



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*

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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

COMMENTS FROM THE CHAIR MARK RIENIETS

As we move into the New Year, the Oregon Swimming board is gearing up for a year of change and improvement. Right now we have numerous committees reviewing and developing recommendations for a number of areas.

The most high profile committee at this point would be the one looking at finalizing the new format of the Long Course 11 and Over Championships. This has been a long process, but with the feedback and opportunity to review the information gathered, the committee should be submitting a format for the 2007 Long Course Championship to the OSI Board for finalization within the next couple of months.

There is also a committee reviewing the existing Oregon Swimming scratch rule. As the technology we use to run our meets has changed, the ability to change the way we could handle the scratches at swim meets, particularly the Oregon Swimming Championships, has changed over the years, but we are not sure our existing scratch rule has kept pace with these changes. The committee will review the scratch procedure over the coming months and present a recommendation to the OSI Board if any updates should be made.

The OSI board has created a third committee to look at developing an Oregon Swimming Travel policy. We have had a number of minor incidents over the years as our coaches and athletes have traveled to Zones, altitude camps, convention and training camps which have highlighted the need for a more formal procedure of what needs to be done when anything occurs. This will

cover such events as inclement weather, flight cancellations, etc. which have an impact upon existing travel plans causing them to change. As part of this committee's charter, they will develop a checklist which will be used by all parties traveling on OSI sponsored and organized trips in the future which will ensure some one in Portland will always know the status and location of all travelers during their trip.

Oregon has been fortunate this year and has a number of people have been appointed to USA Swimming National committees, giving us both national level exposure and the opportunity to bring more knowledge and opportunity back into Oregon.

The national committee members are:
Felicia Castaneda - Club Development and Senior Development
Gene Mielke - Championship Evaluation
Jeff Gudman - Governance Committee - Chair
Judy L'Roy - Convention Education - Chair
Larry Leibowitz - Senior Development
Logan Storie - Convention Education
Marilyn Loitz - Credentials/Elections
Mark Rieniets - Officials Committee (Certification Sub Committee)
Robbert Van Andel - Convention Education
Stan Benson - Championship Evaluation

Good luck to all our swimmers as we move into the championships season.

Yours in Swimming, *Mark*

JEFF GUDMAN
AT LARGE BOARD MEMBER
OREGON SWIMMING

Oregon Swimming is a pretty good LSC. Not only do we provide the basics of registration, meet scheduling, etc, but Oregon /Swimming tries to do much more for as many of its swimmers that it can. Can we do better, you bet we can. But let's take a moment and review what Oregon Swimming does offer its athletes, coaches and volunteers who make up Oregon Swimming.

1) Permanent Office - Many other LSC's do not have a permanent office (24 of 59 LSC's do not have a permanent office). Oregon Swimming has a small office in Portland. For those of you who have made use of the office you know of the value it provides. If you have not seen the office I encourage you to stop by, call or e-mail. Coby van Andel is always willing to help.

2) Newsletter – Oregon Swimming has a very good newsletter which has transitioned to completely electronic. It is a great way of getting information out to clubs, swimmers and parents.

3) Officials/Official Training - We have a great group of officials. They receive a lot of training from the trainers who often bring years, if not decades of experience, to bear on the wonderful task of helping people become officials..

4) Volunteer Activity - We are blessed with hundreds of people who volunteer their time at the club level and the LSC level. Many other LSC's are constantly struggling to find people to help.

5) Relations between high school and US Swimming coaches. - Oregon Swimming has excellent relations between high school swimming and US Swimming. Part of that reflects the fact that many of our club coaches are also high school coaches but it is also a reflection of the efforts made by both sides to work together for the betterment of the sport and the swimmers. Indeed, in many ways, the state of Oregon and Oregon Swimming provide a model for relations. We can do better, and Oregon Swimming and the Oregon High School Activities Association (OSAA) do not always agree, but the relationship is very good

6) Safety - There is an organized safety training program in place with numerous classes offered on a continuing and a as needed basis.

7) Club development/support - Through the permanent office everything possible is done to facilitate the formation of new clubs when demand is there. Oregon Swimming also does its best to preserve amicable relations between clubs when new teams form.

Oregon swimming does not always succeed, but the effort is made

8) Hearings/appeals - There are some LSC's which have 40 - 50 appeals every year with counsel present at the appeals. Oregon Swimming has been fortunate through its efforts at communication and fairness to have had only a couple of appeals during the last several years. Further, when needed the appeals board consists of parents, coaches and officials who are elected annually at the House of Delegates meeting.

9) Top 5 banquet - Oregon Swimming has an annual awards banquet to honor the top 5 swimmers during the last year. Most other LSC's do not honor their swimmers in a similar manner.

10) Support for new or remodeling pools. For many years, the leadership of Oregon Swimming has traveled around Oregon and southwest Washing on a as needed basis speaking to the value of pools. The recurring theme is that with respect to pools it is not competitive vs. recreational but competitive and recreational.

Does all of the above mean that Oregon Swimming does not have areas where we as a group can do better? Of course not. There are always areas where we can do better. For example, there are continuing problems of pool time, the cost of running meets and supporting a program, swimmer retention in the sport, keeping the quantity and quality of officials at the high levels we currently enjoy, the continuing importance to insure that Oregon Swimming represents all parts of the state and not just those swimmers and clubs in the immediate area of Portland.

But let us acknowledge that in the view of the national body and other LSC's Oregon Swimming is doing a good job of supporting our swimmers whether they are interested in striving for the highest levels of the sport or competing for the pleasure of it.

On behalf of Oregon Swimming thank you to everyone in the sport for your efforts to make our LSC the success it is. Your contributions have not gone unnoticed.

See you at the next meet

Oregon Swimming Newsletters

Twenty-seven years ago, Oregon Swimming published its first newsletter.

Over the years the publication has gone through a couple of changes, and after this month, it will go through it's third incarnation. Beginning with the January 2007 newsletter, Oregon Swimming will only

be publishing the newsletter directly to the website, much like it is today, and hard copies will no longer be mailed. OSI members will have the ability to add themselves to a mailing list which will be used to notify subscribers that the newsletter is available for download. We will be posting information about how to subscribe in the near future. The list of emails will only be used for sending newsletter subscriptions.

OREGON SWIMMING RECORDS

The inaugural CAT Senior Open was a very fast meet. For many events, winners had to swim a Junior National or National time. In addition to the many quality swims, one new OSI record was established at the meet.

Morgon Henderson-Kunz of THSC established a new OSI record in the 15-16 100 freestyle with a time of 46.17. His swim bettered the old record of 46.24 set back in 1989 by Bryan Addleman.

Santo Condorelli, swimming unattached, traveled to the Texas Aquatics New Years Classic where he swam 26.01 for 50 yards fly, bettering the 11-12 boys record of 26.05 set back in 1992.

At the CAT Open, **Liam Wong** of EY broke the 11-12 boys 200 breaststroke record. His time of 2:24.25 betters Corey Williams' 2004 record of 2:25.30. Liam just missed the record last month at the CAT Senior Open swimming 2:25.46. **Daniel Chen** of LOSC swam 23.50 in the 50 free, bettering the 11-12 boys record of 23.71 set in 2005.

Great job to all the competitors.

FEBRUARY NOTICES

2007 Swim Guide is available for \$10.00 each at JD Pence or in the Oregon Swimming Office.

The next OSI Board of Directors Meeting will be held Wednesday February 7th, 2007, 7:00PM in the Multnomah Athletic Club. An officials meeting will start at 6:00PM.

Club Leadership and Business Management School. The next CLBMS is scheduled for April 21, 2007 at Willamette University in Salem. Sue Anderson from USA Swimming will be hosting. Mark this date on your calendar. Details will be posted on the website as soon as they are available.

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.

OFFICIALS CORNER BRUCE LUDWIG

National N2 or N3 certification: organizational asset or official's ego pursuit? That seems to be the question on some people's minds. It's not a new question – it's been around for longer than I've been officiating. I believe it is an asset to Oregon Swimming, USA Swimming, and all of our athletes. Here's why: officiating consistency and competitive preparation for athletes.

Officiating consistency, or lack thereof, has long been an issue with athletes and coaches here in Oregon as well as nation wide. Officials are volunteers, have limited ongoing training, and often officiate only in their local area. This is a recipe for inconsistent officiating.

Athletes on the other hand have nearly constant ongoing training and compete in a variety of venues, including national level competitions. They rightfully expect the same level of officiating competency no matter where they compete. However, they often do not get consistent officiating from one venue to another.

This disparity has been recognized by the national officials committee as well as by the Oregon Swimming officials committee. Both organizations are taking steps to improve officials training and officiating consistency. At the national level the official's committee has improved officials training materials, offered evaluation guidelines, and re-vamped the national officials' certification program to improve its value. At Oregon Swimming, we have rolled out a new officials' training program, a new trainers' training program, and have made a conscious commitment to taking advantage of all programs and materials offered by USA Swimming.

Past national and national championship certification was easily attainable, generally by simply showing up at approved local, regional or national level meets. The process was loosely organized, had only a general structure, and had no written guidelines or standards. National certification was of dubious value. The current system for N2 and N3 national certification has well defined standards and guidelines, and there is a well-structured process for attaining these certifications. Its value lies in a foundation of officiating consistency.

The national N2 and N3 certifications fit in well with the overall officials' training scheme here in Oregon Swimming. We use this process to improve our officiating consistency. Without staying in touch with our national standards we cannot ensure that we will provide the same officiating competency that our athletes might expect in other parts of the nation. If we don't endeavor to meet these standards we will doubtlessly become an island – much like what can happen within our own state if officials work only in their local areas. Attaining these levels of certification is important in order to show that we walk the talk. It's easy to say we're competent and well trained, but it's added proof when we attain the N2 and N3 certification levels.

It comes down to this: *We should* improve officiating consistency. *We can* improve officiating consistency through improved training, semi-annual testing, and pursuit of USA Swimming's N2 and N3 certifications. *We are* improving as officials by pursuing these standards. Our athletes deserve the best we can give, and I'm pleased that we are willing to work hard and conduct our meets in such a way as to reach this goal in spite of the difficulties and inconveniences involved.

***Paralympic World Swimming
Championships
Durban, South Africa
Mark Rieniets***

After Bruce Ludwig asked me to write an article about my experience at the Paralympic World Swimming Championships in Durban South Africa, a number of topics occurred to me.

I could write about what it is like to officiate at a Paralympic World Champs, and the extra level of knowledge and awareness required by the officials because many of the athletes have exceptions from specific stroke rules due to their inability to correctly conform to some of the rules (Bit tough to do a two handed touch when one arm will not lift above your head!).

Another topic I could give some expert advice on is how to survive officiating for a full finals session with a tie

and a blazer on in 105 degree heat with 90 percent humidity. Or following on from that I could explain the quickest way to dry a blue blazer that is totally soaked with perspiration from the above session.

I could easily write a full article about the U.S. Paralympic team and their best performance ever at an International level competition, culminating with 14 year old Jessica Long being named the Swimming World Magazine's Female Disabled Swimmer of the year after winning 9 gold medals and setting 5 new world records in her competition class. Or perhaps I could write about the Chinese swimmer who has no arms and whose kick is an excellent imitation of an out board boat motor as he won every one of his events. Then there was the athlete from Hungary who passed out from dehydration and hyperventilation on her way to the blocks, came around, and refused all efforts to stop her from swimming the event because this finals swim had been her dream since the Athens Paralympics.

Or perhaps Natalie De Tout from South Africa, and her quiet smiling personality who won over all the officials by insisting she travel on their bus from the hotel to the pool so she could get to know them (before she won 4 gold medals in the pool).

All of these and many more of the athletes provided fond memories that I will treasure for many years to come. However, the one thing I need to write about is what an honor and an inspiration it is to be around these disabled athletes. These are not Special Olympics, these are the best athletes in the world in their class of ability, and it shows in their determination and their competitiveness.

I saw a young girl lifted into the pool by her assistants because she has brittle bones and cannot walk or dive without risking a breakage, but the determination on her face told everyone she would give no quarter in the coming race. I saw the medical staff from the Netherlands' team standing by at the finish end of the pool because they knew their swimmer would have a seizure from the combination of effort and water temperature once he finished the race and they needed to get to him and take him out of the pool as quickly as possible. Nevertheless, he has left them with strict instructions that they must have him ready to go again for his next race in 4 events time. I saw a paraplegic have a convulsion as the Great Britain coaching staff lifted him out of the pool, and as he sat in his wheel chair on oxygen and barely conscious, his only concern was if he made the finals that night.

There were many more stories, sights and experiences during the 6 days of prelims and finals competition, but there was one thing that continually struck me.

These people are disabled, but more importantly that that, they are the finest athletes in the world in their class. With all the disadvantages that they have before they begin, they ask no special treatment. They look to the officials and the coaches to be as unforgiving on them as any Olympic level swimmer would. The one thing that differentiates many of these swimmers from their able bodied counterparts is the camaraderie and the friendship that they exhibit, not only to each other, but to the officials and the deck staff as well. They always acknowledged and in most cases took the time to thank the officials for being there, and treating them as athletes. If they were disqualified, they grumbled and were as disappointed as any other athlete would be. However, if they came to talk to the referee or the officials, their questions were worded in many ways and in a variety of languages, and often delivered via interpreters, but the theme was always the same - "What do I need to change so I can do better next time".

In summary, did I enjoy the 40 hours it took me to get to Durban South Africa, and then another 40 hours to get home? Not particularly! Would I endure it again if I was invited to officiate at another Paralympic World Championships? Let me think, if I take the blue bag I can fit my slacks and.....

News from the Senior Chair

Kyle Kimball

Here we go again! This is always an exciting time of the season. Most of us have put in an extra few hours of training over the holiday break and now it is time for it to pay off. As an athlete, the holiday training can be somewhat grueling but satisfying at the same time. As a coach, I know it's always really nice to have that extra practice time and not have the athletes worrying about school and homework. With the holiday break behind us we now look forward to keeping our training up, attending a few more meets, and then on to the championship season. Some of you may be a bit broken down yet, but remember that most of you are in the best shape of your life right now! Get excited, keep working hard, and know that taper time is coming soon!

As we go into this championship season, I urge all of our athletes to feel confident and excited. Believe in all the time you have put in training this season and just let the fun begin. Remember your goals and go for it! I'm looking forward to watching all of our Oregon athletes succeed in the next few months. Good luck everyone!

Kyle

ATHLETES CORNER

APRIL ROBINSON, MAILENE LESLIE

Hi everyone, April and Mailene here.

Well it's the New Year, new goals, and faster swimming. Within a month it is crunch time for many of you swimmers of all ages.

Oregon Swimming Championships are coming around the corner, as well as high school state championships.

So "Keep your head in the game" because all that you have worked for is about to pay off!

We look forward to hear how all of you do! Good Luck! *April and Mailene*

OSI Swimmers Named to Zone Select Camp

Six Oregon swimmers were named to the Western Zone Select Camp. Nikki Cannon (VSC) qualified for her 100 backstroke performance. Karen Turner (LOSC) qualified in the 200 IM. Brendan Liu (THSC) qualified in the 200 backstroke. Taylor Scroggy (THSC), Austin Ringquist (HEAT) and Steven Ung (THSC) all qualified for their IMX performance.

Begun in the spring of 2006, USA Swimming now sponsors four Zone Select Camps. USA Swimming seeks to identify the emerging young athletes in each Zone, offering them a unique motivational and educational experience. The Zone Select Camps are viewed as an integral step for athletes to move from the local and Zone level onto to the national scene. 28 male and 28 female athletes are selected in each of the four Zones. Selected girls must be age 12-13, selected boys must be age 13-14. Age at time of performance (May-August 2006) determines eligibility. The fastest swimmer in each Zone in each Olympic event (excluding the 50 free, including the 800 and 1500 for both sexes) is invited for a total of 13 male and 13 female athletes. An additional 15 athletes of each sex are selected based on IMX point scores according to the following:

- 8 girls age 12 and 8 boys age 13
- 7 girls age 13 and 7 boys age 14

The selection process seeks to identify the fastest swimmer in each event in each Zone as well as athletes who successfully compete in a full menu of events. Athlete selected based on IMX scores are those not already selected for an individual event.

Other criteria:

- Long course times only will be considered.
- Times must be achieved between May 1 and August 31.

- Athlete must be registered in an LSC within the Zone at the time of the qualifying swim.
- All athletes must be US citizens.
- Athletes who qualify for or are selected to National Select Camp, National Junior Team or any USA Swimming National Team are not eligible for Zone Select Camps. Athletes who have ever attended a National Select Camp or been a member of any USA Swimming National Team are not eligible for Zone Select Camps. Athletes can attend one Zone Select Camp. An athlete who turns down the opportunity would be eligible the following year if he/she still meets the age criteria. An athlete who accepts the invitation and does not attend is not eligible the following year unless an alternate was able to attend in his/her place.

This year's camp will be held May 17-20 at the University of Utah in Salt Lake City.

ALL STAR TEAM REPORT

GREG BOSTROM

The All Star Team that will compete in Vancouver BC January 20 and 21 has been chosen.

Female 11-12

Suzanne Foster – BEND
Caitlin McMahon – CWY
Elise Miner – ECSC
Rachel Murphy - RST
Sarah Reiersen – SSS
Julia Sanders – CRST
Nicole Schalk - TDPS
Erika Twenge – CAT

Female 13-14

Lauren Allen - CAT
Hali Barkdoll - CAT
Kaylin Bing - RST
Nikki Cannon - VSC
Kori Carpenter - MAC
Jessie James - BEND
Jessica Patterson - KWSC
Samantha Smith - CB

Male 11-12

Matthew Cook – LGSC
Cole Hurwitz - TDPS
Jordan Hurwitz – TDPS
Luke Marshall - LOSC
Cameron Stitt – TDPS

Male 13-14

Jesse Archambault - RST
Jonathan Beamer - CAT
Matthew Chauvin - MSC
Anthony Nguyen - DDSC
Logan Parker –CAT
Jacob Pebley - CAT
Luke Pebley - CAT
Jeff Sloss - BEND

Coaching Staff : Jill Black – CWY, Amy Meyer - HEAT

Cindy VonWeller – MAC, Greg Amorelli - SSS
Erick Smith – BEND, Jeanine Serrano - TTSC
Greg Bostrom - CAT
Congratulations and good luck in Vancouver

COACHES

December 11, 2006 - USA Swimming Launches Background Screening Program

This past September, the 2006 House of Delegates adopted legislation to require background screening

as a condition for coach membership and approved implementation of this requirement for the 2007 membership year. After completion of a successful pilot program during the month of October, USA Swimming is ready to launch the national rollout of the new Background Screening Program. In order to successfully accommodate the 10,000 individuals that must be screened over the next few months, each LSC has been given a specific deadline by which to complete its Background Screening Process. Each LSC has been assigned a specific time period and deadline. In order to maintain their USA Swimming coach membership in good standing, all coaches are required to initiate the USA Swimming Background Screening process on or before the deadline assigned to the LSC in which they are registered.

On Monday, December 4, USA Swimming will hold a three-week open period during which members from all LSCs may initiate their background screens. Starting in January, there will be five specific periods to which LSCs have been assigned. In addition to these assigned periods, there will be one more open period.

Members are asked to adhere to the schedule and initiate their background screen only during the period assigned to their LSC or during one of the two open periods. All members subject to the requirement must initiate a screening on or before their LSC deadline.

As of Monday, December 4, all members subject to the new screening requirement can take advantage of an initial three-week open period to complete a background screen. Starting in January, there will be five specific periods to which LSCs have been assigned. In addition to these assigned periods, there will also be one additional open period during which all members may initiate a background screen. Members are asked to adhere to the schedule and initiate their background screen only during the period assigned to their LSC or during one of the two open periods. All members subject to the requirement must initiate a screening on or before their LSC deadline.

The dates for each scheduled period are as

follows. Click here to view the rollout schedule. Oregon will be subject to the screening requirement during period 5.

- Open Period: December 4 - 22, 2006
- LSC-Specific Period 1: January 8 - January 19, 2007
- LSC-Specific Period 2: January 29 - February 9, 2007
- Open Period: February 19 - March 23, 2007
- LSC-Specific Period 3: April 2 -13, 2007
- LSC-Specific Period 4: April 23 - May 4, 2007
- LSC-Specific Period 5: May 14 -25, 2007

The following USA Swimming members are required to undergo regular background screening. Cost for the 2007 swim year is \$20. This fee will be paid to TC logiQ, Inc., our third-party screening provider, by the applicant at the time that he/she goes online to initiate a background screen.

1. All coach members and prospective coach members.
2. All non-athletes on national team staffs or working with USA Swimming sponsored camp programs.
3. All USA Swimming Board members.
4. All candidates for office at the Annual Convention.
5. All USA Swimming HQ staff. Requirement includes pre-employment and regular staff screening.

This communication includes three additional attachments that provide more information about the new program. The attachments are as follows:

- A general program announcement that summarizes all components of the program.
- Directions for initiating a background screen (includes link to TC logiQ website to start process).

A FAQ document that answers the most frequently asked questions from the pilot program.

We hope that you will take a moment to review this information. It will answer many questions that you might have about the program. Once you review the attachments, go to <http://www.usaswimming.org/bgpilot> to initiate your background screen.

Please remember, that in order to maintain your 2007 USA Swimming coach membership in good standing, coaches are required to complete the new USA Swimming Background Screening process on or before the deadline assigned to their LSC. Please check the schedule published in the separate document titled "LSC Rollout Schedule" in order to find your LSC deadline.

Thanks in advance for your cooperation in implementing this new requirement which will ensure the ongoing quality and safety of our sport.

For more information, please visit [USA Swimming's website](#).