

Swimming & Diving Rules Clinic - Unit 1

Jacquelyne Martinez - NMAA Assistant Director

Office Phone - (505) 923-3281

E-Mail: jackie@nmact.org

Welcome to the 2018-2019 New Mexico High School Swimming and Diving season! I am pleased to be working with all of our athletes, coaches, and officials in the sport of swimming and diving for the upcoming season.

There have been questions about the process for approval of commemorative or memorial patches. As per NFHS rule 3-3-2 (d), these patches may not exceed 4 square inches and they MUST BE approved by the NMAA prior to being worn in competition. Schools should submit a request in writing to the NMAA and if approved, we will send a written reply which must be presented to the officials prior to each meet.

Finally, I want to remind everyone of one of the main reasons we do what we do: the importance of education-based athletics. I would like to share with you excerpts from an article by Dr. David Hoch, Athletic Director at Loch Raven High School in Towson, MD.

The United States is the only country in which athletic programs are part of the schools. Throughout the rest of the world, young people attend school for the academics and participate in sports through clubs, travel teams, camps and clinics, and with private coaches.

Athletics are integral to the American education system because they have educational value. By participating in athletics, young people have the opportunity to learn, grow and develop just as they do in the classroom - and this principle is essential to our approach.

It is important to note that athletes generally have better attendance, cause fewer behavioral problems and have higher grade point averages during the season. Many corporate and government leaders credit their athletic participation for helping to develop their leadership skills.

While coaches still prepare their teams to excel and strive to win, there has to be more involved. Beyond learning sport-specific skills and strategies, young people should be learning positive qualities, philosophies and principles that will help and carry them through life.

Everything that we do in athletics has or should have an educational component; it isn't just about winning.

Thank you all for your hard work and dedication. Good luck this season!

Jackie Martinez
NMAA Assistant Director