

Introducing IST's new VIDEO Matrix Scoreboards

Configure the scoreboard with the cabinets needed to fit your space and budget

Cabinet Size: 19.7in x 19.7in

Pixel Spacing Options: 3.9mm, 4.8mm, 6.25mm (6000 Nits brightness)

Rear access || Completely sealed



For more information or a quote contact
info@istime.com | 800-835-2611



The NISCA Journal

January/February 2019
www.niscaonline.org



The Official Publication Of The National Interscholastic Swimming Coaches Association of America, Inc.
"Serving More Than 265,000 Athletes In Over 12,600 Programs"

PRSRT STD
U.S. POSTAGE
PAID
PERMIT NO. 189
CEDAR RAPIDS, IA

SWIMCLOCK®

with Bluetooth® Wireless Technology



"The Bluetooth clock is awesome! The kids are so impressed and we're in love!"
-Coach Emily Zitzmann
Tri-Valley YMCA, Oneida, NY

SWIMCLOCK with Bluetooth® Wireless Technology provides unparalleled flexibility and control over workouts. SWIMCLOCK uses dependable, super-bright LED's that are visible indoors or out. The four 6.5 inch digits are enclosed in a rugged aluminum case with Plexiglas lens. Available with or without battery.

Use the **SWIM CLOCK Phone App** on your Android or iPhone to create unlimited sets, organized by category with unlimited different intervals. Select to count up or down, and number of reps to run. A tone sounds for the beginning of each set and repeat. Transmit the data with minimal impact on the phone battery.

Create unlimited workouts with unlimited sets in each. Save in memory to reuse, edit, or delete and replace. Use E-Z Workout to program a single interval and the number of repeats. The **SWIM CLOCK Phone App** also includes Game Clock and Stopwatch modes. Multiple **SWIMCLOCK's** can be run synchronously from one cell phone.

With IST's **WORKWARE®3**, you can create sets and workouts on your laptop and download them to your phone. Buy it with the **SWIMCLOCKBT** for just \$35.00. That's a 90% discount!

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Industrial Service Technology DBA International Sports Timing is under license. Other trademarks and trade names are those of their respective owners.



3286 Kentland Ct., S.E.
Grand Rapids, MI 49548
Phone: 800/835-2611
Fax: 616/247-0086
Email: info@istime.com
<http://www.istime.com>



International Sports Timing is the Official Timing System of
**National Interscholastic Swimming
Coaches Association**

Become A Member Today

**INTERNATIONAL SWIMMING HALL OF FAME**

**SWIMMING WORLD**

**\$100**

**\$250**

**\$500**

**\$1000**

INDIVIDUAL MEMBERSHIP

- Basic Member Benefits
- ISHOF Pin & Vintage ISHOF Patch Limited Collectors Edition
- Swimming World Vault With Access To The Past 12 Months

FAMILY MEMBERSHIP

- Basic Member Benefits
- ISHOF Pin & Vintage ISHOF Patch Limited Collectors Edition
- (4) ISHOF T-Shirts Supporting Your Sport
- Swimming World Vault With Access Back To 1960

LEGACY MEMBERSHIP

- Basic Member Benefits
- ISHOF Pin & Vintage ISHOF Patch Limited Collectors Edition
- ISHOF Embroidered Polo Shirt
- Swimming World Vault With Access Back To 1960
- One ticket to ISHOF Induction Ceremony Dinner

CORPORATE MEMBERSHIP

- Basic Member Benefits
- ISHOF Pin & Vintage ISHOF Patch Limited Collectors Edition
- ISHOF Embroidered Jacket
- Swimming World Vault With Access Back To 1960
- Two tickets to ISHOF Induction Ceremony Dinner

STAY CONNECTED

- Monthly Member ISHOF e Newsletter
- Annual Yearbook With Your Name Listed
- 12 Month Access to Swimming World Vault Includes: Swimming World Magazine, Swimming World Biweekly and Swimming Technique

MEMBER DISCOUNTS

- Discounted Ticket Price At ISHOF Events and Induction Ceremony
- 10% OFF At The Museum/Swim Shop



Tear off and return with payment

<input type="checkbox"/> Individual Membership.....	\$100	Name _____
<input type="checkbox"/> Family Membership.....	\$250	Address _____
<input type="checkbox"/> Legacy Membership.....	\$500	City _____ State _____ Zip _____
<input type="checkbox"/> Corporate Membership.....	\$1000	Phone _____
<input type="checkbox"/> T-shirt/Polo/Jacket Sizes - <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL		E-mail _____
<input type="checkbox"/> T-Shirt Sport - <input type="checkbox"/> Swim <input type="checkbox"/> Dive <input type="checkbox"/> Synchro <input type="checkbox"/> H2O Polo		Payment (Check one): <input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> AmEx <input type="checkbox"/> Discover
<input type="checkbox"/> I also want to make a tax-deductible donor contribution in the amount of \$ _____	Donate Now	Enclosed is my check to ISHOF for a total of \$ _____
<input type="checkbox"/> Donation In Honor of My Coach		Please charge my credit card for a total of \$ _____
Name: _____		Acc't# _____
		Exp. Date _____ Card Code _____
		Signature _____

Return completed form with payment to: ISHOF, 1 Hall of Fame Drive,
Ft. Lauderdale, FL 33316 / p (954)462-6536 or at www.ishof.org

Background Photo: Kristin Volz

Contributions to the International Swimming Hall of Fame, a tax-exempt organization under section 501c3 of the Internal Revenue Code, are deductible for computing income and estate taxes.