



Oregon School Activities Association  
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To: Athletic Directors and Swimming Coaches  
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Subject: Swimming Reminders for the 2014-15 Season

Please review this information with your swimming staff and best of luck this season! Each school offering swimming should have received a copy of the NFHS Swimming Rules Book from the OSAA, 1 for girls and 1 for boys. School Athletic Directors received these at the OSAA Admin Workshops that took place in August. Feel free to contact me if you have questions.

### **GENERAL INFORMATION**

**OSAA Swimming Plan:** <http://www.osaa.org/docs/bsw/swplan.pdf>

This plan contains information regarding important season dates, NFHS rule changes/points of emphasis, OSAA swimming specific policies and OSAA general policies.

**NFHS 2014-15 Swimming Rule Changes:** <http://www.osaa.org/docs/bsw/NFHSrulechanges.pdf>

### **HEALTH & SAFETY**

**Practice Model:** <http://www.osaa.org/docs/handbooks/PracticeModelBP.pdf>

The OSAA Practice Model, new this year, requires most schools to change their practice structure. Please familiarize yourself with this policy. Section (C) of this policy relates to Swimming. Please note that (C.2.) states:

**“A student may practice for no more than six consecutive days without a rest day. A rest day must be complete rest – no organized team activity is allowed.”** Please note that meets and/or practices are included in this 6 consecutive day restriction.

**Health and Safety Information:** <http://www.osaa.org/health-safety>

The OSAA website contains a variety of information regarding heat, hydration and concussion management. The page contains links to informational items that all coaches should familiarize themselves with.

### **COACHES EDUCATION**

The National Federation of State High School Associations (NFHS) has added a course for swimming coaches to its lineup of sport-specific online courses available through the NFHS Learning Center at [www.nfhslearn.com](http://www.nfhslearn.com). “Coaching Swimming” was developed with assistance from the National Interscholastic Swim Coaches Association (NISCA) and focuses on how to administer a student-first swimming program. Topics covered in Coaching Swimming include recruitment, pre-event management, interscholastic coaching philosophy, differences in club and high school teams, communication and risk management. The course also teaches the basics of the four competitive swimming strokes, start variations and flip turns, and it highlights information from the NFHS Swimming and Diving Rules Book.