



Chehalem Swim Team Monthly Board Meeting Minutes
 April 14, 2022 - 6:30pm
 Virtual using Zoom

Attendees:

Name	Role		Name	Role
Cathleen Long	Board		Joel White	Parent
Tina Urback	Board		John Vaught	Parent
Erin Fincher	Coach		Kate Allen-Griffs	Parent
Krista Miller	Coach		Kate Coulter	Parent
Lalanya Fisher	Coach		Kathie Bowdoin	Parent
Quentin Rieniets	Coach		Katie Rarick	Parent
Angela Porter	Parent		Kayla Mitchell	Parent
Betsy Jones	Parent		Kyle Henderson	Parent
Brady	Parent		Michelle Webb	Parent
Carrie Cybulski	Parent		Molly Pierce	Parent
Dan Bailey	Parent		Nancy Sims	Parent
Elizabeth Flores Cruz	Parent		Patrick Kelly	Parent
Erika Barber	Parent		Ryan Backman	Parent
Flavia Cruz	Parent		Sara DeMaster Smith	Parent
Gaby Vaught	Parent		Sarah Larison	Parent
Gregory Mitchell	Parent		Tracy Weidman	Parent
Jeff Boerio	Parent		Ursula Pinto	Parent
Jeff Hamm	Parent		Valentina Kelly	Parent
Jeff Smith	Parent		Vanessa Boaz	Parent
Jim Walchenbach	Parent			

Meeting Called to Order: 6:32pm

We are beginning our long course season, so there may be some of you here tonight that have not been on the team before.

Tonight we'll take a quick look at:

Agenda

- ★ Finance Report
- ★ Upcoming Events
- ★ Welcome to the Long Course Season
- ★ Team Leadership and Operations
- ★ Coaches Reports
- ★ VCC Overview
- ★ Athlete Report

We cover a lot of different things during these meetings. Each meeting I like to take 1 or 2 topics and explain them in a little bit more detail, so you become more familiar with what we are and what we do as a team.

Finance Report

- See Meeting Slides - p.3
- We are looking very negative. That is because Chehalem Pool invoiced us for 6 months. Due to staffing issues at the pool, they got a little behind and we were billed for a pretty large sum. This includes not only contract hours but additional hours, meets, and classroom usage. As we have grown as a team, our pool use has increased as well.

Upcoming Events

- See Meeting Slides - p.4-6
- Here are some of our upcoming meets. These are always available on CST's website. It might look different based on how you log in, but this is where you can go to see the meets that are coming up.
 - Here you'll see the meet name, date (or date range), and a brief description of that meet. When you open it up, you can get even further details.
- Lalanya:
 - The Albany meet entry deadline is coming up April 18
 - The CAT meet entries are due tomorrow from 11 & overs who have qualified.
 - We've been shuffling meets around a little. Remember, once they are up on the site, they are still subject to change. We try to update them as frequently as we can. Here are a few changes:
 - HRVST (Hood River Swim Team) - We are going to go. We had a question about whether or not we were doing it. It is specifically for 11 & overs. If you aren't in that category, but really want to go, reach out to me.
 - We added a dual meet on May 21 at Canby's pool. This is intended for the 10& under squads. It will run from 8-10am. The kids will do a couple of events. They will not be sanctioned times, but it will give the 10& unders a chance to race and give them a feel for what a meet is like.

- You can go in and RSVP for either of those.
- For the Bend meet, it was originally planned as a Senior meet. We are going to open it to 13 & overs with B+ times. We tried to reach out to those who qualified. If you don't know, and your swimmer is close to an A time, they might have a B+ time. If you aren't familiar with these times, your swimmer most likely doesn't have one.
- We are going to do the Newport Seahorse meet during the 2nd weekend in August. This will be open to all squads. In the past, CST has done meets at the beach. We are looking to get all of our swimmers together at that pool. Because our pool will be closed the week before this meet, it is not how fast can you swim, but how much fun can you have.
 - Nancy: When is the pool closing?
 - Lalanya: August 6th or 7th. It will be closed for 2 weeks. We'll have to figure out when SC starts after that. Start date will depend on the squad. Senior squads might start a little sooner than younger squads.
- There will be an upcoming Stroke and Turn clinic Saturday 4/23 from 9-11am hosted by Betsy Jones and Tony Ranno.
 - Lalanya: We are always looking to get more officials on the team. This clinic is an introduction to that. It is meant to be informational. If you think it might be a good fit for you then you can continue by taking further training. We do need a certain amount of officials willing to volunteer to get into meets. I like the team to put these clinics on at least twice a year. It is a good opportunity to get more involved. As an official if you do a few meets, you'll be able to earn all of your service hours. Betsy and Tony are great, they've been officials for several years. If you are interested, contact them and let them know.
- Team Treats: Thanks to all who contributed to the Easter theme treats for this month. Here is a quote from one of our swimmers. These treat days are fun for them.
 - We had an Easter basket raffle. Erin and I drew names and the pink basket goes to Nova Doak. The blue basket goes to Kiara Mitchell. We will get them out to them at their next practice.

Welcome to Long Course Season

- See Meeting Slides - p. 7-8
- Tina explained the difference between short and long course seasons.
- September to March is a longer season, but that is just there to confuse us all.
- Long course season often competes in 50m pools, so fewer turns for each event.
- Tina: The one question I have, in theory the long course season would be swam in 50m pools...
 - Lalanya: The 50m pools are available to us during long course season.
 - ???
 - Lalanya: There is a time conversion tool. Your 50m time is going to be slower than your 50y time. If you enter a long course meet, but don't have a long course time, we typically convert your short course time and use that for meet entry, so you compete at the right level.

- Quentin: 50m pools, are not as available in Oregon, so we have to supplement with short course pools.
- Lalanya: The Olympics are swum in a long course pool.
- Michelle: If you need a B+ time for a meet, are those long course times?
 - Quentin: B+ time standards haven't been posted in the last 3 years, but they are working on that. If you swim an event and achieve a B+ time, you can use it for a meet that requires it. But you cannot convert the time from one course to the other course in order to achieve a time. The standards have to be met within that course.
 - Tina: You can't use a converted time to qualify for a meet.
 - ????: does that time expire?
 - Quentin: You own that time for life.
 - Michelle: Is that the same for A times. Will Maia's short course 100y free A time get her into a long course meet.
 - Quentin: Yes.
 - Tina: I think talking about these throughout the year will help new swim parents understand. But, if you have questions, ask your coaches.

Team Leadership and Operations

- See Meeting Slides - p. 9-13
- CST operates year-round.
- A lot of other teams do not do two separate registrations, so it is a little confusing.
- Fundraising: When you register, you'll see that there is a fundraising portion. Our fundraising for CST is higher than other teams in the area, but our dues are lower. This gives families an option to seek out assistance with some of those responsibilities. CST uses this money, and it goes directly towards paying for the pool and, in part, for the coaches. You will also see that the funds are charged each month. But if you go out and raise that money, your account will be credited. The fundraising fees for part time and entry squads is lower than it is for higher squads. This makes it easier for new swimmers to get on board and find out if swimming is a good fit for them.
- Service Hours: The team is currently seeking volunteers. Everything we do for the team, we need parent participation to provide good experiences for our swimmers. To get your service hours met, you can help throughout the season at various events or you can take on a specific role.
 - We have suffered through Covid, and we have had a difficult time offering service opportunities. Although we haven't fully recovered, things are improving, so let's hope that that continues.
 - We did run into a problem processing the short course season service hours. We're working on that.
 - Tina showed a list of roles parents can help fulfill.
 - Hospitality is providing food and drinks for coaches and officials during our home meets. The Hospitality Lead would just be the point person and coordinate with the volunteers for each meet.
 - We do have new mentor volunteers, so I can remove that need.
 - We welcome your feedback. Let us know how you would like to help.

- Here is one example of a volunteer position:
 - Bottle Drop Coordinator duties include updating a donation list from the emails that parents send after dropping off ½ and full bags. The treasurer uses that list to update the member accounts. They also would help with donation challenges, organize collection events, and maintain bag supplies (stickers, bags to practices). Remember families are able to drop up to 2 bags per day.
 - We are here to help, provide clear direction and services. This is a great way to take care of service hours.
- Upcoming election:
 - The new elected board members will take office June 1st. Some positions are shorter, but the longest commitment is two years.
 - I don't think it is fair to have anyone provide more than 10 hours per month, so that is our goal and estimated maximum.
 - Board members are expected to attend 2 meetings per month.
 - Available positions are treasurer, secretary, and two at-large members.
 - We are asking parents to fill a role that supports the team. Choose a position that fits your skills or capabilities, or try something new. It can be rewarding.
 - We do have a nominating committee selected - Quentin, Wendy House, and Betsy Jones.
 - Reach out to me, if there are any barriers or anything you are worried about keeping you from volunteering. It's not that bad, we are trying to get people in for roles they feel qualified to fill.
 - At next month's meeting we will list off the nominees and hold an actual election if needed.

General Coach's Report (Lalanya)

- See Meeting Slides - p. 14-15
- Everyone is adjusting well to the new LC season schedule
- We have 117 swimmers registered. Some have chosen to take the season off, but rejoin in the fall.
- As mentioned earlier, there is a revised meet schedule
- Reminder of deadlines coming up:
 - CAT meet - April 15th
 - Albany meet - April 18th
 - Bottle Drop: Now through 4/23 we are giving \$5 a bag, because we get 20% bag during the give program.
 - We plan to have a Saturday collection event this Saturday. Sign up will be out tomorrow

Age Group Report (Lalanya)

- See Meeting Slides - p. 16
- I am lead coach for all of our 11-14 year old swimmers. They are at varied skill levels. There are kids fitting into squads and then working their way up to other squads. It is great that we, as a team, are able to accept them.

- The new merged squads, 11-14 year olds together in their skill levels, are blending nicely.
- You will see a lot of us pulling some out to move them to a different pool to work on a different skill. We are hoping to personalize each swimmer's workouts a little more.
- We are using our pool space better and no one has gotten too tired yet from the longer practices. They are staying focused.
- All of the 11-14s have started their challenges - 50s of all of the strokes as well as of streamlined kicks. We will do these every week for the first 4-5 weeks and then move to every other week as the season progresses.
- The entry squads are working on technique and form. They are not into aerobic conditioning yet.
- The Development squads are working on drills and skills. We are giving constant technique reminders and working on building one skill on top of another.
- The Performance squad has a season-long challenge set. This week was the 2nd week. Hopefully, this will be a confidence builder. They are working on drills and skills the first couple of weeks as well.

Novice Report (Erin)

- See Meeting Slides - p. 17
- I am the lead coach of the novice program. Right now we have 32 10 & unders. They are broken into three groups: Pre-competitive, Development, and Performance.
- Most of these swimmers went through a tryout. This month, we had 4 try out. Two are in a trial week where they get to see if the team is a good fit for them and if their skills stand up to what they will be expected to do.
- Sometimes we need swimmers to go back to lessons to improve skills and then come back.
- Most new swimmers join the Pre-competitive squad. Some will join the Development squad.
- Pre-competitive: All of our swimmers in this squad are new this season. Coach Krista coaches that group.
 - They are learning swim team terminology
 - They are learning about the water, like how do we sink down.
 - When they move up, they are expected to do each skill well, and hopefully know the skills by name.
 - Focusing mostly on free and back and rotating through all 4 strokes. This should give them a good basis for moving up.
 - They practice 2 days/week.
- Development : There are 18 in this group. They know a lot of the skills, most are going through or are already dive- certified.
 - We are double checking which skills they need to work on.
 - They practice 3 days/week
 - They will be focusing on each stroke each day as we get further through the season.
 - There is a lot of energy in that group.

- Performance
 - Practice 4 days a week
 - They also have a lot of energy
 - There are 5 in this group
 - Quentin is helping out with them. The kids love that
 - Lalanya is also taking this group 1 day a week as well
 - We are using our coaches and pool space. This way the swimmers get to know all of the coaches and hear things a little bit differently although we are striving for uniformity.
- Lalanya: We are having a new parent meeting this coming Tuesday from 4:15-4:45pm during practice time. If you are new and haven't attended a new parent meeting, we encourage you to attend this. Here you can find out what to expect from the program, what squads look like, equipment needs, etc. Put that on your calendar. We'll be in the stands at the pool.
- Nancy: The practice this Saturday, is that a skills clinic or a regular practice?
- Lalanya: Just a practice.
- Vanessa: Is that Saturday practice open to everyone?
- Lalanya: We are going to try to rotate through the squads. This Saturday the 10 & under Development and the 11-14 Development squads are both invited. If your squad is not invited this Saturday, it might be next time. You can send me an email if your kid really wants to participate and I can see if he/she fits in with what we are doing.

Senior Report (Quentin)

- See Meeting Slides - p. 18
- I'm Quentin. I primarily coach the HS aged kids. I also help with the 10 & u and 11-14 squads as well.
- One of my favorite things is to challenge the kids. It is good to hear some like it.
- I have been able to move the HS Rec group times so that they can practice next to the Senior and Senior Performance groups and practice with other high schoolers. Hopefully, they will see that they can be more than they think they can. If they choose to remain in the HS rec that is also an option.
- We recently returned from the Senior Zones meet in St. George, Utah.
- It was beautiful and the swimmers were able to get out and explore a little bit.
- We had 6 new team records set.
- We had 2 mixed relay records set - the 200 freestyle mixed and the 200 mixed medley. Swimmers were: Eleanor Snyder, Jesse Urback, Andrew Sandberg, and Tucker House.
- We also had swimmers compete in timed trials and had 3 new qualifying times achieved.
- 1 swimmer achieved senior sectional times.
- I am trying to put together a Senior travel meet. It is more difficult than I thought. We have some very academically focused swimmers. This summer, one is heading to the Naval Academy and another will be Spending the summer at Cornell because they want to pursue architecture and build habitation on Mars and the moon.
- The goal is to have a Senior trip so the kids have something to look forward to each year and do team bonding.

VCC Overview (Quentin)

- See Meeting Slides - p. 19
- USA Swimming tracks up to 4 scores from each athlete. An event is scored based on the athlete's age. The scores are based on the top performing athlete from the year before. That time receives the maximum of 1200 points. All other times are a % of that time.
- If you swim legally, you can contribute to the team score. The minimum score is 1 point.
- This is the highest our team has ever scored, and this is just our SC VCC score.
- There will be a separate score for LC that runs all the way through August.
- Out of all the OR clubs, CST is placed 14th, and we are very close to 13th and 12th.
- It is a little confusing, but it is a way to see how we are doing in terms of development compared to other teams and local swim clubs as well.
- Tina: I wanted to say that it is not a coincidence that we have a lot of academics on the Senior squads. There seems to be a direct correlation between swimmers who swim for years and years and how well they do in school.

Athlete Report

- See Meeting Slides - p. 20
- Tina: Speaking of high achievers. Eleanor Snyder is our athlete representative.
- Tina read Eleanor's report.
- Tina: At the Jelly Bean meet, the kids did seem to be in such good moods; good to see.
- Tina: Our next goal really is getting the senior kids working with the younger kids as part of the Swim Buddies program.

Miscellaneous

- See Meeting Slides - p. 21-22
- If you are new to the team, and you receive an email that appears to be from CST looking for money or gift cards, it is not us. This is a reminder that our information is on the website, and hackers can take advantage of that. If you have questions about any email you receive, please reach out to us directly.
- Team store - Making Waves is a good place to go to get equipment for your swimmers. Hopefully the supply chain issues are all being resolved.
- I like to go over different topics each meeting, so if there is anything you would like further explanation on, let me know, so we can cover it in a future meeting.

* 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: 7:31pm

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

Meeting Slides:



Parent Meeting April 14, 2022,
6:30 pm

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Agenda



- Finance Report
- Upcoming Events
- Welcome to the Long Course Season
- Team Leadership and Operations
- Coaches Reports
- VCC overview
- Athlete report

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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.

CHEHALEM SWIM TEAM



Chehalem Swim Team

Statement of Activity
March 2022

	TOTAL
Revenue	
103.01 Corporate Sponsorships	32.34
105.01 Memberships	21,919.90
106.01 Fundraising	29.87
Total Revenue	\$21,982.11
GROSS PROFIT	\$21,982.11
Expenditures	
310.01 Meet Fee	219.00
310.02 Away Meet Travel Expense	2,857.50
Total 310.01 Meet Fee	3,076.50
315.02 Meet Supplies	25.05
401.01 Coaches	12,168.23
401.03 Coaches Travel	1,427.72
Total 401.01 Coaches	13,595.95
502.01 Pool Rental	25,047.75
506.01 Legal & Professional Services	50.00
510.01 Office Supplies & Software	300.94
513.01 Team Apparel	310.00
523.01 Bank Charges & Fees	764.07
583.01 USA Swimming Registrations	296.00
Total Expenditures	\$43,466.26
NET OPERATING REVENUE	\$ -21,484.15
NET REVENUE	\$ -21,484.15

Note:

- CPRD invoiced for July to December of 2021
- As CST has grown, pool usage has increased

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CHEHALEM SWIM TEAM



Upcoming Meets

May 06 2022	AAA Long Course Invite May 6, 2022 - May 8, 2022 This meet is open to Development, Performance and Senior Squads and is held in a 50 meter pool.
May 13 2022	CAT Long Course Open May 13, 2022 - May 15, 2022 This meet is open to all 11&Over swimmers who have "B+ times" or faster.
May 14 2022	HRVST Spring Sprinter May 14, 2022 Our team may or may not attend...still working out the details. If we attend it would be for ALL squads
May 21 2022	CST x CB Dual Meet May 21, 2022 Event Category: Away dual meet This is a dual meet for Precomp and Development Squads of all ages. The meet will one short session and will be finished by 10 am.

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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 Clinic

Stroke and Turn Clinic on Saturday, April 23rd 9am to 11am

Hosted by Betsy Jones and Tony Ranno

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TEAM TREATS

Easter theme treats were earlier this week – thank you to all who contributed!

Swimmer Quote “ I love team treat days. They mean the world to me.”

Contact Siddharth at sidnsansap@gmail.com with questions

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USA Swimming's

"Short Course" and "Long Course" Seasons



Overview

USA Swimming divides the training year into two seasons -- a "short course" season and a "long course" season."

The "short course" season runs from September to March. That corresponds to our winter and summer months.

The "long course" season runs from April to early August, corresponding to the spring and the summer months.

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Long Course Season

During the "long course" season, swimmers train to compete in meets the events of which are measured in 50-meter lengths (e.g., 50 M Freestyle, 200 M Individual Medley, 1500 M Freestyle).

In this "long course" training and competing, the swimmer encounters a wall only every fifty meters.

For example, in a 50-meter race, the swimmer dives in, swims just one length of a 50-meter course, does no turn, and ends up at the opposite end of the course from where he started.

A 100-meter involves swimming two 50-meter lengths, in the process doing one turn to connect the two stretches.

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Club Swimming - CST operates year-round

Fundraising:

By registering your swimmer with our program, each family agrees and accepts CST's fundraising commitment. This requirement is necessary to the financial well-being of the team.

Short Course fundraising obligation is \$300, Long Course is \$200, for an annual total of \$500. As funds are raised, credits will be applied to individual accounts resulting in a reduction of the following month's fundraiser charge. You may contact our treasurer, at any point to know what your balance is.

*Fundraising obligations for non-competitive squads (11-14 Entry/part time, Precompetitive and Masters) are half the rate of competitive squads. Short Course fundraising obligation is \$150, Long Course is \$100, for an annual total of \$250.

The team is currently seeking a Fundraising Coordinator



Service Hours

By registering your swimmer with our program, each family agrees and accepts CST's service hour requirement. Volunteering is crucial to the team's success!!

Throughout the year we provide volunteer opportunities such as helping at meets, officiating, becoming a board or committee member, attending monthly parent meetings, donating items/food and much more!

Service hours are applied to your account within days of when you volunteered. You can view your total hours worked through your personal team account.

- Short Course family commitment is 20 hours
- Long Course family commitment is 10 hours

Service Hours

CHEHALEM SWIM TEAM



We have run into some difficulties processing Service Hours for Short Course Season. Updates coming.

Opportunities to Support the team

- Hospitality Lead
- Fundraiser Coordinator
- Sponsorship Coordinator
- BottleDrop Coordinator
- Mentors for new swim parents
- New Parent Coordinator
- Participation in Meets
- Officials – this is a great way to be on deck
- 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.

As always, we welcome feedback and suggestions from existing members

- Email, in person, via ZOOM or phone

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Example: BottleDrop Coordinator Duties

CHEHALEM SWIM TEAM



- Monitor BottleDrop email
- Update Monthly list of family donations
- Organize challenges to boost participation
 - Squad Challenge, etc.
- Organize collection events
- Monitor and maintain supplies
 - Order new bags
 - Attach barcodes
- Request checks for Team Funds when balance hits \$1000

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2022 Election

CHEHALEM SWIM TEAM



- Newly elected candidates to take office 6/1/2022 - 5/31/2024
- Estimate maximum of 10 hours per month
- Time commitment includes 2 meetings per month (parent and board)
- Participation is crucial to the smooth operation of the team
 - Treasurer
 - Secretary
 - At-Large Member - 2
 - At-Large Member - 4

Nominating committee members selected – Quentin Rieniets, Wendy House, Betsy Jones

4/22/2022

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

May 2022 Monthly Parent Board Meeting

Names of nominees presented
Further nominations accepted
Election held

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CHEHALEM SWIM TEAM



Coaches Reports

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Head Coach - Lalanya

CHEHALEM SWIM TEAM



Coaches and swimmers adjusting well to the LC season and new squads.

117 swimmer's registered for the LC season

Some changes to the meet schedule:

- Added a dual meet with Canby May 21st - 10&Under squads
- Hood River is a go - May 14 - 11&O squads
- Bend is now open to 13&O's with B+ times
- Added season ending meet in Newport for all squads

Reminders:

- CAT meet deadline - April 15th
- Albany meet deadline - April 18th
- Bottle Drop give program

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Age Group Report - Lalanya

CHEHALEM SWIM TEAM



- 62 swimmer's fall in the 11-14 age group
- New squads are making it nice to see how the swimmer's skill levels blend.
- Better use of our pool space/time for these squads

Practice focus:

- Started our challenge swims last week for all 11-14 squads.
- 11-14 entry/part time - working mainly on technique
- 11-14 Development - working on drills and skills along with technique reminders
- 11-14 Performance - started the season challenge set last week and will build on it over 15 weeks. Also working on drills/skills and technique reminders.

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Novice Report - Erin

Current 10&Under squad members: 32



Recruitment:

April tryouts are being held on Thursday's

Interested?...email coach Erin to schedule a time: erinfincher23@gmail.com

Precomp -

All new members this season.

Currently learning swim team terminology and correct techniques for each stroke.

Each week they focus on freestyle and rotate through building skills in all four competitive strokes.

10&U Development -

Doing well these first few weeks as we start to refine our skills and establish the expectations for the season.

So far, focused on freestyle and backstroke. Next week is breaststroke week.

Once we are done with our few weeks of focused attention in each of the four strokes, we will be running our practices with the goal of doing a portion of each day focused on each stroke. This will help them to be well rounded athletes and keep practices interesting for everyone.

10&U Performance -

This group of 10 and under swimmers are ready and have committed to 4 days of practice each week.

The performance 10&Unders are working on the same skills as the development squad early on in this season.

They have shown they have a basic understanding and some proficiency to remember and repeat many of the developmental skills and start adding more.

Coach Quentin is assisting with this group a few days a week and they will also have a day with Coach Lalanya.

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Senior Coach report – Quentin



Senior Zones Meet:

- Senior Zones we had 6 new team records set.
- Three new Zones qualifying times achieved in time trials
- One new Sectional time achieved.

Seniors will be fundraising for their Senior travel trip to either Missoula, MT, or Bend, OR during the next two months.



CST's historical VCC:

2004: 33326
2005: 41061
2006: 43329
2007: 41921
2008: 43320
2009: 30648
2010: 32500
2011: 31036
2012: 17386
2013: 31667
2014: 24289
2015: 29855
2016: 28322
2017: 30483
2018: 29833
2019: 23967
2020: 17527
2021: 46667



2022 to date: 57925

- Up 4688 from last month
- Oregon Swim Clubs - CST is 14th of 48

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Athlete Rep Report: Eleanor Snyder



Recent Events

- Members of our Senior Team recently attended Zones in St. George Utah. Everyone swam very well and we were able to swim the 200 Medley and 200 Freestyle Mixed Relays. It was a very fun experience, and we are hoping to bring an even bigger team this summer and next year.
- We also had some of our team attend the Jellybean Invitational which was a great experience for those swimmers as well, and a good introduction back into the pool after spring break.
- Having been in the water for just a few weeks after our spring break, everyone is very excited and looking forward to the Long Course season.

We are starting to approach the end of the school year and while that definitely brings some stress for our swimmers, with finals approaching in the coming months, spirits are high and people are working very hard to ensure success.

Before spring break, we had a team breakfast and also a team hike at Champoeg Park which was really great in helping our team get to know each other better! As the weather hopefully starts to get warmer, we are looking to do more team events such as hikes.

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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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