



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

A few topics for this column.

1) Virtual Club Championship

Thanks to the dues increase approved a few years ago there a variety of new programs and services which have been developed to help swimmers, coaches, clubs and LSC's.

One of these is the Virtual Club Championship (VCC). The purpose of the Virtual Club Championship is to recognize and highlight clubs that are developing athletes and achieving success at multiple levels in club swimming. This program is a key part of the Athlete and Development and Performance element of the Club Recognition program. The program went live in late October 2005.

There are two seasons a short course season from September 1 to May 31 and a long course season from September 1 to August 31. There are single age groups from ages 11 – 18. Each swimmer member of the team is limited to 4 events and each team is limited to 2 swimmers per event by age and gender. Through the use of the SWIMS database and the Hy-Tek Single Year Age Group Power Point system, team scores for every team in the country are calculated. Results are calculated nightly and as you can imagine there are a lot of calculations. Indeed there are over 1 trillion calculations to determine the ranking of the clubs! Each team can see the results by zone or across the country. The results are further broken down by event. This new tool will, at the end of the year produce the Mythical Club Champion. What a marvelous tool to help clubs see how they are doing not only within their own LSC but across the country.

2) Club Recognition Program

Another new tool to assist clubs in their development is the club recognition program. The Club Recognition Program is a multi-tiered program that identifies and recognizes clubs program that display a commitment to long term club growth, development and stability. Although participation is purely optional, the program will benefit all clubs by setting standards of clubs to achieve.

Recognition will be given based on criteria specific to developing quality age group based programs including communication, education and participation activities. There are four component areas. They are:

- 1) Business/Organizational Success
- 2) Parent/Volunteer Development
- 3) Coach Development/Education
- 4) Athlete Performance

Each component has several aspects to it and achieving the maximum in each component is not needed to advance from one level to another. Overall, there are four levels (the highest is Level 4). Once again, another wonderful tool to help the club and hence the swimmer to become the best swimmer they can. All you need to do is go to the USA Swimming website to learn more and to participate.

3) Successful Sports Parenting CD-ROM

Recently USA Swimming in conjunction with the US Ski and Snowboard Association Team have put together a wonderful CD-ROM. The information contained in the CD will help parents, clubs and coaches help athletes become the best athlete they can be at all levels. This CD-Rom will

be distributed at no charge to all clubs across the country. Additional copies will be available for a small charge.

This CD-Rom takes the best practices in sports parenting and makes these practices available to all. What a wonderful easy to use tool for our clubs, parents and coaches.

4) On-Line Meet Entry (OME)

For a few years now the Spring and Summer Championship meet entries have been done online by the On-Line Meet Entry System. The system has met with such great acceptance that a new and improved version has been developed. The OME provides for all users a browser based application, accessible from and internet connection and user security. For the meet host, the system is linked to the SWIMS database, validates coach/athlete membership, proof of time and payment.

Meets which are being targeted for possible use of this system are the Spring championships, Summer nationals, Sectional Meets, LSC championship meets, Age Group JO Championships and NCSA Junior Championships.

Just another example of how USA Swimming is continually to provide service to its members.

See you at the next meet.

JUNE NOTICES

2006 Western Zone Championships. An application to officiate at Zone Championships in August is available on the Oregon Swimming web site.

Graduating Seniors

Please help recognize our graduating seniors by calling 503-297-6027, Faxing to 503-297-8498, or email swim@oregonswimming.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
Courtnee Hansen	AAA	Lebanon	U of Idaho
Alison Miller	BEND	Summit	U of Oregon
Nicole Pressprich	BEND	Bend	OSU
Jaisa Farleigh	BEND	Redmond / Idaho	Pacific Luthern
Dan Nyaradi	BEND	Summit	UC Santa Barbara
Nicole Schuh	CB	Canby	U of Idaho
Vuk Milosevic	CB	Canby	Serbia
Eric Elligott	CGAL	Cottage Grove	Denison University
Chloe Thulstrup	ECSC	Sheldon	Occidental College
Mary Beth Dellinger	GCST	Marshfield	Campbell College
Alex Godvin	HEAT		Layola Marymount U
Lisa Chewning	HEAT		OSU
Beth Gunderson	HEAT		U of Utah
Brian Gamel	HEAT		U of O
Chris Kaluza	HEAT		Rochester I. T.
Jeff Anderson	HEAT		Whitman College
Kiza Miller	HEAT		U of Denver
Max Royster	HEAT		Cornell
Signe Larson	HEAT		Louisiana State U
Steve Harvath	HEAT		U of O

Adi Robertson	HRST	Trout Lake	Cornell University
Alex Covelle	LCSC	L C Adventist	OSU
Andrea Kort	LCSC	L C Adventist	Walla Walla
Ashley Barnes	LCSC	Taft	OSU
Dayton Mays	LCSC	Taft	Linn Benton CC
Alyson Hamilton	MAC	Lakeridge	
Dustin Wise	MAC	Southridge	U of Texas
Patrick Foley	MAC	Jesuit	USC
Sara Kelley	MAC	Lincoln	New Mexico
Kyle Mease	MHST		Auburn U
Chris Palacios	MSC		U of O
Kody Quinlan	MSC		Chemeketa CC
Carly Switzer-Harris	MSC		UC Berkley
Miguel Isoni-	MSC		Back to Brazil
William Bradshaw	MSC		Ventura College
Lesly Hainsworth	MSC		Colorado State U
Lyndsy Gale	MSC		Oregon Coast CC
Stacey McCrary	PAC	Grant	Syracuse U
Charlie Ellertson	PAC	Grant	U of O
Luis Chunga	PAC	Wilson	Boston U
Carl Wieland	RST		Brigham Young
Christine O'Neill	RST		U of Chicago
Jessica Wafer	RST		Cal State San Luis Obispo
Katherine O'Neil	RST		UCLA
Katie Carpenter	SLST	Scappoose	OSU
Parissa Andideh	THSC	Sunset	Xavier University
Matt Grimes	THSC	Sherwood	To be determined
Lindsey King	THSC	Westview	U of Cal Berkley
Kelsey Lindstrom	THSC	Sunset	U of Liverpool
Kristen Lutjen	THSC	Jesuit	Loyola Marymont
Cameron Morris	THSC	Aloha	Colorado School of Mines
Sean O'Keefe	THSC	Jesuit	Air Force Academy
Cissey Ye	THSC	Sunset	G Washington U
Ash Byrnes	VSC		Albertson College
Catie van Eerden	VSC		Wheaton College
Biz Peters	WBST		Albertson College
Andrew Pan	WHAT		Air Force Academy
Anarghya Vardhana	WHAT		Stanford University
Molly Dischner	WHAT		Lewis and Clark College

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.

The next OSI Board of Directors Meeting will be held Wednesday July 5th, 7:00PM in the Multnomah Athletic Club. An officials meeting will start at 6:00PM.

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

Two swimmers dipped under the 11-12 girls 1500 freestyle record at the Thunderbolt Spring Open. **Taylor Scroggy** of THSC swam 18:57.86 bettering the time of 19:08.12 set in 2003. **Ashley Needham** also of THSC was second swimming 19:07.84.

One OSI record was lowered at the Hyack Festival Meet and one at the CAT Open. Lauren Allen of Corvallis Aquatic Team representing Oregon at the Hyack Invitational in British Columbia, bettered the 11-12 Girls 800 freestyle record, swimming 9:59.69, bettering the old record of 10:06.53, set by Taylor Lakey in 2005. Lauren's teammate, Jacob Pebley bettered the 11-12 boys 100 backstroke at the CAT Open. His time of 1:06.94, bettering Connor McCarroll's 2004 record of 1:07.04

Great job swimmers.

AGE GROUP REPORT
LISSA PARKER

The Long Course season is just beginning to heat up, and I think we are all looking forward to travel and fun outdoor meets! I would be interested getting feedback from coaches, clubs and families as to how higher gasoline prices will affect your travel plans; and if your clubs have any creative, challenging and fun ideas for competition closer to home.

At our last May OSI Board meeting we made decisions about our LC 11 & Over Champs at Mt. Hood Community College in July, which will help make it a more manageable meet this year. The good news is that the Mt. Hood pool has one additional lane. We will also be starting the meet earlier on Thursday for the longest events, with warm-ups at 1:00 PM and meet start at 2:30 PM.

Additionally we have a subcommittee that will adopt protocols once the meet entries are in to the OSI office, in case the meet looks like it will go too long or is very full. These will be enclosed in the meet information and are prioritized as contingency plans:

Start half hour earlier each day.

The 15 & Over 400 Free's and 400 IM's will be timed finals only with the fastest heat in the evening session.

We would eliminate all the 200 Relays- both Free and IM.

As a last action plan we would scratch swimmers in six events down to five. Coaches would need to keep this in mind when entering their swimmers as to which event they would have them scratch.

I think this will help us have an 11 and Over State Champs with prelims and finals that will benefit our swimmers, and still fit for esprit de corps – a team building experience.

As we start summer, I found a section on the USA Swimming web site seems appropriate as a refresher. Many of us do not think twice about water safety and our kids swimming, as they are involved in the water everyday. However out of the supervised arena of practice it is an entirely different matter. Our young swimmers may also be faced with other kids that do not know how to swim well in social settings, and may need to know some basic skills to help others and not become victims themselves. For older kids diving and jumping onto rocks in streams and lakes is also a high- risk activity. Keep in mind:

- Drowning remains the second- leading cause of injury-related death for children ages 1 to 14 years. (Centers for Disease Control and Prevention (CDC))
- Drowning is usually a silent event and often occurs during a brief lapse in supervision.
- According to the U.S. Consumer Product Safety Commission, a child can drown in the time it takes to answer a phone. Children can lose consciousness in 20 seconds or less.
- Children can drown even though adults surround them. Of all preschoolers who drown, 70 percent are in the care of one or both parents at the time of the drowning and 75 percent are missing from sight for five minutes or less. (Orange County, CA, Fire Authority)

Finally, education does make a difference. A San Diego University study showed that an injury prevention program used with children in first through third grades showed a significant increase in knowledge about injuries and safe behaviors, and a decrease in self-reported, high- risk behaviors.

Let's have a fun and safe LC Season- *See you on deck- Lissa*

ALL STAR TEAM REPORT
GREG BOSTROM

The 2006 Spring All Star Team competing in the Hyack Festival Swim Meet in New Westminster, BC:

13-14 girls

Ivette Dailey-Deaton -PAC, Kelsey Hoepfer- SSS, Amanda Zaragoza- BRSC, Christy Rogers- Bend, Peggy Liang- CRST
Michelle Jasmer- SCAT, Yuca Kosugi- MHST, Emily Lightcap- TTSC, Nikki Cannon-VSC

11-12 Girls

Alyson Viles-LCSC, Kori Carpenter- MAC, Sherry Zhang- LOSC, Gabrielle Deen- SSS, Lauren Allen- CAT,
Erin Schoper-CAT, Erika Twenge- CAT

13-14 Boys

Danny Shevchuk- WBST, Kieran Schaefer- VALY, Jayce Calhoun- VALY, Jeff Sloss- Bend, Kevin Jones-DDSC,
Eamon Ford- BRSC, Nic Morrell- Bend, Anthony Nguyen-DDSC, Matthew Johnson- SCAT

11-12 Boys

Kyle Freeman- EY, Daniel Chen- LOSC, Matthew Chauvin- SSS, Cole Hurwitz- TDPS, Garrett Swafford- GCST
Jordan Hurwitz- TDPS, Liam Wong- EY, Jonathon Beamer- CAT.

COACHES REPORT

BUD TAYLOR

In response to suggestions to revamp our Top 5 awards, the OSI board of directors has put the solution to committee. A revised format and delivery system will be presented to the board in June or July. Please send your thoughts to: mhstcoach@aol.com.

Current contributions include:

Compliments on last fall's power point presentation

Providing more cookies

Becoming more inclusive

Emphasizing our highest levels of achievement

Presenting awards by age groups

Adding a Jr. Athlete award (14-18)

Selecting Outstanding Athletes and Coaches based on a point system

Using the highest level of achievement at the highest of competition as the criteria for selecting Outstanding Athletes
Considering Character and Scholarship as part of the criteria for outstanding athlete selection.

Adding a "dead time" slide show, illustrating the widest cross-section of OSI swimming, to the awards format

Remove any appearance of "politics" or "popularity" from the criteria for selection of athletes and Coach's award winners

Ten and under, top 5, awards be presented by current coaches

Coach's awards should include points for excellence in total club performance.

Developmental and Age Group coaches awards should include points for numbers of past athletes who successfully moved up to other coaches in their clubs

Time spent in Oregon Swimming should be a part of the criteria for Selecting outstanding Athletes and Coaches

Improvement in numbers, stroke quality, and times should be considered in selecting developmental coaches of the year.

Continue to strive to "fast pace" the program

Our outstanding award winners should be selected in the fairest possible way and should always reflect our very best.

OREGON SWIMMING INC

Regular Meeting

Wednesday, May 3, 2006, 7:00 PM
Eugene, OR

The meeting was called to order by General Chair, Mark Rieniets

Present were: Mark Rieniets, Rick Guenther, Kyle Kimball, Lissa Parker, Jacki Allender, Marilyn Loitz, Logan Storie, Jeff Gudman, Coby van Andel, Robbert van Andel, Gene Mielke, Terry Johnson, Scott Kerr, Stan Benson, Linda Postma, Dawn Marie Woodward, Teri Jefferys, and Leslie Cromwell.

Minutes: Minutes from the March 1, 2006 meeting were approved as presented.

Treasurer (Jacki Allender):

M/S/P Motion to accept Treasurer's written financial reports as

submitted for Jan-April 26, 2006.

REPORTS - ADMINISTRATIVE CHAIR-RICK GUENTHER

Age Group (Lissa Parker) A written report was submitted. The Protocol Plan for the 11 & Over Championship Meet in the event it is "too big" in the future was reviewed.

M/S/P *Motion to rank the protocols as follows.*

1. *Start earlier on Thursday. Warmups at 1 PM – start meet at 2:30 PM. Distance swimmers get one per lane.*
2. *Start a half hour earlier each day.*
3. *15 & Over 400 Free and 400 IM's are timed finals only. Put either one or two heats in evening finals.*
4. *Eliminate 200 relays.*
5. *Scratch entries down for swimmers that are in six swims if the meet is too big.*

M/S/P *Motion to amend: Protocol number 1 will become part of the meet invitation—the meet will start earlier on Thursday. (Remaining protocols will be renumbered and will be included with the meet information.)*

M/S/P *The current committee (Lissa Parker, Jacki Allender, Howard Jones, Kyle Kimball, Gene Mielke, Alex Nikitin, Bud Taylor), the Meet Referee and the Meet Director will make the decision to activate the protocols as necessary. The Age Group Chair will Chair this.*

Lissa asked that we be thinking about creative funding ways for smaller teams so they are able to maintain/retain as expenses are rising. She has also been participating in the USA-S Age Group Development teleconference calls.

Senior Report (Kyle Kimball) Kyle reported that camps held so far have gone well. He would like to see more teams supporting camps and will continue to advocate for kids/coaches participation.

Coaches Report (Bud Taylor) Bud's committee is continuing to work on "developmental coach of the year" and will have a teleconference soon.

Athlete Reps (April Robinson & Logan Storie) Logan attended the elite distance camp. He would like to see more swimmers attending camps at all levels. Please remind swimmers of the upcoming election at OSI HOD of a new Junior Athlete Rep. Swimmers must be in good standing with their team and have a recommendation from their coach. Names should be submitted to the Nominating Committee by August 1. OSI will contact coaches with more information.

Scheduling (Tony Magden) No Report.

An e-mail was received from Mark Bernett re Mt. Hood's championship bid. On review of OSI Standing Rules, the bid award will stand.

M/S/F *Motion to fine Mt. Hood \$50 for late submission of a bid.*

M/S/P *Motion that for 2008, the bid submission process will be the same as for 2007 but will be done on-line. The sites will be decided by ballot with one (1) vote per club to be returned by a set deadline. (This item/procedure will be brought to the HOD for approval.)*

Time Standards (Andy Carlisle) No Report.

Andy will be requested to look at the feasibility of tightening the 15 & Over time standards for the 11 & Over Summer Meet.

Technical Planning (Alex Nikitin) No Report.

Web Site (Robbert van Anandel) Two new feeds have been added to the website for news and calendar. Salem is getting a new recreation center slated to be completed in 2008/9. It will include an aquatic center with a six or eight lane 25 meter pool.

Safety Chair (Jeanine Serrano) No Report.

Jacki Allender will be attending an USA Swimming Safety Education Committee Meeting. Please contact her by May 18 if you have items you want considered.

Camp Coordinator (Scott Kerr/Mark Maxwell) Three successful camps have been held: IM camp with 20 swimmers; Elite Age Group camp with 25 swimmers; Elite Distance camp with 13 swimmers.

Three more developmental camps for 30 swimmers each are scheduled: June 3, BC in Roseburg; June 29 ABC in Lincoln City; August 19 in Redmond area. Scott hopes to schedule another one at the beginning of the next season. Attending Olympians are being compensated, but not coaches. Ideas for future camps are short axis/long axis; sprint; starts/turns.

Officials Chair (Bruce Ludwig) No Report

Adapted (Gene Mielke) Championship meets for swimmers' with disabilities will be in May in Toledo, OH area and during the summer in San Antonio, TX. Mark Rieniets will be the referee in San Antonio.

Office Manager/Registration (Coby van Anandel) Coby is on vacation May 9 to 21 and the office will have limited hours. Newsletter articles are due May 19. The Leadership Management seminar was attended by 22 people representing 10 clubs and was excellent.

Sanctions Chair (Terry Johnson) Sanction forms are available on the internet and can be sent out in other than WORD if needed. Sanctions will not be issued until fee is received. For intersquad meets you do need a sanction; one per season; no fee.

There has been resistance to unusual meets incorporating both sex events vs. sanction and USA Swimming has suggested that OSI take the approach to observe the swims for these types of meets.

M/S/P *Motion that OSI will not use observed status for mixed sex competition.*

Awards Ceremony (Cheslah Barkdoll) No Report

NTV Chair (Jacki Allender) USA Swimming is getting ready to unveil online the virtual club championship program which was part of the dues increase program. All results submitted will be scored in a virtual meet. Clubs will be able to compare themselves to comparable size clubs around the country. The website will be updated on a daily basis and will have over one trillion computations.

Records (Cyndi King) No Report

All Star Team (Jeanine Serrano, Mgr/Greg Brostrom, Head Coach) Written report submitted.

OLD BUSINESS

The minutes from the April 22, 2006 Scheduling Meeting were submitted.

NEW BUSINESS

Checks have been sent out for travel reimbursement.

M/S/P *Motion to deny request for waiver of requirements for reimbursement for the 2006 Sectional Championship. (Stan Benson abstained.)*

M/S/P *Motion to give a vote on the OSI Board of Directors to the following two ex-officio members:*

1. *The immediate past General Chair of OSI.*
2. *Any OSI member who is a member of the USA Swimming Board of Directors.*

(This item will be brought to HOD for approval.)

A request was made that we think about a club not being permitted to host a championship meet more than two years in a row unless there are no other bidders. This was turned over to TPC.

M/S/P *Motion that the reimbursement section of the Standing Rules be reviewed and clarified.*

Jacki Allender and Gene Mielke will work on this for HOD.

If anyone is interested in working on the OSI Hall of Fame project, please contact Mark Rieniets.

Oregon Swimming acknowledges the passing of Olive Mucha who was the first General Chair of OSI and active in Oregon Association of AAU prior to that. She was also an Olympian (1936), chaperone for the Women's Team to Mexico City (1968), recipient of Oregon's James J. Richardson Award (1958), Women's Team Manager (1972 Munich), and MAC Club Aquatics Director (1960-80).

The next board meeting will be July 5, 2006 at the Multnomah Club in Portland.

Meeting was adjourned at 9:00 PM.

Respectfully Submitted - Marilyn Loitz, Secretary

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