



# 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

## JULY NOTICES

**Graduating Seniors.** Please help recognize our graduating seniors by calling 503-297-6027, Faxing to 503-297-8498, or email [swim@oregonswim.org](mailto:swim@oregonswim.org) if you have additions to this list. Good luck and congratulations to our swimmers moving on to college in the fall.

NAME	TEAM	HIGH SCHOOL	COLLEGE
Travis Johnson	AAA	S Albany	
Adam Bratton	BEND	Mountain View	Whitworth College
Henry Holmberg	BEND	Summit	U of Wyoming
Loren Klemz	BEND	Bend	Linfield
Katie Weeks	BEND		Redlands U
Maegan Wood	BEND	Summit	Washington State
JoJo Miller	DDSC	David Douglas	U Idaho
Jenny Stratton	DDSC	David Douglas	Texas A&M
Whitney Akers	EYAC	S Eugene	New York U
Elliot Bishow	EYAC	S Eugene	New York U
Ellen McCleery	EYAC	S Eugene	Whitman College
Brianna O'Connor	KWSC	Mark Morris	S Connecticut
Sara Peterson	KWSC	Mark Morris	U Idaho
Henry Burton	HEAT	Hood River	Williams College
Kaitlin Ringquist	HEAT	Hillsboro	OSU
Joe Andrews	LAC	Lebanon	U Hawaii
Haley Koss	MAC	St Helens	U Nebraska
Casey Bradshaw	MSC	McMinnville	UC Santa Barbara
Laura Brown	MSC	McMinnville	U of Washington
Leesa Cotton	MSC	McNary	U of Puget Sound
Beth Gaube	OCST	LaSalle	Linfield
Erin Postma	RRSC	N Eugene	OSU
Amanda Hoffman	-RRSC	N Eugene	Northern Arizona
Kacie Hogan	RRSC	N Eugene	Idaho
Rachelle Stice	RRSC	N Eugene	Slippery Rock
Ben Malcolm	RRSC	N Eugene	UC Santa Barbara
David Adams	THSC	Tigard	U W
Ellie Bieze	THSC	Jesuit	Boston College
Brandon Edleman	THSC	Southridge	O I T
Patick Fausel	THSC	Jesuit	U of Arizona
Paige Lee	THSC	Jesuit	U of Idaho

Anne Liggett	THSC	Westview	U of Kansas
Matt Morton	THSC	Glencoe	UNLV
Genna Patterson	THSC	Westview	UC Berkley
Elizabeth Robertson	THSC	Tigard	Whitman College
Ashly Scroggy	THSC	Canby	Whitworth College
Matt Viglione	THSC	Westview	Auburn
Nancy Alexander	TTSC	Tualatin	Whitman College
Caitlin Dinsmore	WHAT	Tualatin	San Francisco
Ian George	WHAT	Wilsonville	OSU
Mike Tienken	WHAT	Westview	E Oregon U
Adam Fuller	WHAT	Lakeridge	Pacific Lutheran

### Oregon Swimming Board of Directors Meeting

will be Wednesday July 7<sup>th</sup> in the Multnomah Athletic Club. The officials meeting start at 6PM and the regular meeting at 7PM.

### Oregon Swimming House of Delegates meeting - October 3, 2004, Gresham, OR

**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.

### Meet Evaluation forms/verification of membership

All clubs should send a backup (SD3 file) of their meet as soon as you have your entries done for membership verification. Too often, there are 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. 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.

***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.

**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.

## ***ADAPTED SWIMMING***

### ***GENE MIELKE***

#### **Paralympic Trials/USA Swimming Disability**

**Championships 2004:** The 2004 Paralympic Trials-USA Swimming 2004 National Disability Championships were held at the University of Minnesota Aquatic Center (Minneapolis) from April 22-24, 2004. Over 50 new American records were established at the meet, with three World and Pan-American records pending. Four swimmers from the Pacific Northwest participated in the meet. Justin Flemming (S8/SB7/SM8) from Wave Aquatics (PNS) placed first in the 50 M and 200 M freestyle and second in the 100 M freestyle, 100 M breaststroke, and 200 M IM. Jennifer Butcher (S13/SB13/SM13) from Columbia-

Willamette YMCA placed first in the 50 M freestyle and 100 M backstroke, and second in the 100 M freestyle and 200 M IM. Julie Crisp (S7/SB7/SM7) from Columbia-Willamette YMCA placed first in the 100 M backstroke, second in the 200 M IM, and third in the 50 M butterfly, and fourth in the 50 M and 100 M freestyle. Aaron Paulson (S7/SB5/SM7) from Yawama placed first in the 100 M and 200 M breaststroke and second in the 100 M backstroke.

**U.S. Paralympics Team:** The U.S. Paralympic team for Athens was selected following the Trials meet in Minnesota. The team, with 45 members (29 women and 16 men) will be the largest in U.S. history. Four swimmers from the Pacific Northwest made the team. Team members include: Justin Flemming (S8/SB7/SM8) from Pacific Northwest Swimming's Wave Aquatics; Jennifer Butcher (S13/SB13/SM13) and Julie Crisp (S7/SB7/SM7) from Oregon Swimming's Columbia-Willamette YMCA; and Aaron Paulson (S7/SB5/SM7) from Oregon Swimming's Yawama. Congratulations to these swimmers and good luck in Athens. Kiko VanZandt from Pacific Northwest Swimming has been selected as an assistant coach for the team. Congratulations Kiko.

**Oregon Swimming Records:** Based on a limited database six new Oregon Swimming records were set at the Paralympic Trials.

Julie Crisp, Columbia-Willamette YMCA, S7, 100 M backstroke in 1:38.90, 50 M butterfly in 51.11, 200 IM in 3:40.29.

Jennifer Butcher, Columbia-Willamette YMCA, SM13, 200 M IM in 2:54.79, 100 M freestyle in 2:54.79.

Aaron Paulson, Yawama, SB5, 100 M breaststroke in 1:36.59 (also new American Record).

Congratulations swimmers and coaches on the fine performances.

**U.S. Open:** United States Paralympics will sponsor the U.S. Open for swimmers with disabilities at the University of Minnesota Aquatic Center (Minneapolis) from December 9-11, 2004.

## ***JOB OPPORTUNITY***

**Willamalane Swim Club** located in Springfield, OR. is seeking an age group coach to work with our 12&U swimmers. We are looking for a coach with a strong background in stroke mechanics and drills. This group trains Monday-Friday and also takes part in swim meets on the weekends. We have practice at newly renovated Willamalane Swim Center located at G Street in Springfield. We are looking for candidates that have coached USS swim team for at least the last two years, and are enthusiastic with any age swimmer and have

good communication skills. Pay will be based on experience.

For more information contact Jialin Hu, (Head Coach)

541-689-6633 or jialinhu1@hotmail.com

Please e-mail resumes with three references to:

jialinhu1@hotmail.com or mail to:

Willamalane Swim Club

PO Box 633

Springfield OR

## ***COACHES REPORT***

### ***CHRIS RICHMOND***

**2004 OREGON SWIMMING MINI-EXPO**

**OCTOBER 1-3, 2004 GRESHAM, OR**

**Friday, October 1**

**2:00PM – 6:00PM -- Golf tournament – contact**

Chris Richmond, 541-756-4915,

nbpool@ucinet.com

**5:00PM - 9:00PM -- Safety Training for Swim**

Coaches – contact Jeanine Serrano,

503-431-5455, jserrano@ttsd.k12.or.us

**Saturday, October 2**

***Coaches Clinics –Tentative line-up***

Featuring

**8:30AM - 9:00AM - Check in & late registration**

**9:00AM - 10:30AM – Alex Nikitin – Age Group presentation**

**10:30AM – 10:45 AM - Break**

**10:45AM - 12:15 PM – Paul Bergen – Dryland programs Age Group/Seniors**

**12:15PM - 1:15PM – Lunch Break**

**1:15PM - 2:45PM – Bud Taylor – Senior**

Presentation

**2:45PM-3:00PM - Break**

**3:00PM - 5:00PM – Stroke Drill Clinic - in water demos presented by 4 Oregon Swimming Coaches**

**5:00PM – 7:00PM – Dinner Break**

**7:00PM – 9:00PM - OSCA Meeting**

**9:00PM - ??? – Social at McMinnemans**

Fee: OSCA members: \$25.00 pre-registration, \$30.00 at the door

Non members: \$30.00 pre registration, \$35.00 at the door

Safety Training for Swim Coaches: \$25.00.

Pre-registrations must be received at the OSI office by Thursday, September 30, 2004.

## **AWARD NOMINATIONS**

Nominations will be accepted for Female Athlete of the year, Male Athlete of the year, Age Group Coach of the year and Senior Coach of the year.

The awards will be presented at the 2004 Oregon Swimming Awards Ceremony in November.

Athletes and coaches of the year are nominated and elected by the Oregon Swim Coaches Association members.

Nomination can be mailed to Oregon Swimming, 1750 SW Skyline Blvd. #103, Portland OR 97221, or e-mail to [swim@oregonswim.org](mailto:swim@oregonswim.org) or [nbpool@ucinet.com](mailto:nbpool@ucinet.com).

## ***ALL STAR TEAM***

### ***JIM BOWE***

Coaches, swimmers and parents the summer season is in full gear. Many of the athletes are working extremely hard to qualify for their goal meets at the end of the summer. As in the past many of our athletes are making zones a high priority this summer. This summer there is one difference than in the past, Senior Sectionals and Zones are on the same dates. Swimmers who have qualified for both meets must talk with their coaches and choose which meet is best for them. The Oregon Zone Team coaching staff wants to bring the most competitive team possible to Redding!!! However, we fully support whatever meet our athletes select. That being said the coaching staff has one challenge that we can foresee: What happens to an athlete that has qualified for both meets and selects to apply for the zone team and does not make the team. We have two solutions to this problem. First of all if I could get the coaches of athletes that are in this situation to email me the team's intentions for these athletes we can better answer the question, "What are my chances of making the team?" Secondly, at this time I suggest if you feel your prospects of making the Zone Team is questionable that you sign up for Senior Sectionals and scratch once you make the Zone Team. The Oregon Zone Team is a great opportunity for swimmers both competitively and socially. Many swimmers list the zone meet as one of the best memories of swimming. The coaches want to bring the most competitive team of swimmers who qualify for this competition without eliminating any swimmers end of the summer opportunities.

Due to communication challenges the All Star Team faced in Edmonton the coaching staff has met and concluded some slight adjustments in our communication system to parents while at the meet or flying to and from a competition. The team Manager, and chaperones/coaches will continue to carry the athlete

contact information. The hotel phone number will continue to be published with the meet information sent to each athlete selected for the team. Furthermore, the information sent home will list the Head Coaches and Team Managers cell phone numbers. The cell phone numbers will be used for parents to contact the staff during the travel portion of the trip.

Keep training hard and remember to get your applications in as soon as possible, you can update your times via E-mail.

Jim,  
Jbowe@egreen.wednet.edu

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### **AWARD NOMINATIONS**

Nominations will be accepted for the following Awards. The awards will be presented at the 2004 Oregon Swimming Awards Ceremony in November.

Nomination can be mailed to Oregon Swimming, 1750 SW Skyline Blvd. #103, Portland OR 97221, or e-mail to [swim@oregonswim.org](mailto:swim@oregonswim.org).

**James J Richardson Award** awarded to outstanding long term contributor to the sport of swimming in Oregon Swimming.

Athletes and coaches of the year are nominated and elected by the Oregon Swim Coaches Association members.

**Female Athlete of the year**

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**United States Swimming Outstanding Service Award**

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**Male Athlete of the year**

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**John Arlin Adapted Swimming Award**

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**Age Group Coach of the year**

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**Media Award** for Outstanding Support to Oregon Competitive Swimming

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**Senior Coach of the year**

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**ATHLETE APPLICATION**  
**2004 WESTERN ZONE CHAMPIONSHIPS**  
**Redding Aquatic Center - Redding, California, August 10-15<sup>th</sup>,**

This application must be received by the end of finals at the Oregon Swimming 11 & Over Age Group Championships, Sunday August 1 2004. A check for \$420.00 + any fees for additional Zone merchandise must accompany this application; checks will be held until after the team has been selected. Swimmers not chosen will have their checks returned. 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 Redding on Monday August 9<sup>th</sup> and return on Sunday August 16<sup>th</sup> 2004. OSI will provide shorts, sun hats, caps and 2 shirts this year. Athletes will have the option to purchase a swimmer's embroidered backpack and Aquablade suit at the Zone team discounted price.

Name: \_\_\_\_\_ USA Swimming #: \_\_\_\_\_ Male /Female Age (as of 8-10-03): \_\_\_\_\_

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.

Short Size (circle one): XS S M L XL

<p><i>Optional Items: Aquablade Suit) Size _____ (male \$20 / female \$30) = \$ _____</i></p> <p><i>Embroidered Backpack-(\$26)=\$ _____</i></p> <p><i>Additional Caps for trading: amount (5 max) _____ X (\$3each) = \$ _____</i></p> <p><i>Additional T-shirt for trading amount (3 max) _____ X (\$8 each)=\$ _____</i></p> <p><i>Total Cost of Optional items: \$ _____ (please include with fee check)</i></p>
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Your Club Name: \_\_\_\_\_ Coach's Name: \_\_\_\_\_ Coach's Phone: (\_\_\_\_) \_\_\_\_\_

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

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

**FILL IN ALL LCM TIMES IN THE BOXES BELOW! MAKE SURE YOU INCLUDE 50 TIMES THEY WILL 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 2004. 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 <b>Standard Times</b> Achieved							
Event	Time	SCY, SCM, LCM	Date Achieved	Event	Time	SCY, SCM, LCM	Date Achieved

**Applications must be received by the end of finals at Mt Hood CC. on Sunday, August 1, 2004, or mailed to the office before Wednesday, July 28, 2004**

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

**Return to: Oregon Swimming before 7/28/2004 • 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**

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