



Chehalem Swim Team Monthly Board Meeting Minutes
 December 9, 2021 - 6:30pm
 Virtual using Zoom

Attendees:

Cathleen Long	Board	Dan Bailey	Parent	Kyle Henderson	Parent
Christina Tilson	Board	Emma	Parent	Melissa Hamm	Parent
Patricia Dwyer	Board	Erika Barber	Parent	Michelle Webb	Parent
Sarah Pickell	Board	Flavia Cruz	Parent	Miranda Johnson	Parent
Tina Urback	Board	Greg Mitchell	Parent	Molly Pierce	Parent
Krista	Coach	Jeff Boerio	Parent	Nancy Sims	Parent
Lalanya	Coach	Jessica Marshall	Parent	Ryan Backman	Parent
Quentin	Coach	Kasey White	Parent	Sarah Larison	Parent
Allison Plaster	Parent	Katie Rarick	Parent		
Brayden Rhea	Parent	Kristina Norman	Parent		

Meeting Called to Order: 6:33pm

Agenda

- ★ SafeSport Update
- ★ Chipotle Senior Fundraiser
- ★ December Team Treats
- ★ Finance Report
- ★ Holiday Breaks
- ★ Ornament Exchange
- ★ Upcoming Meets
- ★ Coaches' Reports
- ★ Team Store
- ★ Athlete Representatives

SafeSport Update

- See Meeting Slides - p.3-8
- Tina: I'd like to announce our new SafeSport coordinators: Sarah Pickell and Kate Colter. Tonight Sarah will be giving us an update on SafeSport
- Sarah: Kate and I are the co-coordinators for SafeSport which is a designation for USA Swimming and all youth athletics. Its goal is to keep athletes safe and free from emotional and physical abuse. With participation, teams can achieve a SafeSport designation. It is our team's abuse prevention program. The program allows swimmers to participate and be safe while developing skills and focusing on their athletics.
- We are up for renewal on our current designation, and since there are a lot of new families on the team, it is a great time to look at this again and talk about it more widely. Part of the designation includes online training. There is one training course for parents/guardians and another for swimmers aged 12 and up. In the coming weeks, our coaches will be talking with our swimmers about completing that training. I will also be sending an email out with more information, so you can review it.
- When your training is complete, submit your certificate and up to 2 service hours per family will be awarded - one hour for each parent/guardian certificate.
- Sarah demonstrated some of the screens you might find on the USA Swimming website.
 - On the first site you'll need to click register, then you'd pick the red box (swimmer) or non member access (guardian)
 - Next, it should show a list of courses. You are looking for the Parent's Guide to Misconduct in Sport
 - Here is an example of the certificate you will receive when training is complete. Download that certificate as a pdf and email it to me. That will help our team receive the appropriate designation.
- More info is to come in an email tomorrow
- Tina: In addition, the meeting minutes typically include a copy of the slides, so you can look for those with the minutes.
- Michelle: If we have taken the training within the last year, should we do it again, and if so, would we login in the same way?
- Sarah: I believe the course training is good for a year, but as you get closer to that expiring, you should be able to take a refresher course.
- Tina: This is a reminder that we do need a copy of your certificates, so we can submit that to USA Swimming. Thank you Sarah - great presentation.

Chipotle Senior Fundraiser

- See Meeting Slides - p.9
- There is a swim team fundraiser coming up. We are partnering with Chipotle. It is December 15th from 4-8pm.
- The fundraiser only applies to the Newberg location. You can use the code when placing an online order or make sure you reference the flyer before you actually pay.

December Team Treats

- See Meeting Slides - p.10
- We will be having team treats again Tuesday the 14th and Wednesday the 15th.
- Earlier today, there was still one volunteer spot available to help out on the 14th.
- These activities give kids a chance to socialize and have a nice treat.

Finance Report

- See Meeting Slides - p.11
- Here is our financial update. This is a business we are running. We are trying to keep the team strong.
- And, we are running strong. We are looking at being able to catch up on some needed equipment and banners.

Holiday Breaks

- See Meeting Slides - p.12
- Seniors need to refer to Coach Q regarding their winter break schedule.
- Other squads will have modified hours both weeks. They will mostly be held between 3 and 5pm Monday through Thursday.
- Lalanya: We are also looking at possibly getting some pool time before 3pm to spread the swimmers out. So, the 10 & under groups might be earlier than 3pm. Actual schedule will be out next week.

Ornament Exchange

- See Meeting Slides - p.13
- We are able this year to return to our annual ornament exchange. It will be held at the Chehalem Youth Center in Newberg from 2-4 pm on Dec. 19th.
- We'd like a proper headcount to know how many people to expect. Please RSVP by Dec. 17th.
- Swimmers will draw numbers, and on their turn they will be able to open a new ornament or steal from another swimmer.
- It's usually a pretty good mix, the more people there are, the more fun it is.
- More people, more fun.
- Michelle: It is just for the swimmers and not all the family members, correct?
- Lalanya: Yes

Upcoming Meets

- See Meeting Slides - p.14
- Our next meet is in Canby this weekend.
- Then our Shark Chase is in January
- We have been really, really busy with meets. I hope parents are holding up okay as well as swimmers.

- Shark Chase:
 - Christina: We have 8 teams coming and 340 swimmers. It's pretty exciting. This will be our largest one we've hosted since Covid.
 - We'll get **session info** in the next 2 weeks. Make sure you get your commitments in.
 - We are going to do a little different layout this meet than last because of size. I met with the aquatics director tonight. Spread the word that the entrance for this meet will be through the main facility. We will take everyone past the bathrooms, concessions, and vendors. Then the athletes will head one direction and the officials will head another.
 - With this many people, we really need to keep the deck clear. Often at meets with a lot of noise, there are a lot of false starts.
 - Volunteer stuff will pop up on the website shortly. Please sign up for multiple sessions if you are able. We don't want to miss out on a chance to host meets because we don't have enough volunteers. Pitch in where you can, we need all the help we can get.
 - Also starting January 1, Meet Marshalls (pool marshalls) must be USA members. So this position will need to be filled by board members or officials. If you are looking for a larger commitment and can be available for all of our home meets, we could invest in a certification for you for this position.
 - Email questions to Christina or send through your swimmer's coach
 - Parents are free to set up tents outside.
 - At our last meet, we were close to shutting down the transitional seating because of spectator noise level and slow transitions. There shouldn't be any more than 16 swimmers. Hopefully, this time everyone can enjoy the meet.
 - Tina: Also, transitional seating requires volunteers, if we are short on volunteers, we may need to cut-back.
 - Christina: Another position we may cut is staging for the older kids. There will be staging for the younger kids.
 - Quentin: These meets are a big undertaking, thank you Christina and others who have been helping out.
 - Tina: I second that.

Coaches' Reports

- See Meeting Slides - p.15-17

General Update - Coach Lalanya

- We've been very busy. Meets have been well attended - great to see. We have had a lot of 1st time meets and new swims. Everyone seems to be getting the hang of things, feel free to email me with any questions.
- CST now has 132 swimmers and 116 families. It seems like we have some space left.
- We held tryouts in November and one in the first week of December. The next main tryout will be in January.
- State teams are looking good. These 3 championship meets will be held in February.
- 10 & u: 1 qualifier now and 2 looking close.

- If the coaches think your swimmer might end up on a relay at one of these state meets, we'll reach out and make sure you put it on the calendar. Not sure they will happen but good to plan.
- 11-14: 6 qualifiers and we are hoping to qualify for a 200 free relay.
- Senior: At least 10 swimmers qualified - Coach Q will talk more about that later.
- We also have 1 Northwest Age Group qualifier - that swimmer is 12.
- We have 7 seniors who have qualified for the Zones meet.
- We are looking good, solid. The kids are working so hard - great to see. That work is paying off at the meets.
- Tina: I have some visibility because I make these slides up each month. These numbers are just growing. These state teams have gone up significantly. There were also so many positive things said about our swimmers at the recent meets, we must be doing something right.
- Attendances have all been fairly consistent. This will lead to better results. Kids seem to want to be there and work hard. It's great!
- All of our D1 squads are looking at increasing yardage, although we will reduce that a little bit over break.
- The fun aspect - we've added in a few games, team treats, trying to work hard and make it fun as well.
- We are looking at adjusting some of our squads. For the 11-12 D1 to D2, there is a little gap, so we need to adjust it a little bit more or switch squads around. Hoping for something concrete in January. The same goes for 13-14 D1 group. Looking to get them a little more water time as well so those who want to progress can do so. If your swimmer is going to be affected by these changes, I'll be sending out emails. They don't necessarily have to increase time or switch squads, but we want to give them the option.

Age Group - Coach Lalanya

- I am the 11-14 lead coach. We have 71 total 11-14 year old kids. If you take that 71, 50 are newer to swimming with 1.5 years or less. So, we are a fairly novice team. We have a lot of 11-12 year old new swimmers. I think we are doing a great job of introducing skills and progressing them through them.
- Focus for D1 and entry groups is on technique work. We are in mid-season, we are going to start putting a higher expectation on them to remember the skills and techniques taught and use them with fewer reminders. We plan to move some of the D1 swimmers up to the next squad or at least get them more time.
- D2 and performance squads: We are about ½ way through the season now. They are getting strong and fast and working hard. We have a lot of state qualifiers.
- Reminders:
 - Water bottles are key, as we increase intensity and duration. Please have them bring them.
 - Keep an eye out for meet deadlines. It is hard or impossible to get swimmers in after deadlines. Mark meet commitments as soon as you see them.

- There is an app called Meet Mobile. If you are newer and are going to meets, this is a pretty good app. It helps you follow along with the meet and get instant results. Answers to your heat, lane, and time of event questions are available through that.
- Sporadically over the next month or so, I will be missing a few practices for personal reasons. I want you to know the coaches who step in are up to date on the training plans. Erin will also be missing a few practices over the next couple of months because she is the HS head coach. Don't worry, we've got it covered.

Pre-Competitive - Coach Krista

- I run the pre-comp roster. I also work with entry level kids. There are 17 on the pre-comp roster; 3 are working with Coach Erin's group. 8 of those remaining 14 attend practices on Mondays and Wednesdays. The other 6 attend Tuesdays and Fridays
- The kids are working hard and doing great. Since SC started 47% have attended a meet. Many have also moved up. This is great. I am hoping for and expecting 100% of these pre-comp kids to attend the Shark Chase meet.
 - If you are a parent of one of these kids, please click the attend button for the Shark Chase. Most will be doing the 50 yard free and the 50 yard back. A few will participate in the 100 free and 100 back, and possibly a couple will do the 50 breast.
 - If you sign up for the meet, please leave me a note, so we know if there is a specific event your child wants to swim or if there is a certain day they can't attend.
- Going forward, we will be focusing on fast quality kicking, flip turns, dives, starts, with the goal being that the majority are dive certified. I like to plan for big goals, and we'll get as far as we get. We also plan to increase yardage. I usually increase 10%-30 each week.
- I love working with them. They are a lot of fun.
 - Make sure their listening ears are on.
 - Bring water bottles. This is a good habit to establish at a young age.
- Erika: If we sign our pre-comp swimmer up, we aren't signing them up for specific events, just that we will attend, right?
- Krista: Yes, initially. Later, they'll likely get to choose. For Neil, he'll do the 50 free and 50 back, so Saturday and Sunday one event.
- Lalanya: If you do go through and click events, we do review, check and revise as needed. But, yes adding to the Note is useful so we don't sign kids up and charge for a day they can't attend.
- Tina: Some parents don't know what to choose, so it's nice to have resources through our coaches to help. They know how the swimmers may perform better.

Novice Report - Lalanya (Coach Erin at HS meet)

- Coach Erin handles all of our recruitment. We've recently had 2 new 10 & unders join, 2 new 13-14 entries, and 2 small tryouts to schedule for later in December. The larger tryout will be in January.

- We are glad to see interest, we are trying to accommodate as many as we can. We might be getting close to a waitlist scenario. If you have friends or neighbors who might be interested, send them our way. We'll see what we could do.
- Tina: This interest isn't only for swimmers if you have friends who would be good parents, see if they can get their kids interested in swimming. We want good parents just as much as swimmers.
- We started a new winter camp on November 16th. These are for swimmers who might have tried out but didn't make it or they are not quite ready for swim team. We have 6 swimmers in this camp and they swim once a week. We will finish at the end of December. They'll know by January if they make the team. If not, they could do another camp.
- The Forest Grove Christmas meet went really well. Many swimmers are dropping time and getting more confident.
 - It is so common for novice swimmers to receive DQ slips. It is not the end of the world. It is a learning experience for not only them but for the coaches. It's important to keep swimming those events and not shy away from them.
 - We try to encourage our 10& unders to see their coaches right after they swim to discuss a dq right then and there. If your swimmer doesn't know why they were disqualified, please send them to us.
- We are keeping the fun going with our reindeer games. We will be swimming with socks on next week.
- The focus for the month of December is dives and turns, more fast kicking, and technique work with fewer reminders.

Seniors - Coach Q

- We've been doing really well. The seniors this weekend competed in prelim/final competition and a lot of our swimmers ended up qualified for finals.
- 3 athletes got their first zones cut which is for a championship meet. It is a travel meet this year. It is the 1st year there has been a short course version. They got some more LC state times as well which are a little higher than SC. Lots of big time drops, happy faces all around.
 - Jesse - 1000 free zones cut,
 - Byron and Christian - 200 Back B zone cut (allows them to race in these events as well if they qualify for the meet with a zone cut in a different event).
 - Andrew - 100 breaststroke zones cut, and a couple of bonus cuts
- Our scores for the Virtual Club Championship have been increasing as well.
 - Each swimmer is able to score up to 4 times, based on their age and times. It allows us to see how we stack up against other teams nationwide.
 - For the 2020-2021 year, our score was 46,667.
 - For the 2021-2022 year, as of 12/8/21, our score is 41,824 and we still have 9 months left to increase that score. We are on track to have a great score.

- We are starting winter peak training aerobic conditioning. With the winter break, they will have 37.5 hours of water time over 2 weeks. We will be doing between 100,000 and 120,000 yards; they will pay off. This is the 1st year we've been able to do winter break training. I'm hoping parents will help keep kids fueled with things like chocolate milk and small dinner after evening practice. This will help keep them motivated and fueled as well as help them recover from intense training.
- I'm very glad that I've been able to fill in a little on the different groups. I see the fear in their eyes with longer sets, but they feel good when they finish the swims.
- Tina: They are a happy bunch of kids, whatever you are doing is working.
- I keep telling them that their performance is what makes swimming fun. Swimming fast is fun. Fun is fun too, that happens occasionally.
- Tina: Remember, kids don't grow out of fun. So Lalanya, work with Q on that.

Team Store

- See Meeting Slides - p.18
- Tina: Our family received our Making Waves order even though we did have to go with some alternate items. I hope you have received your orders as well.
- Make sure your kids bring the right caps. When the team matches, we make a strong appearance.

Athlete Representative Report

- See Meeting Slides - p.19
- The athlete representatives were not available today.

Questions and Answers

- See Meeting Slides - p.20
- Molly Pierce: When will we be going back to pre-Covid seating and allow parents to watch?
- Tina: We are enforcing the facility rules. Last year the pool was shut down. We are abiding by the CPRD regulations.
- Christina: To add to that, there is actually a max. capacity for people even being in the building. I believe the stands are set at a 350 person limit by the fire marshall. That's why we are sending swimmers to rec side, to allow for transitional seating. Hopefully by spring and summer, some of the restrictions won't be enforced any more.
- Tina: In the past, we even had the swimmers outside. So, it is getting better.
- Krista: CPRD is required to follow OHA regulations as well. So, it is not just CPRD making the rules.

Tina: I thank you all for your attendance tonight. Spread the word.

Meeting Adjourned: 7:31pm

* 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 December 9th,
2021 @6:30 pm

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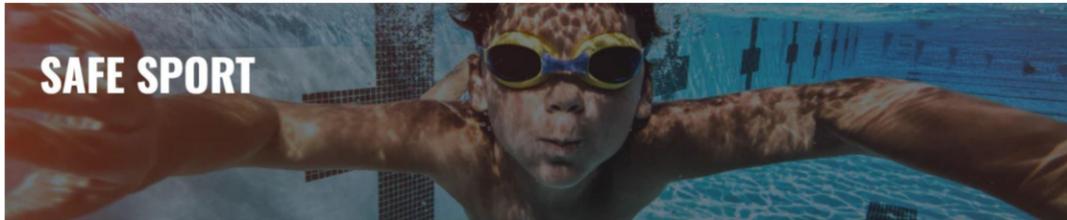


Agenda

- SafeSport Update
- Chipotle Senior Fundraiser
- December Team Treats
- Finance Report
- Holiday Breaks
- Ornament Exchange
- Upcoming meets
- Coaches Reports
- 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.



ABUSE PREVENTION PROGRAM

USA Swimming is committed to providing a healthy and positive environment free from abuse for all its members. USA Swimming's Safe Sport program, a comprehensive abuse prevention program, consists of a multi-layered approach to keep kids safe, including: required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations.



REPORT AN ABUSE

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SafeSport designation and program

- This a commitment of our team to our swimmer's safety and well-being.
- To support this commitment, we ask swimmers and their families to participate in an online training.
- For each parent/guardian who completes the training and submits the certificate, one service hour will be awarded.
- A total of two services hours per family will be awarded.

<https://learn.usaswimming.org>

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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.



USA SWIMMING LEARN LOGIN REGISTER

USA SWIMMING LEARN
Leadership Education And Resource Network

USA Swimming LEARN provides multi-dimensional education and resource opportunities for athletes, coaches, parents and officials at all levels of swimming. The goal of LEARN is to provide a consistent and quality learning experience across multiple disciplines for all USA Swimming members in order to develop new skills and enhance their experience inside and outside of the pool.

REGISTER

i Update: 10/8 To find the correct APT Refresher course, click "Courses" in the upper navigation and scroll down to add the Refresher course. If you are having trouble completing a course, please log out and clear your browser's cache and cookies. Thank you for your patience as we finish up our work on the system!

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USA SWIMMING LEARN LOGIN REGISTER

REGISTER

USA SWIMMING

I am a USA Swimming Member

Memberships are provided through your local swim club. If you are a coach, official, swimmer, or volunteer, you probably have a USA Swimming membership.

This is for:

- Officials
- Swimmers
- Coaches
- Team Leaders

START

USA SWIMMING LEARN

Non-member access

If you are not a member of USA Swimming, you can still access online courses here. If you are a parent or are affiliated with another organization, you probably do not have a membership.

This is for:

- Parents

CREATE ACCOUNT

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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.



Hi, Sarah

i Update: 10/8 To find the correct APT Refresher course, click "Courses" in the upper navigation and scroll down to add the Refresher course. If you are having trouble completing a course, please log out and clear your browser's cache and cookies. Thank you for your patience as we finish up our work on the system!

Parent's Guide to Misconduct in Sport (fka Safe Sport for Swim Parents)



DONE

Safe Sport for Athletes



DONE

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HEREBY RECOGNIZES
Sarah Pickell
sgpickell@gmail.com

FOR THE SUCCESSFUL COMPLETION OF:
Parents Guide to Misconduct in Sport



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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.

CHIPOTLE FUNDRAISER FOR

CHEHALEM SWIM TEAM



CHEHALEM SWIM TEAM

33% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, DECEMBER 15TH | 4-8PM 3105 E PORTLAND RD,
NEWBERG, OR, 97132

ORDER ONLINE FOR PICKUP USING CODE **PPZWENE** OR SHOW THIS
FLYER IN RESTAURANT

For online orders to count towards the fundraiser, they must be placed for pickup only
from the restaurant location of, and during the hours of, the fundraiser. Delivery orders
and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

Questions?: contact Patricia at tad2033@gmail.com



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CHEHALEM SWIM TEAM



Team Treats for December

Hot Chocolate and Candy Canes

Tuesday the 14th

Wednesday the 15th



(One open volunteer spot on the 14th)

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Chehalem Swim Team
Statement of Activity
November 2021



	TOTAL
Revenue	
101.01 Skills Clinic	600.00
103.01 Corporate Sponsorships	500.00
105.01 Memberships	16,339.50
106.01 Fundraising	3,603.12
107.01 Meet Revenue	2,085.00
Total Revenue	\$23,127.62
Cost of Goods Sold	
Cost of Goods Sold	-7.00
Total Cost of Goods Sold	\$ -7.00
GROSS PROFIT	\$23,134.62
Expenditures	
310.01 Meet Fee	3,395.50
310.02 Away Meet Travel Expense	0.00
Total 310.01 Meet Fee	3,395.50
315.02 Meet Supplies	99.14
401.01 Coaches	8,730.08
506.01 Legal & Professional Services	50.00
508.01 Background Check Fee	76.00
510.01 Office Supplies & Software	40.00
514.01 Team Entertainment	1,140.03
523.01 Bank Charges & Fees	844.48
583.01 USA Swimming Registrations	7,898.50
Total Expenditures	\$22,273.73
NET REVENUE	\$860.89



Winter Break Training:

- Practices will be held M-Th 3-5p both weeks.
- Senior squads refer to Coach Q
- Actual schedule will be available early next week



CST's Annual Ornament Exchange

Where: Chehalem Youth Center 620 N Morton St, Newberg 97132

When: Sunday, December 19th, 2pm to 4pm

What: Each swimmer attending must bring a WRAPPED ornament. Swimmer's will draw numbers and will have the opportunity to open a new "present" or steal one from another swimmer. Be as creative as you'd like with the ornaments, the sillier, the better. We've had everything from sock monkeys to pickles to ornaments with gift cards and candy attached!

Please RSVP on our team website by Friday December 17th

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Upcoming Meets:

- Canby IMR/IMX Dec 10-12
- Shark Chase - Jan 7-9
- FGSC Coast Range Qualifier

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Head Coach



Total number of swimmers - 132 swimmers

Total number of families – 116

Tryouts held in November and first week of December. Next group tryout will be in January

State Teams:

- 10&U – 1 swimmer (possibly a relay and 2 swimmers are close)
- 11-14 – 6 swimmers (possibly an 11-12 boys relay)
- Senior – 10 swimmers plus relays

1 NWAG Qualifier

7 Senior Zones Qualifiers

15

Head Coach cont.



Practices Overall

- Attendance - been fairly consistent, which will lead to better results.
- Training - All Development I squads and higher will be increasing yardage as we head into the winter months.
- Fun - added in weekly Holiday sets for most of the groups in December
- Misc. - Looking at adjusting some of the squads to get more water time when possible in order to create a smoother transition when progressing to the next squad.

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Coaches Reports

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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:

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Q & A

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