



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

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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

MARCH NOTICES

The Club Leadership and Business Management

School will be Saturday April 10, 2004 from 9:00AM – 3:00PM. Cost for the school will be \$5:00 per person for Lunch and will be open to all our clubs. Please sign up before March 19.

Meet date application for 2005 meets. If your club is planning on hosting a meet or bidding for one of the Oregon Swimming Championships in 2005, please complete the form(s) and return it to the office by March 19, 2004.

The scheduling meeting will be held Saturday April 10 at 3:00PM following the Club Leadership seminar at the Multnomah Athletic Club.

Clubs intending to host meets in 2005 are required to be represented at this meeting. The purpose of the April 10 scheduling meeting will be to establish as much as possible the 2005 schedule. The championship meet dates and locations will be decided. Meet host applications must be returned to the office no later than March 19. Please note that hosts are required to submit a second choice for meet dates. Priority will be given to clubs which (1) submit applications before March 19, (2) give alternative dates, (3) host open competitions, and (4) request meet dates which are more conducive to progressive development of Oregon swimmers .

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. There are too often 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

Canby Swim Club is looking for an advanced Age Group Coach to join our year-round competitive swim program and share the responsibility of training approximately 80 swimmers. Job responsibilities include conducting workouts

1 1/2 - 2 1/2 hours a day, Monday through Friday, and participating in 1-2 swim meets each month.

Certifications (First Aid, CPR and Safety training for Swim Coaches) are required. Salary is based on experience and qualifications.

Please e-mail your resume to Head Coach, Eric Laitinen at eric@canby.com or our Club President, Nancy O'Brien at nancyob@centurytel.net. You may also send your resume to P.O. Box 21, Canby, OR 97013.

AGE GROUP REPORT ***AMY EMMETT***

There have been some questions about Oregon Swimming Records and how they are recorded. With the addition of new distances for the 11- 12 swimmers in the 1000, 1650, 400 IM and the 200 butterfly, backstroke, and breaststroke events. The current process is to credit the fastest swim recorded after these distances were recognized by Oregon Swimming in 2000. However, if a faster time can be verified, the faster swimmer will be credited with the record.

Documentation needs to be sent to the Oregon Swimming Records Chairperson, Cyndi King. Robbert Van Andel also flags new possible records when he receives the results for posting on the web page. When the record has been confirmed, it is recorded with the Oregon Swimming office and posted. This process takes some time. If a record is broken and not posted, or if a swimmer or coach believes that a mistake has been made, they should contact Cyndi King at records@oregonswim.org or at cyndi_swim@hotmail.com. Her phone number is 503-645-1881.

SENIOR REPORT ***GARY LEACH***

Oregon had a delegation of athletes and coaches to Orlando, Florida February 10-14, 2004 for an early spring National Championship. Teams represented were Mt. Hood Swim Team with 4 athletes, Multnomah Athletic Club 2 athletes, Portland Aquatic Club 1 athlete, David Douglas 1 athlete and Columbia River 1 athlete. A large meet with 1,000 plus high school and post college athletes in the mix. A great tune-up for athletes to achieve an Olympic Trials qualifying time or to improve on times already achieved.

The women's 100 breaststroke and 100 fly took an O.T. time just to come back for a second swim. That includes the 'C' final. All of the men's events were smaller in number and subsequently slower time wise than the much sought after O.T. standard. Names and places of Oregon's athletes will be in the next newsletter.

Good luck high school athletes in the State Meet. To all athletes fast swimming in OSI Senior Champs and Senior Sectionals.

ADAPTED SWIMMING ***GENE MIELKE***

USA Swimming Disability Championships-Paralympic Swimming Trials: The men's SCY and SCM time standards for the 2004 Swimming Trials posted on US Paralympics' website were reversed. The problem is now corrected, so please check back to ensure that the correct cuts are used. The link is:
<http://usparalympics.com/ParalympicTrialsTimeStandards.pdf>.

Meet packets for the US Paralympic Trials are now available online at US Paralympics' website:
<http://usparalympics.com/2004ParalympicSwimmingTrialsMeetInfo.FINAL.pdf>.

Meijer Disability Meet: The entry deadline for the GTAC Meijer Disability Meet is March 10. The meet is April 3-4 at Eastern Michigan University in Ypsilanti, MI. Several foreign countries, including Canada, Netherlands and Nigeria may attend. US Paralympics Elite and National Team members are eligible for travel funding. There will also be prize money for setting a world record at the meet. You can get more information about the meet on the website at:
<http://gtacswim.com/First%20Annual%20Meijers%20Disability%20Open.htm>

USA Swimming Scholastic All Americans: Anyone with a 3.0 GPA who is in 10th, 11th or 12th grade now that

competed in the 2003 USA Swimming Disability Champs meet is eligible. Several swimmers with disabilities have achieved this honor in the past! The applications for the USA Swimming Scholastic All American award are posted on their website at: <http://usa-swimming.org/programs/template.pl?opt=news&pubid=3857>.

Blind Athlete Funding: The US Association of Blind Athletes has created a system of funding for youth athletes who are blind or have visual impairments. Please contact Nicole Jomantas [719-630-0422, ext. 10] for more information.

College Scholarships: The Ethel Louise Armstrong Foundation, Inc. (ELA) is pleased to announce that the 2004 ELA Scholarship application is now available at www.ela.org in the scholarship section of the ELA website.

The ELA Scholarship provides financial assistance to women with physical disabilities who are enrolled in a college or university graduate program in the United States. ELA Scholarship awards are based on merit and are given in an objective and on a nondiscriminatory basis. Each applicant is required to submit an application packet including an application form, a college transcript, two letters of academic recommendation, a medical verification form and an essay outlining how she will "Change the Face of Disability on the Planet." Scholarships range from \$500 to \$2,000 per year. The application deadline is June 1st, 2004.

The vision of the Ethel Louise Armstrong (ELA) Foundation, Inc. is to "Change the Face of Disability on the Planet". Our mission is to promote, through grants and scholarships, the inclusion of people with disabilities. The ELA Scholarship is designed for women with physical disabilities who join with us to pursue this vision.

Contact Deborah Lewis at executivedirector@ela.org for more information about the ELA Scholarship

OFFICIALS CORNER

BRUCE LUDWIG

Training Workshop

The training workshop is scheduled for April 16-18 in Redmond. I am finalizing accommodations at Eagle Crest. Our plan is to rent multi-room condos and share. Lodging costs would be per couple. In other words, no additional lodging cost if a spouse comes along. Tentative schedule would be for a social Friday evening in one large condo. Meetings as follows: Saturday 8-10, general meeting; 10-12, breakout meetings; 1-3, general meeting, 3-5 breakout meetings; possibly social or

working social Saturday evening; Sunday 8-12 general meeting; 12 o'clock dismissal.

If I have not contacted you to confirm your attendance I would appreciate it if you would e-mail me your intentions. Everyone is welcome. Everyone, that is, who is willing to work hard to re-define our training regimen. Just because you may not have been asked to attend does not mean you are not welcome or valued. Please, we need a fair sized group, and I need to know asap who will be attending. Other communication will be by e-mail

Thank you

Thanks so much for providing our son, Matthew Haynes, the opportunity to swim for the Oregon All-Star Team in Olympia. It was a wonderful experience for him to spend two days with many of the top Oregon age-group swimmers and coaches, and race some of the best swimmers on the West Coast. Thanks especially to Coby, Jeanine Serrano, Head Coach Jim Bowe, and his staff, including the 11-12 boys coaches Jill Black and James Resare. We hope that OSI continues to put a high priority on all-star competition, and that a large number of young swimmers will be able to participate in this fun and rewarding activity.

Regards,
Stephen Haynes, Laureen Tracy, and Matthew Haynes

Dear OSI

I recently attended your All Star trip to Olympia, Washington. I had a wonderful time. I appreciate all your hard work and dedication,
Sincerely,
Sam Rowan, ECSC

ALL-STAR MEET SWIMMER APPLICATION

EKI Meet Edmonton Canada,
April 29 – May 2, 2004

Applications are due for those not going to age group sectionals Wednesday, March 17th. They may fax it to the office or email it to me directly). For those going to Age Group Sectionals march 21 before finals. Projected swimmer out of pocket costs will be approximately \$375.00.

**FAX to Oregon Swimming at 503-297-8498.
Phone 503-297-6027 to verify receipt of FAX.
Or mail to: Oregon Swimming, Inc. 1750 SW
Skyline Blvd. suite 103, Portland OR 97221
DO NOT SEND MONEY WITH THIS
APPLICATION**

ALL-STAR MEET SWIMMER APPLICATION

EKI Meet Edmonton Canada,

April 29 – May 2, 2004

Swimmer's Name: _____ M/F

Address: _____

City, State, Zip: _____

USA Swimming# _____ Club: _____ Phone _____

Coach Name: _____ Your age (on April 29, 2004): _____

Enter best short course yards and long course meters times for **ALL** the following applicable events: (Must have a minimum of one current short Age Group Sectional time. For short course time standards, 11-12 yr. old use 12 yr. old time standards, 13-14 yr. old use 14 yr. old time standards). **The times you list below must have been achieved since September 1, 2003.**

Event	S C Y Time	LC M Time	Date Achieved	Meet at which this time achieved
50 Free				
100 Free				
200 Free				
200 IM (11-12)				
400 IM (13-14)				
100 Fly				
200 Fly				
100 Back				
200 Back				
100 Breast				
200 Breast				
200 IM (11-12)				
200 IM (13-14)				
400 IM (13-14)				
* 50 Back (Relay)				
* 50 Breast (Relay)				
* 50 Fly (Relay)				

- **Please circle the events for which you have achieved a qualifying time. Please include *50 yard times for Relays.**
- **Please Note:** Since short course times will most likely reflect your most recent performances, they will receive priority consideration in the selection process.
- **IMPORTANT:** This form must be signed by your coach in the space below. Coach's signature verifies that the times have been achieved in competition since June 1, 2003.
- Coaches, please use the space provided for comments you may wish to make regarding the swimmers events, conditioning, etc.
- **Coach's signature verifies that swimmers level of conditioning is appropriate for this competition and that to the best of your knowledge, the times listed are accurate and were achieved on the date and at the meet indicated.**

Coach's Signature: _____

Coach's Comments: _____

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