



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

Volume 22, Number 7

July 2001

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

New Office Address: The Oregon Swimming Office has moved January 7th to the main floor of the building. Address is 1750 SW Skyline Blvd #103, Portland OR 97221.

PLEASE MAKE SURE YOU SEND MAIL TO THE NEW ADDRESS.

COMMENTS FROM THE CHAIR **JEFF GUDMAN**

Kim Holmes, the U.S.A. Swimming representative for the western part of the country will be in Oregon July 21 - 29. She will be attending the last two days of the LSC championship meet at Corvallis and the first part of the Northwest sectional championship at Mt. Hood Community College. On Monday - Wednesday Kim will be available to meet with clubs in Oregon and southwest Washington to learn what is going on locally but also to contribute ideas and thoughts to local clubs about making for a better club. Kim is a former swimmer and coach at the club and college level and has a wealth of knowledge about the sport. This is a great opportunity. For further information see elsewhere in the newsletter and the Oregon Swimming website.

Elsewhere in the newsletter is information concerning the zone team. Oregon Swimming is fortunate to have an outstanding group of coaches who are elected by their peers to be a member of the zone team coaching staff. Swimmers selected to the team will have a wonderful opportunity to swim fast in a different atmosphere than the usual club team competition. The club will be a team from the Oregon LSC competing against other LSC's in the Western Zone. Between the zone team coaches and chaperones the swimmers will be in good hands.

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OSI Office Contact Information

Email:..... swim@oregonswim.org
Phone: 503-297-6027
FAX 503-297-8498
Website www.oregonswim.org

Regular Office Hours: M-F 10:00 AM - 3:00 PM

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For only \$12.00 per year you will receive all the latest information, along with reminders of what is coming in the near future for All OSI members. Just complete the form, enclose \$12.00 and send to the office.

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At the May meeting of the Oregon School Activities Association (OSAA) the Executive Board took the following action: Approved a motion to place the issue of possible expansion of the Practice Limitation Rule to cover individual sports (like swimming, track & field, cross country, wrestling, golf) the same as team sports (football, baseball, basketball, volleyball, soccer, softball, etc.) as an action item of the September Executive Board meeting. The rules concerning contact between the high school coach and the high school athlete during the high school academic year but outside each sport season would apply equally to all sports regardless of their individual or team nature. If adopted the rule change will likely force a teacher/coach to choose between a club coaching position and a high school position. The rules would apply to all sports in all parts of Oregon.

A little history is in order. In 1983 legislation was passed by the Oregon Legislature, which prohibited schools from denying for specified reasons, grade or high school students the right to participate in interscholastic sports in any sport recognized by the United States Olympic Committee. A copy of this bill is reproduced on page 40 of the Oregon Swim Guide. I would like to quote from the legislation.

- “1. No public or private organization or individual:
- a. Shall infringe in any manner on the right of an athlete to compete in or train for any athletic event duly sanctioned.
 - b. Shall levy any form of punishment or sanction against any athlete for participating in any event duly sanctioned.

The effect of this legislation was to let the athlete choose where they wanted to participate be it high school only, club only or both. The state legislation did not address the whether a coach could be prohibited from coaching both grade school, high school and a club.

In late 1996/late 1997 the OSAA adopted a practice limitation rule for team sports. The rule is considered to be in violation if there is any attempt to gather individuals (more than 2) or members of the same high school team together outside the OSAA defined season (within the school year) to receive specialized athletic instruction from any person connected with the participating athlete's high school.

I believe the proposal to eliminate the distinction between individual and team sports is mistaken for several reasons.

1) It is a self evident proposition that the prohibition is not consistent with the philosophy expressed in legislation passed in 1983.

2) The argument is made that it is not fair to have team sports defined separately from individual sports. I disagree. The initial problem of out of season contact came from team sports. Why should individual sports be penalized for problems from other sports?

3) Who is covered? - Everyone. If there is a problem with one or two high school coaches on individual sports then deal with them but do not apply the rule to all situations across the state. The OSAA proposal is like the person who's only tool is a hammer and therefore everything looks like a nail.

4) Excellence and participation - These are not mutually exclusive concepts. The proposal seems to think it is. All benefit from excellence. The application of the idea of role model gets misused but that does not meet the idea isn't valid. If a high quality club coach is prohibited from coaching a high school team then a lesser quality coach will. Who benefits. No one and in particular the non elite or walk on or average high school participant. I believe the proposal is legislating mediocrity.

Excellence is far more than being first. Excellence is providing an opportunity for any person to achieve all they can to the best of their abilities.

5) Conflict with Oregon law permitting athlete choice - The high school student athlete CAN NOT be prohibited from participating in the club sport of their choice. Why should a coach be prohibited? Further, why should a coach be limited in their ability to earn a living?

6) Urban, rural, suburban - Are there enough qualified and capable coaches in all the individual sports to prohibit them from not coaching the high school or club team. I don't think so. The effect is likely to hurt the high school sport more than the club sport. Many of the better high school athletes and coaches will probably opt out of competing for the high school and the smaller high school sports will probably be eliminated for lack of a good coach.

7) If the rule is to be applied to sports then the high school student who goes for additional education and learning on a musical instrument from their high school music teacher would also be in violation of the spirit of the proposed rule. The same would apply for an art student or any other high school activity in which there is competition.

8) You cannot turn the clock back to the 1950's in high school athletics.

What can be done? Agree or disagree I urge everyone to contact your local high school coach, administrator, principal AND athletic director and let your opinion be known. You can also call or write to the OSAA

Executive Committee prior to the proposal being reviewed at their September Executive Committee meeting.

By the time you are reading this newsletter you should have received two videos from U.S.A. Swimming. The two videos are The Race is in Your Heart (Gould Foundation) and a Safety Video (Phillips Petroleum). If you think the videos are good it would a nice gesture to drop a thank you note to the respective organizations who made the video possible. They are:

Race Is In your Heart Video:

Gould Foundation
c/o U.S.A. Swimming
One Olympic Plaza
Colorado Springs, Colorado 80909

Safety Video:

Phillips Petroleum
c/o U.S.A Swimming
One Olympic Plaza
Colorado Springs, Colorado 80909

See you at the next meet.

USA Swimming ***Sport Development Coordinator***

Kim Holmes is the Sport Development Coordinator for the western zone and will be in Oregon July 21-29. She will be in Corvallis for the 11&Over Championships on Sat. 21 for finals and all day Sunday the 22nd. She will be in Gresham for the Senior Sectionals, July 26-29. Kim would like to schedule as many club visits as possible during that M/T/W time frame, and would be happy to drive down to Eugene or over to Bend, if clubs from those areas would be interested in the visits. If it would be more conducive to meet with a larger number of people over lunch or dinner at one of the meets, that could be arranged as well.

The Sport Development Coordinators (one for each zone) are meeting with as many clubs as possible this year, interviewing coaches and board members to find out about the make-up of our teams. Kim will ask about team history, training philosophy, facilities and equipment used, governance structures, etc. This information will help determine what programs & services our clubs need, what we have that is already working, and what will need to be developed for the future. She also can be a sounding board/resource to chat with coaches and board members about concerns and issues they may want to discuss.

If your club is interested in a meeting with Kim in July, please contact her at kholmes@usa-swimming.org or call her at 719/578-4578.

The following is an exchange of letters between Jeff Gudman, General Chairman Oregon Swimming and Dale Neuberger, President USA Swimming. They are included for education of the membership of Oregon Swimming.

May 22, 2001

Dale Neuberger
President
USA Swimming
c/o Indiana Sports Corporation
201 South Capitol - Suite 1200
Indianapolis, Indiana 46225-1069

Dear Dale:

A recent article in Sports Illustrated (May 14, 2001) discussed the potential impact on athletic performance due to recent advancements in gene therapy. The emergence of this issue into the popular press should not obscure the fact that the issue has been known for some time in the scientific world. The completing of the mapping of the human genome is but one of a series of developments in this area. The following points should be noted.

- 1) Gene therapy is a fact and will be used to enhance athletic performance. There is no fundamental physical difference between using gene therapy to enhance lung capacity for asthma sufferers or muscle and skeletal strength for repair of broken bones and using the same therapy for boosting athletic performance of already talented athletes. If it can be done it likely will be done.
- 2) The difference between gene *therapy* and gene *enhancement* is a difference without distinction for the purposes of medical science.
- 3) There are tremendous benefits to gene therapy for an injured person or for an older population.
- 4) National sports governing bodies like swimming as well as the USOC, FINA, the IOC etc. were behind the curve on monitoring and testing for performance enhancing drugs. USADA and WADA are good responses to the problems of performance enhancing drugs. However, unless individual national and international sport governing bodies as well as the USOC And IOC continue to back their words with actions the work of USADA and WADA will come to naught.
- 5) The experience from steroids shows that ethics alone is not enough to prevent their illegal and inappropriate use.
- 6) In September 2001 WADA is hosting a symposium on gene manipulation in Cold Spring Harbor, New York.

What should be the response of USA Swimming?

1) In addition to having Rich Young, a doping control expert and the highly respected legal counsel of USA Swimming present at the September meeting on gene manipulation there should be a coach, athlete and non coach present as observers of the meeting

2) A report on the status of drug testing, gene therapy and other performance enhancing possibilities for athletes should be on the agenda of every USA Swimming board and executive committee meeting.

3) Raise the bar for current drug testing. All swimmers subject to testing will have blood and/or urine samples stored for as long as possible for future testing. If a future test produces a positive result the penalty will be retroactive. In addition, work to increase the penalties for violation of the drug rules.

4) Determine how testing and monitoring can be done for gene therapy whether it is for therapy or enhancement.

5) Work with drug and gene companies to see if it is possible for "marking" to occur when gene therapy is used. If marking is not possible then encourage the simultaneous development of tools for testing for gene therapy. It is easier to develop a test of a drug or gene therapy when the drug is being developed instead of after the fact.

6) Determine how the sports science staff of USA Swimming and the USOC can be used in the process. If the Colorado Springs office and personnel can not be used in the process then determine if the work can be contracted to universities.

7) Education among the leadership and membership of USA Swimming.

Planning and action must begin now.

Sincerely,

Jeff Gudman
General Chairman , Oregon Swimming

Former Treasurer, USA Swimming

cc: USA Swimming Board of Directors
Chuck Wielgus - Executive Director USA Swimming

May 24, 2001

Mr. Jeff Gudman
Oregon Swimming
1750 S.W. Skyline Boulevard #103
Portland, Oregon 97221-2543

Dear Jeff:

Thank you for your thoughtful letter of May 22, 2001 regarding gene therapy/enhancement and the possible actions to be taken by USA Swimming.

First, as you know, we rely heavily on advice and counsel from Rich Young and Larry Bowers in this area. Both have

recently reported to our International Relations Committee and both have monitored the situation carefully.

Second, under the new structure of our anti-doping effort, we rely on the United States Anti-Doping Agency (USADA) not only for testing and adjudication but also for research and education. We will look to USADA, working with other similar organizations worldwide, to provide leadership related to this issue.

Third, the IOC, FINA, and other international federations rely on the World Anti-Doping Agency (WADA) for similar services and functions as we rely on USADA. The issue has been raised at the highest levels within the IOC, including some recent statements by Jacques Rogge on the subject, and I am confident that it is on their radar screen.

I thank you for your concern and suggestions. We do, as a regular course of action, have Rich Young address doping issues as a part of each Board meeting, and we are fortunate to have his services and expertise. Our sports Science Committee and International Relations Committee also have interest in this topic, and they will be encouraged to have increased diligence in fighting this incipient problem.

Best wishes, Jeff. I hope to see you again at our Convention in September, if not sooner. Keep up the great work.

Sincerely yours,

Dale Neuberger, President

2001 COLLEGE BOUND SWIMMERS

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

NAME	TEAM	HIGH SCHOOL	COLLEGE
Alanna Jansens	EA	Thurston High	N. Arizona Univ.
Mari Embertson	RST	Roseburg HS	Oregon State
Chelsie Nichols	RST	Roseburg HS	Stanford
Tucker Cunningham	PPST	Grant HS	Stanford
Dreason Barry	RRSC,	North Eugene HS	Cal St. Irvin
Amanda Birch	HRST	Hood River Valley	U of Hawaii
David Latomme	SCAT	North Bend HS	BYU
Kaelinn Parker	LCSC	Taft HS	OSU
Marya Hall	CAT	Corvallis High	Pacific University
Janna Hickerson	CAT	Crescent Valley	OSU
Alyson Emmett	CAT	Crescent Valley	Ithaca
Caleb Fenner	CAT	Crescent Valley	Central WA U
Heather Maxwell	YSC	Newberg HS	W Oregon State
Carly Jessup	ECSC	Sheldon HS	Univ. New Mexico
Tarra Berringer	ECSC	Sheldon HS	Oakland U (MI)
Lisa Champ	CB	Canby HS	Texas Christian
Ben Newcomb	EYAC	S Eugene HS	Seattle University
Thomas Ciesielski	EYAC	S Eugene HS	U of Puget Sound
Sarah Dotters-Katz	EYAC	S Eugene HS	U of Pennsylvania
Capi Adams	BEND	Mt View	U of S. Carolina
Jacob Burton	BEND	Mt View	Univ. Of Utah
Kevin Hoyle	BEND	Mt View	Stanford
Marisa Kozak	BEND	Mt View	U Of S. California
Alisa Schuknecht	BEND	Bend	Univ. of Texas

Hillary Madson	BEND	Mt View	Emerson U.
Ryan Weeks	BEND	Mt View	Redlands U.
Katie Haney	BEND	Bend	Fresno State
Jolene Valley	BEND	Bend	Fresno State
Matt Marceau	BEND	Redmond	U Central Oregon
Jonathan Palacios	MSC	McMinnville	Oregon State
Kim Maynard	MSC	McMinnville	U of Oregon
Ian Palacios	MSC	McMinnville	Oregon State
Glen Macy	MSC	McMinnville	U of Oregon
Claire Oester	LOSC		Arizona State
Lara Styles	LOSC		Air Force Academy
Amy Gariick	LOSC		BYU
Nathan Piers-VanderPloeg	LOSC		Linfield
Evan Mueller	LOSC		Alabama
Joshua Parkin	LOSC		South Carolina
Alex Cohen	LOSC		Carleton
Katie Warner	MHST	Mountain View	U of North Dakota
Melissa Greene	THSC	Westview High	U of S. California
Ashley Johnson	SA	South Medford	Lehigh University
Holly Roberts	SA	North Medford	U of Colorado
Colleen Heider	SA	Eagle Point	U of Portland
Alyssa Simonsen	SA	Ashland	Biola University
Heather Wilcox	THSC	Southridge	U of Virginia
Marc Maier	THSC	Sunset High	Georgia Tech
Scott Raegen	THSC	Sunset High	OSU
Trevor Connell	MAC	Wilsonville	U of Washington
Nicole Reynolds	MAC	Southridge	Oregon State
Matt Schmelzer	MAC	Lakeridge	Berkley
Nancy Wilce	MAC	Banks	U Nevada LV
Jessica Waters	MAC	Central Catholic	Valparaiso
Melissa Brennan	MAC	Southridge	BYU

JULY NOTICES

New Team. Last month Oregon Swimming welcomed a new team in the Medford area. Rogue Valley Swim Team, 7800 Division Road, White City, OR 97503. Head Coach is Richard Koopmans.

Message from Blue Marlin Aquatic Club. Effective June 1, 2001, the Blue Marlin Aquatic Club will dissolve. Our swimmers will be joining (if they choose to) the Mt. Hood Swim Team. We decided the opportunities of becoming part of a larger organization was the best decision for our Club, especially since we have been unsuccessful in obtaining a quality coaching staff.

The BMAC address and contacts will remain the same for the remainder of the year as we, the Board of Directors, conclude financial business for 2001. Sincerely, Mary Grubbs, BMAC Board President

Club Toolbox. USA Swimming offers a free club toolbox to every registered team. This box contains valuable information for becoming a successful organization. For more information and/or a copy of the application form contact the Oregon Swimming office at 503-297-6027.

2001 Oregon Swim Camps scheduled in May and June at the Mt. Hood Community College have been cancelled.

2001 Mini rule books (\$3.00) and 2001 Swim Guides (\$5.00) are available through the Oregon Swimming office. Send payment to 1750 W Skyline Blvd, #103, Portland OR 97221 to order your copy. Swim Guides are also available through JD Pence.

Meet Results. Last month, Oregon Swimming asked to have meet result files sent to swim@oregonswim.org or robbertv@oregonswim.org. It was stated that we preferred e-mailed CommLink files be zipped. Hy-Tek has informed OSI that it is important that all CL2 files be zipped before e-mailing. Some e-mail programs add characters to CL2 files that cause them to be useless. When sending meet results for inclusion in the database, please zip the files up and indicate which meet they belong to.

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 Region XII Senior 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.

SPLASH TV can be viewed on the Outdoor Life Network on Monday 8:30PM Eastern Time starting June 4th. Complete schedule can be found on the USA Swimming website.

Oregon Swimming Board of Directors Meeting. The next meeting is July 11, 7:30PM in the Multnomah Athletic Club. The meeting is open to everybody who is interested. An officials meeting is held the same day before the Board meeting. Please call the office for more information.

JOB OPPORTUNITIES

Albany Aquatic Association is seeking an experienced and motivated head coach for our year-round swim club. Candidate must possess strong recruiting abilities

and a capacity to communicate effectively with parents, assistant coaches, board members and swimmers of all ages. Position, now, is part time and will require 10 to 15 hours on deck, plus administrative and meet duties. Team has great potential for growth. Growth will result in salary increases and the position will become full time. Applicant must be OSI and USA Swimming certified. Salary will be based on experience and certification. There will be a probationary period. Additional employment opportunities may be available in the area of Masters, life guarding and swim lesson instruction. Please send resume and references to:

Albany Aquatic Association,
2150 36th Ave SE
Albany, OR 97321.

Questions, please call Keri Hanke at 541-926-7827, e-mail keriore@hotmail.com or leave a message on our team phone 541-917-0158.

Chehalem Valley Aquatics Club, a fast growing club, seeks to fill the position of assistant swim coach. The successful candidate should possess CPR, First Aid and Safety Training for Swim Coaches. Strong communication skills a must. Responsibilities include the training and development of intermediate level competitive swimmers ranging in age from 7 – 16 (12-15 hours of instruction per week and two weekends per month) and basic team-related administrative duties.

For more information or to submit a resume please contact

Rich Tobergte, Head Coach
Chehalem Valley Aquatics Club
PO Box 1173
Newberg OR 97132
(503) 757-7424

Dallas Blue Dolphins are looking for an age group coach for a small but growing team of approximately 50 swimmers. Not salaried stipend offered. Other opportunities possible in area. Beautiful new pool. For more information please call Vickie Edmonds, Team Coordinator @ 503- 831-0561 or vic1013kid@aol.com

River Place Athletic Club is seeking an enthusiastic reliable assistant coach to help coach a growing team of about 20-25 swimmers. The position entails 7-10 hours on deck a week and about two weekends a month. Certification requirements are current CPR, First Aid, Safety Training for Swim Coaches, and first year coaches certification. LFT and WSI would be great. Other job opportunities at the RAC include teaching swimming, life guarding, and personal training. This year-round position is available now. Pay scale \$9-12 D.O.E. Please send resume and references to:
River Place Athletic Club

Jeremy Hyatt - Aquatics Director
0150 SW Montgomery
Portland, OR 97201
Ph. (503) 221-1212 ext. 318

John Day Swim Team is seeking an energetic, motivated person to coach our summer program. The coach will work with all age-group swimmers. Summer program runs from June - Aug 15, 2001. Please send resume before March 22, 2001 to John Day Swim Team P.O. Box 132, John Day, OR 97845.

The Tualatin Hills Swim Club seeks to fill the position of developmental director. The director is responsible for all aspects of the team's learn to swim and pre-competitive programs. Currently 60+ swimmers. Responsibilities include 8-10 hours teaching per week, basic administrative duties, recruiting and communication (swimmer, parent and staff). A base salary, dependent on experience, and a bonus incentive package, based on number of participants, will be offered.

Please contact Linck Bergen
Tualatin Hills Swim Club
15707 SW Walker Rd., Beaverton, OR 97006
503.629.5568 linckbergen@swimmail.com

OREGON SWIMMING HOSTED A "CATCH THE SPIRIT" LSC SWIM CAMP APRIL 7

There were 36 swimmers from 17 teams from around the LSC. A very special thanks to the coaching staff of Ann Uffner (WHAT) Martin Reichgott (MJCC) and Junia Calhoon (Not coaching at the present time). The comments I received from the swimmers and parents were very favorable. Water workouts, videos and topics from nutrition, sportsmanship and goal setting were covered with the athletes participating in a lively discussion. A parents meeting at the end of the clinic helped to answer questions about the sport, the National Governing Body, workouts, philosophy and swimming in general. We are currently trying to put together a clinic in the fall to coincide with the Mini Expo October 6 and 7 in Lake Oswego. This will also include something for everyone in the swimming community, swimmers, coaches, officials and a special parents meeting. Thanks one and all for a great time for the athletes and coaches involved in the April Swim Camp. Jeff Gudman's input was also very appreciated during the parent meeting.

Swimmingly, Gary Leach, Camp Coordinator

COACHES CORNER

BETH WINKOWSKI

Dear Coaches:

Many thanks to Hood River Coach Shelly Rawding for her submission to the coaches report in this month's newsletter. I hope you find it an interesting beginning. Feel free to speak with any of the coaches that attended the clinic for further insights. *Beth*

Coaches Report from the Olympic Training Center, Colorado Springs, CO

Shelly Rawding

Four coaches from Oregon attended the Boomer I and Boomer II Coaches College in Colorado Springs this year on May 3-9. David Biskar and Nathan Templeman (Canby), John Billings (Parkrose) and Shelly Rawding (Hood River) spent a full week with Bill Boomer and Milt Nelms. The days were incredibly full and intense with sessions lasting from 8am-9pm. Even during the breaks and meals conversations were about the concepts of "reptilian brains", having a "long neck", "swimming the line" and "valuing the spaces", among other concepts. The last half of the week coaches watched and learned from Bill working with Chris Thompson (yeah Oregon!) and BJ Bedford in seeing how difficult balance and holding the line can be even for elite athletes. The OTC pool was available at lunch for coaches to try out the concepts presented in the classroom, and to work off the calories gained in the OTC athletes dining hall. (That is if any was left over after the men's volleyball team and Penn state women swimmers were done.)

Coaches were able to tour the USA Swimming headquarters. 50 very busy people work there, to keep our sport up and running. The halls and rooms are filled with pictures of athletes in their shining Olympic moments. The tour of the flume revealed that it is just like a three story tall submarine. It has the ability to be pressurized down to sea level or up to 10,000 feet. Anyone can use the flume, but it costs \$35 just to get wet. Any testing or videotaping or analysis sends the cost right up. The lab at the flume is as sophisticated as the one in the hospital next door. They can test blood and body fluids for just about anything.

Oregon coaches were big winners in the door prizes that were drawn at the beginning of most of the sessions – everyone got something. Brought back to Oregon were 2 copies of the book "Positive Coaching", an OTC swimming polo shirt, a Parents Education and Awareness Kit, and David was the big winner on the last night. There was a "survivor style" drawing (last name drawn wins) for a United Airlines plane ticket (up to \$400) and he was the survivor.

By the end of the week many friendships were made with coaches all over the country and the Boomer concepts were definitely becoming easier to envision and understand. Plans are being made for a Boomer III to be held the end of October at the OTC, and coaches that have had Boomer I and II should seriously think about trying to attend and learn from Bill before he retires permanently to his cabin in Pennsylvania.

ADAPTED SWIMMING

Eugene Mielke

This month's column is, in a way, taking a departure from previous columns. It concerns the continuing desire on the part of USA Swimming to improve Club Swimming at all levels. In that regards, President Dale Neuburger has appointed a committee that is supposed to come up with proposals by the USA Swimming Convention in September. Coach Mike Lawrence, Lake Forest Swim Club, is the Committee's Chair. The proposals would be for funding beginning next year.

As part of the effort, John Leonard, the Executive Director of the American Swim Coaches Association sent the following E-letter to approximately 3000 swim coaches nationwide looking for an answer to the question, "What makes the Great American Swim Club?"

Dear Friends,

For the first time in my 30 year institutional memory of this sport, we have the President of USA Swimming, The Executive Director of USA Swimming and the ASCA Board and Staff, all committed to one goal: The improvement of the USA Swimming Club system.

President Dale Neuburger has appointed a committee to study what needs to be done to improve Club Swimming and allow excellence to become both the goal and the expectation. Coach Mike Lawrence of Lake Forest Swim Club has been appointed as Chair. The committee is charged with coming back with specific proposals for budget inclusion by the September Convention.

We are sending this email to close to 3000 coaches looking for your help. Your response should be directly to me, please at JLeonard@Swimmingcoach.org

What we want to do is get the largest possible number of people to weigh in with their thoughts on CHARACTERISTICS of the great American Swimming Club. Let your imagination run wild please.

Don't tell us the problems, we have a pretty good list of those! Tell us instead what characteristics

you'd like to see in a swim club that you work for in 5-10 years from now. We'll compile the list and pass along to the committee.

We are all aware that we need to know where we want to go before we formulate a plan to get there. This is that opportunity. Luckily, we are doing this at a time when the technology of email makes it easy for us to share these ideas. Weekly for the next few weeks, I'll send you updated lists of all the contributions that have come in, so perhaps you'll be stimulated by other people's ideas. Don't let this slide please. Take a moment to tell me at least ONE THING you'd like to see in your future club employment. What makes the Great American Swim Club?

Best Regards, John Leonard

As Oregon Swimming's Adaptive Chair and a member of the USA Swimming Adaptive Committee, I have a special interest in the inclusion of Swimmers with disabilities across all levels of swimming. I am looking for your ideas regarding adapted swimming and the Club Program. The Adapted Committee will collect these and a report sent to the full committee. Additionally, I am looking for any kind of input from swimmers, coaches, parents, and officials, on any aspect or level of swimming. I will forward these on the full committee.

You can send you responses to me at either of my E-mail addresses (Eugene.Mielke@orst.edu or geneandkaren@gorge.net), or 3926 Fairview Drive, Hood River, OR 97031, or give them to me at one of the meets this summer. I want to get the responses to the various committees by early August. Thank you in advance for you assistance.

OFFICIALS CORNER

STAN BENSON

In this newsletter are reports from the officials clinic held in Salt Lake City at the end of May and several items that will help to show how to work you way up the officiating ladder within USA Swimming. These were sent to me by USA Swimming.

Don't forget sectionals and there are also Master's meets that are a lot of fun to work. They support us and we need to continue to support them.

USA Swimming Official's Workshop by Bruce Ludwig

It was my great privilege to represent, along with Dick Crim, Oregon Swimming at the recent USA Swimming Official's Workshop in West Valley City (Salt Lake City). Dick and I heard several excellent presentations,

and discussions with other officials from around the country was invaluable. There is a tremendous amount of information from this workshop that should be shared with officials and members of Oregon Swimming. Dick and I would like to do just that over the next two or three months with brief articles.

Throughout the weekend the high level of professionalism exhibited by the presenters, as well as the attendees from all over the country, was increasingly apparent. The tone for the weekend was set during our first session Friday evening when Southern Zone Director Charly Mallery made a presentation about professionalism in swim officiating.

Charly spoke of several worthy objectives for swim officials: extend the lines of communication; exchange personal knowledge of officiating; promote consistency in swim officiating; promote uniform interpretation of the rules; and encourage respect toward officiating. All this can be summarized by one primary objective: promote a *Philosophy of Professionalism*.

The *Professional* swim official is the one who:

- Considers it an advantage and a privilege – not an obligation – to officiate;
- Gives the benefit of the doubt to the swimmer;
- Is consistent, and uniformly applies our common practices and procedures;
- Maintains his/her dignity;
- Has respect for all those working to make a swim meet a great experience for all young people;
- Focuses on observation, not anticipation, expectation, or preference;
- Knows his or her intentions are genuine;
- Builds a healthy environment for competition – has a proactive rather than punitive attitude;
- Is impartial; |
- Doesn't make officiating into a jousting contest between competitors and officials, or between one official and another;
- Knows the rules, understands the rules, and uses the correct interpretation of the rules;
- Listens to all sides (sound familiar referees?);
- Puts forth maximum effort before, during, and after a meet;
- Keeps a balanced outlook – avoids snap judgments (good advice for referees);
- Avoids quarrels and adversarial relationships;
- Finds it rewarding to serve;
- Provides a safe and fair competition for all involved;
- Renders decisions in a timely and decisive fashion;
- Has a professional appearance;
- Has the valor and the courage to make a call when they see it (8 & Unders or Olympians);
- Does not get hung up on worst case scenarios;

Practices critical self evaluation;
Doesn't yabber or yack about themselves;
Is zealous about acting in the spirit of professionalism
and good sportsmanship.

As I heard these points being made I reflected on our own LSC. Over the last 13 or so years I have been privileged to work with many highly professional Oregon Swimming officials. I believe we meet, on the whole, the standards outlined above. I also strongly believe we must continue to strive toward continued professionalism through self evaluation. Stan Benson has done a great job over the years promoting professionalism among our officials. We should take pride in what has been achieved. Above all else, our professionalism earns us the respect of swimmers, coaches, and parents. Our professionalism helps make the competitive environment fun and worthwhile for the swimmers and their coaches, while at the same time encouraging new parents to become officials.

As Charly Mallery stated: *Professionalism in swim officiating is not a thing, it is an attitude.*

USA Swimming Official's Workshop by Dick Crim

The benefits of the days in Salt Lake were numerous. The things that I particularly enjoyed was the camaraderie of 64 other officials from across the USA from Maine to California. The off hand discussions at the break-out sessions and during some of the breaks with other officials from around the country were invaluable. Insight gained was immense and friendships were also made with other LSCs across the country. Ideas, processes, solutions to problems, and areas of common interest or concern were shared and all that engaged, I think, came away with a better understanding of how we all, across the country, deal with lots of the same issues and how a lot of us deal with them the same and differently, and from this, we all learned a great deal.

That aside, I want to thank all the presenters, Peter, Jeannine, Don, Pauline, Pat, and Charly whose presentations made real common sense of officiating in their presentations and with their stories of their experiences made it real and fun. What I took away from each of these presentations, was that, while being professional, we all can and will make some mistakes, but for the good of the athletes and the sport, continue to grow and do better each time they/we are on deck. It was an inspiration to me that even at the highest level of our USA Swimming officials and those with FINA, mistakes can and do occur, and as professionals they move on and collect themselves and provide the fairest

competition to the athletes as is possible. What I continued to hear is that it's not about us as officials, but about fair and equitable competition for the athletes. Yes we all enjoy the being there and participating as officials, but the athletes are the ones that we as officials are there for.

Thank you to all those who presented and expanded the knowledge of the officials present with your insights and knowledge from your participation and experience as officials at the highest levels of international competition.

I want to especially thank Carolynn Burt who without her special efforts and talent, I think the Salt Lake meeting would not have gone as well as it did.

Carolynn, my hat is off to you, and if you ever want to visit Oregon and officiate, I will make sure that there is a chair on deck for you when your rotation is up. You did a great job and it was a great experience for me, many thanks to you.

Other kudos go to Carol Burch who did a great job of making things happen at the clinic. I apologize that I do not have the women's name who addressed the insurance issues to the group, but she stood the test and answered the questions from the crowd with knowledge and authority. Pat Lunsford, please help me here and pass on my appreciation to her, even though I cannot remember her name.

I thoroughly enjoyed meeting all the officials at the local LSC level who were at the clinic, and meeting and getting to know those at the USA national or committee level who represent our interests at the national level. I am appreciative that now I can look in the USA Swimming Rules & Regulations Book and see names on 2001 Officials Committee roster and know that I have met these people personally and that I can contact them and can put a face to a name, and that is of great value to me. I will pass this value on to those in my influence in my local LSC.

Again, this clinic was a highlight in my involvement with USA Swimming and being a representative of OSI and was a real treat for me and it meant the world to me to have been there and participate and learn from all of those who were there. I have been asked by my area chair if I can work a meet this weekend. I will be starting a BC meet on Sunday morning, and at the clinic, the other thing that I learned is that starters utter only three, four letter, words.
"Take your mark"

I hope to see and work with you all on deck in the future.

Officiating at the Speedo Champions Series (SCS)

Summary of Certification possibilities

GENERAL COMMENTS:

The SCS meets are NOT to be called National Championship meets. The only reference to championship status is in the officiating possibilities. The procedure for officiating at the SCS meets was established in order to find a way to 'bridge the gap' for advancement between Zone level and National Championship meets.

It has been determined the procedures will be revised after one year of SCS meets and the future of the SCS is known.

One ONE certification/re-certification of any level can be achieved on one SCS meet, as is the current practice in all National and National Championship meets. Each official must determine which level is appropriate based on expiration dates and available opportunities in the current certification.

LSC CERTIFICATION: YOU CAN upgrade to a higher level if assigned and officiate as such in the SCS meet AND have met your LSC upgrade requirements; (ASSIGNED is defined as being a meet referee, administrative referee, deck referee, starter, or chief judge).

YOU CANNOT renew your current LSC certification if it is a higher level than worked in the SCS meet.

NATIONAL CERTIFICATION: YOU CAN acquire NEW certification for the position worked by officiating three (3) or more sessions in the SCS meet; RENEW the position worked by officiating three (3) or more sessions in the SCS meet;

UPGRADE to a higher level if ASSIGNED and officiate as such in the SCS meet in three (3) or more sessions.

YOU CANNOT acquire National certification in any position if the LSC certification was achieved LESS than one (1) year ago;

acquire NEW, RENEW, or UPGRADE if officiating in LESS than three (3) sessions.

NATIONAL CHAMPIONSHIP: YOU CAN acquire NEW National Championship certification as STROKE AND TURN **ONLY** if ASSIGNED (See previous definition) and work four (4) or more sessions in the assigned position at the SCS meet and have National certification for at least one (1) year;

RENEW National Championship certification at your highest level by working at least four (4) sessions in an ASSIGNED position at the SCS meet;

YOU CANNOT acquire National Championship certification unless working the SCS meet as an

ASSIGNED (see previous definition) official; acquire or RENEW National Championship certification unless ASSIGNED in the SCS meet;

UPGRADE National Championship certification; acquire or RENEW National Championship certification if working LESS than four (4) sessions in the SCS meet.

SUGGESTIONS ON GETTING AN ASSIGNMENT AT SECTIONALS

. **Develop credibility with the leadership in your LSC and surrounding LSCs in the assigned position/s being requested.**

. **Show a favorable history of volunteerism in any position at any level of competition with the LSC's within your sectional.**

. **Be a professional every time you officiate.**

. **Be a 'TEAM PLAYER' without personal agendas.**

. **Declare your intent on the application to officiate.**

HOW DO I GET TO?

BE ASSIGNED (Chief Judge/Starter/Referee)

- . Attend several National Championship meets
- . Be willing to do any job asked
- . Be dependable/on time/communicate
- . Appointment by officials chair/referee/NEC

CONTINUE TO BE ASSIGNED

- . Keep coming to meets
- . Demonstrate leadership
- . Be on top of your job – be attentive

GET TO TRAVEL WITH A TEAM

- . Selected based on points from assigned positions

MAKE THE FINA LIST

- . 2 Starters and 6 Referees selected by board
- . Four year terms

OFFICIATING OPPORTUNITIES

Competition Levels

	Olympic Games FINA List – 1 or 2	
Pan AM Games FINA list 1 or 2	World Championships FINA List 1 or 2	PAN PAC games FINA List 1
	National Championships Nat Champ or NAT	
	Sectionals – East, Central, Southern or West Nat Champ or NAT	
	Zone/Regional Championships NAT	
	Many LSC Competitions LSC	

**Information for families considering
travel to Western Zone Championships
Maui, Hawaii August 7th– 12th, 2001**

The Oregon Zone team traveling to Maui for the 2001 Western Zone Competition will be flying on Hawaiian Air and will be departing from PDX on Sunday, August 5th at 9:10AM. We fly to Honolulu first and get to Maui at 2:20PM. We will be arriving for a get settled /free day before the meet, which officially starts on Tuesday August 7th.

We will be utilizing passenger vans for transportation to & from the hotel, and on the island. Space will be limited for the trips to & from the airport because of baggage, so there is no availability for "hitching a ride" with the team. The airport is about an hour from the hotel.

Local car rentals include Kihei Rent a Car at 800-251-5288, Al's Wests Vans 808-877-0090 and Wheel's R Us at 808-875-1221 along with the standard rental car companies available nationally that you can find online, i.e. Budget, Avis, National etc.

Our stay will be at the Maui Prince Resort Hotel, located in the Makena area of the island. They have a website that can be located at: www.mauiprince.com

The hotel is located approximately 15 minutes from the aquatic center, which is in the Kihei area. There are also many other hotels available in the general area, some more affordable for individuals not receiving a group rate. The Travel Network has a toll free line to service bookings for the Western Zone 2001 families which can be accessed at: 1-800-344-9086

Our return flight will be on Hawaiian Air and we will leave Sunday August 12th at 10:50 AM, changing in Honolulu and arriving at PDX at 9:45PM.

For families interested in changing return flights: we are only allowed up to 18 changes in return tickets based on our group rate. Any additional fees/ penalties will be your responsibility. You will need to arrange return travel on your own if you choose to not return with the team.

The Hawaii Swimming website is also useful and can be accessed through the links on our Oregon Swimming homepage.

The team will be chosen on July 23rd, 2001. We are looking forward to an exciting time!

Aloha! – Lissa Parker, Oregon Zone Team Manager

*JUNIOR ATHLETE REPRESENTATIVE
NOMINATION FORM*

Oregon Swimming Clubs will elect a new Junior Athlete Representative at the 11 & Over Age Group Championships, July 20-22, 2001, in Corvallis. Tyler Storie completes his term as Senior Athlete Rep. and Haley Koss will become the new Senior Rep. Ideally, candidates should be entering the 10th or 11th grades in High School in the fall of 2001. Or, for someone planning on attending college in the Portland area, this restriction need not apply. The person elected to this position is expected to attend Board meetings (every other month), most of which are in the Portland area, and attend the USA Swimming convention, held annually. This year the Convention is in Dearborn, Michigan, September 11-15, missing four days of school. Expenses to the convention are paid.

Athletes elected to this position serve as liaison between Oregon Swimming athletes and the Board of Directors. Athletes Reps are encouraged to bring issues or concerns to the Board, and introduce ideas or programs which improve conditions and opportunities for our athletes.

A ballot, listing all those nominated, will be circulated at the Age Group Championships. Each club in attendance has two votes.

Name of Nominee: _____

City, State, Zip: _____

Age: ____ Year in School (fall '01): _____

Club: _____ Phone: _____

E-Mail: _____

Please send this nomination form to:

Oregon Swimming, Inc.
1750 SW Skyline Blvd. Suite 103
Portland OR 97221-2545
FAX 503-297-8498
Email: swim@oregonswim.org

**2001 WESTERN ZONE CHAMPIONSHIPS in Maui, Hawaii, August 7-12th
ATHLETE APPLICATION**

This application must be received by the end of finals at Oregon Swimming 11 & Over Age Group Championships, Sunday July 22, 2001. A deposit of \$500.00 must accompany this application; checks will be held until the after the team has been selected. Swimmers not chosen will have their checks returned. The balance will be due upon receipt of the acceptance letter from OSI. The exact cost will be published ASAP. Projected swimmer out of pocket costs will be approximately \$875.00. Acceptance/regrets notices will be mailed after the 11 & Over Championships. Athletes must be full year members of USA Swimming to participate in this competition. The team will travel to Maui on Sunday, August 5th with return on Sunday, August 12th.

Name: _____ USA Swimming #: _____ Male /Female Age (as of 8-7-01): _____

Mailing Address: _____ City, State, Zip: _____

Phone: (____) _____ Athlete's E-mail address: _____ Parent Contact: _____

T- Shirt Size (circle one): S M L XL Suit size (Speedo AquaBlade): _____ Short Size (circle one): S M L
Effort will be made to accommodate size requests. All clothing has been pre-ordered and sizes may have to be adjusted.

Your Club Name: _____ Coach's Name: _____ Coach's Phone: (____) _____

Coach's Comments:

Coach's Signature:

In order to swim as many events as possible, **fill in ALL LCM times in the boxes below!!!!** These times will also be used for **relay selection**.

1500 Free		400 Free		200 Fly	
100 Back		100 Fly		50 Breast	
200 Back		50 Fly		50 Back	
100 Breast		200 Free		100 Free	
200 Breast		200 I.M.		800 Free	
50 Free		400 I.M.			

The times, which you list below, must have been achieved in sanctioned competition since April 2001. List events in order of preference. The events you swim at the meet will be determined by the coaching staff, based on the needs of the team. Indicate whether the times are long course or short course.

Western Zone <u>Priority Times</u> Achieved				Western Zone <u>Standard Times</u> Achieved			
Event	Time	SCY, SCM, LCM	Date Achieved	Event	Time	SCY, SCM, LCM	Date Achieved

Applications must be received by the end of finals on Sunday, July 22, 2001

IF YOU WILL NOT BE RETURNING TO OREGON WITH THE TEAM, PLEASE CHECK HERE []

Note: **No Refunds** will be made for those not returning with the team.

Extra swim caps and T-shirts may be ordered for trading purposes. Extra Zone dinners on Sat. August 12, @ \$20.00 are available. Cost of additional caps, shirts, and tickets must be included with deposit.

Number of additional shirts (Max.2) _____ X \$15.00= \$ _____
 Number of additional swim caps _____ X \$4.00= \$ _____
 Additional tickets to the Zone Dinner (Sat. Aug. 12th) _____ X \$20.00= \$ _____
 Total Additional Cost (include with deposit) _____ \$ _____

Return to: Oregon Swimming • 1750 SW Skyline Blvd. Ste.103 • Portland, OR 97221-2545

OREGON SWIMMING ALL STAR TRIPS
FAMILY AND USA SWIMMING HOME COACH PARTICIPATION GUIDELINES

Congratulations to you as major supporters of your swimmer, who is rightfully proud and excited to be applying for a place on this years' Western Zone team. We as the team coaches and managers are looking forward to the coming competition, and are expecting a high level of cooperation and performance from all the athletes on the team. We know you share these aspirations with us.

This is an All-Star Team trip, where our first priority is to promote the best interest of the individual athlete in particular and of the team as a whole. This priority includes safety, fairness of competition for all athletes and the personal growth of each individual in contributing to the team.

You, as a parent and /or coach, have already contributed enormously to the success of your athlete. In order to help and encourage you to continue this support while your athlete is with the Western Zone team we offer you the following guidelines and ask that you sign them. If you have questions please speak to a manager or the Head Coach.

1. Please, if you can, travel to the meet as an official, timer or spectator. Your personal presence and support is important to the team.
2. All team housing areas are restricted to trip athletes and staff. Request for access to an athlete's area must be made in writing to the head coach.
3. During the trip family members are asked to minimize their visits with the athletes. The athletes are on the trip to perform to the best of their ability and to become a cohesive team. Team functions are designed with this in mind. Since the schedule must remain flexible the athletes must stay in the team designated areas.
4. Arrangements for telephone calls between the athlete and family/coach should be set up ahead of time, initiated by the athlete and limited to no more than five minutes per call. If you need to get in touch with your athlete please contact a staff member to relay a message (they will be glad to help).
5. The "team area" during competition is restricted to swimmers and staff members. Parents and home coaches may not be involved with the swimmers on the pool deck.
6. Any concerns that may arise during the course of the competition need to be referred immediately to the appropriate staff member. They are in place to help the athletes.

I have read and understand the guidelines set for me as a parent/coach.

SIGNATURE _____ DATE _____

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