

Section 2

*Girls' Swimming
and Diving*

Handbook

**SECTION 2 GIRLS' SWIMMING & DIVING
COACHES & ATHLETIC DIRECTORS' ROSTER
2015-16**

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NEW YORK STATE SWIMMING AND DIVING SCHOLAR-ATHLETE AWARD APPLICATION

Directions: ALL scholar-athlete applicants **MUST** have an overall **GPA of 92.50%** and be an **INDIVIDUAL** qualifier in at least **ONE** event. Complete this coversheet and attach all the necessary supporting documentation. Please include a personal photo with your application. Incomplete applications will not be considered.

PART I: Personal Information

Name:

Home Address:

PART II: School Information

School Name:

School Address:

Zip Code

Number & Street

City &

Telephone # ()

Section

PART III: Academic Qualifications Overview

*Attach an OFFICIAL school transcript and OFFICIAL test scores with the application.

GPA=_____% Class Rank=_____/_____
rank _____ School does not
Weighted or Un-weighted

Courses:

List ALL AP/Honors/IB/College-level courses:

PART IV: Activities/Service/Leadership

*Please list activities (Student Government/Sports/Music/Service/Religious), level of participation and/or position, years, and time commitment below. Attach resume if needed.

Activity Time Commitment	Position	Years & Weekly
_____	_____	
_____	_____	
_____	_____	
_____	_____	

PART V: Swimming & Diving

*Please list all of your major swimming/diving accomplishments (All-American honors, records held, etc.) Please indicate the INDIVIDUAL EVENT(s) that you will be participating in this year. Event #1 _____
 Event #2 _____

Event/Time	Meet/Place	Record/Honors
_____	_____	
_____	_____	
_____	_____	
_____	_____	

PART VI: Essay

“A Defining Moment”

Directions: Please write about a time in your life which helped you to become a better person or to understand more about what you could achieve. This could be related to a memorable experience or challenge in your athletic career or in your personal life. In your writings, describe a situation or an event that made you feel proud of yourself or a time when you surprised yourself by being or doing more than you thought you were capable of achieving. Please keep your

I hereby acknowledge that the information submitted in this application is true and correct.

<i>Signature of Applicant</i>	<i>Date</i>
<i>Signature of Coach</i>	<i>Date</i>

Signature of Guidance Counselor

Date

NEW YORK STATE SWIMMING AND DIVING SCHOLAR-ATHLETE AWARD APPLICATION

This scholar-athlete award is sponsored by the officials association NYSCSOA, Inc. This organization is comprised of men and women dedicated to unite into one professional organization all interscholastic swimming and diving officials in New York State.

This award embodies the mission of NYSCOA, Inc. which is to establish and encourage the place of swimming and diving as sports for the development of character; to promote good sportsmanship and citizenship by fair and efficient officiating; to service and collaboration with swimming and diving communities for the purpose of the advancement of swimming and diving; and to promote uniform interpretation of the official rules throughout the state.

To be considered for this award applicants must be a senior with a minimum three year academic average of 92.50% or above and have qualified for this years' state meet in an individual event. Applicants are selected by a panel of coaches and officials and represent the highest level of achievement both in the water and in the classroom.

Sectional Championship Timeline

Thursday, Nov. 5 @ Mohonasen High School

Warm-ups
Meet Start Time

Diving Prelims and Finals

Divisions I & II
2:00PM
4:00PM

Friday- Nov. 6 @Niskayuna High School

	Division II
Warm-ups	10:00AM
Coaches Meeting	10:40AM
Officials Meeting	11:00AM
Relay starts/One-Way Sprints	11:00AM
Meet Start Time	11:30AM

Swimming Prelims

Division I
3:00PM
3:40PM
4:00PM
4:00PM
4:30PM

Saturday- Nov. 7 @ Niskayuna High School

	Division II
Warm-ups	8:30AM
Coaches Meeting	8:45AM
Officials Meeting	9:00AM
Relay starts/One-Way Sprints	9:00AM
Team Recognition/Senior Recognition/National Anthem	9:40AM
Meet Start Time	10:00AM

Swimming Finals

Division I
1:30PM
1:45PM
2:00PM
2:00PM
2:40PM
3:00PM

******ALL SCHOOLS ARE RESPONSIBLE FOR PROVIDING BACKUP TIMERS
-2 PER LANE DURING PRELIMS AND FINALS***

Thursday, –Diving Prelims @ Mohonasen

Hospitality Room

Shenendehowa

T-Shirt/Program/Ticket Sales

Mohonasen/Schalmont

Friday-Swimming Prelims @ Niskayuna High School

Hospitality Room

Division I School *Schenectady* Division II School *Emma Willard*

T-Shirt/Program/Ticket Sales

Division I School Burnt Hills Division II School Mohonasen

Timers

Division I Schools:

Lane 1 _____ Albany HS

Lane 2 _____ Shenendehowa

Lane 3 _____ GV

Lane 4 _____ BC

Lane 5 _____ Shaker

Lane 6 _____ HF/SGF

Lane 7 _____ Saratoga

Lane 8 _____ Ballston Spa

Division II Schools:

Lane 1 _____ Amsterdam

Lane 2 _____ Albany Academy

Lane 3 _____ Fonda Johnstown

Lane 4 _____ MS

Lane 5 _____ Gloversville-Mayfield

Lane 6 _____ Queensbury

Lane 7 _____ Troy

Lane 8 _____ GF

Saturday, Swimming Finals @ Niskayuna High School

Hospitality Room

Division I School Saratoga Division II Emma Willard

T-Shirt/Program/Ticket Sales

Division I School Burnt Hills Division II School Mohonasen

Timers

Division I Schools:

Lane 1 _____ Albany HS

Lane 2 _____ Shenendehowa

Lane 3 _____ GV

Lane 4 _____ BC

Lane 5 _____ Shaker

Lane 6 _____ HF/SGF

Lane 7 _____ Saratoga

Lane 8 _____ Ballston Spa

Division II Schools:

Lane 1 _____ Amsterdam

Lane 2 _____ Albany Academy

Lane 3 _____ Fonda Johnstown

Lane 4 _____ MS

Lane 5 _____ Gloversville-Mayfield

Lane 6 _____ Queensbury

Lane 7 _____ Troy

Lane 8 _____ GF

National Anthem

Division I School Niskayuna Division II School RCS

Awards

Division I School GV Division II School Albany
Academy

Events/ Awards Timeline

Parade of Seniors-*Line up around the pool as announced (alphabetical order by team)*

National Anthem

200 Medley Relay

Diving Awards

200 Freestyle

200 Medley Relay/ 200 Freestyle Awards

200 Individual Medley

50 Freestyle

200 IM/ 50 Freestyle Awards

15 minute warm-up

100 Butterfly

100 Freestyle

100Fly/ 100 Freestyle Awards

500 Freestyle

Scholar-Athlete Award-reporting to the bulkhead as names are announced for recognition

5 minute warm-up (Div. 1)

200 Freestyle Relay

500 Freestyle/ 200 Freestyle Relay Awards

100 Backstroke

100 Breaststroke

100 Back/ 100 Breast Awards

5 minute warm-up (Div. 1)

400 Freestyle Relay

400 Freestyle Relay Awards

Outstanding Competitor Award

Team Awards

Awards are given by the winning individual or team's coach-plan accordingly