



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

During the last two month there has been a lot of terrific swimming beginning with the last of the meets prior to the championship cycle, to high school district and state championships, to Oregon Swimming championships, to regional, sectional and national championships. Congratulations to all the swimmers who have participated in this year and to the coaches, parents, officials and volunteers who provide the opportunities for the swimmers to achieve all they can.

Speaking of great swims and making sure they get recorded into the Oregon Swimming and USA Swimming data base. Errors can occur and can come from a variety of sources. For example, a swimmer may be entered with the correct time, the right spelling of the name, the appropriate club or unattached status but not include the LSC designation. The relay order many not be correct although the team entry was fine. Things like relay order, LSC designation and correct times need to be verified before they are sent out after the meet. Expecting the meet director or the electronic timing people to know who swam what time and in what order is unreasonable (although the ET people do a great job of trying to catch all the errors). The single best way to prevent problems from occurring is for coaches, parents and swimmers to check the

results as they are posted to make sure the information is accurate. The Hytek programs do a very good job, but if the information going in is not accurate, problems will result.

As I travel around the Oregon Swimming LSC (which includes southwest Washington) and indeed throughout the country a question sometimes comes up as to why should a swimmer keep competing even if it appears they are not going to make it to the regional or national level by the time they finish high school or college. There are a lot of answers to the question. First, you never know when a swimmer is suddenly going to make the great improvement in time and suddenly graduate to the regional or national level. Time and time again I have seen swimmers who year after year keep training and do not seem to have any significant improvement suddenly have everything fall into place and make tremendous strides in lowering their times. Besides the improvement in time there is also the benefit of continued hard work and the discipline it requires. That is a life long benefit. Further, and this one is particularly prominent at the start of a season are the friendships and camaraderie among swimmers. Lifelong friendships are being formed and just the fun a being a part of the team is a tremendous motivation for staying with the sport. Even if a swimmer chooses not to continue swimming on a competitive basis each swimmer who has been a part of the team can satisfaction in the fact they are among the best conditioned athletes

in the world and they are better swimmers than almost any one else around.

What a great sport we all have the opportunity and privilege to be a part of. At this time of the year when the championship season has just about concluded and many of the swimmers and their families are taking a break from the rigors and the fun of our sport there is an opportunity to reflect on the many terrific aspects of a competitive swimming program. The challenge of mastering new techniques, the pride and sense of accomplishment from establishing personal bests, the friendships, and the knowledge and satisfaction that comes from accomplishment and excellence. Congratulations to all the swimmers for their accomplishments this year.

There are four additional topics for discussion.

1) Meet marshalling

Recently at a meet as I was wandering the deck talking with various coaches, officials and swimmers I was approached by a meet marshal asking me for my credentials to be on the deck. Since I was not wearing my officials uniform, or was responding to a call for timers or was carrying my officials card I was out of place. The meet marshal did not know me from the next person and was doing exactly the right thing when he asked me in a polite and professional way about what I was doing on the deck. Congratulations and thanks to all the meet marshals when they are doing their work of not only making sure the swimmers are entering the water feet first, but also making sure only the appropriate people are on the deck.

2) Insurance and Occurrence Reports

One of the purposes of meet marshals is to help provide a safe environment for the swimmers to compete in. This brings me to a more unfortunate story. Over a year ago, there was a very serious injury in our sport. In addition, the serious injury was not reported to USA Swimming and its insurance manager. Let me repeat that statement. The injury was not reported for over a year. It is vitally important when an injury occurs, no matter how small, that an occurrence report be filed. Filing a report will not impact your insurance coverage. Not filing a report can be harmful to the club. Even if the injury is just a minor bruise, file the report. Clubs and boards have been sued in the past for not filing the occurrence report in a timely manner (albeit the occurrence report was for an injury more substantial than a bruise). Occurrence reports are available at the Oregon Swimming office, the USA Swimming website and in the meet sanction packet sent to every club hosting a meet. Every club and coach should always have one readily available.

3) Picture taking at a meet

At a recent championship meet there was a person taking a pictures who was not recognized by several swimmers, coaches or officials. The person was pointed out to the meet referee who in turn asked a senior official to approach the photographer in question to see what could be discovered. At the request of the meet referee, the official did approach the photographer and through some casual conversation discovered the photographer was legitimate and did have a good reason for being at the pool. Congratulations to the alert swimmers and coaches who first raised the issue, to the meet referee for acting on the concerns raised and to the official in question who in a low key, professional manner was able to determine why the photographer was there. Afterwards, the official indicated it was unlikely the photographer even know they were being questioned for reasons of swimmer safety. Kudos and compliment to all concerned.

4) Meet entries

With a new swimming season upon us it is important to remember to designate your club (or unattached status) and the LSC for meet entries. A simple thing, yes, but when it is not done, it makes the getting all the results accurately recorded that much harder.

Once again, congratulations to all the swimmers and their coaches, the officials at the meets and to the parents who help provide the opportunity for the swimmers to compete.

See you at the next meet.

AGE GROUP REPORT ***LISSA PARKER***

It's been a great championship season thus far, with several records broken statewide. Check out the large number of shattered records – eleven total from Ten & Under's to 11-14 Championships. Congratulations athletes!

In participating in these meets I noticed our Oregon swimmers performing at a high level of competition and prowess, even amongst the youngest participants, so we are collectively doing something good. A big thank you is in order to the teams (Willamalane and Corvallis) and their meet directors that put out tremendous effort and planning to help these championships run smoothly. Recent discussion about age group state meets was discussed at these venues. These included keeping the meet information consistent year to year, i.e. always having relays swum every evening at 11-14's excepting on Sundays. Another topic is the current time standards for certain age groups and races; especially events that have a larger number of heats swam in a state meet i.e.

girls 13-14 200 Breaststroke. Work is in progress on these and other topics with both TPC and the Time Standards Chair. Are Oregon time standards working or should they reflect more of a step down or percentage from nationals ones i.e. AA, AAA etc.?

I also was able to participate in our area's Valley Coast Swim Meet (replacing CBSL's). I found it refreshing to see that this team concept has not died but been reborn so to speak. Our league is a work in progress and has hosted two successful meets. I would like to hear how other groups statewide fared this year, and what kinds of swimmers are participating. I saw some fast swims from athletes at our meet, held this year in Albany. The concept of team participation, having fun, less competition pressure and including the whole team seemed to lend itself to fast times and spirited racing. In this age group especially for the BC level swimmers it seems to be what kids need to stay interested and involved in the sport. However later in the season timing does not always lend itself to whole team participation for some teams.

I'm looking forward to Age Group Sectionals next and summer swimming. Send me your feedback and ideas-see you on deck! - *Lissa*

OREGON SWIMMING RECORDS

New Oregon Swimming Records were established in January, February and March. Congratulations athletes and coaches.

8&Under Girls

Prudence Rooker, FGSC, 100Y Backstroke, 1:21.84

11-12 Girls:

Tori Simenec, BRSC, 50 Fly, 27.13, 400IM 4:41.06 (2-4/05)

At VSC Super Bowl

9-10 Boys

Santo Condorelli, UN, 50 Fly, 29.05

At Eastern Classic, Atlanta Georgia:

13-14 Girls

Jordan King, THSC, 200 Fly, 2:03.90.

15-16 Girls

Morgan Scroggy, THSC, 100 Fly, 53.16, 200 Free, 1:49.26.

11-12 Girls

THSC (Sarah Cruzan, Megan McCarroll, Taylor Lakey, Abby Lindstrom), 400 Medley Relay, 4:09.47

At 11-14 Age Group Championships:

11-12 Girls

Sarah Cruzan, THSC, 200Y Breaststroke, 2:27.47, 400Y IM, 4:37.73

Tori Simenec, BRSC, 50 Fly, 26.71, 100 IM 59.80, 50 Free, 24.16, 100 Free, 53.45, 100 Back, 59.77

THSC (Taylor Lakey, Taylor Scroggy, Sarah Cruzan, Abby Lindstrom), 400 Free Relay, 3:43.57.

THSC (Sarah Cruzan, Megan McCarroll, Taylor Lakey, Abby Lindstrom), 400 Medley Relay, 4:08.03

13-14 Boys

MHST (Ben Hewitt, Andy Ottolia, Ben Rafalski, Alex Doja), 200 Medley Relay, 1:44.38.

At American SC Champs

17-18 Women

HEAT (Beth Gunderson, Signe Larson, Katie Bieze and Caitlin Summers) 400 Medley relay, 3:54.64

At Senior Sectionals

15-16 Girls

Morgan Scroggy THSC 100 free 50.11

13-14 Girls

Jordan King, THSC, 200 fly 2:00.82, 100 fly, 56.20

15-16 Women

Morgan Scroggy, THSC, 200 Free 1:47.24

17-18 Women

Jessica Embick, MHST, 100 Breast 1:03.05

Open Women

Morgan Scroggy, THSC, 200 Free 1:47.24

17-18 Men

Logan Madsen BEND, 100 fly 49.66 breaking Dennis Baker's 1979 record.

Nolan Morrell, BEND, 200 Free 1:38.42 in prelims, 200 Free 1:38.02 in finals

BEND, Nolan Morell, Logan Madson, Alex Larkin, Bobby Martini), 200 Free Relay, 1:25.92.

BEND, Nolan Morell, Alex Larkin, Logan Madson, Bobby Martini), 200 Medley Relay, 1:34.01

BEND, Nolan Morell, Alex Larkin, Logan Madson, Bobby Martini), 400 Medley Relay, 3:24.13

At Age Group Sectionals:

11-12 Girls

Sarah Cruzan, THSC 200 back 2:09.58 in prelims, 2:08.74 in finals, 400 IM 4:36.74

Tori Simenec, BRSC, 200 Free 1:54.90, 100 Back, 59.64, 200 Back, 2:08.74 (tie).

THSC, Taylor Lakey, 12, Taylor Scroggy, 11 Sarah Cruzan, 12, Abby Lindstrom, 12, 400 Free Relay, 3:42.74

THSC, Sarah Cruzan, 12, Megan McCarroll, 12, Taylor Lakey, 12, Abby Lindstrom, 12, 400 Medley Relay, 4:05.77

11-12 Boys

Steven Ung, THSC, 50 Free 23.71

CAMP COORDINATOR REPORT HEATHER THOMAS

Upcoming Summer Camps are now in the works!

OSI is putting on three Camps this summer across the state and are looking for 40-50 attendees at each.

The first camp is being held at the Multnomah Athletic Club on Saturday, May 28th 2005. (Saturday of Memorial Day weekend) 9am to 4pm.

The camp is open to 11-14 girls and boys with Oregon "A"/sectional times. The camp will accept 10 girls and boys in each age group on a first come first serve basis.

More information will be available later this month on the website.

The other two camps are in the works for later this summer in southern Oregon and eastern Oregon. More information will be released later.

APRIL NOTICES

The next OSI Board of Directors Meeting will be held Wednesday May 4th, 7:00PM in the Eugene Hilton. An officials meeting will start at 6:00PM.

All Star Team. 32 Athletes who will be competing in Edmonton, Canada, April 28 - May 1 with the Oregon Swimming All Star Team are:

11-12 Girls, Casey Briggs (WHAT), Nikki Cannon (VSC), Brooke Collins (UN), Lexi Hartman (BRSC), Peggy Liang (CRST), Annette Marinello (CAT, Rachael Nelson (BRSC), Jessica Patterson (KWSC), Lainee Perala (TTSC), McKenna Spieth (CRST), Amy Wiley (TDPS).

13-14 Girls:

Hailey Bambusch (WHAT), Jamie Buckley (SA), Erin Jones (HRST), Aubrey Maricle (CRST), Jessica Medvec (TTSC), Sammi Mischkot (BRSC), Melissa Myers (TTSC), Lisha Smith (MSC), Sarah Tomscha (BRSC).

11-12 Boys

Gavin Burgess (HEAT), Jake Schweinfurt (MAC), Kevin Waller (SCAT).

13-14 Boys

Chase Aldridge (BEND), Hunter Anderson (MSC), Sam Conchuratt (MAC), Jacob Gallucci (BEND), Alex Maclean (TTSC), Matthew Nellor (DDSC), Spencer Polack (CB). Sam Rowan (ECSC), Derick Thomas (ECSC).

They will be accompanied by Coaches Jim Bowe, Greg Bostrom, Brian Holm, Laurie Kilbourn, Jason Mills, Jason Moore and manager Jeanine Serrano.

Congratulations and good luck in Edmonton.

OFFICIALS CORNER

Nominations for Oregon Swimming Officials Chair

Nominations are now being solicited for the position of Oregon Swimming Officials Chairperson. If you would like to nominate yourself or someone else, please send/deliver them to either Kathy Coddington at wandawatermelon@centurytel.net or to the OSI office by **April 30, 2005**. Members of the officials committee will then narrow the nominations to three candidates to present to all certified officials in the Oregon LSC. The list along with the biographical information on each candidate and a ballot, will be available by the end of

May. Ballots will be due to the OSI office by the end of July. If any members of the Officials Committee are nominated and want to be considered, they will excuse themselves from the selection process. Listed below are the requirements for the position and a description of the duties involved.

Requirements for Officials Chair:

The officials' chair must be an experienced Referee. The individual should have officiating experience at the Regional, Sectional and National level.

Duties and Responsibilities:

The duties and responsibilities of the OSI officials' chair are to:

- A. Chair the officials committee and appoint area officials chairs as necessary. Chairs an officials meeting, open to everyone, prior to each regular OSI board meeting.
- B. Receives meet evaluations, summarizes the information, and disseminates the information to the appropriate parties.
- C. Receives referees meet reports. Passes any applicable information to area officials' chairs and/or the sanctions chair. Reviews information, counsels and disciplines officials, and prepares and processes decertification paperwork when requires.
- D. Maintains and updates the trainers list with the assistance of the area officials chairs. Prepares, directs the preparation, and/or approves all training materials. Oversees the conduction of training clinics. Appoints the OSI officials to attend the National Officials Clinic.
- E. Provides the final interpretation on both USA Swimming and High School rules within Oregon, within guidelines established by both organizations. Maintains a liaison with the USA Swimming National Rules and Regulations and USA Swimming Officials Committees, and the National Federated High School Rules and Regulations Committee. Consults with the appropriate organization to obtain interpretation or clarification where guidelines do not exist.
- F. Applies for National Certification status for championship meets sanctioned by OSI, appoints the referee, administrative referee, and head starter for the meet, and assures that National Championship certification procedures are observed.
- G. Reviews the training log for referee trainees and grades tests. Reviews re-certification logs for referees and recommends re-certification.
- H. Serves as the Area Officials chair for all "unattached officials" in OSI not working through an area officials chair (reviews training logs, grades tests, and counsels officials when necessary).

- I. Assists meet directors and referees in securing meet officials when requested.
- J. Serves as the meet referee or delegates that responsibility for the Oregon High School championships.
- K. Writes a column for the OSI newsletter.

USA SWIMMING OFFICIALS WORKSHOP

Officials interested to attend a USA Swimming Officials Workshop in Colorado Springs scheduled for May 28-30, all expenses paid should email Bruce Ludwig at bludwig@bendcable.com no later than April 7th, 2005. First choice will be given to first time attendees who are relatively new referees with less than 3 years as referee. Others, including experienced starters or S&T officials may apply, but we are limited to sending two officials. These guidelines are recommendations from USA Swimming.

OREGON SWIMMING INC

Regular Meeting

March 2, 2005

The Regular meeting of the Board of Directors of Oregon Swimming Inc. was called to order by General Chair, Tim Stevenson, at the Multnomah Athletic Club at 7:04p.m.

The following individuals were present: Tim Stevenson, Rick Guenther, Jacki Allender, Marilyn Loitz, Coby Van Andel, Heather Thomas, Gene Mielke, Bruce Ludwig, Judy L'Roy, Jeff Gudman, Stan Benson, Howard Jones, Kyle Kimball, Alex Nikitin, Lissa Parker.

Minutes: Minutes from last meeting were approved as presented.

Treasurer: (Jacki Allender) Report approved as presented.

Reports

Administrative Chair- Rick Guenther

Age Group (Lissa Parker)

The awards for 11-14 have been corrected and are ready for distribution. Lissa will be attending an Age Group Seminar at Colorado Springs in April. The crowd control on deck for the 11-14 meet seemed to work well. There were some issues with crowd control at the 10&U meet.

Senior (Kyle Kimball)

The Senior Championship meet to be held at McMinnville has 309 swimmers entered. The All Star Altitude Camp in Colorado Springs has been reserved for October 27-30, 2005. Right now airline flights into Colorado Springs are \$293.

Coaches (Chris Richmond) No report

Athlete Reps (Hailey Zehner & Logan Storie) No report

Scheduling (Skip Runkle)

The meet application packets will be out soon. There will not be a scheduling meeting.

Time Standards (Andy Carlisle) No report

Technical Planning (Alex Nikitin)

There was a question from the CRST about the sanction for one of their meets. We will wait for impute from Mark Rieniets, Sanction Chair. Alex would like to see the time standards for the 11-14 championship meet such that there would be 4 heats of swimmers for preliminary sessions. A suggestion is to look at the USA Swimming AA standards. After discussion it was decided for Alex, Lissa and Andy to have a conference call. There was discussion about the format of the 11-14 meet. This discussion will be tabled until the May meeting. This will include discussion about the senior meet as well.

Web Site (Robbert vanAndel) No report

Safety Chair (Jeanine Serrano) No report

Camp Coordinator (Heather Thomas)

There are 3 camps in the works. MAC is hosting a Blue Ribbon camp April 16. Another camp is being planned for SCAT/Roseburg. A third camp is planned for Pendleton.

Officials (Bruce Ludwig)

Bruce's term will be completed this year. As he is eligible for another term, he has asked Kathy Coddington to head the committee for the ballot. The new officials training material is just about ready. There will be a meeting April 4th in Corvallis. Assignment of championship meet officials (referee, admin referee, deck referee, starter, and chief judge) is by application. Bruce would like to honor starters and referees with a bell. The cost will be evaluated and possibly included in the 2006 budget.

After discussion about over swimmer starts, it was decided that Bruce would send a letter to coaches and referees. This letter will include instructions as to a procedure for over swimmer starts as well as asking the coaches to be sure and explain whistle starts to their novice swimmers.

Adapted (Gene Mielke)

A para olympic meet will be held at Mt. Hood Community College Pool July 15-17, 2005. Mark Rieniets is the meet referee and is looking for officials. Officials must submit an application to work the meet. Contact Mark for an application. This will be a great meet for coaches to have their athletes attend. Gene is looking for clubs to complete the adapted/outreach survey forms.

Office Manager/Registration (Coby van Andel)

There are 4511 athletes currently registered (2715 females, 1796 males).

There will be a Club Leadership Seminar April 16th, at 9:00a.m. at the Multnomah Athletic Club. Contact the office for registration.

Gwen Woods will be attending a registration workshop in Tampa, FL.

Sanction (Mark Rieniets) No report

Awards No report

Awards Ceremony

The Corvallis Aquatic Team will take responsibility for the Top 5 Awards Ceremony. For now Rick Guenther will be listed as the chair (until he submits a name).

Star Chair (Jacki Allender)

Work continues on the high school times.

It is important that there are enough officials at the district meets if observation is to continue.

Records (Cyndi King)

There have been many new OSI records.

All Star Team (Jim Bowe)

Application for the April All Star trip is going on the web today. Robin Beechert has been hired to replace Junia Calhoon.

Old Business

The bylaw changes approved by the OSI House of Delegates in October have not been reviewed by USA Swimming.

New Business

Jared Maricle 15y/o from CRST is in the hospital recovering from surgery to remove a brain tumor.

A letter was received by the Board in regard to the behavior of a coach on deck at a swim meet. It was

decided that OSI has no jurisdiction. This was an internal club issue.

Jeff reminded everyone that during a workout or practice, a registered, certified coach must be on deck . Without the registered, certified coach on deck the swimmers are covered for insurance purposes, the team is not.

A \$100 donation was received from the Kimura-van Zandt family. This is in memory of Jack Berkowitz, a long time supporter of swimming in Oregon in the 60's and 70's.

Next Executive Board meeting: April 6, 2005 at 7:30p.m. by Teleconference.

Next Board Meeting: May 4, 2005 at 7p.m. at the Eugene Hilton

Meeting was adjourned.

Respectfully submitted, Jacki Allender

***SENIOR SWIMMING
KYLE KIMBALL***

Congratulations to all of our swimmers in Oregon for a great Championship season so far! Many records, many best times, and just some incredible swims have happened so far this season. Good luck to all our swimmers attending Age Group Sectionals, NCSA Junior Nationals, and the World Championship Trials in the coming weeks.

Also, I just wanted all Senior level swimmers and their coaches to know that we will be having the Senior Sectional Select Camp again this October. It looks like it will be a Thursday-Sunday camp at the Olympic Training Center in Colorado Springs. We are looking for another great camp this year. More details to come in the next few months. Again Good luck the rest of the season!

Club Leadership and Business Management School Registration form

The Club Leadership and Business Management School will held on Saturday April 16, 2005 from 9:00AM – 3:00PM at the Multnomah Athletic Club. Cost for the school will be \$5.00 per person for Lunch and will be open to all our clubs. Please return the registration form before April 7.

Club: _____

Number of people who will attend: _____ @ \$5.00_____

Please send this form and payment before April 7, 2005 to
Oregon Swimming, 1750 SW Skyline Blvd. #103, Portland OR 97221.

Or Fax to 503-297-8498.

Make checks payable to Oregon Swimming

Summer 2005 Application for Assignment

Use this application if you are interested in being assigned for OSI Summer Long Course Championships as Meet Referee, Admin Referee, Starter, or Chief Judge.

Name: _____

Address: _____ Home Phone: _____

City, State, Zip: _____ Work Phone: _____

CURRENT CERTIFICATIONS (circle and complete the following):

OSI Certification: Highest Position: _____ Since (year) _____ Current Exp. Date: _____

National Certification: Highest Position: _____ Current Exp. Date: _____

National Championship: Highest Position: _____ Current Exp. Date: _____

Have you been *assigned* a position for past OSI Championship meets? YES/NO

If so, what meet: 10&U-SC 11-14-SC Sr-SC 10&U-LC 11&O-LC YEAR _____

What Position(s)? _____
(answers to the above question neither qualifies you nor disqualifies you, but is helpful in making assignments)

I would appreciate a receipt by e-mail. My e-mail address is: _____
(Please print clearly)

Please indicate below any or all meets and positions for which you would be willing to be assigned:

What: OSI 10&U Championships; **When:** July 16-17; **Where:** Albany

Positions: Meet Referee Admin/Assistant Referee Deck Referee Starter Chief Judge

Please indicate which days and/or sessions you will be available to work _____

What: OSI 11&Over Championships; **When:** July 28-31; **Where:** Amazon Pool, Eugene

Positions: Meet Referee Admin Referee Deck Referee Starter Chief Judge

Referee in Training (needing prelims and finals training)

Please indicate which days and/or sessions you will be available to work _____

(Please note: To be assigned as Meet Referee or Admin Referee you must be available for all sessions.)

Deadlines: For assignment as Meet Referee, the application deadline is April 29, 2005
For other assignments, the application deadline is July 1, 2005.

Please fax, e-mail, or snail-mail to the OSI Office at 1750 SW Skyline Blvd #103, Portland, OR 97221-2545;
swim@oregonswim.org; Fax: (503)297-8498

For questions please contact Bruce Ludwig at (541) 548-7507; bludwig@bendcable.com

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