



Chehalem Swim Team Monthly Board Meeting Minutes
 February 10, 2022 - 6:30pm
 Virtual using Zoom

Attendees:

Name	Role
Cathleen Long	Board
Christina Tilson	Board
Patricia Dwyer	Board
Tina Urback	Board
Quentin	Coach
Adam Henning	Parent
Allison Plaster	Parent
Betsy Jones	Parent
Blake Applegate	Parent
Brook Puckett	Parent
Carrie Bailey	Parent
Carrie Cybulski	Parent
Erica Barber	Parent
Ericka Syhre	Parent
Erika Barber	Parent

Name	Role
Flavia Cruz	Parent
Gaby Vaught	Parent
James Walchenbach	Parent
Jason Cybulski	Parent
Jeff Boerio	Parent
Jeff Hamm	Parent
Kale Bailey	Parent
Kalpana Patil	Parent
Kasey White	Parent
Kathie Bowdoin	Parent
Keta Bradford	Parent
Kyle Henderson	Parent
Linda Riogeist	Parent
Michelle Rhea	Parent

Name	Role
Michelle Webb	Parent
Miranda Johnson	Parent
Molly Pierce	Parent
Nancy Sims	Parent
Ryan Backman	Parent
Ryan Rushing	Parent
Sandeep Patil	Parent
Sarah Larison	Parent
Sarah Pickell	Parent
Susan Fu	Parent
Sydney Jordan	Parent
Tracey Weidman	Parent
Ursula Pinto	Parent
Valerie Brewer	Parent

Meeting Called to Order: 6:34pm

Agenda

- ★ Finance Report
- ★ Upcoming Meets
- ★ Coaches Reports
- ★ Team Leadership and Operations
- ★ Questions and Answers

Finance Report

- See Meeting Slides - p.3
- The finances look good, we are bringing in more than we are spending

- That does fluctuate. There are a couple of December expenses that are behind a little bit. Things are never quite balanced, but as long as we are trending in the right direction we are good.

Upcoming Meets / Events

- See Meeting Slides - p.4-6
- We have a meet coming up Feb. 13, the Last Chance event in Canby. That will be a chance to lock in times before the end of the season.
- We also have a couple of swimmers who will be swimming in the 10 & Under State meet.
- March 3rd is Senior State
- Also in March, we have the Canby Round Robin. There will be a lot of opportunities for service hours at that meet.
- Senior Zones meet will be held March 30.
- I know I am going through these a little fast. I have captured these meets from the website, so feel free to log on to TeamUnify to catch up with anything that I'm going through too quickly.
- Another fun event coming up is Team Treats. These will be held T and Th after practice next week. This is another opportunity for service hours. Sid is managing this, so reach out to him with any questions. His email is at the bottom of this slide and will be sent out after the meeting.

Coaches Reports

- See Meeting Slides - p.7-12

Head Coach Report (Lalanya not present - presented by Quentin)

- See Meeting Slides - p.8
- As a whole our groups are doing very well - a lot of new qualifying times for state championships. We even had to add more names to our state shirts which is great.
 - (2) 10 & under qualifiers
 - (6) 11-14 qualifiers. There is also the potential for adding a 200 Free relay.
 - (12) Senior qualifiers; potentially a couple more from this weekend's high school districts meet. We have 3 athletes who are very close to qualifying A times and a couple knocking on the door of zone times.
- Intrasquad Meets: These are designed for swimmers who have not been able to attend meets. We will be holding these during practice times. They are free of charge and will allow us to capture swimmers' times. These times won't count toward USA swimming's database, but they can be used to update our database and as entry times for upcoming non-qualifying meets. It is also a great opportunity for kids to get to know and swim with those in different squads.
 - This meet will offer volunteer positions, so parents can earn volunteer hours and learn different positions.
 - Hoping first meet day will be this next Friday and then the following Monday and Tuesday would be the 2nd and 3rd meet days.

- Canby Round Robin: This is a season finale meet. We'd like to encourage everyone to sign up and show up for this one. It will be similar to a championship format. Kids will swim in the morning and afternoon both days. There will be 3 dual meet sessions (Saturday AM, Saturday PM, & Sunday AM) followed by Championship finals on Sunday using swimmer times from the dual meets.
- A lot of kids have been consistently showing up to practices and making improvements. We want to make sure the kids have opportunities, so they can be as involved as they want to be.

Age Group Report

- See Meeting Slides - p.9

Tina read Age Group Report slide and then Quentin followed up with the following.

- The training has been very good. I'm more of the person that challenges. I like to give kids challenges that they think they can't achieve, and then help them achieve them. The more I've been throwing at them, the more they achieve and then come back to me wanting more. I'm excited to see where they go over the next couple of years.

Novice and Precompetitive Reports

- See Meeting Slides - p.10-11

Tina read Novice and Precompetitive Report slides and then Quentin followed up with the following.

- I enjoy working with younger kids too. Each day we've been swimming one of the senior events, even if it is broken up. This gives them some exposure in a non-threatening way, so they can be excited about those upcoming challenges.

Senior Report

- See Meeting Slides - p.12
- These are the last 4 weeks of training. We are set for peak performance at the state and Canby Round Robin meets. The people going on to Zones will ramp back up and then taper. They'll swim when others are taking Spring Break, but then take a break after Zones.
- We also have kids swimming for high school teams. The kids who make state for their HS team will then go on to swim next weekend at Tualatin Hills.
- We have a lot of people who have qualified for championship meets.
 - I think it is actually 13 individual state qualifiers now and potentially 2 more.
 - We have 8 individual zone qualifiers - 6 of those 8 are entered to go
 - We have 3 more who have bonus times. My hope is that they are able to qualify before the meet fills up. As of now, it is not full, but it has been limited to 600 swimmers.
- VCCS has not been updated since the Forest Grove meet, but it should be updated this week. We should get a pretty nice bump from some good and first swims this last weekend.
 - These scores will continue to be updated all the way through the long course season. We are on track to do very well this year.

Team Leadership and Operations

- See Meeting Slides - p. 13 & 15
- We are a non-profit parent run organization. We have parents on the board in volunteer positions. The following board position terms are coming to an end:
 - Treasurer
 - Secretary
 - 2 at-large members
 - (We also have a currently vacant at-large member position)
- We need a nominating committee to help with filling these positions
- Tina read "Process:" section of the meeting slide
- These sorts of requests seem to scare some people away. If I were on the other side, I would feel that way too. But, we have come a long way in organizing, and I want to share what it means to be on the board:
 - It does mean reading and educating yourself on different topics
 - 1 board meeting a month
 - 1 parent meeting a month
 - Occasionally some additional meetings during certain times of the year (budgeting, elections,...)
- We have worked hard to ensure there are many practices in place to help a new board member. The current treasurer and secretary are also available as a resource to provide insight as to what their positions entail if you think you might be interested. In addition, our current treasurer will not be stepping back from all of her current duties entirely. The existing board members are here to help as is the case with the training documents we are developing. Please reach out to me (Tina) to see how you can help the team.
- At-large members are a more generic position but they are often assigned to specific tasks such as SafeSport that Sarah Pickell has been helping us with.

SafeSport Update - Sarah Pickell

- See Meeting Slides - p.16
- I have 2 kids on the team. This is my first time doing swim team and joining CST. I want to say to other parents that there are ways to get involved without it being all consuming.
- As a team, we want to uphold this SafeSport mentality. The certification is given to us by USA Swimming, but it also exists across different athletics. We earn this designation by meeting different benchmarks.
- As a SafeSport coordinator, we want to have movement on each benchmark. We've been in a building time this year: educating parents, getting them to complete the training at learn.usa-swimming.org.
- When you login as a parent, you can enroll in all sorts of courses, but the one we are looking for parents to take is the "The Parents Guide to Misconduct in Sport". When you are finished, download a pdf and send it to me. You can receive up to 2 service hours per household.

- That's where we are. But, we are looking forward to adding some policy development work. We need to think proactively. I am looking for others to join me in this work so we can continue our designation as a safesport team.
- Tina:
 - As a team, we are storing a lot of our information using Google Docs. (Tina presented a couple of documents) This is where we are tracking names, roles, and certificates on file. Sarah is simply updating this information. There is also a SafeSport drive that has a file containing all the certificates that have been earned. If you are looking for a volunteer position consisting of clerical type support, this is what we have right now.
 - We have fewer than 20 parents that have completed this parent training. While it is true that some have completed the training in a previous year and not yet due for their follow-up training, it is still true that we have had a very low turnout for this. So, you will continue to see reminders in your emails.
 - We have also had some people confused while trying to complete the training. We've sent some help emails. If this is you, please reach out, and we'll get you some more information. Also, if you've gone through the training and have feedback on how we can make it easier, let us know.
- Nancy Sims: When it first came out, I did it right away, and then at the end the certificate wouldn't print. I made multiple attempts.
 - Tina: I see your certificate in the SafeSport drive. I will make sure you get credit. I don't know if other parents had trouble as well. If you are having trouble, reach out, and we'll see if we can help troubleshoot .
 - Sarah: You are on the list, Nancy
 - Nancy: Perfect, thank you.
- Tina: One of the questions we've received is, "Does each parent have to log in separately?" The answer is yes. That is the only way you can get 2 certificates. Each adult should have their own account.
- Sarah: Also, the web page takes away the course after you've completed it. So, if there are questions as to whether you have done the course in the past, you can log in and check.
 - Tina: True. Since I've taken the course before, when I log in to my account, my screen doesn't have the same options.

Team Leadership and Operations Continued

- See Meeting Slides - p.15, 17. & 18
- We are always looking for parent mentors. You learn as you go, and it helps to have someone to **teach**.
- We also need a New Parent Coordinator - someone to help with things like navigating the team website.
- If you have any feedback, questions, suggestions for the team, my contact info is on the website. Send an email or catch up with me in person especially if you'd like to get more info on how you can help the team.
- We will be needing parent participation in the Intrasquad meets.

- We are always looking for officials. The team pays for registration, background checks,... It is also a great way to meet your service hour obligations.
- We are looking for SafeSport participation
- Lastly, at our home meets we need Announcers. It sounds scary, but it's really not, and it is a great way to watch the meet.
- The board members that we have are a really strong group. They've put in a couple of years, and it's time to get some other parents involved.
- Coach and board member email info is on the website. Unfortunately, scammers use that sort of information. Jeff Boerio, who was the past president, said this is kind of how it goes. This is a reminder that we will never ask you through email for money or ask you to get gift cards. Be cautious, and never feel pressured to take hasty action.
- Team store: We want to make sure you know it is there. A lot of equipment is available at Making Waves.

Athlete Representative Report

- See Meeting Slides - p.14
- Quentin: Eleanor Snyder is the team athlete representative and she sent me a report. I will read it.
 - We had a really great meet at Forest Grove. A lot of new personal bests and goals met.
 - A lot of bonding and introductions between swim groups.
 - Great to see seniors helping team members get access to heat sheet information before their races.
 - We are finishing up the first half of our school year and working very hard.
- Tina: As a parent of a senior swimmer who is swimming for a high school team, I want to say that club swimmers are very strong members of their HS team. It is a great confidence booster. The HS teams are very cohesive. The best meet was the Newberg against Sherwood one because swimmers and parents were mixed together, and the sportsmanship is fantastic. For you with younger swimmers, stick with it. If they have a chance to swim for a HS team, it is a fantastic opportunity. For my daughter, her club is her primary, but it is a really good experience to watch kids participate with the high schools.
- Michelle Webb:
 - I got Nancy Sims SafeSport volunteer hour in.
 - Maia has swam for both YMCA and Newberg. I think it is her 7th year with clubs. This is her freshman year, and she is swimming with the high school. She's been scared to death of what Quentin might do to her in the senior squad. But, as a freshman on the high school team, she is one of their top swimmers. It has built her confidence so much. Her success and the excitement boosted her to want more, to go faster, and she is doing so. She is now looking forward to being with Quentin on that senior squad. It is so fun as a parent to see.
 - Even though I've been volunteering for the last 7 years, I remember being totally confused as a new parent. I'm here also as a mom to answer questions like how to time or get ready for swim meets in general. I am happy to help.

- Tina: Jesse was a freshman when she started swimming for high school, and the impact it has on these kids is hard to explain. Recently there are things that are missing; Jesse's freshman year was before covid. So hopefully, we'll get back to that so these swimmers can know what the whole experience can be. Thank you Michelle for sharing.

Questions and Answers

- See Meeting Slides - p.19
- Linda Riogeist: Is there a way I can get more info on short season and long season, we are gone a lot?
 - Quentin:
 - Short course primarily competes in 25 yard distances. Most pools are 25 yard pools. It is the longer of the two seasons and runs Sept - March.
 - Long course comes after Spring Break. In addition to 25 yard and meter pools, there are 50 meter opportunities. This season runs from April - August. Then there is usually a 2 week break in August and then short course starts again in September.
 - Swimming is a year round sport. The way that we've set up the program, we have offered different levels of commitments, so the kids can keep their feet wet, and still participate in other sports or travel with families.
 - Linda: I know my daughter would love to keep swimming. I don't have a problem with the commitment, but how do you feel about the kids being gone?
 - Quentin: If a swimmer is in the entry or development level, absences are okay, but if they are in a higher squad, we hope that they are willing to commit at a higher level. But, we do want to make sure that everyone who wants to be a part has a place.
 - Linda: I ask my daughter about times, but I get a shoulder shrug. Would it help if I were at the practices?
 - Quentin: The biggest thing for new swimmers is once they are able to compete, then they realize why they are there. When they are involved in the meets, they get to see the fruits of their labor. Then they'll get the racing bug and want to do better and correct stroke errors.
 - Linda: She's only been timed once, when she first joined in September. How do you move from one level to the next?
 - Quentin: That is a perfect example of why we are going to set up the intrasquad meets - so we can get times on the board. It's also an opportunity to get parents on deck.
 - Tina: It really builds around the meet. The meet will help it all make sense to the swimmer.
 - Linda: Does she need to sign up for the intrasquad?
 - Quentin: Yes, we'll post a file for sign-ups.
 - Linda: Thank you, it has been a great experience, and good to get her moving. I appreciate what you do.
 - Quentin: Thanks for the questions. I am sure others have the same questions.

- Allison: Regarding practice days and times, when will we know what to expect for LC season for our kids?
 - Quentin: We were waiting for CPRD to finalize the schedule, and it was recently confirmed that we will get to keep the 3:30-5:45 time through LC. We'll be moving different groups to different areas, so the long course schedule might look a little different if your swimmer is changing squads, or if they are stepping down in commitment levels.
 - Allison: That's helpful. Thank you.
 - Tina: The moving of squad decisions will not be a surprise. The coaches will be having conversations with parents if their kid needs to move. Also, it is always an option for a kid who tries a different squad to move back. The coaches will work hard to match swimmers to the squad they are in, and parents need to make sure it is working for their kid. Overall, let's get the kids in the meets, it will all make it come together.
- Nancy Sims: I just love the workouts that Norman, my son, is getting. He really needs that exercise. But, I worry he is not able to focus at practice all the time. Is there any way to have stroke and turn clinics, so he can work with other kids on similar issues? Sometimes, during practice, he is in his own head space. I see improvement, but maybe a chance for a clinic for stroke improvements would help.
 - Quentin: We'll add those back in after the championship season - likely the end of March or the start of April.
 - Nancy: Some kids, like mine, need to unlearn some bad things (kicking, dives, front crawl). I know he is getting physically better and stronger, but he is being held back by his own stroke mechanics.
 - Tina: I will share a parent's view. I remember a couple of things. I remember my daughter's 1st meet in Albany. She stood up and rested in the middle of her backstroke race. I also remember Lalanya said to me, "She is doing great. Just think how great it would be, if she kicked." It's a long progression. What they practice is what they do in the meets. There are so many aspects to swimming; it does take time to perfect them all.
 - Nancy: Yes, and sometimes they have to unlearn things they learned from bad coaches. I appreciate the great coaches we have.
- Keta Bradford: Aja is only a bit competitive. She was very nervous, and we were completely lost. Getting her there was difficult, but once she was there, and my husband timed her and kept track of her times, that motivated her. It was slow to get her excited about that part. It takes us all some time to get used to it. For the new parents, it can be slow. But a lot of that is all the new stuff.
- Tina: There are 3 reasons to swim: to exercise, to be competitive, to socialize. Your athletes might go through these at different stages. They may just want to go to **be in the water and socialize**, and that's okay. The friends that they make swimming, can be stronger friendships than those made at school. It doesn't matter why they swim, as long as they are happy.
 - Quentin: Well said.
- Ryan Rushing: I am interested in being on the board, I've sent you an email.
 - Tina: You are hired.

- Ryan: Great, I'll congratulate myself. Also, I'm not clear if my daughter has signed up for LC, but she is interested in being on the team year round.
- Tina: I have always heard about SC and LC seasons, but at the Y we only had one registration. CST has 2. We will make sure your swimmers are registered, you don't have to worry about that.
- Tina: Good attendance. Great questions. Great participation.
 - There are 2 Michelles on the call, I'll need feedback from the one that isn't Michelle Webb, in order to credit service hours properly.
 - I'll try to get slides out soon. Also, I'm trying to set up some more social opportunities as a team, so be looking for emails on that.

* 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:





Agenda

- Finance Report
- Upcoming Events
- Coaches Reports
- Team Leadership and Operations

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CHEHALEM SWIM TEAM



Chehalem Swim Team Statement of Activity

January 2022

	Total
Revenue	
105.01 Memberships	14,425.91
Total Revenue	\$ 14,425.91
Gross Profit	\$ 14,425.91
Expenditures	
315.02 Meet Supplies	802.78
401.01 Coaches	1,974.50
401.03 Coaches Travel	154.10
Total 401.01 Coaches	\$ 2,128.60
506.01 Legal & Professional Services	50.00
510.01 Office Supplies & Software	80.00
523.01 Bank Charges & Fees	38.79
581.01 CST Team Registration Fee	-50.00
Total Expenditures	\$ 3,050.17
Net Revenue	\$ 11,375.74

Thursday, Feb 10, 2022 09:12:16 AM GMT-8 - Accrual Basis

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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.



Upcoming Meets February

Feb 13 2022	Canby Valentine Last Chance Feb 13, 2022 Event Category: Away Swim Meets This is a last chance meet for swimmers to qualify for State. Swimmers must have B Time Standards to participate.
Feb 19 2022	10 & Under State Championship Feb 19, 2022 - Feb 20, 2022 Event Category: 10 & under State Championships This meet is for 10 & Under swimmers who have A Time Standards.
Feb 24 2022	11-14 State Championship Feb 24, 2022 - Feb 27, 2022 Event Category: 11 & Older State Championships This meet is for 11-14 year old swimmers who have A Time Standards.

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Upcoming Meets March

Mar 03 2022	Senior State Mar 3, 2022 - Mar 6, 2022 Event Category: Senior Championship Meets This meet is for 15 & Over swimmers that have Short Course State Time Standards (14 y/o A Times). Meet information is being updated and will be sent out as early as January 28 by OSI.
Mar 12 2022	Canby Round Robin Mar 12, 2022 - Mar 13, 2022 Event Category: Away Swim Meets This meet is an end of the season championship style dual meet series for the whole team! If you sign up for this meet, you will need to be able to participate in BOTH days of the meet. Information from the meet host: There will be 3 Dual Meet competitions (2 on Saturday, 1 on Sunday) followed by Championship Finals on Sunday. In each Dual
Mar 30 2022	Senior Zones Mar 30, 2022 - Apr 3, 2022 Event Category: Senior Championship Meets This meet is for all swimmers with Senior Zone Time Standards. Please RSVP if you are planning to attend.

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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.



TEAM TREATS

Hot Chocolate and Cupcakes – after practice

Tuesday, February 15 and Thursday, February 16



Contact Siddharth at sidnsansap@gmail.com with questions

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Coaches Reports

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Head Coach

CHEHALEM SWIM TEAM



Total number of swimmers - 133 swimmers

Amazing meet at Forest Grove last weekend with 32 new qualifying times from 14 swimmers!

February = Championship season

10&Under State - Feb 19&20 - 2 qualifiers – Willamalene Park Swim Center, Springfield

11-14 State - Feb 24-27 - 6 qualifiers – Osborne Aquatic Center, Corvallis

Senior State - March 3-5 - 12 qualifiers – Tualatin Hills Swim Club, Beaverton

Intrasquad meets - running timed races for all squads during practice time on most days next week. Great chance to have swimmer's experience a race situation and allows coaches to get some records of times on novice swimmers. Times will **NOT** be sanctioned but can be used to enter your swimmers in future non-qualifying meets. Please look for more info and job sign-ups to be emailed out.

Canby Round Robin Season Finale meet - March 12 & 13: Series of Dual meets so must attend both days. Final "showdown" is on Sunday where we plan to make it a fun team event before, during and after the meet. We will need lots of parent volunteers to help us out with this one!

Squad movement: Looking at who's ready to be challenged more, who has aged up and who's staying registered for the long course season. Moves will happen at the beginning of our long course season (April 1st) and parents will be notified prior.

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CHEHALEM SWIM TEAM



Age Group Report

All the coaches did an amazing job covering for me last month! The swimmers are all doing great and have stayed on track for their end of season goals.

The performance and DII groups completed the top level of their main season set and are now slowly tapering back down to be ready for the end of season meets.

Many of the D1 swimmers are close to moving up and are ready for the next challenge. We are excited to see them race and compete in the Canby Round Robin season finale so we can assess their skills and see their progress.

Entry levels have been consistent and are working hard to gain the knowledge of swim team based skills. We will be looking at move ups in this squad as well.

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Novice Report

Recruiting

- Tryouts on Thursdays in February,
- Last tryout of the season Thursday, March 10
- End of Season camp in full swing (Jan 25 – Mar 8)

We are preparing for our next opportunities to race. We plan to do some intersquad racing next week and I want everyone to sign up for the Canby Round Robin Season Ending team meet!

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Precompetitive

10 and Under Development

- Blending technique and yardage while keeping it a fun team experience
- Swimmers who participated in the Coast Range Qualifier dropped times and no DQ slips
- Hudson Rarick(7) achieved state time in the 50 Back. He will be joining Olivia Jones(9) at the championship meet in two weeks.

10 and Under Performance

- Longer continuous swims and more sets with added repetitions
- Rotations each week through all four strokes and IM
- Complete 200 Free warm ups each day and Coach Q's mile in a work out set

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Senior Coach report

Senior swimmers in final four weeks of preparation for Senior State and we have begun to step down from the amount of volume we were doing in practices up to this point. We will continue to ramp up the speed and power work as we prepare to peak at our championship meets.

Most of our Senior squad will be participating in their District meet this weekend with their High school teams. Go Sharks!

Championship meet qualifiers:

Senior State - 13 individual qualifiers (possibly 2 additional qualifiers after this weekend)

Senior Zones - 8 individual qualifiers (additional 3 athletes have achieved their bonus cuts and possibly will qualify within the next month)

VCC score has not been updated yet since our last meet but should get a nice bump from the time improvements of our swimmers.

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Need 2022 Election for:

Newly elected candidates to take office 6/1/2022 - 5/31/2024

- Treasurer
- Secretary
- At-Large Member - 2
- At-Large Member - 4

- [Vacant Positions: At-large member 5



Process:

Nominating committee consists of a minimum of 3 people - purpose is to recruit eligible candidates, present them to the club, and count ballots (if needed).

- One committee member will be the chairperson. Duties for this position are:
 - Turn in slate of eligible candidates to Secretary by 4/12/22
 - At election meeting (5/12/22),
 - Present names of nominees
 - Accept further nominations
 - Determine whether ballots are required.
- If ballots are required, a minimum of 3 people must be present to count them (preferably the three nominating committee members).

March 2022 Monthly Parent Board Meeting

- Nominating committee members selected

4/12/2022

- Slate of eligible candidates submitted to club secretary

4/22/2022

Deadline for club secretary to announce eligible candidates (likely announced at 4/14/22 Monthly Parent Board Meeting)

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May 2022 Monthly Parent Board Meeting



Athlete Rep Report: Eleanor Snyder

1. We had a really good meet in Forest Grove this past weekend, with all swimmers doing incredibly well and many achieving new personal best and goals. Everyone had a very good time at the meet and there was lots of bonding and introductions between swim groups!
2. For our high school level swimmers, everyone is just finishing up the first half of the school year and is getting ready and excited for the championship season. We have Districts this weekend and the high-school State meet coming up the following week.
3. We are all working very hard and are looking forward to continuing that effort into the next part of our season leading into the rest of our championship meets.

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- **Board members**
 - Secretary
 - Treasurer
 - SafeSport Coordinator
 - Officials Coordinator
- **Parent Mentors**
- **New Parent Coordinator**
- **Feedback and Suggestions from existing members**
 - Email, in person, via ZOOM or phone
- **Participation in Intrasquad (Dates TBD)**
- **Officials**
- **SafeSport participation from families**
- **Announcers** – we need about 6 volunteers to split up shift coverage; this is a scripted position that does not require any time commitment outside of the swim meet itself. It's a great way to watch the meet.

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SafeSport Update

- This is a commitment of our team to our swimmers' safety and well-being. To support this commitment, we ask parents to complete online training. You can receive service hours credit – one hour per training, up to 2 hours per household.
 1. Complete the training at <https://learn.usaswimming.org>
 2. Send copy (PDF) of certificate to: sgpickell@gmail.com
- Looking for a volunteer position to meet your service hours? We need an additional 1 or 2 Safe Sport Coordinators to continue to move this work forward. Email Sarah at sgpickell@gmail.com if you are interested.

16



Phishing/Fraud Scams

Be on the lookout for potential phishing and fraudulent emails contacting you on behalf of Chehalem Swim Team or one of its members. CST board members and Coaches have contact information posted on our TeamUnify website which, while necessary for members to be able to reach out to us, also leaves us vulnerable to hackers and scammers because they have access to our names and positions with the team

CST will never reach out to you via email and request money or gift cards. We encourage you to delete these kinds of requests – never reply to one.

Please be aware and cautious and never feel pressured to take hasty action – this is what scammers rely on.

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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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Q & A



This is just a portion of the questions that were asked at the meeting. There was so much input from parents and great participation from both parents new to swimming and veteran swim parents.

Q: For SafeSport training, does each parent have to log in separately to earn the service hour.

A: Yes. In order to earn the certificate, each individual has to be logged in as a separate user.

Q: Is there a way I can get more info on short season and long season?

A: Short course season runs for the majority of the year, from the end of August to the end of March. CST does not run practices during Spring Break. Events are swum in a 25-meter or 25-yard pool which equals more turns and more gliding. Long course season starts at the end of March and concludes in early August. There is generally a 2 week break at the end of August. Long course generally uses a 50-meter pool.

Q: How do you feel about kids being gone or not swimming Long Course Season?

A: If a swimmer is in the entry or development level, absences are okay, but if they are in a higher squad, we hope that they are willing to commit at a higher level. We do want to make sure that everyone who wants to be a part has a place and that is why we offer different squad levels.

Q: There were general question regarding new swimmers and how to motivate them.

A: Meets are critical to our swimmers; they help make all the training make sense and give athletes something to strive for.

Q: Will there be more clinics available to help swimmers work on specific techniques and maybe break bad habits.

A: CST will be offering more specialized clinics once championship season concludes.

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Attendance:

Name	Role
Cathleen Long	Board
Christina Tilson	Board
Patricia Dwyer	Board
Tina Urbach	Board
Quentin	Coach
Adam Henning	Parent
Allison Plaster	Parent
Betsy Jones	Parent
Blake Applegate	Parent
Brook Puckett	Parent
Carrie Bailey	Parent
Carrie Cybulski	Parent
Erica Barber	Parent
Ericka Syhre	Parent
Erika Barber	Parent

Name	Role
Flavia Cruz	Parent
Gaby Vaught	Parent
James Walchenbach	Parent
Jason Cybulski	Parent
Jeff Boerio	Parent
Jeff Hamm	Parent
Kale Bailey	Parent
Kalpna Patil	Parent
Kasey White	Parent
Kathie Bowdoin	Parent
Keta Bradford	Parent
Kyle Henderson	Parent
Linda Riogeist	Parent
Michelle Rhea	Parent

Name	Role
Michelle Webb	Parent
Miranda Johnson	Parent
Molly Pierce	Parent
Nancy Sims	Parent
Ryan Backman	Parent
Ryan Rushing	Parent
Sandeep Patil	Parent
Sarah Larison	Parent
Sarah Pickell	Parent
Susan Fu	Parent
Sydney Jordan	Parent
Tracey Weidman	Parent
Ursula Pinto	Parent
Valerie Brewer	Parent