



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*

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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

JEFF GUDMAN VICE PRESIDENT NATIONAL ADMINISTRATION USA SWIMMING

It is hard to believe the magnificence of the Olympics was completed six weeks ago. What a great swimming competition.

All of us who have any interest in the Olympic Games swimming competition can name a particular Olympic moment they found especially inspirational: Think of the women's 400 freestyle relay in 1976, Mark Spitz and his 7 gold medals in 1972, the United States men's 800 freestyle relay in 2004 among numerous others. All of us should recognize the cause of that inspiration: the value of witnessing great achievement

Those of us who cannot swim the 100 meters freestyle in 45 seconds, the 400 individual medley in 4 minutes or even want to attempt a 1500 freestyle--can still be inspired to great achievements. Watching a great swimmer or relay attempt remarkable swims should cause all of us to ask the question: what might I accomplish in my field and in my life if I live each day with the same degree of dedication? The great athlete is inspiring, because he reminds us how much is possible. These athletes are living proof that an individual can reach great heights and that exertion in pursuit of a larger than life goal brings benefits in and of itself. The pursuit of excellence, regardless of how fast or far

you go in swimming and the development of great character in the pursuit of excellence provides lessons that last a lifetime.

One aspect in the pursuit of excellence in swimming is facilities. USA Swimming is planning the first Facilities Conference in Colorado Springs April 14, 15, 16. The theme of the conference is the 4P's....Plan + Program + Process = Pool! The conference is designed to meet the needs of anyone who wants to build a pool and learn how to program the facility to meet operational costs. As such it is meant to appeal not only to clubs who are looking to build a pool, but facilities whom have clubs as their customers. Sue Nelson is the contact person inside USA Swimming. Watch the USA Swimming website for additional details.

Every club is built around the swimmers. The best way for a club to help each swimmer to achieve all they want, is through stability with the members of the program. That is not to say a swimmer once in a program should not leave. Swimmers change program all the time...families move, it turns out there is not a good fit between the swimmer and the coach, the swimmer decides to pursue other activities, etc. But, when a swimmer leaves a program there are right ways and wrong ways for the swimmer/parents and the coach/club to part company. Is each situation unique? Of course, but there are certain underlying principles.

First, be transparent, go to the coach and tell them why you are leaving. Second, after you leave, do not "bad mouth" the program you are leaving. All that does is make you look bad. Although, you can not control what other people say or do, the expectation is your former coaches, teammates and parents will do the same for you, that is, be appreciative and thankful for the time spent with the program. This goes not only for the swimmers/parents who are leaving, but for the swimmers/parents and coaches who stay. Third, if you have talked to another coach about joining that club, if the coach does not ask whether or not you have told your current coach about the possibility of leaving, they should immediately do so. Fourth, when you leave a program send a thank you letter to all the coaches the swimmer worked with and if there is board of directors, copy the board on the letter. Regardless of the reasons for leaving, there is always some part of the program that went well. Tell the coach and the board about the positive aspect of your stay. Stay on the high ground.

Nest month the topic is the economics to the community of hosting a meet.

See you at the next meet

2003-2004 SHORT COURSE 2004 LONG COURSE TOP 5

The 2003/2004 short course (25 yards) and long course (50 meter) TOP 5 times from September 2003 thru August 2004 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 20, 2004. Athletes achieving TOP 5 times will be invited to attend the Awards Ceremony to be held on November 21, 2004 in Portland.

AGE GROUP CHAIR AMY EMMETT

2004 Convention Report

Age Group Planning Business Reports

Plans for the Age Group Chairs Convention workshop were finalized.

They announced plans for an all LSC Age Group Chairs workshop that will be conducted in either April or May of 2005 at the Olympic Training Center.

Plans for the Growth, Development, and Retention Seminar were finalized.

Novice to Nationals (Education Committee)

Dave Salo, PhD., Shannon Gillespy (Special Education teacher and coach), Dick Schoulberg (Coach at the Georgetown Academy), and Randall Bal(Stanford Graduate and swimmer) presented philosophies and advice about working with clubs to take swimmers from novice to the national level of swimming. All stressed the importance of setting individual and team goals, hard work, determination, confidence, and willingness to be coached.

Males in Swimming Task Force Report & Discussion

They reported that retention of girls has increased 74% since 1990, compared to 24% for boy, with most boys leaving the sport between the ages of 11-12 years. This is attributed to boys being more attracted to extreme sports and that girls tend to achieve success at a faster rate than boys in swimming. Numerous other factors were attributed to the problem.

Possible solutions were organized into five categories:

1. Marketing & promotion
2. Swim Meets
3. Practices and Training Programs
4. Parent Education
5. Organizational Relationships

All Age Group Committee Reports

USA Swimming's Club Recognition Program

The goal of this program is to recognize and promote club success as well as to provide motivation and a road map for clubs striving to move to the next level. A draft program was unveiled containing four club achievement levels and for categories at each level

1. Business Success & Organization Planning
2. Coaching
3. Athlete Development
4. Swim Parent & Volunteer Development

Attendees were asked to evaluate their club using the draft evaluation format. Simplification was recommended and the final product is likely to look much different than the draft presented.

USA Swimming will be conducting a Mythical Club Championship

A National IM Program is being implemented. Swimmers will be able to go to "My USA Swimming" section of the USA Swimming web site to automatically update their Nation IM score.

LSC Age Group Chairs Workshop
Breakout Session #1 was based on Local Swim Committee size and included discussion of LSC strategic planning, camps, Zone/All-star selection, High School relations & burning issues in the LSC related to Age Group Swimming.

Breakout Session #2 was determined randomly and involved discussion of Age Group Chair Job Descriptions, Transitioning /Succession of new Age Group Chairs on LSC Boards, Parent Education, Alternative Meet Formats, Male Swimmer retention, and suggested topics for the upcoming USA Swimming Age Group Chairs Conference.

Growth, Development & Retention of Age Group Swimmers

Tom Avischious presented the results of the Sport Science Summits on Understanding the Developing Athlete.

General findings: Individuals follow a predictable pattern of physical growth but the rate of growth varies by individual.

Performance can be, and is, influenced by maturity.

Gender differences contribute to the overall difference in the height and body shape. Coaches need to ensure activity/demands are appropriate.

Coaches Caucus

Olympic Coaches summarized the Olympic experience in Athens

Western Zone Meeting: 2006 Western Zone meet will be in Anchorage Alaska.

CONVENTION REPORT

JUDY L'ROY

Hailey Zehner Speaks to Athletes & Coaches

Every year at the USA Swimming Convention, the Education Committee sponsors a panel of athletes to share some of their ideas with other athletes and coaches. Hailey Zehner of West Hills Aquatic Club in Beaverton was selected to participate this year. Accompanying her were Tom Wilkens, 2000

Olympian, Tamika Jones and Randall Ball from the 2004 Olympic Trials, Jessica Weidert, a student from Ohio, and Bern Ebersole, a high school swimmer from Mississippi.

The following qualities are considered vital to their success as a swimmer:

Dedication: Prioritize your schedule and build your skills in Time Management.

Attitude: In striving to keep a positive attitude, try to dispel your "fear of failure". If you have a "bad meet", determine to do better next time.

Goal Setting: Keep a journal of your goals.

Coachability: Are you willing to be coached? Spirit, Preparation and Support are all key. You can't fool yourself—you know if you're doing what you're suppose to do. Trust in your coach.

Part of a Team: Even though swimming is individual, you are still part of a team.

Imaginative: Know the difference between your Goals and Dreams. While it is fabulous to "Dream" of swimming at the Olympic Games, keep in mind your present goals. Tom Wilkens described how he had trained for 2 years for the 2000 Olympic Games. When he swam in the 2000 Trials, all he was thinking of was swimming at the actual Olympic Games. After all, he was ranked number 1 in the world and everyone expected him to take the Gold Medal in the 400 IM. Only problem was, he only placed 3rd at Trials and didn't make the team in the the 400 IM. He learned a great lesson he said on focusing on your goal at hand and not your dream.

Sincerity—Be true to yourself

Friends: Having "swimming friends" makes it easier to achieve your goals.

Have a great swim season.

CONVENTION REPORT

STAN BENSON

Two years ago USA Swimming president Ron Van Pool addressed a meeting of the committee to let us know that the committee, rather than being terminated, needed to find a better way to gather and transmit information to make the evaluations more useful to USA Swimming and meet directors.

As a result of this, we developed a new system and did a final trial run at the US Open at Federal Way.

The new system consists of oral interviews with individually designed guidelines for coaches, athletes, spectators, officials, the meet director and sometimes the chief judge.

The input is categorized into a brief point summary but the main substance of the report is in narrative form.

The committee was informed at our meeting this year that the new format is being well received and meet directors are now asking for the evaluations from prior meets to aid in their planning. This is a far cry from recent times when evaluations were feared.

One of the major problems in getting interviews is finding time to conduct the interviews. There are usually only a couple of committee members at a meet and they are often in assigned positions that provide little spare time during the periods when the people to be interviewed are present and available to spend a few minutes.

As a result we solicit help, usually from officials. We will be preparing an information sheet to help these volunteers who agree to help conduct the interviews.

If you are asked to help, I hope that you will agree. It certainly gives one a better perspective on how the meet is going.

One of the major announcements for officials is the coming change in the national certification program. There will be three levels as follows:

Level 1 - LSC certification

Level 2 - Comparable to the current National Certification

Level 3 - Comparable to the present National Championship Certification

The driving force behind this change is to get officials with the higher certifications to work at LSC meets.

To earn level 2 and to renew levels 2 and 3 will require working 12 sessions at qualifying meets.

The names of the levels may change as well as some elements of the program. This is still a work in progress and implementation is not expected before next spring. I do not have a draft description in electronic form for Coby to include in this newsletter but copies will be available at the general meeting.

Open water will have a separate certification as will Masters Swimming.

OCTOBER NOTICES

Oregon Swimming House of Delegates Meeting

This year the meeting will in Gresham October 3rd 2004. Coaches meeting October 2nd and official's clinics will be conducted Saturday afternoon.

2004 Scholastic All America Team

Oregon Swimming athletes on the list are: Jessica Embick, PAC, Kim Jasmer, SCAT, Brittney Iverson, CAT, Rebecca Alexander, TTSC, Haley Koss, MAC, Nancy Alexander, TTSC, Virginia Connell, MAC, Elizabeth Brooks, MHST, Katherine Alexander, TTSC, Laura Keown, FGSC, Katie Bieze, THSC, Haley Zehner, WHAT, Richard Rogers, CST, Jared Maricle, CRST, Ryan Carpenter, MAC. Congratulations.

Mark Maxwell

Members of the Yawama Swim Team have established an account to help support Mark Maxwell's family and help cover the cost of medical bills. Donations can be made to the "Mark Maxwell Donation Account" at any branch of the US Bank. Mark is home. We wish him a speedy recovery.

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.

WEB SITE

ROBERT VAN ANDEL

As many visitors to the website may have noticed, a new History section has been added to oregonswim.org. In here, you'll find past Zone teams, past Olympic Trial Swimmers, our records progression and past award winners.

The past Zone teams include a team picture when available, the list of athletes, Zone staff, and other information whenever available. The OSI office had pictures from Zone meets beginning in 1991 and we had team rosters from 1985 through the present. If anyone has older team pictures, please contact me at webmaster@oregonswim.org so that we can arrange to have the picture posted with the older teams. Other information that has been lost over time for some meets are the locations and the staff that accompanied the meet. If you have any of this information, please send it to me at the address listed above.

The Olympic Trial history section uses results and old Swimming World magazines. Whenever possible, future and past OSI swimmers were included as well as swimmers representing OSI

teams. The further back the meet goes, the less reliable my knowledge of Oregon Swimming history becomes, so some swimmers may have been omitted. At present, the trials from 1984 to the present have been added and I anticipate adding the 1980 and 1976 trials in the near future. Please send me any corrections.

As always, please feel free to send suggestions for other content or if you wish contribute any information.

Oregon Swimming has a rich history of swimming and I hope this section will help illustrate what we have accomplished in the past to inspire for the future.

JOB OPPORTUNITY

Parkrose Swim Club is seeking a Age Group/Novice Coach for a year around competitive swimming program. Interested applicants should possess as a minimum either a current lifeguard or safety training for swim coaches certificate, plus CPR/First Aid certificate, and a minimum of 1 year competitive swim coaching experience. Current certification as a USA swimming and/or ASCA certified Swim Coach is desired but not required at time of application. Compensation is negotiable based upon qualifications and experience.

Interested applicants should submit a cover letter and resume to:

Parkrose Swim Club

P.O. Box 301605

Portland, Or 97294-9605

e-mail to johnbills@comcast.net

Sweet Home Swim Club is seeking a Coach for a year round age group competitive swimming program. Interested applicants should possess as a minimum either a current Lifeguard or Safety Training for Swim Coaches certificate, plus a CPR and First Aid certificate, and a minimum of 1 year competitive swim coaching experience. Current certification as a USA Swimming and/or ASCA certified Swim Coach is desired but not required at time of application. Applicants must be able to pass a satisfactory background check. Compensation is negotiable based upon qualifications and experience.

Interested applicants should submit a cover letter and resume postmarked by October 30, 2004 to:

Coach Search

Sweet Home Swim Club

PO Box 593

Sweet Home, Oregon 97386

Or via e-mail to: martin51011@comcast.net

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

SENIOR REPORT

GARY LEACH

The 2004 Oregon Swim Camp has been selected. Thanks for all swimmers who applied for the camp. The camp this year will be held at Northern Arizona University. October 28 thru the 31st. For those selected, information will be coming for specifics of the camp. The athletes selected were: Women- Kimberly Jasmer (SCAT), Signe Larson (MAC), Beth Gunderson (Hillsboro), Brittney Iverson (CAT), Jessica Embick (PAC), Ellie Bradley (TTSC), Hannah Points (TTSC) and Laura Fay (ECSC). Men- Dennis Baker (DDSC), Brandon Johnson (ECSC), Blaine Kisler (CAT), Rick Mason (CAT), Logan Storie (CAT), Nolan Morrell (BEND) and Trevor Whittle (VSC). There were 19 Female athletes who sent in applications. The coaching staff consists of Andy Carlisle, Tony Magden and Vicki Gordon. Let's have a great camp for the 2004 season.

ATHLETE REPRESENTATIVES

Hello, this is Zach Niles and Hailey Zehner the Sr. and Jr. Athlete reps for Oregon. Over the last year we have worked to get an athlete contact (or representative) that is of high school age from each club so that we would have a way of informing the athletes about things going on in Oregon Swimming other than having the coaches talk about it. If you are interested in becoming your club's athlete representative talk to your coach and have them get in contact with us by sending an email to swim_r@comcast.net.

The election for the new Jr. Athlete Rep has traditionally taken place at the 11 and Over LC Championship meet, but at the meet we have found that not many people are voting, and that there aren't very many people on the ballot. So in order to get more people on the ballot and to get more votes the election has been changed to the House Of Delegates meeting held every October as part of the Oregon swimming mini expo. We encourage all the club athlete reps, and also any other athletes, to come to the House of Delegates meeting if they are interested in becoming the new Jr. Athlete rep.

As a new addition to the Mini Expo in October there will be an athlete meeting that we would like to have all athletes of High School age attend, the meeting will be at the Mount Hood Community Center pool at 2PM.

ADAPTED SWIMMING

Eugene A Mielke

Paralympics Games in Athens: The Paralympic Games in Athens began on September 17, 2004, with swimming being conducted from September 19 to 27. No television coverage of any of the games is scheduled in the United States. Results will be available through either the USA Swimming, U.S. Paralympics, or International Paralympics websites. Unfortunately the results require a lot of time to download by individual heats and or final races (no overall event results). I will let you know how our four swimmers do in the next newsletter.

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.

USA Swimming Disability Championships: The 2005 USA Swimming Disability Championships will be held in Minneapolis, MN on June 9 to 11. The 2006 Championships will return to the KING County Aquatic Center in Federal Way, WA. There will be a new development at the Championships in 2005. It will be the inclusion of sessions for “junior” (the exact title is still to be worked out) swimmers. This is an effort to expose 11 to 18 yr-old swimmers with disabilities to the more elite athletes. Events for the “junior” athletes will be mostly 50 and 100 meters of each stroke event and classification (with some 200 meter events) swum on a time final basis only. The details are still to be worked out. Athletes cannot compete in the regular championship and “junior” meet, and “junior” athletes cannot compete in time trials or for the title of “National Champion”. There will most likely be addition athlete classifications recognized in the United States, but not recognized by the IPC. These will probably include autism and multiple disabilities with or without sever sensory impairment.

National Records: In the past year swimmers with disabilities set 38 new short course yard and 13 short course meter records. There were 70 long course records set, with an addition 86 long course records set at trials in events competed in at the Paralympics.

Oregon Swimmers with Disabilities: In an attempt to better identify Oregon swimmers with disabilities, coaches will be receiving a survey at the House of Delegates meeting. In the survey they will be asked to list their swimmers with physical disabilities (with a brief description) or cognitive disorders, or who are blind or deaf. This listing will allow OSI to provide information directly to these swimmers. It will also allow me to develop a more complete list of Oregon records. It can also lead to developing information for officials so that the athletes may be more fairly judged on their abilities.

Safety Concerns: There is updated information on helpful hints and safety concerns for swimmers with disabilities. I currently have it in hard copy form. If you are interested, let me know and I will get a copy to you at the House of Delegates. I hope to get it in electronic form and get it posted to our website.

Other Disability Meets: There are a number of meets for swimmers with disabilities being planned across the country for 2005. The details will be

posted in the newsletter as soon as they are available.

CONVENTION REPORT - OUTREACH

Outreach is still alive and functioning within USA Swimming. As you know there have been problems in direction and focus for the committee in the past. The committee (and USA Swimming) struggles with a way to make meaningful progress in the area of swimmers who are economically disadvantaged.

Underrepresented Athlete Meets: The involvement with underrepresented athletes is doing very well with the Cinco de Mayo, Black History, Black Heritage, Chris Silla, and Inner City Games meets growing every year. The Black History meet in Washington, D.C. has effectively outgrown its facilities, and they are looking for a larger venue. In addition to the space concerns is the meet hosts report a shortage of certified officials for the meets.

Bilingual Outreach Manual: The Bilingual Outreach Manual has been completed and is available from USA Swimming. It would be helpful for teams who have swim parents whose native language is not English.

Outreach Grants: The outreach grant program was set to provide six, \$2,000 grants for this year (an Oregon team was notified that it's request was approved). However, at the Convention it was announced that the funding for the grants program had been eliminated for 2005. Jeff Gudman is checking into mater.

Outreach Camps: Plans are underway to hold an outreach camp in 2006. The camp would be at the Olympic Training Center and would include 40, 13 & Over swimmers. Attendees would be selected from applications. The camp would pay up to \$300 of the airfare as well as housing, meals, and transportation while at camp.

Registration: We are now in to the 2005 registration period. It would be very helpful if USA Swimming **actually** knew the makeup of their swimmers. This could be achieved if everyone checked a box in the ethnic section of the registration form. About 50% of swimmers, coaches, officials, and other non-athlete members are checking a box in the ethnic section. There is a box to check decline if you really decline to give the information, but please check a box. Based on the individuals who are checking the boxes it would appear that USA Swimming has about a 90% attrition rate for underrepresented athletes (the overall rate for USA Swimming is about 50%).

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