



# 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](http://www.oregonswim.org)*

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Oregon Swimming newsletter is an open forum. Oregon Swimming encourages contributions to the newsletter. All content of these letters reflect the views and opinions of the author and may not reflect those of Oregon Swimming

**Oregon Swimming, 1750 SW Skyline Blvd #103, Portland OR 97221**

## **COMMENTS FROM THE CHAIR** **TIM STEVENSON**

Another year has passed and a new board is about to take over the reins of responsibility for Oregon Swimming. Thanks go to Jeff Gudman for his tireless service to Oregon Swimming over the passed years. I have some very large shoes to try to fill. I'm not sure I'll fill them but I will attempt to walk in his footsteps trying to lead Oregon Swimming into the future.

In April, OSI will be hosting a Club Leadership and Business Management Seminar. The seminar will be held on the same day as the scheduling meeting at the Multnomah Athletic Club with seminar sessions scheduled around the scheduling meeting so attendees can participate in the seminar as well as the scheduling meeting. This is a great opportunity for club leadership training from USA Swimming.

I received an advance notice from USA Swimming that the insurance carrier for USA Swimming has formally recommended to USA Swimming that Article 103.2.3 of the USA Swimming Rule Book be amended to provide for a minimum water depth of four feet (4') for racing starts from a diving

### **2003 Oregon Swimming Board of Directors**

General Chair .....	Tim Stevenson
Admin Chair .....	Gary Leach
Senior Chair .....	Mark Burnett
Age Group Chair .....	Amy Emmett
Coaches Rep .....	Scott Allen
Sr. Athlete Rep .....	Mason Amick
Jr. Athlete Rep .....	Zach Niles
Secretary .....	Valarie Koss
Treasurer .....	Marilyn Loitz
TPC .....	Eric Camus
Registration .....	Coby van Andel

### **Subscribe to Oregon Swimming News!!**

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.

### **2003 Swim Guide**

The 2003 Swim Guide is available through JD Pence or by sending in this form with payment to Oregon Swimming. They cost \$5.00 each.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

platform. This change, if approved, will affect racing starts during practice and competition. The proposed effective date is January 1, 2003.

See you on deck. Tim

## ***SANCTIONS***

### ***Mark Rieniets***

As I will be in Australia for several weeks during January and February 2003, it will be impractical for me to do Sanctions for OSI during this time. In my absence David Emmons has generously offered to fill the Sanctions Chair, so please forward all Sanction Applications and questions to David during these months.

David's postal address is:

**19370 SW Conzelmann Road  
Sherwood, OR, 97140**

David can also be contacted by email at [PDSTowDesk@aol.com](mailto:PDSTowDesk@aol.com), or by phone at **503-625-1393**

Wishing you all a safe and joyous holiday season and a happy New Year. Mark Rieniets

## ***JANUARY NOTICES***

**January Board Meeting.** The January Oregon Swimming Board of Directors meeting will be held in the Multnomah Athletic Club January 8<sup>th</sup> at 7:30PM. An officials meeting will be at 6:00PM.

**Out of State Meets.** Please remember to send results to the office and the OSI webmaster if your team participates in a meet outside of Oregon Swimming.

**West Coast All Star Team.** Congratulations to the athletes who were selected as a member of the 2003 West Coast All Star Team. They will compete in Reno Nevada, on January 11 and 12 against team from Southern California, Pacific and Pacific Northwest Swimming.

11-12 Girls: Maggie Alexander, Jamie Buckley, Victoria Hartman, Anna Heller, Katelyn Johnson, Nicole Klauder, Rebecca Rafferty, Sloan Storie.

13-14 Girls: Ellie Bradley, Haley Burk, Cortnee Hanson, Anna Humphrey, Kayley Oka, Morgan Scroggy, Aubrey Vaughn, Amber Wahlstrom.

11-12 Boys: Sam Beadle, Robert Ellertson, Andy Ottolia, Spencer Polack, Daniel Rooker, Mike Stratton, Juan Vidal, Corey Williams

13-14 Boys: Spencer Hill, Jacob Keil, Kyle Maese,

Michael Mpitsos, Dan Nyaradi, Garrett Shields, Logan Storie, Tolga Tokman.

**120 day rule.** Frequent asked questions about the 120 day rule. If an athlete transfers to another team he or she must remain unattached for 120 days from the last meet representing the former club.

If a team (team A) dissolves and the athletes decide to join Team B. All of the athletes on Team A are subject to the 120-day rule. The athletes on Team B are not affected.

If team A and team B merge together to form Team C all of the athletes are subject to the 120-day rule. Even if Team C uses the name of former Team B, it is still a new team if that is the intent - to merge two teams into a new one.

**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.

**Coach membership requirement.** The following life guard training courses are now accepted IN LIEU OF Safety Training for Swim Coaches: The American Red Cross Lifeguard Training Course. The lifeguard certification also meets the requirements for first aid and CPR, so now this one course meets ALL the necessary safety requirements for coach membership. (The CPR certification, however, must be renewed annually.)

Ellis & Associates "National Pool & Waterpark Lifeguard Training Program - Universal Lifeguard License". The Ellis certification must be renewed ANNUALLY. The certification itself includes lifeguarding, First Aid, CPR, Oxygen Administration and AED operation. When working at an Ellis licensed facility, each individual has to fulfill a minimum of 1 hour in-service training per month to reinforce skills.

YMCA Life Guarding. This course does not fulfill the CPR and First Aid requirements.

### **USA Swimming does not accept ANY instructor certifications from the American Red Cross.**

ARC requirements to be an instructor for Safety Training for Swim Coaches mandate that the instructor must hold a current STSC card.

Therefore, if a coach sends you a STSC instructor card, he/she should also have the regular STSC card already and should be able to give it to you.

## ***OFFICIALS CORNER***

### ***BRUCE LUDWIG***

#### **Trainee Uniforms**

There has been a lot of discussion about whether or not trainees should be on deck in the proper Stroke and Turn uniform. Some referees have been requesting that trainees definitely be in uniform while others have required they be in casual clothes. There are pros and cons for each viewpoint. As a matter of consistency lets require that trainees be in the proper S&T uniform while on deck in a trainee or official capacity. Such a policy will demonstrate that the trainee is not just a parent standing in the way. It also reinforces with the trainee that they belong and are valued. As a reminder the proper S&T uniform is white shirt, navy blue shorts or pants (no blue jeans), and white shoes and socks if worn.

#### **Trainee Evaluations**

There are several important points regarding trainee evaluations, both from the perspective of the trainee and of the trainer. Trainers, even ad hoc trainers, should take the time to honestly evaluate the trainee at the end of the session. Meaningful comments on the back of the training log are particularly helpful, and trainees should encourage such comments from the trainers. Trainers should not be afraid to be critical, and trainees should accept criticism in the spirit of learning. No one expects a brand new

trainee to get all 4's and 5's on the evaluation, and trainees should not feel personally attacked if they are criticized. By the way, it is *progressing* that we are looking for in trainees, not instant competence. One last comment: The training evaluation system, and guidelines for trainers will be a topic of discussion with the officials' committee. Anyone with ideas should share them with me or your Area Officials' Chair.

#### **Stroke and Turn Clinics**

I am aware of numerous requests for stroke and turn clinics around the state. If you would like to schedule a clinic you should immediately contact your Area Officials' Chair. You can find your Area Chair on the OSI web page in the officials' section. I recently was given a suggestion that clinics held in conjunction with a swim meet might be effective, and that if information about a clinic were placed in the meet information there might be a significant response. Try it.

#### **High School Meets**

We are well in the middle of the High School swimming season. Officials are always needed at dual meets and one-day invitationals. You are encouraged, even those of you who do not have high school aged children, to help with these meets. They are fun meets and provide a great officiating experience. The rules are slightly different, but the differences are growing fewer. Please make sure you get with the meet referee prior to the meet to go over the rules.

There is an issue with block starts in some pools and everyone should be aware. According to high school rules, the front edge of starting platforms can be no more than 30" above the water surface where the water depth is 4 feet or more. If water depth at the start end is 3.5 feet to less than 4 feet, then the swimmer must either start from the deck or from in the water. Where the water depth is less than 3.5 feet, in-water starts must be used. For consistency sake, lets require that all in-water starts be with at least one hand touching the bulkhead. There has been some discussion that in-water relay take-offs could be ok with just a foot touching the wall, but that will make it difficult or impossible to judge relay take-offs. Lets just keep it simple: one hand on the bulkhead for in-water starts.

### **Pre-Meet Officials' Meetings**

We all need a reminder once in awhile about the importance of pre-meet officials' meetings. These meetings are typically held 45 minutes prior to the start of the meet. All officials should be aware of this and be at the meetings on time. The meetings are important for a number of reasons. Rules briefing is conducted to refresh everyone's memory about the rules and rules interpretations. Once upon a time OSI require officials to attend a re-cert clinic every other year. That proved cumbersome and ineffective. The pre-meet rules briefings were intended to take the place of the re-cert clinics. The meeting is also a time to take care of last minutes meet-specific information and assignments. It is also a great time to take advantage of the hospitality room, socialize with other officials. Please attend, please respect the time constraint (usually 30 minutes), and please participate in the discussions.

### **Upcoming Meets**

There are several meets coming up. Check the OSI web page for invitational schedules. Also be aware there are numbers dual meets over the next few months. These include high school as well as CBSL meets. The championship meets coming up include: 10&U SC Champs on Feb 8-9 in Springfield; 11-14 SC Champs on Feb 21-23 in Corvallis; Sr SC Champs on Mar 6-9 at MAC; CBSL Champs at various locations on Mar 1-2; HS District Champs at various locations on Feb 14-15; and HS State Champs on Feb 21-23 at Mt Hood. Notice that the HS State and 11-14 Champs are on the same weekend. Please help us that weekend where ever you can. We could *really* use some help from officials who might not otherwise attend either of those meets.

## **COACHES CORNER**

### ***SCOTT ALLEN***

Oregon Swimming will be hosting a Club Leadership and Business Management School (CLBMS) in April. This is a six hour course, in which the head coach and team board of directors are encouraged to attend, covers board governance, roles and responsibilities of the board, and running effective meetings. OSI is picking up the cost for this course, which means there is no cost to our teams.

Although it is scheduled for the same day as our Spring Scheduling Meeting, there will be time in the day to attend both of these important meetings. The OSI Board is working on finalizing a schedule, but it roughly looks like the CLBMS will start in the late morning for a two hour session. A 'power' lunch will serve as our scheduling meeting in which two hours will be set aside. The last session of the CLBMS will continue following the lunch.

It will make for a long day, but it will be time well spent. While at USA Swimming, I was one of the instructors for two of the courses as well as two mini-courses. In each instance, coaches and board members were able to take things back to their club to make it a better organization. I strongly encourage that both coaches and board members attend this great course.

In regard to our scheduling meeting, it is important that we remember items that were discussed at our HOD meeting and be sure that those are placed into our competition schedule. For example, moving the 11 and Over Long Course Championships to a later weekend in July.

**2003 Oregon State High School Swimming Championships**  
**Mount Hood Community Center – Gresham, OR**  
**February 21-22, 2003**

**APPLICATION TO OFFICIATE**

About the Meet:

- 1) The competition features two championships: a 3A-2A-1A Meet and another one for 4A schools.
- 2) Assignment priority will be granted to officials volunteering to work all sessions.
- 3) Attire: navy blue bottoms (no shorts) and white shirt or blouse, with white shoes.
- 4) Mandatory officials briefing will be held one hour prior to each session.
- 5) This application must be received by 1-15-2003. Notifications will be mailed on or before 1-22-2003.

2003 OSAA STATE HIGH SCHOOL CHAMPIONSHIPS, FEBRUARY 21-22

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Shirt Size (Adult Men's sizing, please circle one) S M L XL XXL

I am available to work all sessions, or

I am available to work the sessions below

I would like to be considered for assignment as a starter or chief judge.

Friday, February 21, 2003

- |  |                    |          |
|--|--------------------|----------|
| <input type="checkbox"/> 3A Girls and Boys | Warm-up            | 7:00 AM  |
|  | Officials Briefing | 7:30 AM  |
|  | Preliminaries      | 8:30 AM  |
| <input type="checkbox"/> 4A Boys           | Warm-up            | 12:30 PM |
|  | Officials Briefing | 1:00 PM  |
|  | Preliminaries      | 2:00 PM  |
| <input type="checkbox"/> 4A Girls          | Warm-up            | 5:30 PM  |
|  | Officials Briefing | 6:00 PM  |
|  | Preliminaries      | 7:00 PM  |

Saturday, February 22, 2003

- |  |                    |         |
|--|--------------------|---------|
| <input type="checkbox"/> 3A Girls and Boys | Warm-up            | 7:30 AM |
|  | Officials Briefing | 8:00 AM |
|  | Preliminaries      | 9:00 AM |
| <input type="checkbox"/> 4A Girls and Boys | Warm-up            | 2:30 PM |
|  | Officials Briefing | 3:00 PM |
|  | Finals             | 4:00 PM |

Please FAX this application to 503-297-8498 or mail to: Oregon Swimming, Inc.

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Oregon Swimming, Inc. 1750 SW Skyline Blvd. Suite 103, Portland, OR 97221-2545

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