



Chehalem Swim Team Monthly Board Meeting Minutes
November 11, 2021 - 6:30pm
via Zoom

Attendees:

Tina Urback	Board	Emily Shak	Parent	Michelle Webb (Maia)	Parent
Cathleen Long	Board	Erika Barber	Parent	Molly Pierce (Linnea & Grayson)	Parent
Patricia Dwyer	Board	Flavia Cruz	Parent	Nancy Sims	Parent
Erin Fincher	Coach	Gaby Vaught	Parent	Raechel Smith	Parent
Krista Miller	Coach	Gregory Mitchell	Parent	Ryan Backman	Parent
Lalanya Fisher	Coach	Jeff Hamm	Parent	Sara DeMaster Smith	Parent
Quentin Rieniets	Coach	Karla Yoshinaka	Parent	Sarah Larison (Rhone)	Parent
Adam Henning	Parent	Kasey White	Parent	Siddharth Bansal	Parent
Allison Plaster	Parent	Kathie Bowdoin	Parent	Susan Doak	Parent
Amy Lauseng	Parent	Katie Rarick	Parent	Susan Fu	Parent
Betsy Jones	Parent	Kristina Babcock	Parent	The House Family	Parent
Blake Applegate	Parent	Kyle Henderson	Parent	Ursula Pinto	Parent
Brook Puckett	Parent	Malia Plaster	Parent		

Meeting Called to Order: 6:32pm

Agenda

- ★ Pie Sale
- ★ November Team Treats
- ★ Team Picture Update
- ★ Finance Report
- ★ Holiday Breaks
- ★ Upcoming Meets

- ★ Coaches' Reports
- ★ High School Options
- ★ Team Store
- ★ Athlete Representatives

Pie Sale

- See Meeting Slides - p.3
- The Pie Sale was a voluntary fundraiser. Fifty people did choose to take part.
- Those families raised over \$3000 toward their fundraising commitment
- The top sellers were Dylan Clay (41), Kiara Mitchell (29), McKinley Hamm (25), and Jesse Urback (25)
- All pies will be picked up by Patricia this Monday afternoon. She will be back to the pool and working with volunteers shortly after 3pm. Pie pick-up begins at 4pm.
- Patricia: Yes, the order is packaged and sorted by pie type not by person. So we will be sorting between 3pm and 4pm. If you come before that your order will not be ready.
- Michelle Webb: Is it okay if we don't bring the coolers ahead of time and just show up to practice with coolers?
- Patricia: Yes.
- Tina: If you are able to drop off coolers ahead of time, that helps the volunteers, but we understand if that's not possible.

November Team Treats

- See Meeting Slides - p.4
- Last month we served caramel apples. This month we will be serving hot apple cider November 17th & 19th. The intent is to overlap everyone at practices.
- Patricia: If you are going to volunteer, dress warmly because we are going to be outside.
- Lalanya: This was just recently confirmed. I'll be adding it to the events section of Team Unify. If that is something you're available to help with, be looking for that sign-up.

Team Picture Update

- See Meeting Slides - p.5
- Lalanya: So many kids were able to show up. I was able to see the picture today without any background. It looks great. She is not quite finished, but she'll definitely have it up by tomorrow. I will get that link out to everybody then. You will just need to find your swimmer's pictures, and then order what you'd like. There are all sorts of packages available.
- Tina: The editing takes longer when you have to add the individual pictures, but the actual picture taking was much quicker.

Finance Report

- See Meeting Slides - p.6
- Thank you to Lucinda and Christina. They have been working very hard and it's starting to show with our ability to produce reports like this. Obviously, it was a good month for

us with more coming in than going out.

Holiday Breaks

- See Meeting Slides - p.7
- Most squads will be taking breaks over the holidays.
- These are the dates (Nov. 25-27, Dec. 24-26, Dec.31, Jan. 1-2) that there won't be practices.
- There will be a modified schedule Dec. 20 - Jan.1. The coaches will get each swimmer and their family that info as soon as it is figured out.

Upcoming Meets

- See Meeting Slides - p.8
- This weekend is the Beaverton Area Aquatic Club (BAAC) meet. There was some confusion over this meet. Because it is being held at the Chehalem pool, some people thought we were hosting, but that is not the case. BAAC is renting the pool and hosting the meet and they have invited us. The Entry and Development level swimmers will be participating in this.
- The Canby Animal Meet is coming up Nov. 20th. The registration deadline has passed.
- The CAT Senior Open is Dec. 3-5 and is for those who have 14 year old A times. The registration deadline has passed.
- Forest Grove Christmas Invite is that same weekend and for the rest of the swimmers who don't have 14 yo A times. Registration is still open.
- Then there is our big home meet, the Shark Chase. Definitely mark your calendar for Jan. 7-9. We want as many of our kids there as possible. Even if you are pre-comp right now, put it on your calendar.
- Maia Webb: Is the IMR/IMX on there as well?
 - Lalanya: Yes, the entries have been closed. I just forgot.
- Tina: I'd also like to add that for the CAT Senior Open, we have a block of rooms in Corvallis. This block is open until tomorrow. I recommend you reserve a room if you haven't already. It is easier to cancel than to try and get a room late.

Coaches' Reports

- See Meeting Slides - p.9-10

General Report (Coach Lalanya)

- Current membership is at 125 swimmers + 5 camp kids
- We've had kids who opted out in Sept for other sports and now they are returning.
- We still have space in most squads. We are getting a little full in a few. We will begin to limit that soon so we can maintain our quality of coaching
- Our State team is looking pretty good. We are getting some qualifiers for Zones and Sectionals as well.
- Our team has 3 main Age Groups: Senior, 11-14, and 10 & unders

11-14 Age Group (Coach Lalanya)

- We have so many of these kids attending meets. It is fabulous to see them swimming events they've never tried before. We are getting DQ slips, but it is great that they are willing to try. Also, the DQs and the mistakes they are making are easy fixes - things like one hand touches and wrong **streamline**. Overall we have a ton of 11-12 year olds and they are developing their skills. Krista and Erin are working with a lot of them and there is much improvement
- The Performance level kids are working on aerobic conditioning recently. It's all coming together. It was apparent at the meet this last weekend that they love to race and compete. They are also very supportive of each other. We are going to continue practicing and pushing them and growing their skills.

Senior Squad Report (Coach Quentin)

- It is great to see the development of the different levels of talent on the whole team.
- At the McMinnville meet, we did extremely well. Other coaches made a point to comment that our swimmers seemed to be finishing well. The support we saw in the stands from our team wasn't replicated by other teams as much. They have great sportsmanship - all the parents should be really proud.
- We are training extremely hard. The Performance group has started doing doubles. The progression of all these skill levels in my squad is on an upward trajectory. For winter training, we've planned a lot of yards and increased intensity. Hopefully we can make it fun.
- For the Virtual Club Championships (VCC), everyone 11& over can score. Are scores as a team have been going up a lot. The Albany meet alone increased our score by 5000 points. We are currently ranked 14th in Oregon and that doesn't include the McMinnville.
 - We scored in the top 5 for LC and SC season last year for our size of team. We have a good chance of doing it again this year.

Novice Group Report (Coach Erin)

- We are looking good. Every month we are adding to our membership which is great for the base of our program.
- Swim meets started up in October. It's good to see that so many kids want to take part.
- We are working on strokes and the development of legal turns. We are preparing them to race all the different races that are offered. Several will be moving up soon.
- I was at the Turkey Dive last weekend. There were a lot of kids racing races for the first time. A lot of them are fairly new to training and to swimming as a team sport.
 - They had their own hang out spot waiting for their races. We had to help them refocus because they were having so much fun, which is great.
 - They are seeing why coaches are asking them to practice different things.
- We have BAAC this weekend . 22 will be participating and Krista and I will be on deck.
- The Forest Grove deadline is Nov. 20. That will be our next meet opportunity.
- We have tryouts every month. We keep bringing new kids to the team. Some are not ready but they go back to lessons or join a camp.
- We have a Camp of 5 kids right now, they weren't quite ready for the swim team. Some have siblings on the team, so we are helping them be engaged until they are ready.

- There is another tryout next week and another new camp will be starting that will run for 6 weeks. I will send out communications to those families that might want to be involved in that. The goal is to grow the 10 & under so we can continue big numbers in the 11-12 going forward.
- As the Holidays begin, we are hoping to sprinkle in some fun. All the kids are doing really well. Thanks to the parents for bringing them to the pool.

High School Options

- See Meeting Slides - p.11
- Several of our swimmers come from different high schools and those high schools have different rules. If your swimmer is joining their high school team, they have some options on how to proceed with CST. This information is on the website.
- Please notify Coach Quentin as to what your intentions are so he can plan accordingly.

Team Store

- See Meeting Slides - p.12
- There are so many things outside of our control as a team and the same is true for Making Waves. If you have questions, they can be directed to Eleanore Stevens at Making Waves (ESTevens@MakingWavesUSA.com).
- We just want you to be aware that this is not normal. Normally, we are able to order and orders actually come.
- Lalanya: We still have some extra equipment at the pool, so if your kids are waiting on their equipment order, have them ask to borrow what we have. We might not have what they need, but we'll try.

Athlete Representatives

- See Meeting Slides - p.13
- The Athlete Representatives were unable to be here tonight, but they shared a report..
- Tina:
 - In October they put together their first team event. There were 10 participants including Coach. The Reps got practice on what it takes to put an event together
 - They also had a lot of nice things to say about the McMinnville Meet.
 - At training and practices, they said there has been a lot more socializing going on. I think that's good for everybody.
 - They also mentioned that some of the swimmers are getting stressed out trying to balance work, school and swim schedules. I think the swimming helps them manage that stress.

Questions and Answers

- See Meeting Slides - p.14
- Tina: I am always looking for feedback. If you don't feel like piping up now, please send me an email with your suggestions and questions. The nice thing about asking now is that everyone can hear the answer.

- Lalanya: I'll take Kyle's question (When can we expect to see the volunteer hours from the last home meet applied?). We have not gotten to them yet. We had a lot of volunteers. Please know that they are all accounted for and we will be posting them within a week or so.
- Patricia: There has been a change in policy with the Bottle Drop. They are concerned about the weight of glass bottles. We are no longer allowed more than 20 bottles in a bag because the bag can't deal with the weight. They will be charging a \$250 fine.
- ????: If I have bags with only glass bottles ½ full what should I do?
 - Lalanya: The team has 4 recycling bags that we keep at the pool that are often mostly filled with plastic bottles. If you bring half a bag to the pool, I can add it those. Patricia, what do you think?
 - Patricia: That should be fine.
 - Lalanya?: You get a \$2 credit for half a bag.
- ????: For additional equipment, where can I get info about what my swimmer needs?
 - Lalanya: Dev 1 should have pull buoys and fins. Actually, it's on the Making Waves website. There they have the squads listed and you can see what equipment is necessary for your swimmer.
 - ????: Thanks, I saw that, but I was wondering if they might just trying to be selling me something.
 - Lalanya: No. That list was made by us.
- ????: Where do we find how many fundraising hours **we have/are required**?
 - Tina: There are no fundraising hours; we require service hours.
 - Lalanya: Go into your account. Under invoices and payments, you should find service hours. There it will show you the history of what you have done. Remember the Harvest Invite isn't in there yet. So keep that in mind. If there is ever a discrepancy, please let us know and we will take a look.
- Tina: Thank you for getting your names posted, it helps us take attendance. I appreciate you also adding your swimmers' names. The coaches have had a chance to learn all the swimmers names, but it helps me and it's a nice touch.
- Tina: I'd also like to give a special shout out to the coaches for all of the work that they've been doing. The numbers we have is a reflection of how well our coaches have kept our swimmers engaged. Special thanks! You are doing a fantastic job!
- Tina: Looks like we are wrapping up well under an hour. Spread the word that we are often able to keep things short and allow you all to get back to your life and family.

Meeting Adjourned: 7:08pm

* 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 November 11,
2021 @6:30 pm

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Agenda

- Pie Sale
- November Team Treats
- Team Picture Update
- Finance Report
- Holiday Breaks
- Upcoming meets
- Coaches Reports
- High School Options
- Team Store
- Athlete Representatives

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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.

Pie Sale

- 50 people participated
- 487 pies sold
- Families raised over \$3000 toward their fundraising commitment
- Top 3 Sellers:
 - Dylan Clay with 41 pies
 - Kiara Mitchell with 29 pies
 - McKinley Hamm and Jesse Urback both with 25 pies
- All pies to be picked up Monday, November 15th
- You can drop off coolers clearly labeled with your name earlier in the day so that volunteers can start sorting and loading them by 3pm.



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Team Treats for November

Hot Apple Cider

Wednesday the 17th

Friday the 19th

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Team Pictures Update

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Chehalem Swim Team

Statement of Activity
October 2021



	TOTAL
Revenue	
101.01 Skills Clinic	10.00
102.01 Try Out Fee	100.00
103.01 Corporate Sponsorships	1,000.00
105.01 Memberships	12,465.73
107.01 Meet Revenue	3,152.00
Total Revenue	\$16,727.73
GROSS PROFIT	
\$16,727.73	
Expenditures	
315.02 Meet Supplies	374.64
401.01 Coaches	9,272.84
506.01 Legal & Professional Services	50.00
508.01 Background Check Fee	438.23
510.01 Office Supplies & Software	68.62
513.01 Team Apparel	1,475.00
515.01 Entertainment Meals	116.53
523.01 Bank Charges & Fees	175.59
582.01 Non-Athlete USA Registrations	1,193.00
583.01 USA Swimming Registrations	-1.00
Total Expenditures	\$13,163.45
NET REVENUE	\$3,564.28

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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.



Holiday Breaks:

- Off Nov 25, 26 and 27
- Off Dec 24, 25 and 26
- Off Dec 31, Jan 1 and 2
- Modified practice schedule weeks of Dec 20th and Dec 27th - TBA

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Upcoming Meets:

- BAAC this weekend
- Canby Animal meet - Nov 20th
- CAT Open - Dec 3-5
- Forest Grove Christmas invite - Dec 3-5 (deadline Nov 20th)
- Shark Chase - Jan 7-9

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Head Coach

Current Membership - 125 swimmers (+ 5 camp kids)

- Returning swimmers - 3
- Monthly tryouts - average 4-5

Championship meet qualifiers

- 10&U State - 1
- 11-14 State - 3
- Senior State - 10
- Senior Zones - 4
- Senior Sectionals - 1

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Coaches Reports

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High School Athletes

Club swimming is a year-round activity that provides swimmer's with a season plan for both short course and long course seasons with respective individual goals. The High School swim season overlaps the short course club season during the months of Nov-Feb. Swimmer's may choose whether or not they want to continue with their club swimming goals, stop and focus on just HS swimming or work it out so they can do both. Below are the fees associated with each of those decisions:

1 - Club Swimming only - The swimmer chooses to continue swim club practices. Regular billing continues as scheduled

2 - High School swimming only - the swimmer chooses to leave club practices from mid-Nov through the end of February. Standard policy for Leaving and/or Returning to the team apply - however, the re-admittance fee will be waived.

(* Please note that if the swimmer chooses to leave club swimming for a period of time, space may not be available upon return.)

3 - Both Club and HS Swimming - The swimmer chooses to swim practices with both the HS swim team as well as the Club swim team.

- If the swimmer is currently registered in the HS rec squad, monthly dues and fundraising will continue to be billed as scheduled through the HS swim season and the SC service obligation remains.
- If the swimmer is currently registered in the Senior or Senior Performance squad, the swimmer may choose to reduce the amount of club practice days/week by switching to the HS rec squad (space permitting), in which case, monthly dues will be adjusted (fundraising and service hours remain the same)...OR, the swimmer may choose to remain in the Senior/Senior Performance squad and thus monthly dues and fundraising will continue to be billed as scheduled and the SC service hour obligation remains through the HS swim season.



Athletes – notify
your CST coach of
your intentions

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Team Store

Team apparel and equipment can be purchased:

[Making Waves](#) Password: [CST](#) or [Swim Outlet](#)

Any questions regarding purchases made through Making Waves can be directed to our rep, Eleanore Stevens @ estevens@makingwavesusa.com

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Athlete Representative Report:

- Senior Bouldering event held in October
- McMinnville Swim Meet
- Training and Practices are going well
- Swimmers balancing swim and school schedules can be stressful

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Q & A

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