



Chehalem Swim Team Annual Meeting of the Membership Minutes
September 13, 2021 - 6:30pm
Virtual via Zoom

Attendees: Tina Urback, Amy Christie, Adam Sealey, Allison Plaster, Betsy Jones, Brook Puckett, Brian Doak, Blake Applegate, Lalanya Fisher, Carrie Cybulski, Cathleen Long, Christie Kelly, Christina Tilson, Dave Tussing, Erin Fincher, Flavia Cruz, Gaby Vaught, Gary Till, Gregory Mitchell, Henry Fu, Jennifer Highland, Kate Coulter, Kathie Bowdoin, Kathryn Wonder, Keta Bradford, Krista Miller, Kristina Babcock, Kristina Cutright, Kyle Henderson, Lynn Snyder, Michelle Webb, Molly Pierce, Nancy Sims, Patricia Dwyer, Quentin Rieniets, Raechel Smith, Rebecca Sandberg, Sara Demaster Smith, Shelly Hochstetler, Sara Specter, Susan Fu, Sydney Jordan, Tiffany Russell, Tracey Weidman, Tucker House, Ursula Pinto, Wendy House

Meeting Called to Order: 6:31 pm

Agenda

- ★ Welcome to the Team
- ★ Team Unify Website
- ★ Code of Conduct
- ★ Sick Policy
- ★ Team Store
- ★ Service Hour Opportunities
- ★ Fundraising / Sponsorships
- ★ Meet / Practice Expectations

Welcome (Tina)

- See Meeting Slides - p. 1-2
- Many of you are returning parents, but we wanted to make sure everyone has full access to all of the team information.
- Lalanya: We have about 15 new members this season. There are about 8 currently trying out. We also have several others who joined at the end of last season, so are still fairly new.
- If you are new, I recommend you reach out to other parents about meet details.
- The Agenda items above were read.

- Regarding Service Hours: We prefer to have volunteers all throughout the year rather than many playing catch-up at the end of the season.

Team Unify Website (Tina)

- See Meeting Slides - p. 3
- Home page, all the different headings, a lot of information
- We are continuing to do some maintenance and making sure everyone is up to date.
- Please reach out if you have trouble finding what you are looking for.
- Once logged in, you will be able to sign-up for meets, review service hours, view schedules... Please explore and get to know the website
- CSTsharks.com is the actual website in case you don't have a link. To make things easiest, I recommend you bookmark the site
- Michelle Webb: When I log in, sometimes all the headings move to a black column and everything looks different.
 - Tina: I agree that has happened to me.
 - Cathleen: I believe there is a link in the upper left hand corner that says view the website that brings you to the homepage shown. (This was incorrect, link is actually in the lower left hand corner)

Code of Conduct (Lalanya)

- See Meeting Slides - p. 4
- The basic purpose of putting it on the website is to make you all aware of the policies. If an issue does arise, we will refer back to it.
- In general, we just want swimmers and parents to respect their teammates, coaching staff, the facility, and any officials at meets.
- Keep in mind that when swimmers are at meets and when they wear shirts to school, they are representing our team to the community. Their behavior matters.
- We encourage parents to cheer and encourage their swimmers, but at meets and practices, the coaches are coaching and are paid to do that. If you have any questions or concerns, we encourage you to talk to your swimmer about it first and have your swimmer come directly to us. This is just general conflict resolution: swimmer to swimmer, swimmer to coach, **parent to coach**
- I have a document called "Ten commandments for Parents" I might send that out through email as it is not only humorous but quite true.
- Tina: Something I have observed is that Covid has taken a lot of opportunities to build the team away from us. We have special regulations, we are jumping through hoops to try and keep these meets running. I ask parents to have patience with how things are run. Please understand that volunteers are doing their best. We have had a lack of opportunities for swimmers to be together, but we are trying to work through that. You may want to talk some of these frustrations through with your swimmers. Even though it has been a while, we are still very much on a new team.

Sick Policy (Tina)

- See Meeting Slides - p. 5

- The most important aspect of this policy, if they are sick, please do not have them go to practice.
- If they have known Covid exposure, that changes the restrictions.
- This is all about keeping the team up and running.
- I would rather have a swimmer miss a swim practice than expose the team to illness.
- Lalanya: In the pool and around the pool, we are still being careful and wearing masks. For the 10 & unders who are unable to get the vaccine, we are sticking to no more than 2 per lane, and keeping them from being on the wall together. For the 11-12, we are working at no more than 4 per lane and maintaining 3 feet of spacing as best as we can.. Please reach out to me if you are concerned for your swimmer.

Team Store

- See Meeting Slides - p. 6
- Lalanya has sent out the links to Making Waves and Swim Outlet.
- There are suit and gear requirements specific to each squad.
- If you participated in the Making Waves team order, please be aware that they are waiting on some of the suits to come in to screen them, before they wrap up our order.
- There will be an Arena suit fitting helper out next week Wed, Sept. 22 from 3:30-5pm. They will help your swimmer get fitted for the proper suit size if needed. Even if your swimmer doesn't have practice that day you are welcome to come to the fitting.
 - Chat Question: Are appointments required for fittings?
 - Lalanya: I'm not sure at this time. If appointments are needed, I'll send that out.
- If your swimmer can't make the fitting, I also have the suits from the previous fitting that they can try on.
- We receive rewards for suit and gear purchases made either through Making Waves or Swim Outlet

Service Hour Opportunities (Tina)

- See Meeting Slides - p. 7-8
- The first list is some opportunities that don't revolve around the meets. This might be helpful for parents whose swimmers are not attending a lot of meets. However, you are always welcome to volunteer at the meets whether or not your swimmer is participating.
- These opportunities are: Apparel, Monthly Social Events, Safe Sport Coordinator, Team Fundraiser Lead, Training trip / Championship Meets Fundraising Lead, Banquet Lead, and Swimmer Materials.
- Also acquiring donations / supplies for social events is a way to get service hours.
- We do have volunteers in some of these positions, but we are looking to cross-train and reduce the load on our current volunteers.
- The second list is for service hours associated with meets. These home meets generate a lot of revenue for our team, and we want them to be run well.
- Some service hours that are meet related require formal training and are listed on the slide.
- Christina Tilson (Co-Meet Director): Working at a meet is a great opportunity to get to know other parents. Derek is the brains behind the electronics, I'm just the people person on the floor. I would love to distribute all the work and get a chance to get to

know you all better. We plan 3 big home meets this year. Our home meet this fall is the Harvest Open. These home meets range from 150-600 swimmers. They start on Friday and end on Sunday. This makes for a lot of sessions to volunteer.

Fundraising / Sponsorships (Tina)

- See Meeting Slides - p. 9
- We are starting off with a nice group of sponsors
- These are the logos that are going on this year's t-shirts.
- We are possibly looking at doing different banners for the team
- Arena, Swim Outlet, KV Mini Storage are sponsors that offer - Value in Kind. So, sponsorships are not always monetary.
- Patricia: We have some new sponsorships this year. Our basic tuition doesn't cover everything we need to cover for a high quality swim team. If your business has matching funds, take advantage of those. These sponsorships can be a great help to other families that would not otherwise be able to have their child swim.
 - Bottle drop is going well.
- CST has a fairly large fundraising commitment compared to other teams. The overall cost however is right in line with neighboring teams. Having a large portion of the overall cost come from fundraising allows families an opportunity to get help in reducing their cost burden in alternative ways.
- We appreciate those sponsors that we have - whether for a specific swimmer or the team as a whole.
- Quentin: A lot of companies will match the hours their employees volunteer to non-profit organizations with money. Make sure to keep track of your service hours and determine if this applies to you.

Meet / Practice Expectations (Lalanya)

All Squads:

- See Meeting Slides - p. 10
- We want to start the season with as many parents as possible aware of our plans and expectations.
- We know it is a rush to get to practice and be prepared. Today was the first Monday of the season, and I think it's starting to smooth out. We understand the situation with arriving on time. Please let the kids know that we know they are trying. We don't want them stressed out.
- Tina: Sherwood traffic is really tough. Make sure your swimmers who drive (and parents) know that their safety is more important than being on time.
- Please reach out and let your lead coach know if there is a real problem missing out on most of practice, so we can see if there is something we can do to help.
- Don't forget equipment bags and suits. I forgot my daughter's stuff 3 days this week. It's going to take some getting used to.
- Please encourage swimmers to bring their water bottle
- Please let us know if your swimmer will not be attending practice. This helps us with lane assignments and ?.
- Overall we are trying to help the kids socialize and have a good time. We need good

attitudes and respect for teammates, facility, and coaches.

- We should also be making an effort to get to know our new swimmers.
- Spectators remember no food or drink besides water.
- Tina: I would like to briefly mention that swimming is a unique opportunity for boys and girls and kids of different ages to work together. It is also a great opportunity for mentoring.
- Allison Plaster: Can the practice times be moved later?
- Quentin: We share the pool with several other groups. George Fox University was actually given time they didn't know they couldn't use and are now only allowed to practice 1 day a week from 8:30-10:15pm which is way too little for college athletes. We are working with other coaches to propose a revised team schedule that would help CST, Newberg HS, and George Fox. We know that our current times don't allow our swimmers to get there on time. If it were up to us, we would have later practice times. We'll see what we can do.
- It is like a puzzle, and we are looking for the right fit for everybody. For now, we have kids in the right squads, and most seem to be arriving on time. We are going to roll with it for now.
- Tina: Our coaches have put in so much work trying to negotiate and going back and forth with the facility both to lock in a set time so we weren't having to change constantly and to avoid non-ideal hours.

10 & Under Precomp Squad (Krista):

- See Meeting Slides - p. 11
- Our squad goal is competitive freestyle and backstroke. Get them solid before moving up. There they can work on fine tuning and fly and breaststroke.
- Learn flip turns, streamlines, how to avoid head injuries.
- Attain competitive racing starts.
- Get their heart rates up and muscles growing
- We recommend they attend all offered practices and all skills clinics.
- Please tell your swimmers to come with listening ears on. We are still spread out so it is hard to be heard.
- We will reach out and let parents know when their swimmer is ready to participate in an upcoming meet.

10 & Under Development Squad (Erin):

- See Meeting Slides - p. 12
- After the kids join the team, are with Coach Krista for a while, and are showing they are ready to learn more, they move up to the Development group.
- Here we work on all 4 strokes
- They are doing a little more than 20% (correction to slide) aerobic training and competitiveness is becoming a little more of a focus. They are coming a little more often and continuing to grow in the sport.
- They are working on more efficient breath control and starting their competitive journey. They will start to see time drops and work towards C and B times.
- Once they start getting A times, they will move up to 10 & Under Performance

- Nancy Sims: I am Norman's mom. Do we need to get a little white stick?
 - Lalanya: No those are available at the pool.
- Nancy Sims: Will there be break times around the holidays?
 - Tina: It depends on whether Coach Q is your coach or not. If so, he has extra practice for holidays. =)
 - Lalanya: It will depend on other teams and activities, as soon as we know the schedule, we will send that out.

10 & Under Performance Squad (Erin):

- See Meeting Slides - p. 13
- As they move up in the levels, you'll notice the progressions. From 2 to 4 days a week and longer practice times. A majority of our 10 & Unders are in the Development squad right now.
- The Performance squad swimmers are starting to try and figure out how to get a little faster and have achieved at least 1 A time.
- They are still refining all 4 strokes. We try to keep it fun and work on aerobic conditioning (30% practice focus).
- We are wanting to fit in dryland as location/time and weather allows. This will allow us to work on overall athletic fitness for the kids.
- We really want these kids at the meets. They'll have a lot of fun and realize why they are working so hard during practices. They will also be able to travel a little bit.

Note:

- Coach Erin oversees the 10 & Under age group. Krista assists. Krista also works with other squads as well. Contact either Erin or Krista if you have any questions about swimmers in these groups.
- A majority of the kids on the team are in the 11-14 squads.

11-12 Entry Squad (Krista):

- See Meeting Slides - p. 14
- These swimmers are introduced to breaststroke and butterfly.
- They are focusing on body position, rotating on the correct axis for each stroke, injury prevention, water balance, and breath control
- They are getting closer to being dive certified
- They are learning to use the pace clock with instructions like "leaving on the top" or "leaving on the 30"
- We are increasing their aerobic base
- We recommend they attend all offered practices and clinics. Another set of eyes, giving instruction and tips in a different way can make all the difference.
- When ready, meets will help them grow and develop as an athlete

11-12 Development I Squad (Erin):

- See Meeting Slides - p. 15
- This is a fun group of kids and they come to me with a good base on all 4 strokes. They have started on butterfly and breaststroke.

- We do a lot of drills and work towards legal strokes all across the pool. I would love to see them compete in a 100 IM and work towards a 200 IM.
- We revisit instruction as they are continuing to grow and get a little older. They can take a little more training, longer distances, and start to hold their strokes together.
- We offer 3 practices for this group and recommend at least 2.
- 1 meet per month is recommended for social benefit and the opportunity to race and see what they've been working for.
- ????: During long course season, we were able to see practices on deck. Is that going to continue for short course season?
 - Lalanya: Yes, there will be an available option coming shortly.

11-12 Development II Squad (Lalanya):

- See Meeting Slides - p. 16
- There has been a change with this group. I am going to coach this as opposed to Erin, with the timing and spacing it just works better.
- Working toward A and B time. Still working on all four strokes. Trying to get them established A times.
- Equipment and water bottles are key.
- Overall standard is 1 meet per month for these groups. This is an expectation, but I know that is not always possible with family schedules. If you look at the team meet schedule on our website and try to work around our scheduled meets that would be great.

11-12 Performance Squad (Lalanya):

- See Meeting Slides - p. 17
- A times, or very close with a bunch of B times.
- These swimmers are working on the IMX track which is certain distance races of all 4 strokes. If you are interested, let me know and I will send you those distances. This also means that I'll swim these swimmers in races even if they don't want to.
- Expect dryland starting next week, weather permitting.
- Meet 1 per month plus meets that they qualify for. This might mean a last chance meet in February followed by the State Meet. We would want them to do both.
- I am excited for this group of kids. They have a start to a really good relay team and these kids love to race. Excited for state meets too.

13-14 Entry Squad (Krista):

- See Meeting Slides - p. 18
- We have several new athletes who are going to fit in quite nicely with this group.
- Working on legal technique with all 4 strokes while building an aerobic base.
- Skills clinic: An opportunity to add extra skill in their repertoire and work under other coaches.
- 1 swim meet every other month.
- It is a lot of fun to work with this group.

13-14 Development I Squad (Erin):

- See Meeting Slides - p. 19
- This group is blending nicely. Some swimmers I've worked with before and some I haven't. They are at a good age to think for a minute on questions like "What do I want to get out of this?" and "What do I want to achieve?"
- They are starting to work hard and understand why. There are a couple of new girls and one boy in the group today. This group gives them the opportunity to train and decide where they can go with swimming. They realize hard work can turn into progress.
- We are offering 5 practices and hope that they attend at least 4.
- Working on aerobic base and refining techniques.
- They also get to be put in some of the races they might not like but that will challenge them. Hopefully, they will step up to those challenges.
- I expect them to train hard and show up to meets.
- If there are any new parents out there whose swimmers I haven't coached, please feel free to reach out to me with questions.

13-14 Development II Squad (Lalanya):

- See Meeting Slides - p. 20
- There is a lot of crossover between DI and DII squads this year, so you may see swimmers moving up or down throughout the season, even if for a day here and there.
- DII is working toward A/B times and building their aerobic conditioning.
- There are 5 practices offered, we recommend 4 and 1 meet per month.
- There are a lot of new 13 year olds and older 14 year olds in this group. They are working well with each other.
- I am excited to see them train to achieve the goals they have set for themselves.
- Michelle Webb: I've been a swim parent for a long time, but I still don't know what A, B, and C times are. Is there a resource we can look at?
 - Lalanya: Oregon Swimming votes on these time standards every year. A times are state qualifying times. A C time means you swam a race legally and have a time. The B times fall between the A and the C times. This year's time standards are available on the Oregon Swimming website. Once there, look under the competition tab. Make sure you look under the correct male or female column as appropriate. Also, make sure you are looking at the appropriate season: short course versus long course. Coaches will be going over these time standards with their swimmers. So hopefully, they will understand well enough to explain the times to their parents.
- Michelle Webb: As swimmers' ages change, what happens? Maia will be 15 in December. Also, she will be new to a high school swim team. How will that mesh with being on CST?
 - Lalanya: We don't necessarily boot a swimmer out because they age up. If we find a spot for her in a different group, and she wants to challenge herself a little more, we can work that out either now or in December. I will table the high school question for now.
 - Tina: We have kids from 3 different HS teams. We've thought through this and

we think we have provided several options for the swimmers.

- Quentin: We actually have swimmers representing 5 different teams: Newberg, Sherwood, Tigard-Tualatin, Wilsonville, and St. Mary's. Kristen is open to having their kids train with us. On the day before each meet, they would have CST swimmers swim with ?.
- Erin is working on plans for the Newberg HS swimmers as well. As soon as that gets decided we'll reach out and let the swimmers know.

13-14 Performance Squad (Quentin):

- See Meeting Slides - p. 21
- As of now, we have 1 athlete registered with this group.
- This group is for athletes who are really committed to swimming and already have A times or higher.
- The goal is for everyone to attend 90-100% of the practices, and as many drylands as possible. They are also expected to attend one meet a month and all qualifying meets.
- The focus is on increasing training volume, improving racing technique, and preparing them to enter the senior program running. Once they enter, it will be just more days of work, but not necessarily more intensity.

High School Rec Squad (Erin):

- See Meeting Slides - p. 22
- This is a new group for me. I have had a week of working with them.
- Our goal is to maintain and gain fitness. It is especially geared towards HS athletes who have decided to do multiple sports or are highly committed to band or another activity. We welcome all highschoolers that want to have a 3 day a week program rather than 5-6 days a week.
- In this group some are learning and refining strokes. I am pushing them to work really hard on fitness and see where swimming can take them. If they are new, maybe they'll join CST year-round or join HS swim.
- Quentin: There is a pathway for those who want to move from HS rec to senior program. To join, they need to progress in their skills and endurance and commit to practicing with the team as their year round focus sport.

Senior Squad (Quentin):

- See Meeting Slides - p. 23
- This squad is for the athletes who have chosen year-round swimming as their sport of choice. Focus is a lot on aerobic endurance.
- We will increase power and aerobic conditioning until taper time. We plan on their first rested meet being on week 10 in AZ at the winter invite. Traditionally Canby goes to that meet. It seems to be a little easier to make finals at this meet than at many other competitive meets. The more people we are able to take, the more relays we should be able to offer, which is something we've really missed out on.
- The senior squad is required to attend 80% of the practices offered. I definitely want them to make as many drylands as possible to be well rounded athletes.

- Seniors definitely want to make sure they are contributing to the team. I expect them to swim every event at least once per season. This helps them be well-rounded. It's good if everyone swims the mile together - suffer together or suffer the same.
- We are building up to a straight 4000 yd freestyle set. We'll also do a timed 30 minute swim **twice?** this season to see how far they can go.
- I want to help athletes track their progress. And then, I will adjust my workouts if needed to make sure we are making progress throughout the season.
- There were a lot of strides made during long course season. I think in short course it will be even bigger/better.

Senior Performance Squad (Quentin):

- See Meeting Slides - p. 24
- This group is for athletes who want to reach the highest level of swimming that they can.
- They will build to having T/Th morning practices mid-season.
- We will also be offering joint practices with other programs to get them out of their training comfort bubbles and help them build relationships. I have a lot of friends that I have stayed in touch with. I remember people better than the times I achieved. I want to give our kids opportunities outside of the same 4 walls.
- We will first focus on the December meet in AZ. Or if travel restrictions don't allow, then we'll attend the CAT open. I would like to hear what the interest is from these swimmers in the next weeks or so to get pricing and reservations early.
 - Tina: Cheaper to plan ahead. Most hotels have flexible cancellation policies.
- **The State meet will be the last week of February and Sectionals the 1st week of March.** We already have 3 individual qualifiers + 2 boys relays. Our main focus will be Senior Sectionals, but they will also attend Senior State. Some may only go for relays. Those who don't qualify for Sectionals will attend the Round Robin the 2nd week of March. This will be a 3- way dual meet with finals events and fun relays. Should be a good way to round the season out before we go on spring break.

Questions / Final Thoughts

- Tina: I know the Team Unify site has everything I need, but I also get a lot from the coaches' emails. I also appreciate it very much when the coaches pick my swimmer's meet events.
 - Lalanya: We are moving more towards filling in the blanks for the swimmers. If there is something your swimmer definitely wants to swim in a particular meet, they should come and talk to us so we can try and make that happen.
- Jennifer Highland: Thanks for stretching our swimmers, looking down the road, and seeing where they need to be. Thanks for helping them set goals and learning what stretches are appropriate.
- Jennifer Highland: Is it true that all of the meets for the season are on the website? That would be fantastic.
 - Lalanya: Yes, for short course. We want the kids to be able to be there.
- Tina: We covered a lot. I hope we have answered all of your questions. I am happy with the turnout at tonight's meeting. It is much easier to go through all of this when we

- have a good turnout as opposed to just talking to ourselves.
- **???**: Are we able to attend just one day of a swim meet?
 - Yes. Just add the sessions your swimmer can swim in the note box during sign-up.
 - Tina: Feel free to submit any other questions that you think of and we will reply to all.

Meeting Adjourned: 8:05pm

* To receive credit towards your service hours in return for your attendance at tonight's meeting, please send Tina an email to clarify your name unless it is already clearly listed above.

Meeting Minutes Key: **Yellow Highlight: Please confirm accuracy** **Green Highlight: Action Item**

Meeting Slides:



CHEHALEM SWIM TEAM

Annual Membership Meeting
September 13, 2021 @6:30 pm

1



CHEHALEM SWIM TEAM

Agenda

- Welcome to the Team
- TeamUnify Website
- Code of Conduct
- Sick Policy
- Service Hours Opportunities
- Fundraising/Sponsorships
- Team Store
- Meet/Practice Expectations

2

Chehalem Swim Team's Mission: Provide a safe, healthy, and positive environment where our athletes can develop the character traits, technical skills, and intense desire necessary for them to reach and maximize their full athletic potential.

Team Unify Home Page - All CST documents, policies, meet schedules and more.



SIGN IN



OREGON SWIMMING



HOME ABOUT MEMBERSHIP COACHING STAFF CONTACTS CALENDAR MEETS / EVENTS SAFE SPORT DOCUMENTS FUNDRAISING/SERVICE HOURS SCHOLARSHIPS
USA SWIMMING DECK PASS



Athlete and Parent Code of Conduct

CHEHALEM SWIMTEAM CODE OF CONDUCT: ATHLETES

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will attend all team meetings and training sessions, unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.

CHEHALEM SWIM TEAM CODE OF CONDUCT: PARENTS

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

- I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- I will refrain from coaching my child from the stands during practices or meets.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will respect the integrity of the officials.
- I will direct my concerns to first to my swimmers coach; then, if not satisfied, to the Head Coach and an appropriate supervisor.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

Chehalem Swim Team's Mission: Provide a safe, healthy, and positive environment where our athletes can develop the character traits, technical skills, and intense desire necessary for them to reach and maximize their full athletic potential.



CST Sick Policy

Do NOT attend practice if you are sick or have been in close contact with someone who is sick.

If your swimmer is experiencing cold or flu-like symptoms with no known Covid exposure, they may return to practice 24 hours after their last symptom.

Covid related illnesses

If your swimmer has Covid like symptoms and/or known possible exposure,

Swimmer must:

- Sit out until they have quarantined for 7 days with a negative test on or after day 7 OR
- Sit out 10 days, symptom free OR
- Be cleared by your healthcare professional to participate

Symptoms may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

5



Team Store

Team apparel and equipment can be purchased through the below links:

[Making Waves](#) Password: CST

[Swim Outlet](#)

6



Service Hour Opportunities (Non-Meet Related Opportunities)

- Apparel -Work with Sean at making waves to set up fitting dates, sales for meets, team orders, updates to our team website, communicating with families regarding team orders
- Monthly Social events- Set up monthly social gatherings for after practices, organize volunteers and supplies. Examples include, hot chocolate bar, fresh fruit feed, etc.
- Safe Sport Coordinator - see Tina for more details
- Team Fundraiser Lead - Organize a yearly calendar of events, recruit and organize volunteers, work with treasurer and president on budget needs
- Training trip/Championship meets fundraising Lead - organize and recruit volunteers to help run fundraisers for our Senior squad training trip and championship meets
- Banquet Lead - Organize and plan each season's banquet - includes securing a facility, ordering awards, decorations, food, etc
- Swimmer Materials – put together goodie bags, tickets for drawings, etc.

7



Service Hour Opportunities (Meet Related Opportunities)

- Set-up and Clean-up for the meet
- Hospitality
- Runners
- Timing
- Clerk of Course
- Bull Pen
- Deck Marshall and Deck Monitor
- Heat Sheet
- Concessions
- Announcers
- Awards
- Floater

These Jobs Require Formal Training:

Electronic Timers – Set up all the timing equipment, run the clock, and verify swimmer times. Time requirement: Two hours before meet till the end of the session/meet.

Stroke and Turn Officials/Trainee – Stand by the pool to verify swimmers are using the proper technique. Time requirement: 45 minutes before the start of the meet till the end of the session/meet.

8



Our Sponsors

- Viking Fire Protection
- Arena
- SwimOutlet
- May Trucking
- Ken and Daughter Jewelers
- Wilson Ortho
- Little John Acres
- KV Mini Storage
- Newberg Ford



KV MINI STORAGE



KEN & DAUGHTER
JEWELERS

9



Coaches Expectations

ALL Squads:

- Come prepared with equipment and water bottles each day.
- Email lead coaches when not able to attend practices.
- Respect teammates, coaches and facility. Come with a positive attitude :)

10



Coaches Expectations

10 & U Precomp

- **Squad Goals:** This squad focuses on the competitive strokes of freestyle and backstroke with an introduction to breaststroke and butterfly. Proper technique for legal strokes and injury prevention are a main focus. Practices include skills such as flipturns, streamlines, breath control, water balance, dive progressions and pace clock reading. 20% of all practices will focus on aerobic training.
- **Practice Expectations:** Recommended to attend all offered practices and skills clinics
- **Meet Expectations:** 2 meets a season and coaches will let you know if your athlete is ready to participate.

11



Coaches Expectations

10&U Development

- **Squad Goals:** Develop legal technique in all four competitive strokes with a focus on breaststroke and butterfly. Body positioning, breath control/timing, kicking and efficient swim team specific skills are all main focuses of this squad. 20% of all practices will focus on aerobic training.
- **Practice Expectations:** Swimmer's should attend all offered practices but at least 2x/week
- **Meet Expectations:** 1 meet per month is recommended

12



Coaches Expectations

10&U Performance

- **Squad Goals:** teach and refine technique in all 4 competitive strokes with a focus on aerobic conditioning and kicking. Develop efficiency in race skills such as turns, streamlines and dives. 30% of all practices will be aerobic based. Swimmers in this squad are working towards Oregon A time standards.
- **Practice Expectations:** Swimmer's must attend all offered practices including dryland 1x/week when offered
- **Meet Expectations:** At least 1 meet per month is required

13



Coaches Expectations

11-12 Entry

- **Squad Goals:** This squad focuses on the competitive strokes of freestyle and backstroke with an introduction to breaststroke and butterfly. Proper technique for legal strokes and injury prevention are a main focus. Practices include skills such as flipturns, streamlines, breath control, water balance, dive progressions and pace clock reading. 20% of all practices will be aerobic based.
- **Practice Expectations:** Recommended to attend all offered practices and skills clinics
- **Meet Expectations:** 2 meets a season unless your swim membership is year-round and coaches will let you know if your athlete is ready to participate.

14



Coaches Expectations

11-12 Development I

- **Squad Goals:** Learn proper legal technique for all 4 competitive strokes with a focus on breaststroke and butterfly. Skills such as body positioning, breath control/timing and swim team specific skills are a main focus. 30% of all practices will be aerobic based.
- **Practice Expectations:** Recommended to attend all offered practices but at least 2x/week.
- **Meet Expectations:** 1 meet per month is recommended

15



Coaches Expectations

11-12 Development II

- **Squad Goals:** Swimmers in this squad are working towards achieving Oregon A and B time standards while continuing to build proper technique and refine skills with a focus on strength, conditioning, flexibility, and injury prevention. 40% of the workload will be aerobic training getting swimmer's ready to progress into a performance squad.
- **Practice Expectations:** At least 3 days/week. Come prepared with equipment and water bottles each day.
- **Meet Expectations:** 1 meet per month is recommended

16



Coaches Expectations

11-12 Performance

- **Squad Goals:** Swimmers in this squad must have at least one Oregon A time and/or multiple Oregon B times. Must complete all events in the IMX track in a single season. It is expected that if swimmers in this squad achieve a qualifying standard, they are committed to attending that corresponding meet.
- **Practice Expectations:** Swimmers must attend a minimum of four practices per week and 2 dryland practices/week (when offered)
- **Meet Expectations:** At least 1 meet per month as well as qualifying meets

17



Coaches Expectations

13-14 Entry

- **Squad Goals:** Introduction & Completion of dive progression and being able to perform a racing start from the starting blocks. Swimmers are working towards achieving legal technique in all 4 competitive strokes while building an aerobic base to progress in the sport if desired. Practices include skills such as flip turns, streamlines, breath control, water balance and pace clock reading. 20% of all practices will be aerobic based. It is recommended that swimmer's attend all offered practices.
- **Practice Expectations:** Recommended to attend all offered practices and skills clinics
- **Meet Expectations:** It is recommended that swimmer's attend all offered practices and 1 meet every other month.

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Coaches Expectations

13-14 Development I

- **Squad Goals:** Swimmers in this squad are working to achieve Oregon B time standards or higher, build, proper technique and refine skills with a focus on strength, conditioning and injury prevention. Focus is on Breaststroke and Butterfly technique while maintaining technique and building an aerobic base with Freestyle and backstroke. Swimmers are encouraged to complete an IMR track each season.
- **Practice Expectations:** 4 water practices/week, dryland optional when offered
- **Meet Expectations:** At least 1 meet every other month

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Coaches Expectations

13-14 Development II

- **Squad Goals:** Swimmers in this squad are working to achieve Oregon A/B time standards, building a strong aerobic base where 40-50% of each workout is aerobic. Refining technique of all competitive strokes in order to complete a full IMR/IMX track each season.
- **Practice Expectations:** 4 water practices/week (five recommended)
- **Meet Expectations:** At least 1 meet per month as well as qualifying meets

20



Coaches Expectations

13-14 Performance

- **Squad Goals:** Athletes are working towards achieving A time standards or higher
- **Practice Expectations:** Attend at least 80% of all offered water practices and as many drylands per week as possible
- **Meet Expectations:** Attend a minimum of one meet per month as well as qualifying meets

21



Coaches Expectations

HS Rec

- **Squad Goals:** Swimming for fitness and/or in preparation of High School swimming season
- **Practice Expectations:** Can attend up to three practices per week
- **Meet Expectations:** Recommended to attend 1 meet every other month

22



Coaches Expectations

Senior

- **Squad Goals:** Athletes are working towards achieving A time standards or higher. Develop and refine technique in all 4 competitive strokes. Continuing growth in flexibility, conditioning and injury prevention. 70% of workload will be aerobic focused, with an emphasis on capacity for endurance and power.
- **Practice Expectations:** Attend at least 80% of all offered water practices and as many drylands per week as possible
- **Meet Expectations:** Attend a minimum of one meet per month

23



Coaches Expectations

Senior Performance

- **Squad Goals:** Swimmers currently have Oregon A times and are working towards higher level qualifying standards. Build aerobic capacity, aerobic power, lactate production, lactate clearance, anaerobic power and capacity work. 70% of workload will be aerobic focused, with an emphasis on capacity for endurance and power. Refinement of technique and injury prevention, recovery and performance
- **Practice Expectations:** 100% participation in all offered water and dryland practices
- **Meet Expectations:** All recommended meets.

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Q & A