



# 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.oregonswimming.org](http://www.oregonswimming.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**

At the heart of swimming are the swimmers. At the center of swimming are the clubs. When it comes to the clubs, not only are the clubs and swimmers competing with one another, but equally importantly the clubs are competing against all the other youth sports and activities that are available today. That is a tough competitive environment. To be successful, each club has to figure out how they are going to compete with all the other activities that are available. How does a club do that? A recent book by Jack Welch, retired chief executive officer provides a wonderful and valuable means of succeeding as a club. There are three elements. First, you need a strategy. Second, you need the right people. Third, it is all about finding the best club practices, adapting them, and *continually improving them*. If you can do that all sorts of new ideas and opportunities for developing your club will develop.

So far, so good. But how does establish the right strategy. The process is straightforward enough. The execution is harder. Establishing the right strategy has five parts.

First. Who are your competitors? Who is doing the best job of attracting youth into their activity? Where does your club fit in when compared against all the other clubs?

Second. What is the competition doing? The competition is not the other swimming clubs, although they are important. The competition is all the other activities that

can attract current swimmers away from swimming or who have people who have never set foot in a pool.

Third. What have your club been up to? What is your club doing to help sustain a competitive advantage with all the other activities available?

Fourth. What is happening "around the corner?" In effect, what scares you the most in the year ahead that other youth activities might do to better attract and retain people?

Fifth. What is your club's winning move? What can you as a club do to change the playing field? What can your club do to make the swimmers stick with you more than ever before and more than to anyone else?

By the time your club goes through these five parts, the effectiveness of and the development of your strategy should be pretty clear. Now, let's talk more about the finding, developing and keeping the right people and the use of best practices for your club.

It goes without saying you can not put people in simple boxes. Good people bring to many talents and skills to the table. But each person's skills and personalities work better in different situations and environments. By making sure your people are in the right positions and providing them opportunities to succeed, you will be amazed how over time the club will run more smoothly and provide opportunities for each swimmer to achieve as much as they can

If there is anything I have learned in my years in swimming and in work is people love to share their success stories. All you have to do is ask. All you have to do is ask and make the idea fit into your situation.

This is not blindly adopting each trend or practice that you see, but carefully picking, choosing, evaluating and modifying what ever practice from other clubs or swimmers you adopt for your club. Perhaps the most important and difficult aspect of this idea is the continually improvement in the practices of your club and swimmers.

I would like to close with a quote from the novel *Sometimes A Great Notion* by the Oregon author Ken Keysey. It is the story of an Oregon logging family. Within the novel is a short passage about effort and the physical and mental feeling that comes when someone or a team is operating at maximum effort. This passage is when three members of the family are cutting trees in woods. Although the description is about a team of three people it is just as easily applied to an individual swimmer. It is the best description I have ever read about what it is like for a swimmer or a relay to be in what coaches call "in the zone or in the flow." It is a standard all swimmers can strive for.

Here is the passage "...Until the three meshed, dovetailed...into one of the rare and beautiful units of effort sometimes seen when a jazz group is making it completely, swinging together completely, or when a hometown basketball squad, already playing over its head, begins to rally to overtake a superior opponent in a game's last minute... and the home boys can't miss; because everything---the passing, the dribbling, the plays---every tiny piece is clicking perfectly. When this happens everyone watching *knows*...be it five guys playing basketball, or four blowing jazz, or three cutting timber, that *this bunch, right now, right this moment*---is the best of its kind in the world! But to become this kind of perfect group a team must use *all* its components, and use them in the slots best suited, and use them with all the pitiless dedication to victory that drives them up to their absolute peak, and past it."

See you at the next meet.

## OREGON SWIMMING RECORDS

**New Oregon Swimming Records** were established at the 2005 US World Champs Trials in Indianapolis by

**Kim Jasmer**, South Coast Aquatic Team in the 17-18 Women 100M Free in 56.65.

At the Tall Timbers End of Season Finale in Astoria by **Prudence Rooker**, Forest Grove Swim Club, in the 8&Under Girls 25Y Fly in 14.70.

At the Thunderbolt Spring Open:

**Prudence Rooker**, Forest Grove Swim Club, in the 8&Under Girls 50M Breaststroke in 45.59

**Nikki Cannon**, Vancouver Swim Club, in the 11-12 Girls 200M Backstroke in 2:36.01

**Megan McCarroll**, Tualatin Hills Swim Club, in the 11-12 Girls 200M Breaststroke in 2:50.25

**Taylor Lakey**, Tualatin Hills Swim Club, in the 11-12 Girls 200M Butterfly in 2:33.35 and 400M IM in 5:28.08.

**Santo Condorelli**, Unattached, in the 9-10 Boys 50M Breaststroke in 39.01.

Congratulations Athletes and Coaches.

## Graduating Seniors

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

NAME	TEAM	HIGH SCHOOL	COLLEGE
Jeffrey Comrie	AAA	Pendleton	S Dakota School of Mines and Technology
Melanie Garrick	BEND	Summit	OSU
Alex Larkin	BEND	Summit	U of Wyoming
Logan Madson	BEND	Summit	Auburn U
Kristin Marceau	BEND	Summit	Washington State
Nolan Morrell	BEND	Summit	U of Tennessee
Beth Olsen	BEND	Summit	OSU
Mende Romaniak	BEND	Summit	U of Redlands
Lindsay Boyce	CAT	Corvallis	OSU
Marissa Eng	CAT	Philomath	OSU
Lydia Kapsenberg	CAT	Crescent Valley	OSU
Lindsay Hendrickson	CAT	Corvallis	Linfield
Blaine Kisler	CAT	Crescent Valley	Texas A&M
Alex Moore	CAT	Crescent Valley	OSU
Kristen Stoner	CAT	Crescent Valley	OSU
Megan Saul	CWY	St Marys	OSU
Melissa Snyder	CWY	Cleveland	U of N Dakota
Zach Niles	CWY	Cleveland	Letourneau U
Sarah Boam	ECSC	N Eugene	OSU
Laura Fay	ECSC	Sheldon	U/New Hampshire
Sarit Gluz	ECSC	Sheldon	Lewis & Clark
Brandon Johnson	ECSC	Churchill	U/Indianapolis
Katie Bieze	HEAT	Jesuit	Duke
Vanessa Rich	HEAT	Glencoe	Seattle U
Caitlin Summers	HEAT	Jesuit	U of Denver
Kendra Titensor	HEAT	Hillsboro	Brigham Young U
Kelsey Hale	HRST	Hood River	Eureka College
Justine Rawding	HRST	Columbia	Niagara U
Ryan Carpenter	MAC	Tualatin	OSU
Ginny Connell	MAC	Wilsonville	OSU
Max Dworkin	PAC	Grant	U Puget Sound
Yui Yamada	PRSC	Mt. View	U of W
Kathryn Thompson	RST	Roseburg	U of Arizona
Kim Jasmer	SCAT	North Bend	U of W
Heidi Heller	SLST	Scappoose	U of W
Kara Nelson	THSC	Jesuit	Auburn U
Becky Alexander	TTSC	Tualatin	Carleton College
Carol Fenning	WHAT	Sunset	U of O
James Huang	WHAT	Sunset	Willamette U
Cymon Kersch	WHAT	Wilson	U Puget Sound
Susan Lou	WHAT	Lake Oswego	Stanford
Hailey Zehner	WHAT	Sunset	U of Redlands
Kelsey Tannehill	YSC	Sherwood	OSU

## ***JUNE NOTICES***

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

**New Junior Athletes Representative.** April Robinson from the MAC accepted the Junior Athletes Representative position. Thank you to Hailey Zehner for her work the last 2 years, welcome on board April.

## ***AGE GROUP REPORT***

***LISSA PARKER***

I was able to attend the USA Swimming National Age Group Chairs Workshop conference on April 22- 24<sup>th</sup>, 2005 at the Olympic Training Center in Colorado Springs, thanks to Oregon Swimming. Here is an overview of the material presented and issues discussed at this workshop:

### **Growth & Development/ Overview**

Current national statistics:

- 44% of clubs have less than 50 swimmers
- 71% of clubs have 100 swimmers or less
- 70% are non- profit corporations
- A large percentage of pools are publicly owned or leased. We need to develop more privately owned & club owned teams and facilities. USA Swimming will be adding a marketing division in 2006 and looking at other delivery & dissemination options outside of USA Swimming for recruiting.

USA Swimming added more sports performance & master coach consultants after the dues increase and will add 2 more by 2008. Additional resources are Pools Specialist (building/ remodeling) and Aquatics Program specialist. They are beginning to incorporate Learn to Swim, Lifetime Fitness and other aquatic programming. Facilities Task Force is a new section on the web site.

### **Club Development**

Adding more programs & services. National team mentors (5 coaches) for 8 younger coaches to learn from for anywhere from a 12 to 15 month period. Also considering live Internet coaches clinics that coaches can log into and have direct feedback like a conference call.

Camps will be revised; focus will be moving toward several new areas including increasing ethnic diversity in swimmer populations (to reflect growing national trends). Demographics predict much larger percentage of non- Caucasian populations in near future in USA. Provide for expansion in population bases for ethnically diverse swimmers. Also developing more emphasis on open water swimming. Part of the process is to collect data and stats for performance measures/ benchmarks.

### **Boys in Swimming Task Force**

The 'Boys in Swimming Task Force' project is almost finished and will be on web site soon. Suggestions have been made to make better use of seasonal registrations and possibly moving towards 3 seasons rather than 2, to keep kids (especially boys doing other sports) in swimming.

Will encourage LSC's to maintain records in single age groups. Create more feeder programs to funnel into senior swimming. More cooperation with sports like water polo.

### **Leadership- Questionnaire /AG Chairs / Top 4 Areas to Improve**

Four weakest areas per pre- conference survey:

- 1) Parent education
- 2) Coaches clinics
- 3) Camps
- 4) Recognition of good age group coaches

Four top perceived obstacles:

- 1) Lack of long-range view
- 2) Resistance to change
- 3) Not enough facilities
- 4) Over zealous parents

### **Meet Formats/ Scheduling**

Alternative meet formats were discussed in groups- more for emphasis on fun and retention rather than traditional scheduling. More information is on USA web site now as result of our conference. Would like to have teams send actual meet information packets for these to be scanned onto web site as a resource/ library.

### **Parent Education**

There are more tools for parent education on USA Swimming web site now. Each LSC needs to learn about how to access and use the information. One example: put parent education pieces into heat sheets for access/ reading material during meets. Suggestion: put links on the Oregon web site for parents to access USA Swimming parent resources (make Parent Section link).

### **Time Standards- New Proposals**

USA Swimming now following a new tracking system/ statistics started in 2004. Tabulating all splashes in the national database that are reported. Able to sort data according to time standards for each course, and males/ females / age groups etc. Percentages of swimmers in each season can be separated out as well.

The Performance Standards are a new tool based on single age groups. These are based on national averages/ points system and newly developed per single age groups and race. USA Swimming can also tailor reports based on what's needed. AG Power Points will be located on the web site as PDF files for access.

### **Camps**

Will be eliminating national select camps as we now

know them- attendance is down, re- thinking the concept. There are still details to work out. USA Swimming is creating 4 Zone Select Camps with head coaches from a different LSC to discourage recruitment issues. Most likely that Zone team head coach and Zone manager will be involved as staff from LSC's. They will choose fastest 2 swimmers in each Zone for both male and female for races – but will not choose swimmers for 50's races. (Using all LC times- 100 and 200's of all strokes, 400/ 1500 Freestyle). Times used for selection from national database. Target date for first camps: May 2006. Qualifying period for ages still to be decided i.e. use from Dec. 04 to 9/05 or the beginning of LC season- work out scenarios re: birthdays. Each LSC to pay for travel for athletes. Looking for universities or campuses to host them at.

This was a great opportunity to learn about some of the new ideas coming from USA Swimming. If you have any questions, or would like copies of the national proposed time standards/ power points for age group swimmers please feel free to contact or email me. *Lissa*

## **OFFICIALS CORNER**

Dear Oregon Swimming Officials:

On behalf of the 512 participants at the 2005 OSAA Swimming State Championships and the 3,600 high school swimmers state-wide, I would like to thank you for all of the contributions that you make to the sport and to student-athletes. Many of you volunteer at your local high school meets and their district meets. I am lucky enough to get to spend 2 days every year with those of you who so graciously volunteer at our state championships. Your contribution at that meet is invaluable - we truly could not do it without each and every one of you. It is a delight and an honor to be part of that meet with you.

Next year's meet will be February 17 & 18 at Osborn Aquatic Center. I will look forward to seeing you there. It will be another super state championship event because of people like you.

Thanks again, take care and keep up the great work!

Warmest Regards,

Cindy Simmons

Assistant Executive Director

Oregon School Activities Association

## **SENIOR SWIMMING** **KYLE KIMBALL**

I'd like to inform all Senior Sectional swimmers and their coaches that the Oregon Swimming Sectional Camp is scheduled for October 27- 30 in Colorado Springs, CO. The Olympic Training Center has approved our request to hold the camp at their facility again this year. Please look for Camp application forms

in the upcoming newsletters. Deadline for Camp applications will be the first week in September.

Hopefully the interest will be high in this camp. This will be a great opportunity for some of our best up and coming swimmers to train at a great facility get to know other swimmers in Oregon, and train at altitude before the short course season gets underway. The camp will consist of 8-10 boys and 8-10 girls with three coaches. Any swimmer can apply that obtains a Senior Sectional Time standard this summer.

Good luck the rest of this long course season. I'm looking forward to another great season of fast swimming!

## **OREGON SWIMMING INC**

### **Regular Meeting**

May 4th, 2005

The Regular meeting of the Board of Directors of Oregon Swimming Inc. was called to order by General Chair, Tim Stevenson, at the Eugene Hilton at 7:01 p.m.

The following individuals were present: Tim Stevenson, Stan Benson, Heather Thomas, Marilyn Loitz, Lissa Parker, Coby van Anandel, Kyle Kimball, Dawn Marie Woodward, Jeff Gudman, Robbert van Anandel, Craig Martin, Gene Mielke, Jacki Allender, Rick Guenther, Mark Rienets

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

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

At this time there are insufficient funds in the cash/checking account to cover travel reimbursement, so money will be taken out of the investment account.

Approximately \$30,000 will be required to cover travel for the winter season compared to \$18,000 last year. A large amount of the increase in travel reimbursement was due to the new Tier III reimbursement.

Motion: Approve treasurers report as presented.

Result: Seconded and Passed.

### **Reports**

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

#### **Age Group (Lissa Parker)**

Attended Age Group Chairs workshop in Colorado Springs in April. Presented a synopsis on topics covered. Article will be submitted to the newsletter.

#### **Senior (Kyle Kimball)**

At the OSI Senior Championship meet last March, coaches suggested a number of format changes for the 1,000 free style and 1650 on Sunday, as the order of finals is confusing. A number of problems were encountered due to the current scratch rule, and teams

not being present at the meet on Friday. Kyle will develop a suggested format for the order of events swum in finals for presentation to the House of Delegates in October.

Motion: Change the 11 & Over 2005 Championships meet to a positive check in meet. Amend the Swim guide on the web and meet information to reflect this.

Result: Seconded and Passed

Sectional Altitude camp has been approved by Colorado Springs for Oct 27<sup>th</sup> thru 30<sup>th</sup>. Applications will be in the OSI June news letter.

**Coaches (Chris Richmond)** No report

**Athlete Reps (Hailey Zehner & Logan Storie)**

No report. Hailey is no longer swimming at this time. Candidates from last HoD will be approached to see if they are still willing to hold the position.

Motion: Admin Chair to approach candidates and appoint a replacement.

Result: Seconded and Passed

**Scheduling (Skip Runkle)**

Draft of the OSI calendar for 2006 has been submitted to the scheduling committee for approval.

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

**Technical Planning (Alex Nikitin)** No report

**Web Site (Robbert van Andel)**

The OSI web site is in the process of being moved to a new web host. This has been delayed with Robbert moving back to Oregon. Server move should be completed by the end of May.

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

**Camp Coordinator (Heather Thomas)**

Offered camps to 3 different areas within Oregon. Only Portland has responded positively at this time and a camp will be held at the MAC club at the end of this month. Lissa indicated she would like to hold a camp during summer at the coast.

Heather will develop criteria for distribution of the developmental funds being held by OSI.

**Officials (Bruce Ludwig)**

Bruce has accepted a new position as Chief of Police in Hood River, and starts there on June 1<sup>st</sup>. Approximately 30 officials met recently in Corvallis to continue to develop the officials training material. The material is now 98% complete and train the trainers courses will be held in the coming months. Kathy Coddington and Jacki Allender will soon be attending a USA Swimming Officials Clinic in Colorado Springs. Kathy Coddington has been coordinating the election process for the Official's Chair. So far Bruce is the only nominee.

**Adapted (Gene Mielke)**

Have IPC open in Mt Hood July 15-17. Due to the USPC coordinator being overseas, the official's appointments have been delayed until after May 15<sup>th</sup>.

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

OSI currently has the following registered: Athletes 4,998, Non athletes 715 (183 coaches, 352 officials and 180 other) 62 clubs and 2 organizations.

A new computer and 2 flat screens have been donated to the OSI office, which now gives the office a backup computer. Meet entry verification is lowering the amount of mistakes in each meet. Clubs are slowly correcting errors in the club Hy-tek databases. Clubs hosting meets should continue to submit their meet entries to the OSI office prior to the meet for validation.

**Sanction (Mark Rieniets)**

Presented examples for the revised sanction packets now sent out to clubs. A large number of the email addresses on the OSI calendar are no longer valid and bounce back when the sanction application is emailed to the club. It is the clubs responsibility to ensure these email addresses are kept up to date on the OSI web site.

**Awards** No report

**Awards Ceremony (Rick Guenther)**

Cheslah Barkdoll from Corvallis will be coordinating the awards ceremony this year.

**Star Chair (Jacki Allender)**

High School times have now been entered into the USA Swimming database. All the swimmers will go into the database as unattached, as this is a requirement of USA Swimming. Times swum at High School are not eligible for OSI Top 5 consideration.

**Records (Cyndi King)** No report

**All Star Team (Jim Bowe)**

Meet in Canada was a successful. Zone application is now being worked on.

**Old Business**

Updates to the OSI by-laws have still not been approved by USA Swimming. Jeff Gudman reported that a new person has been assigned to be responsible for this with USA Swimming, and the backlog should be reduced soon.

**New Business**

Nothing to report.

Next Executive Board meeting: June 1st, 2005 at 7:30p.m. by Teleconference.

Next Board Meeting: July 6th, 2005 at 7p.m. at the Multnomah Athletic Club

Meeting was adjourned at 8:46 p.m.

Respectfully submitted

Mark Rieniets, Secretary

## Message from Gary Leach

My brother-in-law Michael Miller, as some of you know was diagnosed with advanced prostate cancer January 17, 1996. He was give 1½ to 3 years to live. In 201 things got worse, after out living his original diagnosis he developed another form of cancer and given an even shorter time to survive. Today Mike was told both forms of cancer are in complete remission with no evidence of any disease. Mike now has a #1 world ranking as having survived both types of cancer. He is the only survivor, so his #1 ranking is something that he gladly accepts.

For the past nine plus years Mike has approached his role as a cancer patient, survivor and an activist as he did his coaching at Oregon City, Tri-City and Glacier Aquatic Club in Juneau, Alaska, full speed ahead at 100% effort. Mike has invited me to the Prostate Cancer Challenge gold tournament two years ago to help raise funds for his medical oncologist, Dr. Tom Beer who specializes in prostate cancer research at Oregon Health & Science University. In 2003, \$24,000.00 was raised, 2004 25,000.00 and in September the goal is 30,000.00. Last year Dr. Keith Peters, former swimmer at Oregon

City and David Douglas, Dennis Baker played in the tournament. Both have committed to playing in 2005. My son Jadam and I will be playing in the tournament as well. I would like to see as increase the number of swimming coaches for this year. Elite golfers as well as those who fall into my category as a 'hacker' are welcome, beside it's great for a laugh of two!

The \$250.00 level per person might seem like a lot of money, on a coaches salary it is. If you save \$50.00-\$75.00 per month it's not that much at all. The event date is September 26, 2005. Mike would like to have the swimming community well represented by having at least 6 teams for 4 golfers who coach in the L.S.C. Mike has also indicated we will have an Oregon Swimming Prostrate Challenge Trophies for the top 3 teams. Last year 22 teams participated, so get your foursomes together now. I know that many of you gold or occasionally take a swipe at that little round thing, so please join me and the other coaches/golfers, meet Mike and have a great time.

Swimmingly, Gary Leach .

## 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](mailto:swim@oregonswim.org); Fax: (503)297-8498

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