



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 25, Number 7

August 2004

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

JEFF GUDMAN VICE PRESIDENT NATIONAL ADMINISTRATION USA SWIMMING

What a great sport swimming is...the coaches, the officials, the parents, the volunteers and at the center, the swimmers. All through the year there are numerous examples of the caliber of the people in Oregon and southwest Washington. Example #1. In a championship race a swimmer had to step down from the blocks due to broken goggles. The swimmer in the next lane over saw what had happened and offered his competitor a set of goggles from his bag. Example #2. A relay team disqualified for a false start stays on the deck and cheers the remaining teams on and the winning team offers support to the disqualified team. Example #3. A coach who talks to the swimmers about the difference between success and winning and focuses on the first, not the second. Example #4. The terrific people who get and stay involved and supportive simply for the love of the sport or a way of giving back to a sport and the swimmers.

The Oregon Swimming Board of Directors is a wonderful example of volunteers giving and giving back to a sport. Some of the members of the board are people with swimmers still competing, some are people whose swimmers have finished their competitive swimming but want to continue to help the swimming grow and prosper in Oregon and southwest Washington. Some are coaches who are involved over and beyond their club coaching because they realize the value to the sport as a whole by being on the board of the larger organization. Let's not forget and let's be grateful, when a coach serves on the board of Oregon Swimming, they are

doing so as a volunteer. In addition, there are two athlete representatives to make sure the athlete's voice is heard. All in all, a good balance.

The Oregon Swimming board is fortunate to have people willing to serve. Does that mean the board of Oregon Swimming can not do better? Of course not. Just as the swimmers are always striving to improve their time, their stroke, their endurance, the board strives to make continuing changes to better serve the swimming community. The ongoing debate, discussion and change is how we improve ourselves to better serve the athletes.

How does one get involved with the Oregon Swimming board? First, there are the elected positions. At the annual House of Delegates meeting a slate of candidates is presented. There are also nominations from the floor. Sometimes, there is only one person for a position, sometimes not. But anyone can be nominated. Second, after the election, the general chair can appoint at large members to the board. This is often done to provide for a better balance of geography, coaches, different size clubs, etc. Third, there are the committee positions. These are appointed by the general chair. Sometimes, the committee consists of only one person, but nonetheless they are appointed by the general chair.

Over the years of my involvement in swimming I have been frequently asked what can I do to help my club or Oregon Swimming besides paying the dues. That is a great question. Each of us should always be thinking about what we are doing to add value to swimming in Oregon and southwest Washington, not only for our kids but also for the sport. You can volunteer to be a chaperone for a team travel trip or for Oregon Swimming, write a letter of encouragement to the coach

for a job well done, thank a meet host for a great meet, congratulate a swimmer who competes against your swimmer for a great race or their behavior after a race. The list is endless but it is the small things which make a difference not only for the swimmers in their training but for all of us in the sport.

The remarkable dedication of the coaches, the volunteers, the athletes are a constant reminder of why being involved in our wonderful sport is a pleasure.

AUGUST NOTICES

New Oregon Swimming records. THSC swimmers set new Oregon Swimming records up at the Pacific Rim Classic in Federal Way, and Texas Senior Circuit Championships.

Open Women 400 Free Relay 3:49.06 Morgan Scroggy,

Emile Ewing, Anne Liggett, Inge De Bruijn

Girls 9-10 100 Free Taylor Scroggy 1:05.83

Girls 11-12 200 Back Sarah Cruzan 2:36.70

Girls 13-14 100 Fly Jordan King 1:03.34

Girls 11-12 200 Free Relay 1:59.50 Abby Lindstrom,

Alyssa Martin, Taylor Lakey, Shellie Morris

Girls 11-12 200 Medley Relay 2:14.10 Sarah Cruzan,

Alyssa Martin, Taylor Lakey, Shellie Morris

Girls 13-14 200 Free Relay 1:54.08 Michelle Needham,

Kath Liggett, Whitney Dawson, Kelsey Pinson.

Congratulations swimmers.

Olympic Trials

Oregon was represented by several athletes at the 2004 Olympic Trials July 7 through 14 in Long Beach, CA. Marisa Kozak, BEND, swimming the 100 fly, 100 back and 200 back.

Mari Embertson, CAT, swam the 400 IM.

Felicia Castaneda and Caitlyn Shortt, MHST. Felicia swam the 100 breaststroke. Caitlyn the 200 IM and 200 breast.

Patrick O'Neil and Kathryn Thompson, RST. Patrick swam the 200 fly and Kathryn 200 backstroke.

Kara Nelson, Genna Patterson and Morgan Scroggy, THSC. Kara swam the 100 fly, Genna 100 breaststroke and Morgan the 100 butterfly.

In addition to these current OSI swimmers competing at the meet, several former OSI swimmers were competing. American Record Holder Chris Thompson,(RST), Matt Leach,(MAC), Trent Staley, (THSC), Tyler Storie, (CAT), Derek Rose, HEAT, Bethany Pendleton, (LOSC).

Congratulations Athletes and coaches

Oregon Swimming Board of Directors Meeting will be Wednesday September 1st in the Multnomah Athletic Club. The officials meeting start at 6PM and the regular meeting at 7PM.

Oregon Swimming House of Delegates Meeting. This year the meeting will in Gresham October 3rd 2004.

Coaches meeting October 2nd and officials clinics will be conducted Saturday afternoon.

Meet Evaluation forms/verification of membership

All clubs should send a backup (SD3 file) of their meet as soon as you have your entries done for membership verification. Too often, there are athletes in the meet that are not registered. The meet is not insured when this happens!! All teams should use their Hy tek software when sending entries to a meet. All athletes should be entered with their legal names (preferred names added in the appropriate spot) and registration number as it appears on their membership card. This way we don't have problems with membership verification and the times database. Please make sure when you make copies of the meet evaluation form you have the latest version and they should be mailed to Bruce Ludwig.

They are included in the sanction packet.

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.

Safety Marshals. Safety marshals should be highly visible on the pool deck. USA Swimming rule 102.18. USA Swimming donated 5 vests and they can be used at your meet. Contact the office for pick up if you wish to borrow them.

WEB SITE

ROBERT VAN ANDEL

Coaches, if your team has attended or still plans to attend a meet outside of the Oregon LSC, please send Robert van Anandel and Cindy King either a link to the results or the Commlink/SDIF results file so that they

can include the results in the OSI times database and annual Top 5 reports. You can also use the online submittal form to send the file or a message. The online form can be found at <http://www.oregonswim.org/results/submitresults.php>

JOB OPPORTUNITY

Willamalane Swim Club located in Springfield, OR. is seeking an age group coach to work with our 12&U swimmers. We are looking for a coach with a strong background in stroke mechanics and drills. This group trains Monday-Friday and also takes part in swim meets on the weekends. We have practice at newly renovated Willamalane Swim Center located at G Street in Springfield. We are looking for candidates that have coached USS swim team for at least the last two years, and are enthusiastic with any age swimmer and have good communication skills. Pay will be based on experience.

For more information contact Jialin Hu , (Head Coach) 541-689-6633 or jialinhu1@hotmail.com
Please e-mail resumes with three references to: jialinhu1@hotmail.com or mail to:
Willamalane Swim Club
PO Box 633
Springfield OR

OREGON SWIMMING, INC. Regular Meeting July 7, 2004

The Regular Meeting of the Board of Directors of Oregon Swimming Inc., was called to order by General Chair, Tim Stevenson, at the Multnomah Athlete Club at 7:00 p.m.

The following individuals were present: Tim Stevenson, Valarie Koss, Zach Niles, Gene Mielke, Coby VanAndel, Gary Leach, Hailey Zehner, Mark Rieniets, Amy Emmett, Jacki Allender, Stan Benson, Rick Guenther

A. Approval of Minutes: Minutes from last meeting approved as presented.

B. Treasurer's Report: Accepted as presented.

C. Reports:

Administrative Chair Rick Guenther:

Age Group Report-Amy Emmett: Amy advised she has been working on proposals as recommended. She presented the proposed change to the Short Course Championship Meet. Amy is working on scoring for the Long Course Meet and has not received suggestions for scoring the meet for 15-O. Jacki suggested setting the scoring to accommodate 8 places for each age group. Jacki and Amy will set up a test meet to see what scoring the possibilities, such as 15-16 and 17-O. Amy will provide a recommendation.

Senior Report-Gary Leach: Gary has been communicating with several folks regarding the Senior Training Camp, however with it being an Olympic Year, the

Olympic Training Center is closed and he is having difficulty finding a facility along with cooking and accommodations that fit well with the training plan. Gary will present a proposal and may need to request additional funding for the camp.

Coaches Report- Chris Richmond: Chris reported that he has recruited Oregon Coaches to be the key note speakers and will have four coaches present stroke/drills for the OSI Annual Meeting. Chris also advised that there will be two Junior National Meets in 2005 – one sponsored by the coaches and one sponsored by USA Swimming. Discussion occurred on the “Y” National Meet. Additional discussion occurred on qualifying time standards and travel funding. No action was taken.

Athletes Representatives-Zach & Hailey: Zach and Hailey recommended that Teams bring their athlete reps to the House of Delegates Meeting so that they can participate in discussions that may affect them. Zach and Hailey would also host a meeting for the athletes if there is enough interest.

Scheduling/Championship Site Selection-Skip Runkle: No report.

Time Standards-Andy Carlisle: No report.

Technical Planning-Alex Nikitin: No report.

Web site-Robbert van Anandel: The webmaster is working on clearing out the names database. Coby is working with Robbert to ensure that teams make the entries with the complete name and ID number in an effort to eliminate the amount of hand entries required due to the exceptions report.

Safety Chair-Jeanine Serrano: No report.

Camp Coordinator-Jeanine Serrano: No report.

Officials Committee-Bruce Ludwig: No report.

Adapted-Gene Mielke: No report.

Office Manager/Registration-Coby van Anandel: Coby is working with Robbert to ensure that teams make appropriate entries with complete names and ID numbers so that no “exception” reports are entered. Coby is still finding a number of athletes entered in meets that are not registered with USA Swimming. Meet directors and referees are obligated to ensure that these swimmers do not swim or their meet will not be insured. Coby would like to see Coaches review the information so that they can make sure the information is accurate – for example: males are males and not entered as females, etc. Coby indicated that the bank would need official action by the board authorizing signors to the all bank account.

Motion: *The Board took action to authorize Jacki Allender, Coby VanAndel and Tim Stevenson to have signature authority on all bank accounts on behalf of Oregon Swimming, Inc.*

Sanctions Chair - Mark Rieniets: Mark provided a proposal to make an addition to the OSI Standing Rules regarding additional Championship Meets that would take the place of the old CBSL Meets. Mark will attempt to address how meets that were held with Championship Meets that have been granted status in 2004 will be handled. Gene pointed out that time trials have to be part of a scheduled meet and any time trials and meets that have not been approved by the Scheduling Committee must be submitted and held in

accordance with the Sanctioning Rules. Mark will enforce the rules currently in place.

Awards-Lise Thom: No report.

Awards Ceremony-: Coby will contact Marianne Gunderson to see what is happening.

Star Chair-Jacki Allender: Jacki asked that all teams review their entries to ensure that athletes are entered properly.

Records-Cindy King: No report.

All-Star Team-Jim Bowe: Jim reported that there were a few problems with the Edmonton All Star Meet. He will ensure that there is an Emergency Contact Sheet for all swimmers with each Coach and Adult. He will also ensure that phone numbers are published for Emergency Contact info. Jim reported that travel plans are set to leave from Tigard/Tualatin. They will stop for a swim in Medford and have dinner afterwards and continue following dinner. Jim is hoping that all swimmers with any Zone standard will apply. Jim recommended changing the requirements for the qualification standards to include January through the close of the application to allow more swimmers to qualify. The board agreed. Jim will prepare information for the website to let athletes and coaches know that they may use short course entry times achieved this year.

D. Old Business:

1. **OSI By Laws:** Gene and Stan have been working on rewriting the By-Laws to make sure that procedure and process don't conflict. Gene reviewed the Board positions and conflicts within the By-Laws with the Standing Rules. Tim appointed Jacki, Gene and Stan to continue working on the By-Laws, resolve conflicts within the By-Laws and Standing Rules and bring a recommendation back to the House of Delegates.

Future Meetings: Board of Directors September 1st, 2004, 7:00PM Multnomah Athletic Club

There being no further business to come before the Board, the meeting was adjourned at 9:30 p.m.

Oregon Swimming, Valarie Koss, Secretary

COACHES REPORT

CHRIS RICHMOND

2004 OREGON SWIMMING MINI-EXPO
OCTOBER 1-3, 2004 GRESHAM, OR

Friday, October 1

2:00PM – 6:00PM -- Golf tournament – contact Chris Richmond, 541-756-4915, nbpool@ucinet.com

5:00PM - 9:00PM -- Safety Training for Swim Coaches – contact Jeanine Serrano, 503-431-5455, jserrano@ttsd.k12.or.us

Saturday, October 2

Coaches Clinics –Tentative line-up

Featuring

8:30AM - 9:00AM - Check in & late registration

9:00AM - 10:30AM – Alex Nikitin – Age Group presentation

10:30AM – 10:45 AM - Break

10:45AM - 12:15 PM – Paul Bergen – Dryland programs Age Group/Seniors

12:15PM - 1:15PM – Lunch Break

1:15PM - 2:45PM – Bud Taylor – Senior Presentation

2:45PM-3:00PM - Break

3:00PM - 5:00PM – Stroke Drill Clinic - in water demos presented by 4 Oregon Swimming Coaches

5:00PM – 7:00PM – Dinner Break

7:00PM – 9:00PM - OSCA Meeting

9:00PM - ??? – Social at McMinnemans

Fee: OSCA members: \$25.00 pre-registration, \$30.00 at the door

Non members: \$30.00 pre registration, \$35.00 at the door

Safety Training for Swim Coaches: \$25.00.

Pre-registrations must be received at the OSI office by Thursday, September 30, 2004.

SENIOR REPORT

GARY LEACH

Olympic Trials- what a fantastic location. Long Beach California in the Convention Center parking lot. 2- 8 lane 50 M pools and a small 2-lane 25 m all located in a spectator area of 10,000 plus. Sunday night (7/11) drew the largest crowd in American history to a swimming venue 10,018.

Outstanding swims but sadly a very slow meet in the morning session based on best times. In some events only 5 to 10 best times were recorded in the prelims. Men's 200 M backstroke took a time slower than the qualifying standard to come back for a second swim. Times heated up in the semi-finals in the evening and anything goes in the finals for a shot on the 2004 Olympic Team. Some great dark horse swimmers made the team and it goes to show that dreams do come true if...

The Oregonian had an article about the Oregon swimmers in the Trials. Great but there were some swimmers left off of the athletes competing with an Oregon connection. Bethany Pendleton who swam in Hood River and swam with Hood River Swim Team and Lake Oswego Swim Club. She attended the University of Wisconsin and represented Wisconsin Aquatics during the trials. Bethany placed in the top 8 in both the 200 and 400M IM. In the 200 IM, Saturday night finals, she was at world record pace for the first 100 ending up 6th in the event. Trent Staley swam for Tualatin Hills Swim club before attending University of Southern California. Trent swam the 400M free, 100 and 200M backstroke in the trials. Trent placed 9th, just missing a

final swim Monday night. Derek Rose swam for Forest Grove and Hillsboro Swim Club then attended University of Washington. Representing Starbucks Aquatics at this year's trials, Derek swam the 100M backstroke.

Matt Leach swam for Tualatin Hills Swim Club and Multnomah Athletic Club and attended Indiana University. Matt represented Indiana swimming at the trials in the 200M backstroke. Chris Thompson from Roseburg and Club Wolverine during the trials swam his specialty the 1,500M free. Chris, American record holder in that event and a bronze medal winner in the 2000 Olympic games, finished 8th in the finals on Wednesday night. A great meet and congratulations to those athletes who attended and competed. To those for the 2008 trials, good luck train hard and maybe you could be one of those who's dream could/will come true.

One last bit of information on the OREGON SWIMMING SECTIONAL TRAINING CAMP 2004, I am waiting to hear from Flagstaff Arizona and conformation in regards to the camp. Look to the Oregon Swimming website for more information. camp will be held in October we are just working out the details at press time. Thanks and great swimming.

AGE GROUP REPORT

AMY EMMETT

At the 2004 House of Delegates meeting in October the following proposals for the 2005 Championships will be discussed and decided. The proposal for 11-14 Short Course Championships is to move the 400 Medley relays to the end of prelims on Friday. This shortens Saturday's time line by one hour, and provides relay only swimmers an event on Friday. Meet management has also recommended this change.

Many coaches have suggested that OSI have the same age groups for both short course and long course Championships meets. The format would not change the event order, but would have separate age groups. There has been considerable discussion about how to score the LC meet given that the 15 & Over age group would contain several age groups. Several options have been suggested, and are included. LC Time Standards will need to be determined for the 11 and 13 year old age groups.

Awards Option 1:

Individual events - 1st place medal and patch (1 patch per swimmer.

2nd - 8th place - Medals

Relay events: 1st - 3rd place Medals, 4th - 8th place ribbons.

Combined team: 1st - 8th plaques

High point award in each age group.

Option 2: 1st place medal and patch (1 patch per swimmer.

2nd - 8th place - Medals All age groups - Finals only for 11-14 age groups

9th - 16th place Ribbons, 15&Over only, with a consolation heat for this age group

Relay events: 1st - 3rd place Medals, 4th - 8th place ribbons.

Combined team: 1st - 8th plaques

Option 3:

1st place medal and patch (1 patch per swimmer.

2nd - 8th place - Medals All Age Groups (15 & Over will be swum together in prelims and separated for scoring and awards with a final hear only for each age group

Relay events: 1st - 3rd place Medals, 4th - 8th place ribbons.

Combined team: 1st - 8th plaques

High point award in each age group

SCORING: Scoring will be determined by option chosen

AWARD NOMINATIONS

Nominations will be accepted for the following Awards.

The awards will be presented at the 2004 Oregon Swimming Awards Ceremony on November.

Nomination can be mailed to Oregon Swimming, 1750 SW Skyline Blvd. #103, Portland OR 97221, or e-mail to swim@oregonswim.org. Athlete and coach of the year nominations will be forwarded to the Oregon Swim Coaches Association.

James J Richardson Award awarded to outstanding long term contributor to the sport of swimming in Oregon Swimming.

United States Swimming Outstanding Service Award

Jon Arlin Adapted Swimming Award

Media Award for Outstanding Support to Oregon Competitive Swimming

Female Athlete and Male Athlete of the year

Age Group Coach and Senior Coach of the year

ALL STAR TEAM

JIM BOWE

The zone coaching staff will be selecting the team after the last session on Sunday of 11 & Over Championships. Priority will be given to the most recent Long Course Meter times, with Short Course yards being the second priority. Also for a reminder their will be a parent informational meeting between prelims and finals on Saturday for all people interested in attending zones.

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Published Monthly

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

Volume 25 Number 7

Subscriptions \$12.00/12 issues
Send \$12 to the Office for subscription

**NON-PROFIT
ORGANIZATION**

**US POSTAGE PAID
PORTLAND OR
PERMIT NUMBER 1910**