



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 5

June 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

JUNE NOTICES

New Oregon Swimming record. New record was established at Stingray Swimming Medal Mania in Federal Way and the Tualatin Hills meet.

11-12 Girls: Sarah Cruzan, THSC, 200M Back, 2:38.43

Open Women: Berte Steven, OSU, 100M Breast, 1:09.47, 200M Breas, 2:26.15, then later, 2:25.95

11-12 Boys: Connor McCarroll, THSC, 100M Back, 1:07.04. Alex Doha, MHST, 200M Breast, 2:58.48, Corey Williams, RST, 200M Breast, 2:56.67.

Congratulations athletes and coaches.

2005 OSI Championships. The 2005 Short Course Championships will be for 10&Under, February 19-20 in Springfield, 11-14, February 24-27 in Corvallis, Senior, March 3-6 in McMinnville. The Long Course Championships for 10 & Under, July 16 and 17 in Albany and 11&Over, July 28-31 in Eugene.

Attention Coaches. Save-A-Heart CPR and First Aid have been removed from the approved list of safety curriculum, effective immediately.

Graduating Seniors. 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
Brianna O'Connor	KWSC	Mark Morris	S Connecticut
Sara Peterson	KWSC	Mark Morris	U Idaho
Haley Koss	MAC	St Helens	U Nebraska
Beth Gaube	OCST	LaSalle	Linfield
Ellie Bieze	THSC	Jesuit	Boston College

Paige Lee	THSC	Jesuit	U of Idaho
Anne Liggett	THSC	Westview	U of Kansas
Matt Morton	THSC	Glencoe	UNLV
Ashly Scroggy	THSC	Canby	Whitworth College
Matt Viglione	THSC	Westview	Auburn
Nancy Alexander	TTSC	Tualatin	Whitman College
Caitlin Dinsmore	WHAT	Tualatin	San Francisco
Ian George	WHAT	Wilsonville	OSU
Mike Tienken	WHAT	Westview	E Oregon U
Adam Fuller	WHAT	Lakeridge	Pacific Lutheran
Casey Bradshaw	MSC	McMinnville	UC Santa Barbara
Laura Brown	MSC	McMinnville	U of Washington
Leesa Cotton	MSC	McNary	U of Puget Sound
Whitney Akers	EYAC	S Eugene	New York U
Elliot Bishow	EYAC	S Eugene	New York U
Ellen McCleery	EYAC	S Eugene	Whitman College
Adam Bratton	BEND	Mountain View	Whitworth College
Henry Holmberg	BEND	Summit	U of Wyoming
Loren Klemz	BEND	Bend	Linfield
Katie Weeks	BEND		Redlands U
Maegan Wood	BEND	Summit	Washington State

Oregon Swimming Board of Directors Meeting

will be Wednesday July 7th in the Multnomah Athletic Club. The officials meeting start at 6PM and the regular meeting at 7PM.

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.

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

Pendleton Swim Association (PSA) is accepting applications for an assistant coach for our summer

program. Employment will be June 14th to August 20th. Position will work Monday thru Friday and several weekends for meets.

Applicants must have comprehensive knowledge of current stroke techniques and have the ability to instruct swimmers of various skill levels. The assistant coach will be working with both the competitive and learn-to-swim programs which total over 80 swimmers. Prior coaching experience is preferred.

Send resume and letter of interest to:
Pendleton Swim Association, P.O. Box 431, Pendleton, OR 97801.

OREGON SWIMMING, INC. Regular Meeting May 5, 2004

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

The following individuals were present: Tim Stevenson, Rick Guenther, Zach Niles, Gene Mielke, Stan Benson, Coby van Andel, Marilyn Loitz, Larry Liebowitz, Mark Rieniets, Bill Kuzmer, Scott Kerr, Kevin Rowan, David Diamond, Amy Emmett, Craig Martin, and Jacki Allender.

A. Approval of Minutes: Minutes from last meeting approved with a correction noting that Zach Niles was present and reported as Athletes Representative as opposed to Mason Amick.

Motion: Gene Mielke, Second: Mark Rieniets,
Vote: Passed Unanimously

B. Treasurer's Report: Jackie Allender distributed copies of the treasurers report current through March 31, 2004. She stated she is still working out the formatting and other computer related issues so the report format will likely change in the future.

Coby van Andel reported that some bills were still forthcoming for the recently completed Zone Team trip and should be accounted for and reflected in a future report. Gene Mielke asked why the awards line item appeared to be fully expended already. Coby replied that the full expenditure reflects the annual awards purchase and not other purchases should be necessary for the rest of the year.

Treasurer's report was accepted as presented by consensus of all present.

C. Reports:

Administrative Chair Rick Guenther: No Report

Age Group Report-Amy Emmett: Amy reported that she has fielded a number of requests from coaches

regarding considering changing the Long Course time standards/age groupings for the Long Course Season. Rick asked that the issue of meet timelines be considered when discussing this topic. Amy replied that it is in the mix of discussion and it appears that this change may not have a significant effect on timelines based on past experiences. Geographic location leading to which clubs choose to attend is the biggest factor regarding meet timelines. She wanted feedback from the Board before pursuing this matter further. After further discussion Amy agreed to prepare a proposal for consideration at the 2004 house of delegates for implementation during the 2005 LC Season.

Senior Report-Gary Leach: looking into Sr. Distance/altitude camp in October in Mexico. I don't recommend this site for several reasons: cost, the air transportation is not favorable in connecting flights. I know there will be something somewhere closer and cheaper. I have not heard back from New Mexico, yet but will send along to all board members just as soon as I receive requested information. I would like to have a decision done by new letter deadline of May 15.

Coaches Report- Chris Richmond: No Report

Athletes Representatives- Zach Niles and Hailey Zehner: Zach Niles reported that he and Hailey had sent out another e-mail to all the club requesting names of Athletes Representatives. They had limited responses and are currently assembling the information. Zach asked Coby if she could include a place on the annual Club Registration Form for each team to designate an Athlete Representative for their Club. Coby will include on forms that go out next fall.

Scheduling/Championship Site Selection-Skip Runkle: Larry Liebowitz reported on proposed changes for Junior National meet including time standards, event format etc.

Time Standards-Andy Carlisle: No Report

Technical Planning-Alex Nikitin: No Report

Web site-Robbert van Andel: Coby Van Andel reported that Robbert was still in the process of updating the website. She referred the Board to an e-mail included in the Board Agenda highlighting the major changes to the website. Possible future Website enhancements are available if OSI would like them.

Safety Chair-Jeanine Serrano: No Report

Camp Coordinator-Jeanine Serrano: No Report

Officials Committee-Bruce Ludwig: Coby reported that Bruce was not able to attend but had submitted a report on the Officials' Workshop held in April in Redmond. 24 Officials attended and a lot of progress was made regarding the issue of re-vamping the training

curriculum and guidelines for OSI Officials. More work is still needed to complete the task.

Adapted-Gene Mielke: Gene reported on the recently held Disabled Championship Meet and that it was a great success with several Oregon and NW swimmers qualifying for the Para-Olympics event in Athens. He further stated that there were 9 pending World and Pan-Am records set at the meet and there will be 45 athletes, the largest number ever participating in the Para-Olympics

Office Manager/Registration-Coby van Andel: Coby Reported that she was actively checking on swimmer registrations for swim meets and is finding a large number of "exceptions". We currently have over 4,000 registered athletes, down slightly from 2003. She is also working on finalizing the Championship Meet information for the LC season and anticipates knowing who are the assigned Officials will be within the next week or two. She is asking that each Club make sure they accurately enter their swimmers information into their Team Manager Databases and use the program for entering meets to reduce the number of entry "exceptions".

Sanctions Chair Mark Rienets: Mark reported that he is still attempting to collect some past due splash and surcharge fees from last year. He will attempt to make one more contact before imposing some sort of penalty as allowed by OSI bylaws. He will also consider withholding future sanction requests and the possibility of restricting the team's entries into OSI Championship meets if needed.

Awards- Lise Thom: No Report

Awards Ceremony-: No Report

Star Chair-Jacki Allender: Jackie reported that she has requested when OSI teams compete outside the USA that they coordinate getting times through USA Swimming.

Records-Cindy King: No Report

All-Star Team-Jim Bowe: It was reported that the All Star Team had some logistical travel problems that resulted in a delay and no one at OSI was notified. It resulted in some concerned calls from swimmer' parents to OSI Board Members who had no knowledge of the problem. It was discussed thoroughly that some sort of a communication protocol needs to be established when OSI is sponsoring trips in case of travel delays etc. Amy Emmett will contact the current All-Star Coaches and Manager and communicate this need. Amy will also ask that the All Star Staff submit a report for possible publication in the OSDI Newsletter regarding the trip. Aside from the travel problems on the return trip. Amy reported that she heard the meet was very well liked and

the Coaches and athletes are recommending attending again in the future.

D. Old Business:

C.B.S.L. With the exception of the final financial transfers, the former C.B.S.L. is no longer. Tim is working with Elfie Stevenin to close out the financial elements of the dissolution and he has also completed the necessary tax reporting requirements.

D. New Business - None

Announcements:

Executive Committee Conference Call June 2, 2004, 7:30 PM

Regular Board Meeting July 7, 2004, 7:00 PM - Multnomah Athletic Club

Officials Meeting July 7, 2004, 6:00 PM - Multnomah Athletic Club

Technical Planning Committee T.B.A.

There being no further business to come before the Board, the meeting was adjourned at 7:59 PM p.m.

Oregon Swimming, Inc.

By Craig Martin, Acting Secretary

SENIOR REPORT ***GARY LEACH***

This will be longer than usual summer for swimming and very much backwards in order of importance starting with the Olympic Trials and working backwards. Trials July 7-14, 11 and Over State Championships July 29-August 1, USA Swimming Nationals August 3-7 then Senior Sectionals August 10-14. Keep up with this one for the summer it's going to be busy and a week longer than normal.

I am still working on the OREGON SWIMMING SECTIONAL CAMP. It's tough going trying to find a location this year. Colorado Springs and the USA Swimming Aquatic facility will be closed from August to December. So the only other option is to go outside the area. Thanks coaches for the suggestions, Mexico, New Mexico and Arizona are the areas I'm still looking into. Any other ideas? Please give me a call. Thanks and see you next month.

AGE GROUP REPORT ***AMY EMMETT***

It seems crazy to be thinking about Long Course Championships entries already, but the entry deadlines are fast approaching. The entry deadline for the OSI Speedo 10 & Under Championships, July 17-18, 2004, in Albany, is noon, Wednesday, July 7th. New times

achieved between July 7-11, 2004 will be accepted until noon, Monday July 12, 2004. Submit entries to swim@oregonswim.org Please note that the OSI Swim Guide has the 200 free and 200 IM as combined 9-10 events, but they will be contested as separate 9 & 10 year-old events.

The entry deadline for the OSI Speedo Long Course 11 & Over Championships, July 29- August 1, 2004, in Gresham, is noon, Tuesday, July 20, 2004. New times will accepted until noon, Monday, July 26, 2004. Submit entries to swim@oregonswim.org Applications for the Oregon Zone Team are due at the conclusion of this meet. This year the Western Zone Championship meet will take place August 10-14, 2004, in Redding, California, at the same time as the LC Senior Sectional Championship. As always, Oregon Swimming hopes to send the strongest team possible to Zones.

USA Swimming is offering six, \$2,000 Outreach Grants. Application information is available from USA Swimming. The deadline for submitting applications is July 15, 2004.

ALL STAR TEAM ***JIM BOWE***

Greetings to all Oregon swimmers, coaches and parents. I am sure many of you have heard of the challenges that the Oregon All Star team encountered on their travels home from Edmonton, Canada. I am a teacher I was unable to get the days off to attend the meet, so I heard of these challenges second hand as well. I have heard many versions of the whole story, and I cannot express how proud I am of how each and every coach handled the situation. I am especially grateful to Jeanine Serrano and the leadership and perseverance that she demonstrated to make sure every swimmer was safe and taken care of.

For those that have not heard the trial and tribulations of our swimmers here it is by the best of my reports: The trip up until Sunday went fabulously. As it often happens at these meets the Oregon team stayed at a hotel where other guests were not as well behaved as our crew. The coaches stayed up late roaming the halls to make sure our kids were appropriate and safe. However, the smoothness of the trip was halted by a mechanical problem on the departing plane. Our swimmers, who were already seated and ready to go, were told to depart the plane until the mechanical errors could be fixed. Unfortunately the first mechanic, who lived 45 minutes away was hurt while trying to fix the problem and was ambulated to the hospital. A second mechanic was called. He lived an hour away. The second mechanic concluded that the problem could not be fixed that

evening and the **flight** was cancelled. Through the hard work of Jeanine each child was given two 10-minute calling cards and a voucher for food. Each coach diligently made sure every child called their parents and informed them of the plans. Jeanine was again hard at work making sure the swimmers had a hotel to stay at. Unfortunately some swimmers either forgot to call home, or left messages with siblings that did not get relayed to the parents. For that I do feel terrible and Oregon swimming will be creating a more reliable communication system that will not rely on the athletes to be the information providers. This system will be in place by the Zone meet this August.

The swimmers spent the night in Edmonton and got on the first flight available to Vancouver BC. There they split into two groups. The first group consisted of those swimmers that lived outside the Portland metropolitan area. It included a group of swimmers that lived in Bend that were able to fly on from Portland into Redmond, Oregon. The rest waited an additional 3 hours until they could get on another flight to Portland. Every swimmer arrived tired, yet safe and sound. I can't imagine how tired our coaches were by the end of this trip. Last summer I spent 5 hours in the Arizona airport during a delay. Between making sure our athletes were contacting parents, making sure they were safe and acting appropriate I was exhausted. If I felt that way after 5 hours imagine how our coaches felt after 12 – 13 hours of watching over the athletes. This All Star coaching staff takes great pride in having the best interest of Oregon Swimming and our athletes in mind. We expect our swimmers to be great representatives of our LSC, their personal teams, their parents and most importantly themselves. We also take great pride in making sure every athlete who gets accepted to be on our team feels safe and included. The coaches give up their personal time and energies to make sure our athletes have a positive experience. As an LSC and for me as the head zone coach there are parts of the traveling system that have been exposed on this trip that need and will be addressed. We will create a plan of action in the event of possible travel delays that will be published and followed if needed by July. This plan will be communicated in the monthly newsletter. However, do not think that the individuals who traveled with our athletes are to blame for the communication problems that occurred in Edmonton. In fact it was their hard work, caring and incredible talents that kept the team together. Jeanine, Jason, James, Kate, Shane, Greg and Alex I thank you for your hard work and dedication you chose to be part of this trip and I am in awe of your efforts to help our swimmers get safely home for Edmonton.

Thank you,
Jim Bowe, Head Coach of the Oregon Zone Team

Edmonton All star Recap

Jeanine Serrano

This year's All Star trip to Edmonton, Canada turned out to be quite the adventure for all those involved. Now that I have had a chance to catch up from lack of sleep and the cold I caught coming back on the airplane, I will try to give you an overview of the trip.

The plane ride over was pleasant and smooth with some spectacular views of the snow capped Canadian Rockies as we flew over. The good weather followed us all the way to Edmonton and lasted through out the whole trip, where we had sunny skies and warm temperatures in the afternoons.

The hotel we stayed at was located on the edge of the downtown area and only a short 10 -15 minute drive to the pool. At the hotel our swimmers behaved appropriately. They were polite to the hotel staff and they were respectful of the other hotel guests. I wish the same could be said for the bands of club volleyball players that loudly roamed through the hotel hallways unsupervised on Friday and Saturday night. This accounts for some of the lack of sleep the coaching staff received after several late night hallway-monitoring sessions.

The Edmonton Keyano International swim meet format is set up a lot like the Olympic format with a mixed age group prelim session in the morning and a semi- final/ finals session in the evening where the athletes compete with swimmers in their same age group. The 50 Free and 100's of stroke are swum with two heats of semi-finals one night qualifying for a finals heat of 10 swimmers on the following night. The 200 IM and 200's of stroke are swum as a single heat of finals in the evening. 400 Free and IM's are swum as a timed final with the fastest mixed age group heat of 10 swimmers swum in the evening.

This years Oregon All Star's swam fast all the way through the competition. Many of our swimmers qualified for second swims in the evening and several came home with ribbons and medals. For some of our swimmers it was their first Long Course meet of the season and they were crushing their best times from the last long course season. If we had stayed all the way through finals on Sunday and had brought a 15-16 age group there is a good chance we would have won the meet.

On Sunday afternoon after the prelim session the swimmers got a chance to visit the West Edmonton mall. It is the world's largest indoor mall with over 800 stores, a HUGE wave pool, a amusement park complete with the world's largest indoor roller coaster, a large ice skating rink, a full size pirate ship afloat in a man-made lagoon, live flamingos and a dolphin show. At the mall the team divided up into six smaller groups with a coach

to supervise the excursion. This mall is really quite something to see and the two hours we spent there was barely enough time for my group to ride the roller coaster and walk the distance from one end of the mall to the other and back.

From the mall the athletes were transported back to the airport for their departing flight. Customs clearance and ticket check in went smoothly, except next time I need to remember to remove on the swimmer's medals, gift key chains and pins from my carry on so I don't spend 10 – 15 minutes having every piece of my luggage hand searched.

From an All-Star team managers' point of view one of the worst things that can happen on a team trip is a flight delay that turns into a flight cancellation. If you have ever had a flight cancellation on your own personal travel I'm sure you can imagine what type of problems occur when you multiply the problem by 38 people that you need to get back to a certain destination at a reasonable time. (To complicate things further factor in that 32 of those people traveling were minors under the age of 14 who had parents on the other end waiting for them and the fact there are no direct flights from Edmonton and Portland.) I am so proud of the way our Oregon athletes behaved at the airport for what turned into a 5 hour wait until the flight was officially cancelled. During this time they kept themselves occupied playing cards or hackey sac, doing homework and using the snack vouchers supplied by the airlines to get something to eat. They were also given a 10-minute phone card so they could help keep their parents informed of the change in flight plans.

When dealing with a fairly large group a cancelled flight becomes a logistical nightmare. We were very fortunate that one of the gate agents for our flight just happened to be the meet director's wife and she was well aware of our group and their parent's special concerns. During the wait I spent a lot of time with her working out the best travel arrangements we could to get the group back safely to Oregon. She also arranged to have a group of Bend swimmers flown into Redmond so their parent's would not have to make the 3 hour trip again to pick up their swimmers. She also arranged to have our swimmers receive a second meal voucher and 10-minute

phone card for the morning so our athletes could get breakfast and parent's would be sure to get the new flight information.

Once all the flight arrangements for the next morning had been made it was close to 11:45pm when the athletes were finally shuttled from the airport to the hotel the airline booked for us. A good night sleep turned into a short four-hour nap before we were shuttled back to the airport for our 6am flight to Vancouver BC.

When we got to Vancouver BC we ate breakfast and divided into two groups for our return flights back to Portland. The first group had to wait 5 hours in Vancouver and arrived back to Portland at 12:36pm.

The second group waited an additional three hours and arrived back to Portland at 4:08pm.

Through out this whole ordeal and the way an already tired coaching staff stepped up to the plate to help with all the last minute changes is truly commendable. I want to personally thank Jason Moore, James Resare, Greg Bostrom, Shane Bennett, Alex Gendron, and Kate Phifer for their hard work and dedication on this trip to keep our swimmers safe and secure.

Through this experience as manager I have realized that for future trips, their needs to be a set policy in how to communicate travel delays or cancellations to the parents of the athletes more effectively. Apparently some swimmers did not relay the information they had received from the coaching staff to their parents as well as we had hoped. In the future we will try to use adult figures to relay the information needed on travel delays via a pre-established system. This will minimize swimmer error and needless confusion.

On these trips I have always carried my cell phone, which parent's can contact me on during the trip in case of emergencies. I apologize that this cell phone number had been listed as my home number on the information that went out to athletes involved in the Edmonton All Star trip. It will be listed as an "Emergency cell phone contact number" on future trips. We will have further information on a "emergency delay plan of action" printed in the Oregon Swimming newsletter before the Zone team leaves for Redding, California in August.

2004 WESTERN ZONE CHAMPIONSHIPS

CHAPERONE APPLICATION

The 2004 Western Zone Championships will be held August 10 -14th at Redding Aquatic Center in Redding, CA. We will be gone from 8-09-04 thru 8-15-04. Persons interested in serving as chaperones (expenses paid) are encouraged to complete the application, FAX to 503-297-8498 or mail, by June 30, to: Oregon Swimming, 1750 SW Skyline Blvd. Suite 103, Portland, OR 97221.

Qualifications:

- Current First Aid & CPR recommended
- Must be Oregon Swimming parent or coach
- Enjoy working with age group athletes
- Experience with group dynamics, teaching
- Knowledgeable of the sport
- Organized, adaptable, flexible, not easily stressed
- Current Driver's License

EMAIL: _____

AGE: ___ GENDER: ___

Shirt Size S M L XL XXL

Short Size, Waist (specify) _____

Best time/place to contact you _____

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PH: (W) _____ (H) _____

Occupation: _____

Employer: _____

OFFICIALS CORNER

Summer 2004 Application for Assignment

Use this application if you are interested in being assigned for OSI Summer Long Course Championships as Starter, or Chief Judge.

Name: _____

Mkkk=08

Address: _____ Home Phone: _____

City, State, Zip: _____ Work Phone: _____

CURRENT CERTIFICATIONS *(circle and complete the following):*

OSI Certification: Highest Position: _____ Since (year) _____ Current Exp. Date: _____

National Certification: Highest Position: _____ Current Exp. Date: _____

National Championship: Highest Position: _____ Current Exp. Date: _____

Application deadline is July 4, 2004.

2004 HIGH DESERT SWIM CAMP

"COACHES: POST THIS ON YOUR BULLETIN BOARD!!"

A UNIQUE, COMPREHENSIVE SWIM PROGRAM:

- The best instructors/speakers in the business
- The best water time of any comprehensive swim camp
- Detailed water and video analysis of every swimmer
- The best ratio of swimmer to adult in the business
- Kayaking, open water swimming, ropes courses
- Hiking, sightseeing, new friends, Central Oregon
- Specialized classes in nutrition, motivation, strength
- 100% satisfaction guaranteed for every participant
- The best prices of any comparable swim camp in the nation!!!

CONTACT US TODAY FOR INFORMATION/REGISTRATION

Phone: (541) 318-5094 (Bert Gottschalk--Camp Director)

Internet: www.highdesertswimcamp.freehomepage.com

E-mail: swimfastnow@hotmail.com

**ATHLETE APPLICATION
2004 WESTERN ZONE CHAMPIONSHIPS**

Redding Aquatic Center - Redding, California, August 10-15th,

This application must be received by the end of finals at the Oregon Swimming 11 & Over Age Group Championships, Sunday August 1 2004. A check for \$420.00 + any fees for additional Zone merchandise must accompany this application; checks will be held until after the team has been selected. Swimmers not chosen will have their checks returned. 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 Redding on Monday August 9th, and return on Sunday August 16th 2004. OSI will provide shorts, sun hats, caps and 2 shirts this year. Athletes will have the option to purchase a swimmer's embroidered backpack and Aquablade suit at the Zone team discounted price.

Name: _____ USA Swimming #: _____ Male /Female Age (as of 8-10-03): _____

Mailing Address: _____ City, State, Zip: _____

Phone: (____) _____ Athlete's E-mail : _____ Athlete Cell phone (if applies): _____

Parent Contact: _____ Parent E-mail: _____ Reach at or Cell: _____

T- Shirt Size (circle one): S M L XL.

Short Size (circle one): XS S M L XL

<p><i>Optional Items: Aquablade Suit) Size _____ (male \$20 / female \$30)= \$ _____</i></p> <p><i>Embroidered Backpack-(\$26)=\$ _____</i></p> <p><i>Additional Caps for trading: amount (5 max) _____ X (\$3each) = \$ _____</i></p> <p><i>Additional T- shirt for trading amount (3 max) _____ X (\$8 each)=\$ _____</i></p> <p><i>Total Cost of Optional items: \$ _____ (please include with fee check)</i></p>

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

Coach's Comments _____

Coach's Signature: _____

FILL IN ALL LCM TIMES IN THE BOXES BELOW! MAKE SURE YOU INCLUDE 50 TIMES THEY WILL 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 2004. 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 Standard Times Achieved							
Event	Time	SCY, SCM, LCM	Date Achieved	Event	Time	SCY, SCM, LCM	Date Achieved

**Applications must be received by the end of finals at Mt Hood CC. on Sunday, August 1, 2004,
or mailed to the office before Wednesday, July 28, 2004**

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

Return to: Oregon Swimming before 7/28/2004 • 1750 SW Skyline Blvd. Ste.103 • Portland, OR 97221-2545

APPLICATIONS NOT FULLY FILLED OUT AND SIGNED BY COACH WILL BE RETURNED!!

Summer 2004 Application for Assignment

Use this application if you are interested in being assigned for OSI Summer Long Course Championships as Meet Referee, Admin Referee, Starter, or Chief Judge.

Name: _____

Address: _____ Home Phone: _____

City, State, Zip: _____ Work Phone: _____

CURRENT CERTIFICATIONS (circle and complete the following):

OSI Certification: Highest Position: _____ Since (year) _____ Current Exp. Date: _____

National Certification: Highest Position: _____ Current Exp. Date: _____

National Championship: Highest Position: _____ Current Exp. Date: _____

Have you been *assigned* a position for past OSI Championship meets? YES/NO

If so, what meet: 10&U-SC 11-14-SC Sr-SC 10&U-LC 11-O-LC YEAR _____

What Position(s)? _____

(answers to the above question neither qualifies you nor disqualifies you, but is helpful in making assignments)

I would appreciate a receipt by e-mail. My e-mail address is: _____

(Please print clearly)

Please indicate below any or all meets and positions for which you would be willing to be assigned:

State Games??? July 10-11 in Gresham (Mt Hood CC)

What: OSI 10&U Championships; **When:** July 17-18; **Where:** Albany

Positions: Meet Referee Admin/Assistant Referee Deck Referee Starter Chief Judge

Please indicate which days and/or sessions you will be available to work _____

What: OSI 11&Over Championships; **When:** July 29-August 1; **Where:** Gresham

Positions: Meet Referee Admin Referee Deck Referee Starter Chief Judge

Referee in Training (needing prelims and finals training)

Please indicate which days and/or sessions you will be available to work _____

(Please note: To be assigned as Meet Referee or Admin Referee you must be available for all sessions.)

Deadlines: For assignment as Meet Referee, the application deadline is April 30, 2004

For other assignments, the application deadline is July 4, 2004.

Please fax, e-mail, or snail-mail to the OSI Office at 1750 SW Skyline Blvd #103, Portland, OR 97221-2545; swim@oregonswim.org; Fax: (503)297-8498

For questions please contact Bruce Ludwig at (541) 548-7507; bludwig@bendcable.com

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

Oregon Swimming News

Published Monthly

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

Volume 25 Number 5

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

**NON-PROFIT
ORGANIZATION**

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