



# 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](http://www.oregonswim.org)

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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

## COMMENTS FROM THE CHAIR JEFF GUDMAN

In my last column I talked about a company which makes swim meet videos with images from both underwater and the surface and offers a custom video to any athlete participating in the swim meet. Recently the company was used at the Super Bowl meet put on by the Vancouver Swim Club. Art Stoll, an official with the Vancouver Swim Club, provided an evaluation to Oregon Swimming. A copy of his report is reproduced elsewhere in the newsletter. It is an excellent endorsement. Use of the company service is of course subject to the meet director's approval and control. I encourage all clubs to read the evaluation and/or contact Art Stoll (official) or Vick Gordon (coach) for further comments. It looks like we have a win/win situation for the athlete, coach, officials, club, volunteers and parents.

The person to contact at the company is:

Travis Swanson President/CEO  
Hydrus Underwater Imaging  
P.O. Box 19265  
Portland, Oregon 97280  
503-293-6577 Phone  
503-293-6588 Fax  
Traviscs@yahoo.com

## 2002 Oregon Swimming Board of Directors

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## Subscribe to Oregon Swimming News!!

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: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Mark your calendars for the April 13 scheduling meeting. All the meets for 2003, including championship meets, will be established at this meeting. As decided at the October House of Delegates meeting the sole purpose of the meeting will be to work out 2003 so coaches and parents can plan accordingly. Information has already been sent to all clubs. Please respond as soon as possible.

Below are some reasons why I think swimming is such a great sport.

- 1) You can't have a successful program without raw talent.

See number 2

- 2) Raw talent is not enough for a successful program

See number 1

- 3) Character counts

The attitude of our swimmers, parents, coaches and volunteers is important. All the elements that go into making and showing the character of our swimmers and ourselves make a difference. It is the glue that helps most in turning a collection of talented swimmers into a high performance group, especially when things get tough.

- 4) Long term commitment is key.

Whether we are trying to develop more swimmers or increase the amount of funding or programs provided to swimmers it is important to keep focusing on our long term goals of greatest benefit to the largest numbers of swimmers and to reward performance.

- 5) Energy and emotion count almost as much as ability.

For anyone who has seen a close race at a meet, you know what the roar of the crowd does for a swimmer and team. The same holds true at workouts.

- 6) Hustle is contagious.

We have all seen how enthusiasm and a positive attitude help our swimmers. Does that mean we would recognize that some things go wrong? Of course not. Recognize the problem and work toward solving it with a can do enthusiasm.

- 7) The little things matter

Whether it is at practice or at a meet, the little things make a difference. And, they will add up to make the difference between a good swim and great swim, a well run meet or a meet that needs improvement.

- 8) Patience pays.

We all hit plateaus. Whether you are a swimmer, official, timer or volunteer, you just have to hang in there and keep working hard. It does pay off.

- 9) Strategy and tactics count.

In a race, a meet, a practice or at meetings how we go about accomplishing our goals is important. Equally important is getting everyone on the team to understand the purpose and importance of each aspect of the sport.

See you at the next meet.

## ***MARCH NOTICES***

**New OSI Records:** Genna Patterson THSC swam 2 new records at the Eastern Classic meet:

15-16 girls 100 yd breaststroke 1:02.41 and the 15-16 girls 200 yd breaststroke , 2:16.92. Congratulations, Genna.

**CBSL Reminder:** All CBSL Teams must send a representative to the required CBSL meeting April 13th, immediately following the Oregon Swimming scheduling meeting at the MAC. Please be prepared to discuss area alignments and CBSL Championship meet schedules. For more information contact Elfie Stevenin, 503-363-1403 or Laurie Kilbourn, 503-699-7824.

**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***

**John Day Swim Team** is seeking an energetic, motivated person to coach our summer program. The coach will work with all age-group swimmers. Summer program runs from June 10 - Aug 15<sup>th</sup> 2002.

For more information contact: Joanne Jones at 541-575-4207 or [jojones@oregontrail.net](mailto:jojones@oregontrail.net)

Please send resume before March 21, 2002 to  
John Day Swim Team  
PO Box 132

John Day OR 97845

**Parkrose Swim Club** in Portland, OR is seeking a person to fill the position as the Head Coach (Age Group Program) beginning April 1, 2002. The training facility is a 25 yard 8 lane indoor pool for year round training, as well as Mt. Hood Community College 50 meter outdoor pool for summer practice. PRSC has 80 swimmers ranging from Novice to High School age group.

Position requirements include but not limited to the following:

ASCA level 2 minimum certification; four years of USA Swimming age group coaching experience; current CPR, First Aid and Safety Training for Swim Coaches; 18-22 hours deck coaching per week; 1 team meet per month; 1 league meet per month, usually during practice time. Working knowledge of Hy-Tek Team Manager and Meet Manager a must; participate in monthly board meetings; strong background in stroke mechanics and training techniques; ability to communicate effectively with swimmers, coaching staff and parents.

We are looking for an enthusiastic person who has the ability to challenge and encourage the swimmers, and who can help set achievable goals with direction by an endurance base workout.

For more information contact Kevin Nage at 503-252-9079 or [kdnagle@aol.com](mailto:kdnagle@aol.com); John Billings 503-252-7547 or [johtopbills@aol.com](mailto:johtopbills@aol.com); Lisa Schaefer 503-252-5577. Please send cover letter, resume along with references to: ParkRose Swim Club, Attn. Lisa Schaefer (club president)  
PO Box 301605  
Portland OR 97294-9605

## ***OFFICIALS CORNER***

### ***Gene Mielke***

**OSI Referees:** We have two new referees in Oregon. They are Joanne Wisniewski and Christi McCauley. Congratulations to the both of you. It is my understanding that Joanne has already refereed her first meet. Joanne can be reached at 503-625-6408. Christi can be reached at 503-691-5753.

**Interpretation of rules:** Based on comments on recent meet evaluations and E-mailed questions from officials, it appears that there is some question as to how several of the rules should be interpreted. I am including the interpretations from the USA Swimming Rules and Regulations Committee that have occurred over the past several years. This should help make sure we are all operating on the same page. They are:

**GENERAL:** September 16, 1999: Adopted the following regarding the use of "full body suits" in competition. *"Until FINA determines otherwise, use of the full body suit, designed and marketed for competition, is permissible in USA swimming events. Use of suits of neoprene or other buoyant material, such as wet suits, is not permissible."*

**ALL STROKES:** June 5, 1999: Adopted the following parameters regarding touching the bottom during a turn. *"Once a legal touch has been made, the swimmer may turn in any manner desired. Therefore, standing on the bottom after a legal touch has been made and prior to pushing off the wall should be considered part of the turn and no DQ should be called."*

**BACKSTROKE:** June 1, 1997: Adopted the following parameters regarding DQs for being completely submerged prior to the touch at the finish. *"The turn judge should, when possible, be given jurisdiction and should watch the swimmer approaching the wall. If the swimmer completely submerges prior to the turn judge having to shift his attention to the touch at the wall, this would be a DQ. Once the turn judge must watch for the touch, this DQ would be too close to call."* May 30, 1998: Reviewed question as to whether, on backstroke starts with flat walls or full touch pads, it is illegal for the athlete to bring the feet above the water surface after the start signal has been given. *"Since the rule pertaining to "after the start", Section 101.3.2, refers only to "standing in or on the gutter or curling the toes over the lip of the gutter", it was agreed this would not be illegal when there is no gutter."* September 20, 2001: Clarified the language regarding the continuous turn by stating: *"any kick or arm pull must be part of the continuous*

*turning action.*” Permitted the swimmer to be submerged at the actual touch by adding language to state: *“The body may be submerged at the touch.”*

**BREASTSTROKE:** June 3, 1995: Clarified that, in conformance with FINA's intent, the requirement for the elbows to remain under water on the breaststroke applies only to the recovery (forward) portion of the arm stroke, not to the backwards pull. June 1, 1997: Agreed that the breaststroke *“must start with an arm pull to comply with the cycle of “one arm stroke and one leg kick, in that order” as stated in the rule. A swimmer starting with a leg kick first would be disqualified.”* May 30, 1998: Reiterated that, under the March 6, 1998 rule changes by FINA, *“the arms must be in the same horizontal plane during the first pull at the start and after each turn.”* September 20, 2001: Brought the rules into agreement with FINA rules by stating that *“The elbows shall be under the water except for the final stroke before the turn, during the turn, and the last stroke at the finish of the prescribed distance.”*

**BUTTERFLY:** May 30, 1998: In view of the March 6, 1998 rule changes by FINA, agreed that the shoulders need not be parallel with the water surface after the last pull into the wall at the turns and finishes. September 20, 2001: Brought the rules into compliance with FINA rules by dropping the requirement for shoulders being in-line with the water surface by stating *“From the beginning of the first arm pull, the body shall be kept on the breast.”* And deleting the wording *“the swimmer’s shoulders shall be in line with the water surface.”*

**INDIVIDUAL MEDLEY & MEDLEY RELAY:** June 1, 1997: Adopted the following FINA Technical Committee interpretation regarding the freestyle leg of these events: *“When a swimmer has traveled a sufficient distance that the official can with certainty judge that the competitor is swimming in the style of butterfly, breaststroke or backstroke, then a DQ is appropriate.”*

High School Swimming: By the time this newsletter reaches you, the high school season will be over. Next year should see some changes in officiating at high school meets. The OSAA would like to see more officials present at dual meets, and discussions are underway as to how this might be accomplished. Any suggestions as to how to accomplish this would be appreciated. One way would be to hold clinics around the state prior to the season to train individuals to become high school officials; in a similar fashion to the way we train USA Swimming officials.

## **AGE GROUP REPORT**

### **Gary Leach**

It's been a busy month but things are really starting to heat up with the championship season starting with the 10 & unders in mid-February and ending next month with the age group sectionals. good luck swimmers, teams and coaches.

Several items have come up this month. The biggest being the 11-14 championships. With a number of mistakes in the original copy being corrected and resubmitted to OSI clubs only to have more problems arise. The main concern is the 11-13 age group and scoring in the 200 back, breast and fly and the 400 IM, 1,000 and 1650 free. The concept brought up by Amy and Beth is great but too many unanswered questions remain. I made some decision that were liked by some and well, you get the idea. Scoring will be by a single age group of 11-13. How is age group sectionals set up? The decision was based on my understanding of how the initial proposal was presented to the House of Delegates in October. Another item was the selection of distances and how they fit with the longer events for the 11 year age group and the 200 for 11-13 the next event. We are trying these events for the first time, let's give it a chance and get through the meet before we change. This seems to be the way we operate but we have to give it a chance. A reminder that we did pass several years ago not to make changes for 3 years. We aren't even to the meet. I am getting back to each and every e-mail I received, but it takes time. I will respond to all of you.

On a down note, John Brennan a long time THSC swimmer and a junior national qualifier in 1999 200 breaststroke and 400 IM passed away February 7, 2002. John battled cancer for almost 3 years and as his coach for 5 years, John was a real fighter had a great sense of humor, and went from an age group swimmer to senior swimmer. He developed, matured and challenged sets in practice and meets. From all of his team mates I can say that we will really miss you John. Never to be forgotten.

## **ADAPTED SWIMMING**

### **Gene Mielke**

USA Swimming Disability Championships: The USA Swimming Championships Disability Championships will be held in Federal Way, Washington, June 13-15, 2002. As it is our backyard, I would hope that many of our swimmers with disabilities would take the opportunity to enter the meet.

The meet has become much more popular over the past several years. The event has also become one of

the top international events for swimmers with disabilities, attracting swimmers from around the world. This has pushed the event to the limit for the format that has been used over the past years. A task force met, considered the input from athletes and coaches, and made the following decisions.

1. The 2002 meet will be open to swimmers with disabilities from all FINA member federations.
2. To improve the meet, to cope with the increased number of athletes participating in the meet each year, only Paralympic Games events will be contested as prelims-finals events. Events not contested at the Paralympic Games will be swum as timed finals during the morning preliminary session.
3. To increase the competitiveness of the meet, there will be two sets of qualifying times (QT). One set of QT will be used to enter the meet and the other (faster) set of QT will be used to determine which swimmers can advance to finals in prelim-finals events. To advance to finals, a swimmer must satisfy two conditions -- be in the top 8 in his/her classification in the event and make the faster set of QT. Meet entry QT were revised this year, giving consideration to current world records and world rankings.

Classification of athletes will be the responsibility of U.S. Paralympics, Inc., a new organization. The details of this arrangement have yet to be determined; however, it is very likely that classification will be held on Tuesday and Wednesday, June 11 and 12. More information will be provided on this topic at a later date.

Now that these decisions have been made, the meet information will be prepared and disseminated promptly. The information will be posted on the USA Swimming web site (<http://www.usa-swimming.org/events/>). For further information contact Dean Ekeren ([dekeren@usawimming.headquarters](mailto:dekeren@usawimming.headquarters)). Dean is the National Events Director for USA Swimming.

The USA Swimming Disability Championships is a National Championship certification meet. Applications are now available on the USA Swimming WEB site (<http://www.usa-swimming.org/programs/>). Once in the program area follow the guide to the officials section. This is a great meet to officiate at. I hope many of you will take the opportunity to work this meet.

## ***OSI QUALIFIER'S DATABASE*** ***Robbert van Andel***

At last Fall's House of Delegates meeting Oregon Swimming voted to adopt a rule requiring swimmers to appear in a qualifier's database to be allowed to enter a championship meet similar to the program adopted by the Northwest Section. The rule does not take affect until this upcoming long course season. We used the short course season as a trial period.

Since its inception, I have been maintaining the database using Hy-Tek's Team Manager II software. I wanted to share my experience with Oregon Swimming in the hopes that we can smooth out this process.

I have encountered three main problems with the system. In descending order, they are: a lack of participation, incomplete athlete information and relay errors.

We have had an okay level of participation from teams regarding meet results. As of this writing on February 15, I have received results 54 meets, 25 were Oregon Swimming swim meets, 3 were out of state meets, 1 was the Oregon All Star Meet, 2 were unscheduled meets, and the rest were dual meets. There were 35 scheduled regular meets this season up to today. I hope to see even more participation this upcoming season.

I think the main issue to increase participation is educating the meet directors. Oregon Swimming will be adding a document to the meet director's packet instructing meet directors exactly what OSI needs to get these meets into the database. I want to thank the teams that have been diligent about getting results into the database in a timely manner.

Team Manager is not a smart program. It cannot decide that Johnny Swimmer from Some Swim Team and Johnny B. Swimmer from Some Swim Team are the same swimmer. While I am not sure, it appears that Team Manager sorts swimmers using the USA Swimming registration number. This number is determined using the swimmers first, middle, and last name and the birth date. All four pieces of information must be put in a team's Team Manager program so that meet entries will contain the correct information. I would say about 10% of athletes in the database have two or more entries. Some of these double entries are a result of missing birth dates causing athletes to appear in the incorrect age group.

Oregon teams need to be more diligent about entering athletes into Team Manager with all the correct information.

I received a lot of e-mails from parents stating that their child is listed in the database with a time that they never even came close to achieving. Upon further inspection, the time listed is in fact a time from a relay split. More than likely, these swimmers are swimming in a different order than that listed in Meet Manager. Other errors with relay lead offs include times that are completely inconceivable, times rivaling those of Inge de Bruin.

It is going to take diligence on the part of timers and coaches to make sure swimmers are swimming in the correct order, and that changes are recorded into Meet Manager to avoid these types of errors.

For the most part I am pleased with the participation. I hope with everyone becoming more familiar with the procedures this process will become a fairly simple task.

## ***GREETINGS FROM THE WEB***

### ***Robbert van Andel***

I wanted to use this space to talk to the Oregon Swimming membership about the website. Many of the website regulars probably remember we had some technical difficulties late last month. I appreciate everyone's patience as I worked to restore the website.

I used the time to make some enhancements, incorporating the use of some advanced web scripting and the use of a central database to minimize the impact in a catastrophic error (isn't 20/20 hindsight great?). Several lists on the website (particularly those listing clubs and club websites) can now be sorted by various criteria. Because of the changes made on the web most of the pages on the website have a new extension. Instead of ending in HTM or HTML, most pages now end in PHP. For you club webmasters out there, I encourage you to update your links to various OSI web pages.

I have had several comments directed to me about the results page. I have gotten several meets back up, but I am still working on the rest. I appreciate everyone's continued patience as I work on this.

In the past, I mainly focused on making the website work on a Windows based computer using Internet Explorer. With my increased use of Linux, I realize that not everyone uses these technologies. I invite anyone using other Operating Systems and web browser to share any errors they see when accessing our pages. I wish to make the site as cross platform friendly as possible. You can e-mail me at [robbertv@oregonswim.org](mailto:robbertv@oregonswim.org).

One final note, I am interested in hearing from Oregon Swimming members about what they would like to see on the OSI website such as new features and or information. Again, you can e-mail me at [robbertv@oregonswim.org](mailto:robbertv@oregonswim.org).

## ***ALL STAR TEAM***

### ***SuhaTokman***

#### **West Coast All Star Meet**

What a meet it was. Forget the fact that I was so proud to be the Head Coach of this amazing bunch of swimmers. We were lucky to see the caliber of competition in the West Coast Quad All Star Meet. Oregon swam very good. We gave all we had. Swimmers and coaches did an outstanding job. Our manager were the "BEST". The Team's behavior at the hotel, on the deck and during meals were absolutely an "A" with a Golden Star.

Additionally I would like to "especially" than the Tigard Tualatin Swim Club for their incredible efforts to put this meet on. With the leadership of Andy Carlisle, the Tigard Tualatin team did an excellent job. Thank you all!!

You can all see the results on the web site. Southern California had some speedy swimmers, but we were tight there too. The entire Oregon Team did very well, but I have to mention that Lake Oswego's Morgan Scroggy managed to capture us a first place.

I'd like to thank all the teams that supported this meet with sending swimmers. Bend, Canby, David Douglas, Tigard Tualatin, Corvallis, Salem, Parkrose, Seal Lions, Eugene City, South Coast, McMinnville, Superior Aquatics and Lake Oswego.

Now we are setting up for the Spring All Star Meet. Applications are already being distributed. Please circle your Q times, include your USA Swimming number, make sure you include times for all the events in the application, not just your Q times, and write clearly. Thank you, *Suha*.

#### **Evaluation of Hydrus Underwater Imaging**

For

Vancouver Swim Club and Oregon Swimming Inc.  
Art Stoll (Official) Vancouver Swim Club.

I was asked by the Vancouver Swim Club's Board of Directors to evaluate Hydrus Underwater Imaging from an Official's perspective.

I am very impressed with the professional performance of Hydrus. Tape and carpets on the deck covered the

wires. The underwater camera was placed in the center of the pool and the wire from the camera to the control center was kept on the bottom of the pool. At no time during the meet did Hydrus interfere with the competition.

I have viewed the end product of my particular swimmer. The video was very professionally presented with the swimmer's name, event number and stroke. In speaking with Travis Swanson he said including the lane assignment was not a problem. However this will take good communications between the Meet Director, Referee and Hydrus for any lane re-assignments. I was a little thrown by the fish eye camera positioned at mid pool, I understand the reason for the fish eye, and this allows seeing the entire pool without panning the camera. The underwater views of the swimmers were an enjoyable experience and would like to see more of this. Our Coach has expressed she would like to see more underwater filming also as she would then know how to trim the swimmer during practice and to better assess the swimmer's efficiency during competition. If it is possible for Hydrus I think a second underwater camera located at, or near, the start end of the pool would also be very interesting to watch.

The only negative I see is our old nemesis GLARE, and as Officials we deal with this at most swim meets. Money was refunded for portions of the tape where the glare washed out the video. In speaking with Travis Swanson he advised that this being his first time at Marshall Pool he did not think the glare would be a problem. Travis said that in the future he will be using a filter on his cameras at most pools.

Overall I think that Hydrus Inc. has an excellent product and should be endorsed by all LSC's as well as Oregon Swimming and USA Swimming. This is a win win for all. The swimmers benefit from seeing themselves from underwater, the coach's benefit from watching the underwater portion of the swim thus allowing the coach to make the swimmer more streamlined and the parents benefit by allowing them to show their swimmers to other family members.

I look forward to seeing Hydrus at future swimming events.



# **BOISE YM SWIM TEAM**

**Looking for a Long Course Meet at a great pool in a great city?**

**Come to Boise, Idaho  
For the  
Boise YMCA Spring Fling Invitational Long Course Meet  
May 3, 4, and 5, 2002**

Contact Susan Smith, 208-345-1607 or e-mail: [sme6587@cablone.net](mailto:sme6587@cablone.net)  
**For Additional Information and Assistance**

## ALL-STAR MEET SWIMMER APPLICATION

Swimmer's Name: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (Cell) \_\_\_\_\_ (Fax) \_\_\_\_\_

Coach Name: \_\_\_\_\_ Club Name and Code: \_\_\_\_\_

USA Swimming# \_\_\_\_\_ Your age (on April 20, 2002): \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

**Please read very carefully before filling out times**

\*Enter best short course yards and long course meters times for "ALL" NOT only the Q times you have, for all the events:

\* **Important:** For short course time standards, 11 yr olds use 12 yr. old Q times, 13 yr. old use 14 yr. old Q time. (Must have a minimum of one Age Group Regional time.

\*Times you list below must have been achieved since June 1, 2001.

\*You MUST circle the events for which you have achieved qualifying times.

Event	S C Y Time	LC M Time	Date Achieved	Meet at which this time achieved
50 Free				
100 Free				
200 Free				
500 Free				
100 IM (11-12)				
200 IM				
400 IM (13-14)				
100 Fly				
200 Fly (13-14)				
100 Breast				
200 Breast (13-14)				
100 Back				
200 Back (13-14)				
<i><b>You must provide your times below, they are for relay entries only</b></i>				
* 50 Back				
* 50 Breast				
* 50 Fly				

➤ **IMPORTANT FOR COACHES:** This form must be signed by the coach in the space below. Coach's signature verifies that the times have been achieved in competition since June 1, 2001.

➤ Coaches, please use the space provided for comments you may wish to make regarding the swimmers events, conditioning, etc.

➤ **Coach's signature verifies that swimmers level of conditioning is appropriate for this competition and that to the best of your knowledge the times listed are accurate and were achieved on the date and at the meet indicated.**

Coach's Signature: \_\_\_\_\_ Date \_\_\_\_\_

Coach's Comments: \_\_\_\_\_

**APPLICATION MUST BE RECEIVED BY NOON, March 15<sup>th</sup>, LATE APPLICATIONS WILL NOT BE CONSIDERED**

1. FAX to Oregon Swimming at 503-297-8498 Phone 503-297-6027 to verify receipt of FAX. or
2. Mail to :Oregon Swimming, Inc. 1750 SW Skyline Blvd Suite 103 Portland OR 97221

**DO NOT SEND MONEY WITH THIS APPLICATION**

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

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