

POTOMAC MARLINS ANNUAL AWARD DEFINITIONS

MARLIN CUP: The Marlin Cup is awarded to the top three male and female swimmers in each age group (excluding 8 & Under for which there are no USA time standards) who achieve the highest point total based upon the following **Potomac Marlins** formula: (*12 & unders who swim Senior level events must be measured against the 13-14 age group time standards for those events to count towards Marlin Cup point totals.*)

20 Points AAAA	10 Points AA	3 Points BB
15 Points AAA	5 Points A	1 Point B

The Marlin Cup encourages improvement measured against current U.S.A. National Time Standards published yearly by United States Swimming.

IMX AWARD: Awarded to the top male and top female swimmer who achieve the highest total IMX points based upon the USA Swimming IMX point scoring system.

National/Sectional/Zone Team: Commemorative plaques for all qualifiers.

USA Swimming Top 16 Awards: Presented to all swimmers who reach the USA Top 16 **consideration** time standard as established by USA Swimming. Actual top 16 swimmers names are subsequently published by USA Swimming (*Swimming World*). Certificates are then presented to “actual” Top 16 swimmers by Potomac Valley Swimming at a later date when results are finalized by USA Swimming.

RECORD BREAKERS

- ? **Potomac Valley Record Breaker:** Awarded to swimmers who set new Potomac Valley Swimming Records in Short Course or Long Course during either of the previous seasons.
- ? **Team Record Breaker:** Certificate presented to the swimmers who have broken team records during the previous Long Course and/or Short Course seasons and have retained the records as of the last meet of each respective season.

EVENT PERCENT DESCENT (EPD) Award: Awarded to the single swimmer (male or female, non-age based) who has achieved the highest percentage time drop in each of the 22 events during the course of the current sort course season. *Swimmers will receive one award listing all events in the case of multiple event top honors.*

Swimmers must swim a particular event a minimum of two times during the current season for the event to be considered towards total time drop. A swimmer’s **base time is established from the swimmer’s first meet of the current short course season in which a particular event was swum as a Potomac Marlin OR their previous life time best time (whichever is fastest) through the last meet of the spring Championship season.** (*Events, which are only swum once during the current short course season, will not be considered*). The intention of this award is to recognize improvement over the course of the current short course season (September – March), NOT from one season or year to the next.

Percent Descent Event List:

25 Free	1650 Free	50 Breast	200 Fly
50 Free	25 Back	100 Breast	100 I.M.
100 Free	50 Back	200 Breast	200 I.M.
200 Free	100 Back	25 Fly	400 I.M.
500 Free	200 Back	50 Fly	
1000 Free	25 Breast	100 Fly	

TEAM PARTICIPTION AWARDS

Swimmers will receive ONE award from the highest level, which they have achieved. GOLD, SILVER and BRONZE swimmers will also receive a participation certificate

GOLD: Presented to swimmers who have accomplished the SILVER level requirements plus participation in 5 out of the 7 following Marlins activities and/or events.

- ? Summer LC/SC Program (previous summer)
- ? Special Olympics Meet Volunteer (current season)
- ? Cassel's Meet Volunteer (if not swimming)
- ? VA LC State Champs Meet Volunteer (if not swimming)
- ? 1 Travel Trip or scheduled Marlins team activity (ex. Penn State Meet)
- ? Volunteered as an assistant MINI MARLINS coach (1 or more classes). Open to 13 & Overs. Contact coach Barry to schedule your day(s).
- ? Within current season, write one article for the web site regarding a positive personal experience gained through involvement with swimming and/or the Potomac Marlins Swim Team. (one page, typed minimum. Photos ".jpg" may be included. Submitted to Coach Bill or Coach Barry)

SILVER: Presented to swimmers who have participated in a MINIMUM of 6 USA swim meets for the Potomac Marlins AND who have swum all of the possible **Senior** events at least once AND swum a minimum of 21 individual events during the current short course season without DQ.

50 Free – 100 Free – 200 Free – 500 Free – 1000 Free – 1650 Free – 100 Back - 200 Back – 100 Breast – 200 Breast – 100 Fly – 200 Fly – 200 I.M. – 400 I.M.

BRONZE: Awarded to current racing team swimmers who have swum in a MINIMUM 4 USA swim meets for the Potomac Marlins, swum a minimum of 14 individual events AND completed the six required CHALLENGE events designated for their age group during the current short course season. (10 & Under, 11-12, 13 & Over).

Swimmers who have "aged up" mid-season must have completed their six age group specific events prior to or subsequent from the date of their birthday. *(ex. If a swimmer turns 11 mid season and has not completed the requirements for the 11-12 age group, then they must have completed the requirements for the 9-10 age group BEFORE they turned 11. Otherwise they would be ineligible in both groups).* All events must result in a legal time. DQ's are not accepted. The required Team Event Challenge events for each age group are as follows:

	<u>10 & Under</u>	<u>11-12 Year olds</u>	<u>13 & Over</u>
<u>1</u>	50 Fly	100 Fly	200 Fly
<u>2</u>	50 Back	100 Back	200 Back
<u>3</u>	50 Breast	100 Breast	200 Breast
<u>4</u>	100 Free	200 Free	500 Free
<u>5</u>	200 Free	500 Free	1000 / 1650 Free
<u>6</u>	100 I.M.	200 I.M.	400 I.M.

PURPLE: Certificates Awarded to swimmers who have participated in a MINIMUM of two U.S.A. swim meets for the Potomac Marlins during the current short course season (September – March) and a MINIMUM of 8 total events.

New Racing Team Member Medals: Awarded to all new racing team swimmers who have participated in a minimum of two U.S.A. swim meets for the Potomac Marlins during the course of the current short course season (September – March). Presented in conjunction with the Team Participation awards.

Mini-Marlins: Presented to registered Mini-Marlins and 8 & under Junior Marlins/Age Group swimmers who have participated in at least 1 USA swim meet during the current short course season.

Graduating Senior Award: To all Graduating Seniors who have been with team for at least 1 full season. Reading or presentation of Senior farewell statements and last will and testaments is required to receive award.

COACHES AWARD: Swimmers are chosen by the **subjective** opinions of the coaching staff. Coaches may choose up to three swimmers per practice group. Coaches decisions may be based upon, but not limited to the following areas of swimmer development and accomplishment:

Attitude: Swimmer exhibits a high degree of personal excellence in one or more of the following areas: sportsmanship, self-discipline, attitude, team spirit, leadership and respect.

Consistency: Swimmer exhibits consistency in hard working practice habits and attendance.

Improvement: swimmer has demonstrated **substantial improvement** (speed, stroke technique, effort level, etc..) in practice during the course of the current short course season.