



# Oregon Swimming News

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## **JEFF GUDMAN VICE PRESIDENT NATIONAL ADMINISTRATION USA SWIMMING**

Championship meets have just concluded or are in the process of concluding. The swimmers are doing the best they can based upon how much training they have done, the kind of training they have done, are they listening to their coaches and countless other factors that go into making a successful swimmer.

It goes without saying that coaches have a significant impact on the swimming experience of the athletes. Coaches spend countless hours working with the athletes. In the best circumstances, and thankfully, this is vast majority of the time, coach's help the athletes improve their skills, perform to their best ability, and develop strong character.

Swimming is fortunate to have many, many fine coaches and clubs which are committed to retaining coaches through financial support, board backing regardless of the ownership of the club, continuing education for the coaches and recognition of the tremendous positive impact coaches have on the swimmers.

All coaches strive to find the right balance between pushing and when best to lay off. The challenge for coaches is further complicated by the fact that some swimmers respond well to a coach who pushes them, while others do not. Research show and common sense supports the idea that younger swimmers respond much better to positive encouragement than to critical challenges. Good coaches of younger swimmers know this implicitly and conduct themselves accordingly.

Older swimmers can handle more of a challenge, but even high level swimmers will not respond to excessive pushing without positive encouragement.

It is difficult for parents to know whether a coach is striking the right balance. Unless you watch every practice and competition – which is very distracting to both coach and athlete – each of us must rely on what we hear and observe with the swimmers. If the rumor mill or grapevine, and we all know how the rumor mill can work, labels the coach as really tough, but your swimmer is coming home excited about swimming and happy about improvement, then perhaps the coach is finding the right balance nurturing/supporting and tough. On the other hand, if the swimmer comes home with physical complaints and concerns about being heavily criticized, you may need to learn more. In any event, it is very important that each of us do our homework before addressing the coach. It is useless to complain without understanding what is going on. Not every swimmer is going to be an Olympian (with over 300,000 swimmers in USA Swimming, the odds are against it), but every swimmer can have a positive and rewarding experience in the sport and we can all celebrate the success each swimmer has regardless of how far they go in the sport.

If we believe that the coach is making an error with your swimmer in one form or another, we need to rule out a couple of important possibilities. Does the coach have a point? Are you getting the full picture from the swimmer? Have you encouraged the swimmer to address his or her concerns to the coach directly? Have you consulted in a reasonable and open manner with other knowledgeable people before contacting the coach directly? Are you being respectful of the coach even if

you do not agree with them? A parent should always keep in mind and be open to the possibility that the coach may see certain qualities in your swimmer more objectively than you do.

We all know from personal experience how a coach, a teacher, or mentor can make a huge difference in the lives of young people. Perhaps the best way to measure a good season and a good coach is whether or not your swimmer wants to swim again the next season.

At the end of the day, let us celebrate coaches for all they do and give thanks to all the parents who help make it possible for the coaches to be the best they can be, so the swimmer can be the best they can be.

See you at the next meet.

## ***COMMENTS FROM THE CHAIR MARK RIENIETS***

### ***UPDATES AND OTHER RANDOM THOUGHTS***

One of the things I have noticed with many of the non-profit organizations I have been associated with over the years is that they do great work, and achieve phenomenal results, but often do not communicate well with their membership. Since I seem to be the single common factor that spans all these organizations I have been a member of, an analytical person could be led to the suggestion that perhaps I am part of the communication problem. To ensure that I am not, and to address the solution to the problem, it is time I started to contribute to this newsletter a little more regularly than I have in the past, so if insomnia is something that you have experienced in the past, I may have a ready made cure for you!

Firstly, let me address the current burning issue for this month. Anyone entered the 11 & Over OSI Championships this year would have noticed that a \$3 facility surcharge has been included in the cost for each swimmer. The background for this goes back to 2005 when the site selection for this year's championship was made. If you are not aware, the hosting pool for the OSI Championships is selected the prior year by a majority vote from all the clubs within Oregon. The Mt Hood Community College pool was selected by at the meeting 12 months ago. At the time of the vote, it was widely known that Mt Hood Community College have a mandate to levy a gate charge on all spectators who attend any swim meet at the college, (including the ones hosted by the resident Mt Hood swim team), with all the funds going to the community college.

One of the complaints we have heard over the years when the OSI Championships have been conducted at this venue is that it can get very expensive if your family is attending multiple sessions at the championship meet.

The gate surcharge is currently \$2 per person per session. The simple math's on this is that if two adults and a non competing teenager attend a single session of the championship meet to support a swimmer, it is going to cost the family \$6. If they wish to return to the finals session in the evening, be prepared to pay \$12 each and every day. OSI addressed this concern with Mt Hood, who were bound by the mandate handed to them by the governing body of the community college, but were also sympathetic to the cost to the families. Because of these discussions, the compromise of a \$3/swimmer facility surcharge was suggested. The other alternative was for OSI to absorb the gate surcharge as part of the pool rental cost. Based on the last championships meet held at Mt Hood, this would have been an additional charge in the vicinity of \$4,200 on top of the pool rental and was deemed as not being an economically sound option. After numerous discussions it was decided that although it was not an ideal solution, it was definitely a cost effective solution for the families attending the championship meet to pay a one time fee of \$3/swimmer.

The Mt Hood Community College was again selected as the host of the 11 & Over Championships for 2007 at the scheduling meeting last April. If you would like to express an opinion regarding the arrangement we have for this year, and how next year should be handled, please email, phone or stop me on the deck, I am always open for feedback. In most cases your club coach is the person who will vote for the pool site selected for future championships, so discuss the situation with them as well.

Once the championship season is complete, our next large gathering will be the OSI House of Delegates which will be in Redmond/Bend this year. Recently a number of changes to our operating procedures and reimbursement methods have been reviewed and approved by the OSI Board. The board has the authority to approve and implement these changes, but because of the nature of the changes, a number of them have been deferred to the House of Delegates for ratification prior to being implemented. If you are planning on attending the House of Delegates on October 1<sup>st</sup>, please keep an eye on the OSI web site over the coming weeks and review the proposed HoD legislation as it is posted. If you have any questions or concerns, please contact one of the OSI board members and discuss the issues with them.

One of the changes which the OSI board has approved and implemented is to clarify who will be sponsored to attend the USA Swimming convention each year to represent Oregon Swimming. In the past we have sent our elected office bearers and a number of general delegates. The annual convention is a great opportunity

for education in numerous aspects of swimming and administration. Starting with the convention in 2007, our two general delegates from Oregon Swimming will be chosen by election at our House of Delegates this year. If you have an interested in attending the USA Swimming convention next year and can allocate the 6 days that the convention takes, please contact this years nominating committee (Mark Bernett, Amy Emmett and Tim Stevenson) or let Coby in the office know and she will pass your name to the nominating committee.

Yours in swimming, Mark

## ***Reminder about Dual Meets***

***Terry Johnson***  
***OSI Sanctions Chair***

When an application is submitted for a sanction for a dual meet please remember that the teams involved **MUST** be listed on the meet information. If there are no fees associated with the dual meet, then application may be made via email and done all electronically. If for some reason there are other teams **ADDED** to the meet after the sanction, the sanction will be voided and the meet will then become an **OPEN** meet and will have to be 're-sanctioned' as such.

Also please remember that on an **OPEN** meet there can not be stipulations such as 'no unattached swimmers' in the meet information. An **OPEN** meet is just that...open to all.

I will be including a helpful information sheet for those that will be attending the HOD training for Meet Directors being held in October.

## ***AUGUST NOTICES***

**2007 Membership.** Membership fees for 2007 will be raised with \$1.00. Athlete fee: \$48.00, Officials \$53.00, Coaches \$73.00. All membership info and forms will be mailed to the club address in August. Officials will receive their forms in the mail.

**Hy-Tek Rebate.** Oregon Swimming teams are eligible for a \$50 rebate when they purchase Meet Manager 2. To obtain this rebate, send a copy of the receipt from the purchase of Meet Manager 2 to the OSI office between March 1, 2006 and November 30, 2006.

As funds are available a check will be sent to the team. Receipts must be received (not postmarked) in the OSI office no later than November 30, 2006.

**The next OSI Board of Directors Meeting** will be held Wednesday September 6<sup>th</sup>, 7:00PM in the Multnomah Athletic Club. An officials meeting will start at 6:00PM.

**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 Sectional 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.

## ***OREGON SWIMMING RECORDS***

At the Pacific Rim Classic, LOSC swimmers set several new OSI records, including one individual record.

Karen Turner set a new individual record in the 11-12 girls 200 IM by swimming 2:28.31. The time was good enough to better former national team member Lauren Thies's time of 2:28.91 set back in 1992.

The team of **Brenda Cha, Celia Keany, Brie Balsbough, and Abby Lyons** broke 29 year old record when they swam 2:13.81 in the 10 and under 200 freestyle relay, bettering the old time of 2:15.60 set by THSC in 1977. The same set of swimmers lowered the OSI record of 2:33.67 in the 200 medley down to 2:30.98. The old record was also held by THSC and set in 1992.

In the 11-12 age group, **Karen Turner, Kemy Lin, Cassidy Robinson and Sherry Zhang** combined to set two new records. For the 200 freestyle relay, they swam 1:58.05, bettering the old record of 1:59.50 set in 2004. Then in the 200 medley relay, they swam a time of 2:10.90. The old time was 2:11.48 held by THSC from 2005.

Not to be outdone by the girls, the 11-12 boys 200 medley relay team of **Daniel Chen, Luke Marshall, Alex Lyons and Nike Bode** combined to better a 20 year old record, swimming 2:12.36, good enough to beat the 1986 record of 2:14.57 set by THSC.

The Tualatin Hills 13-14 Boys 200 free relay team of **Steven Ung, Brian Stocks, Jonathan Yuan and Brendan Liu** broke the old record of 1:48.37 when they swam 1:47.73. The old record was held by THSC as well and set in 2005.

At the MHST Invitational, **Taylor Scroggy** of THSC bettered her own 1500 meter freestyle record with a time of 18:34.40, bettering her old record by over 20 seconds.

Oregon Swimmers continued their record breaking performances. At the 11 and Over Championships, 4 swimmers broke 6 individual records and 6 relays teams bettered records.

**Taylor Scroggy** of THSC bettered her own record in the 11-12 girls 800 freestyle dropping an amazing 24 seconds off her previous record of 9:50.50 with a time of 9:36.15. **Amy Wiley**, swimming unattached, bettered the 2004 11-12 girls 50 breaststroke record of 36.01 twice. First, in prelims, she swam 35.96 and then in finals swam 35.77. **Jacob Pebley** (CAT) bettered two 11-12 boys records. In the 100 backstroke, he swam 1:05.85, bettering his own record set at the CAT Open in May. In the 200 backstroke, Jacob swam 2:25.00, lowering the 2005 record of 2:26.11. **Neil O'Halloran** of THSC was responsible for the final individual record of the weekend with a new 11-12 boys 400 IM record of 5:08.11, bettering Garth Summers' 2001 record of 5:15.22 by swimming 5:08.11.

THSC swimmers accounted for most of the relay records set this weekend. The 11-12 boys 400 Medley team of **Marco Signorelli, Ahmed Emara, Neil O'Halloran, and Wyatt Hayden**, swam 4:54.95 to better the old record of 4:55.82 set in 2001 by THSC. The relay team of **Brendan Liu, Brian Stocks, Jonathan Yuan, and Steven Ung** set 3 13-14 relay records. In the 400 free relay, they swam 3:55.96 breaking the old record of 3:57.56 set way back in 1989. In the 800 free relay, the boys combined to swim 8:31.08 breaking the old record by over 9 seconds. It was set in 2000 and stood at 8:40.18. And in the 400 medley relay, they swam 4:23.06 bettering the 2005 record of 4:26.54.

The girls got in on the relay action as well. The THSC team of **Sarah Cruzan, Megan McCarroll, Taylor Lakey, and Abby Lindstrom** swam 4:33.63, just out touching the BRSC team who also went under the old record of 4:33.90 set in 2002. The BRSC team of **Crystal Kibby, Sammi Mischkot, Ellen Dow, and Tori Simenec** may have missed out on the 400 medley relay record but they bettered the 800 free relay on the opening day with a time of 8:48.56, bettering the old record set at Senior Sectionals by 4 seconds

Great job swimmers.

## **AGE GROUP REPORT**

### **LISSA PARKER**

I hope everyone is having a fun and successful LC season. At the OSI Ten and Under Champs in Albany this last weekend everything seemed to run smoothly and the swimmers looked to be having a great time!

To avoid any confusion over swimmer entries at qualifying meets such as this one (we had a few difficulties with entries getting to the OSI office for this meet) I would suggest some practical tips:

- 1) Always check the OSI database after meets to ensure that times are in line with the results you have as coaches; it is easier to correct as soon as possible after any given meet. Encourage your swimmers and parents to use it as a resource.
- 2) Plan to enter your swimmers at least a full day ahead of the deadline, unless it is a time achieved past that deadline which can be sent via email. Remember times already achieved cannot be updated. Set yourself a reminder- if you use email then there are several programs that will send you a reminder message i.e. MSN calendar.
- 3) Confirm if sending entries by email. Generally the OSI office will respond with a thank you or confirmation. If you send a fax, request on the fax for a confirmation back. This includes other issues such as financial reimbursement for senior swimmers. Programs such as Microsoft Outlook will offer a read receipt message sent back to the sender under the 'Options' section- just click on the box.
- 4) If you have not received a response before the deadline for entries due then please call the office and leave a message if you don't get to speak with a person.

All of these will make it a much smoother process and ensure participation for all qualified swimmers.

As we move towards finishing up a hot summer season please remember to encourage your athletes to stay hydrated. Ask your coaching staff how much and how often you should be drinking fluids to optimize your health and competitive advantage. Guidelines have recently been modified to drink more to thirst; however many swimmers go past the point of thirst when dehydrated. Any easy way to make sure you get enough water and some carbohydrate replacement is to fill a gallon jug with a combination of sport drink i.e. Gatorade and water for your daily allotment. Keep it in a cool place at meets- then you can monitor how much you have been drinking. And always check with your coach to see what he/ she recommends.

Remember that Zone applications are due soon at the conclusion of 11 & Over State at Mt. Hood CC on July 30th. For athletes interested in going with qualifying times already a pre- application can be sent in and times updated after that meet. Please help the OSI Zone staff out if you intend to go, and let them know if you are interested- last minute deadlines are always tight for this

meet. Contact OSI All Star Team Head Coach Greg Bostrom/ Corvallis Aquatic Team at 541-766-6306.

See you on deck- *Lissa*

## **SENIOR CHAIR REPORT**

### **KYLE KIMBALL**

I would like to wish everyone good luck with the championship meets coming up. It should be an exciting finish to a great year of swimming! I look forward to watching all of our Oregon athletes race at the upcoming OSI, Sectional, and National level competitions.

I would also like to let everyone know about the annual Altitude training camp held October 26-29. This year we will have the camp at the Olympic Training Center in Colorado Springs again. It was a great experience last year, and we are looking forward to another great camp. I encourage any Senior Sectional level swimmer to apply if you are interested in attending.

We will pick the top 10 female and the top 10 male athletes that apply for the camp. The cost of the camp will be approximately \$150. This will include airline ticket, food, lodging, Oregon All star Camp jacket or sweatshirt, and a great experience at the Olympic Training Center. Stay tuned to the website for upcoming information and applications!

## **ATHLETES CORNER**

### **LOGAN AND APRIL**

Hi every one! Logan and I have mentioned before that we are looking for a new O.S.I. representative. So coaches it would be great if you could inform your swimmers about this opportunity. and if any of your swimmers are interested have them contact Logan Storie or April Robinson for any questions.

Good luck to all the swimmers competing at championship meets in the next few weeks! Have fun and swim fast!

*April and Logan*

## **2006 WESTERN ZONE TEAM**

Oregon Swimming has selected it's 2006 Zone team, scheduled to compete in Fresno, California from August 8th through August 12th.

### **Female**

#### **11-12**

Carpenter, Kori J (MAC)  
James, Jessie L (BEND2)  
Murphy, Rachel C (RST)  
Robinson, Cassida (LOSC)

### **Male**

#### **11-12**

Beamer, Jonathan (CAT)  
Bode, Nick (LOSC)  
Chen, Daniel (LOSC)  
Freeman, Kyle D (EY)

### **11-12( continued)**

Schalk, Nicole (TDPS)  
Turner, Karen M (LOSC)  
Wiley, Amy (UN)  
Zhang, Sherry (LOSC)

### **Female**

#### **13-14**

Bing, Kaylin S (RST)  
Bottelberghe, Jessica (VSC)  
Burke, Carissa M (THSC)  
Dow, Ellen (BRSC)  
Duvall, Kate R (VSC)  
Heaney, Rachel L (SCAT)  
Iverson, Jordan L (CAT)  
Kosugi, Yuca (MHST)  
Lee, Kaila N (EY)  
Lightcap, Emily A (TTSC)  
Mischkot, Sammi (BRSC)  
Rogers, Christy K (BEND)

### **Female**

#### **15-16**

Alf-Huynh, Kayla M (PRSC)  
Boyce, Sydney L (CAT)  
Carpenter, Kershia (BEND)  
Dailey-Deaton, Ivette (PAC)  
Deckard, Kristyn N (BEND)  
Ellis, Jodie M (HEAT)  
Heller, Anna M (SLST)  
Johnson, Katelyn M (CAT)  
Jones, Emma (EY)  
Maricle, Aubrey G (DDSC)  
Medvec, Jessica A (TTSC)  
Myers, Melissa D (TTSC)  
Rowan, Carly R (ECSC)  
Smith, Lisha A (MSC)

### **Female**

#### **17-18**

Erwin, Marra E (TTSC)  
Green, Denise M (SCAT)  
Kerekianich, Ashley A (YSC)  
Lee, Rachel A (CAT)  
Mangan, Natascha (BRSC)  
Menkel, Cat (NST)  
Tilicki, Heidi M (ECSC)  
Walker, Jessica (GCST)

Ghiglieri, Aaron M (RST)  
Hurwitz, Jordan (TDPS)  
Lyons, Alex (LOSC)  
Ortega, Anibal (MHST)  
Pebley, Jacob (CAT)  
Rooker, Gabriel J (FGST)  
Waller, Kevin (SCAT)  
Wallin, Kevin (PAC)  
Weinert, Chris (MHST)  
Wolfe, Gunnar (TDPS)  
Young, Aaron M (FGSC)

### **Male**

#### **13-14**

Allen, Mason (BEND)  
Cha, Brian S (LOSC)  
Hartmeier, Paul R (BEND)  
Liu, Brendan F (THSC)  
Losch, Nathan E (BEND)  
Morrell, Nic (BEND)  
Ringquist, Austin (HEAT)  
Rooker, Jonathan (FGSC)  
Stocks, Brian P (THSC)  
Ung, Steven T (THSC)  
Wicks, Kyle (BRSC)  
Williams, Corey C (RST)

### **Male**

#### **15-16**

Carter, Samuel G (WSC)  
Mathews, Eric B (RRSC)  
Rooker, Daniel J (FGSC)  
Rowan, Sam (ECSC)  
Shull, Skyler J (RRSC)

### **Male**

#### **17-18**

Diamond, Jerry M (ECSC)  
Donohue, Luke P (DDSC)  
Ellertson, Charlie (PAC)  
Snell, Dusty (ECSC)  
Tracy, Kenni (DDSC)  
Wells, Trae (CAT)

Congratulations and good luck to all the participants.

## OFFICIALS CORNER

### What Coaches should expect from an Official

By Mick Nelson, *Club Facilities Development Director*  
 2006 Officials Training Workshop  
 Olympic Training Center

Mick started out with asking why did we (you) want to become an official?

- To get on deck to be closer to your swimmer
- Did not like timing
- Do not want to be with spouse in gallery
- Love hospitality room – cheaper than STARBUCKS
- Always wanted to be policeman
- Always want to be on stage
- Have to be there so why not?
- Want my kid(s) to think I know everything about swimming

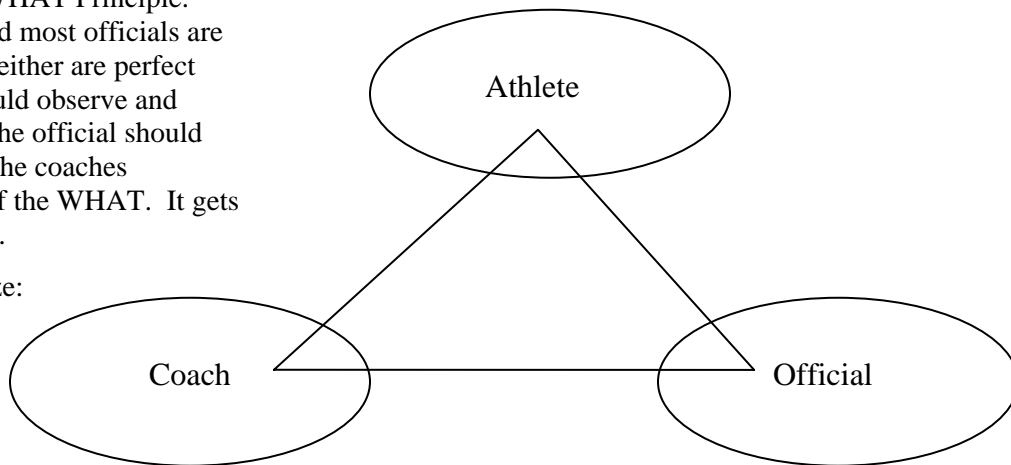
His next questions were what we (you) expect to get out of officiating?

- Travel to exotic places
- Respect
- New friends
- Accomplishment

Many and Most or the HOW and WHAT Principle. Many coaches are well informed and most officials are well informed. Both are human – neither are perfect thus it is expected that officials should observe and decide what a swimmer is doing. The official should NOT tell the swimmer how, this is the coaches responsibility. Officials take care of the WHAT. It gets down to the proverbial triangle .....

As you look at this triangle, visualize:

- Confrontation
- Disagreement
- Explanation
- Clarification
- Mediation – Negotiation



Mick then stated common goals for both Coaches and Officials:

1. Know the rule book
2. Know what good and great swimming look like
3. Know and use proper etiquette
4. Set an example for athletes
5. ½ of a conversation is listening

Then a list of Do's and Don't on Deck:

Do's	Don'ts
Make eye contact	Look around disinterested
Listen and think	Have pre-conceived notions
Evaluate situation	Judge the person
Always be sure	Be afraid to change your mind
Tell a swimmer what they did wrong	Tell them how to do it right
Learn how to speak soft with a smile	Scowl and have a bully attitude

Having a sense of humor is a gift – knowing how and when to use it is an art.

## Rules Update and a Philosophy of Officiating 2006 Officials Training Workshop Olympic Training Center

Submitted, Bill Boyce and Joel Dahl

Bruce Stratton, Chairman USA Swimming Rules and Regulations Committee

Bruce started out reminding all of us that as officials we strive to provide "Fair and equitable conditions" for all athletes regardless of ability and skill. He emphasized:

- Benefit of doubt within the rules
- Strive to be coach and athlete friendly as possible

Some clarifications.....

- **Pacing/watches:** apparently this has been a problem in some LSC's but he reminded us that if the watch tells time then it is ok for the swimmer to leave on. What this means is that if the athlete has a triathlon watch on, don't worry about it, most pools have scoreboard that provide more information on splits than a watch would and is easier to see. If the watch has the ability to provide a signal, sound/light for pacing, and the is using the watch for this purpose, then this would be considered a violation and should remove the watch before the swim.
- **Butterfly:** Emphasize that you need to observe the feet cross for a rule violation to occur.
- **Butterfly Finish:** If the swimmer touches with their head to the wall first then is followed by a legal touch, this is not a rule violation, but probably a timing error, since the time was stopped by the head touching first. It is very important to observe what happens afterwards.
- Read the rules in their entirety, not just the individual sentence. A good example of this is the rule change for the Breaststroke. Rule 101.1.3; The Kick in the breaststroke. It says in the second paragraph that breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick. Bruce Stratton states that "there are two issues here, first; whether a swimmer is "required" to be wholly submerged and secondly; can the feet break the surface of the water. Breaststroke has three requirements: all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement; the feet must be turned outward during the propulsive part of the kick; and, a scissors, flutter or "downward" butterfly kick is not permitted except as provided in the first paragraph of Article 101.1.3. Breaking the surface of the water with the feet is allowed at anytime as long as it is not followed by a "downward" butterfly kick (EXCEPT as provided in the first paragraph of Article 101.1.3).

Joe Black, Co-Chair Officials Committee, stated; "Call what you see and see what you call". Be real careful not to be bias from observations or previous knowledge about a swimmer, i.e. this swimmer is known to do this. Only report on what you see, remember to be athlete centered calls. It was

mentions several times during the weekend, "Why are you looking for a reason to disqualify a swimmer. If you have to think of a reason to disqualify a swimmer, then maybe there is really nothing wrong". Thus, again, it is really important that you know the technical rules related to the strokes if you are a stroke and turn judge.

**Starting Clarifications:** There was a brief discussion on what constitutes Non-Disqualifying Motion at the start. The rules in USA swimming states When all swimmers are stationary, the starter shall give the starting signal. (Note: the rule does not say motionless as the starting rules in NCAA and high school). Joe Black, Co-Chair USA Officials Committee stated "once the swimmer set and you can put a glass cube around them, as long as they are stationary in the cube, i.e. movement of the foot, hand would constitute as Non-Disqualifying motion. If the swimmer breaks this imaginary cube, then the swimmer would not be considered stationary and this would be consider a violation and a false start.

Finally, how do rules changes happen? For example, the rule change with the breaststroke, why did it become a new rule in September instead of May? Well, USA Swimming has an agreement with FINA swimming that USA swimming technical rules will follow FINA's rules, thus when FINA voted and immediately adopted the changes in the breaststroke rule, USA swimming had to follow per their agreement. Finally, Bruce Stratton was great, and welcomes questions. He said he looks for trends in questions, thus the clarification in the Breaststroke rule in February. So if you feel you just don't quite understand some aspect of a technical rule, write it up and give it to your area chair and have them email Bruce Stratton for further clarification.

### Rowdy Gaines – Athlete perspective of Officials presentation at the 2006 Officials Training Workshop, Colorado Springs, Colorado May 28th

At the Olympic Training Center we had the opportunity to have Rowdy Gaines address us from the Athlete perspective. Rowdy Gaines won individual Olympic gold in the 100 meter freestyle and anchored both U.S.A. relays to Gold medals in the 1984 Olympics in Los Angeles. He started out his presentation by telling us all that he loves swimming officials, partly because they helped him to his first Olympic Gold Medal.

Gaines said that we need to realize the respect athletes have for officials. His list of Top 10 areas that athletes look for officials.

10. **Passion** – love for the sport. He stated that it is ok for us to let the athlete see our passion we have for the sport of swimming.
9. **Authority** – this is essential for competition, and we as officials must be able to relay this to the athlete in a respectful way. We are the "Boss", part of the team.
8. **Even temper** – High and lows differ for athlete than official. Officials should show no emotion. Rowdy related a story about his warm-ups at the 1984 Olympic trials with his coach and Tracy Caulkins watching. Rowdy stated that he really needed a longer warm up and was in a hurry to get started, and whipped his warm ups and it got really quiet in the stadium. He turn and looked at his

coach who then pointed where his suit should have been and wasn't. Tracy told him he had not much to show, but she went on to swim a world record.

7. **Consistency** – be consistent in future calls. Athletes really expect this, actually demand that we are the same through out the competition.
6. **Experience** – Athletes want the most experienced people on deck observing their swims They expect us to want to strive to improve in what we do. Officials should know the rules better than anyone on the deck.
5. **Civility** – be courteous, respectful to all athletes, regardless of what happens.
4. **Verbalization** – making sure we are clear, concise to the athlete of WHAT they did wrong. The athlete does not want us to show them or tell them HOW (this is the coaches responsibility), but they do want us to tell them what the infraction was in concise terms.
3. **Spirit of the Law versus the Letter of the Law** – or the benefit always should go to the swimmer.
2. **Integrity** - Officials are role models to athletes and athletes are very aware of how we act and what we do while we are on deck.
1. **SAFETY** – Athlete assumes that the environment is safe. It is the athlete's expectation is that it is the responsibility of the Officials to ensure their safety. Part of this maybe delegated, temperature, chemistry of the pool, but the referee does have the responsibility to ensure that the venue is safe. We need to be concerned about all areas, including air quality issues.

Finally Rowdy told us the rest of the story related of how he felt officials had helped him win his first Gold Medal. At the 1984 Olympics, they that 3 people that were starting, two starters that were traditional on timing and the third was called by the coaches and officials the "fastest gun in the west" Mark Stockwell claimed a silver medal in the 100m freestyle, behind Rowdy Gaines after a controversial incident involving the starter. Gaines' coach, Richard Quick was aware of the tendency of the starter Frank Silvestri's tendency to pull the trigger immediately as the swimmers mounted the blocks. Gaines managed to gain around a metre's start on the remainder of the unaware field, and this was enough, as he held Stockwell off to claim the gold by 0.44s. Stockwell and Swimming Australia lodged an official protest, but to no avail. His coach, Richard Quick told him that he was going to have to change his start if this starter was drawn for his event, otherwise he would be left on the blocks. Rowdy then showed the finals of the 100 meter freestyle video. As the start gave the command "Take your mark", the video zoomed in and went to slow motion, it showed Rowdy going down quickly while Mark Stockwell in Lane 5 setting a lot slower, and then the gun went off, with Rowdy off the blocks and Mark still setting. Mark Stockwell had been seeded 0.4 seconds faster, but because of preparation, Rowdy won this race and the gold medal. All of us in the room watching the video all collectively moaned when we heard the gun go off and seeing the start.

Rowdy presentation gave us all a perspective that I was not really aware of. And the video at the end demonstrated of how we have to be consistent with those on our team of officials that we work.

## **OREGON SWIMMING INC**

### **Regular Meeting**

**Wednesday, July 5, 2006; 7:00 p.m.**

**Multnomah Athletic Club, Portland, OR**

The meeting of the Board of Directors of Oregon Swimming Inc. was called to order by General Chair, Mark Rieniets.

Present were: Rick Guenther, Kyle Kimball, Bud Taylor, April Robinson, Marilyn Loitz, Jeff Gudman, Gene Mielke, Alex Nikitin, Coby van Andel, Judy L'Roy, Julie Carpenter, Stan Benson.

**Minutes:** Minutes from May 3, 2006 were approved as presented.

#### **Treasurer (Jacki Allender)**

**M/S/P** Motion to accept Treasurer's written financial report for January-June 14, 2006 as submitted.

#### **REPORTS – ADMINISTRATIVE CHAIR, RICK GUENTHER**

##### **Age Group (Lissa Parker)** No Report

Lissa has requested a conference call on the 11/O championship meet. One will be set up.

##### **Senior Report (Kyle Kimball)**

Plans for the Altitude Camp in Colorado Springs in October are progressing. As soon as final confirmation of the date is received, a flyer will be put out.

##### **Coaches Report (Bud Taylor)** Written Report

Bud presented proposed changes/additions to the OSI Top 5 Awards ceremony.

**M/S/P** Motion to accept Bud's proposed changes/additions to OSI Top 5 Awards ceremony and for him to move forward with them.

#### **Athlete Reps (April Robinson & Logan Storie)**

April reported that only one athlete has expressed interest in the Athlete Representative position. Coaches will be contacted, and it will be advertised on the website. The new award design from the Athlete Representatives is done and will be sent to Coby.

##### **Scheduling (Tony Magden)** No Report

##### **Time Standards (Andy Carlisle)** No Report

##### **Technical Planning (Alex Nikitin)**No Report

Alex mentioned problems with the 11/O events file. They have been corrected.

##### **Website (Robbert van Andel)**

Robbert is working on a site selection and voting process for future site selection and meets calendar.

##### **Safety Chair (Jeanine Serrano)** No Report

##### **Camp Coordinator (Scott Kerr/Mark Maxwell)** No Report

##### **Officials Chair (Bruce Ludwig)** No Report

##### **Adapted (Gene Mielke)**

The Paralympic 2006 National Championships will be held this summer in San Antonio. Mark Rieniets is the meet referee and Gene Mielke is Admin referee for this meet. Mark Rieniets has been invited by IPC to officiate at the Paralympic World Championships in Durbin, South Africa in December.

**Office Manager/Registration (Coby van An del)**

2006 registration for OSI is currently at 5,973 athletes, 753 seasonal athletes, 206 coaches, 384 officials, 63 clubs, 6 seasonal clubs.

The newsletter will soon be sent out electronically. It will be announced as to when this will start.

**Sanctions Chair (Terry Johnson)** No Report

**Awards Ceremony (Cheslah Barkdoll)** No Report

**NTV Chair (Jacki Allender)** No Report

**Records (Cyndi King)** No Report

There were a few new records set this month and they have been posted to the website.

**All Star Team (Jeanine Serrano, Mgr/Greg Bostrom, Head Coach)**

The information packet for the 2006 Western Zone meet is available. It will be going out to coaches and also posted soon. At the zone dinner meeting, Greg and Jeanine plan to present a proposal for combining the 15/16 and 17/18 age groups at the Western Zone meet.

**OLD BUSINESS**

*An electronic alternative to the current scheduling meeting is being worked on.*

**Championship Meet Bids:** Bids for OSI championship meets currently do not include what the cost will be to OR Swimming; ie, pool cost, equipment rental, extra costs such as gate fees or cleanup costs, etc.

**M/S/P** Motion to expand bids to include financials

Also, to make the bidding more formal, each bidder will have a linked site for presenting their bid ie photos, information; etc

Mark reiterated the Executive Board's decision on accepting the Mt Hood Community College option of a \$3 per swimmer surcharge for the 11/O championship meet rather than charging a gate entry fee of \$2 for each spectator each session. The \$3 per swimmer facility surcharge will be collected by OSI.

Judy L'Roy announced that she was taking Julie Carpenter to the zone meet to work with her.

Gene Mielke will write something for the newsletter on the status of getting approval for same sex competition.

**NEW BUSINESS**

**M/S/P** Motion to amend as submitted by Mark Rieniets as follows:

**Article V – Oregon Swimming, Inc. Travel Fund, Section IV - Representation to the Annual USA Swimming Convention****b. Eligibility –**

3. If an OSI Board member, the delegate must have been actively involved in OSI and present at a minimum of 2/3rds of the meetings of the Board of Directors during the twelve-month period prior to the convention.

**c. Reimbursement -**

1. 100% Reimbursement - Normally, those designated to serve as delegates based on their position with OSI include; 1) General Chair, 2) Administrative Chair, 3)

Senior Chair, 4) Age Group Chair, 5) Coaches Representative, 6) Technical Planning Chair and 7) Senior & Junior Athletes Representatives, 8) Treasurer, and 9) Office Manager and 10) Officials Chair.

2. ~~75~~-100% Reimbursement - Any person holding an "At Large" vote to the Convention who is a member of OSI.

3. ~~50% Reimbursement~~ - Any person not otherwise qualified for a greater share who holds an elective office in OSI, and including the Sanctions and Officials Chair. (The elected positions are the General Chair, Administrative Vice Chair, Senior Chair, Age Group Chair, Technical Planning Chair, the Treasurer, Secretary, Coaches Representative, and Junior & Senior Athletes Representatives).

4. 3. Registration Fee - This will be paid for any member of OSI who attends the Convention.

5. 4. Athlete Representatives - Junior & Senior athlete meals and miscellaneous expenses.

5. In addition to the above positions and subject to budget constraints, two additional OSI at large delegates will be elected each year at the OSI House of Delegates to represent OSI at the next convention. These delegates shall receive 100% Reimbursement.

6. Should any of the above delegates decline to attend the USA Swimming Convention, the General Chair may choose to appoint a substitute to attend the convention in their place, except for the Coaches Representative, who shall appoint their own replacement.

~~6.~~ 7. Subject to budget constraints: ~~1)~~ the General Chair may elect to schedule caucuses at the

Convention during the lunch hour, and provide lunch, at OSI expense, for those OSI delegates present. ~~and 2) the OSI Board of Directors may authorize, in advance, payment of reasonable per diem for OSI delegates.~~

This change addresses the following areas:

- Raises the reimbursement for the Officials Chair from 50% to 100%
- Raises the reimbursement for the TPC Chair from 50% to 100%.
- Removes the Sanctions chair and other elected officials from eligibility for reimbursement.
- Reflects the current practice and increases reimbursement from 75% to 100% for any OSI member who is eligible to vote as an 'At Large' member at the convention.
- Permits the OSI House of Delegates a larger voice in who represents OSI by providing for an election of 2 additional general representatives to attend the USA Swimming convention. These have historically been chosen by the General Chair.

Mark Rieniets will have a proposal for changes to official's funding for the next meeting.

ASCA has posted interviews with the USA Swimming presidential candidates. Jeff Gudman is one of them.

The next Board meeting will be on September 6, 2006 at 7:00 p.m. at the Multnomah Athletic Club.

Meeting was adjourned at 8:50 p.m..

Respectfully Submitted, Marilyn Loitz, Secretary

**2006 OREGON SWIMMING MINI-EXPO**  
**SEPTEMBER 29, 30, OCTOBER 1, 2006**  
**BEND, OREGON**

The 2006 Mini Expo will be in the Inn of Seventh Mountain in Bend, September 30 - October 1. Reservations can be made by using the group code 1048C3, through the website [www.seventhmountain.com](http://www.seventhmountain.com) or call 1-800-452-6810.

**Friday, September 29**

**2:00PM – 6:00PM** -- Golf tournament –

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

**Saturday, September 30**

**Coaches Clinics –**

**Details will be announced as soon as possible.**

**Inn at Seventh Mountain**

**7:00PM – 10:00PM** - OSCA Meeting and dinner. Athletes and coaches of the year are nominated and elected by the Oregon Swim Coaches Association members. Nominations are due by September 15 and should be sent to Bud Taylor.

**Female Athlete of the year**

**Male Athlete of the year**

**Age Group Coach of the year**

**Senior Coach of the year**

**Athlete Swim Camp**

Details will be announced as soon as possible.

**9:00AM – 2:00PM**

Cost is \$20.00 per athlete. Camp is open to the first 50 athletes. Athletes have to be registered with Oregon Swimming.

**Officials Clinics**

**Details will be announced as soon as possible.**

Schedule

**10:00AM – 12:00PM** Train the Trainers

**12:45PM - 1:30PM** General meeting for all clinic attendees

**1:30PM - 4:00PM** Breakout to Separate Clinics

- Stroke & Turn - for the beginning deck official
- Starter – for officials who have been certified as S & T for one year or more
- Referee – for officials who have been certified as Starter for one year or more
- Referee Recertification
- Meet Director – no prerequisites
- Electronic Timing – no prerequisites

**Note:** There is no charge or membership requirement for the clinics. Attendees not already members of USA Swimming must join prior to beginning on-deck training. Clinics run concurrently, therefore you may attend only one clinic.

**Sunday, October 1**

***Inn at seventh Mountain***

***Oregon Swimming House of Delegates meeting***

**8:30AM - 9:00AM:** House of Delegates check-in

**9:00AM - 3:00PM: Oregon Swimming House of Delegates meeting**

Each member club of OSI is required to send a representative to this meeting. Eastern Oregon District and Cascade East League may elect one delegate to represent their respective clubs.

The Chair will determine the timing of a lunch break, if needed.

**REGISTRATION FORM**  
**2006 Oregon Swimming Mini-Expo**

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

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

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

**Phone:** \_\_\_\_\_ **Club:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Athlete Registration number** \_\_\_\_\_

- I wish to attend the Safety Training for Swim Coaches, \$25.00 fee is included
- I am a coach member of Oregon Swimming and will be attending the clinics on Saturday, September 30, 2006. \$30.00 pre-registration fee is included. Registrations at the door are \$35.00 for OSCA Members
- I am a coach member of Oregon Swimming and will be attending the clinics and dinner on Saturday. \$45.00 Pre-registration fee is included. Registrations at the door are \$50.00 for OSCA Members.
- I am a coach member of Oregon Swimming and will be attending the dinner on Saturday. \$20.00 registration for the dinner is included.
- I am not a coach member of Oregon Swimming and will be attending the Coaches Clinics on Saturday, September 30, 2006. \$35.00 pre-registration fee is included. Registrations at the door \$40.00.

**NOTE: Pre-registrations must be received at the OSI office by Thursday, September 28, 2006**

- Athlete Swim Camp – \$20.00 fee is included.
- As an official or prospective official I wish to attend the clinic checked below. No fee
- Train the Trainer
- Stroke & Turn
- Starter
- Referee
- Meet Director
- Electronic Timing

**Send this form to: Oregon Swimming, 1750 SW Skyline Blvd. Suite 103, Portland, OR 97221**

**\* Officials may FAX the form to 503-297-8498**

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