



Chehalem Swim Team Monthly Board Meeting Minutes  
August 12, 2021 - 6:30pm  
Chehalem Aquatic Center

**Attendees:** Lalanya Fisher, Cathleen Long, Tina Urback, Krista Miller, Erin Fincher, Patricia Dwyer, Derek Miller  
(via Zoom): Quentin Rieniets, Gary Till, Adam Sealey, Gayle Bizeau, Ryan Backman, Lucinda Pannell, Tracey Weidman, Alicia Henderson, Ryan Schnell, Henry Fu, Jessica Marshall, Christina Tilson, Sara DeMaster Smith, Gaby Vaught, Tim Norman

**Meeting Called to Order: 6:33pm**

**Agenda**

- ★ General Updates Tina
- ★ Officials Status
- ★ Treasurer Report Lucinda
- ★ Coaches Reports Lalanya/Quentin/Erin/Krista
- ★ Athlete Rep Report

**General Updates**

- See Meeting Slides - p.3-4
- Summer Break runs August 16th - September 6th
- End of Season Team Event will be held after the meet this coming Sunday
  - Patricia: Families can order lunch through the Team Unify site or bring their own food
    - Ham, Turkey, and Veggie sandwiches are available but need to be ordered by tomorrow
    - I'm hoping to introduce myself and meet new people. Hope you can make it and do the same.
    - We'll have games for everybody (parents and siblings), not just the swimmers
  - Quentin: Thanks, Patricia for setting this up on such short notice.
- Board is working on budget development
  - One of the things on the budget is Service Hours
- Service Hours Commitments (p.4)
  - Here is a reminder that when you register for the team, you sign up for service

- hours.
- The intention of the service hour is not to bring \$ in, it is to provide the manpower needed to run this team.
  - For service hour opportunities, there are a lot related to our home meets. And each of these home meets generate a lot of income for the team. So, that's a great way to get some hours in.
  - There are additional clerical and coordinating positions available:
    - Apparel coordinator
    - Social events coordinator
    - Asset Specialist
    - Website support
  - Feel free to team up with someone to help with one of these positions.
  - In the coaches' weekly &/or specific emails they may also mention additional service hour opportunities.
  - Questions/Comments:
    - Derek: I started adding up volunteer hours from the positions needed at our large home meets and they might require as many as 500 volunteer hours each.
    - At about 80 families currently part of the team, that's a lot of hours available per family.
    - ???: Where do we find where our service hours are listed?
      - Lalanya: On the team website, go to My Account, then Invoice/Payments. There will be 3 tabs, and one of those is Service Hours. I encourage everyone to double check in the next week or so and let us know if their account needs to be adjusted.
    - Tina: In order to track everyone's hours more smoothly, please sign-up through Team Unify, and then make sure to check in and out at the event.
    - Christina: As of right now, we still have 9 spots needing to be filled for this Sunday. Tomorrow I'll be emailing to try and get those spots filled.
    - Tina: Sometimes at the last minute, you'll see spouses being added. That is an indication that we are really needing more help.

### Officials Status Report

- See Meeting Slides - p. 5
- We currently have 11 officials on the team, 4 more would be ideal
- Stroke and Turn training coming up at CPRD - Sept. 11th from 9-11am
- Another opportunity through Oregon Swimming conference on Oct. 2nd
- It is a time commitment, but it is not a money commitment. CST will reimburse you for any costs associated with becoming certified and maintaining your certification(s)
- Quentin: OSI will also help cover costs if CST needs financial assistance for this.

### Treasurer Report (Lucinda)

- See Meeting Slides - p. 6
- Current Adjusted Balance: \$34,952.04

- This is down about \$2800 from last month, but we had some big bills, and we should be fine to get through registration into the fall.
- The only obligation that I know is coming due is from Oregon Swimming. Several items were purchased that have yet to be billed.
- Tina: Lucinda, I also have a handful of mail for you again. There is a lot on Lucinda's plate. We are trying to get her some help.
- Questions/Comments:
  - Q: Do the outstanding checks include splash fees?
    - Lucinda: One splash fee is in the obligations, the others are not accounted for.

### General Coach's Report

- See Meeting Slides - p. 7
- Lalanya:
- We made it to the end. It has been an interesting year. I want to thank all the coaches - you have been amazing! I also am thankful for the support of a well-run board.
- The team is growing, we are on the right path. Really a good thing to see.
- We couldn't have done it without everyone's help.
- We are ending Long Course with about 100 swimmers on the team. We are receiving Tryout inquiries almost everyday. We are trying to make sure we have room for all those swimmers.
- Our Fall practice times will fall between 3-6pm. I don't know if we will start everyday at 3pm, and that time will be for the younger swimmers as they are the ones who get out early enough to make it..
  - Tina: In the past, some schools have done an early release. Maybe that will help.
  - Lalanya: Yes, that's something to look into.
  - Squad times will hopefully be updated and communicated by the middle of next week.
- We will also be communicating to each family (through the squad lead) the recommended squad for your swimmer(s). Those emails will include the required commitment, costs, and who will be coaching. If the recommended squad requires too many days, we can adjust. We are happy to do that.
- Team store: The brick and mortar store is only open 12-4 M-Th. I didn't know about that, and I apologize to any of you who made a trip when they weren't open. The store hours will increase in the fall.
- Suit sizing has been going on this week. We plan to have another one in September as well.
- Tina: Does everyone understand what a suit sizing is?
- Lalanya: Arena has provided the team with suits of various sizes to help swimmers figure out their correct size. This is obviously more important for the newer swimmers, but remember that every brand fits a little differently.
- Patricia: For the suit sizing process, are the kids just trying them on by themselves?
- Lalanya: No, parents have been encouraged to be present. Coaches are also available to help give a recommendation.

- Patricia: What can you tell me about the on-site coupon code?
- Lalanya: From now until August 20th, you can use the free shipping code “CST” to be part of a single bulk order being shipped to the team.
- Tina: As a reminder, this fall swimmers will be required to have at a minimum the correct color suit.
- Lalanya: Yes, and if you are able to add our logo to the suit, that would be great too.
- Tina: There was a time when my daughter was sizing up, long before the suit was worn out. Maybe we can keep that in mind going forward and share.

### Senior Report (Quentin)

- See Meeting Slides - p. 8
- I'd like to echo what Lalanya said. We really appreciate all the hours that the board has put in and continues to do.
- Senior group is looking good. Quite a few achieved time standards this season and several other kids are right on the cusp of getting their 1st senior state times. My hope is that we will have a large group of swimmers at the short course state meet.
- There are a couple of travel meets I'm hoping to go to this season. One is in AZ . It is a combined travel meet with Canby. We are more likely to have more swimmers qualify for final swims in that competition style meet, than if we were attending a similar meet locally. The second travel meet would be during spring break and is a senior zones short course meet in **St. George**, Utah. This meet is normally just offered during long course. I am hoping to work with the board so kids aren't excluded from these travel meets for financial reasons.
- I'm going to start the season by communicating my expectations with the swimmers. Parents will be invited to attend a separate meeting.
- I will also be sharing a season plan so the kids can see where they are in their training plan at any given week.
- Virtual Club Championship is the method USA Swimming uses to measure the development and growth of swim teams. **These scores are accumulated by the top 2 performers in each event.** For long course season CSt was ranked 13th in Oregon and 987th nationally. These rankings were not as high as short course, but we only had about a 10th of our team competing for those points. I look forward to making those points and scores even better next year
- Questions/Comments:
  - Cathleen: Would you please describe the difference between the Senior and HS Rec squads.
    - Senior squad: 4+ practice per week, primary sport, looking to become a more well-rounded swimmer. They will typically be achieving higher qualifying standard times.
    - HS Rec: This is geared towards multi-sport athletes or kids involved in many different extracurricular activities. Those not desiring to commit to more than 4 days per week.
    - Tina: Is it true that when they go to meets, there will be no difference between the two groups?
    - Lalanya: HS Rec is only offered 3 days a week. They are not usually

striving for club championship time standards but instead are preparing for the HS season. We are happy to get them in the water. Also, some kids start swimming in HS and then they like it and they want to start on the club team. This is a good squad for those in that position.

- Tina: Didn't we have a perfect example of someone like this this season?
- Quentin: Tucker House - He began as a HS Rec swimmer at the YMCA. He became serious about training and is now getting close to getting several high level qualifying times. When he came on, he was not confident or competent. He's worked really hard and made great improvements. He's also become a great leader and role model.
- Tina: CST offers a lot of different squads. There are a lot of ways to get involved. The HS Rec squad works really well for kids that don't want to choose just one love. In addition, maybe there are swimmer siblings who are reluctant to try, but this squad might be something to explore.

### Age Group Report (Lalanya)

- See Meeting Slides - p. 9
- Kids did fabulously at the state meet. Ethan did well representing CST. We had 3 qualifiers. I'm looking forward to a really good SC season.
- We've been trying to keep the kids engaged to the end of the season and help them have a really good final meet. We've tried to give them a decent aerobic base and help them perform well before going on to break. I'm also hoping they remember some of it when they come back.
- I've also been working with the HS Rec squad. This squad has given HS swimmers the opportunity to stay active. The HS swim season will start up again in November.

### Novice Report

Erin:

- See Meeting Slides - p.10
- In addition to coaching, I have been overseeing a lot of the onboarding of athletes and reaching out to the community.
- Krista and I have been holding summer camps, so we've had an extra squad of 12 kids **on Mondays and Fridays**. A few kids will be heading off to swim lessons, but typically it won't take long for them to be back ready to join. There should also be 6 or 7 kids from the camp joining us in the fall. It was a good camp experience.
- **We've held tryouts recently, I was expecting some sort of olympic bump**. Tryouts are already being scheduled for September.
  - Tina: Having an increased visibility of our team through matching caps and suits and larger numbers along with banners, should increase community interest in joining the team.
  - Erin: Yes, we also need to ???
- Erin: There is a dive clinic coming up. We got a few more kids off the blocks today. We are working on report cards to keep the parents aware of their swimmer's progress.
  - Lalanya: The report cards should be completed by the end of next week.

- We are looking at a lot of squad movement. We are busy celebrating the season and prepping for the meet. I think the kids are excited about what we are doing. When I told them to kick if they love swim team, they all went across the pool.

#### **Krista:**

- See Meeting Slides - p. 11
- We are currently at 11 on the 10 & U precomp squad. They are my water squirrels, I love them dearly. They have fallen in love with the older kids coming and helping through the Swim Buddies program..
- On the 11-14 squad, there are at least 15 - several who are getting very close to moving up to the development squad. They are all excited to be able to compete at a meet. Shark Chase is my goal.
- Four athletes will be participating in the meet this weekend.
- I've been given permission from Tara, and so on Friday, I am going to be bugging the Level 4, 5, and 6 swim lesson kids' parents about having their swimmers join swim team. I'll be giving them my card and telling them about the team.
- I am also aware of a family currently in Las Vegas, who plan to try out for the team next May.

#### **Athlete Representative Report**

- See Meeting Slides - p. 12
- We are in the process of selecting new athlete representatives for the team. We have several who have expressed an interest already.
- Byron was not present at the meeting but provided a brief update for the meeting slides.

#### **Questions and Answers**

Quentin: The Swim Buddies program has been extremely helpful. The seniors have been good role models. They are genuinely nice people, and it is rare that so many have been good at teaching. They have been giving constructive feedback and pointing out the things the kids are doing well. We have had at least 9 seniors participate - 5 very consistently.

- Tina: There are many programs such as National Honors Society and Jr. Honors Society that require volunteer hours. For those of you who don't know, it is common for swim team kids to have high GPAs. Swim team offers opportunities for volunteering. Often teens don't have a lot of work experience, but volunteering can build self confidence and help build their resumes.
- Krista: Anything in aquatics **looks good** as well. Talking and teaching through something like the Swim Buddies program prepares you for jobs like Water Safety Instructor, Junior Coach, Life Guard, and Junior Guard (under 15).
- Tina: Swim team is a lot more than the 4 strokes. It builds healthy kids, both mentally and physical. I'd like to ask you all to help us keep this team going.

Patricia: I have found that some of the Bottle Drop emails I have received are going to my spam folder. I do respond to everyone within a day or so, so if you don't get a reply email, please send me another one.

- Tiina: Patricia's email is on the website. Remember for Bottle Drop donations, make sure to email a record of your donations to Patricia. Include the date, drop off location, your swimmer's name, the number of bags, and whether they were half or full bags.
- Krista: The Fred Meyer Bottle Drop location seems to often be full.
- Tina: It fits, push harder.

Tina: Thanks for joining. Have a good night.

**Meeting Adjourned: 7:22pm**

\* 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:**



Parent Meeting August 12, 2021  
6:30 pm

1



**Agenda**

- General Updates            Tina
- Officials Status            Shelly
- Treasurer Report            Lucinda
- Coaches Reports            Lalanya/Erin/Quentin/Krista
- Athlete Representatives

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.*



## General Updates

- Summer break - Aug 16th - Sept 6th.
- End of Season Team Event – Sunday August 15<sup>th</sup> after the meet
  - Picnic lunch
  - Games
  - All encouraged to attend
- Budget Development in Full Swing

3



## Service Hours Commitments

20 Hours for the Short Course Season  
10 hours for the Long Course Season  
Currently unfulfilled Service hours are billed at \$20 per hour.

- Many meet related positions - Meets provide income to the team
- Clerical positions – helping run things behind the scenes
- Current Open Positions: Apparel Coordinator, Social Events Coordinator, Asset Specialist, Website Support
- Coaches weekly emails often list specific items we need help on
- Do you have skills or expertise that you feel would benefit the team? We want to hear from you.

4

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### Officials Status Report

- We need more officials for the club – great way to earn Service Hours
- Stroke and Turn training is scheduled for Sept 11<sup>th</sup> 9-11am in the meeting room
- There will also be training during the Oregon Swimming virtual conference on Oct 2<sup>nd</sup>
- [www.usaswimming.org](http://www.usaswimming.org) - check the officials tab for more information
- USA Swimming fees will be paid by CST

5



### Treasurer's Report

Bank Balance 07.11.21	\$39,656.64
Deposits Outstanding	\$ 352.00
Checks Outstanding	(\$ 5,741.60)
Obligations-Oregon Swimming	(\$ 315.00)
Adjusted Balance 07.11.21	\$34,952.04

6



### General Coach's Report

- Ending long course season with 100 swimmers, Projecting 115+ swimmers this Fall
- Regular Schedule begins September 7<sup>th</sup>
- Fall Practice Times  
 Fall Practice Schedule - Pool time - 3-6p most days  
 Elementary aged swimmers will start at 3:00, MWF
- Lots of squad movement – parents will be emailed
- Making Waves Summer store hours - M-Thur 12-4. More hours in September



### Senior Coach Report – Quentin

- Will meet with squad groups and individuals to discuss expectations
- Will also hold a parent meeting to discuss expectations
- Season plan will be handed out at the beginning of the season

### Highlights

- Tentatively planning for two travel meets:  
 AZ in December and UT in the Spring
- Virtual Club Championship (VCC) Score

<b>TOTAL SCORE</b>	<b>TOTAL SCORE</b>
<b>45,845</b>	<b>16,870</b>
<b>NATIONAL RANK</b>	<b>NATIONAL RANK</b>
<b>987</b>	<b>1,375</b>
<b>ZONE RANK</b>	<b>ZONE RANK</b>
<b>219</b>	<b>317</b>
<b>LSC RANK</b>	<b>LSC RANK</b>
<b>13</b>	<b>21</b>



### **Age Group Coach – Lalanya (Head Coach)**

- State meet in Pendleton very successful - 3 Qualifiers - 1 attended. Congrats to Ethan for completing his first prelims/finals meet and representing CST's 11-14 year olds!
- 11-12 P squads are focused on keeping their skills fresh till we go on break
- 13-14 D squad is continuing technique and skill work through the end of the season. Some will be trying longer distance events this Sunday.
- HS rec squad - gave swimmer's an opportunity to stay active in the water after their HS season. Hoping to have most continue starting in the Fall to prepare for HS swim season.

9



### **Novice Coach – Erin**

- Completed summer swim camp – ended with a team tryout
- July and August tryout – 7 new team member for next fall
- Dive Clinic - upcoming on August 14<sup>th</sup>
- Report Cards Given

10



### **Novice Assistant Coach – Krista**

- 10&U Precompetitive Roster - 10 members and growing
- Athletes are enjoying working with Senior athletes in the Swim Buddies program
- 11-14 Entry Roster – 15 members
- Athletes are moving to different squads – their hard work is paying off
- Several swimmers signed up for the meet this weekend

11



### **We are in the process of selecting Athlete Reps for next season.**

#### **Athlete Representative Report**

As the long course season comes to an end I've noticed most everyone being content with how it went. We were able to attend some great meets with more than 2 teams and we were able to stay inside and cheer for our teammates, which was really great. Swim Buddies has also been a big hit, as lots of seniors have been staying after to help out. Hopefully we'll have a great end to the long course season and a great start to the soft course season in September!

~Byron

12



## Q & A