



Oregon Swimming News

Oregon Swimming is organized for the purpose of fostering swimming competition for the benefit of swimmers of all ages and abilities, in accordance with the standards and rules prescribed by USA Swimming.

Visit our web site: www.oregonswim.org

Volume 23, Number 12

December 2002

Oregon Swimming newsletter is an open forum. Oregon Swimming encourages contributions to the newsletter. All content of these letters reflect the views and opinions of the author and may not reflect those of Oregon Swimming

Oregon Swimming, 1750 SW Skyline Blvd #103, Portland OR 97221

The Oregon Swimming Office will be closed December 23 – January 2.

COMMENTS FROM THE CHAIR ***JEFF GUDMAN***

There are several items to discuss in this month column.

First. At the October Oregon Swimming House of Delegates meeting the House voted to limit members of the Oregon Swimming zone team to only swimmers 11 and over. The decision was based on the science and motivational concerns with respects to 10 and under swimmers. This decision was made based on the collective judgment of the House of Delegates that the swimmers and the sport are best served by not including 10 and under swimmers on the Oregon Swimming zone team. The team will still consist of 80 swimmers. Thank you to the members of the House of Delegates for their thoughtful, careful consideration of this issue. Oregon Swimming continues to benefit from this approach to decision making.

Second. Many cities and/or counties have a hotel/motel room tax. Whenever a club hosts a meet and there are swimmers and their families coming to your city or town and spending the night there are tax dollars being collected. Every host club should be checking with your city and/or county about seeking some of the tax dollars generated when you host a meet. You bring the people in you ought to get some of the dollars generated.

Third. Bruce Ludwig, officials chair, is building on the accomplishments of his predecessors. One key area of his focus is the ongoing need for more officials. Oregon Swimming is blessed with a great group of officials but we can always use more. Of your club or a group of clubs is interested in planning an officials clinic or any kind call Bruce or your area officials chair and a clinic can be put on.

Fourth. Good news on the Swim Fast Butterfly video/DVD. At clinics around the country where the video has been sold they have sold out. The DVD version is great and much more user friendly than the video although the video has its place for those who want to show it on the pool deck and do not have DVD technology poolside. Check the USA Swimming website.

Fifth Top Five ceremony. Another wonderful ceremony recognizing the swimmers achieving a top 5 performance during the past short and long course seasons. Thanks to Marianne Gunderson for her work in arranging for the use of the Tiger Woods Center at Nike Headquarters and to Haley Koss, athlete, for serving as the master of ceremonies.

Sixth. Challenges with Top 5 times. Individual events for top5 results are straightforward to track. But, when a swim is turned in from a relay start it gets more

challenging beginning with incorrect names or ages. I urge all coaches to check meet results to make sure the names and times of your relay lead off swimmers are correct. Because of the number of errors in the past our webmaster is not even putting the lead off times into the data base (the relay times are being recorded into the data base).

Seventh Related to tracking times is the additional challenge of disabled swimmers. Although Oregon Swimming strives to be inclusive one challenge that emerges is a disabled swimmer who competes in a 200 yard race but only swims 100 yards. Although there are ongoing discussions about this method of inclusion one result is a 100 yard or meter time listed in a 200 yard or meter race. These kinds of results need to be highlighted in the final results or any number of problems will emerge not the least of which is tracking of times.

Eighth. New pools. Planning has begun for a new additional 25 yard by 25 meter pool in The Dalles. The pool would be a joint venture including the local hospital. Congratulations to The Dalles swimming community. Congratulations are also in order for the city of Vancouver where plans are underway for a new 25 yard community and competitive pool.

Last. This is my final column as General Chair of Oregon Swimming. It has been a great pleasure to serve as your chair during these past two years. The remarkable dedication of the coaches, the volunteers, the athletes are a constant reminder of why serving as your general chair in our wonderful sport is a pleasure. Tim Stevenson, Oregon Swimming's newly elected general chair, will do a wonderful job in leading our LSC to continued success.

See you at the next meet.

DECEMBER NOTICES

New OSI Records.

Maggie Alexander, 12, TTSC bettered the 11-12 Girls 200Y Back record twice last month, on 10/11 - 2:18.95, and on 11/1 - 2:18.25.

Alesha Trattner, 12, LO SC, 11-12 50Y Free, 24.95. Congratulations to both athletes and their coaches.

2002 Oregon Swimming Awards. At the 2002 Awards Ceremony we not only honored 301 top 5 athletes but also awarded OSI Awards. These awards were elected at the House of Delegates meeting. This year Female Athlete of the year is Christina Kinney, MHST and Male Athlete of the year to Dennis Baker, DDSC. Age Group Coach of the year, Jeanine Serrano, TTSC and Senior Coach of the year, Scott Allen, RST. The James J Richardson Award was awarded to Andy Carlisle, OSI Senior Coach

Representative and Time Standard Chair. Phillips 66 Award to Lissa Parker, All Star Manager, Dick Parker Official's Award to Penny Dam, OSI ET Chair and official. Jon Arlin Adapted Award to Mark Maxwell. Congratulations to all top 5 athletes and the award winners.

2003 All Star Team. Coaches for the all star team are: head coach: Suha Tokman, assistant coaches: Kathe Bourell (SCAT), Darlene Hill (CRST), Jim Bowe (DDSC), Martin Reichgott (MJCC) and John Zell (WBST).

Coach membership requirement. Effective immediately, USA Swimming will accept in lieu of Safety Training for Swim Coaches: YMCA Lifeguard certification.

The American Red Cross Lifeguard Training Course. The lifeguard certification also meets the requirements for first aid and CPR, so now this one course meets ALL the necessary safety requirements for coach membership. (The CPR certification, however, must be renewed annually.)

Ellis & Associates "National Pool & Waterpark Lifeguard Training Program - Universal Lifeguard License". The Ellis certification must be renewed ANNUALLY. The certification itself includes lifeguarding, First Aid, CPR, Oxygen Administration and AED operation.

USA Swimming does not accept ANY instructor certifications from the American Red Cross. ARC requirements to be an instructor for Safety Training for Swim Coaches mandate that the instructor must hold a current STSC card. Therefore, if a coach sends you a STSC instructor card, he/she should also have the regular STSC card already and should be able to give it to you.

COACHES CORNER

Scott Allen

With the most recent celebration of success at the OSI Awards Ceremony, I would like take time to remind coaches that it is important that the work in compiling the Top 5 is often hampered by an incorrect listing of swimmers on relays. In the heat of competition, we do change the order of our relays to allow for faster swimming. In doing so, these changes are not always reflected in the meet results, which lead to an incorrect listing for a lead-off swim. After a long weekend at a meet, the last thing one really wants to do is review the order of swimmers in a relay as posted in the meet results; however, we do need coaches to take time to double check these listings as soon as possible. Your assistance in this matter will be greatly appreciated.

I am still looking for ideas and feedback for next years clinic. I have spoken to a few coaches about topics for next year. In light of this year's discussion on 10 and Unders, I thought it might be best to invite a speaker on athlete development. This is departure from having a swim coach speak about their training methodology, which does not always seem to translate to the athletes with whom we work. Ideas that have been forwarded have been the inclusion of an Oregon Swim Coaches Panel, a Luncheon for Female Coaches, and a LSC swim camp to increase swimmer participation. The trick of course will be to fit it all in the course of the weekend.

Oregon Swimming will be bringing the Club Leadership and Business Management School in April. I would encourage coaches and board members to attend this great program. The program is now a six hour course, which focuses on board governance and club finances. Kim Holmes, Western Zone Coordinator, will be in attendance. Coaches that might be interested in having Kim visit their program, please contact her at 719-866-3520 or kholmes@usa-swimming.org. Kim was here in October and did visit with the following clubs: Oregon City, Woodburn, Forest Grove, McMinnville, Lincoln City, Eugene Y, Vancouver, Mittleman JCC, and Bignall Blue Marlins.

OFFICIALS CORNER

Bruce Ludwig

Our official's meeting prior to the November 6th OSI Board meeting in Eugene resulted in some meaningful discussions. I asked those present to name the top three challenges facing the officials' of Oregon Swimming. They gave me the following:

- 1) Number of officials at meets and retention of officials in the sport;
- 2) Morale; and
- 3) Number of trainers at meets and consistency of training;

I asked them to name *one* thing that we most need to improve. The answer – overwhelmingly – was *the number of officials on deck*. The implication from discussion that followed was morale among officials in Oregon Swimming may be low, and the probable cause is not enough officials on deck for meets.

Why are we having trouble staffing meets with an adequate number of officials? What is an *adequate number of officials*? Why are we having problems retaining officials – especially trainees? Do training issues impact this problem, or is *training inconsistency* a separate issue? What can we do to address these issues? These are some of the questions we need to answer if we believe the three items above are real issues.

Our primary discussion at the meeting revolved around the first question: *Why are we having trouble staffing meets with an adequate number of officials?* There seems to be multiple reasons for our meet staffing woes: split format meets, officials that choose to not work meets for which they are in attendance, multiple meets on the same weekend, some long-time officials who do not travel outside their home area to work meets, and fewer parents of younger children willing to volunteer as officials.

When it's all boiled down one reason officials may choose not to work a meet, or to not travel outside their area, or to not volunteer for officiating in the first place is because they see the officials on deck are working without breaks for long periods of time. The reason officials are working long hours without breaks is because there are not enough officials at meets. Catch 22. This is the cycle we must break.

We seem to have a fairly large number of officials in Oregon Swimming. However, when we carefully look at the list of referees and starters we find many are parents of children who are aging out of competitive swimming. Let's face it, most of us volunteered to officiate because our children were swimming. It is not unreasonable to expect people to retire from officiating when their children end their swimming careers. On the other hand we are finding parents are not willing to volunteer for demanding jobs, like officiating, until their kids are *older*. But by the time they are *older* they are not likely to stay in the sport very many years. Catch 22.

It's not merely about officials crying *poor-me* because they must be on deck for long periods of time. It is about the swimmers whom we serve. It is not fair to them if officials are on deck too long, possibly becoming unfocused. It is not fair to them if we do not have enough officials on deck to provide a *fair competitive venue*. We must continually strive to provide a professional service to the kids that work so hard at their sport.

What can we do about this? We may be able to do some creative meet formatting to minimize the number of split formats, but that alone will not solve the problem. We must create a situation on deck where officials do not *need* to work long hours without breaks. This means we must recruit recruit recruit. We need to encourage officials to advance to starter and referee. We need to self evaluate and ask why we are sitting in the stands when our fellow officials are out on deck.

Some believe we are in, or nearly in, a crisis over this issue. Traditionally it takes a crisis to turn negative trends to the positive. I suggest we all go to our clubs, go to board meetings, and meet other parents. Explain why we officiate, and explain why we need more officials.

Take away their excuses. Suggest that non-officiating parents can form a sort of *den mother* group at meets to help get children of officials to the blocks on time – and of course help them get the all-important snacks. Encourage couples to both become officials and use the tag team approach at meets (one parents while the other officiates). Encourage clubs to pay for official's annual registration. Talk to the coaches and ask them to help encourage parents to volunteer as officials.

There may be negative consequences down the road if we cannot turn this around. There is always the potential that a swimmer may not use a time achieved at an understaffed meet for entry into championship or all star meets. Oregon Swimming may need to consider requirements for granting sanctions to include a minimum number of officials from the host team. Host teams may need to consider financial penalties to teams who do not bring a minimum number of officials to meets. None of these avenues would be preferable in my opinion. It is far better to trust everyone to see the crisis looming and trust everyone to do the right thing.

The issues of training consistency and officials' advancement are probably related. However, I will reserve that discussion for another time.

I welcome any and all comments regarding this or any other issue. What would YOU say are the top three challenges facing us? What one thing would YOU change? How would YOU make the changes?

There are a few changes in the Area Officials' Chairs. My appointment as Officials Chair left a vacancy in Central Oregon. Steve Cohen has decided to not renew which leaves a vacancy in Portland-Westside. Howard Jones decided to step aside in favor of giving someone else an opportunity for added responsibility leaving a vacancy in Portland-Eastside. Tim Stevenson also decided to step aside in favor of giving someone else an opportunity.

Steve Cohen will be missed. He has given Oregon Swimming several years of dedicated and much appreciated service. As things typically go in this sport, children grow into young adults and take away the parents' excuse for going to swim meets! So it has gone for Steve. I, in particular, will miss Steve. After all it was he and John Weiler that first demonstrated that skirts could be worn – by anyone – as the official uniform at a championship meet! Thanks Steve for leading the way!

Much appreciation is owed to Howard Jones and Tim Stevenson. These two dedicated officials felt that giving some other officials opportunity to excel was the best thing for our organization. Tim of course will have his hands full for at least the next year as OSI's General Chair. Howard has been, and will continue to be, a

leader in Oregon Swimming. Both officials will continue to work meets and provide guidance and leadership where needed. Thanks to both of you Howard and Tim.

Congratulations goes to four new Area Officials' Chairs: Tedd Marceau has been appointed AOC for Central Oregon; Steve Gould has been appointed AOC for Portland-Westside; Kevin Nagle has been appointed AOC for Portland-Eastside; and Bob McMillan has been appointed AOC for North Willamette Valley. Each of these people will, I'm certain, be a tremendous asset to our organization. Ludwig, bludwig@bendcable.com

SANCTIONS

Mark Rieniets

Blanket Sanctions for League Meets

As you are aware, Oregon Swimming issues a blanket sanction to a number of Swim Leagues (CBSL, East Metro, Cascade East, etc.) each year to cover the dual meet schedule for the league.

This was agreed to by Oregon Swimming to alleviate the necessity of Leagues having to apply for a sanction for every Dual Meet, when the Dual Meet schedule was known prior to the start of the League's season.

However, a blanket sanction does NOT cover every meet where two or more teams from the league have a dual meet.

Prior to the sanction being granted, the Secretary or representative of the league submits a list of dual meets to OSI with the application for a blanket sanction. The blanket sanction is then issued specifically for the meets that have been submitted with the application.

No other dual meets are covered by this sanction, regardless of the fact that only League teams may be in attendance.

If you are unsure if your League Dual Meet has been sanctioned, please contact your League Secretary, or apply to OSI for a dual meet sanction at least 7 days in advance of your dual meet.

If you have any questions regarding this matter, or general sanction questions, please do not hesitate to contact me by email at rieniets@bigfoot.com, or by phone at 503 682 7234.

Minutes – Oregon Swimming, Inc. Board of Directors' Meeting

Wednesday, November 6, 2002, 7:30 PM
Eugene Hilton, Eugene, Oregon

In Attendance: Jeff Gudman, Tim Stevenson, Coby van Andel, Jacki Allender, Gene Mielke, Stan Benson, Marilyn Loitz, Mark Rieniets, Bruce Ludwig, Zach Niles, Eric Camus, Marni Henrickson, Suha Tokman, Elke Asleson, Mark Maxwell, Gina Dhom, Rick

Rodriguez, Dawn Marie Woodward, David Diamond, Sarah Ely, Dan Cole, Scott Allen, Scott Kerr

General Chair Report: Jeff Gudman. Jeff called the meeting to order at 7:35 PM.

The minutes from the last meeting were approved as submitted.

Treasurer's Report: Marilyn Loitz. Marilyn presented the Treasurer's report, which was approved as submitted. Marilyn also presented the 2002 Western Zone Championship Trip Financial Statement as of October 31, 2002.

Administrative Report: Jeff Gudman. Jeff sat in for Gary Leach.

Age Group: Gary Leach. No report.

Senior Report: Andy Carlisle. No report.

Coach's Report: Scott Allen. No report.

Championship Coordination: Tom Weltchek. No report.

Site Selection: Tom Weltchek. No report.

Athlete Representatives: Mason Amick and Zach Niles. No report.

Scheduling: Skip Runkle. OSI will be hosting the Club Leadership and Business Management seminar following the completion of the scheduling meeting in April.

Time Standards: Andy Carlisle. Next year's time standards are in place for distribution in the Swim Guide and on the web site. There was some discussion on which time standard would be used for the Senior Short Course Championship.

Motion: Use the 14-year-old short course time standard for this year's Senior Short Course Championship.

Passed unanimously.

The 9-10 age group time standards will not appear in the zone time standard for OSI.

Technical Planning: Eric Camus. The Technical Planning committee was planning a meeting immediately following the board meeting.

Web Site: Robbert van Anandel. OSI Records History is added and the OSI awards will be added soon. Marni suggested that any information about past records that may be missing should be directed to Robbert or Marni. They would like to provide as much information as possible for the records. There are first names and relay members missing from many of the record entries.

Safety Chair: Jeanine Serrano. No report.

Camp Coordinator: Geoff Tiffany. Sixteen athletes and four coaches went to Colorado Springs in October and had a great time.

Officials Committee: Bruce Ludwig. Bruce announced that Tedd Marceau would be taking over as the Central Oregon Officials Chair. Howard Jones and Tim Stevenson have asked that other officials be allowed to take over their Officials Chair positions. Julie Carpenter will be the new Electronic Timing Chair.

Adapted: Gene Mielke. No report.

Office Manager/Registration: Coby van Anandel. There are a couple club name changes and a new club in Eugene. Input for the December Newsletter is due in the office by November 15. The OSI office will be closed December 23, 2002 through January 2, 2003.

Motion: To allow the Portland Parks Swim Team (PPST) to change their name to Portland Aquatic Club (PAC).

Passed unanimously.

Motion: To allow the Dallas Blue Dolphins (DBD) to change their name to The Blue Dolphins (DBD).

Passed unanimously.

Motion: To accept Precision Swimming as a new OSI swim team. - **Passed.**

Sanctions Chair: Mark Rieniets. Mark discussed a letter he has sent out to all OSI clubs and coaches concerning the use of blanket Sanctions for non-league meets. Teams should not attempt to use blanket sanctions for inter-squad meets. Mark has a question in to USA Swimming as to the interpretation of a closed meet in terms of a sanction.

Awards: Lise Thom. No report.

Awards Ceremony: Marianne Gunderson. The ceremony will be at the Nike campus on November 17.

STAR Chair: Jacki Allender. No report.

Records: Marni Henrickson. There have been some new records recorded in the new 11-12 distance events.

All Star Team (Zone Team): Elke Asleson/Suha Tokman. The January 11/12 deadline for applications for the All Star meet is partly due to the earlier meet date and airline ticketing requirements. Suha has selected his Zone Team coaches stating that he tried to include new coaches in the mix. The coaches are: John Zell, WBST; Martin Reichgott, MJCC; Jim Bowe, DDSC; Darlene Hill, CRST and Kathy Bourell, SCAT.

Old Business - None.

New Business

Standing Rules: Gene Mielke brought to the board's attention that Article 8, Section 1, B.2 goes beyond the existing USA Swimming rules in limiting swim meet length. To allow clubs more flexibility in how a meet is planned, Gene suggested OSI suspend Article 8, Section 1, B.2.

Motion: To suspend OSI Article 8, Section 1, B.2 for the 2002-2003 season.

Passed unanimously.

Adjourned at 8:54 PM.

Next meeting:

Executive Board Meeting – Wednesday, December 4, 2002, 7:30 PM via conference call

Board Meeting: Wednesday, January 8, 2003, 7:30 PM at the Multnomah Athletic Club

Next TPC Meeting: TBD

Respectfully submitted, Tim Stevenson, Secretary

2003 Oregon State High School Swimming Championships
Mount Hood Community Center – Gresham, OR
February 21-22, 2003

APPLICATION TO OFFICIATE

About the Meet:

- 1) The competition features two championships: a 3A-2A-1A Meet and another one for 4A schools.
- 2) Assignment priority will be granted to officials volunteering to work all sessions.
- 3) Attire: navy blue bottoms (no shorts) and white shirt or blouse, with white shoes.
- 4) Mandatory officials briefing will be held one hour prior to each session.
- 5) This application must be received by 1-15-2003. Notifications will be mailed on or before 1-22-2003.

2003 OSAA STATE HIGH SCHOOL CHAMPIONSHIPS, FEBRUARY 21-22

Name: _____

Address: _____

City, State, Zip: _____

Shirt Size (Adult Men's sizing, please circle one) S M L XL XXL

I am available to work all sessions, or

I am available to work the sessions below

I would like to be considered for assignment as a starter or chief judge.

Friday, February 21, 2003

- | | | |
|--|--------------------|----------|
| <input type="checkbox"/> 3A Girls and Boys | Warm-up | 7:00 AM |
| | Officials Briefing | 7:30 AM |
| | Preliminaries | 8:30 AM |
| <input type="checkbox"/> 4A Boys | Warm-up | 12:30 PM |
| | Officials Briefing | 1:00 PM |
| | Preliminaries | 2:00 PM |
| <input type="checkbox"/> 4A Girls | Warm-up | 5:30 PM |
| | Officials Briefing | 6:00 PM |
| | Preliminaries | 7:00 PM |

Saturday, February 22, 2003

- | | | |
|--|--------------------|---------|
| <input type="checkbox"/> 3A Girls and Boys | Warm-up | 7:30 AM |
| | Officials Briefing | 8:00 AM |
| | Preliminaries | 9:00 AM |
| <input type="checkbox"/> 4A Girls and Boys | Warm-up | 2:30 PM |
| | Officials Briefing | 3:00 PM |
| | Finals | 4:00 PM |

Please FAX this application to 503-297-8498 or mail to: Oregon Swimming, Inc.
 1750 SW Skyline Blvd. #103, Portland OR 97221

Oregon Swimming, Inc. 1750 SW Skyline Blvd. Suite 103, Portland, OR 97221-2545

Oregon Swimming News

Published Monthly

Oregon Swimming, Inc.
1750 SW Skyline Blvd. Suite 103
Portland, OR 97221

Volume 23 Number 12

Subscriptions \$12.00/12 issues
Send \$12 to the Office for subscription

NON-PROFIT
ORGANIZATION

US POSTAGE PAID
PORTLAND OR
PERMIT NUMBER 1910

J.D. Pence Aquatic Supply

Your Full Service Swim Shop Since 1978

Hey, J.D. Pence has Three cool stores now!



Now Three Great Locations:
Portland

Cedar Hills Shopping Center
Forest Grove

Pacific Avenue just past Bi-Mart
Eugene

Off Franklin Blvd by Hiron's Drugs

NEW IMPROVED WEB SITE

WWW.JDPENCE.COM

You should check out their new web site!

1-800-547-2520

