



# 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

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## **JEFF GUDMAN VICE PRESIDENT NATIONAL ADMINISTRATION USA SWIMMING**

The long course season is in full swing. There are meets being held all over our LSC every weekend (at least it seems like every weekend). The swimmers are having best times in many of their events and also having a good time while they are swimming. One thing which becomes apparent as I go from meet to meet and talk with parents is that swimmers, regardless of age, are the best conditioned athletes around. You hear about soccer practices where the after a short practice the players are tuckered out. But not those players who have been involved with swimming. Like the Everready battery, swimmers keep on going and going. That is just another example of why I believe swimming is the best sport there is.

Another reason why swimming is the best sport. Swimmers of all ages are working to improve their technique and times and having some fun. I am biased and I freely admit it but I think swimming is the best sport for kids (adults too). Time and time again I see examples of what a great group of people are involved in swimming. Recently I was at a meet where I overheard a conversation between a younger swimmer and their coach. The younger swimmer was so pleased that one of the swimmers from Oregon and southwest Washington who had qualified for the Olympic Trials last year had taken time to talk about the younger swimmers stroke and races. The Olympic Trials qualifier was from another club but had taken time to talk to the younger swimmer about swimming and how much fun swimming

is. The response of the younger swimmer to his or her coach was....."so and so rocks." What a great commentary on our sport and the people involved.

On the other hand swimming and swim meets can be less than exciting at times. For anyone who has been at a meet most of the weekend you know exactly what I mean. However, there are ways the meet format can be changed to become more interesting. There is nothing in the rules that says non championship meets have to be conducted in a particular way. For example, you can,

- 1) Have all 12 and under in the morning, 13 and over in the afternoon and make no distinction by age for the events. That is 12 and under 100 yard freestyle with seeding according to time and not age. Then have a break in the middle of the day with water polo games and then do a similar format in the afternoon for the 13 and over age group. It will make the meet more challenging administratively, but the meet is more interesting.
- 2) Run an all boys meet on Saturday and an all girls meet on Sunday or vice versa
- 3) Do a relay only meet and add a variety of interesting relays like a 4 x 100 breaststroke relay.

As you can see the possibilities for meet formats are endless.

Another topic for this column is the USA Swimming website and all the features it has. Virtually no topic is more than three clicks away. You can find information about:

- 1) Alternative swim meet formats
- 2) Positive Parenting Tips

- 3) The Food Guide Pyramid
- 4) Basic Swimming Rules for Parents
- 5) Growth and Development Material for Parents
- 6) The Joys of Officiating
- 7) Volunteering
- 8) Management Techniques for Clubs
- 9) Much, much more

Another terrific section on the website is the area of Performance Science and Technology. Areas of knowledge in this area are:

- 1) Nutrition Tracker
- 2) Core Body Strength Training
- 3) Mental Tool Box
- 4) Shoulder Injury Prevention
- 5) Nutrition and Supplements
- 6) Club Profiles
- 7) And much, much more.

See you at the next meet.

## ***OREGON SWIMMING RECORDS***

New records were set at the CAT Open, Mt Hood Open, Santa Clara International, Cactus Classic (AZ), Senior Sectionals, 11&over Championships and Far Western.

**Tori Simenec** 11-12 Girls 50M Free, 27.96, she bettered the time 28.20 set by Rachael Auwae ECSC in 1993. She had two record breaking swims at the Mt. Hood Long Course Meet. She lowered the 1997 100 fly record of Kristen Kilroy with a time of 1:06.66. She also set a new record in the 400 IM with a time of 5:21.29, lowering Taylor Lakey's month old record

At the Cactus Classic (AZ), **THSC** (Louise Nister, Megan McCarroll, Taylor Lakey, Taylor Scroggy) 11-12 Girls 200M Medley Relay 2:11.48, bettering THSC record, 2:14.10 set in 2004.

Swimming at the Santa Clara XXXVIII International, **Hillsboro HEAT** girls set a new 17-18 relay records. The team of Katie Bieze, Beth Gunderson, Caitlin Summers, and Anne Liggett lowered the 400 freestyle relay record set in 1977 by WSC with a time of 4:07.91.

At the Pacific Rim Classic, **Taylor Lakey of THSC** lowered her own 11-12 200 fly record with a time of 2:31.81, bettering the month old record of 2:33.35. The **THSC** team of Morgan Henderson-Kunz, Tristan Briggs, Connor McCarroll, and Issac Hayden lowered the 13-14 200 free relay record with a time of 1:48.37. Their time bettered the 1988 record also held by THSC. The final new record established at the Pacific Rim meet was the 200 medley relay. The **THSC** team of Brendan Liu, Tristan Briggs, Connor McCarroll, and Morgan Henderson-Kunz lowered the 1988 record with a time of 2:01.13.

Speedo Champions Series (Senior Sectionals) in Federal Way. In the girls 11-12 200 backstroke, three swimmers dipped under the old record of 2:36.01. They are **Nikki Cannon** of VSC (2:35.90), **Megan McCarroll** of THSC (2:34.22) and **Tori Simenec** who ended the meet with the record. Tori swam 2:30.15, taking almost 6 seconds off the old record.

**Taylor Lakey**, another 12 year old and representing THSC, lowered her own 200 fly record by over 3 seconds swimming 2:28.62.

The final record set at the meet was done by **Logan Storie** of CAT who bettered Trent Staley's 1998 15-16 200 freestyle record of 1:56.12 with a time of 1:54.72.

The 11 and over championships saw the lowering of several individual and relay records. **Tori Simenec** of BearCat Swim Club bettered five 11-12 girls records. In the 100 Free, Tori swam 1:00.61, bettering the 1990 record of 1:00.68. In the 50 back, she swam 32.08 bettering the 1993 record of 32.48 by .40 seconds. Tori also set a new record in the 100 backstroke with a time of 1:08.83 bettering Lauren Thies' 1992 record of 1:09.02. Completing the backstroke hat trick, Tori lowered her own record in the 200 backstroke with a time of 2:28.18. Tori's final record came in the 100 fly where she lowered her own record once again with a time of 1:06.36

**Megan McCarroll** of THSC lowered her own record in the 11-12 girls 200 breaststroke with a time of 2:47/11, dropping over 3 seconds in the process.

**Taylor Lakey** of THSC bettered the 11-12 800 freestyle with an official split in the 1500 freestyle. Her time of 10:06.53 bettered the 2003 record of 10:09.32.

**THSC** set two 11-12 girls relay marks. In the 400 free relay, the team of Taylor Lakey, Taylor Scroggy, Megan McCarroll and Louise Nistler swam a time of 4:18.02 bettering THSC's 2004 record of 4:21.60. In the 400 Medley Relay, Louise Nistler, Megan McCarroll, Taylor Lakey and Taylor Scroggy swam 4:43.04 to better THSC's 2004 record of 4:49.00.

The boys were busy breaking records too. **Austin Ringquist** of HEAT bettered the 11-12 200 backstroke record with a swim of 2:26.11, lowering the 2003 record of 2:26.63.

The **THSC** 13-14 400 Medley Relay team of Brendan Liu, Issac Hayden, Connor McCarroll, and Morgan Henderson-Kunz bettered the 1989 record of 4:28.87 with a time of 4:26.54.

In addition to the records set at 11 and over championships, **Santo Condorelli** set a new record at the Far Western Championships in Concord, California. Santo bettered 2002 9-10 100 breast record with a time

of 1:24.05. He also won High Point at the meet winning 8 individual events.

The **TDPS** bettered two 9-10 relay records. Jordan Hurwitz, Cole Hurwitz, Cameron Stitt and Arthur Chan swam a time of 2:30.39 in the 200 medley relay, bettering the 1992 record of 2:31.13. The same team of swimmers bettered the 200 free relay with a time of 2:10.68 bettering the 1983 record of 2:12.07.

Great job swimmers.

Congratulations athletes and coaches.

## ***AUGUST NOTICES***

**The next OSI Board of Directors Meeting** will be held Wednesday September 7<sup>th</sup>, 7:00PM in the Multnomah Athletic Club. An officials meeting will start at 6:00PM.

**The 2005 Western Zone Team** representing Oregon Swimming at the Championships in Salt Lake City are:

11-12 Girls Kaylin Bing, RST, Jessica Bottelberghe, VSC, Nikki Cannon, VSC, Taylor Lakey, THSC, Peggy Liang, CRST, Megan McCarroll, THSC, Jessica Patterson, KWSC, Taylor Scroggy, THSC, Tori Simenec, BRSC, Amy Wiley, TDPS.

11-12 Boys: Corbin Brindle, CWY, Aaron Ghigliery, RST, Michael Le, CWY, Gabriel Rooker, FGSC, Kyle Wicks, BRSC.

13-14 Girls: Brittany Anderson, THSC, Hailey Bambusch, WHAT, Madeline Clark, BEND, Sarah Cruzan, THSC, Rachel Heaney, SCAT, Crystal Kibby, BRSC, Nycole Klauder, RAYS, Kaila Lee, EY, Jackie Leung, MHST, Abigail Lindstrom, THSC, Elizabeth Mahalic, MAC, Kelsey Rueppell, THSC, Lisha Smith, MSC, Sloan Storie, CAT, Lauren Zehner, MAC.

13-14 Boys: Mason Allen, BEND, Alex Doja, MHST, James Gilmore, RAYS, Nathan Losch, BEND, Connor McCarroll, THSC, Ben Rafalski, MHST, Jonathan Rooker, FGSC, Mike Stratton, DDSC, Jonathan Tillery, MSC.

15-16 Girls: Mogan Azinger, THSC, Marybeth Dillenger, GCST, Samantha Eichner, DDSC, Anna Heller, SLST, Anna Humphrey, DDSC, Emma Jones, EY, Rachel Lee, CAT, Mailene Leslie, CAT, Kelsey Lynch, CRST, Natascha Mangan, BRSC, Alyssa Manlow, VSC, Carly Rowan, ECSC, Kellie Tippett, BEND, Marisa Warman, MHST, Caroline Wells, CAT.

15-16 Boys: Steve Allnutt, FGSC, Brandan Mantei, CB, Jared Maricle, CRST, Rick Mason, CAT, Michael Mpitsos, NST, Matthew Nellor, DDSC, Andy Ottolia, MHST, Sean Sweet, CAT, Juan Vidal, DDSC, Erik Widstrom, MHST, Michael Woodward, WSC, Daniel Worden, CAT.

17-18 Girls: Jaisa Farleigh, BEND, Laura Fay, ECSC, Sarit Gluz, ECSC, Alison Miller, BEND, Nicole Pressprich, BEND, Nicole Schuh, CB, Chloe Thulstrup, ECSC.

17-18 Boys: John Billings, PRSC, Jamie Comrie, AAA, Alejandro Contreras, CB, Eric Elligott, CGAL, Shawn Miller, GCST, Casey O'Brien, CB, Trae Wells, CAT.

Coaches: Jim Bowe, Greg Bostrom, Jason Mills, Jason Moore, Sheri Bottelberghe, Robin Beechert, Brian Holm and team manager Jeanine Serrano.

Congratulations and good luck athletes and coaches.

**2006 Meet Schedule.** The schedule for next year will be posted in the website in the beginning of August. Championships next year will be held in Springfield 10&Under, Corvallis – 11-14, Canby – Senior, Albany – LC 10&Under, Mt Hood CC – 11&Over.

### **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 Sectional 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.

**2006 Registration forms.** Will be mailed in August. The registration fee for year around athletes is \$47.00. All Non athlete registration fees are raised with \$1.00 also.

**2005 Top Five.** The 2005 top 5 list for Short Course and Long course will be listed on the Oregon Swimming website as soon as they are available. Please contact the office if there is a time or athlete missing in the list. The awards ceremony will be in Corvallis, Sunday November 20.

## **AGE GROUP REPORT**

### **LISSA PARKER**

As we fly into the taper phase of summer season with championships meets coming up it seems a lot shorter than usual! Maybe the grey days remind us of spring...hopefully summer has finally arrived for those outdoor meets. In workouts let's remember to schedule some fun activities, with training for our athletes that might be 'outside the box' in our thinking to keep swimmers interested and energized. There are many outdoor end of season meets coming up, along with our Zone team traveling to Utah for some great racing in August. Zone head coach Jim Bowe has sent out invitations to swimmers 14 & under that have qualifying times, and we hope to field a powerful Oregon team! More records have been broken recently too by both 14 & Under as well as senior Oregon swimmers- congratulations!

I have checked many of our OSI team web sites for ideas to keep your parents involved and communications going with your teams- a critical factor with so many working parents nowadays. In my own experience, and in what I am hearing from other age group coaches of smaller clubs, are frustrations with communication and contact- keeping everyone in the loop. Newsletters, web sites, notices home and announcements work well, but all have to be fueled constantly to keep the kids at practice and in meets. Summer is hard with vacations and seasonal planning/ training sometimes at odds.

I have found some great ideas from teams on their sites. The largest and most organized teams have very well defined parent structures and volunteer commitments clearly delineated, and sections for information, costs and schedules. Smaller teams may want to look at some of these for ideas e.g. Hillsboro, Tualatin Hills. Mid size teams are a little more tailored to their demographics.

The USA Swimming web site is also a primary source for several topics. Some great links from a sampling around the state:

- Bend Swim Club web site: the Survival Guide for the New Swimming Parent
- The Tornadoes: the New Food Pyramid Link from the USDA
- Portland Aquatic Club: Training group brochures for every practice group that are very detailed with both requirements, levels and swimmer expectations

If you have something to add please let me know- we are working on developing a parent section for the OSI web site. Lastly there are technologies that can help you stay in touch with families. Several companies offer either auto dialing machines or services that will leave scheduled messages and reminders to team members. Some of these found easily on search engine Google: One Call Now, Calling Post, Broadcast by Phone and Phone Tree. You can also set up automatic E-mail reminders for meet deadlines via E-mail- i.e. MSN's Hotmail has calendar scheduling that is free.

At the July OSI Board meeting discussion is moving forward about revising some of our Age Group time standards and investigating changes that line up our standards closer to USA Swimming standards. More to come on this later. We will also be hosting a day camp at the coast in Lincoln City on July 21<sup>st</sup> for OSI developmental swimmers that includes an afternoon sanctioned scrimmage.

Remember as we get into championship season be a good role model for your child. Volunteer your time to help the host clubs with the very necessary and easy job of timing. Respect your swimmer's competitors. Watch your non- verbal communication cues to your athletes- negative ones can affect your child's performances. By being a good sport, communicating positive messages, and letting your child's coach do their job you can ensure your own swimmer's success!

Have a fun time- Thanks *Lissa*

## **OFFICIALS CORNER**

I would like to thank Oregon Swimming for giving me the opportunity to attend the USA Officials Training Workshop in Colorado Springs held over Memorial Weekend. It was a very enlightening experience. I am always amazed to hear some of the different LSC training methods and ideas. After speaking to several people from around the US, I am more convinced than ever that Oregon Swimming has some of the best trained officials on deck today.

The workshop was presented by the USA Officials Committee and included speakers Coach Pat Burch and Olympian Rowdy Gaines who gave a coach's and athlete's perspective on officials. What I picked up

from both of them was that officials need to be consistent in their calls and procedures. This applies not only to Referees, but also to Stroke and Turn officials. Don't not call a stroke infraction because it is only an eight year old. If there was an infraction, call it regardless of the age.

Rowdy also showed the video in which he won a gold medal in the 100m freestyle. In this video, you can see what effect a starter can have on the outcome of a race. It was interesting to see a starter of Olympic caliber make the same mistake that all starters at some point make.

Also presented were discussions on the roles of the various positions: Referee, Admin Referee, Starter, and Chief Judge and what these positions can do to make the swim meet environment a pleasant place for all swimmers, coaches, spectators, and officials. I also enjoyed hearing from the Officials Committee concerning issues that they have had arise at various meets and how they solved them. It was nice to know that presented the same problems, I have solved some of them the same way. On the opposite side, it was also nice to hear that some of these very experienced officials made calls and decisions that came back to haunt them. This proves that every one is human, and no matter how many years of experience you have, there can always be that one decision that you regret making.

Once again, thank you for the opportunity. I hope to incorporate some of the ideas and suggestions presented into my "referee style". See you on deck. *Kathy Coddington*

## **OREGON SWIMMING INC**

### **Regular Meeting**

### **July 6<sup>th</sup>, 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 Athlete Club at 7:02 p.m.

The following individuals were present: Tim Stevenson, Rick Guenther, Coby Van Andel, Larry Liebowitz, Robbert van Andel, Alex Nikitin, Judy L'Roy, Jacki Allender, Gene Mielke, Stan Benson, Lissa Parker, Heather Thomas, April Robinson, Mark Rieniets

**Minutes:** Minutes from last meeting were approved as presented.

#### **Treasurer (Jacki Allender)**

The amount spent on national meet reimbursement was a little less than originally calculated, but was still over budget. Money was taken out of the investment accounts to cover this short fall.

Motion: Budget and financial report accepted as presented. Result: Second and Passed

Any new budget items or suggested changes to the existing must be submitted to Jacki by August 20<sup>th</sup> for inclusion in the 2006 budget proposal.

#### **Reports**

##### **Administrative Chair-Rick Guenther**

**Age Group (Lissa Parker)** Written report submitted.

Suggestion was made to put a team manager file on OSI web site for Championship meets so teams could download the meet to speed up their entry process. Robbert has placed one for the upcoming 11 & Over champs on the OSI web site, and will attempt to do so for all future championship meets.

OSI will not be encouraging clubs to upgrade to the new version of Hy-tek meet manager until next year.

Bookings for the OSI HOD in October at Lincoln City are being organized.

**Senior Report (Kyle Kimball)** No report

##### **Coaches Report (Chris Richmond)**

Written report submitted as part of Age Group report.

##### **Athlete Reps (April Robinson & Logan Storie)**

April attended her first OSI board meeting, and was welcomed by the board.

##### **Scheduling (Skip Runkle)**

Championship sites for next year have not been announced. Discussion was held regarding the fact that teams are coming up to budgeting time and need to know if their bid for the championship meets has been successful.

**Time Standards (Andy Carlisle)** No report

##### **Technical Planning (Alex Nikitin)**

Questioned about sanction being withheld because of proposed events being mixed sex.

It was discussed and decided that OSI will sanction any meet with a creative format unless it is in direct contravention to USA Swimming rules. This will encourage teams to conduct more fun meets for the younger swimmers. Gene Mielke will contact USA Swimming to get an official ruling on the sanction rules for mixed sex events at a meet.

The purpose of the A time standards within OSI was discussed. The two alternatives discussed were to (i) Control the number of swimmers at OSI championship meets or (ii) to acknowledge swimmers who had reached an "A" time standard as recognized by USA Swimming as being at a predetermined level for the age group and stroke based on national times being achieved. Alex noted that OSI "A" times are all over the board compared to published USA Swimming age group A

times. Alex will create tables showing where Oregon Swimmers would be if the OSI were brought into alignment with USA Swimming age group A times and present this along with the pros and cons to the OSI House of Delegates in October.

#### **Web Site (Robbert van Andel)**

New web site is up and running. MAC users are having a few problems which Robbert is investigating.

#### **Safety Chair (Jeanine Serrano)** No report

#### **Camp Coordinator (Heather Thomas)**

Camp at the MAC club was very successful. Spent approx. \$1,500 and was very good value. Looking to run more development camps, but not getting a lot of response from the clubs.

Motion: Give TTSC \$200 from development fund to run "C" meets for beginning swimmers for 2005.

Action: Seconded and Passed

Heather will develop criteria for future reimbursement for "C" level development meets for clubs interested in hosting these meets. Some of the suggestion for inclusion in the criteria were: Must be C swimmers only, no entry fees for the meet, must be sanctioned and have sufficient officials to ensure times swum are official. If anyone has any additional criteria, Heather is interested in hearing about it.

#### **Officials Chair (Bruce Ludwig)** No report

#### **Adapted (Gene Mielke)**

IPC Open National Championship will be held at Mt Hood Community College next week. USA Swimming will no longer host the National Disability meet, since USPC is now hosting this championship meet. A number of officials from Oregon have received assigned positions at this meet (Gene Mielke-Admin Referee, Jacki Allender-Starter, Al Smith-Starter, Mark Rieniets-Referee), with a number more officiating as stroke and turn. International Paralympic Committee will be running a clinic for officials wishing to gain international certification during the week before the meet.

#### **Office Manager/Registration (Coby van Andel)**

Newsletter articles due on 15<sup>th</sup> of each month. Preparation for the long course championships meets are the main focus in the OSI office at this time.

#### **Sanctions Chair (Mark Rieniets)**

Working with the club concerned to get the last outstanding splash fees and surcharge payments from the meets sanctioned in 2004. Looking to close off the sanction books for 2004 in the next couple of weeks.

#### **Awards**

Discussion was held on the interpretation of how the events for 15 & over will be scored at the upcoming 11 & Over championships. Based on one interpretation, it was uncertainty if sufficient awards had been purchased last December for all the possible recipients. Jacki Allender will explore this further over the coming week.

#### **Awards Ceremony (Cheslah Barkdoll)**

Room has been confirmed for Top 5 ceremony.

#### **Star Chair (Jacki Allender)** No report

#### **Records (Cyndi King)**

Number of records have been broken recently and posted on the OSI web site.

#### **All Star Team (Jim Bowe/Jeanine Serrano)**

Letters to athletes who have qualified will be sent to ask them to apply for the All Star team. Everything is in place for the Zone meet. Jeanine is investigating with Nike to hold the All Star meet in January at their pool.

#### **OLD BUSINESS**

##### **By-Laws**

USA swimming has reviewed OSI bylaws. There are two areas of concern.

The first is with "At large members of the board". The new OSI bylaws currently state the General Chair will appoint these positions with board approval. Second area of concern is the nomination committee. OSI bylaws currently state these will be appointed by General Chair. USA Swimming have indicated that they would prefer to see all of these elected by the annual House of Delegates.

OSI Board agreed to the change to have the Nominating Committee for the following year be elected at the House of Delegates. Gene Mielke will present a case to USA Swimming on behalf of the OSI board to keep the existing proposal of having the General Chair appoint the At Large members of the board, with board approval.

#### **NEW BUSINESS**

##### **Nominating Committee**

Jacki Allender, Heather Thomas, and Jeff Gudman were appointed as the nominating committee for the upcoming elections at the 2005 OSI House of Delegates. Board positions vacant for election this year will be General Chair, Senior Vice Chair, Secretary and TPC.

##### **Open Water Championships**

Two open water events calling themselves OSI Open Water Championship have been sanctioned this summer. Discussion was held to determine if a chair person is required to organize and regulate these events. The

Masters Swimming organize an annual Open Water event each year in Oregon, so they will be contacted to see if they would be interested in coordinating the OSI championship. Gene Mielke and Stan Benson will attend the Open Water sessions at the USA Swimming convention, and report back to the board on where USA Swimming is heading with these events.

**USA Swimming National Board of Review**

Gene Mielke has been appointed to USA Swimming board of review.

**Trail Blazers Event**

Jennifer Dority from Portland Trail Blazers came to talk with the OSI board, to determine the interest from OSI for a swimmer and coach’s recognition event at a Blazers game in the Dec – Jan time frame. Swimmers and family would be able to purchase discounted tickets and there will be a recognition event at half time. Discussion indicated that potentially Top 5, Swimmers of the year and Coaches of the year could be recognized at the event. A deposit of \$200 is required to guarantee OSI a firm date of their choice, with the possibility of having the event on the night of the Spurs game.

Motion: To spend \$200 to get on Trail Blazers event priority list.

Action: Seconded and Passed

**USA Swimming**

Stan Benson, Judy L’Roy and Gene Mielke have been appointed as members at large of USA Swimming.

Next Board Meeting: 7:00 p.m. on September 7<sup>th</sup>, 2005 at the MAC,

Meeting was adjourned at 8:43 p.m.

Respectfully submitted  
Mark Rienets, Secretary

***JOB OPPORTUNITY***

West Hills Aquatic Team (WHAT), a non-profit, parent-run organization, is currently accepting applications for the position of Head Coach.

WHAT is a mid-sized swim club based at the West Hills Racquet and Fitness Club in Southwest Portland, Oregon. We are seeking a professional head coach who can help lead the team to grow in both size and quality.

Qualifications include:

ASCA Level III certification or higher.

Able to make a commitment of 25-30 hours/week.

Well organized, motivated, strong leadership skills, and excellent communication skills.

Experience with coaching development and management of team activities.

Prior coaching experience of three years or more.

Salary is commensurate with qualifications.

Please submit a detailed resume to

[whatswim@netscape.net](mailto:whatswim@netscape.net).

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**AWARD NOMINATIONS**

Nominations will be accepted for the following Awards. The awards will be presented at the 2005 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@oregonswimming.org](mailto:swim@oregonswimming.org).

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

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**John Arlin Adapted Swimming Award**

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**United States Swimming Outstanding Service Award**

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

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**2005 OREGON SWIMMING MINI-EXPO**  
**SEPTEMBER 30, OCTOBER 1-2, 2005**  
**LINCOLN CITY, OREGON**

**Friday, September 30**

**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 1**

***Lincoln City Community Center and Pool  
 Coaches Clinics –Tentative line-up***

**Details will be announced as soon as possible.**

Featuring Bob Steele and Sean Hutchison

**8:00AM – Doors Open** – Continental breakfast

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

**9:00AM - 9:50 AM** – Bob Steele – Topic to be  
 announced

**10:00AM - 10:50AM** – Sean Hutchison – Topic to  
 be announced

**11:00AM-12:00PM** – In the pool – Bob and Sean –  
 In water drills, games and more

**12:00PM- 1:00PM** – Lunch Break – on your own

**1:00PM – 2:15PM** - Bob Steele – Topic to be  
 announced

**2:30PM – 4:00PM** - Sean Hutchison – Topic to be  
 announced

**4:00PM – 6:00PM** – Poolside coaches presentation  
 with Suha Tokman, Tom weltchek, Vicki Gordon,  
 Jeanine Serrano, Kyle Kimball

**Inn at Spanish Head**

**7:00PM – 10:00PM** - OSCA Meeting and dinner

Athletes and coaches of the year are nominated and  
 elected by the Oregon Swim Coaches Association  
 members. Nominations are due by September 15  
 and should be send to Chris Richmond.

**Female Athlete of the year**

**Male Athlete of the year**

**Age Group Coach of the year**

**Senior Coach of the year**

***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 – Site to be announced***  
**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 2**

***Lincoln City Council Chambers***

***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**  
**2005 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 1, 2005. \$30.00 pre-registration fee is included. Registrations at the door are \$35.00 for OSCA Members
- I am a coach member of Oregon Swimming and will be attending the clinics and dinner on Saturday, \$45.00 pre-registration fee is included. Registrations at the door are \$50.00 for OSCA Members.
- I am a coach member of Oregon Swimming and will be attending the dinner on Saturday. \$20.00 registration for the dinner is included.
- I am not a coach member of Oregon Swimming and will be attending the Coaches clinics on Saturday, October 1, 2005. \$35.00 pre-registration fee is included. Registrations at the door \$40.00.

**NOTE: Pre-registrations must be received at the OSI office by Thursday, September 29, 2005**

- 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**

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

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