



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 7

July 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

2002 11 & Over Championships. Please mail entries to DawnMarie Woodward, 5915 G Street, Springfield OR 97478. Fed Ex does not deliver at a PO Box. Please contact the OSI office if you have questions 503-297-6027.

COMMENTS FROM THE CHAIR JEFF GUDMAN

As I travel around Oregon and southwest Washington this summer I am continually impressed and delighted with the efforts put forth by everyone. My thanks to everyone who have offered comments about improving the sport and their thoughts about the value of swimming. Your ideas may not get adapted but they are heard. Keep them coming.

Whether a meet is 2 or 3 team competition between swimmers who compete mostly during the summer, to an 8 team district competition which brings the summer to a close or the state championship meet in which as many as 500 swimmers from 40-45 clubs there are continuing constants. The people who become involved to support the sport, the swimmers cheering on every member of their team regardless of where that swimmer finishes in the competition and regardless of whether or not a best time is produced. Again and again the point is brought home to me what extraordinary athletes every swimmer who participates in the sport is. Everyone of us should be proud of the swimmers accomplishments no matter what their time is or no matter what place they finish. Are we excited about a first place finish or a best

2002 Oregon Swimming Board of Directors

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For only \$12.00 per year you will receive all the latest information, along with reminders of what is coming in the near future for All OSI members. Just complete the form, enclose \$12.00 and send to the office.

Name: _____

Address: _____

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time or a regional or national level performance? You bet. But we should also acknowledge that a best time or a first place swim will not be achieved by any swimmer in every race.

Swimming is a way for you to challenge yourself to become the very best you can be. In competitive swimming you are not inferior if you do not win the race each time you swim. Each swimmer, be they a winner of race at the national level or a beginner or someone who competes for the pleasure of the competition or who participates for the comradeship of the team is a champion. We should acknowledge and be proud of each and every swimmer.

What I believe is important is the competition itself, the swimmers congratulating or consoling their teammates or opponents after a close race, the older swimmer helping the younger ones with their strokes and often being idolized in the process, parents yelling cheers of encouragement in the middle of a race to a swimmer who can't hear a word in the water but knows of the support they are receiving. It is about young people going about the serious business of growing up, building character and having fun along the way.

In my April column I talked about an unfortunate and inappropriate video taping incident at a meet. Recently I received an e-mail from a board member of another LSC about a similar incident.

I can not emphasize strongly enough the importance of encouraging meet directors, parents, coaches and all of us in the swimming community to be aware of unusual things at the pool. If there is a question ask some one from the host team or the meet director or the coach from your own team. Most times there is a reasonable explanation but all of us are better off being alert. Further, it makes sense for all clubs ensure that any videotaping and photography approvals are made through the meet director.

Electronics at Oregon Swimming keeps getting better. In particular are the meet results. When you check the Oregon Swimming website you can find results from meets held this year. A direct link to Marni Henrickson is available at records@oreswim.org.

In addition the use of Hy-Tek software by our clubs makes the job very easy. The Oregon Swimming rebate offer for the purchase of Hy-Tek Team Manager II for Windows remains available until October 1, 2002.

The current cost to Oregon Swimming clubs reflects a 25% discount Oregon Swimming has with Hy-Tek for a new purchase (25% discount does not apply for upgrades). The House of Delegates approved the following rebate:

Team Manager II for Windows (Start Up) \$50
(current cost is \$74.25)

Team Manager II for Windows upgrade \$50 (current cost is \$69.00)

All your club has to do to receive the rebate is to send your purchase invoice (or a copy) to Oregon Swimming for either of the above modules. If your club purchased either module or is going to purchase the module all you need to do is mail the invoice (or a copy) to the Oregon Swimming office.

See you at the next meet.

JULY NOTICES

New Oregon Swimming Record. THSC set a new 11-12 boys 200m freestyle relay record with a time of 1:57.71. The team consists of Jason Lou, Andy Viglione, Connor McCarroll, and Matt Blasa. Congratulations athletes and coaches.

2002 College Bound Swimmers. Good luck and congratulations to our swimmers moving on to college.

NAME	TEAM	HIGH SCHOOL	COLLEGE
Lauren Clark	CAT	Crescent Valley	Dennison College
Shauna Hicks	CAT	McKay	U of N Colorado
Christina Stratton	CAT	Crescent Valley	Kenyon
Tyler Storie	CAT	Corvallis	USC
Nicholas Wolfe	CAT	Crescent Valley	Stanford
Stephanie Burton	ECSC	Sheldon	Syracuse University
Oliver Burton	HRST	Hood River	Williams College
Erika Wirtz	KWSC		Whitworth College
Seth Hagen	KWSC		W Washington U
Jesse Shelton	KWSC		Seattle University
Mark McDaniel	KWSC		U of W
Laura Hight	KWSC		Lower Columbia
Jeremy Dam	LOSC	Lake Oswego	U of Massachusetts
Andy Peters	LOSC	Wilson	Linfield College
Meagan Mandeville	LOSC	Wilsonville	Linfield College
John Madden	LOSC	Jesuit	Maryland Univ.
Scott Stevenson	LOSC	Lake Oswego	U of Oregon
Patricia Funk	LOSC	Lake Oswego	Swathmore College
Colin Douglas	MAC	Banks	Santa Cruz
Emily Burton	MSC	McMinnville	BYU
Nathan Cook	MSC	Western Mennonite	Biola University
Jeff Hainsworth	MSC	McMinnville	OSU
Reid Kimura	MSC	McMinnville	U of Redlands
Katie Klein	MSC	McMinnville	PCC
Ethan McCoy	MSC	McMinnville	U of Virginia
Micah Muldoon	MSC	McMinnville	U of O
Michael O'Connor	MSC	McMinnville	OSU
Clara Lampi	PPST	Lincoln	Kalamazoo College
Colin O'Brady	PPST	Lincoln	Yale University
Michael Decker	PPST	Grant	MacCalister
Sean Wells	RAYS	Home Schooled	Whitworth College
Nick Thompson	RST	Roseburg	U of Arizona
Eric Swinn	RST	Roseburg	Willamette College
Lynsey Foree	SA	Hidden Valley	OSU
Lesleigh Kowalski	SAC	Sprague	Loyola Marymount
Rhys Birky	SHSC	Sweet Home	Whitworth College

Angela Kora	THSC	Jesuit	Arkansas
Anna Grant	VSC	Hudson Bay	U of Alabama
Joe Kelly	VSC	School of Arts	BYU
Sunny Thomas	VSC	Home Schooled	Clark College

2001-2002 Scholastic All American Application Form

is available on the USA Swimming Web site under Programs and Services or at the Oregon Swimming Office. Athletes who participated at the 2001, 2002 Sectionals or 2002 Nationals and have a 3.50 grade point or above are eligible. The forms are due August 1, 2002.

Athlete Membership Requirements. According to Oregon Swimming Standing Rules the Membership Requirements are: All athletes competing in an OSI sanctioned or approved competition are to be athlete members in good standing of USA Swimming or FINA affiliated organization.

Athletes competing in OSI Championships must be USA Swimming athlete members registered in OSI.

Registration forms and fees must arrive in the OSI office prior to an athlete's participation in an OSI Sanctioned or Approved meet.

Athletes competing in Region XII Senior Championships, Western Zone Championships, or any USA Swimming Championship level competition shall be full year athlete members. (i.e., not Seasonal)

Enforcement - The person signing the entry form will be required to verify that all athletes entered are members (in the appropriate category) of USA Swimming.

Penalties - per Article 302.4, USA Swimming Rules and Regulations, OSI may impose a fine of up to \$100.00 per event against the person signing the entry form.

JOB OPPORTUNITIES

Chehalem Swim Team seeks to fill the position of Assistant Swim Coach. The successful candidate should possess CPR, First Aid, and Safety Training for Swim Coaches certifications. Strong communication skills a must!

Responsibilities include the training and development of competitive swimmers of ages 7 – 18 (12 - 15 hours of instruction per week and 1 – 2 weekends per month) and basic administrative duties.

Chehalem Swim Team, located in Newberg, Oregon, is a fast-growing club of enthusiastic, disciplined swimmers.

For more information or to submit resume/references, please contact:

Rich Tobergte, Head Swim Coach (503) 521-0704
Chehalem Valley Aquatics Club
P.O. Box 1173
Newberg, Oregon 97132

JUNIOR ATHLETE REPRESENTATIVE NOMINATION FORM

Oregon Swimming Clubs will elect a new Junior Athlete Representative at the 11 & Over Age Group Championships, July 18-21, 2002, in Eugene. Haley Koss completes her term as Senior Athlete Rep. and Mason Amick will become the new Senior Rep. Ideally, candidates should be entering the 10th or 11th grades in High School in the fall of 2002. Or, for someone planning on attending college in the Portland area, this restriction need not apply. The person elected to this position is expected to attend Board meetings (every other month), most of which are in the Portland area, and attend the USA Swimming convention, held annually. This year the Convention is in Dallas, Texas, September 10-14, missing four days of school. Expenses to the convention are paid.

Athletes elected to this position serve as liaison between Oregon Swimming athletes and the Board of Directors. Athletes Reps are encouraged to bring issues or concerns to the Board, and introduce ideas or programs which improve conditions and opportunities for our athletes. A ballot, listing all those nominated, will be circulated at the Age Group Championships. Each club in attendance has two votes.

Name of Nominee: _____

City, State, Zip: _____

Age: ____ Year in School (fall '02): _____

Club: _____ Phone: _____

E-Mail: _____

Please send this nomination form to:

Oregon Swimming, Inc.
1750 SW Skyline Blvd. Suite 103
Portland OR 97221-2545
FAX 503-297-8498
Email: swim@oregonswim.org

OFFICIALS CORNER

Gene Mielke

Neville Johnson: For those of you who have not heard, Neville Johnson, a long time PNS official passed away April 11, 2002. A tribute was held to him at the USA Swimming Disability Championships in Federal Way, Washington. Neville was generally acknowledged as one of the preeminent starters in the country. He set the dress standards for the professional official with the absolute insistence that an official's shoes should be white. A USA Swimming tribute to Neville is being planned. If you would like to have more information on the tribute, please contact Dave Coddington at djcoddington@attbi.com.

OSI Long Course Championships: The OSI 11 & Over Championships will be a National Certification meet. If you are interested in getting, renewing, or upgrading your National Certification, contact the Meet Referee, Dale Lewis, Administrative Referee, Howard Jones, or Head Starter, Kevin Nagel, or myself about the position you are interested in.

USA Swimming Committee on Governance Report: The report of the Committee on Governance for USA Swimming and the LSCs is not available. It is a long document with a lot of information in it. Depending on who you are or your personal perspective you will like or hate portions of the report. It is bound to be controversial. I encourage you all to download the document and study it carefully, and let your OSI Board and representative going to the USA Swimming Convention know your feelings. You can find the report on the USA Swimming WEB site at www.usaswimming.org/PDF/final_governance_study.pdf.

USA Swimming Rule Books: Coby has copies of the USA Swimming mini rulebooks. If you want one or more, please contact her. For the first time USA Swimming has placed the 2002 Rule Book on the WEB in PDF format (all 176 pages). To get a copy, go to www.usaswimming.org/programs/officials/02_USASwimmingRulesReg.pdf.

Swimming on Television: As most of you know, USA Swimming has been promoting the sport through Splash TV miniseries on Nickelodeon and Nick Games and Sports. One of the segments will highlight the Mid-Columbia area. On the segment that will air 12 times beginning July 7, Olympic swimmer Jay Schryver will be seen participating in white water rafting, kayaking, canoeing, windsurfing, and kiteboarding on the

Columbia, Hood, Klickitat, and White Salmon Rivers. These are all sports that will be contested in the upcoming Gorge Games. The TV crew also followed him to the Hood River Aquatic Center where he met with Hood River swimmers.

ADAPTIVE SWIMMING

Gene Mielke

USA Swimming Disability Championships: The 2002 USA Swimming Disability Championships at Federal Way is now history. Approximately 130 swimmers attended the meet from eight countries (Australia, Brazil, Canada, Mexico, New Zealand, Peru, Spain, and the USA). Through preliminaries on the last day there had been 61 American records and 23 World records set. The co-meet directors, Kiko VanZandt and Mary Coddington did a fantastic job with their volunteers and set a standard which will be hard for the next meet host (Minnesota) to better.

The athletes that represented Oregon very well at the meet were Jennifer Butcher (CWY), Julie Crisp (UN), Aaron Paulson (PRSC), and Alissa Staeffler (CWY). The Oregon officials that worked the meet included Stan Benson, Mark Rienets, Lise Thom, and myself. Two other OSI members helping at the meet were Jacki Allender and Mark Maxwell.

Complete results of the meet as well as selected photos can be found on the USA Swimming home page at www.usaswimming.org.

There are hundreds of stories and moments that come from the meet. Any of the Oregon individuals that attended the meet will be happy to share their thoughts at upcoming meets. Two things that came out of the meet are particularly important. The first is that these are serious athletes who want to be judged on their ability. They do not want to be given a break out of sympathy if they violate a rule. Learning to do the stroke correctly is required of all swimmers, not just swimmers with a disability, if they want to excel in the sport. This is not a new idea. You heard it in the comments from our representatives to the National Officials Clinic in last month's newsletter. DQs did occur, and most were accepted well by those involved. One Oregon athlete was heard to comment to a Chief Judge following a DQ that "I was trying a new technique to get more speed and pushed the envelope too far".

The other comment that came from a number of athletes was freedom to be able to compete in an environment where they weren't considered different from the other athletes in the meet. All too often swimmers with disabilities feel that they aren't wanted at meets within

their LSCs because they are “different”. Others feel that they are only “tolerated” by their teammates and/or coaches because they are not able to perform as well or improve as fast as their able bodied teammates. The real question we (officials, coaches, swimmers, parents, and swim team boards) should be asking is how can we help all our athletes (not just the top ones) achieve their maximum potential?

NEW WEBSITE FEATURES

Robbert van Andel

Greetings from the World Wide Web. Recent visitors to the website will have noticed three new features that I will outline.

First, I have split up the records into individual pages per age group to make pages load quicker. When going to the records page at www.oregonswim.org/records/records.php, you will now have the option of selecting the age group, the course and type (relay vs. individual) of records to view. On each individual page, you can quickly browse between age groups, courses, and types.

Second, I have added a feature that allows a meet director to submit results to Oregon Swimming. This page can be found at www.oregonswim.org/results/submitresults.php, or simply go to the results page and click the link to submit the results. This page will allow you to send one file at a time. Both the records chair and the OSI webmaster will receive a copy. If you are sending multiple files, you can zip the files up into one and send it, or submit each file individually.

Finally, the OSI top times and database now has the option to view the database by name. Go to www.oregonswim.org/qualifiers/qualifiers.php and then click Sort by Name. There you can enter the first and last name of the swimmer you are looking for and the club. Click the button for the database you wish to see. If the athlete is found, you will see his/her name. It will also list the athletes that match the parts of the entered information.

I hope everyone enjoys the new features. Please feel free to send input, ideas, etc to robbertv@oregonswim.org.

OSI Website Survey Results

Over the last month, I have been conducting a survey of the Oregon Swimming website. I have received several good ideas and good feedback from everyone who has participated. I would like to respond to some of the comments and share with you what I have learned.

- I'd like to see the following feature maybe a feature to allow clubs to interact more. Such as being able to post meet events to just download so you don't always have to copy by hand.

Oregon Swimming has avoided this in the past for the fact that many meets in the LSC are invitationals. Posting meet information on the website opens the meet to teams not invited getting the information. We are however, open to posting a notification that meet information is available for

download from a team's website, like we have done for MHST's meets

- I like the qualifiers and Seasonal top times database that you have! I do wish that the qualifiers database wouldn't default to 11 & overs. It would be nice if it would stay on the age group and qualifying championship that was last entered. *I agree. This is something I will work on when I have finished all the upgrades to the website.*
- I would like to see the following feature: Profiles on record holders, individual and relay *While this would be a fun feature to add to the website, due to the sheer number of record holders and lack of information, this will feature will not be feasible in the foreseeable future.*
- Website is GREAT. Especially like the results section (with previous year's results), and the times section (both qualifiers and seasonal top times). Main suggestion is just keep these great sections up-to-date and complete, and continue with other features. *Thanks. Keeping our database and results up to date will depend on Oregon Swimming receiving results as soon as possible.*
- A forum would be nice with athlete areas, parent areas, and restricted areas for coaches to exchange ideas and/or workouts *The two main forums I have used that dealt with our sport were a nightmare to maintain. While the forum would be nice, I think that time constraints for the webmaster and other OSI officers would prohibit us from monitoring the forum for appropriateness. I encourage those interested in using a forum visit the one at USA-Swimming.*
- Entering meets on line and the rule book in a PDF. Format *I like this idea. I will be looking into getting a least a link to the USA Rule book on our site. Entering meets on line may be something we will add in the coming seasons. Anything that reduces paperwork is best in my eyes.*
- Perhaps add a background section (in left column on home page), for newcomers to OSI swimming. Could include (1)intro information to short and long course state meets, for example how to qualify and that some ages combined (long course over 11) and all others the ages are not combined, explain that age of first day of state meet "counts" in determining age of swimmer, etc.; (2) sectional meets (next step up) information, include dates and qualifying info; and (3) intro to "Top Five," with the date window to establish times(Sept. to Aug.), info on the banquet, etc. Thus explain these key goals for the new swimmer and parent of swimmer. *Another excellent idea. We will be adding an introduction to the sport section in the near future, including some of the information that we publish in the swim guide and how to join a team.*
- I would like to see the following feature: maps to the various pools. *Once again, a great idea. I will be looking into adding this feature to the club pages in the near future.*

- I would like to see the following feature: real time results and more meet entries over the web.
I like the thought of having real time results for our championship meets available, like what THSC did this past short course season and what the Northwest Section does at their website. I will look into this feature for introduction in the upcoming short course season.
- I would like to see more pictures of just swimmers from any team having fun showing swimming is fun.
I agree. This has been brought up several times. What we need to figure out is how to avoid the charge of favoritism among clubs and athletes.
- I would like to see the following feature: conversion table from scy to lcm (like THSC has on their web site).
Directions/map on how to get to pools Make it easy for teams to submit results in a day or two from meet completion Please have the automatic top times be GIRLS rather than BOYS (more girl swimmers)...Can it be spaced so that we don't have to scroll down to complete the submit (Top seasonal times)
Let me break this one down. 1)As a former athlete and coach, I have a hard time putting my faith into conversion tables. I have discussed this with the office manager and we are in agreement that this feature will not be added. 2)Maps to pools will be added in the near future, as mentioned above. 3)Meet results can now be submitted at our website. See the article I wrote above. 4)Having the boys selected as default was a big area of contention. I have compromised on this and have changed the listing to girls first but left the selection up to the individual user. 5)Finally, how a page shows depends on screen size and resolution. For right now, it is as compact as I can get it.
- I would like to see the following feature: easy access to results (compatible to all computers!)
All results are posted on the website in HTML or text format. Both formats are compatible with all operating systems commonly used (MAC, Windows and Unix). Keep in mind that some of the files are very large and will take a minute or more to download with a dialup modem. I will address this later on. In addition, we have begun posting CommLink files on the website for teams to download for use with their Hy-Tek Team Manager software. If problems occur downloading results, please email webmaster@oregonswim.org.
- I would like to see the following feature: links to the real time results and links to things like psych sheets and heat sheets
I will try to get psych and heat sheets posted for this summer's championship meets. Excellent idea.
- In addition to the list of referees, it would be nice to see a list of other officials, so as a meet director you could contact them if needed.
Look for this in the near future.
- Please report top 16 times from all our events including Region to national data base.
I will look into this. In the past we have posted Top 16

qualifying and have moved away from it. I agree that it would be nice to have access to that information.

- I would like to see the OSI top five times listed right after the conclusion of short course
With the introduction of the top times database, we have a preliminary top five (or more) updated weekly. Please keep in mind that, even with the end of the short course season, short course meets continue through August.
- If you want to make this a fun site like the national USA Swimming one- you might want to get fun stuff other than just info. Maybe pictures and club profiles. I think it's a great informational site.
I would be open to some suggestions.

For those that have stuck through this rather long article, I have one more request of meet directors based on the results of the survey. I received 58 surveys. Of those 58, 34 reported using dialup, and 7 did not specify how they connect. Meaning, results sent to Oregon Swimming of a two session a day, three day meet, a single result file can take an excruciatingly long time to download. I am encouraging meet directors to break the meet result HTML file into smaller files, like one page per session.

2002 WESTERN ZONES



The Western Zones competition is shaping up to be a great event! It will be held at the Trojan's McDonald Swim Stadium on the USC campus, and it should be a first class meet!

The team will be staying at the Radisson Hotel, directly across the street from the campus dining facility, where we will have all our meals. The pool is a few minutes away, a

short walk down through the center of the campus.

We will have a full complement of fourteen staff of adults this year, which will keep our swimmer to adult ratios smaller and provide extra folks for longer waits in travel, and additional security.

On Saturday night, after the completion of the meet, there will be a pool party at the swim stadium with dinner provided and "inflatables" for team's competition!

On Sunday, August 11th, before we head home we will have the opportunity to spend a day "hanging" at the beach in true "California" style. We will visit Manhattan Beach and its pier, boardwalk and shops not to mention the sand and surf. There will also be a volleyball competition going on nearby. We are looking forward to a great time to race hard, make new friends and have some fun in the sun!

Be sure when you apply for this meet you fill out every time on the application form, and have your parents and coach double check all the information. Applications not completely filled out will be returned.

Looking forward to Zones 2002!

Lissa Parker and Suha Tokman

**2002 WESTERN ZONE CHAMPIONSHIPS at University of Southern California
in Los Angeles, California, August 6-10th**

ATHLETE APPLICATION

This application must be received by the end of finals at Oregon Swimming 11 & Over Age Group Championships, Sunday July 21, 2002. A deposit of \$400.00 must accompany this application; checks will be held until the after the team has been selected. Swimmers not chosen will have their checks returned. The balance will be due upon receipt of the acceptance letter from OSI. The exact cost will be published ASAP. Projected swimmer out of pocket costs will be approximately \$600.00. Acceptance/regrets notices will be mailed after the 11 & Over Championships. Athletes must be full year members of USA Swimming to participate in this competition. The team will travel to Los Angeles on Monday August 5th, and return on Sunday August 11th.

Name: _____ USA Swimming #: _____ M /F Age (as of 8-6 02): _____

Mailing Address: _____ City, State, Zip: _____

Phone: (____) _____ Athlete's E-mail : _____ Athlete Cell phone (if applies): _____

Parent Contact: _____ Parent E-mail: _____ Reach at or Cell: _____

T- Shirt Size (circle one): S M L XL Suit size (Speedo AquaBlade): _____ Short Size (circle one): S M L XL and / or Men's
Waist Size 24 26 28 30 32 Effort will be made to accommodate sizes. Clothing has been pre-ordered and sizes may have to be adjusted.

Your Club Name: _____ Coach's Name: _____ Coach's Phone: (____) _____

Coach's Comments: _____

Coach's Signature: _____

FILL IN ALL LCM TIMES IN THE BOXES BELOW! TIMES WILL ALSO BE USED FOR RELAY SELECTION.

1500 Free		400 Free		200 Fly	
100 Back		100 Fly		50 Breast	
200 Back		50 Fly		50 Back	
100 Breast		200 Free		100 Free	
200 Breast		200 I.M.		800 Free	
50 Free		400 I.M.			

The times, which you list below, must have been achieved in sanctioned competition since April 2002. List events in order of preference. The events you swim at the meet will be determined by the coaching staff, based on the needs of the team. Indicate whether the times are long course or short course.

Western Zone <u>Priority Times</u> Achieved				Western Zone <u>Standard Times</u> Achieved			
Event	Time	SCY, SCM, LCM	Date Achieved	Event	Time	SCY, SCM, LCM	Date Achieved

Applications must be received by the end of finals on Sunday, July 21, 2002

IF YOU WILL NOT BE RETURNING TO OREGON WITH THE TEAM, PLEASE CHECK HERE []

Note: **No Refunds** will be made for those not returning with the team.

Extra swim caps and T-shirts may be ordered for trading purposes. Extra Zone dinners on Sat. August 10, @ \$20.00 are available. Cost of additional caps, shirts, and tickets must be included with deposit.

Number of additional shirts (Max.2) _____ X \$15.00= \$ _____

Number of additional swim caps _____ X \$4.00= \$ _____

Additional tickets to the Zone Dinner (Sat. Aug. 10th) _____ X \$15.00= \$ _____

Total Additional Cost (include with deposit) _____ \$ _____

Return to: Oregon Swimming • 1750 SW Skyline Blvd. Ste.103 • Portland, OR 97221-2545

APPLICATIONS NOT FULLY FILLED OUT AND SIGNED BY COACH WILL BE RETURNED!!

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

Oregon Swimming News

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