

2024 Roanoke Valley Aquatic Association Newsletter

2024 Event and Meet Schedule

Date/ Events	Host	Visitors	Date/ Events	Host	Visitors
Monday, June 3 25 BACK, 25 FREE (7-8) 25 BACK, 25 FREE (6 & UNDER) 50 BACK, 50 FREE (9 & UP) 200 M FREE RELAY (9-12)	HH FH SG EL CR AP	OP RM SR LM,RC OLN HV, LA	Monday, June 24 25 BREAST, 50 FREE (7-8) 25 BACK, 25 FLY (6 & UNDER) 50 BREAST, 100 FREE (9 & UP) 200 M MEDLEY RELAY (13 & UP)	HH FH RC OP RM CR	AP EL,HV SG OLN LM,LA SR
Monday, June 10 25 FLY, 50 FREE (7-8) 25 BACK, 25 FREE (6 & UNDER) 50 FLY, 100 FREE (9 & UP) 200 M FREE RELAY (13 & UP)	HH EL FH OP RC RM	CR AP, LA SG LP,HV SR OLN	Monday, July 1 25 FREE, 25 BREAST (7-8) 25 FREE, 25 BREAST (6 & UNDER) 50 FREE, 100 IM (9 & UP)* 200 M MEDLEY RELAY (9-12)	HH AP CR SG FH RM	OLN OP RC,LA HV, LM SR EL
Monday, June 17 25 BREAST, 25 FLY (7-8) 25 FREE, 25 FLY (6 & UNDER) 50 BREAST, 100 IM (9 & UP)* 100 M FREE RELAY (8 & UNDER)	HH FH SG EL AP RC	LP,HV OP,LA RM SR CR OLN	Monday, July 8 25 BACK, 25 FLY (7-8) 25 BACK, 25 BREAST (6 & UNDER) 50 BACK, 50 FLY (9 & UP) 100 M MEDLEY RELAY (8 & UNDER)	HH FH OP EL CR HV	SR OLN,LP RM RC,LA SG AP

*7 and 8 year olds may enter in the 100 IM on the 3rd and 5th meet if coaches are confident they can finish the event legally in a reasonable time. Each swimmer may still only compete in 2 individual events each meet.

AP Ashley Plantation

CR Castle Rock

EL Elks Lodge

FH Forest Hills

HH Hunting Hills

OP Olympic Park

OLN Our Lady of Nazareth

RM Read Mountain

RC Roanoke Country Club

HV Hidden Valley

SR Spring Run

SG Stonegate

LM Limestone

LA Lancerlot

2024 CITY/COUNTY CHAMPIONSHIP MEET

Friday-Saturday, July 19 & 20 Christiansburg Aquatic Center

10 & Under in the AM

11 & Older in the PM

Friday: Backstroke, Short Freestyle, Individual Medley, and Freestyle Relays

Saturday: Butterfly, Breaststroke, Long Freestyle, and Medley Relays

2024 REGISTRATION

2024 online registration will be available starting April 1:

- Each swimmer must register at <https://www.teamunify.com/reczrvaa> to be eligible to swim in the 2024 swim season
- RVAA dues are payable online by credit card to complete registration:
 - \$30 per swimmer-April 1-May 28
 - \$35 per swimmer-May 29-June 28
- RVAA dues are in addition to any team dues your swim club charges. Your team dues are not payable through the RVAA online registration. Team dues are handled directly by each team.
- Deadlines: You must register online by May 26th to be eligible to swim for points and ribbons in the first meet of the season. Later registrants may swim in the first meet for exhibition.
- Late registrations are available until June 28nd. To be eligible to swim for points and ribbons in the next Monday night meet, a swimmer must register on-line at www.swimrvaa.com by midnight the Friday before the meet. NO EXCEPTIONS. (see pg 9 for swimmer eligibility requirements for City County)
- Registrations are non-refundable. NO EXCEPTIONS.
- A swimmer must be registered by Friday night the week prior to swim for points in any Monday night meet. Ex: For the June 10th meet swimmers must be registered by June 7th at midnight to swim for points

*Note swimmer's status will remain "Pending Approval" until May 27th if they register on or before May 26th. Swimmer's registering after May 27th will have a "Pending Approval" status for up to a week.

MONDAY NIGHT VOLUNTEER REQUIREMENTS

Ashley Plantation <https://www.signupgenius.com/go/8050D45A5A82CA20-48831018-ashley#/>

Castle Rock <https://www.signupgenius.com/go/8050D45A5A82CA20-48831127-castle#/>

Elks Lodge <https://www.signupgenius.com/go/8050D45A5A82CA20-48831559-elks#/>

Forest Hills <https://www.signupgenius.com/go/8050D45A5A82CA20-48832287-forest#/>

Hidden Valley <https://www.signupgenius.com/go/8050D45A5A82CA20-48832430-hidden#/>

Hunting Hills <https://www.signupgenius.com/go/8050D45A5A82CA20-48832582-hunting#/>

Olympic Park <https://www.signupgenius.com/go/8050D45A5A82CA20-48832841-olympic#/>

Our Lady of Nazareth <https://www.signupgenius.com/go/8050D45A5A82CA20-48832970-ourlady#/>

Read Mountain <https://www.signupgenius.com/go/8050D45A5A82CA20-48833071-read#/>

Roanoke Country Club <https://www.signupgenius.com/go/8050D45A5A82CA20-48833179-roanoke#/>

Spring Run <https://www.signupgenius.com/go/8050D45A5A82CA20-48833337-spring#/>

Stonegate <https://www.signupgenius.com/go/8050D45A5A82CA20-48833448-stonegate#/>

Limestone <https://www.signupgenius.com/go/8050D45A5A82CA20-48832741-limestone#/>

Lancerlot <https://www.signupgenius.com/go/8050D45A5A82CA20-48833604-lancerlot#/>

Our league is always in need of Judges. If you would be willing to be trained as an official please let your volunteer coordinator know (more information on training is on pages 3 and 4). Each team should look at all sign up requirements and make sure that they have enough judges to cover keeping in mind that judges go out of town and are not always available at every meet.

2024 RVAA VOLUNTEER TRAINING

- Training ensures that all meets are run smoothly and have the best officiating for the benefit of all swimmers.
- Coaches: One coach from each team should attend. We will go over new rules and policies.
- Computer/Head Table Workers: **This year all teams must have a head table worker.** Teams please provide names and contact information of head table workers to the RVAA (via datarvaa@gmail.com or through your RVAA rep). ALL Computer/Head Table workers should plan to attend the head table worker meeting Sunday, May 19th 3:00 PM-4:30 PM for training.

New and Returning Starters & Referees: You must attend the clinic on May 19th. In addition, you must attend the judges' clinic or complete the online recertification. All hosting teams must have at least one trained starter and referee. All teams must also have many strokes and turns officials. Please use the link here to sign up for the referee and starters training <https://forms.gle/TN15gLrrG254YhgL8>

- Meet Entry / Team Managers Meeting: Each team must send at least one coach or representative. Anyone planning on running Team Manager should plan on attending this meeting. Your team will be penalized 5% points at the end of the season for failure to attend this meeting.
- New Strokes and Turns Judges: Anyone wanting to train to judge must attend ONE of these sessions. You do not have to attend them all. Please sign up for the training you desire through this link <https://forms.gle/ei9L13EbiW15K1P19>
- Returning Strokes and Turns Judges: Please use this link to register to judge. <https://forms.gle/ei9L13EbiW15K1P19>

Please direct questions to your RVAA delegate or Sarah Sell at 540-556-4381.

Training	Date	Time	Location and Sign Up
COACHES MEETING	Thursday, May 16	7:00 PM to 8:30 PM	Via zoom sign up through link https://forms.gle/auQadd98wP6LsYQv6 *must sign up by May 15 th to receive zoom link
STROKES & TURNS JUDGES	Sunday, May 19	2:00PM to 4:00PM	Hunting Hills Country Club club house-sign up through link https://forms.gle/ei9L13EbiW15K1P19
STARTERS/REFERREES	Sunday, May 19	4:00PM to 5:00 PM	Hunting Hills Country Club club house-sign up through link https://forms.gle/TN15gLrrG254YhgL8
STROKES & TURNS JUDGES	Wednesday, June 5	6-00 PM-8:00PM	Hunting Hills Country Club club house-sign up through link https://forms.gle/ei9L13EbiW15K1P19
TEAM MANAGER/MEET ENTRY TRAINING	Sunday, May 19	1:00 PM to 3:00 PM	Our Lady of Nazareth Catholic Church (2505 Electric Road, Roanoke, VA 24018) sign up through link https://forms.gle/6LP44pMz3b4X3R7u7 *must sign up by midnight May 17 th
COMPUTER/HEAD TABLES – MEET MANAGER TRAINING	Sunday, May 19	3:00 PM to 4:30 PM	Our Lady of Nazareth Catholic Church (2505 Electric Road, Roanoke, VA 24018) sign up through link https://forms.gle/AQfSzD39fBLjU5cg7

			*must sign up by midnight May 17 th
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2024 RVAA Stroke & Turn Official's (Judge's) Eligibility & Training

Who is eligible for Stroke and Turn Training?

- Anyone who wishes to serve as a RVAA Stroke and Turn judge

Who must attend the Stroke and Turn Training?

- Anyone who is new to officiating and has not served as stroke and turn judge previously
- All returning judges are welcome to attend to review the rules before taking the required test

Who must complete the online Stroke test?

- All returning summer league Stroke and Turn officials unless exempt (see below).
- All new trainees AFTER attending a training clinic
- All officials serving as a Referee unless exempt

Who is exempt from Stroke and Turn Clinic?

- Officials that are currently USA Swimming or YMCA certified. Please email your current credentials to rvaajudges@gmail.com

How do I obtain a "code key" to take the online test?

- Code keys will be activated by our head judge, based on an email that you provide on the official's registration form. If you have any questions or concerns about training or the registration process, please email Miki Smith at rvaajudges@gmail.net.

You should receive an email directly from StrokeandTurn.com after Miki Smith activates your key, sent to the email that you provide! The S&T email will direct the trainee how to access S&T.com and how to access the test. The test consists of stages, or segments, that can be taken all at once or over multiple logins. In certain segments (backstroke) the rules are slightly different from the videos. A disclaimer acknowledges as such.

Complete each segment in the timeframe desired. Please note: there is a test and an evaluation that MUST be completed at the end of the Stroke & Turn online session before the certification process is completed. Please complete the entire online program! Upon successful completion please notify Miki Smith @ rvaajudges@gmail.net

Do Starters and Referees need to be trained as judges?

- All Starter and Referees are asked to attend both a stroke and turn AND the starter/referee training clinic annually unless exempt. This cross-training allows for

more flexibility at meets and encourages a greater understanding of meet procedures and protocols as well fair interpretation and application of the stroke rules.

- Referees are expected to take the Stroke and Turns test annually unless exempt.

2023 SCHOLARSHIP AND AWARD RECIPIENTS

2023 Sue Blackwell Scholarship Recipient

Evelyn Bolling

2023 George Devins Scholarship Recipient

Evelyn Bolling

2023 Tyler Nordgren Trophy Recipient

Levi McClure

2023 Duane Whitenack Award Recipients

Shelley Archer

2023 Irene Hurley Volunteer Award Recipients

Ashley Plantation-Connie Laudenslager
Elks Lodge-John Jackson

Castle Rock-Gene Rose
Forest Hills-Kristin Matthews

Hunting Hills-Juliet Vie
Our Lady of Nazareth-Ryan Michalski
Roanoke Country Club-Kristin Baxley
Stonegate-Efren Ontiveros

Olympic Park-Angela Natt
Read Mountain-Nola Causey
Spring Run-Baker Dean
Limestone-Jeff Woodford

2024 Scholarships and Awards

The George Devins Scholarship

The George Devins Scholarship, administered by the RVAA, is a scholarship in memory of a man who devoted his life to swimmers and swimming in the Roanoke Valley - George Devins. The 2024 scholarship will be \$1500 and will be awarded at the City/County Championship Meet. Applicants must be participating members of the RVAA and must have been accepted to, or currently enrolled in, an institution of higher learning. A committee derived from the RVAA Board of Delegates will judge applicants. Interested swimmers may obtain applications at www.swimrvaa.com. **Applications must be received no later than July 1, 2024.** Completed applications should be sent electronically to swimrvaa@gmail.com.

The Tyler Nordgren Trophy

The 2024 Tyler Nordgren Trophy will be awarded at the annual City/County Championship Meet to an 8-and-under swimmer who embodies the spirit of Tyler Nordgren. Tyler was a member of the Read Mountain swim team who overcame a form of autism and whose brief swimming career was marked by a drive to improve and the excitement that comes with competing and winning ribbons. In July 2001 Tyler suffered a cerebral hemorrhage during warm-ups for a Monday meet, and passed away later that week. Applications should be submitted at the City/County Seed Meeting.

The Duane Whitenack Award

The Duane Whitenack Award In 1980, the RVAA established a special award in memory of Duane Whitenack, who worked to help the RVAA expand and grow and who established the plans for a year-round pool for the use of the traveling team. The RVAA designated the year-end championship meet, "The Duane Whitenack City/County Championship Meet." Also each year, the RVAA gives a special award in his memory to the person or persons who have contributed in an exceptional manner through their time and efforts to promote swimming in the Roanoke Valley. All recipients of this award share common characteristics: they are special, dedicated individuals who have demonstrated their love for our children and the great sport of swimming.

The Irene Hurley Volunteer Award

To honor the service and dedication of Irene Hurley to the RVAA and the sport of swimming in the Roanoke Valley, the RVAA established the Annual Irene Hurley Volunteer Awards in 1996. These awards honor a lady who was actively involved in the RVAA for over 20 years; including ten years as treasurer. She was a model for the caliber of volunteer required for the RVAA. Every year, teams select a volunteer who emulates the qualities, dedication, and commitment of Irene Hurley.

2024 RVAA OFFICERS

RVAA PRESIDENT Hilary Griffith 540-580-5115 hilarygriffith@gmail.com	RVAA SECRETARY Jen Camp swimrvaa@gmail.com	SUMMER DIRECTOR Sarah Sell 540-556-4381 rvaasummervp@gmail.com
RVAA VICE PRESIDENT Ryan Michalski rvaavp@gmail.com	RVAA TREASURER Greg Hamilton rvaatreas@gmail.com	CITY/COUNTY DIRECTOR Kerrie Jolley 540-798-9663 Kerrieswim1@gmail.com

2024 RVAA Delegates

ASHLEY PLANTATION Karen Williams 540-597-6343 Vwbeetlebug72@gmail.com	HUNTING HILLS Miki Smith 540-354-4999 mikismith@cox.net	READ MOUNTAIN Kit Williams 540-314-8085 kittswim@gmail.com
CASTLE ROCK Jamie Renick 540-819-0426 jtrivett@vt.edu	OUR LADY OF NAZARETH Caterina Murdock-Thorum 540-467-0544 cmthorum@cs.com	ROANOKE COUNTRY CLUB Jack Avis 540-520-3229 AvisJ@avisconstruction.com
ELKS LODGE Julie Moore 540-580-5134 julzdg@cox.net	LIMESTONE PARK Sarah Sell 540-556-4381 Sarahsell79s@gmail.com	SPRING RUN Laura Weaver 540-521-9434 Hokie_teacher@yahoo.com
FOREST HILLS Brett Fonder 540-797-7946 brettfonder@yahoo.com	OLYMPIC PARK Shannon Hoopes 540-397-3992 sak00182@gmail.com	STONEGATE Hilary Griffith 540580-5115 rvaapres@gmail.com
HIDDEN VALLEY Autumn Keller akeller@hiddenvalleycc.com	Lancerlot David Allman (540) 330-8848 doalman@lancerlotsportscomplex.com	

2024 RVAA SUPPORT TEAM

RVAA DATA and COMPUTER SUPPORT Shannon Hoopes 540-397-3992 datarvaa@gmail.com	HEAD JUDGE AND REFERREE Miki Smith rvaajudges@gmail.com	MEET EQUIPMENT MANAGERS Troy Smith 540-798-8653 troy-smith@cox.net *All visiting teams should bring equipment to away meets in case of equipment failure
RVAA WEBSITE CONTACT		

RVAA RULES FOR MEETS 2024

General Eligibility and Meet Rules

1. All swimmers will swim the entire season, including City/County, at the age they have attained on June 1 of the current year.
2. All swimmers must be members of the RVAA member club for which they swim.
3. Guests may swim exhibition in any weeknight meet if space is available. Clerk will issue cards and times will be filed by the RVAA to be used as official times if swimmers complete eligibility requirements. No points or ribbons awarded.
4. Up to three non-member coaches may swim for points and ribbons for any team.
5. Swimmers must pay non-refundable RVAA dues:

***submitted by swimmer online by May 28 \$30, after May 29 \$35**

6. A physician's statement and an explanation of any limitation must accompany a swimmer's request to be classified as "PHYSICALLY LIMITED." Prior to the start of the summer swim season, a committee of referees will review all requests. Therefore, the written request and doctor's verification must accompany the registration and dues form. The referee at the meet site will judge temporary handicaps (ex.: broken arm) on an individual basis.
7. Any swimmer in any age group may start from the deck adjacent to the starting block. However, without a medical waiver, NO ONE may start in the water other than on backstroke or medley relay.
8. With the exception of caps, goggles, nose plugs, and ear plugs, all other swim aids are unacceptable during competition.
9. Each delegate, coach, and judge will receive a copy of the technical stroke rules, and may provide copies to interested swimmers or parents.

Team Responsibilities

10. Each team must supply its share of required workers to run a meet. Teams should refer to the RVAA worker requirements provided to their delegates for a description of the minimum number of workers required by each pool for each meet. **Note: The RVAA may penalize a team if one or more of its workers leave the meet without first securing a qualified substitute for his or her position.**
11. The RVAA and its officials may penalize any individual team or teams that fail to comply with the RVAA Meet Rules. The magnitude of the violation will determine the penalties applied: warnings, loss of team points, or disqualification. The referee will make his or her decision according to RVAA referee guidelines. That decision will be final.
12. Each participating team must provide a work roster, clerk of course worker(s), and a **no show** list to each host pool by 5:00 PM on the day of the meet. All other workers must arrive at the meet location by 5:30 PM. All Monday night meets begin at 6:00 PM.
13. No team may begin warm-ups without the presence of its coach and one responsible adult (or two responsible adults if the coach is absent). Every team must post a coach or adult at each end of the team's warm-up lanes. All warm-ups will end no later than 5:50 PM or as designated by the meet referee.

Referee and Judging Policies

14. Meet events may be changed only in the case of a typographical error in the RVAA Newsletter. Referees are not to change the order of events.
15. Unless hazardous weather conditions exist, meets must be swum on the assigned date. However, when weather conditions necessitate a change, the referee will delay or postpone the meet after consultation with the coaches. The referee must notify the summer director on the same evening of the postponement. If the referee postpones a Monday night meet, the teams shall attempt to swim the meet on either Tuesday or Wednesday night of that week if pool availability and weather conditions permit. Teams will hold no makeup date for the last Monday night meet; however, if necessary, they may hold an open event on the following day.
16. In Monday night meets and at City/County, strokes and turns officials will judge six and under swimmers as they judge every other age group. If a six and under swimmer disqualifies or fails to place, he or she will receive a participation ribbon but will receive no points. Every six and under swimmer will receive a participation ribbon or a place ribbon.

17. The referee will relieve meet officials and workers of their duties if the officials or workers consume alcoholic beverages before or during the meet.

18. Swimmers should be confident and making forward progress of the length of the pool. The referee will make the decision of whether the swimmer is unsafe or the swimmer is making progress in a timely manner.

Classification and Scoring Rules for Monday Night Meets

19. In Monday night competition, a swimmer will be classified for seeding and scoring purposes as Gold, Silver, or Bronze for each event based on the current RVAA Meters Time Standards.

20. Fastest qualifying times determine the winners of each race. Ribbons and points will be awarded to the top five qualifiers in each of the three time standard divisions based on their FINAL time at THAT Monday night competition.

21. To earn Gold or Silver classification, a swimmer's time must be equal to or faster than the stated time standard for their age group.

22. A swimmer may move up or down within the Gold/Silver/Bronze divisions from meet to meet.

23. Adult swimmers, ages 19 and up, will receive points but no ribbons at Monday night meets.

24. Monday meet relays receive ribbons, but no points.

In the case of meet postponement or cancellation:

25. Table officials will record all individual times regardless of the status of the meet completion.

26. After each Monday night meet, the participating teams have **48 hours** to identify and notify the computer.data entry manager of any apparent errors in the results. After the **48 hour** period has elapsed, the unchallenged results shall stand as official.

City/County Championship Meet

27.To participate in any event of the City/County Meet, a swimmer must have competed in at least two weeknight meets as an RVAA registered swimmer.

28.Swimmers who do not have a qualifying time in an event but have swum in at least 2 weeknight meets and have not DQed in an event 2x may swim that event at City/County Meet. However they will be seeded with a NT (no time) for entry purposes. Club entry times or previous year RVAA times or otherwise (coaches' times etc) will no be accepted.

27. Classification rules for City/County follow Monday night rules, but utilize the current RVAA Yards Time Standards.

28. In each of the three time standard divisions, medals or ribbons will be awarded for the top ten places, and points will be awarded for the top twenty places. Relays receive Gold medals or ribbons and points.

29. The season's final scores will be the scores each team receives at the City County Championship meet. RVAA championship awards will be presented to all teams based on final scores. Separate first, second, and third place awards will be given for City/County scores.

The RVAA will tolerate no malicious acts of mischief or vandalism against member pools, and such conduct may result in suspension and/or expulsion of the perpetrator(s) from the league.

2023 RVAA TEAM RESULTS

- 1 Olympic Park 17,306.50
- 2 Stonegate 16,846.50
- 3 Castle Rock 12,340
- 4 Spring Run 11,909
- 5 Hunting Hills 10,998
- 6 Read Mountain 9,893
- 7 Our Lady of Nazareth 8,565
- 8 Ashley Plantation 6,943.50
- 9 Forest Hills 5,707.50
- 10 Elks Lodge 5541
- 11 Limestone Park 4,194
- 12 Roanoke Country Club 2,905

- View individual top times at <http://swimrvaa.com/toptimes.html>
- View time standards at <http://swimrvaa.com/timestandards.html>

The Roanoke Valley Aquatic Association was officially organized in 1964 when the RVAA prepared the present constitution and by-laws under the direction and supervision of the late Ed Hughes. During the same year, the AAU officially sanctioned the RVAA. The RVAA has grown from an organization with only a few hundred swimmers in 1964 to approximately 1,699 swimmers in 2012. Following the summer swim season each year, the RVAA holds a championship meet, involving all of the current year's participating teams. At the conclusion of the championship meet, the organization presents plaques and awards in each division for appropriate finishes. The RVAA also maintains, updates yearly, and publishes a record of all the fastest times in the individual age groups events for the championship meet.

The mission of RVAA is to promote the sport of swimming for participants of all ages and abilities throughout the Roanoke Valley Region. All swimmers, parents, coaches, and volunteers will be treated with the highest standards of courtesy and dignity in an environment that fosters fun, personal growth, fair play, and good sportsmanship. RVAA strives to ensure an equitable system of competition among swimmers. Its member swim clubs, in promoting team unity and competition, are charged with abiding by the letter and spirit of the RVAA rules.

For updates throughout the season like us on Facebook and visit our website

www.swimrvaa.com.

