



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 24, Number 10

October 2003

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

USAS Convention Reports GENERAL CHAIR, Tim Stevenson

We just returned from the US Aquatic Sports convention held in San Diego September 9 thru September 13, 2003. There were over 1000 delegates present from Swimming, Water Polo, Diving, Synchronized Swimming, and Masters Swimming. The committee meetings that were attended were quite informative and allowed us to vote on the legislation from a position of knowledge and understanding of the issues.

The legislation that was passed that will affect OSI teams the most is a rule having to do with the minimum water depth for starting from the pool deck. The USA Swimming Safety Committee recommended that the current 3'6" limit be raised to 4' for diving from a platform or the pool deck. For water depth less than 4' the swimmer must start from within the water. This new rule is not affective until May 15, 2004 but will affect many pools in Oregon.

A clarification of the procedures and LSC responsibilities for the maintenance of swim meet results for the STARS database was added to Appendix 2A of the rulebook. It mandates that all LSC meet results must be uploaded into the USA Swimming database. This requires that all swimmer identification (name and USA Swimmer ID) must match precisely what is in the STARS registration database. It is very important that

meet entry information be precise and match exactly what was used for an athlete when they were registered.

The Safety Committee added a new rule under 202.3 Conditions of Sanction that requires all USA Swimming athlete members to be under supervision of a USA Swimming member coach during warm-up, competition, and warm-down. If an athlete does not have an assigned coach at a meet, the Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision. This legislation was necessary to provide some rule that brought USA Swimming in line with our current insurance requirements. Without the above supervision, we could be in violation of the insurance rules and not be covered if an accident were to occur.

We have our own Mini Expo and House of Delegates just around the corner in Albany, October 4th and 5th. Hope to see you there.

Senior Swimming, Mark Bernett

The National Time Standards have been softened considerable. The Spring National Meet will be in the same weekend as High School Districts.

Age Group Report, Amy Emmett

Camp Committee Business Meeting and Infomercial-Age Group Committee

After the business meeting the committee presented the Catch the Spirit Camp information and made an appeal

for LSCs to put on more camps. Up to four per year are budgeted for in each LSC. The materials for 50 swimmers are provided as well as videos and hand books. For more information check out the USA Swimming web page and visit Programs and Services. Materials are FREE! If you would like to host a clinic contact Jeannine Serrano, Oregon Swimming's Camp Coordinator at 503-431-5455.

Camp Committee Workshop - Age Group Committee

The Camp Committee and the Workshop attendees addressed the types of camps that can be designed with the Catch the Spirit materials and ran a mock camp. You can design any camp kind of camp that you can imagine for any age group or skill level using the materials available.

How They Did It: Novice to Nationals - Education Committee

Laura Cox for George Block, Alamo Area Aquatics Association, San Antonio, Texas
Bev Montrella, Mission Viejo, Southern California
Murry Stephens, North Baltimore, Maryland

Each of these coaches described what they believed made their programs effective. While all three are structured differently, they all advocate strong technical foundations and training, structure, swimmer and coach development, a goal of developing outstanding senior swimmers, and consistency throughout their programs.

Age Group Committees Reports

Each of the Age Group Committees reported on what they were presenting at convention. They also distributed the results of a Survey that they did last year at the Convention. I will have copies at the OSI House of Delegates for anyone who is interested.

There were 46 short course national records and 65 long course records applied for, some in the same events. Not all records that were broken were applied for. There were none from OSI were on the list.

The Top 16 Coordinator, Terri Randolph, and Age Group Time Standards Coordinator, Jim Patterson, reported that they would like all swims swum in each LSC to be reported in the National Data Base. They need this information for statistical purposes and for Age Group.

Ginny Nussbaum, Club Development Coordinator, would like more Clubs to take advantage of the Club Excellence Program. She was charged with finding a more universal definition of success. Banners, grants, and educational opportunities are offered to clubs that apply and qualify.

Age Group Planning Workshop

Charlene Boudreau of USA Swimming gave a presentation on "Fueling for Performance". She

cautioned against using supplement and focused on meeting fueling needs through diet. Supplements can contain banned substances and they do not have to list them on the label.

Retention of Boys - Is the Boy's Club they answer? - Age Group Planning Committee

A coaches' panel described what they had implemented in their programs to retain boys. All agreed that tailoring practice sessions to meet the pack mentality and energy of young boys was accentual to attracting and keeping boys whether or not separate practice sessions were offered or not. It was also suggested that separating young girls from the boys helped the girls achieve their practice goals as well. All programs had recombined the boys and the girls by the Senior level, and in the case of North Baltimore, they recombined the boys and girls groups when the number of girls equaled the number of boys.

Outreach, Gene Mielke

USA Swimming's Outreach program is designed to attract swimmers who are at an economic disadvantage and demonstrate the value of swimming as both a life-long activity and learning skills to manage life's problems. The majority of the outreach swimmers lives in inner-city areas and are minorities. Less than 50% of the LSCs currently have outreach swimmers.

Outreach Competitions: In an attempt to attract minorities to swimming several major meets have been developed. These include the Inner City Games, the Black History meet, and the Cinco de Mayo meet. These meets are not exclusive to minorities, but do attract teams with a high percentage of minorities. The Black history meet in Washington, D.C. is held during Black History Week and attracts 750 swimmers primarily from East Coast and Midwest. A second meet has been developed in Atlanta and is sponsored by the Dolphins. The Cinco de Mayo meet in Texas has attracted teams primarily from the Southwest and this year included three teams from Mexico. In the future other meets may be held the same weekend with all results being combined to determine awards. The Inner City Games were developed under the auspices of the United Way and covers 15 sports (similar to our Oregon State Games).

Outreach Grants: Last year ten \$2000 outreach grants were funded. There were only thirteen applications for the program. It is anticipated that ten grants will again be available for this year. The grants are not designed to be "band-aids" to assist clubs in tough times. They need to be designed to reach a group (or groups) of athletes who are not currently being included. It helps a club's chances in getting a grant if they have some matching

monies to build a bigger ongoing program. One of the new programs that USA Swimming will be addressing with the new dues increase is to develop/improve swimming programs in rural areas.

USOC Flame Program: Last year the USOC instituted the Flame program to develop leadership skills in athletes. The focus of the program held at the USOC's training center is leadership, not athletic improvement. The program's goal each year is to have five athletes from each of the Olympic sports.

Ethnic Origin: The Outreach Committee is asking for your help. There is a section on the registration form to indicate ethnic origin. The purpose of the section is to provide USA Swimming with information on the number of minorities in the sport. The section is optional, and one of the options is "decline". The problem is that few people are completing the section. Less than 50% of registrants are completing the section. Based on the less than 50% indication, minorities account for less than 10% of the USA Swimming membership. Without more accurate information it is difficult to attract funding for outreach programs or measure the effectiveness of these programs.

Education Committee, Judy L'Roy

"Novice to National- How They Did It", a workshop sponsored by the Education Committee, presented 4 coaches from large swim clubs across the country. Murray Stephens from the North Baltimore Aquatic Club shared his basic swim philosophies and some experiences in the early training of Michael Phelps. Here are some of Murray's ideas:

- * "Everything comes down to attitude. If you create the correct atmosphere then success is inevitable."
- * "The swim coach has to be concerned with long term goals and one step ahead of the swimmer at all times." After Michael Phelps broke his first world record it was approximately two years before he broke it again. During this time, his coach assisted Michael in developing his other strokes. One can easily see how this benefited his swimming this past summer at both the World Championships and Summer Nationals.
- * "Not every swimmer is capable becoming an 'elite' swimmer or even succeeding at the National level and this is ok."
- * Speaking of training, weight training is not part of their program. In fact, "Michael Phelps has never lifted weights in his training on the swim team.!"
- * "The one thing I want for my swimmers is when they leave the program and move on, they still love to train."

Sports Medicine Meeting, Robbert van Andel

The sports medicine committee presented important information about athletes that use most common asthma

medications. In the past, athletes needed a note from a doctor stating that the athlete needs the prescribed medication. FINA (the sport's international governing body) recently changed the requirements. An athlete must file with United States Swimming a full pulmonary function test proving the need for asthma medications.

Any athlete that competes at the US Open, World Cup and certain Grand Prix meets are eligible for drug testing. This means that if an athlete using asthma medications that has not filed the necessary pulmonary function tests with United States Swimming faces the penalty of a positive drug test, which is a two year suspension.

Unfortunately I do not have the specifics what the full pulmonary function tests involve. For more information contact Stacy Michael (Drug Control Coordinator for United States Swimming) at smichael@usa-swimming.org.

Registration, Coby van Andel

Since July 2003 registration is done directly in the USA Swimming data base. Registration is directly linked to the times data base and basically to all the data. In the near future teams can import their registration directly into the registration data base from Team Manager. It is very important that every team has the names in Team Manager with legal first name, middle name and preferred name in the appropriate spot. This is not only necessary for registration purposes but also for meet entries.

OCTOBER NOTICES

New Oregon Swimming Records: Congratulations to the following athletes and their coaches for setting a new Oregon Swimming record.

11-12 Boys

Connor McCarroll, 12, THSC 200M Butterfly 2:31.44.

Meet Evaluation forms/verification of membership

Please make sure when you make copies of the meet evaluation form you have the latest version and they should be mailed to Bruce Ludwig.

They are included in the sanction packet. Also send a backup of your meet as soon as you have your entries done for membership verification. There are too often athletes in the meet that are not registered. The meet is not insured when this happens!! All teams should use their Hy tek software when sending entries to a meet. All athletes should be entered with their legal names (preferred names added in the appropriate spot) and registration number as it appears on their membership card. This way we don't have problems with membership verification and the times database.

Dues Increases for 2004

The 2002 USA Swimming House of Delegates approved dues increases starting September 1 the dues will be:

Seasonal Athlete	\$25.00
Year-Round Athlete	\$45.00
Coach	\$70.00
Officials	\$50.00
Administrators	\$45.00

No increase in outreach and club membership fee.

Safety Marshals. Safety marshals should be highly visible on the pool deck. USA Swimming rule 102.18. USA Swimming donated 5 vests and they can be used at your meet. Contact the office for pick up if you wish to borrow them. They can also be ordered by contacting Kiefer Sports at 1-800-323-4071. The cost is \$9.50 per vest.

JOB OPPORTUNITY

Tigard Tualatin Swim Club is seeking a part-time year round assistant coach for their team of 130+ swimmers. TTSC practices at two pools – the Tigard Swim Center (25 yards, 6 lanes) and The Tualatin Swim Center (25 yards, 8 lanes).

Job Responsibilities:

- Coaching the beginning and intermediate level age group swimmers (practices are about 1 ½ hours M-F)
- Coach one invitational or dual meet approximately every 3 weeks
- Attending staff meeting once a month

Job Requirements

- The successful candidate must possess current USA swimming certifications (First Aid, CPR and Safety Training for Swim Coaches)
- Candidates must possess a strong knowledge of competitive swimming and excellent teaching skills.
- The candidate must be available early evenings and some weekend days.

The salary is competitive and based upon experience and certifications. Please submit a resume and cover letter stating your experience as coach and swimmer to:

Jeanine Serrano, Head Age Group Coach
Tigard-Tualatin Swim Club
P.O. Box 230583
Tigard, OR 97281

OFFICIALS CORNER
BRUCE LUDWIG

House of Delegates

Everyone please be aware of the House of Delegates meeting at the Phoenix Inn in Albany on October 4th. New certification and re-certification clinics will be offered from 1:30 to 4. A pre-clinic meeting will start at 12:45. Hope to see you there. Please pass on this information to others who may be interested in becoming an official. There is no cost nor obligation.

LSC Officials' Meeting

I will be attending a LSC Officials' Meeting in Colorado Springs in October. If you have any questions, concerns, issues, or things-that-make-you-go-huh that you would like answered, please let me know. Maybe I can get the answers while at the meeting.

High School Swimming

Christi McCauley, northwest section representative to NFHS swimming and diving rules committee

As many of you know I have the privilege of serving on the National Federation of State High School Associations swimming and diving rules committee. I have attended three meetings in Indianapolis and I am gaining a much greater understanding of what high school swimming is all about. The wealth of knowledge and years for experience (the combined total is well over 200 years) of the members of the committee is staggering! Most of us are accustomed to club swimming rules, traditions and the general philosophy. High school swimming does have some elements that differ from club swimming; therefore, I intend to try to clarify some of the philosophical and technical variations.

Actually, there are several technical rule codes dependant on the organization the athlete swims for. The differences between the technical rules of all the National Governing Bodies can be found in a chart compiled by Pat Lundsford of USA Swimming. It is on the USA Swimming and NFHS websites. Pat has also written a wonderful article called the "Our Kids Initiative". Through his hard work he has brought the governing bodies of the various swimming organizations together in an effort to align the technical rules. Pat has been invited to and attended 2 of the last 3 NFHS rules committee meetings. Through Pat's and other peoples efforts the technical rules are coming more inline with one-another.

When the National Federation is sent a recommendation for a rule change many things are taken into consideration before a rule is changed. First of all, safety is paramount when examining rules. We must factor into our decisions that athletes from Alaska to Florida to will have to adhere to the same expectations. Another consideration is to examine what other rule codes state for that particular stroke or situation. Other factors that are weighed fall into more of the philosophical category.

In April, the chair of the rules committee charged all of us with the assignment to consider the values indicative of high school swimming. The following are what the committee discussed.

The values that should be promoted are:

Citizenship, character, camaraderie, sportsmanship, ethics, sense of accomplishment, self-improvement, encouragement and self-esteem.

The concepts that are more unique to high school competition include:

Being all-inclusive, team sport, concentrated time line, short season, educational athletics, community support/involvement, representative sportsmanship, and administrative simplicity

Again in July the rule interpreters were given a similar task. The question put to them was, "What do we need to preserve philosophically for the high school swimmer?"

Protect the "marginal swimmer" (three month swimmer), education of student/athlete i.e. conduct, accountability,

extension of classroom environment, behavior, citizenship, integrity, honor, respect
Reduce risk, personal, physical and developmental health, participation, all-inclusiveness; favor diversity of events and growth through trying new things
Responsibility of coaches to be mentors and teachers.

While most of the aforementioned values are what all coaches, parents and athletes strive for, there are some elements that are unique to the high school arena. I have found it very enlightening to be included in these discussions. It has been great fun to hear how New Mexico coordinates their dual meets and enjoyed listening to the Sportsmanship Statement that is read before every sporting event in Kentucky or learning how Louisiana runs a state meet with 1200 athletes!

College and club athletes tend to strive for results while high school athletes may or may not. Some are there to be involved in a school activity with their friends. It is important as a committee that we strive to enforce rules that include and consider all student athletes. For all of you that will be working with high school swimmers this season please keep in mind these philosophies and most of all, have fun!!! To receive a copy of the high school rules contact your high school coach or athletic director or the OSAA office at (503) 682-6722.

ADAPTED SWIMMING ***GENE MIELKE***

ISBA World Swimming Championships: The IBSA World Swimming Championships were held in Quebec City from August 5-10, 2003. Five USA swimmers competed in the event setting 3 American Records and winning 8 medals (5 silver – 3 bronze) in the six-day event. Oregon Swimming's Jennifer Butcher (S13) won silvers in both the 100 backstroke and 50 freestyle. Congratulations Jennifer!

Zone Inclusion of Swimmers with Disabilities: Seven swimmers with disabilities competed at the Central Zone meet in Indianapolis in August. They ranged from 9 to 16 years of age. They set three new American Records. This was the final year of a two-year pilot program of inclusion for swimmers with disabilities in the Central Zone meet. The future of the swimmers' inclusion will be discussed at the USAS Convention in San Diego in September. Other Zones (including the Western Zone) are also considering such inclusion programs in the future.

Last Chance Meet: A "last chance" meet will be held in Indianapolis November 29 – 30, 2003. The qualifying time standards are the same as for the 2004 Paralympic Games in Athens. The International Paralympic Committee (IPC) Swimming has approved the meet so the results will go into the world rankings and hopefully translate into more slots for the USA at the 2004

Paralympics. Contact Pam Redding at predding@rehabchicago.org for a copy of the meet information.

USA Swimming Disability Championships 2004: The USA Swimming 2004 National Disability Championships will be held at the University of Minnesota Aquatic Center (Minneapolis) from April 22-24, 2004. More information and meet packets will be available later in the fall. This will also be the 2004 Paralympic Team Selection Meet. The selection criteria for the 2004 Paralympic Team is currently under scrutiny by the Delegation Review Committee and once they are approved, everyone will be notified.

U.S. Paralympics: The U.S. Paralympics moved to the USOC campus last month. Julie O'Neill is the National Swimming Program Manger. Her contact information is: Julie O'Neill, U.S. Paralympics, Swimming National Program Manager, One Olympic Plaza, Colorado Springs, CO 80909, Phone: 719-866-2036, Fax: 719-866-2029, Email: julie.o'neill@usoc.org.

U.S. Paralympic Swimming Performance Plan: The 2004 U.S. Paralympics Swimming Performance Plan is now available. If you would like a copy please contact Pam Redding at predding@rehabchicago.org.

2002-2003 SHORT COURSE AND 2003 LONG COURSE TOP 5 LIST

The 2002/2003 short course (25 yards) and long course (50 meter) TOP 5 times from September 2002 thru August 2003 are available on the Oregon Swimming Website. If you are unable to access the website and are interested in the final list contact the Oregon Swimming Office at 503-297-6027, Fax 503-297-8498, e-mail swim@oregonswim.org. Please review the list carefully. Please report corrections to the Oregon Swimming Office. Be prepared to provide the location and date of the meet, the event and the official time. Times from meets outside of Oregon Swimming must be verified by copies of official meet results. (High School Times are not eligible for top 5). Corrections must be received by October 24, 2003. Athletes achieving TOP 5 times will be invited to attend the Awards Ceremony to be held on November 17, 2002 in Corvallis

2003 OREGON SWIMMING MINI-EXPO OCTOBER 3-5, 2003 ALBANY, OR

Phoenix Inn, 3410 Spicer Rd. SE, Albany, 1 541-926-5696

Friday, October 3

2:00PM – 6PM -- Golf

5:00PM - 9:00PM -- Safety Training for Swim
Coaches - Phoenix Inn pool

Saturday, October 4

Coaches Clinics –Tentative line-up

Featuring

8:30AM - 9:00AM - Check in & late registration
9:00AM – 10:30AM Tim Gibbons – USOC Sports
Science Department will be speaking about
longitudinal development of athletes.
10:30AM – 11:00 AM - break
11:00AM - 12:30 PM –Tim Gibbons
12:30PM – 1:30PM - break
1:30PM - 3:00PM Age Group Panel – TBA
3:00PM - 3:30PM - break
3:30PM – 5:00PM John McIlhargy – Build a Pool

7:00PM – 9:00PM -- OSCA Meeting

Officials Clinics

Schedule

12:45PM -1:30PM General meeting for all clinic
attendees

1:30PM - 4:00PM Breakout to Separate Clinics

- Stroke & Turn - for the beginning deck official
- Starter – for officials who have been certified as S & T for one year or more
- Referee – for officials who have been certified as Starter for one year or more
- Referee recertification clinic
- Meet Director – no prerequisites
- Electronic Timing – no prerequisites

Note: There is no charge or membership requirement for the clinics. Attendees not already members of USA Swimming must join prior to beginning on-deck training. Clinics run concurrently, therefore you may attend only one clinic.

Athlete Swim Camp

9:00AM – 2:00PM – Albany Community Pool

Details will be announced as soon as possible.

Cost is \$20.00 per athlete. Camp is open to the first 50 athletes. Athletes have to be registered with Oregon Swimming.

Sunday, October 5

Oregon Swimming House of Delegates meeting

8:30-9:00AM: House of Delegates check-in

9:00AM-3:00PM: Oregon Swimming House of Delegates meeting

Each member club of OSI is required to send a representative to this meeting. Eastern Oregon District and Cascade East League may elect one delegate to represent their respective clubs.

The Chair will determine the timing of a lunch break, if needed.

If you have legislation items for this meeting, please submit them to the OSI office 30 days prior to the meeting.

CBSL Meeting following the House of Delegates meeting

Each CBSL member club must be represented

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All the activities for the 2003 Mini expo are scheduled in the Phoenix Inn.

They will offer the government rate of \$55.00 for King Suites, and \$64.00 for Double Queen Suites not including the 9% City Tax. The Guestroom block is listed under OSI for October 3/4/5/03. – this includes Complimentary Buffet Breakfast, indoor pool, spa and fitness center. Suites include microwaves, refrigerators, coffee makers, hair dryers and iron & ironing board. Also all local telephone calls are free.

The Phoenix Inn is located right off of Exit 233 on I-5. For more information go to www.phoenixinnsuites.com. Call 541-926-5696 or 888-889-0208 for reservations.

REGISTRATION FORM
2003 Oregon Swimming Mini-Expo

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Club: _____

Email: _____

Athlete Registration number _____

I wish to attend the Safety Training for Swim Coaches, \$25.00 fee is included

I am a coach member of Oregon Swimming and will be attending the clinics on Saturday, October 4, 2003. I have enclosed a check for \$25.00 to cover the pre-registration fee.

I am not a coach member of Oregon Swimming and will be attending the Coaches clinics on Saturday, October 4, 2003. I have enclosed a check for \$30.00 to cover the pre-registration fee.

NOTE: Pre-registrations must be received at the OSI office by Thursday, October 2, 2003. Registrations at the door are \$30.00 for OSCA Members and \$35.00 for non-members

Athlete Swim Camp – \$20.00 fee is included.

As an official or prospective official I wish to attend the clinic checked below. No fee

Stroke & Turn

Starter

Referee

Meet Director

Referee re-certification

Electronic Timing

Send this form to: Oregon Swimming, 1750 SW Skyline Blvd. Suite 103, Portland, OR 97221

* Officials may FAX the form to 503-297-8498

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 24 Number 10

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

**NON-PROFIT
ORGANIZATION**

**US POSTAGE PAID
PORTLAND OR
PERMIT NUMBER 1910**