



# Oregon Swimming News

*Oregon Swimming Mission Statement: To build and promote the sport of competitive swimming for the benefit of all swimmers to achieve their maximum potential.*

*Visit our web site: [www.oregonswimming.org](http://www.oregonswimming.org)*

---

**VOLUME 29, NUMBER 1**

**JANUARY/FEBRUARY 2008**

---

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***

---

With then High School State championship and the OSI 10 & Under Championships behind us, and the remainder of the Championships to come in the next few weeks, it is a busy time for coaches, parents, and athletes.

Because the current focus is on the end of season Championships, as it should be, I will keep this article short this month. That and the fact that I forgot to take the version I had composed in my head and type it into the computer until just before Coby's deadline will ensure brevity!

The important items currently being researched by the OSI Board and the committees it has appointed are:

- Meet fees and OSI surcharge and splash fees
- Convention travel policy (Who OSI will fund to attend each year)
- Complete review of our travel reimbursement funding for athletes, coaches and officials

There has been some confusion this year over OSI reimbursement for travel to the USA-S Swimming national meet in December. Because it was so early in the season, many athletes were not able to attain the qualifying meets before they attended the National meet. The OSI Board voted to pay the travel reimbursement once the athletes has swum in the mandated 3 OSI Sanctioned meets, although they may be after the National meet, as long as they are in the short course season.

This will be revisited at the OSI House of Delegates in October.

As promised, this article is short and .....Well maybe not too sweet!

Yours in swimming, Mark Rieniets

## **JEFF GUDMAN – OREGON SWIMMING AT LARGE BOARD MEMBER**

---

Let begin this column by giving a big round of applause to all the great swims that occurred during February. Starting with several meets the first weekend of the month, high school districts during the second week, state high school meet during week three and Oregon A's during the last weekend it has been a busy month. And it continues well into March. All of our swimmers have been working very hard and it showed in the improved times. Congratulations to all the swimmers for their performance. Best of luck at the upcoming meets.

There are meets being held all over our LSC every weekend (at least it seems like every weekend). The swimmers are having best times in many of their events and also having a good time while they are swimming. One thing which is apparent as I go from meet to meet and talk with parents is that swimmers, regardless of age, are the best conditioned athletes around. You hear about soccer practices where the after a short practice the players are tuckered out. But, not the soccer players

who have also been involved with attending a swim work out. Like the “every ready” battery, they keep on going and going. That is just another example of why I believe swimming is the best sport there is.

As I travel through the LSC these last few years the question sometimes comes up as to what should a swimmer keep competing even if appears they are not going to make it to the regional or national level by the time they finish high school or college. There are a lot of answers to the question. First, you never know when a swimmer is suddenly going to make the great improvement in time and suddenly graduate to the regional or national level. Time and time again I have seen swimmers who year after year keep training and do not seem to have any significant improvement suddenly have everything fall into place and make tremendous strides in lowering their times. Besides the improvement in time there is also the benefit of continued hard work and the discipline it requires. That is a life long benefit. Further, and this one is particularly prominent at the start of a season are the friendships and camaraderie among swimmers. Lifelong friendships are being formed and just the fun a being a part of the team is a tremendous motivation for staying with the sport. Even if a swimmer chooses not to continue swimming on a competitive basis each swimmer who has been a part of the team can satisfaction in the fact they are among the best conditioned athletes in the world and they are better swimmers than almost any one else around.

I would like to close with a quote from the novel *Sometimes A Great Notion* by the Oregon author Ken Keysey. I have referred to this passage before, but it seemed particularly appropriate as we go through the championship season.

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.”

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

At the CAT Open, **Lake Oswego's** 11-12 girls relay of **Grace Carlson, Cassidy Robinson, Brenda Cha and Celia Keany** lowered the OSI record they set on January 4 with a new time of 1:40.25. Their time was also a new national age group record, bettering the time of 1:40.43 set by a team from Colorado in December.

The 2008 Short Course 11-14 Championships saw a bevy of records, including one national record.

**Grace Carlson** of Lake Oswego had the most individual records, setting five 11-12 records. In the 50 free, she bettered Tori Simenecs 2005 record of 24.16, swimming 23.58. She bettered Kaylin Bing's 2006 100 free record which stood at 53.14 by swimming 52.54. Grace also lowered Kaylin's 50 back record by over a second, swimming 26.63 to 27.76. She demolished Tori's 100 back record. Her time of 57.25 was more than two seconds faster than the old record of 59.64. Grace's final record came in the 50 fly, swimming 25.85 compared to Kaylin Bing's old record of 26.50.

**Kaylin Bing** of Roseburg had a very successful run of Oregon records herself. She bettered Karen Turner's 13-14 50 free record of 23.65 by swimming 23.65. Karen made a run of the record the following morning with a lead off time in the 200 free relay with a time of 23.35, just missing Kaylin's new record. Kaylin also bettered a 30 year old record. Her time of 50.53 in the 100 free, bettered Susan Habernigg's 50.72 set way back in 1978.

**Karen Turner** set one individual record at the meet, bettering Lindsey King's 2003 13-14 100 back record. Her new record sits at 56.20.

The boys, too, had a run at the record boards. **Cameron Stitt** of the Dolphins, bettered Logan Stories 2002 11-12 1000 free record, swimming 10:32.66 to better Logan's old record at 10:36.77. Cameron also bettered Garth Summer's 2001 400 IM record. His time of 4:29.89 bettered the old record of 4:34.52.

**Aaron Ghiglieri** of Triton bettered Steven Ung's 13-14 100 free record, set just last year. Aaron's time is 47.66 to Steven's 47.72.

The boys 13-14 100 backstroke record dropped twice within minutes of each other. Swimming in heat 2 of the prelims, **Connor McDonald** swam 52.69, to better **Jacob Pebley's** 53.14 set at the Oregon Senior Open in December. Jacob responded in the very next heat to swim 52.08.

**Jacob** topped off his 100 back record with another record in the 200 backstroke. He bettered Austin Ringquist's 1:52.17 set last year with a time of 1:51.25.

On top of the many individual records, 6 relay records were bettered at the meet. The **Lake Oswego** quartet of **Karen Turner, Amy Wiley, Sarah Feil and Kemy Lin** highlighted the records set at the meet by bettering a National Age Group record. The girls 13-14 200 medley relay stood at 1:46.74 held by King Aquatics of Seattle. Lake Oswego bettered the old record by over a second and a half by swimming 1:45.11. The old record had stood since 2004. The old Oregon record stood at 1:47.87, held by THSC from 2001. The same quartet set an Oregon record in the 400 free, swimming 3:33.35 to THSC's 3:33.88. Their final record was a 200 free relay record with a 1:35.32, bettering the 16 year old record of THSC which stood at 1:36.72.

The **Tualatin Hills** boys team of **Connor Eden, Gabriel Rooker, Neil O'Halloran and Filip Kapelac** bettered the 13-14 400 medley relay swimming 3:44.75. THSC previously held the record of 3:44.94.

**Lake Oswego** boys set the final two records of the meet. In the 13-14 200 free relay, the team of **Daniel Chen, Nick Bode, Alex Lyons and Gunnar Wolfe** swam 1:30.71, to better THSC's 2006 record of 1:32.28. The same quartet bettered the 200 medley relay with a 1:43.19. The time beats MHST's 2005 record at 1:44.38.

## AGE GROUP REPORT – VICKI GORDON

By the time this newsletter comes to print (or email as the case may be) we will be in the thick of the championship meet season. The 10 & Under meet was last weekend. Willamalane did their usual stellar job of hosting the meet. The swimmers also did their usual stellar job and achieved many fast times. The 11-14 meet is next weekend in Corvallis, followed the very next weekend by Senior Champs at Mt. Hood Community College. March will find teams attending League Championships, Age Group Sectionals, Senior Sectionals, NCSA Junior Nationals, and I know of at least one team attending the Grand Prix Meet at Stanford the first week in April. Good luck to all swimmers and coaches. May your season of diligence and hard work pay off with exceptional performances!

One of Oregon's most experienced meet referees, Howard Jones passed away last month. I was really sad to hear the news. Howard worked the Senior Sectional Meet at Mt. Hood in early December and we all knew that he had been ill and was facing some major surgery. Yet, there he was, working the deck, just as he always did. Howard continued to be involved with officiating even though his family was grown and no longer swimming. He was always even tempered, dependable, fair and efficient. As with many of our Oregon officials, I did not know him well (other than "hey, how's it going" type of conversation). But I definitely respected him and will miss his presence on the deck.

## FEBRUARY NOTICES

---

- **2008 Oregon Swim Guides** will be available at JD Pence and the Oregon Swimming Office by the end of December. The guide cost \$10.00 each.
- **Referee Whistles –Acme Thunderer** size small or medium are available in the Oregon Swimming Office for \$10.00 each.
- **The 11&Over Championships** will not be in BEND this year. It has been rescheduled to the Amazon Pool in Eugene. Eugene City Swim Club is hosting this meet
- **The next OSI Board of Directors Meeting** will be held Wednesday April 2<sup>nd</sup> 2008, 7:00PM at the Eugene Hilton. 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 INC**

### **REGULAR MEETING**

**Wednesday, February 6, 2008**

---

**Multnomah Athletic Club, Portland, OR**

The meeting was called to order at 7:06 p.m. by Mark Rieniets, General Chair. Present were: Jacki Allender, Stan Benson, Vicki Gordon, Jeff Gudman, Kyle Kimball, Judy L'Roy, Bruce Ludwig, Gene Mielke, Skip Runkle, Coby van Andel, Robbert van Andel.

**Minutes :** Minutes from the November 7, 2007 meeting were approved as presented.

**Treasurer (Jacki Allender)**

**M/S/P** Motion to accept Treasurer's written financial report for year ended December 31, 2007 as submitted. Officials' reimbursements from last year will total \$2,400.00 and will be paid on a FIFO basis. OSI legal bills for 2007 were discussed.

### **REPORTS**

**Age Group (Vicki Gordon)** No report.

**Senior Report (Skip Runkle)** A question was raised about funding for summer. Athletes will be able to get reimbursement for both Trials and Summer National meet.

Altitude Camp funding was discussed. The Olympic pool at Colorado Springs will be closed for maintenance until end of November. Scott Kerr and Mark Maxwell are looking at some alternatives in Oregon.

There was discussion on whether the OSI Senior Championship should be in March or in December. Corvallis has an open meet in December. Options will be investigated.

**Coaches Report (Kyle Kimball)** The Altitude Camp in Colorado Springs is not a viable option for 2008 and the committee is now disbanded.

A Travel Protocol for all out-of-area travel was presented and given to Coby.

The 11 & Over Championship Review Committee feels the 2007 meet generally worked well last summer. They would like to swim relays before the 400's in prelims and after the 400's in finals and have two heats of relays in finals.

There was discussion on having the option to swim in prelims in the mornings or in finals if scratches move a swimmer up to a lower place in finals. A decision was made to not allow this.

It was requested that an estimated timeline not be posted for finals before the meet starts as this caused some confusion until the final times have been determined.

Some coaches have been disappointed with the lack of attendance of athletes for the All-star meets. This is a fast meet and OSI would like to send the fastest team possible.

**Athletes Representatives: (Mailene Leslie, Sloan Storie)** No report.

**Scheduling/Championship Site Selection (Robbert van Andel)** Championship selection and the schedule for 2009 will be done on the OSI web as per last year. Letters will be sent out to the clubs informing them of how to submit their bids and then how to vote on the web. The due date will be mid April. Robbert will setup the web site so everything will be done on-line this year.

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

**Technical Planning (Jim Bowe)** No report.

**Website (Robbert van Andel)** OSI is signed up with Amazon for backup service to backup all data from the OSI web site at a cost of about 5 cents per month. Robbert is manually saving the data but is looking for an automated process.

There seems to be a small glitch in the OSI e-mail when trying to do a reply and Robbert is working with the web host to resolve this.

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

**Camp Coordinator (Scott Kerr/Mark Maxwell)** No report.

**Officials Committee (Bruce Ludwig)** Both the 11-14 and Senior Championship application for Officials Qualifying Meet have been submitted to USA Swimming. OSAA championship referees have been appointed. Will begin accepting nominations for OSI Officials Chair shortly. The Officials Committee will review and prepare a slate of candidates by May. Any member of the Officials Committee who wishes to be nominated will be excused from the review/selection process. Bruce is hoping the ballots will be mailed out to all the officials in May and that the election result will be determined by June 30. This will allow the new Officials Chair time to become acquainted with the process and procedures before Bruce's term ends. Jim Alexander has been appointed as ET Chair.

**Disability (Gene Mielke)** A number of questions have been received as to what constitutes a "Reasonable Accommodation" for a disabled swimmer when training with a club. Gene is looking for a good resource to answer these questions. If parents and coaches wish to contact the Oregon Advocacy Center at 503-243-2081, it will give an answer for each individual case.

**Office Manager/Registration** Rachel Sandage is the new assistant at the OSI office. All articles for the newsletter are due February 15. Ordering awards for championship meets is complete. 316 athletes are entered in 10 & U Champs.

**Sanctions Chair (Terry Johnson)** There are only three meets from last year that splash fees have not yet been received for.

**Awards Ceremony (Cheslah Barkdoll)** No report.

**NTV Chair (Jacki Allender)** High School Districts and State Championships are approaching. All High School District meets are approved for observation except one and it is being worked on.

Discussion was held on what is required of the USA-S Officials who are doing observations at these meets and what the process is for getting the results into SWIMS. High school coaches need to be aware if their district has applied for blanket observations or observations upon request. Relay lead-off swimmers need to be requested for entry into SWIMS database as they will not go in automatically.

**Records (Robbert van Anandel)** Two records were broken in January, one of which was a National record. In December a number of records were set by Oregon swimmers at National level meets.

**All-Star Team (Shane Bennett/Jeanine Serrano)** No report.

## OLD BUSINESS

**Meet Fee Review Committee.** Jeff Gudman, Chair reported that the committee should be able to report to the Board by the April board meeting

**Convention Attendance Committee.** Mark Rienets reported that a discussion document has been circulated to the committee members and that a phone conference will be scheduled in March.

**Travel Fund Policy.** Jeff presented guidelines for what the committee will examine and review. Discussion reinforced that until two years ago money had not been taken out of the Travel Endowment Fund as general funds covered all costs.

M/S/P: Motion to accept the committee guidelines for review as presented.

**Record Recognition.** A report will be ready for the next OSI Board meeting.

**2008 Zone Meet – OSP's Role.** Coby will contact Cheslah and work on this.

**Awards Ceremony.** Coby will contact Cheslah to see what she has planned and discuss the Canby option to determine if it is viable.

## NEW BUSINESS

**Convention.** Judy L’Roy presented the new USA Swimming Convention format. Going forward it will be done with tracks to avoid conflicts with the different audiences. At this time there will be a number of tracks: Officials, Coaches, Rules and Regulations, Disability and Miscellaneous.

The USA-S HOD will be a Saturday only meeting. Rules and Regulations will distribute paperwork at the Zone meetings on Friday night. The Welcome Reception will be on Wednesday night. All workshops will have on-line surveys. Not everything is finalized at this time.

**County Transfers.** Jeff Gudman reported that Umatilla, Union and Wallowa counties will transfer to Inland Empire. Jeff has submitted the necessary legislation changes to USA-S for these boundary changes on behalf of OSI for next years convention vote..

**Requirement for Three (3) meets for SC Reimbursement.** For this season, it is accepted that the eligibility can be obtained during the SC season, including after the meet which funding is requested for. No payments will be made available until three meets have been attained. The qualifying meets must be attended during the same SC season. Payments will not be made until the requirements for the 07/08 SC season have been met.

**11 & Over Champs.** This meet has been moved from Bend to Eugene. Discussion was held about the organization of this meet. The meet surcharge, which is becoming a fact of life to help pay for the rising pool rentals, was also discussed and deferred to the Meet Fee Review Committee.

**Announcements:** The next teleconference will be Wednesday, March 5, 2008 at 7:30 p.m. The next meeting will be on Wednesday, April 2, 2008 at 7:00 p.m. in Eugene.

**Adjournment** The meeting was adjourned at 8:40 p.m.