: \_\_\_\_\_ STATE TEAM PLACE: \_\_\_\_\_

DISTRICT TEAM PLACE: \_\_\_\_\_ NUMBER OF SCORING TEAMS IN YOUR DISTRICT: \_\_\_\_\_

PHSSCA MEMBER: \_\_\_\_\_ YES \_\_\_\_\_ NO

**POWER POINT TABLE ON OPPOSITE SIDE**

**NISCA NATIONAL DUAL MEET TEAM RANKING ENTRY FORM**

**RULES**

1. YOU MAY SUBMIT UP TO 2 RELAYS AND 3 INDIVIDUALS IN EACH EVENT.
2. MAXIMUM INDIVIDUAL ENTRIES ARE THE SAME AS NATIONAL FEDERATION RULES, EACH SWIMMER MAY BE IN 4 EVENTS, BUT NO MORE THAN 2 INDIVIDUAL EVENTS. THREE RELAYS IS OK WITH ONE INDIVIDUAL EVENT.
3. ALL TIMES MUST HAVE BEEN DONE IN INTERSCHOLASTIC MEETS DURING THE 2008-09 SEASON AS DEFINED BY THE PIAA (USA AND YMCA TIMES DO NOT COUNT).
4. RELAYS MUST BE FROM ACTUAL RELAY SWIMS IN THE SAME MEET, NOT A COMPILATION OF SPLIT TIMES FROM VARIOUS MEETS.
5. YARD TIMES ONLY.
6. DIVING, USE BEST SCORE FROM EITHER A 6 OR 11 DIVE MEET.
7. RELAY SPLITS, EXCEPT FOR THE LEADOFF LEG OF THE 200 OR 400 FREE RELAYS ARE NOT ACCEPTABLE
8. MAKE A COPY FOR YOUR RECORDS AND YDU ARE ENCOURAGED TO ALSO JOIN NISCA AND SUBMIT YOUR ENTRY FOR NATIONAL RECOGNITION.
9. POWER POINT TABLES ARE FOUND ONLINE AT [WWW.NISCAONLINE.ORG](http://WWW.NISCAONLINE.ORG)  
CURRENT TABLES ARE DATED 1999.

EVENT		NAMES	GR	TIME	PTS
200 Medley Relay	A				
	B				
200 Free					
200 I.M.					
50 Free					
Diving (label 6/11)					
100 Fly					
100 Free					
500 Free					
200 Free Relay	A				
	B				
100 Back					
100 Breast					
400 Free Relay	A				
	B				
<b>Power Point Total</b>					