



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

The short course season is in full swing. The swimmers are coming off a very intensive December and January of swimming lots of yards. For officials, many opportunities to fill their hours giving to a sport we all enjoy. For parents, a chance to volunteer as well as seeing how much their swimmers have progressed from a year ago. For coaches between now and the end of March virtually every weekend has a swim meet. Thanks to all the coaches for the wonderful work they do in developing the swimmers not only in swimming but also for life.

The last few months has seen an upswing in activity with respect to new/remodeled pools in Oregon and southwest Washington. Here is some of the activity I am aware of. The remodeling and extension of the Bend pool into a 50 meter pool is well underway and sometime before the summer of 2006 (depending on how the construction work goes) there will be an additional 50 meter pool in Oregon. The pool should be a great addition to the number of pools in Oregon and southwest Washington. Elsewhere there are major efforts underway for new pools in two communities. One is in Salem, where it appears highly likely the community will be one of the recipients of funds from the Joan Kroc estate

for the building of a Salvation Army community center. The wonderful and magnificent part of the Kroc bequest is that monies are provided not only for a major portion of the capital cost but also an endowment fund to offset some of the operating costs.

The second is in Lake Oswego where the city council has begun the process of community outreach concerning the possible acquisition of a property sufficiently large in size to accommodate a variety of community needs, including a pool.

The third is in the Vancouver area where there is some discussion of clubs banding together to push for additional aquatic facilities in the city.

With the USA Swimming 2nd Annual Build A Pool conference scheduled for April 6 - 8, if your program, community or city is at all close to considering building aquatic facilities now is the time to sign up. Last year's conference was one the most successful programs and services USA Swimming offered. It is a great deal for a minimal expense after factoring in the USA Swimming rebate.

In addition, if your club, community or city is considering building a pool I again extend my offer to come to any meetings, round tables or community forums to offer comments or testimony about any and all aspects of the beneficial aspects of pools in your community. Have car, will travel.

On January 1 of this year there was a recognition opportunity at a Portland Trailblazer vs. Los Angeles Clippers basketball game. For a variety of reasons, the event did not go as hoped. Ticket sales were less than planned and the Trailblazer execution of the recognition did not even meet minimal expectations. Although the USA Swimming provided video was very good, it was presented without context and there was no recognition of the swimmers in attendance. On a scale of 1 (bust) to 5 (superb) the event was a 1. Calls to the Portland Trailblazer office have not been returned. Oregon Swimming will continue to try and develop and implement other ideas to promote the sport of swimming.

Last topic for this month's column. As you know Oregon state law prohibits any public or private organization from infringing in any manner on the right of an athlete to compete or train for any event duly sanctioned by the national governing body for that sport as recognized by the United States Olympic Committee. Each club and high school runs their program so as to best meet the needs of the student athletes. Certainly the ability of a coach to establish criteria for level of involvement in a club or in a high school is not in question.

However, just as I am bothered by a club coach who does not want "his swimmers" to participate in high school swimming, I am equally bothered by a high school coach who does not "his swimmers" to participate in club swimming. High school and club swimming offer complimentary aspects and rewards to the student that neither club nor high school swimming can individually. It can and should be a mutually beneficial experience. Unfortunately, on a few occasions athletes are put in a position of having to choose, when it was not necessary.

Fortunately, the legislation passed many years ago and the temperament of almost all the club and high school coaches in Oregon (many of who in smaller communities are one and the same) has through the years provided for mutually beneficial experiences for the participants without putting the student in the middle. The relationship between Oregon Swimming and the Oregon School Activities Association is excellent and both organizations recognize the benefits each organization brings to the table. There are occasional disagreements but overall, the relationship has been a very good one for many years. Although Oregon Swimming

remains committed to the concept of high school swimming in Oregon should be in the fall, rather than the winter, it is unlikely to happen give the OSAA policy of one no-cut sport each season. In any event, thanks to Cindy Simmons of the OSAA for her support of swimming in the state of Oregon.

See you at the next meet.

FEBRUARY NOTICES

Hy-Tek Rebate. Oregon Swimming teams are eligible for a \$50 rebate when they purchase Meet Manager 2.

To obtain this rebate, send a copy of the receipt from the purchase of Meet Manager 2 to the OSI office between March 1, 2006 and November 30, 2006.

As funds are available a check will be sent to the team.

Receipts must be received (not postmarked) in the OSI office no later than November 30, 2006.

2006 OSI Swim Guides are available for \$5.00 at the office or JD Pence. Send \$5.00 to the office to order.

The next OSI Board of Directors Meeting will be held Wednesday March 1st, 7:00PM in the Multnomah Athletic Club. An officials meeting will start at 6:00PM.

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.

OREGON SWIMMING RECORDS

Kaylin Bing, representing Oregon at the Pacific Coast All Star Meet, lowered her own 11-12 50 backstroke record with a time of 27.89. Amy Wiley equaled the 11-12 girls 50 breaststroke record at 31.67.

Mari Embertson of Corvallis Aquatic Team, set a new OSI record in the Open Women 400 IM at the Husky meet in Federal Way, Washington. Her time of 4:15.17 bettered the old time of 4:16.20 set by Lauren Thies in 1996.

Santo Condorelli. In the 9-10 Boys 100 free, Santo swam 56.65, bettering the old record of 57.01 held by Brady Childs since 1992. Santo's second record came in the 100 IM, where he swam 1:04.13, to better the old record of 1:05.90, formerly held by Lee Leatherman. At the Lake Oswego Open, he broke his own 50 Yard Butterfly record (29.05) with a time of 28.20 and 500 Yard Freestyle (5:39.39) with a time of 5:37.79

Logan Storie, competing for the USA Swimming Junior Team at the Victorian State Championships in Australia, set two new OSI records and placed second in the 1500 freestyle. While leading off the 800 freestyle relay, Logan lowered his own record with a time of 1:53.29. In the 400 freestyle, he broke four minutes for the first time, setting a new OSI record and qualified for the 2008 Olympic Trials. His time was 3:59.65 which was good enough for 5th place.

Logan also swam the 200 freestyle, placing 8th (1:53.88) and the 200 backstroke placing 11th (2:09.92). Logan also won a pair of medals in the distance events. He won

silver in the 1500 free with a time of 16:00.40 and bronze in the 800 with a swim of 8:21.64.

At the LOSC Dan Perz Memorial Meet, the **LOSC 9-10 girls** 200 free relay team of **Cassidy Robinson, Brenda Cha, Celia Keany and Katie King** swam 1:55.87, lowering the 2001 record of 1:56.18 held by THSC.

Also at the LOSC meet, **Cassidy Robinson** lowered the 9-10 50 backstroke record with a time of 30.85, bettering the old record by almost a second. The old time was set in 1992 and stood at 31.74. **Santo Condorelli**, swimming unattached, bettered the 1992 9-10 boys 200 IM record with a time of 2:20.19. The old time was held by Brady Childs at 2:21.50.

At the Willamalane Rotary Invitational. **Kaylin Bing** of Roseburg swam 28.38, lowering the 11-12 girls 50 backstroke record which stood at 28.55.

Swimming at his last meet as a 10 year old, **Santo Condorelli** set 7 new OSI records at the New Years Classic in Austin, Texas.

For the 100 free, Santo broke the record twice, once in prelims and again in finals. First he went 56.04, lowering his own record of 56.55. Then in finals, he bettered the record again with a time of 55.88. In the 200 freestyle, he bettered Brady Childs 1992 record of 2:02.24, with a time of 2:00.65. He swam 1:03.28 in the 100 backstroke, bettering the 100 back record of Connor McCarroll swum in 2002. Santo obliterated the 100 breaststroke record set in 1989 that stood at 1:13.61. He swam 1:12.58 in prelims, and then went a 1:10.36 in finals. That's over a three second drop in the record.

Santo's three final records bettered ones he set earlier this season. In the 50 fly, he went 28.35 (old time 28.80), in the 100 IM, he went 1:03.18 (old time 1:04.13) and in the 200 IM, he swam 2:19.58 (old time 2:20.19).

Congratulations athletes and coaches.

COACHES REPORT ***BUD TAYLOR***

In an attempt to be as open (transparent) as possible we will use our newsletter opportunity to inform readers about ongoing projects.

In the fall of 2004 the Oregon Swim Coaches Association voted to add a Developmental Coach's Award to OSI's Top 5 ceremony. It is unfinished business. In last months newsletter our coaches were asked to e-mail their thoughts, on what the criteria for this important award should include.

We have received several suggestions. **All showed considerable insight** and will all be considered by our coaches award committee.

The following is a summery of the thoughts that were submitted:

To develop criteria using the good judgment of growth and development guidelines set down by science (USA Swimming).

In line with the above ... to develop criteria that puts a governor (a lid) on overzealous coaching. History (science) shows emphasis on hard training and "winning" at too young an age is detrimental to children and to their longevity in the sport.

Developmental coaches recognition (awards) could be split into two (2) categories. The first being to recognize small town coaches. The second for recognition of coaches of entry level swimmers.

Recognition of "Coaches of Entry Level Swimmers" (CELS) should include more than one coach per year. A Nominee for the "CELS" awards should come from the head coach of his or her club and arrive with complete BIOS, including the following elements of successful developmental coaching:

Recruitment and retention of large numbers of novice swimmers.

The teaching of proper technique

Improvement in skill and low pulse endurance swimming.

The fostering of wholesome, patient, supportive parental attitude.

The number of their athletes listed on USA Swimming's IMX results

How many of the nominees athletes are still in the sport for 2-8yrs

OSI coaches are asked to e-mail their thoughts, on what the criteria for this important award should include, to mhstcoach@aol.com.

On a different topic it is time to start thinking about what topics we would like to cover in next falls OSCA's clinic. Please send responses to mhstcoach@aol.com.

AGE GROUP REPORT

LISSA PARKER

Congratulations are in order for all the outstanding performances by OSI swimmers this last month. Records have been re-written by several swimmers, check all the great races at the OSI website in the news section.

Great successes such as we have seen come from several factors both for individual and team performance. The sum of the whole is far greater than the parts. Time and time again studies and workshops remind us that team building in an individual sport such as swimming makes all the difference. We see that in the great interest and focus on high school swimming in this state this

time of year. Being a part of a team and being with friends' shapes confidence and commitment. A positive environment with coaches and athletes supporting each other can lead to great individual success.

For individuals to be successful we need to focus on team success as a foundation for the individual. Successful teams usually have clear goals, a high degree of commitment from their team members, clear roles for each team member, a great amount of respect for each other, pathways for open communication and consistent coaching.

Another deciding factor that influences individual performance is confidence building at practice and in everyday situations to impact performance stress and racing success. We are poised to move into championship season soon with intense pressure at meets. Athletes need to learn and be guided in re-framing their past failures, focusing on areas of success and building confidence in pressure situations. This is crucial to ensure individual success, maintain swimmers on the team, and boost the esprit de corps of the team. Parents also play a critical role in how their young athlete reacts to this pressure.

A commentary from a sports reporter yesterday at the USA Nationals Ice Skating Champs was very appropriate for our sport. To rephrase it was "Years and years of practice and training go into a moment that lasts four minutes. How much pressure is that?" How much pressure is it for a swimmer in 50 Freestyle? The slightest change in the turn or start can affect the entire race. Do we learn from our defeats? Or do our swimmers decide that competition isn't really what they like to do? With the right coaching advice, parent support and team commitment we can overcome our obstacles.

In conclusion it seems that we need to keep these factors in mind to contribute to success:

- 1) Focus on clear individual goals, team goals and team building
- 2) Be committed to the group and have respect for each other
- 3) Have consistent coaching and communication
- 4) Build confidence at practice
- 5) Reframe past negatives to positives
- 6) Have parent support without undue criticism or instant replay of failures

Have a great championship season! - *Lissa*

ALL STAR TEAM REPORT

GREG BOSTROM

Pacific Coast All Star Meet

Nike World Campus, Beaverton, Oregon

Thank you to the Tigard Tualatin Swim Club for running a tremendous meet for Oregon Swimming. I would especially like to thank Nancy Jo Myers, Bev Mauer, and Sue Bradley for all of the extra time they spent organizing the meet. Thank you also to Bob McMillan and the rest of the officials and volunteers at the meet. The efforts put forward by the OSI officials and volunteers make it a great organization that I am proud to be a part of. I only heard positive comments from the other teams. As always Jeanine had everything planned perfectly and the weekend went off with no hitches, thank you for making my job easy.

Now to the swimming. What a great group of kids. The team placed fourth, ahead of PNS and just behind British Columbia. The 11-12's did a great job of rising to the occasion and racing on that next level we usually don't see in Oregon. Kailin Bing won the 50 fly and 50 back setting a new OSI record in the latter. Amy Wiley tied the OSI record on her way to winning the 50 breast and Kyle Wicks followed her by winning the boys 50 breast. Bing, Wiley, Karen Turner, and McKenna Spieth combined to win the 200 Medley Relay. Unfortunately we had some kids not 100% due to illness in the 13-14 age group. They swam well, but were not up to the task set in front of them. Two notable swims were Rachel Heaney's 400 IM and Sam Rowan's 200 breast, both were senior sectional cuts. I believe it is Rachel's first ever and Sam's second, congratulations to both of you.

We are still working on the spring meet. It is shaping up to be a two day training meet with B.C. and Alberta in mid-April. The team will be traveling to Vancouver, B.C. for that meet. Those of you interested in attending should consider obtaining a passport prior to the meet to aid in crossing the border. After this year due to new regulations set forth by the government everyone will be required to have a passport to cross the border.

I look forward to seeing all of you again at 11-14 champs in Corvallis. Keep up the hard work.

Oregon Swimming Pacific Coast All Star Team 2006

The Oregon Swimming Team participated in the Pacific Coast All Star meet at the Nike Campus in Beaverton. Teams from Southern California, Pacific, Pacific Northwest and Vancouver BC competed with Oregon Swimming Team on January 21 and 22.

11 & 12 Girls

Sharon Rooker *FGSC*, Karen Turner *LOSC*, Kaylin Bing *RST*, Amy Wiley *TDPS*, McKenna Spieth *CRST*,

Teresa Xu *THSC*, Hali Barkdoll *CAT*, Annette Marinello *CAT*

11 & 12 Boys

Jacob Pebley *AAA*, Kyle Wicks *BRSC*, Santo Condorelli *UN*, Odin Coe *CRST*, Gabe Rooker *FGSC*,

Kevin Waller *SCAT*, Connor McDonald *HEAT*, Aaron Ghiglieri *RST*

13- 14 Girls

Sarah Boyd *HEAT*, Rachel Heaney *SCAT*, Sloan Storie *CAT*, Abigail Lindstrom *THSC*, *Jessica Patterson* *KWSC*, Kristyn Deckard *BEND*, Taylor Lakey *THSC*. Melissa Myers *TTSC*

13-14 Boys

Sam Rowan *ECSC*, Nathan Losch *BEND*, Jonathan Rooker *FGSC*, Mason Allen *BEND*, Steven Ung *THSC*, Corey Williams *RST*, Mac McDonald *HEAT*, Dana Emerson *PAC*.

ATHLETES REPORT

APRIL ROBINSON

LOGAN STORIE

For those swimmers who read these articles, I would like to hear your opinion:

State championships are near and an issue has been called to our attention.

The Oregon "A" times have been compared and are noticeably set at a higher standard than other LSCs (Local Swim Committees), such as Pacific Northwest Swimming. The question is, would Oregon swimmers be willing to have "A" times slowed down in order to level the playing field? There are pros and cons. A positive approach would be to those younger or newer swimmers who now have a chance to compete at a higher level and feel they have accomplished something. On the

other side, it means more swimmers. More swimmers means a longer meet and less deck space, which many have complained of already. So swimmers, would you be willing to have the "A" times slowed down to be considered fair across the board?

After returning from Melbourne and participating in the Victorian State Championships, I now have a better sense of what international meets are like. In comparison to the larger meets we have in the U.S., these international meets have what they call a clean deck which is when only the swimmers about to swim in the next heat are allowed to be on the deck. This is the format they use at the Trials. The most exciting aspect of international meets is the diversity of the swimmers and being able to meet many of the Olympians at the meet who are representing their country.

Your fellow swimmer, Logan

Please write back and let us hear your opinions.
 April- chimpanzee_swim@hotmail.com,
 Logan- quick1500swimmer@aol.com

HIGH SCHOOL TIMES

JACKI ALLENDER

Observed Meets

High school swimming championship season is almost upon us.

In order for district times to be used for USA Swimming several things need to occur.

1. The meet referee needs to find out what officials are available to work the meet.
2. Then based on this, decide if both prelims and finals will be observed, finals only or if individual swims must be requested (freestyle included).
3. Fill out Form B Request for observation (Available from Jacki Allender)
4. Turn in Form B at least ten days prior to start of meet.
5. Send full meet manager back-up to Jacki Allender
6. Provide written and signed copy of results to Jacki Allender no later than first day of high school state meet.

Times that meet or are faster than the Senior Sectional time standards will be entered (according to method used at individual district meets) into the SWIMS and OSI database.

At the conclusion of the high school state meet if a swimmer needs a time to prove an OSI A time, the

coach must request the time from Jacki. It will be entered (according to individual district meet) into the OSI database only.

If you have any questions please contact Jacki Allender at: jallender@marykay.com or 541-753-5681.

GREETINGS FROM THE WEB

ROBBERT VAN ANDEL

As many regular website visitors may have noticed, OSI recently added a web search feature using Google, the omnipresent web search giant. They have a wonderful service that allows non-profit organizations to integrate their search features into a website and allows the site to retain their look and feel. Because of our recent domain change from oregonswim.org to oregonswimming.org, Google's index of our new site is still a bit small and not all information on our site is indexed yet or is outdated. I have made several improvements that will make it easier for Google to index our site and will hopefully make the search feature a more useful tool in the near future.

As I mentioned, we recently changed our domain to oregonswimming.org.

While our old domain will still work, I want to encourage all the team webmasters that still link to our old domain, to update their links to our new site. I've contacted a few webmasters requesting this change.

In part, my desire to have updated links is to make Google's crawl of our site as accurate as possible. If you are a webmaster for a team, please take a moment to update your links back to Oregon Swimming.

Because of my experience with establishing the Google search on our site and trying to contact webmasters for the teams, I would like to compile a list of all the team webmasters so that I can easily contact them should we change links or I have a need to send other web information to the teams. Please send me an email at webmaster@oregonswimming.org with your name, team and email address.

OREGON SWIMMING INC

Regular Meeting

Wednesday January 4, 2006, 7:00 PM
Multnomah Athletic Club, Portland, Oregon

In Attendance: Mark Rieniets, Rick Guenther, Tim Stevenson, Jeff Gudman, Coby van Anandel, Robbert van Anandel, Terry Johnson, Judy L'Roy, April Robertson, Alex Nikitin, Kyle Kimball, Bud Taylor

General Chair Report – Mark Rieniets. Mark called the meeting to order at 7:03 PM.

The minutes from the last meeting were approved as submitted.

Treasurer's Report: Jacki Allender. Jacki was not present due to illness but her financial report was presented.

The financial report was accepted as presented.

Administrative Report – Rick Guenther.

Age Group: Lissa Parker. No report

Senior Report – Kyle Kimball. Kyle reported that a conference call was planned for this week to discuss the protocol for handling the OSI 11 & Over Championship format planning. He also reported that the October swim camp is in planning with the destination being Colorado.

Coaches Report – Bud Taylor. Bud discussed his focus for this year is coach and swimmer retention in the sport.

Athlete Representatives – Logan Storie and April Robertson. April mentioned their efforts in attempting to make our swimmers better informed by reading the OSI newsletter.

Scheduling / Championship Site Selection – Tony Magden. No report. Kyle mentioned that the Hilton in Eugene is not available on April 22 for the scheduling meeting and an alternative site will be identified in either Eugene or Cottage Grove.

Time Standards – Andy Carlisle. No report.

Technical Planning – Alex Nikitin. Alex presented a comparative time standards analysis that compared OSI time standards with USA Swimming and PNS time standards. In general, OSI time standards are tough. OSI freestyle standards are fast but our butterfly times are a little soft (slow).

Web Site – Robbert van Anandel – Robbert reported that the OSI web site would soon be added to the Google index.

Safety Chair – Jeanine Serrano. No report.

Camp Coordinator – Scott Kerr. No report.

Officials Committee – Bruce Ludwig. No report. Mark Rieniets and Jeff Gudman met with the swimming OSAA representative to discuss possible alternatives for the High School Championships in 2007 when 5A and 6A sessions are added.

Disability – Gene Mielke. No report.

Office Manager / Registration – Coby van Anandel. Coby reported she is working with late registrations. She also reported that all of our clubs have registered and most coaches, not all, have registered.

Sanctions Chair – Terry Johnson. Had nothing in particular to report. She said her new responsibilities are understood and that things are going well.

Awards Ceremony – Cheslah Barkdoll. No report.

NTV Chair – Jackie Allender. No report.

Records – Cyndi King. No report.

All Star Team (Zone Team) – Greg Bostrom / Jeanine Serrano. Greg provided a written report in his absence. He reported that the OSI team for the Pacific Coast All Star Meet has been selected. Officials who wish to volunteer for officiating should contact Bob McMillan.

Old Business

None

New Business

Bud discussed ways that we might recognize developmental coaches. Suggested the possibility of recognizing three to six coaches each year. Need to establish criteria for recognition. He would welcome and appreciate some input from our membership.

Coby proposed that the signatures for the OSI bank account be changed.

Motion: Change the OSI bank account signature card to include Jacki Allender, Mark Rieniets, and Coby van Anandel.

Adopted.

Adjourned at 8:30 PM.

Next meeting: Executive Committee – Wednesday, February 1, 2006, 7:30 PM via conference call

Board Meeting – Wednesday, March 1, 2006, 7:00 PM at the Multnomah Athletic Club

Respectfully submitted,
Tim Stevenson, Secretary pro tem

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