

# The Fifth Annual SouthCoast Regional Swimming Awards Night 2006

The SouthCoast Aquatics Board of Directors is pleased to announce The Fifth Annual SouthCoast Regional Swimming Awards Night. SouthCoast Aquatics is a private non-profit 501(c)(3) organization formed in November 2001. Our mission is to develop athletes from the novice swimmer to the most advanced Olympic hopeful for local, regional, national and international competition. We serve the communities of the SouthCoast Region of Massachusetts, and promote, foster, support and encourage all aspects of competitive swimming.

SCA has created this regional awards night to increase the communities' awareness of competitive swimming & diving and reward the dedication of our local athletes. It is our opinion that we should preserve the history created by five individuals who were the local pioneers of our sport. Sally Smith, Jim Fillipo, Trix Whalen, Jim Medeiros and Jerry Jennings were and in some case still are the backbone behind the base of the swimming community we have today. Their impact has been felt both in & out of the pool, and continues to be felt (whether they realize it or not) by local athletes, coaches & families.

It is our hope that we can carry the torch and somehow pass on the generous gifts that we were lucky to receive from these coaching legends for so many years. In order to preserve their legacy as coaches, we have created The SouthCoast Regional All-Star Awards and two Swimmer of the Year scholarship awards. In addition to honoring these legendary coaches, the awards have been designed to promote competitive swimming & diving and raise community awareness while specifically inspiring:

- a. Loyalty to SouthCoast Area Teams
- b. Year round dedication to training & competing
- c. Swimming/Diving Achievement & Academic Excellence
- d. Leadership & Community Service

SouthCoast Aquatics realizes that not all teams and athletes participate in the sport year round for a variety of reasons, but it is our hope that these awards will raise the standard of expectations and commitment at the organizational level, coaching level, and most importantly the participant level.

## **The Awards “Non High School Teams”**

**6<sup>th</sup> & 7<sup>th</sup> Grade Regional All-Star Award** - a trophy will be awarded to each team's male & female swimmer based on each coach's selection.

**8<sup>th</sup> & 9<sup>th</sup> Grade Regional All-star Award** – a trophy will be awarded to each team's male & female swimmer based on each coach's selection.

**10<sup>th</sup> & 11<sup>th</sup> Grade Regional All-star Award** - a trophy will be awarded to each team's male & female swimmer based on each coach's selection.

**Whalen/Smith Senior Female Swimmer of the Year Award** – Trophy & Scholarship Awarded to the top senior from the SouthCoast Area (based on SCA nomination & winning point criteria). All nominees will receive a commemorative plaque

**Medeiros/Fillipo Senior Male Swimmer of the Year Award** – Trophy & Scholarship Awarded to the top senior from the SouthCoast Area (based on SCA nomination & winning point criteria). All nominees will receive a commemorative plaque

## **The Awards “High School Teams”**

**Freshman Regional All-Star Award** - a trophy will be awarded to each team's male & female swimmer based on each coach's selection.

**Sophomore Regional All-star Award** – a trophy will be awarded to each team's male & female swimmer based on each coach's selection.

**Junior Regional All-star Award** - a trophy will be awarded to each team's male & female swimmer based on each coach's selection.

**1-Meter Diving Regional All-star Award** - a trophy will be awarded to each team's male & female diver based on each coach's selection.

**Whalen/Smith Senior Female Swimmer of the Year Award** – Trophy & Scholarship Awarded to the top senior from the SouthCoast Area (based on SCA nomination & winning point criteria). All nominees will receive a commemorative plaque

**Medeiros/Fillipo Senior Male Swimmer of the Year Award** – Trophy & Scholarship Awarded to the top senior from the SouthCoast Area (based on SCA nomination & winning point criteria). All nominees will receive a commemorative plaque

The following teams have been invited to the SouthCoast Aquatics Awards Night:

Apponequet High School	Bishop Stang High School
BMC Durfee High School	SouthCoast Aquatics
New Bedford High School	YMCA of Middleboro
Fall River YMCA	New Bedford YMCA
River City Swim Club	Fall River Boys & Girls Club
Wareham YMCA	Warrior Swim Team

The above Swim Teams are encouraged to nominate individuals for both swimmer of the year and Regional All-Star awards. **Award nominations must be postmarked or e-mailed no later than March 1, 2006.** Invited team coaches will make the final selections for the Regional All-Star awards for their individual teams. The SouthCoast Aquatics Board of Directors will make the final selection of nominees (Based on the Point System) for the Male & Female Senior Swimmer of the Year Award. **Senior nominee official high school transcripts are due March 24, 2006 and must be mailed and postmarked by this date.** Please have the high school mail these directly to; SCA 374 Farm Street, New Bedford, MA. 02740-2131. **Coaches should be prepared to speak briefly about their Senior Nominees. Senior Nominees should be prepared to give a brief speech if they earn "Swimmer of the Year" honors.**

# **SouthCoast Aquatics**

## **Regional All-Star Selection**

SouthCoast Aquatics requests that you use the criteria below as a guide for selecting your regional all-stars, but you are free to select the swimmer of your choice. Coaches you are reminded that this is **your** selection and is final. Coaches, we will be taking pictures of all of the all-stars and senior nominees for the souvenir awards program that will be available at the event. Pictures will be taken at the U-Mass Dartmouth pool on the following dates; Tuesday and Wednesday March 14 & 15 from 6:30-7:00pm, and on Saturday March 18 from 11-12am. Please contact Coach Dave Pone at 508-984-1676 if there are any conflicts. There is a publication deadline for the souvenir awards program; failure to attend one of these photo sessions may result in your swimmer's picture not being in the program.

### **Suggested Nomination Criteria:**

- A. Must be a member of and compete with one of the possible HS/YMCA/USA-S/SEMSL teams
- B. Must have participated in at least one of the 3 possible Swimming seasons (LC-SC-HS) during the past year
- C. Attained a minimal level of achievement at the Conference, District, Regional or Age Group Championship Level
- D. Should be in good academic standing (a {C} Average or better)
- E. Demonstrates strong leadership skills
- F. Shown to be a positive member of the community

6 <sup>th</sup> or 7 <sup>th</sup> Grade Female Regional All-Star Nomination Form – <i>Please be sure all boxes are filled in!</i>						
Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:	
Mother or Guardian's Name:			Father's or Guardian's Name:			
# & Street:		City:		State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:		

8 <sup>th</sup> or 9 <sup>th</sup> Grade Female Regional All-Star Nomination Form – <i>Please be sure all boxes are filled in!</i>						
Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:	
Mother or Guardian's Name:			Father's or Guardian's Name:			
# & Street:		City:		State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:		

10 <sup>th</sup> or 11 <sup>th</sup> Grade Female Regional All-Star Nomination Form – <i>Please be sure all boxes are filled in!</i>						
Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:	
Mother or Guardian's Name:			Father's or Guardian's Name:			
# & Street:		City:		State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:		

6 <sup>th</sup> or 7 <sup>th</sup> Grade Male Regional All-Star Nomination Form – <i>Please be sure all boxes are filled in!</i>						
Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:	
Mother or Guardian's Name:			Father's or Guardian's Name:			
# & Street:		City:		State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:		

8 <sup>th</sup> or 9 <sup>th</sup> Grade Male Regional All-Star Nomination Form – <i>Please be sure all boxes are filled in!</i>						
Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:	
Mother or Guardian's Name:			Father's or Guardian's Name:			
# & Street:		City:		State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:		

10 <sup>th</sup> or 11 <sup>th</sup> Grade Male Regional All-Star Nomination Form – <i>Please be sure all boxes are filled in!</i>						
Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:	
Mother or Guardian's Name:			Father's or Guardian's Name:			
# & Street:		City:		State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:		

**H.S. Freshman (Female) Regional All-Star Nomination Form – *Please be sure all boxes are filled in!***

Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:
Mother or Guardian's Name:		Father's or Guardian's Name:			
# & Street:	City:		State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:	

**H.S. Sophomore (Female) Regional All-Star Nomination Form – *Please be sure all boxes are filled in!***

Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:
Mother or Guardian's Name:		Father's or Guardian's Name:			
# & Street:	City:		State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:	

**H.S. Junior (Female) Regional All-Star Nomination Form – *Please be sure all boxes are filled in!***

Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:
Mother or Guardian's Name:		Father's or Guardian's Name:			
# & Street:	City:		State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:	

**H.S. Freshman (Male) Regional All-Star Nomination Form – *Please be sure all boxes are filled in!***

Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:
Mother or Guardian's Name:		Father's or Guardian's Name:			
# & Street:	City:		State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:	

**H.S. Sophomore (Male) Regional All-Star Nomination Form – *Please be sure all boxes are filled in!***

Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:
Mother or Guardian's Name:		Father's or Guardian's Name:			
# & Street:	City:		State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:	

**H.S. Junior (Male) Regional All-Star Nomination Form – *Please be sure all boxes are filled in!***

Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:
Mother or Guardian's Name:		Father's or Guardian's Name:			
# & Street:	City:		State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:	

**Female Senior  
Swimmer of the Year Nomination Form  
(Please be sure all boxes are filled in!)**

Child's Name: Last	First:	Mid Init:	AGE:	DOB:
Mother or Guardian's Name:		Father's or Guardian's Name:		
# & Street:	City:	State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:	E-Mail Address:	

**Male Senior  
Swimmer of the Year Nomination Form  
(Please be sure all boxes are filled in!)**

Child's Name: Last	First:	Mid Init:	AGE:	DOB:
Mother or Guardian's Name:		Father's or Guardian's Name:		
# & Street:	City:	State:	Zip Code:	
Home Phone #:	Work Phone #:	Cell Phone #:	E-Mail Address:	

**1-Meter Diving Female All-Star Nomination Form – *Please be sure all boxes are filled in!***

Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:
Mother or Guardian's Name:			Father's or Guardian's Name:		
# & Street:		City:		State:	Zip Code:
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:	

**1-Meter Diving Male All-Star Nomination Form – *Please be sure all boxes are filled in!***

Child's Name: Last	First:	Mid Init:	AGE:	DOB:	Grade:
Mother or Guardian's Name:			Father's or Guardian's Name:		
# & Street:		City:		State:	Zip Code:
Home Phone #:	Work Phone #:	Cell Phone #:		E-Mail Address:	

# Senior Swimmer of the Year

## Nominating Instructions

To be considered for the Senior Swimmer of the Year Award, all information on the student-athlete nominee's application must be complete with all requested information submitted by the designated personnel. Completed forms must be postmarked no later than **March 1, 2006**, and mailed or e-mailed to the SCA office. **(Coaches should be prepared to speak briefly about their Senior Nominees. Senior Nominees should be prepared to give a brief speech if they earn "Swimmer of the Year" honors.)** Coaches should be aware that SouthCoast Aquatics considers the beginning of a swimming year to start and end April 1. SouthCoast Aquatics realizes that there are some gray areas, but generally recognizes the following swim seasons and dates:

L.C. (Long Course) = compete in yards & meters during Spring/summer (Apr-Jul)

S.C. (Short Course) = compete in yards during Fall/Winter (Sep-Mar)

Girls H.S. Season is understood to be in the Fall (Sept-Nov)

Boys H.S. Season is understood to be in the Winter (Dec-Feb)

The Regional Swimming Awards provide SouthCoast Aquatics with the opportunity to honor twenty outstanding senior student-athletes of the preceding calendar year. SouthCoast Aquatics realizes that some candidates, including our own, have not met some of the nomination criteria for the Senior Swimmer of the year award. Coaches are reminded that the criterion below is to be used as a guide and should not exclude any team from nominating their best candidate.

Coaches, we will be taking pictures of all the regional all-stars and senior nominees for our souvenir awards program. Pictures will be taken at the U-Mass Dartmouth pool on the following dates; Tuesday and Wednesday March 14 & 15 from 6:30-7:00pm, and on Saturday March 18 from 11-12am. Please contact Coach Dave Pone at 508-984-1676 if there are any conflicts. There is a publication deadline for the souvenir awards program; failure to attend one of these photo sessions may result in your swimmer's picture not being in the program.

### Swimmer of the Year - Nomination Guidelines & Eligibility

- Nominee must be a member of one of the invited teams and be a U.S. citizen.
- Each institution may nominate only one male and one female senior student athlete.
- Nominee must have swum competitively in one of the three seasons (LC, SC, HS) during each of the last four years.
- Nominee "top times" must have been achieved during the past swimming calendar year for one of the invited teams.
- Nominee must have a minimum cumulative grade-point average of 1.700 (C-), (4.000 scale) and be going on to attend college (letter of intent or acceptance required).
- Nominee must be a positive member of the community outside the practice/competition setting.
- The nominee must demonstrate strong leadership skills.
- Incomplete nominations will not be given full consideration.
- All Nomination forms must include verification by designated personnel.
- The nominee must attend the Awards Dinner which will be held May 4, 2006 in order to receive the award.

### Winning Criteria: Candidates for Swimmer of the Year will be evaluated on the following:

1. How they compare to their competitors in all 14-Yard swimming events & 14-Meter Swimming Events (Times which have been achieved while competing for non-invited teams, will not be recognized) (0-100pts).
2. How they compare to their competitors academically (0-40pts).
3. Loyalty shown to area YMCA/USA-S/SEMSL teams over the past 4 Years (0-50pts).
4. Dedication & commitment to the sport over the past swim calendar year and over the past 4 Years (0-40pts).
5. Community Service & Leadership during the past year (0-10pts).
6. Tie Breaker: A typed essay by the athlete (0-10pts).

# Senior Swimmer of the Year Point System

## I. Swimming Achievement = (Worth up to 100 Points)

Yards	Meters
50 Free	50 Free
100 Free	100 Free
200 Free	200 Free
500 Free	400 Free
1000 Free	800 Free
1650 Free	1500 Free
100 Back	100 Back
200 Back	200 Back
100 Breast	100 Breast
200 Breast	200 Breast
100 Fly	100 Fly
200 Fly	200 Fly
200 IM	200 IM
400 IM	400 IM

1. Swimmers will be ranked according to their best times achieved during the past year (April 1, 2005-April 1, 2006) in the above listed events. Submitted times must have been achieved while representing invited teams. Times achieved while representing non-invited teams violate our directive of promoting loyalty and will not be rewarded and should not be listed.
2. Swimmers must provide verification of each time achieved and the team they represented during the competition.
3. Times must have been achieved in an official dual, specialty (pentathlon, sprint, distance meet), or championship meet.
4. Times from inter-squad meets, alumni meets or time trials will not be accepted.
5. Swimmers who reside out of the area but participate on invited teams will receive the same consideration as any other individual.

Each Individual event will be ranked by time then scored like an individual event in a 10-Place Championship Meet. (Since there are 10 Candidates of each gender)

Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
Points	14	11	10	9	8	6	4	3	2	1
In case of a tie by two or more candidates for any place, the points for all places involved shall be divided equally among the tying competitors.										

Once all events have been ranked, the overall points will be totaled with the below point values awarded:

Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
Points	100	78.57	71.43	64.29	57.14	42.86	28.57	21.43	14.29	7.14
In case of a tie by two or more candidates for any place, the points for all places involved shall be divided equally among the tying competitors.										

## II. Academic Achievement = Worth Up to 40 Points

1. Class Rank will be used to award academic achievement
2. Official Transcripts are required and must be received from nominee's high school by 3/24/06 to be considered.
3. The below point values will be awarded:

Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
Points	40	31.43	28.57	25.71	22.86	17.14	11.43	8.57	5.71	2.86
In case of a tie by two or more candidates for any place, the points for all places involved shall be divided equally among the tying competitors.										

## III. Loyalty to Invited Teams over 4 Yrs= Worth up to 50 Points

1. Points will be awarded for each year the candidate:

Trained & competed with an invited team for the entire LC Season.....	= 6.25 pts
Trained & competed with an invited team for ½ of the LC Season.....	= 3.125 pts
Trained but did not compete with an invited team for the entire LC Season...	= 3.125 pts
Trained but did not compete with an invited team for ½ of the LC Season.....	= 1.5625 pts
Trained & competed with an invited team for the entire SC Season .....	= 6.25 pts
Trained & competed with an invited team for ½ of the SC Season.....	= 3.125 pts
Trained but did not compete with an invited team for the entire SC Season...	= 3.125 pts
Trained but did not compete with an invited team for ½ of the SC Season.....	= 1.5625 pts
Trained & competed with an invited team for the entire HS Season.....	= 3.125 pts

## IV. Dedication to the Sport = Worth up to 40 Points

1. Points will be awarded for each year the candidate:

Trained & competed with an invited team for the entire LC Season.....	= 5 pts
Trained & competed with an invited team for ½ of the LC Season.....	= 2.5 pts
Trained but did not compete with an invited team for the entire LC Season...	= 2.5 pts
Trained but did not compete with an invited team for ½ of the LC Season.....	= 1.5 pts
Trained & competed with an invited team for the entire SC Season .....	= 5 pts
Trained & competed with an invited team for ½ of the SC Season.....	= 2.5 pts
Trained but did not compete with an invited team for the entire SC Season...	= 2.5 pts
Trained but did not compete with an invited team for ½ of the SC Season.....	= 1.5 pts
Trained & competed with an invited team for the entire HS Season.....	= 2.5 pts

## V. Leadership & Community Service = Worth up to 10 Points

Example of leadership in past year = 5 pts..... Example of community service in past year = 5 pts

## VI. Typed Essay (used as a tiebreaker) = Worth up to 10 Points

**SouthCoast Aquatics**  
**Male Senior Swimmer of the Year Nomination**  
**For Candidates who participated in High School Swimming**

Coaches, please include best times that have only been achieved during the past year that began April 1, 2005 & ended April 1, 2006. All best times listed must be "Flat Start Times", any times used from the leadoff leg of a relay must be accompanied by the tape from an electronic timing system or official split from the official results of the meet. All other times must be verified with copies of official meet results as well. Coaches please be sure to answer all questions and list best times for every event possible (Omissions on this form will lead to fewer points for your swimmer!)

Candidate's Name:			Age:		
Event	Best Time	Meet	Place	Date	Team Representing
50 Y Free					
100 Y Free					
200 Y Free					
500 Y Free					
1000 Y Free					
1650 Y Free					
100 Y Back					
200 Y Back					
100 Y Breast					
200 Y Breast					
100 Y Fly					
200 Y Fly					
200 Y IM					
400 Y IM					

Candidate's Name:			Age:		
Event	Best Time	Meet	Place	Date	Team Representing
50 M Free					
100 M Free					
200 M Free					
400 M Free					
800 M Free					
1500 M Free					
100 M Back					
200 M Back					
100 M Breast					
200 M Breast					
100 M Fly					
200 M Fly					
200 M IM					
400 M IM					

**SouthCoast Aquatics**  
**Male Senior Swimmer of the Year Nomination**  
**For Candidates on Non-High School Swim Teams**

Coaches, please include best times that have only been achieved during the past year that began April 1, 2005 & ended April 1, 2006. All best times listed must be "Flat Start Times", any times used from the leadoff leg of a relay must be accompanied by the tape from an electronic timing system or official split from the official results of the meet. All other times must be verified with copies of official meet results as well. Coaches please be sure to answer all questions and list best times for every event possible (Omissions on this form will lead to fewer points for your swimmer!)

Candidate's Name:			Age:		
Event	Best Time	Meet	Place	Date	Team Representing
50 Y Free					
100 Y Free					
200 Y Free					
500 Y Free					
1000 Y Free					
1650 Y Free					
100 Y Back					
200 Y Back					
100 Y Breast					
200 Y Breast					
100 Y Fly					
200 Y Fly					
200 Y IM					
400 Y IM					

Candidate's Name:			Age:		
Event	Best Time	Meet	Place	Date	Team Representing
50 M Free					
100 M Free					
200 M Free					
400 M Free					
800 M Free					
1500 M Free					
100 M Back					
200 M Back					
100 M Breast					
200 M Breast					
100 M Fly					
200 M Fly					
200 M IM					
400 M IM					

**SouthCoast Aquatics**  
**Senior Female Swimmer of the Year Nomination**  
**For Candidates Who Participated in High School Swimming**

Coaches, please include best times that have only been achieved during the past year that began April 1, 2005 & ended April 1, 2006. All best times listed must be "Flat Start Times", any times used from the leadoff leg of a relay must be accompanied by the tape from an electronic timing system or official split from the official results of the meet. All other times must be verified with copies of official meet results as well. Coaches please be sure to answer all questions and list best times for every event possible (Omissions on this form will lead to fewer points for your swimmer!)

Candidate's Name:			Age:		
Event	Best Time	Meet	Place	Date	Team Representing
50 Y Free					
100 Y Free					
200 Y Free					
500 Y Free					
1000 Y Free					
1650 Y Free					
100 Y Back					
200 Y Back					
100 Y Breast					
200 Y Breast					
100 Y Fly					
200 Y Fly					
200 Y IM					
400 Y IM					

Candidate's Name:			Age:		
Event	Best Time	Meet	Place	Date	Team Representing
50 M Free					
100 M Free					
200 M Free					
400 M Free					
800 M Free					
1500 M Free					
100 M Back					
200 M Back					
100 M Breast					
200 M Breast					
100 M Fly					
200 M Fly					
200 M IM					
400 M IM					

**SouthCoast Aquatics**  
**Female Senior Swimmer of the Year Nomination**  
**For Candidates on Non-High School Swim Teams**

Coaches, please include best times that have only been achieved during the past year that began April 1, 2005 & ended April 1, 2006. All best times listed must be "Flat Start Times", any times used from the leadoff leg of a relay must be accompanied by the tape from an electronic timing system or official split from the official results of the meet. All other times must be verified with copies of official meet results as well. Coaches please be sure to answer all questions and list best times for every event possible (Omissions on this form will lead to fewer points for your swimmer!)

Candidate's Name:			Age:		
Event	Best Time	Meet	Place	Date	Team Representing
50 Y Free					
100 Y Free					
200 Y Free					
500 Y Free					
1000 Y Free					
1650 Y Free					
100 Y Back					
200 Y Back					
100 Y Breast					
200 Y Breast					
100 Y Fly					
200 Y Fly					
200 Y IM					
400 Y IM					

Candidate's Name:			Age:		
Event	Best Time	Meet	Place	Date	Team Representing
50 M Free					
100 M Free					
200 M Free					
400 M Free					
800 M Free					
1500 M Free					
100 M Back					
200 M Back					
100 M Breast					
200 M Breast					
100 M Fly					
200 M Fly					
200 M IM					
400 M IM					



### Male Senior Swimmer of the Year History Form

<b>Freshman Year</b> April 1, 2002 to April 1, 2003	Trained during LC Season: Apr – Aug ___Yes ___No ___Partial	Competed in Meets ___Yes ___No	Team Represented	Primary Coach
	Trained During SC Season: Sep – Nov ___Yes ___No ___Partial	Competed in Meets ___Yes ___No	Team Represented	Primary Coach
	Trained During SC Season: Dec – Mar ___Yes ___No ___Partial	Competed in Meets ___Yes ___No	Team Represented	Primary Coach
<b>Sophomore Year</b> April 1, 2003 to April 1, 2004	Trained during LC Season: Apr – Aug ___Yes ___No ___Partial	Competed in Meets ___Yes ___No	Team Represented	Primary Coach
	Trained During SC Season: Sep – Nov ___Yes ___No ___Partial	Competed in Meets ___Yes ___No	Team Represented	Primary Coach
	Trained During SC Season: Dec – Mar ___Yes ___No ___Partial	Competed in Meets ___Yes ___No	Team Represented	Primary Coach
<b>Junior Year</b> April 1, 2004 to April 1, 2005	Trained during LC Season: Apr – Aug ___Yes ___No ___Partial	Competed in Meets ___Yes ___No	Team Represented	Primary Coach
	Trained During SC Season: Sep – Nov ___Yes ___No ___Partial	Competed in Meets ___Yes ___No	Team Represented	Primary Coach
	Trained During SC Season: Dec – Mar ___Yes ___No ___Partial	Competed in Meets ___Yes ___No	Team Represented	Primary Coach
<b>Senior Year</b> April 1, 2005 to April 1, 2006	Trained during LC Season: Apr – Aug ___Yes ___No ___Partial	Competed in Meets ___Yes ___No	Team Represented	Primary Coach
	Trained During SC Season: Sep – Nov ___Yes ___No ___Partial	Competed in Meets ___Yes ___No	Team Represented	Primary Coach
	Trained During SC Season: Dec – Mar ___Yes ___No ___Partial	Competed in Meets ___Yes ___No	Team Represented	Primary Coach



**Nominated Swimmer Bio**  
**SouthCoast Aquatics**  
**High School Senior Swimmer of the Year**

Dear Senior Swimmer, Please complete all sections of this bio form. All information will be listed in a souvenir program that you will receive on the night of the award. Please mail this completed bio form and your attached essay postmarked no later than **3/24/06** to: SouthCoast Aquatics, 374 Farm Street New Bedford, MA. 02740-2131

**NAME (as it should appear on award):** \_\_\_\_\_ **AGE:** \_\_\_\_\_

**GENDER:** \_\_\_\_\_ **Male** \_\_\_\_\_ **Female**    **HEIGHT:** \_\_\_\_\_

**BIRTHDATE:** \_\_\_\_\_ **BIRTHPLACE:** \_\_\_\_\_

**Address (# & street/town/zip):** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**College Plans (college/university)** \_\_\_\_\_

**What are your plans for swimming in college?** \_\_\_\_\_

**Name of Nominating Team:** \_\_\_\_\_

**Name of Secondary Team(s):** \_\_\_\_\_

**Swimming Honors/Records/Championships:** \_\_\_\_\_

**PARENTS:** \_\_\_\_\_

**SIBLINGS:** \_\_\_\_\_

**FAVORITE MUSIC:** \_\_\_\_\_

**PETS:** \_\_\_\_\_ **FAVORITE MOVIE:** \_\_\_\_\_

**FAVORITE COLOR:** \_\_\_\_\_ **FAVORITE FOOD:** \_\_\_\_\_

**FAVORITE PRE-MEET RITUALS:** \_\_\_\_\_



## Verification of Achievements

**I attest the enclosed information is accurate:**

Print Name: \_\_\_\_\_  
Swimmer

Signature: \_\_\_\_\_  
Swimmer

**I attest the enclosed information is accurate:**

Print Name: \_\_\_\_\_  
Parent or Guardian

Signature: \_\_\_\_\_  
Parent or Guardian

**I attest the enclosed information is accurate:**

Print Name: \_\_\_\_\_  
Head High School Coach

Signature: \_\_\_\_\_  
Head High School Coach

**I attest the enclosed information is accurate:**

Print Name: \_\_\_\_\_  
High School Athletic Director

Signature: \_\_\_\_\_  
High School Athletic Director

**I attest the enclosed information is accurate:**

Print Name: \_\_\_\_\_  
USA-S/YMCA/SEMSL Head Coach

Signature: \_\_\_\_\_  
USA-S/YMCA/SEMSL Head Coach

**I attest the enclosed information is accurate:**

Print Name: \_\_\_\_\_  
USA-S/YMCA/SEMSL Aquatics Director

Signature: \_\_\_\_\_  
USA-S/YMCA/SEMSL Aquatics Director

In connection with the Family Educational Rights and Privacy Act of 1974, I authorize SouthCoast Aquatics to release to the media and public any information on this nomination form. This information may be used to process my application and to publicize the 2006 SouthCoast Regional Swimming Awards Night. SCA will not release any G.P.A. information without the written consent of the swimmers parent or guardian. G.P.A. information will remain confidential and only be used in the selection process.

Nominee's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# TICKET, ADVERTISING, SPONSORSHIP & DONATION INFORMATION

TICKETS: The Fifth Annual SouthCoast Regional Swimming Awards Night is being held May 4, 2006 at White's of Westport in Westport, MA. The event will begin at 6pm. Nominated Regional All-Star Swimmers, divers and their coaches' tickets are \$15. Nominated Senior All-Star Swimmers are being invited free of charge. Reserved tickets will be available to all nominated swimmers & divers family members for; Adults \$30 each, Children 14 & Under \$15 each. This amount helps defray the expenses of renting the hall, cost of the meals for athletes & coaches, awards & scholarships, and honored speakers & guests. Reserved tickets may be purchased up until March 31, 2006. After that date sales will be open to the general public. **Seating will be limited.**

All family members & friends are encouraged to attend this year's event. We are very proud to announce that Olympic Gold Medalist in the 2000 Sydney Games, **Misty Hyman**, will be our guest speaker and help in presenting the awards. Misty will be available for autographs and pictures during the event. For information on purchasing tickets to the awards night and making payments please contact Bob Medeiros at 508-758-4370 or e-mail at [medeiro@rcn.com](mailto:medeiro@rcn.com).

## ADVERTISING & SPONSORSHIPS:

SouthCoast Aquatics will be printing a souvenir awards program for the event. This program will have pictures of all the all-star nominees listed with their teams and will contain pictures and bios of the senior award nominees. The goal of SCA is to use the advertising dollars collected to provide trophies for all the all-stars and senior nominees. We will also be presenting \$1000 college scholarships to the top two senior athletes. In order to provide these awards, SCA will be selling full, half and quarter page ads in the souvenir program. The cost will be \$100 (full); \$50 (half) and \$25 (quarter) each. The back cover and inside front page of the program will be reserved for the eventual event major sponsors. Please contact Bob Gauvin at 508-951-7080 or e-mail [gauvin1@comcast.net](mailto:gauvin1@comcast.net) if you or someone you know is interested in advertising in the program or becoming an event sponsor. A minimum of 300 programs will be printed. This is a great opportunity for area businesses and merchants to support an important cause and advertise to a large base of current and potential future customers. ***For families of nominated swimmers the souvenir awards program is the perfect place to say congratulations for a job well done!*** The deadline for all souvenir awards program ads is March 31, 2006. Donations and sponsorships will be accepted at any time, but recognition will not be in the awards program due to the publication deadline.

## RAFFLE TICKETS:

SCA is currently accepting items for this year's raffle. If you have any raffle items you would like to donate or you have any fundraising ideas for the event please contact Debbie Suzan at 508-758-3131 or e-mail [suzanmd@comcast.net](mailto:suzanmd@comcast.net). For some area businesses that don't want to donate money or advertise in our program this is the perfect way for them to get their business noticed and help a great cause. A donated product or service would be great and possibly a more economical way for a business or individual to get involved. The raffle will take place during the awards night and winners will be announced at the end of the evening. For information on purchasing raffle tickets contact Bob Medeiros at 508-758-4370 or e-mail at [medeiro@rcn.com](mailto:medeiro@rcn.com). Raffle tickets will be \$1.00/ticket or 6 tickets for \$5.00.

## DONATIONS:

SouthCoast Aquatics will also be accepting donations in any amount to help us further our non-profit goals and help fund present and future swimming scholarships. SCA is a 501(c)(3) organization. This status exempts SCA from federal income tax and makes all donations to our organization tax deductible (as provided in section 170 of the Internal Revenue Code). All donors will be recognized in the awards program as "Friends of SouthCoast Aquatics" regardless of the size of the donation. To be listed in the program all donations must be in by March 31, 2006 due to the printing deadline. Please mail all donations to SouthCoast Aquatics C/O Bob Gauvin 1 Riverside Drive Mattapoisett, MA 02739. Donations may also be made on-line at [www.swimsca.org](http://www.swimsca.org) .

Coaches, Swimmers, Families, and Friends, the success of this event depends on you. Our fundraising goal this year is to ensure this awards night takes place on an annual basis. Our mission is to foster, support and encourage all aspects of competitive swimming & diving. Please help us make swimming the number one sport on the SouthCoast of Massachusetts.



# Fifth Annual SouthCoast Regional Swimming Awards Night May 4, 2006

## IMPORTANT DATES/DEADLINES:

**March 1, 2006;** All swimmer nominations must be completed and mailed to SCA by the program's head coach, postmarked or e-mailed by this date. This includes all-stars and senior nominees. Please mail these directly to; SCA 374 Farm Street, New Bedford, MA. 02740-2131 or e-mail to [coachponte@aol.com](mailto:coachponte@aol.com).

**March 2, 2006;** Parent's representatives from each team and or coaching staff meeting; U-Mass Dartmouth Pool Lobby 6-7pm. All information available on the awards night will be available at this meeting. **Coaches please contact a parent from your team/teams and ask them to represent your team. Please make every effort to have everyone possible attend this meeting. This will make the process so much easier for all involved.**

**March 24, 2006;** Senior nominee official high school transcripts are due and must be mailed and postmarked by this date. Please have the high school mail these directly to; SCA 374 Farm Street, New Bedford, MA. 02740-2131.

**March 22 & 25, 2006;** These are the dates pictures will be taken of all nominees (all-stars & seniors) for the souvenir awards program. Pictures will be taken at the U-Mass Dartmouth pool Wednesday March 22 from 6:30-7:00pm and Saturday March 25 from 11-12am. Please contact Coach Dave Ponte at 508-984-1676 if there are any conflicts. There is a publication deadline for the souvenir awards program; failure to attend one of these photo sessions may result in your swimmer's picture not being in the program.

**March 24, 2006;** Senior Bios and Essays are due and must be mailed postmarked by this date. Coaches or swimmers/parents may mail these to SCA 374 Farm Street, New Bedford, MA. 02740-2131.

**March 31, 2006;** This is the publication deadline for the souvenir awards program. All advertisements and donations must be received by this date in order to be placed or receive recognition in the awards program.

**March 31, 2006;** Reserved ticket deadline. Any tickets not purchased by this date will be released to the general public. Since Olympic Gold & Medalist Misty Hyman will be present, swimming enthusiast from around New England will be eager to purchase tickets. **Seating will be limited.**