



Chehalem Swim Team Monthly Board Meeting Minutes
July 08, 2021 - 6:30pm
Chehalem Aquatic Center

Attendees: Lalanya Fisher, Cathleen Long, Gayle Bizeau, Tina Urback, Krista Miller, Shelly Hochstetler, Erin Fincher, Ryan Backman, Lucinda Pannell, Patricia Dwyer, Quentin Rieniets (via Zoom): Gary Till, Adam Sealey, Betsy Jones, Gregory Mitchell, Jason Jordan, Michael Christie, Michelle Webb, Robert Till, Shak Emly, Kristina Norman, Jennifer Lindgren, Katie Rarick, Kathie Bowdoin, Derek Miller, Dave Tussing, Flavia Cruz

Meeting Called to Order: 6:33pm

Agenda

- ★ Board Overview Tina
- ★ General Updates Tina
- ★ Officials Status Shelly
- ★ Treasurer Report Lucinda
- ★ Coaches Reports Lalanya/Quentin/Erin/Krista
- ★ Athlete Rep Report Robert (Byron written update)

Welcome - Board Overview

- See Meeting Slides - p.3
- New Additions:
 - Derek Miller and Christina Tilson will act as our Co-Meet Directors
 - Vacant positions - Apparel, Social Event, and Service Hour Coordinators

General Updates

- See Meeting Slides - p.4
- Spectators are now allowed on deck. When we leave the door open for parents to come in, others can enter as well. This happened today with a male community member (potentially drunk) walking on deck. We need to figure out how to manage that.
 - Shelly: We could have a parent volunteer as a door monitor and earn service hours.
 - Patricia: I also worry about our girls coming outside with just their swimsuits on.
 - Tina: We should also encourage our swimmers to not leave the building until

- their ride is visible. Once outside, they are unable to come back in.
 - Erin: Before Covid, all parents used to come in to pick up their kids.
 - There was also mention of congestion in the fire lane and surprise that the fire marshall hasn't put a stop to that. But, then driving up prevents kids from walking across a busy parking lot.
 - Tina: We'll need to come up with some age appropriate rules
- Fundraising
 - Tina/Patricia: A July fundraiser has been identified. We will be selling root beer floats at our next home meet. This will provide many new service opportunities. More information is coming.
 - Lalanya: Is there any new information on the Bottle Drop fundraiser?
 - Patricia: So far we families have redeemed about \$900. There are 15 families participating.
 - Lalanya will have new bags to hand out on Monday.
 - Erin: Can fundraising funds be carried over from season to season?
 - Tina: They can be carried over from short course to long course but not from long to short because that is the end of our year.
 - Gary: I talked with Point S. Are we still interested in doing a car wash?
 - Patricia: Yes, but probably not until the fall (Sept).
 - Gary: I think the only thing they need is about a week's notice so they can advertise it on their readerboard.
- Team Break
 - Our team break will begin August 15th and last for at least 2 weeks if not 3. Quentin is going to try and work to get some water time if it ends up being 3 weeks.
 - Lalanya: Tara said to be patient for the fall schedule to be finalized
- Harvest Open meet is currently scheduled for Oct. 15-17. This might change. **Quentin will touch base with Derek and see what works best for Derek and the coaches**
 - Quentin: There was an OSI meeting last night. Their meet schedule needs to be updated, which all teams will be trying to enter their meets at the same time. There should be some preference for teams who have annually scheduled meets.

Officials Status Report

- See Meeting Slides - p.5
- Shelly: We currently have ~12 officials, but we are in need of another ET and Stroke & Turn officials
 - There will be a Stroke & Turn training clinic on Sept. 11th from 9am-11am. The classroom has already been reserved.
- Patricia: Would you please explain the difference between a Stroke & Turn official and an ET
 - Shelly: Stroke & Turn officials are poolside observing (not critiquing) the swimmers to confirm their swim is legal.
 - We need officials on deck, or we can not have official times for our swimmers. Some swim meets only allow teams to come if they can

- bring officials.
- In order to become an official, you need to attend a training clinic, get a background check, complete several training sessions, and then take a test. CST will reimburse any costs.
 - Quentin: OSI also has an official's fund set up to help teams cover that.
 - Electronic Timer (ET) officials sit up where the times come into the console. They review the times that come in and make sure swimmers get earned official times.
 - These officials also need to take a 2 hour training clinic. We'll have to look to see if any of these clinics will be offered during OSI's conference the 1st weekend in Oct.
 - The October OSI clinic will either be held in Albany or McMinnville. These training clinics are another way to earn service hours.
 - Another benefit of being an ET is that you get to sit and stay dry, although it was mentioned that water repellent clothing is also available to Stroke & Turn officials.
- How many officials does it take to operate a meet? The bare minimum is 7.
- If you have questions, you can look at the USA Swimming and Oregon Swimming websites to get general information. Videos are also available there, so parents can get an idea of what the jobs entail and get a headstart before attending a clinic. Further questions? Contact Shelly

Treasurer Report (Lucinda)

- See Meeting Slides - p. 6 (Blank slide was accidentally shown during the meeting.)
Current Balance: \$37,112.04
Outstanding Payments: \$7760.50 (That includes payroll, the CAT meet entries, ASCA registration for coaches, and coach lodging for the Pendleton state meet)
Outstanding Deposits: \$460
The Adjusted Balance: \$29,811.54
- We did pay this month for swim caps and ???
- We will have more expenses going forward with the new lifeguard requirement
 - Tina: Yes, this is apparently an OHA rule and not an aquatic center rule.
 - Quentin: It is actually a federal requirement.
- We also need to look at the budget for facility charges for our monthly meetings and upcoming travel meets.
- Quentin: Lucinda, have you been able to deposit those 2 meet checks?
 - Lucinda: Not the one, no. We are unable to cash checks made out to Chehalem Swim Team, they need to be made out to Chehalem Valley Aquatics Club. The bank has allowed a few to go through but not any longer. We need to revise our **business documents** to say that we are doing business as Chehalem Swim Team.
 - Quentin has noted the correct name on the upcoming meet documents.

General Coach's Report

- See Meeting Slides - p. 7
- We now have about 86 families (Erin: 101 swimmers)
- We plan to have new parent meeting next week
- We have 5 more weeks of LC which ends on 8/15
 - In those 5 weeks we have 4 more meets
 - CAT meet for upper level swimmers this weekend
 - July 17/18th home meet (1st time we'll have 4 teams since Covid)
 - State meet this weekend for 10 and unders & State meet for 11 & overs in Pendleton July 22-25
 - August 15th season ending fun meet for all
 - A lot going on
- We are working on recruiting more new swimmers from swim lessons
- We have a lot of 11-12 new swimmers; looking to recruit younger swimmers, but all new swimmers are good.
- CST pool time for Fall looks like it will be
 - M-F 3:15-6pm
 - Saturday 8:45-10:45am
 - Not sure how this will all mesh with the school release time of:
 - Newberg Elementary 2:40pm
 - Newberg HS 3:45pm
 - Sherwood Elementary 2:15pm
 - Sherwood Middle and High School 3:20pm

Senior Report (Quentin)

- See Meeting Slides - p. 8
- Seniors and 13-14 performance have been doing exceptionally well. Right now we are in the 15th week of our training plan
- Lalanya and I have been working with 13-14 development to build endurance so they are able to have the option of joining 13-14 Performance in the fall.
- Senior and 13-14 Performance squads have 9 state qualifiers. Many are qualified in several races.
 - We should have more relays at this state meet than either CST or Sherwood has had in the past
 - We are reducing volume, but keeping the intensity high, so they peak at the state meet
- There is a metric available online called Virtual Club Championship that compares teams nationwide.
 - Each swimmer can score 4 times for their team
 - based on top performing athletes, 1200 is most points an athlete can score
 - This year CST has 40,777 points. 58% of those were made by 14 & over swimmers

- Last year's points: 17527
- 2007 was the last year our total points were over 40,000

Age Group Report (Lalanya)

- See Meeting Slides - p. 9
- 13-14 Development squad has been offered some extra days to prepare them for high school. A lot of them are taking advantage of that.
 - We are still working on technique, but increasing their endurance.
- 11-12 Performance squad has been doing some challenge sets . One of them has been building them from 8-18 100's. They have done well and they are no longer afraid of a 500. It has been good for them to build confidence. Other challenge sets have included kicking and timed swims.
- The HS Rec group and 1 member of our Master group have been coming 3 times a week. Most are coming out of HS season, which was only 5 weeks. It's good to have them come back and work on technique to prepare them for next HS season this November.
- So far we have 3 11-12 Performance qualifiers.
 - There are 2 more that are fairly close.
 - A couple of 11 year olds qualified but then turned 12.
 - We have qualified for a boys relay, but 2 swimmers can't make the meet.
 - We all agreed with Tina that it is important to recognize the qualification even if they can't make the meet.

Novice Report

Erin:

- See Meeting Slides - p. 10
- We are planning our first annual summer swim camp. Last year's camp was scheduled but cancelled. This year we sent invitations to kids in the community that had tried out but were told they still needed lessons. This should provide a good start for our new members.
 - Camp starts next week and will be run Monday & Friday. 3 kids have signed up so far. We are hoping for more, but that's not bad for our 1st year.
 - Like was said earlier, we have had a lot of 11-12 year olds join the team. Through camps we might be able to get younger swimmers.
 - We have a 10 & under pre-competitive squad. It is for those not quite ready for the full time and meet commitment. They get to learn skills and allowed fewer days.
 - The 10 & under development squad is starting a little bit more on butterfly and breaststroke.
 - The 10 & under performance squad is able to do all 4 strokes and train a little bit harder. They are increasing capacity: less teaching, more doing. We get to celebrate 3 state qualifying athletes from this squad. 2 of them will attend the meet this weekend. They are 1st time qualifiers.

- I am encouraging those kids in the group to sign up for the next couple of meets.
- We have 8 new members this month

Krista:

- See Meeting Slides - p. 11
- We have 25 kids
- The 10 & unders are progressing with fundamentals. That is our focus for pre-competitive. 3 brand new swimmers to the team
 - Fast kicks is the name of the game. Kicks are getting stronger.
 - Introducing flip turn fundamentals.
 - Focusing on safety, every time they leave the wall. This means make sure you have a streamline on as you leave the wall. Jammed fingers are better than concussions. I like to remind them that streamlines are not only for speed but for safety.
 - Huge shout out to pre-comp Jameson Fisher, Avery Journey, Salmon Layton for signing up to compete in our upcoming home meet.
- Our next group (11-14 Entry), we needed to split into 2 entry level groups.
 - When they are done with me they will be ready for Erin or Lalanya - need to get them dive certified. Focus is to get free and backstroke fundamentals solid. We are also adding a little butterfly and breaststroke . Yes, using your abs to swim is a workout.
 - McKinley Hamm, Alexis Tilsen and Alivia have signed up for our next home meet?. Saturday is the cut-off to sign up.

* Tina: We are approaching an hour, so I'd like to open this up to questions.

- Robert: Would you like an athlete rep update?

Athlete Representative Report

- See Meeting Slides - p. 12 for Byron's written update (not discussed due to lack of time).

Robert:

- 2 Positives
 - 1) We no longer have nice practices. That is nice and makes swimmers happy.
 - 2) We are looking forward to the meets coming up.
- Suggestion: It would be nice to have some sort of get together with all of the swimmers outside of the pool.
 - Lalanya: That is a good idea, maybe not all together but in squads. The home meets and the rootbeer social are also some opportunities. In August maybe we can have a barbecue between sessions. Let us know if you have any specific ideas.
 - Robert: I will ask around for ideas and get back to you.
 - Tina: Also, remember that one of our open positions is a social events

- coordinator, so let me know if anyone is interested.
- Derek: One thing CST has traditionally done is hold an end of season banquet or barbecue that was open to all age groups. We would go to a park or somewhere and the coaches would do a little talk and potentially give awards for dropped times, etc.
- Lalanya: Yes, Sherwood did that too, if we can get an events coordinator...
- Patricia: This seems to go hand-in-hand with fundraising. So, I will step up and run this as well until we get someone to take on that position, and then I'll work right alongside them.
- Tina: Thank you. Parents reach out to me if you are interested.
- Michelle Webb: If someone emails me the details about the Service Hour Coordinator position, I might be interested.
- Lalanya: I will do that.
- In addition Derek will hold a Volunteer Orientation meeting next Thursday (7/15) evening to explain all of the meet volunteer positions in person.
 - All new volunteers are encouraged to attend.
 - Tina will send out information on this orientation to the families.
- Derek: For volunteering during a meet, some positions are offered for multiple sessions. For example, there is a sign up for a runner Saturday morning, Saturday afternoon, Sunday morning, and Sunday afternoon. You just sign up for one.

Questions and Answers

- Katie: If service positions are available as co-positions, can you let me know that.
 - Tina: I don't think there is any problem with any co-positions. That provides cross-training and redundancy.

* 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 Adjourned: 7:34pm

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

Meeting Slides:



CHEHALEM SWIM TEAM

Parent Meeting July 8, 2021
6:30 pm

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CHEHALEM SWIM TEAM

Agenda

• Board Overview	Tina
• General Updates	Tina
• Officials Status	Shelly
• Treasurer Report	Lucinda
• Coaches Reports	Lalanya/Erin/Quentin/Krista
• Athlete Reps Report	Byron/Robert

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Further refinement to the current Board

- Shelly Hochstetler, Officials Coordinator
- Gayle Bizeau, Safe Sport Representative
- Derek Miller and Christina Tilson - Meet Director Partnership

Volunteers needed

- Apparel Coordinator
- Social Events Coordinator (Organize team gatherings)
- Service Hour Coordinator

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General Updates

- Service Hour Opportunities
 - Parent Meeting Attendance
 - Open Positions
- Practices Open to Spectators
- July Fundraiser Identified in Planning Stages
 - Root Bear Floats at Home Meet
 - Several opportunities to earn Service Hours
 - Look for job signups coming soon
- Pool Closure starting August 15th
- Harvest Open Usually 3rd week in October moving to the 2nd week

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Officials Status Report

- Registered Officials
- Officials needed
 - Electronic Timers
 - Stroke and Turn
- Upcoming Stroke and Turn Judge Certification Clinic Saturday, September 11th
- How do I prepare
 - Create a non-athlete Deck Pass profile on www.USASwimming.com
 - Check out the official's tab for more information about officiating
 - The Oregon Swimming team unify website is also informative

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Treasurer's Report

Balance 07.08.2021	\$37,112.04
Outstanding Deposits	\$460.00
Outstanding Checks	\$7,760.50 Includes Payroll, CAT entry, Housing for Quentin for Pendleton, ASCA Registration
Adjusted Balance	\$29,811.54
Upcoming Expenses	Extra for Lifeguards at practices Facility Charges for meetings Expenses for Travel for coaching staff

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.



General Coach's Report

- **Total Team number?**
- 5 more weeks of long course season
- 4 total meets left in LC - CAT, July Quad meet 17&18 (all), State meet and Aug 15th (all)
- Working towards recruitment of more 10&Under swimmers
- Working on what Fall schedule will look like - currently have M-F 3:15-6:00p, Sat 8:45-10:45a

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Senior Coach Report – Quentin

- This week we begin our three final weeks of our Long Course Season Plan, heading into our home meet and State Championships
- 12 weeks of hard work have yielded many improvements and personal bests set in training
- Practice attendance has been consistent, and kids seem motivated

Highlights

- We have nine individual State Qualifiers, and one relay-only swimmer for 11 & Over Long Course State
- Virtual Club Championship (VCC) Score
 - 2020-21: 40,777
 - Two more short course meets this year to boost score even higher

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Age Group Coach – Lalanya (Head Coach)

- 11-12 Performance:
 - Continuing weekly challenge sets in practices
 - Continuing to cycle through drill work for all 4 strokes on a weekly basis
- 13-14 Development
 - Enjoying extra practice days per week – allows addition of technique work while maintaining aerobic component
 - Challenge sets with some slight variations
 - Anticipate big improvements in stroke technique at the next meet
- Multisport Athlete and Master's squads
 - Focusing on aerobic endurance and stroke technique

Highlights

- 11-12 Performance - 3 qualified for State, a couple more are close

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Novice Coach – Erin

- Planning summer swim camps
- Progress Reports given
- Practices include skill and technique development
- Looking forward to upcoming meets and team bonding opportunities

Highlights

- Added 8 new memberships this month
- 10&U – 3 athletes qualified for State

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Novice Assistant Coach – Krista

- 10&U Precompetitive –
 - Progressing steadily with fundamentals
 - This group includes 11 swimmers, 3 of which are brand new to the team
 - Athletes are getting stronger and looking forward to competing in meets
- 11-14 Entry
 - Entry I group is growing, and we are adding a second Entry II group
 - Working on building Aerobic endurance and skills
 - Emphasis on Safety as swimmers plan for meet participation

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Athlete Representative Report

Over the next month things are going to change quite a bit because of the mask and distancing restrictions being lifted. Having more than 3 people in one lane, having more meets where we can stay inside with even more teams, and having the locker rooms open again has put pretty much everyone in a good mood. I've heard some people request we do more relays and racing in practice but I know that will start up again a little after our next home meet. I would like to thank the members of this board for all their hard work for this team, although you all normally go unnoticed by most of the swimmers, you are an essential part of our team!

No complaints heard from my end!

Byron
Athlete Rep

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Q & A