

## **MONTANA SWIMMING**

November 6, 2003

Dear Members of Montana Swimming,

Enclosed are the minutes of the Montana Swimming Semi-Annual meeting which was held in Bozeman on October 5, 2003. Please review the enclosed minutes to ensure they accurately reflect the meeting, and let me know before December 15<sup>th</sup> if they do not. If I do not hear from anyone by December 15<sup>th</sup>, I will assume the minutes are satisfactory.

The current list of Montana Swimming House of Delegates and registered clubs in our LSC is included. The official contacts for each registered club are listed and will be used for all official notices. It is up to each club to notify me if any of this information changes.

Please distribute the minutes to your coaches and swimmers.

Thank you,

*Jamie Bleskin*

Jamie Bleskin, Secretary  
Montana Swimming  
[jlbleskin@ewst.com](mailto:jlbleskin@ewst.com)

# **Montana Swimming Semi-Annual Meeting Agenda**

**October 5, 2003**

**Bozeman High School, Bozeman, Montana**

1. Roll Call
2. Review, correction, and adoption of the minutes of the last meeting
3. Report of Officers, Coordinators, and Committee Chairs

General Chair

Administrative Vice Chair

Program Development Vice Chair

Program Operations Vice Chair

Finance Vice Chair

Secretary

Treasurer

Coaches' Representative

Athlete Representatives

Safety Coordinator

Technical Planning Chair

Membership Registration Coordinator

Officials Chair

Records Chair

Policy and Procedures Manual Committee - Lev

Program Development Committee - Lev

Timing Equipment Committee – Lev and Mark Model

4. Old Business

- a. Zones – Nancy, Lev, Di, and Larry
- b. Convention – Larry, Lev, Di, Nate, Erin, and Susan

5. New Business

- a. Proposals and by-law change
- b. Budget – Larry
- c. Club Leadership Business Management School
- d. Missoula pool bond issue report
- e. Elections and Nominating Committee report
- f. Short course state meet host bids – Hardin and Missoula
- g. Long course meet schedule and bids
- h. Other

6. Resolutions and orders

7. Adjournment

# **Montana Swimming Semi-Annual Meeting Minutes**

October 5, 2003

Bozeman High School, Bozeman, Montana

The Fall 2003 Semi-Annual Meeting of Montana Swimming was called to order at approximately 9:10am on Sunday, October 5, 2003, at Bozeman High School in Bozeman by General Chair Susan Huckeby. The Notice, which was duly and properly given, and the Agenda are attached to these minutes. A roll call sheet is also attached listing those members in attendance. A quorum was present and the meeting proceeded.

It was moved to accept the Spring 2003 Montana Swimming minutes as corrected. The motion passed.

## **Reports of Officers:**

**General Chair:** Susan Huckeby gave a verbal and written report which is attached to these minutes

**Administrative Vice Chair:** Di Robinson had no report.

**Program Development Vice Chair:** Lev Bates was not present

**Program Operations Vice Chair:** Nancy Halstrom gave a verbal and written report which is attached to these minutes.

**Finance Vice Chair:** Janice Bell had no report.

**Secretary:** Laurie Brennan had no report.

**Treasurer:** Larry Johnson gave a verbal report. Cash flow report for last 9 months was handed out. Cash position appears strong. Last several years MT Swimming has built up a cash reserve. One year reserve would be a recommended amount. He also has the 2003 tax return available for anyone's review.

**Coaches' Representative:** Chris Klinge gave a verbal report. All Star Camp was a great success. Coaches' Retreat was postponed this year.

**Athlete Representatives:** Nathan Witnam gave a verbal and written report which is attached to these minutes. Lauren Wright had no report.

**Safety Coordinator:** Brian Robinson gave a verbal report. Safety Marshals are doing a good job at meets. Concern is risen regarding the new pool depth rule and clubs are encouraged to be safe in those regards.

**Technical Planning Chair:** Mike Burton and Lenny Duberstein were not present

**Membership Registration Coordinator:** Jodi Peretti gave a verbal and written report which is attached to these minutes. She presented early bird awards to Laurie Brennan as first non-athlete registered in 2004 and to FAST for the first club to register in 2004.

**Officials Chair:** Mark Model gave a verbal and written report. There are a number of officials who will not be returning as officials this next year and it is highly encouraged to try to replace these people. Materials on becoming an official are available for all clubs from Mark along with videos for training. Mark Model was awarded the first Montana Swimming Excellence in Officiating Award.

**Records Chair:** Lowell Anderson was not present.

**Policy and Procedures Manual Committee:** Lev Bates and committee are still working on it. Lev would like to get together with coaches to work on camps for MT swimmers.

**Timing Equipment Committee:** Donations came in to help with new trailer with tires, etc. New pads are needed to outfit both ends of the pool. Pads are approx. \$950 a piece. Lev Bates recommends allocating \$10,000 to finish supplying the timing trailers.

## **Old Business:**

**National Convention:** Larry Johnson – Location in San Diego, CA. USA Swimming budget is available. Junior Nationals will be coming back in 2005. Changes in Seasonal membership were made. A report has been made to show where the money from the annual dues increase goes to. Di Robinson – Athlete panels were valuable. She is excited about Salt Lake City as 2005 Zones site. She said the USA Registration dues increase is valuable after seeing the reports of where the money goes.

Nathan Whitnam – A verbal and written report was given.

Erin Bell went to convention in place of Lauren Wright.

Susan Huckleby – a written report will be given along with a verbal report.

Reports from all are attached to these minutes.

**Meet Paper Work:** All teams be sure to send in paper work after completing meets.

**Website:** Rich Hartl and John Klinge are still working on setting up the new website.

**Western Zones:** Nancy Halstrom and Lars Halstrom presented a wonderful slide show and a written and verbal report on Western Zones in Tempe, Arizona. Zones 2004 will be in Redding, CA. Zones 2005 will be in Salt Lake City, Utah. Nancy's report is attached to these minutes.

## **New Business:**

### **2003 Montana Swimming Proposals**

The following proposals were discussed and voted upon at the Montana Swimming House of Delegates meeting October 4-5, 2003, in Bozeman.

**Proposal 1. for a By-Law Change:** Amend Montana Swimming By-Laws section 602.2.3 to read “Each Club Member shall appoint an Active Individual or Coach Member to be a Club Safety Coordinator....” (Individual Member is replaced with Active Individual or Coach Member).

Rational: This amendment is a recommendation from National Headquarters’ Legal Counsel. Currently, according to our By-Laws, section 602.1.2C reads “Active Individual members-An Active Individual Member is an individual other than a Coach Member or an Athlete Member...”. Accordingly, a Coach Member cannot serve as a Club Safety Coordinator. Many coaches in our LSC serve in the capacity of Club Safety Coordinator. The change in the By-Law (with NHQ’s blessing) would allow them to continue to serve in this capacity.

**Submitted by: Jodi Peretti, Registration Coordinator**

**-Passed-**

**Proposal 2:** To have all Montana Swimming member clubs include in the front of their meet programs a copy of the meet contract and sanction number.

Reason: This would provide information to the parents who may never see the contract, and would answer questions normally posed to coaches, board members and to meet personnel. This would resolve question involving scoring, special considerations, special concerns, warm-up policy changes and other information parents may not have been informed about.

Submitted by: Duane Luterbach, BAC

**-Did Not Pass-**

**Proposal 3:** Montana Swimming will purchase and distribute copies of the USAS mini-rule book for all officials and official trainees each year. The Montana Swimming Officials Chair will be in charge of ordering and distributing the mini-rule books each year.

Proposal submitted by: Susan Huckleby

**-Passed-**

**Proposal 4:** Recognize the Montana Swimming Junior All Star Team (12&Under Swimmers) and designate money (up to \$300.00) to honor these swimmers.

Note -- The Junior All Star swimmers must meet the same performance requirements as the All Star Team – namely the swimmer must swim a “AAA” or faster time in one or more individual events between September 1 and April 1 (short course season).

Proposal submitted by: Brian and Di Robinson

**-Passed-**

**Proposal 5:** Change Zones Qualifying time to the TUSS “AAA” time standard or Zone Qualifying Time, whichever time is achieved.

Proposal submitted by: Brian and Di Robinson

**-Did Not Pass-**

## **Proposals regarding the LSC Championship Meets**

### **Proposal 6: Short Course LSC Senior Championship Meet**

This meet will be held only during the short course season. This will be a two and a half day meet format – preliminaries/finals. Swimmers can swim 7 individual events, no more than 3 per day.

All registered swimmers of Montana Swimming who have attained the qualifying times are eligible to compete in the Short Course LSC Senior Championship meet.

The qualifying period for the short course championships is from January 1 of the previous year through the entry deadline.

Time Standards shall be as follows: 13-14 year old “A” time standards except the 50 yd/m events will be the 11-12 “AA” times.

Awards will be given for 1<sup>st</sup> – 3<sup>rd</sup> places in each event. Montana Swimming will allocate up to \$500 for awards. A \$1.00 surcharge per swimmer will be paid to Montana Swimming.

Events for short course senior championships:

50 yd/m free, 100 yd/m free, 200 yd/m free, 500 yd/400 m free, 1000 yd/800m free, 1650 free/1500m free;

50 yd/m backstroke; 100 yd/m backstroke; 200 yd/m backstroke

50 yd/m butterfly; 100 yd/m butterfly; 200 yd/m butterfly

50 yd/m breaststroke; 100 yd/m breaststroke; 200 yd/m breaststroke

200 yd/m IM

400 yd/m IM

400 yd/m freestyle relay

200 yd/m medley relay

200 yd/m freestyle relay

This meet will be added to the Montana Swimming 2003-2004 Meet Schedule.

Montana Swimming will appoint a committee to determine the meet format.

Proposal submitted by: Susan Huckeby

***-Passed as amended-***

### **Proposal 7: Seeding individual events at the LSC Championship meets**

Seeding individual events when using non-conforming times at LSC Championship meets shall be as follows:

All conforming times shall be arranged in time order. Non conforming times will be arranged as follows:

- In a long course championship meet, the time shall be arranged in time order in long course meters followed by short course meters followed by yards. (L-S-Y)

- In a short course yard championship meet, the times shall be arranged in time order in yards followed by long course meters followed by short course meters (Y-L-S)
- In a short course meter championship meet, the times shall be arranged in time order in short course meters followed by long course meters followed by yards.  
(S-L-Y)  
Submit times using “show actual” option  
Converted times will not be accepted for LSC Championship Meets

After arranging the times as provided above, the event will be seeded in normal fashion.

Proposal submitted by: Susan Huckeby

***-Passed as amended-***

**Proposal 8:** Converted times will not be accepted or used for State Meets and Top Times Reports.

Proposal submitted by: Janice Bell, John Klinge, and Larry Johnson

***-Passed-***

**Proposal 9:** Qualifying periods for the LSC Championship meets

The qualifying time period for the LSC Short Course Championship meets shall be from January 1 of the previous year through the entry deadline.

The qualifying time for the LSC Long Course Championship meets shall be from May 15 of the previous year through the entry deadline.

Rational: This proposal allows a slightly longer qualifying time for the swimmers to qualify for the LSC (state) championship meets. Other higher level meets, including Zones, have a longer qualifying time period than one year. The time frame was selected to add about year and two months as the qualifying time period.

Proposal submitted by: Susan Huckeby

***-Passed as amended-***

**Proposal 10:** Change state qualifying times to a “B” time standard as a one year trial basis to be reviewed in October 2004 at House of Delegates Meeting.

Proposal submitted by: Brian and Di Robinson

***-Did Not Pass-***

**Proposal 11:** LSC Age Group Championship Qualifying Time Standards

The LSC Age Group Championship meet qualifying times shall be the “B” time standard for swimmers age 10 & under and older.

Proposal submitted by: Susan Huckeby

***-Did Not Pass-***

**Proposal 12:** Offer 6 more events to the 8 and under swimmers at the LSC Age Group Championship meets. In addition, allow 8 and under swimmers to swim 6 events with a maximum of three per day at the LSC Age Group Championship meets. The qualifying times are the same for both girls and boys and are listed below.

<b>Event</b>	<b>SCY Q Times</b>	<b>SCM Q Times</b>	<b>LCM Q times</b>	<b>SC/LC Event</b>
50 Free	58.09	1:04.47	1:05.76	Both
50 Back	1:01.59	1:08.36	1:09.73	Both
50 Fly	1:00.99	1:07.67	1:09.05	Both
50 Breast	1:05.79	1:13.02	1:14.48	Both
100 IM	1:55.69	2:08.41	-----	SC
100 Free	1:42.44	1:53.71	1:55.99	Both
100 Back	1:58.78	2:11.85	2:14.49	LC
100 Fly	2:12.47	2:27.04	2:29.99	LC
100 Breast	2:12.65	2:27.24	2:30.19	LC
200 Free	3:43.00	4:07.53	4:12.49	LC
200 IM	3:54.84	4:30.48	4:35.89	LC

**Proposal submitted by: Brian and Di Robinson**

**-Did Not Pass-**

**Proposal 13:** Allow 8 and under swimmers to swim 6 events with a maximum of three per day at the LSC Age Group Championship meets. All 8&Under events will be timed finals.

Proposal submitted by: Brian and Di Robinson

**-Passed-**

**Proposal 14:** Allow the 8 & under age group to swim more than the 4 -25yd events and the 4-50m events at the state meet. For short course the event listing should be 25 & 50 yd free, 25 & 50 yd back, 25 & 50 yd breast, 25 & 50 yd fly, and the 100 IM based on the swimmer achieving an time standard of 80% of the B time for a 9 yr. old.

Proposal submitted by: Ben and Diane Dean

**-Passed as amended-**

Sent to Program Development to develop time standards and then send out to teams.

**Proposal 15:** Adjust the 8 and under LSC Age Group Championship meet qualifying time standards to the following times. The times listed will be the same for both boys and girls.

<b>Event</b>	<b>SCY Qualifying time</b>	<b>SCM Qualifying Time</b>
25 Free	27.99	31.06
25 Back	33.99	37.72
25 Breast	40.99	45.49
25 Butterfly	40.51	44.96

Rational: This will allow for a few more 8 and under swimmers to compete at state especially in the breaststroke and the butterfly which normally have fewer entries.

Proposal submitted by: Susan Huckeby

**-Did Not Pass-**

**Proposal 16:** 10 and under swimmers swim timed finals only at the LSC short course state championship meets and will swim prelims/finals at the LSC long course state championship meets.

Proposal submitted by: Brian and Di Robinson

**-Passed-**

**Proposal 17:** Add the 50 fly, 50 breast, and 50 back for swimmers thirteen and older. Qualifying time standards for the LSC Championship meets shall be based the standard given percentage for the 50 free in their age group and determined by the Montana Swimming Program Development Coordinator.

Proposal submitted by: Ben and Diane Dean

**-Passed-**

**Proposal 18:** Proof of Entered Time

All individual entry times must be made during the correct qualifying time period specified in the meet information.

All individual times must be proven prior to the proof of time deadline. The proof of time deadline should normally be Tuesday at 5:00 pm prior to the first day of the meet. This allows the host team adequate time to print the meet program. The proof of time deadline shall be specified in the meet information. Montana Swimming shall determine the proof of time deadline.

Submit proof of time by sending a Hy-Tek software Team Manager ‘meet entry report’ with the option “include proof of times”. (Check the box asking the question – include proof of time) Teams with less than five swimmers entered and/or unattached swimmers may submit their entries and proof of time on a master entry/proof of time form if they do not have the Team Manager software.

Failure to prove a time will result in the swimmer being scratched from the event.

A swimmer who fails to swim a qualifying time during an LSC Championship meet will not have to provide any additional proof of time from meet final sheets as proof of time must be submitted with the entries. Additionally, the swimmer will not lose any points or awards given for a swim not meeting the qualifying time standards.

Times may be proven from the Montana Swimming Proof of Times data base, meet final sheets, the STARS data base, and/or any other acceptable proof of time method as determined by Montana Swimming.

**Proposal submitted by: Susan Huckeby**

**-Null-**

### **Proposal 19:** Responsibility Clause

The coach, swimmer, or swimmer representative who signs a Montana Swimming Championship entry form thereby attests that all times stated in said entry form are true and correct as achieved qualifying times for each event entered. He/she assumes responsibility for false or incorrect time(s) which are unacceptable under Montana Swimming rules and shall be assessed a \$50 penalty payable to Montana Swimming for each such time entered unless absolved of the fine by Montana Swimming. Montana Swimming will not fine any coach, swimmer, or swimmer representative for any incorrect entry times that are submitted and determined to be an "honest mistake" by Montana Swimming. A committee consisting of the Montana Swimming General Chair, Administrative Vice Chair, Program Development Chair, the Meet Registrar (for that particular meet), the Meet Administrative Referee, and the Montana Swimming Proof of Times Data Base Tabulator will determine if any fines should be levied. The swimmer, coach, or swimmer representative will not be fined if he/she can provide proof of time for another qualifying time meeting the requirements and must submit that time for entry into the event.

Proposal submitted by: Susan Huckeby

**-Did Not Pass-**

**Proposal 20:** Swimmers, coaches, and clubs/teams are required to submit to the Montana Swimming Top 16 and Proof of Time data base tabulators meet results for all meets a swimmer has competed in during the year. Meet manager back-ups should be submitted. If a swimmer doesn't have a meet manager back up for an out-of-LSC meet, the swimmer should contact the tabulator regarding the swim so the data is obtained.

Rational: This allows Montana Swimming to maintain accurate records for determining Top 16, Top Times, All Stars, Zones, STARS, and proof of time requirements within the LSC.

Proposal submitted by: Susan Huckeby

**-Passed-**

**Proposal 21:** Mt. Swimming shall dispense of the pre proof of times verification for the State Meets.

Proposal submitted by: Janice Bell, John Klinge, and Larry Johnson

**-Passed-**

**Proposal 22:** To set the event order for the Short Course and Long Course Montana Swimming LSC Age Group (State) Championship Meet.

To set the event order for the Short Course and Long Course Montana Swimming State Championship Meet.

The events should be set to the following order:

Friday		Saturday		Sunday
10 & Under	50 Breaststroke	10 & Under	100 IM SC	8 & Under 25/50 Breaststroke
11-12	50 Breaststroke	11-12	100 IM SC	10 & Under 100 Backstroke
13-14	100 Breaststroke	13-19	400 IM SC	11-12 100 Backstroke
15-19	100 Breaststroke	11-19	400 IM LC	13-14 100 Backstroke
11-12	200 Breaststroke			15-19 100 Backstroke
			8 & Under 25/50 Freestyle	
10 & Under	50 Freestyle	10 & Under	200 Freestyle	10 & Under 100 Freestyle
11-12	50 Freestyle	11-12	200 Freestyle	11-12 100 Freestyle

13-14	50 Freestyle	13-14	200 Freestyle	13-14	100 Freestyle
15-19	50 Freestyle	15-19	200 Freestyle	15-19	100 Freestyle
10 & Under	50 Butterfly	10 & Under	100 Breaststroke	8 & Under	25/50 Butterfly
11-12	50 Butterfly	11-12	100 Breaststroke	10 & Under	100 Butterfly
13-14	200 Butterfly	13-14	200 Breaststroke	11-12	100 Butterfly
15-19	200 Butterfly	15-19	200 Breaststroke	13-14	100 Butterfly
11-12	200 Butterfly			15-19	100 Butterfly
10 & Under	200 IM	10 & Under	50 Backstroke	10 & Under	200 Freestyle Relay
11-12	200 IM	11-12	50 Backstroke	11-12	200 Freestyle Relay
13-14	200 IM	13-14	200 Backstroke	13-14	200 Freestyle Relay
15-19	200 IM	15-19	200 Backstroke	15-19	200 Freestyle Relay
10 & Under	200 IM	11-12	200 Backstroke		
10 & Under	400 Freestyle Relay	10 & Under	200 Medley Relay	11-19	1500/1650 Freestyle
11-12	400 Freestyle Relay	11-12	200 Medley Relay		
13-14	400 Freestyle Relay	13-14	200 Medley Relay		
15-19	400 Freestyle Relay	15-19	200 Medley Relay		
11-19	800/1000 Freestyle	9-19	400/500 Freestyle		

Rational: To equalize the distances swam each day and to allow the swimmers a chance for better swims.

Distances per day:

Age Group	Friday	Saturday	Sunday
10 & Under	350	850/950 LC/SC	300
11-12	1350/1550 LC/SC	1450/1550 LC/SC	1800/1950 LC/SC
13-14	1350/1550 LC/SC	1400/1500 LC/SC	1800/1900 LC/SC
15-19	1350/1550 LC/SC	1400/1500 LC/SC	1800/1900 LC/SC

A Committee will be formed of Merle Gunderson, Mark Model, Brian Robinson, John Klinge, Shane Syndegaard to finalize the proposal by November 15th and then there will be a mail vote by the House of Delegates.

Submitted by Merle Gunderson

**-Passed as amended-**

**Proposal 23:** Both state meets shall be run under a format approved by MT Swimming and criteria set forth by MT Swimming.

Proposal submitted by: Janice Bell, John Klinge, and Larry Johnson

**-Passed-**

**Proposal 24:** LSC Championship meet host will award the medals after each set of strokes in the finals conclude in order to eliminate the possibility that some swimmers might not get adequate rest between events. (For example, award the 100 free medals after all the heats in the finals of the 100 free conclude rather than later in the day.) If for some technical reason the medals cannot be awarded at that time, the meet host will take a 10-minute break between strokes to assure adequate athlete rest between events. All 8 and under events should be awarded as close to the conclusion of those events as possible.

Proposal submitted by Ben and Diane Dean

**-Did Not Pass-**

**Proposal 25:** At both the Short Course State Championships and the Long Course State Championships, the 400 / 500 free events on the second day of the meet will be swum after the 200 medley relays.

Reason: There are a lot of little kids waiting around for the relays during those distance events and it would be nice to let them go and rest for finals if possible.

Proposal submitted by: Laurie Brennan

**-Passed-**

**Proposal 26:** Eliminate the 800m/1000yd free from short course state meet.

Proposal submitted by: Brian and Di Robinson

**-Did Not Pass-**

**Proposal 27 & 28:** Move all heats of the 400 and above freestyle events back to prelims and award them at the beginning of finals.

Proposal submitted by: Brian and Di Robinson

**-Did Not Pass-**

**Proposal 29:** The meet dates and meet host shall be bid at the same time for Montana Swimming LSC Championship meets.

Rational: This will allow the host team and families more time to prepare for the meets.

Proposal submitted by: Susan Huckleby

**-Passed-**

**Proposal 30:** Montana Swimming shall include a generic meet contract with the meet checklist and have it posted to their web site for all the teams to use. The generic contract could then be a living document and updated as the rules or USA Swimming and Montana Swimming change.

Rational: With all the discussions and problems that have occurred over the last several years with getting meet contracts written correctly and sanctioned this will help speed up the process and should help eliminate any major problems.

Note: This contract is already included with the Montana Swimming meet checklist.

Proposal submitted by: Merle Gunderson

**-Passed-**

**Sample Meet Contract**

**Swim Meet**

**Dates of Swim Meet**

This meet is held under the sanction of USA Swimming (mandatory for sanctioned meets only, USAS Rules 202.3.5)

**Sanction # or Approval #:** Received from Montana Swimming. Should be applied for at least 8-12 weeks in advance of the meet entry deadline.

**Location:** Location of Swim Meet and Pool. Provide directions to the pool.

**Schedule:** Warm-ups: Time they will start and conclude.

Meet start time: Time meet will begin.

Note: A complete list of warm-up times and lanes must be available to the teams prior to the meet if not listed in the meet contract,

**Facility:** Pool length, course (yards or meters), indoor or outdoor pool, and number of lanes. (Example) **The facility is an Indoor 25 Yard 8 Lane pool.**

**Timing:** Timing will be by an electronic timing system or by manual watches

**Rules:** **Mandatory** **The meet will be in compliance with the (YEAR) USA Swimming and Montana Swimming Rules.**

**Eligibility:** **Mandatory** **For Sanctioned meets:** All swimmers entered in the meet must be current athlete members of USA Swimming or the FINA equivalent.  
**For Approved meets:** The meet is open to all swimmers and will be swum in accordance with all USA Swimming technical rules (blue pages in the USAS rule book).  
List if qualifying times will be required and what they are.

**Meet Format: Mandatory** The meet format, Time Finals, Preliminaries and Finals or a combination of timed finals and preliminaries and finals (*State Championships*). List if events will be swum combined by age groups or not. The age of the swimmer on the first day of the meet determines the age group the swimmer shall compete in for the meet.

**Entries: Mandatory** List number of individual events each swimmer can enter per day and total number of events for entire meet. List number of relay events each swimmer can enter. (Example) **Each swimmer can enter a maximum of 7 events for the meet with no more than 4 events per day and can swim on 1 relay per day.**

List if deck entries, USA Registration or deck seeding will be allowed or used.

In a timed final format, swimmers may swim a maximum of five (5) individual events per day. In a prelims-finals meet, a swimmer may swim a maximum of three (3) events per day. Check the USA Swimming rule book and the MT Swimming rules for any further clarifications. Currently at MT Swimming Championship meets, a swimmer may only swim in seven (7) individual events total for the meet with no more than three (3) individual events per day.

**Entry Fee:** An entry fee (or surcharge) of (\$ amount) per swimmer and (\$ amount) per event and (\$ amount) per relay team. Submit entry fee on a team check made payable to **Swim Team Name**.

**Entry Deadline:** Team entries are due by (*DATE no earlier than 10 days before first day of meet*). Phone entries and e-mail entries for individuals will be excepted until (*Date and Time*) by (*Registers name and phone number*). Phone entries will not be accepted for entire teams.

Entries should be submitted either by email (preferred method) using Hy-Tek software, on a 3 ½ “ disk to *mail address*, or on the enclosed master sheet. If using a disk please include a printed back up.

Mail entries and completed USA Swimming registration and confirmation form, waiver, accounting sheet, and team check for all entry fees to:

***Team or individual's address***

**Clerk of Course:** List if Clerk of course will be used or not. (Example) There will be no Clerk of Course so the swimmers are responsible for taking their position behind the blocks in time for their event.

**Scratches Procedures:** Mandatory List the procedures for scratches and penalties, if any. This can be combined with the Clerk of Course information. Example: Swimmers will be scratched at the blocks. Swimmers and their coaches are responsible for the swimmers being at the starting blocks prior to the start of their race. Another example: Championship scratch procedures are in effect for this meet. The following procedures and penalties will be enforced. (Then list the procedures and penalties.) USA Swimming rules 102.3 scratch procedures.

**Scoring:** List the points and places to be scored and the age groups. (Example) The meet will be scored and awarded to 16<sup>th</sup> place in individual events and 8<sup>th</sup> place in relays.

Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, and 1

Relays: 9, 7, 6, 5, 4, 3, 2, and 1

The meet will be scored and awarded 8 and under, 9-10, 11-12, 13-14, 15-16, and 17-19. Swimmers 20 and over will not be scored and will not receive awards. Disabled swimmers will be scored and awarded separately from able-bodied swimmers.

See also USAS rules 102.7.1-.6 for further information.

**Awards:** List what awards and the places they will be given to and when and where they can be picked up. (Example) ***Ribbons will be awarded in each individual event through 16<sup>th</sup> place and relays through 8<sup>th</sup> place. Overall high point trophies will be awarded in each age group for the top 8 swimmers, male and female, at the conclusion of the meet.***

***Please have one responsible parent or coach pick up all the ribbons and awards at the conclusion of the meet.***

USA Swimming rules 102.6 and 205.5.

**Concessions:** List if concessions will be available.

**Swim Shop:** List if a swim shop will be available at the meet.

**Meet Hotel, Housing Information:** List any meet hotel information or if any housing will be available for swimmers.

**Final Results: Mandatory** Printed meet results will be sent to the teams within ten (10) days after the meet.

**Meetings:** List if there will be an officials and coaches meeting and the time and location.

<b>Meet Official:</b>	<b>Mandatory</b>	Meet Referee:	Name, email and phone number
		Meet Director:	Name, email and phone number
		Meet Registrar:	Name, email and phone number
		Safety Marshal:	Name, email and phone number
		Timing Operator:	Name, email and phone number (Championship Meet)

The above officials must be current USA Swimming registered non-athlete members.

**Proposal 31:** Requirements for sanctioning meets shall be limited to criteria set forth by USA Swimming.

Proposal submitted by: Janice Bell, John Klinge, and Larry Johnson - *Withdrawn*

**Proposal 32:** Both the Long Course State Championships and Short Course State Championships be awarded as follows:

Overall Combined Team with the highest points and then Women's Team High Point, 1<sup>st</sup>-3<sup>rd</sup> and Men's Team High Point, 1<sup>st</sup>-3<sup>rd</sup>.

A trophy would be awarded to the Combined Team Winner and to the First Place Winner of the Women's and Men's.

Second and Third would receive plaques.

Reason for proposal: This would allow more teams to receive recognition for their team's success. High School Swimming, College Swimming and even higher levels divide the awards by male and female.

Proposal submitted by: Laurie Brennan

-Passed-

**Proposal 33:** Medals for the LSC Championship meets: The LSC should select and pay for the LSC Championship (State) Medals or at least the Gold, Silver and Bronze.

Submitted by: Jeb Goins, Bozeman

***Tabled: Referred to Technical Planning and Program Development Committees and they will give a report and recommendation at the May 2004 meeting.***

**Proposal 34:** Announcing names of Swimmers in Finals and Medal winners at LSC Championship meets. In the present format we announce the names of the finalists twice (once for the final heat and once for medals) and not always in the same order. It is not only redundant and cumbersome but it devalues the emphasis on who should be recognized for winning, placing and showing in the finals. i.e., First, Second and Third--Gold, Silver and Bronze. I believe at State Meets we should take the time to announce the names of the swimmers as they take the blocks for the final and then during the medal ceremony only announce and distribute the Gold, Silver and Bronze medals. The rest of the medals can be given to the swimmers or their coach later. This accomplishes two things: time is saved during the medal ceremony while streamlining the current system of no-shows and chaos; and it recognizes the top swimmers in a format typical of Championships.

Submitted by: Jeb Goins, Bozeman

**-Did Not Pass-**

**Proposal 35:** Montana Swimming pays to have both timing trailers brought to the LSC Championship meets rather than the host team.

Now that the LSC has two timing trailers a new problem has arisen. We were in the odd position of making sure that both trailers got to Bozeman for the State Meet and in doing so incurred costs connected with getting them here. I believe the costs connected with getting timing trailers to a State Meet are an appropriate LSC expenditure rather than burdening the host club.

Submitted by: Jeb Goins, Bozeman

***Tabled: Referred to Technical Planning and Program Development Committees and they will give a report and recommendation at the May 2004 meeting combined with proposal 33.***

***-End of Proposals –***

**Budget:** Larry Johnson presented a verbal and written report. Budget was approved as amended. The written report is attached to these minutes.

**Club Leadership Business Management School** – A School will be scheduled with Kim Holmes, the Western Zone Representative. The date is May 8, 2003 in Helena.

**Missoula Pool Bond Issue Report:** MT Swimming is encouraged to support the bond issue in Missoula, Nov 4, 2003. The bond is \$8.1 million and will include a competitive 50m pool and other community splash pools. The competitive community will be responsible for \$1.3 million additional funds. Donations can be mailed to Jack Tuholske, PO Box 7458, Missoula, MT, 59807.

## **Elections:**

Elections were held to fill expired terms as set forth in the Montana Swimming Bylaws. All positions are 2 year terms. The new officers are:

Program Operation Vice-Chair: Nancy Halstrom  
Membership Registration Chair: Jodi Peretti  
Safety Coordinator: Merle Gunderson  
Secretary: Jamie Bleskin  
Technical Planning Coordinator: Rick Whitson  
Finance Vice Chair: Tim Olson

**Short Course Meet Schedule:** The tentative schedule is attached to these minutes.

Short Course State Meet Host will be hosted by the Missoula Aquatic Club March 5-7.

Senior Championship State Meet Host: Feb 27-29 hosted by FAST

This has been amended. Great Falls cannot host the meet this date. Meet will be re-open for bid.

Long Course State Meet Host will be Bozeman July 30 - Aug 1.

There was discussion regarding charges to other groups for the timing equipment owned by Montana Swimming. It was decided that a form should be drawn up to be signed by the group as a waiver to give the group responsibility for any damages. The fee for the start system would be \$0 and the fee for the trailer would be \$100.

## **Resolutions and Orders**

It was moved, seconded and passed to destroy the ballots from the meeting.

Adjournment

With no further business, General Chair Susan Huckeby adjourned the meeting at approximately 2:50pm.

Respectfully submitted,

Laurie Brennan  
Secretary, Montana Swimming  
3608 Wilkinson Lane  
Great Falls, MT 59404  
[dedbrennan@montana.com](mailto:dedbrennan@montana.com)

**Montana Swimming**  
**2003-2004 Short Course and Long Course Schedule**

Short Course Schedule

October 25-26	BY (Billings Y)
November 1-2	FAST (Great Falls)
November 8-9	MAC (Missoula)
November 14-16	BAC (Billings)
December 4-6	US Open, Federal Way, WA
December 13-14	BOZ (Bozeman) NEW DATE
January 17-18, 2004	KATS (Kalispell)
January 24-25	BTST (Butte)
February 6-7	Montana High School State (Great Falls)
February 10-14	Spring Nationals, Orlando, FL
February 14-15	HOT (Hardin)
February 21-22	HLST (Helena)
February 27-29?	MT Swim Senior Championships
March 5-7	MT SC State Swim Meet, Missoula
March 5-7	YMCA Regionals, Boise, ID
March 10-14	Speedo Western Region Sr. Sectionals, Federal Way
March 19-21	NW Age Group Sectionals, Federal Way, WA

Long Course Schedule

April 24, 2004	FAST Banana Split (Great Falls)
May 1-2	KATS (Kalispell)
May 8	Club Leadership Business Management School, Helena
May 14-16	BOZ May Classic (Bozeman)
May 15	MT Swimming meeting, Bozeman
June 19-20	HAV (Havre)
June 25-27	MAC Firecracker (Missoula)
July 7-14	US Olympic Trials, Long Beach, CA
July 10-11	BTST (Butte)
July 17-18	HLST (Helena)
July 16-18?	Big Sky State Games, Billings
July 30-31, Aug. 1	MT LC State Swim Meet, Bozeman
August 3-7	Summer Nationals
August 10-14	Speedo Western Region Sr. Sectionals, Federal Way.
August 10-14	Western Zones, Redding, CA

## **MONTANA SWIMMING**

September 9, 2003

Dear Friends of Montana Swimming,

There will be an Officials Meeting on Saturday, October 4th, 2003, from 9:30am till noon. The informal semi-annual meeting of Montana Swimming will be held on Saturday, October 4th following the Officials Meeting, beginning at 1:00pm. The House of Delegates Meeting will be Sunday, October 5th beginning at 9:00am. There will be discussion of the proposals on Saturday, but no action will be taken. On Sunday, only the elected members of the MT Swimming Board and a delegate from each club will vote on the proposals. Each club should notify myself, the secretary, of who will be voting for their club. There will be a limited discussion on Sunday of the proposals before voting.

The meetings will be held in Bozeman, Montana however the location is still yet to be determined. As soon as I hear, I will send another notice of the exact location.

Also, the following officers will be elected at the meeting: Program Operations; Secretary; Finance Vice Chair; Safety Coordinator; Membership/Registration Coordinator; and Technical Planning. Anyone wishing to nominate someone for these positions, please notify the nominating committee – Lars Halstrom, Brian Robinson, Lev Bates, Diane Dean, and Lynn Shrader.

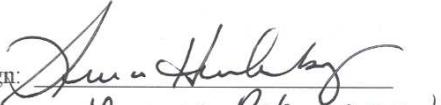
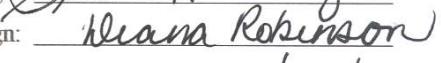
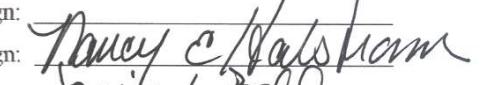
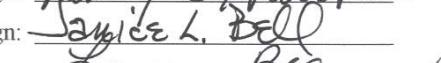
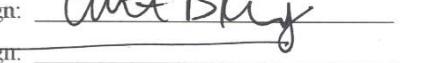
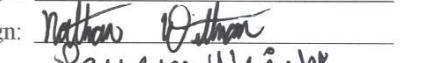
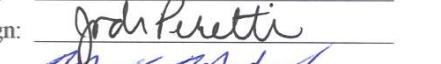
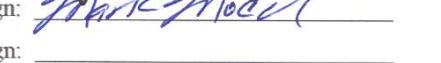
Thank you,  
*Laurie Brennan*  
Secretary, Montana Swimming

**Montana Swimming  
Fall 2003 Meeting  
of  
House of Delegates**

**Please sign in:**

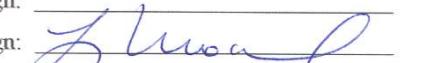
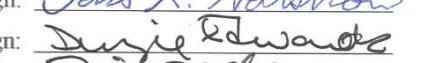
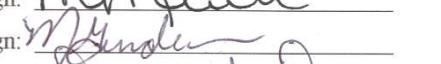
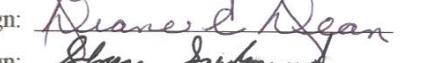
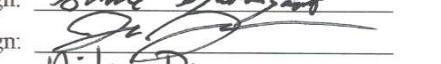
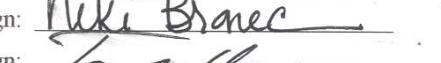
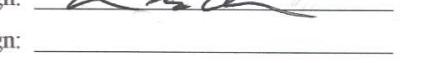
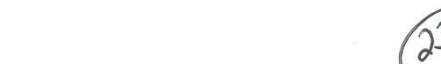
**Officers:**

General Chair  
Administrative Vice Chair  
Program Development Chair  
Program Operations Chair  
Finance Vice Chair  
Secretary  
Treasurer  
Coach Representative  
Athlete Representative  
Sr. Rep (voting member)  
Jr. Rep (non-voting member)  
Safety Coordinator  
Tech Planning Co-Chairs  
(one vote)  
Membership/ Reg. Coordinator  
Officials Chair  
Records Chair

Print: Susan Huckaby	Sign: 
Print: Diana Robinson	Sign: 
Print: NANCY HALSTROM	Sign: 
Print: JANICE BELL	Sign: 
Print: Laurie Brennan	Sign: 
Print: Larry W. Johnson	Sign: 
Print: Chris Klinge	Sign: 
Print: Nathan Witnam	Sign: 
Print: Lauren Wright	Sign: 
Print: Brian Robinson	Sign: 
Print:	Sign: _____
Print:	Sign: _____
Print: Jodi Peretti	Sign: 
Print: MARK MODEL	Sign: 
Print:	Sign: _____

**Club Representatives:**

Ashland Soaring Eagles  
Billings Aquatic Club  
Billings YMCA Swim Club  
Bozeman Swim Club  
Butte Tarpons Swim Team  
Falls Aquatic Swim Team  
Hardin Otter Swim Team  
Havre Lions Swim Team  
Helena Family YMCA Dolphins  
Helena Lions Swim Team  
Kalispell Aquatic Team  
Missoula Aquatic Team  
Missoula YMCA Swim Team  
Peak Waves Swim Team

Print:	Sign: _____
Print: Lesley Model	Sign: 
Print:	Sign: _____
Print: LARS HALSTROM	Sign: 
Print: Suzzie Edwards	Sign: 
Print: Rick Whitson	Sign: 
Print: Melody Murter	Sign: 
Print: MERLE GUNDERSON	Sign: 
Print: Diane Dean	Sign: 
Print: Share Syndergaard	Sign: 
Print: Tom JAGER	Sign: 
Print: Niki Bronec	Sign: 
Print: TIMOTHY OWEN	Sign: 
Print: Helen Houlihan	Sign: _____

### General Chair's Report

This past year has been a very rewarding experience for me as General Chair. It has also been a year in which Montana Swimming has seen many accomplishments including:

- The purchase of a second timing trailer;
- Six people attended the USAS national convention;
- Several new state records were set;
- Di Robinson of MYST was selected the Age Group Coach of the Year;
- Mark Model was names the first Excellence in Officiating award recipient;
- The first All Star training camp run by Jon and Chris Klinge was a success;
- Recognition of the first Montana Swimming Junior All Star team;
- The proof of times data base is being developed by Lev Bates;
- The first Montana Swimming banquet was held last night;
- More swimmers represented MT Swimming at Senior Sectionals;
- Erin Popovich was named to the US Paralympic Elite National Team, will probably represent the US at the 2004 Paralympics at Athens, Greece, and was the first disabled athlete to receive the MT Swimming Athlete of the Year award; and
- We said good-bye to three Montana Swimming Coaches – Brian Smith, Heidi Gray, and Jim Hawbaker. We also gave a big Montana welcome to three new coaches – Tom Jager, Rick Whitson, and Brendan Smith.

I would also like to say congratulations to the Montana Swimming athletes who were named as the 2002-2003 Scholastic All Americans including Sam King, Taylor Brugh, Nick Logan, and Lauren Wright all representing MAC and Amber Walter of KATS. In addition Sam King, Taylor Brugh, and Amber Walter had perfect 4.0 gpa's.

Effective May 15, 2004, in water depths less than four feet, all racing starts must be within the water. This new rule change will affect all the Montana long course pools. Teams and coaches need to stress safety at practice and meets. Accidents do happen, so let's do what we can to prevent them from occurring. So far this season, six meets have been sanctioned and the contracts were all done well. I appreciate the innovative thinking by the clubs to make the meets better and different.

In the upcoming year we hope to see a Club Leadership Business Management School, Spirit Camps, a Senior Championship meet, club visits by Kim Holmes in the spring, and a fun trip possibly by train to Zones. Plus with the excitement of the Olympic Trails and the Olympics this summer, I hope that Olympic feeling will become a great recruiting tool for our clubs.

I would like to recognize the outstanding service of numerous people who make Montana Swimming a better organization as well. Those persons include:

- Larry Johnson is the current Western Zone Championship Meet Coordinator and may become the next Western Zone non-coach director in two years. Larry is always willing to assist anyone needing help in Montana Swimming.
- Jodi Peretti is the Membership/Registration Coordinator and checks all the swim meet personnel information for me. She keeps the registration database accurate and up-to-date.

- Lev Bates is the Program development Coordinator and is always a valuable source of ideas for age group swimming, timing equipment, and ways to improve Montana Swimming. Lev maintains the Top Times database and the STARS times database for Montana Swimming.
- Brian and Di Robinson are tremendous supporters of the athletes. It is through their hard work that the Junior All-Star team was recognized this year. Both have been active in reviewing meet contracts, assisting with the Zone team, seeking donations for Montana Swimming, and promoting the sport.
- Nancy Halstrom did a fantastic job with Zones. I received numerous comments about what a great job Nancy and Lars did in making the Zones trip a success. Thanks cannot adequately say how much I appreciate the terrific job they did with our Zones team.
- John and Chris Klinge did a great job with the first Montana Swimming All Star Training Camp. The swimmers all commented about what a great time they had at the camp.
- Mark Model is continuing to update the Officials database. He is a tremendous source of information and assistance to all our officials.
- Laurie Brennan is the Secretary and keeps me up-to-date on all the deadlines for transmitting the Montana Swimming information.
- Nate Witnam is the Senior Athlete Representative and has been an invaluable source of information from the athlete's perspective. I really appreciate Nate's willingness to keep me and the board updated on what the athletes want done in our LSC.
- Lanny Logan, Merle Gunderson, and Larry Johnson are all past General Chairs who have given me invaluable assistance this past year.
- And finally I would like to thank two people who have challenged me to think differently this past year and have changed my perspective on some issues – Mike Burton and John Klinge.

Thank you to all our athletes, parents, coaches, and volunteers. I enjoy visiting with all of you. I love it when the athletes come to talk to me at meets – especially the young athletes who are so excited! I have met so many wonderful parents this past year. Plus we are fortunate to have so many excellent coaches in our LSC. We may be small in numbers as a LSC, but we have strength in our coaches and swimmers.

If you have any comments, concerns, or questions, please contact me. Thank you for your continued support. I am looking forward to a terrific year!

Susan Huckeby  
 General Chair, Montana Swimming  
 October 5, 2003



## Program Operations

### Vice Chair Report

The 2003 western zones championship was held in Tempe, Arizona on the campus of Arizona State University (ASU) August 5 through August 9. 22 swimmers from across Montana attending representing 6 clubs including BAC, BOZ, FAST, HLST, MAC, MYST.

We all stayed together at the Country Inn Suites in Tempe. Swimmers over the age of 12 stayed together and the under 12 year olds stayed with their dads. The coaches and chaperones each had rooms as well.

The temperature was unbelievable! It broke the old records each of the last 3 days we were there....reaching 116° (and remember that is in the shade-not on an open swim deck!) Adding to the heat was high humidity, since we were into the monsoon season...

The kids were great! They did not complain or whine (more than was tolerable) about the weather conditions and they were real troopers about keeping hydrated and eating fresh fruit, especially bananas to keep their potassium and salt levels up.

Montana swimming provided 2 vans for transportation. Montana swimming also provided dinners each evening as well as bottled water, fruit and snacks throughout the meet. The motel offered a nice breakfast each morning. It is far easier logically to provide as many of the meals to eat together as a group during the week. Days are extremely long and having the meals catered back to

the motel allows the kids a few minutes of winding down time and to get to bed a little earlier than going out to restaurants. It also allows us to grow together as a team and build the camaraderie.

Montana swimming rented a canopy cover, chairs, table and air conditioner for on deck at the pool. The swimmers were able to spend their time out of the sun when not in the water.

The coaches, chaperones and several of the swimmers traveled to and from the meet by vans. It was a long trip, but again well worth the time spent together building a cohesive Montana zone team. It added to the adventure of the trip...we were tourists at the Hoover Dam; coordinating bathroom stops for 22 was a challenge; overnighting in Mesquite, Nevada. Montana Swimming provided one van in lieu of the coaches flying to and from the venue and the rest of the team traveling with the van paid for the second van. On the way home, we first unwound at the water park in Tempe on Sunday before we left. We also got to fit in lunch at an In and Out (We have the t-shirts). We promised we'd drive through the strip at night and see the lights. We even took a roller coaster ride on the top of New York, New York *before* we had dinner in downtown Las Vegas!

Traveling by vans allowed the team to get to have fun together outside of swim competition and we were able to keep the expenses down for the swimmers as well as have an awesome road trip! Thanks to the coaches for giving up their easy transportation and travel with the team in the vans.

Montana swimming provided uniforms for the team including backpacks, individualized thanks to Di Robinson (a great hit with the swimmers); competition suit, caps, 2 pair of shorts and 3 shirts, as well as our now traditional cowboy hat. It was fun to have several outfits to mix and match throughout the week. Again thanks to Di for making totally cool boxer shorts for the team. We did have some of the funnest trading items...

Total expenditure for 2003 is \$14,995.12. A separate financial report is provided to the treasurer.

\*\*\*

Nancy Halstrom  
Vice Chair Program Operations

Jodi Peretti, Registration Chair  
Montana Swimming  
15 Holly Lane  
Butte, MT 59701  
406-494-4376  
[peretti@in-tch.com](mailto:peretti@in-tch.com)

2003 has been an exciting year for the registration process for United States Swimming. As most of you know, National Headquarters has got to a central database, combining many databases into one. It is a web-based database, which means all parties that need to access it, can do so at any time. All registrations are now done in this manner. This database also maintains times of athletes. Right now they are only keeping track of A times or better, with the hope of accepting all meet results in '04. However, one major problem they are experiencing in this area is that the meet manager athlete data is not matching the registration data. Therefore, many of the times are being "rejected". NHQ does not have enough resources to investigate the rejections. They have asked all LSC registration chairs to work with the clubs to "clean up" their database. I have mailed discs with instructions to each club in order for them to check their team manager club data with mine, and change theirs to match mine exactly. Please follow up and make sure your club does this. It doesn't take much time, and may prevent a time from not being reported to NHQ. If any clubs are interested in doing their registrations electronically, please let me know. We have two clubs doing so right now, and I would like to get more to do it. It eliminates the cleaning up of the database as they are entered into the National database just as you have them in your Team Manager. I think in the near future you will be required to register electronically so why not get on board now?!

Montana Swimming's membership is again down by about 10% this year, but non-athletes are up about 15%. I am anticipating an increase following the Olympics next summer. Membership generally cycles with the Olympics.

USA Swimming has recognized the trouble that coaches are having renewing their safety credentials. They have entered into an agreement with ARC to become the National Authorized Provider for Safety Training for Swim Coach's. USA Swimming feels that this agreement will benefit the coach members by making Safety Training available on a regular basis across the country.

I have brought some brochures and handouts on membership that you are welcome to take to your clubs.

Early Bird Awards go to Laurie Brennan for first Non-Athlete and FAST for the first club to register for 2004. No clubs renewed their roster of athletes yet, so no award in that division.

Respectfully Submitted,

Jodi Peretti

**USA Swimming, Inc.**  
**2003 MT Swimming YTD Statistics**

**10/5/2003 7:21:12 AM**

**LSC:MT**

<b>Athlete</b>	
Athlete	776
Athlete Outreach	110
Athlete Season 1	68
<b>Total:</b>	<b>954</b>
<b>Clubs</b>	
Club	15
<b>Total:</b>	<b>15</b>
<b>Non-Athlete</b>	
Family 1	14
Family 2	14
Individual	100
Sports Medicine	1
<b>Total:</b>	<b>129</b>

## **Report from Mark Model, Officials Chairman**

Since the start of the 2003 short course season, I have certified a total of 8 new stroke & turn officials, 2 certified timers, 2 starters and 1 timer, timing judge and clerk of course.

This number brings our total number of active swimming officials working a short course and/or long course meet in 2003 to 49. ( 10-Referees, 7-Starters, and 32-Stroke & Turn judges).

Our number of officials is dropping rapidly. All Montana Swimming teams must make a monumental effort to recruit new officials. Clubs should have one official for every ten swimmers.

A better effort is being made to keep track of sessions worked by all officials so to keep certifications current. Referee's reports for all short course meets and all but two long course meets were received and this helped greatly towards this effort. It is however recommended that officials working meets in other LSC's and or post-season meets, forward a note to me on the number of sessions worked.

Respectfully,

Mark Model  
Officials Chairman, Montana Swimming

MONTANA SWIMMING  
2004 PROPOSED BUDGET

Revenue	
USA Registration	18,000
Sanction Fees	400
Entry Fees	<u>15,000</u>
TOTAL	33,400

Expenses	
Equipment Repair	800
New Equipment	<del>4,500</del> 3500
Awards	700
Convention	5,000
Officer Meetings	2,000
Coach Clinic	600
Zones	15,000
National Meets	1,200
All Stars	1,300
Supplies	200
Insurance	2,000
Dues	100
LSC Meeting	200
Telephone	200
Officials	150
Legal & Accounting	300
Postage	400
Program Development	3,000
Misc.	200
TOTAL	<del>34,850</del> 36,850
NET	- 1,450 - 3450

## Montana Swimming Cash-Flow Statement

## **Susan's Convention report**

Convention was a definite learning experience and much fun. I would like to thank Montana Swimming for sending me to San Diego.

I attended an official's meeting and an official's burning issues workshop. Most of what I learned was discussed during our Montana Swimming Official's meeting. Several speakers commented on what a great job the officials from the United States did at the international meets. Two Americans have been selected to officiate at the 2004 Athens Olympics – Wells O'Brien and Pat Lunsford. USA Swimming is in the process of adding additional information to the official's site on the USAS website. All officials should check out the new information being posted. USAS also is working to make the site easier to navigate.

At the General Chairs luncheon, several good ideas were given on how to improve our LSC's. Ideas included identifying older swimmers who might like to coach and begin to train them now to become assistant coaches when they get a little older. Symposium was widely acclaimed as being an answer to retaining and encouraging swimmers, coaches, and volunteers. Also, every LSC was encouraged to host a Club Leadership Business Management School.

At the Novice to National Workshop, three excellent coaches (including Laura Cox and Murray Stephens) presented their ideas on how to have successful athletes. All the coaches stressed that the athletes needed to have a strong technical foundation and then add yardage. The coaches generally grouped their athletes by age as a nine-year-old is very different emotionally from a ten-year-old. (Of course these coaches had many more than athletes than any team in Montana.) These coaches wanted kids to love to train. Coaches need to be concerned about long term development of the athlete including whole person development. All swimmers are important. Not every swimmer will go to Nationals or the Olympics, but all will grow and accomplish. Encourage the swimmers to do their best. Also, kicking was stressed as being very important. The coaches also have their swimmers pre-hab their shoulders to prevent rotator cuff/shoulder injuries. The exercises listed in the coaches quarterly shoulder injury prevention magazine were very good for pre-hab work. Daily dryland training was also stressed, but their swimmers didn't do weight training.

During the Western Zone meeting I made two proposals – one to add the 11-12 year old distance events and another to ad the 50-meter events for the 13-18 year olds. Both were referred to a committee that will report at convention on next year on the advisability of adding these events. Salt Lake City will be the host of the 2005 Western Zones. Officials are encouraged to work at Western Zones. A proposal was passed to change how the time standards are converted from long course meters to short course meters and yards. Zones will now always be the second week in August. An increase in the Zone meet fees was discussed, but the proposal didn't pass. Adapted swimmers will also be allowed to compete at Zones. Each LSC may bring a set number of adapted swimmers to the meet.

At the fund raising workshop, information was presented on swim-a-thon and swim lessons. Mike Lewellyn of the Kansas City Blazers spoke on swim-a-thon. His team earned over \$73,000 last year with this fund-raiser. If you would like to receive information on how the KC Blazers did so well, you can contact Mike by going to [www.kcblazers.com](http://www.kcblazers.com) then clicking on coaches. E-mail Mike and he will send you some information. Pat Hogan also discussed the swim-a-thon held by the Mecklenburg Aquatic Club. I included information from Pat Hogan in the packets given to each team at the Montana swimming meeting. Pat Burch and another gentleman discussed swim lessons. I passed out information on swim lessons from Pat Burch and information on insurance from Rick

Management Services with the club packets at the Montana Swimming meeting. Swim lessons are a terrific way to raise money and to develop swimmers for your team. You can check out the [www.Jerseygators.org](http://www.Jerseygators.org) website and look at their swim lesson information.

The Adapted Swimming workshop was a hands on workshop. Each participant went to a different station to experience a new disability. In the cognitive disabilities, we had to think of new ways to get information across to a swimmer who might not understand or remember what we asked him to do. At another station I had to put my hand in a box with the back open, pick up a pencil, and trace a design on the paper in the box while looking in a mirror that was placed behind the back of the box. It was a lot harder than it looked. I had to trace a star and was only able to draw one side. I couldn't make my hand work the right way while looking in the mirror. At the hearing impaired station, I became "deaf". I couldn't hear the speaker when she had her back to me. I was able to read her lips most of the time when she spoke to me, but it did take a lot of concentration. At the vision-impaired station, I donned a pair of safety goggles coated on the outside with Vaseline. Then I was given a first grade math paper to place on the floor. Without bending over I had to read it. It was tough to do. I could usually see how many fingers the speaker held up, but that again was not clear. Then we had to pick up a pencil and write out the answers on a schoolwork paper on a desk. I couldn't read the printing. The vision that I experienced is what Paralympic great Trisha Zorn lives with every day. If that were all I could see, I'd run into the walls every time I swam. Finally I went to the physical disability station. I had a board the length of my leg taped to my left leg. I had to get out of my chair, walk across the room, and sit down on a chair. It wasn't too difficult, but it wasn't easy either. It was harder for me to sit down, as I was afraid I'd miss the chair. Others were taped to a wheelchair with an arm taped down to the armrest and told to go outside, turn around, open the door, and come back in. You cannot believe how hard that was to do. Others had their hands placed inside heavy knitted mittens and then had to pick up pennies off of a hard surface. Again, hard to do. I left the workshop with a tremendous respect for our disabled athletes. Not only do they excel in the pool, they have overcome so many hurdles in life that I am really impressed. Wow!

They are disabled, not handicapped. They do it differently and they take longer, but let them do it a different way. Being disabled doesn't mean the person can't – let them be successful. Videos are available for coaching swimmers with disabilities.

At the Board of Review workshop, the discussion centered on how to handle board of review hearings correctly. The fifteen commandments for LSC board of review members were discussed. Complaints many times are verbal, but must be written for any action to take place. Appeals to the national board of review were also discussed. A person cannot be suspended without a hearing. Findings of fact versus conclusions of law were also discussed along with provisions of the Amateur Sports Act. The information presented was very useful.

At the 'Tools of a Successful Swimmer' workshop, Sarah Solfelt of Minnesota Swimming presented her athlete retention program SWIM or Stick With It Minnesota. The program is run by older athletes and is targeted at keeping the 10-13 year old athletes in swimming. It is an excellent program that I hope will be replicated in Montana by our athlete representatives. Information on the program was included in the packets given out at the Montana Swimming meeting. I did speak with Sarah and she will be happy to assist us in setting up this program in Montana. Also, USAS will be adding the SWIM program to the information they offer to LSC's and clubs.

The other athletes on the panel, including Rowdy Gaines, Tom Wilkens, Nate Rothman, Breanna Soko, Alisha Keel, and Brooks Masterson discussed what was important in a sport and what goals were. Athletes need to be aware of their goals so they know where they are going. Separate dreams from goals. While going to the Olympics may be your dream, it may not be a realistic goal. Athletes get out of the sport what they put in to the sport. Parents need to love, encourage, and hug their kids. Parents need to help kids separate dreams from goals, encourage the kids to do their best

every time they compete, and celebrate every success. Swimming should be fun. Success is in the process.

Tom Wilkens related that at his first day of practice at age 4 ½, his coach picked him up and threw him into the pool. It seems Tom's sisters were somewhat whiny and the coach didn't want problems from Tom whining about the water, the cold, etc. Brooks Masterson told about a race when he was young. When he touched at the end, he thought he won since no one else was there at the wall. It turns out he was way behind and came in last. After that he worked harder so he wouldn't be last again. Rowdy Gaines started swimming when he was 17 and won 3 gold medals at the 1984 Olympics.

At the retaining boys in swimming workshop, Sarah Solfelt expanded upon the SWIM program. SWIM is to encourage swimmers to choose swimming as their main sport in the junior and senior high school years.

The panelists spoke on having separate practices for boys and girls in the 9-12 year old age group. Girls want to please their coaches and will do generally what the coach asks. Girls want the coach to tell them how to do it. Boys want to figure it out on their own. Boys tend to do things out in the open while girls tend to take care of things in the locker room. Sometimes coaches don't know there's anything wrong with the girls until a girl comes out of the locker room in tears. Boys want to race each other and will run over girls in the lane. Boys want to have fun, be rowdy, goofy, and roam about the pool deck in packs. The practices could be at separate times or the boys could swim in one lane and the girls in another lane. One coach could coach both lanes. The coaches didn't have any problems with the separate practices/different lanes. The girls and the boys liked practicing this way. The boys and girls swam combined as 8 and under swimmers and as 13 and over senior swimmers. Separated practices for the 8 and under and 13 and over swimmers weren't as successful as the separate practices for the 9-12 age groups.

Another idea that was presented was lowering the state meet qualifying times. This gave the boys more opportunities for success. The boys tended to stay in the program when they could make it to state and achieve success.

Chuck Wielgus presented his top ten highlights for 2003 during the House of Delegates meeting. Those highlights included:

10. USAS managed its way through a difficult financial period without hurting programs and services.
9. Established the USA Swim Foundation and hired Rowdy Gaines to head this group.
8. New spring and summer promotions generated a real buzz. These programs included Splash TV, April Pool's Day, and the Summer Splash Tour.
7. ESPN and ESPN II provided 26 hours of coverage of the 15 day FINA World Championships.
6. The new data base management system is active – SWIMS -- with online entries and membership available.
5. Pat Hogan heads up the new Club Development Division.
4. Task Forces developed programs for the dues increase money and how USAS should service its clubs.
3. The Mutual of Omaha Duel in the Pool was a success. It will be held each year except in Olympic years.
2. At the FINA World Championships, American swimmers at Barcelona won 28 medals and broke 8 world records this summer.
1. Michael Phelps broke five world records at the FINA World Championships.

A new proposal was passed at the HOD meeting that affects all the long course pools in Montana. Beginning May 15, 2004, in water depths of less than 4 feet, starts must be within the

water. This change will affect all our 200-meter relays long course. The swimmers in these relays on the turn ends of the pool must start in the water. Safety and insurance concerns necessitated the change. This will also affect many short course pools for 100 yd/m relays.

Bob Bowman of the North Baltimore Aquatic Club was selected as the USA Swimming Coach of the Year. Michael Phelps was selected to receive the USA Swimming Swimmer of the Year award and the Phillips Outstanding Performance award.

On Sunday of convention I attended the Club Leadership Business Management School. The school was excellent. I would recommend that everyone attend this seminar if possible. The information presented is very helpful and would benefit all club and LSC board members as well as parents. Information presented included hallmarks of a good board, nonprofit status, board work, board organization life cycles, and board basics. Also discussed were swim club board legal duties, fundraising, individual board member responsibilities, finances, volunteers, and assessment and evaluation of both board members and coaches.

The convention was not all just workshops as we found time to tour Olde Town and sample some good Mexican food. We also took a late night trolley ride to Olde Town for ice cream. We also tried to find a sandy beach, but weren't able to find any sand although we did find plenty of water, numerous boats, and did some shopping.

A big convention highlight for me was meeting Michael Phelps. He is a terrific, humble, unassuming young man. He indulged numerous requests for autographs from many people and participated on several athlete panels during the meetings. Michael and his coach, Bob Bowman, autographed my rulebook for me and Michael autographed a couple of USAS folders for me as well. Plus Di took a picture of Michael and I together at the awards banquet. Bob Bowman was fun to talk to as well. Bob is looking forward to visiting Montana some day and seeing Glacier National Park.

My report wouldn't be complete without commenting on how much fun I had at the meetings with Larry, Di, Lev, Nate, and Erin. Di had Erin and I laughing so hard as she read the fire and earthquake precautions from our motel handbook. Nate was a great sport after he discovered his bed was short-sheeted the last night. Nate even played some Aussie football. Convention was a great learning experience and was a tremendous amount of fun.

Finally I would like to say a few words about our Montana Swimming athlete representatives – Nate Wittnam and Lauren Wright. Nate was able to go to convention with us, but due to school conflicts Lauren was unable to attend. We asked Erin Bell to attend convention so we could have two athletes from Montana attending the meetings. I would like everyone to know how terrific these three young people are! Over the past year I've gotten to know Nate better and he has been a wonderful help to me in telling me what the athletes think and how the athletes want Montana Swimming to be changed for the better. Over the past six months I've gotten to know Lauren better as she was elected as our junior athlete representative in March. Lauren has some good ideas and I'm looking forward to hearing more of those ideas in the upcoming year. Erin is a hard working, very nice young woman and is so much fun to be with on a trip. These three young people are great representatives for Montana Swimming and I am so proud of them. I also think their parents, Charlie and Pat, Warren and Susan, and Brad and Janice, have done a terrific job raising their children. I am really impressed with all our athletes and these three young people are great representatives for our state.

Thank you for sending me to convention. I hope to use what I learned to make Montana Swimming even better.

## 2003 Convention Summary

### General:

Attending the 2003 Swimming Convention was fulfilling and informative. The first day I was in awe at having such a large congregation of swimming enthusiasts in one place besides a meet. I admit I was intimidated and had fretted over registration on the plane. Registering and receiving my voting credentials took less than five minutes. I had enough time to peruse through the binder and explore the resort before my first Athlete Committee meeting.

### AC Meetings:

Meetings held by the Athletes Committee covered the issues I worried about missing at the New Delegates meeting. They covered the hierarchy of international swimming. At the top is the International Olympic Committee responsible for the biggest meet, the Olympics. Below the IOC splits into two organizations FINA, a French acronym I cannot type, and USAS, US Aquatic Sports. USA-S, with a hyphen, is USA Swimming falls under USAS and is headed by the Board of Directors. However, the Board of Directors have a concern that brings me to my first issue.

Some of the directors were concerned about athlete representatives being a liability. I had no intention on drinking in Tijuana, but the BOD considered removing athlete representatives completely. During the discussion the idea of a waiver was brought up. The athletes will sign a waiver much like the one used at schools. It was decided amongst the AC that it was the best alternative. It will likely go into effect by next year.

The most interesting report was on a social study on Swimming in Australia. America's Australian colleagues seem to have a much easier time advertising swimming as spectator sport. Swimmers go on late night talk shows and it is not uncommon to see a swimmer on a billboard. Televised swim meets attract a larger percentage of viewers than the states. Swimming in America is lagging behind in publicity, but the dues increase aims to change that.

Money is being spent to publicize swimming and make it as popular as swimming in Australia. The programs they talked about were creating a better web site, making a swim time database, and doing a marketing tour. Tweaking the website will involve fixing links and making swim results more

accessible. The swim database project aims to list the best times of all swimmers. An eight-year old from a small LSC ,in her first meet, should have an entry in the database thereafter. The marketing tour will travel to small cities and towns to help raise interest in younger athletes.

#### Age Group Retention:

Along with the AC was a seminar on retention of male swimmers and an athlete panel. At the ages of 11 to 13 boys make decisions about the sports they chose to pursue from high school onward. Unfortunately, the number of male swimmers in this age group is lacking, especially in Montana. In order to promote the sport, Minnesota has implemented a program to retain age group swimmers. Committees are created with the sole purpose of organizing seminars geared at age group swimmers. Meetings should make the swimmer enthusiastic about swimming. They should cover higher level meets to make age group swimmers excited about pursuing swimming to the next level.

#### Gold Medal Clinic:

Prohibited substances can put a swimmer's eligibility at risk. Supplements are an area of concern in all sports. Swimmers need to be wary about what they consume. Even some vitamins contain ingredients that can test positive on a drug test. Consult a pharmacist or the USADA hotline to check the ingredients of a certain medication or supplement. Swimmers are held liable for what he/she consumes.

#### Final Thought:

Overall, I want to stress the importance of being able to attend the convention as a Junior Rep. Coming to the convention as an observer is good preparation for next year's convention. It gives the Montana Athlete Rep. a chance to preview committees and meet other reps. you would only see at nationals. The most important advantage comes from being familiar with meeting conduct and current USA Swimming issues. I cannot stress the difference that first convention year makes in giving Montana Athlete Reps. an edge.

Submitted by Nathan Whitnam, MT Swimming Athlete Representative

Erin Bell  
I 0/05/03

Mr. Johnson and I got there on Tuesday night, September 9th. On Wednesday morning September 10th, Susan, Diana, Mr. Johnson and I, went to the early show for new delegates and they talked to us about the convention and all the things we would be doing there. Kim Holmes, the Western Zone Coordinator, introduced us to all the people who have worked in the board for the USAS Convention. They talked to us about what seminars to go to, and what our responsibilities of being representatives are. We answered some questions they asked us about our teams with people from places allover the U.S. It was interesting how different teams have such different priorities. That meeting was good because you got to find out what meetings would be most beneficial .for your LSC.

Later that morning I went to an Athlete Panel- "What swimming has done for me." About 6 swimmers from all different levels of swimming came and talked to us about their swimming careers. Michael Phelps was one of the swimmers and talked to everyone. After that Nate Wittnam and I went to the Athletes welcome reception and had lunch and talked to some of the other athletes from other states. A couple hours later Nate and I went to another Athletes Meeting and Bryan Jones, the athlete vice president, talked to us about how the convention works and that our job is to take back information to our LSCs, and to represent and have a say of what goes on at the convention.

On Thursday all the Montana representatives went to the Western Zone meeting and we talked about some of the proposals that people have made. All the teams that wanted to host the 2004 Western Zone meet gave their reports, and at our next meeting we would be able to vote for them. The teams were: Salt Lake City, San Jose, and Bakersfield. Nate and I went to our athlete meeting after that and

we talked about how to vote at the House of Delegates and what we talk about there. We also talked about the different kinds of organizations in Swimming like USA Swimming and FINA Swimming and how they differ. We went to another Athletes meeting a couple hours later and most of the meeting we talked about what right paraplegic athletes should have and what organization their meets should be run under.

On Friday Nate, Susan, Diana, and I went to an Athletes Seminar- Tools To Be A Successful Swimmer. There were about another 5 swimmers from all different levels of swimming and they talked to us about their careers, their training, their favorite swimming moments, and a lot of other things. Tom Wilkens was there and talked to us about the Olympics and his swimming career. They also talked about how to keep younger swimmers in the sport and how to make it fun for them. Nate and I went to a really cool Athletes Gold Medal Clinic. Tom Wilkens, Staciana Stitz, Chris Thompson, and some other Olympic swimmers came and talked to us about their Olympic experiences. Some people from the Doping Organization came and talked to us about what kind of drugs are illegal, how you could be on some illegal drugs and not know it because they are common medicines like Sudafed, and some vitamins, and how long you could be suspended from swimming for using those drugs. Between this meeting and our next meeting Lev, Susan, Diana, Nate, and I all went and visited Old Town, San Diego. When we got back we went to the Western Zone Meeting and we voted on which team should host the 2004 Zone meet and it's going to be in Salt Lake City, UT. We went over the proposals again and voted on some and pulled others to talk about at the House of Delegates.

On Saturday we all went to the House of Delegates and some of us voted and some just sat there for four hours and listened. That night we all went to the Aquatic Awards banquet where we all had dinner and they gave out many awards for all parts of the Convention. I learned a lot at the convention and I learned how different Montana Swimming is from other states. One thing I didn't agree with at the convention is how adults and parents make proposals that negatively affect the swimmers, but the swimmers don't have a say in what the outcome is.

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