



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 25, Number 8

September 2004

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

The 2004 ConocoPhillips National Championships were held at the Stanford University Avery Aquatics Center in Palo Alto. It was a terrific meet. There were many swimmers who had competed a few weeks earlier at the Olympic Trials and were back again, swimming their hearts out. What a compliment to those swimmers. The meet was also an opportunity to watch any number of up and coming swimmers who should do well nationally and internationally over the next few years.

One of the changes at this national championship meet compared to other national championship meets was the attire of the officials. Previously, the attire for officials working the line at national championships was navy blue pants or skirts coupled with a white polo shirt and white shoes and socks. During finals assigned officials like the meet referee, starter, chief judge etc. wore white pants or skirts and a navy blue blazer and a white shirt. This was done so athletes, coaches and officials would know who to go to in case of a question about a disqualification or other questions about the conduct of the meet.

At this national championship the attire was the same for ALL officials...sand khaki pants or skirts with white shoes and socks. For prelims a white polo short was worn and for finals a short sleeve

blue oxford shirt was worn. With the exception of different logos on the polo shorts for prelims and some people wearing the blue oxford shirts with the USA Swimming logo on it, all the officials looked the same. Why the change? Simple. All the officials are members of the same team, with the same purpose...to provide the best possible competitive event for the swimmers. If a question comes up and a coach or an athlete does not know which official to go to, the coach or athlete can ask any official who will be able to quickly direct them.

Does this mean that each LSC, regional, sectional or zone championship meet or for that matter any local meet, must adopt the new attire? No, it does not. Each LSC will continue to choose how they want their officials to dress at meets. Are there advantages to adopting the same attire as at National Championships? You bet. But, as with a number of areas in our sport, each LSC can work out what works best for them. By the way, the new light blue Oxford shirts with the USA Swimming shield logo embroidery are available on the USA Swimming website.

Recently I was asked about the best way to promote and get publicity for a team so as to work on two of the three core objectives of USA Swimming...Build the Base and Promote the Sport. Promoting the sport at the local level, whether it is for all swimmers or for boys or for girls begins with the club. Fortunately, there is a lot of great information available. One of the best web sites on this topic is

a part of the Pacific Swimming website (www.pacswim.org). With the permission of Pacific Swimming in general and the author Rick Beebe, in particular, Oregon Swimming has added a duplicate of the section on Getting Publicity for Your Swim Team to the Oregon Swimming web site. I encourage everyone to take a look. It is a great piece of work.

If there is one lesson I drew from the comments it was the importance of polite, professional persistence. It is the same as for the athletes, regular continuous work will make you better and help you get through the periods of time when despite everything you are doing, nothing seems to be getting better. But, lo and behold, the breakthrough comes.

See you at the next meet.

SEPTEMBER NOTICES

New Oregon Swimming records. From Nationals:
15-16 Women 100M Fly, 1:00.16, Morgan Scroggy, THSC

From the East Metro Champs: 8&U Women, 100M Back, 1:29.55, Cassidy Bailey, CRST.

11&Over championships: 15-16 Women, 800M Free Relay, 8:29.82, THSC (Emile Ewing, Katie Bieze, Kara Nelson, Morgan Scroggy).
Congratulations swimmers.

Yawama Coach Mark Maxwell was hospitalized right after 11&over Champs. We wish him a speedy recovery. He can be reach at maxwell4@teleport.com.

Oregon Swimming Treasurer and official Jacki Allender had knee surgery August 6. Hope she will be on her feet soon.

Oregon Swimming Board of Directors Meeting will be Wednesday September 1st in the Multnomah Athletic Club. The officials meeting start at 6PM and the regular meeting at 7PM.

Oregon Swimming House of Delegates Meeting. This year the meeting will in Gresham October 3rd 2004. Coaches meeting October 2nd and officials clinics will be conducted Saturday afternoon.

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

ROBBERT VAN ANDEL

Coaches, if your team has attended or still plans to attend a meet outside of the Oregon LSC, please send Robbert van Anandel and Cindy King either a link to the results or the Commlink/SDIF results file so that they can include the results in the OSI times database and annual Top 5 reports. You can also use the online submittal form to send the file or a message. The online form can be found at <http://www.oregonswim.org/results/submitresults.php>

JOB OPPORTUNITY

Portland Aquatic Club is looking for a new head coach. Our current head coach, Beth Winkowski, may be relocating to a new state soon. We are looking for an

ASCAA III/IV certified coach with the experience to both encourage an age group program and to coach senior swimmers at the State, Sectional, Zone and National levels. Salary approximately \$30K DOE plus benefits. For more information about the job, please contact Wendy Ransford, PAC President, by email at ransford_2@msn.com

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

Major Championships meets for the end of the season, Nationals, Senior Sectionals and 'Jr.' Nationals heading up the list, makes this time of the season fast paced.

At Senior Nationals, Palo Alto, California the top 8 finalists included: Trent Staley a 1st national title in the 200M backstroke. He swims for USC/King Aquatics. Kathryn Thompson (Roseburg) 6th 200M backstroke. Chris Thompson (Club Wolverine formerly Roseburg) 800M free- 2nd, 400 M free 6th and 1,500 M free 4th. Alisa Schuknecht (Longhorn Aquatics formerly Bend) 4th 400IM. Matt Leach 7th 100M Backstroke (Indiana Swim Team formerly MAC). Morgan Scroggy (THSC) 2nd 100 M fly, Kara Nelson (THSC) 6th 100 M fly and 2 relays from THSC 3rd place 400 Medley of Emile Ewing, Jenna Patterson, Kara Nelson and Morgan Scroggy. 6th place in the 400 M Free Morgan Scroggy, Kara Nelson, Anne Liggett and Emile Ewing. Good representation for the state of Oregon.

Senior Sectionals the first place swimmers included Mt. Hood Swim Team's Felicia Castaneda 100 and 200 M Breaststroke. John Rasmussen 100 and 200 M Breaststroke. The 200 was a meet record. Hillsboro Heat's Caitlin Summers 400 M free. Mt. Hood Swim

Team finished 3rd in the team title behind King and Tacoma.

At 'Jrs.' held in Palo Alto, California the Oregon swimmers were paced by Nolan Morrell (Bend) winning the 400M free. Nolan also placed 4th in the high point for men. On the Women's side, Kim Jasmer was also 4th place in the high point for women. Logan Storie (CAT), Blaine Kisler (CAT), Elliot Bishow (Eugene Aquatics) and Jessica Embick (PAC) were finalists in the meet.

The OREGON SWIMMING SECTIONAL CAMP APPLICATIONS are due to the swim office by September 8th. This camp is for swimmers with at least a Senior Sectional time standard and selection will be based on 8 women/8 men with fastest times based on those swimmers who turned in the application.

Training will be at altitude in Flagstaff Arizona at Northern Arizona University. Please be prompt with applications as selections will be made the week following. Coaches will be selected based on athletes chosen.

Have a great break and see you in the fall. Gary.

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

U.S. Paralympics Team: In my last column on the U.S. Paralympic Team I left off one individual. Mikhaila Rutherford (S10/SB7/SM10), a 16-year-old, is currently swimming with the Columbia-Willamette YMCA. Mikhaila will join Jennifer Butcher, Julie Crisp, and Aaron Paulson for the Paralympic competition in Athens. Congratulations Mikhaila, I am sorry for the previous oversight. Good luck to all our swimmers in Athens.

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.

Survey: Shortly all OSI coaches will be receiving a questionnaire so as to get a complete roster of OSI swimmers with physical or cognitive disabilities, or who are blind or deaf. The development of a complete roster will allow for the development of a complete set of OSI records. Coaches are asked to respond promptly to enable this to happen

ALL STAR TEAM

JIM BOWE

Thank you to all the coaches, Greg Bostrom, Shane Bennet, Jason Moore, Gina Dhom, James Resare and Alex Gendron and Chaperones Jason Mills, Trevor Hoke and Lauri Kilbourne for doing a great job at the zone meet in Redding. In addition a special thank you to Jeanine Serrano for planning and keeping everything on schedule while we were there.

More importantly I would like to thank the athletes that attended the meet. They raced hard, showed great team spirit and did an overall outstanding job both in and out of the pool. In the next newsletter I will get more in depth about specific swims and places.

Again I want to thank all swimmers, coached and chaperones for making the trip a success in many levels.

The following athletes represented Oregon Swimming at the 2004 Western Zone Championships August 10-14 in Redding, California. The team placed 5th overall. Zone Champions: Kristen Marceau, 17-18 800 Free and 400 IM, Mackenzie Luick, 13-14 100 Breast, Isabel Smith 11-12 100 Breast, Tori Simenec, 11-12 50 Fly,

15-16 Girls (Amber Wahlstrom, Anjelica Nixt, Franny Cyphers, Denise Green) 200 Medley Relay. Congratulations athletes and coaches.

2004 Oregon Zone Team

11 & 12 Girls: Tori Simenec- BRSC, Crystal Kibby- BRSC, Sarah Cruzan- THSC, Ellen Dow- BRSC, Shellie Morris- THSC, Alyssa Martin- THSC, Isabel Smith- BEND, Abigail Lindstrom- THSC, Taylor Lakey- THSC, Megan Elliott- THSC

11 & 12 Boys: Nathan Losch- BEND, Jonathan Rooker- FGSC, Brendan Liu- THSC, Corey Williams- RST, Steven Ung- THSC, Mac McDonald- TDPS, Mason Allen- BEND, Dana Emerson- PAC, Patrick Lee- VSC Will Gunderson- HEAT

13 - 14 Girls: Amber Boucher- BRSC, Whitney Dawson- THSC, Alex Farrar – THSC, Hannah McCulley- THSC, Lily Donohue- DDSC, Devon O’Leary- THSC, Victoria Hartman- BRSC, Kelsey Pinson- THSC, Mailene Leslie- CAT, Sloan Storie- CAT, Mackenzie Luick- THSC, Hailey Bambusch- WHAT

13 - 14 Boys: Mike Stratton- DDSC, Spencer Pollack- CB, Brandon Mantei- CB, Robert Ellerton- PAC, Andy Ottolia- MHST, Ben Rafalski- MHST, Daniel Rooker- FGSC

15 – 16 Girls: Natalie Walker- THSC, Amber Wahlstrom- THSC, Francesca Cyphers- THSC, Kellie Tippet- BEND, Rachel Lee- CAT, Denise Green- SCAT, Natascha Mangan- BRSC, Alyssa Manlow- VSC Kirsten Anderson- DDSC, Kelsey Lindstrom- THSC, Corrine Burrows- BRSC, Lesly Hainsworth- MSC, Christine O’Neill- RST, Samantha Eichner- DDSC, Anjelica Nixt- THSC, Karri-Ann Benthin- CB

15 – 16 Boys: Alejandro Contreras- CB, Cameron Morris- THSC, Andrew Viglione- THSC, Jamie Comrie- AAA, Rick Mason- CAT, Cody Deacon- THSC, Ian Boyd- PS, Sho Kosugi- MHST, Sean Sweet- BRSC, Christian Breeden- PS, Eric Lagerstrom- MHST, James Hanson- CRST

17 – 18 Girls: Kristin Marceau- BEND, Melanie Garrick- BEND, Ashley Scroggy- THSC, Beth Olsen- BEND, Mende Romaniak- BEND, Kelsey Tannehill- YSC

17 – 18 Boys: Brandon Johnson- ECSC, Casey O’Brien- CB, Thomas Tangney- PSA, Trevor Whittle- VSC David Adams- THSC, Waseem Mathews- CRST

2004 OREGON SWIMMING MINI-EXPO

OCTOBER 1-3, 2004

Mount Hood Community College

26000 SE Stark

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

MHCC - Art Mall theater

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 - ??? – Coaches Social

Athlete Swim Camp

9:00AM – 2:00PM –

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.

2:00PM Meeting for athletes at the Aquatic Center.

Officials Clinics

MHCC - Aquatic Center

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
- 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.

Sunday, October 3

MHCC - Art Mall theater

Oregon Swimming House of Delegates meeting

8:30AM - 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 60 days prior to the
meeting.

REGISTRATION FORM

2004 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 2, 2004. \$25.00 pre-registration fee is included. Registrations at the door are \$30.00 for OSCA Members
- I am not a coach member of Oregon Swimming and will be attending the Coaches clinics on Saturday, October 2, 2004. \$30.00 pre-registration fee is included. Registrations at the door \$35.00.

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

- 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
- 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

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*.

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. Nominations are due by September 29.

Female Athlete of the year

United States Swimming Outstanding Service Award

Male Athlete of the year

John Arlin Adaptive Swimming Award

Age Group Coach of the year

Media Award for Outstanding Support to Oregon Competitive Swimming

Senior Coach of the year

BOARD OF DIRECTORS NOMINATION FORM

OSI is taking nominations for the 2005 Board of Directors.

Nomination can be mailed before September 10, 2004 to the Oregon Swimming Office for the following OSI Board Positions. They will be forwarded to the Nominating Committee.

Elections will be held at the House of Delegates Meeting in Gresham, October 3, 2004.

General Chair: _____

TPC: _____

1st Vice President : _____
Admin. Chair _____

Treasurer: _____

2nd Vice President: _____
Senior Chair _____

Secretary: _____

3rd Vice President: _____
Age Groups Chair _____

Coaches Rep: _____

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

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Published Monthly

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

Volume 25 Number 8

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

**NON-PROFIT
ORGANIZATION**

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