

Welcome to the Official's Home Page!!
Officials are Honored
For
Giving Their Greatest Gift, their TIME!!

Sierra Nevada Swimming Officials Newsletter

April 1, 2016



*to become an official for
USA Swimming*

Five Reasons to Become an Official

**You'll be working with the greatest
group of volunteers in all sports.**

**You'll be close to the action. The
bleachers aren't comfortable anyway!**

High satisfaction; low pay.

**It's a great way to meet future
Olympians — unless you already
have one in your home**

**Great food in hospitality, and you
can't beat the price!**

Sierra Nevada Swimming Name Tag's Anybody?

All name tags will now be purchased by you by going onto the Hasty Awards web site, that is written below, and then filling in the needed information, like your name, mailing address, where the name tag will be shipped, your credit card information and the "in hands" date. When the information is entered properly, you will submit your order. You will use a credit card and the name tag will be mailed to you when completed. Please allow two to three weeks for delivery.

Copy and paste the link below onto your browser:

<http://www.hastyawards.com/sports/swimming/nametags/nametag-sierra-nevada.html>

The name tags will be mailed to you, when they are completed by Hasty Awards.

All name tags now are made with the new Sierra Nevada Swimming Miner Pin.



The cost of one name tag is \$5.95, which includes shipping and handling.

If you want to phone directly and not use the Hasty Awards web site method to order you name tag, please dial (800) 448-7714 or (785) 242-5297

BUYING A WHITE POLO SHIRT FROM LAND'S END

THE ONE TIME SETUP FEE HAS BEEN PAID

YOU WILL PAY FOR:

THE PRICE OF THE POLO SHIRT - mine was \$29.95, less 20% because of a sale, but check for promotions, sales and different types of polo shirts.

THE LOGO APPLICATION - each shirt will be charged \$8.95 for embroidery.

PLUS SHIPPING AND HANDLING

PLUS TAX

WHAT YOU NEED TO DO:

GET A LANDS' END CATALOG AND PICK OUT THE SHIRT, SIZE AND COLOR.

CALL LANDS' END BUSINESS OUTFITTERS AT 1-800-663-2193

PHONE ONLY Monday through Friday from 7:00 AM to 7:00 PM, CST.

ASK TO PURCHASE A POLO SHIRT WITH THE Logo Number: 1146603W



Online Test Site Will Be Shut Down

from

April 15th to May 1st

All Officials in the process of completing their 2016 online tests, will have until April 14th to complete the tests you might have already downloaded. On April 15th, any online test not completed will be deleted. On May 1st, the updated test questions that are aligned to the new 2016 Rulebook, will be ready for your test taking pleasure.

High School Swimming needs our help!!

As most of you high school parents know, the high school swimming season has started in the Sac/San Joaquin Section.

With that in mind, if your swimmer's Coach asks you to help, please do. Most of the dual meets are not officiated, unless parents step up and help. When there is only one Official starting and deck refereeing and judging strokes and turns, it is impossible to observe and judge every lane in the whole pool. When that is the case, it would be helpful to tell the Coach anything that might be illegal and not disqualify anyone because it would not be fair to the swimmers or team you did not see and who might have done the same infraction. When the season ending high school league championships come around, a few more Officials help and we do not want

surprises in the way the swimmers have been taught to swim. You, as an Official, are very helpful in the instruction of deck protocol and swimming rules. Please help, if called upon.

So, You Want Your High School League Championship Meet to be an "Observed" Meet in the Eyes of USA Swimming!!

I have been asked to share some of the requirements that I ask high school leagues to be responsible for when requesting that one of their season ending Championship meets be an "observed" meet in the eyes of USA Swimming.

Since your meet is a high school meet and follows high school rules, you will have to have USA Swimming observers and Officials on deck working the meet. These Officials will be making sure that the swims/times you want your high school swimmer to receive, who is swimming under high school rules, are legal for them to be used as USA Swimming swims/times.

I have some repeat Officials who are parents of high school swimmers, observing swimmers year after year, in certain leagues.

The big requirement is that the application and/or request has to be in my hands at least 10 days before the meet is to take place.

For my most experienced Referees who have been doing this year after year for a number of years, the key items that they send me at least 10 days before the meet by email, are:

Title of Championship
Location - pool. city and state

Meet Referee

Meet Director

Computer Operator

Timing System used

Dates of meet

It is REALLY important to work with Mark Brown, who is our Sierra Nevada Swimming LSC Times and Sanction Chair. He has some forms that might be of help. It would be extremely helpful if who ever you decide is your Computer Operator, that they contact Mark ahead of the meet, so Mark can help as much as possible.

Mark or who ever your Computer Operator is, will need to know who the USA Swimming swimmer is, not what they might be called by their high school teammates. Mark has a form that can be used for each swimmer to fill out before the meet begins to say what swims are going to be observed, what they are registered as with USA Swimming and if they are the lead-off on a relay team for prelims and also for finals. Sometimes the lead-off swimmer is changed from prelims to finals.

When I am the Meet Referee for the high school "observed" meets, I operate them like they are USA Swimming meets.

IF the Official sees a violation that is a high school violation, the hand goes up and the DQ is processed as DQ's are for high school meets. If the Official sees a violation that is illegal according to USA Swimming rules, then the hand is not raised, but their program is marked and when the Official is off during a break, they will let the Computer Operator know that the swim for this particular swimmer will not count for USA Swimming, but will count for high school.

If the above mentioned information is not received by me at least 10 days before the meet , the meet will NOT be an observed meet in the eyes of USA Swimming. If there are not enough Officials to observe the swimmers during the meet, the Meet Referee will let us know that the meet will NOT be an observed meet in eyes of USA Swimming.

Cecil Gordon: Olympic Official

BY

Mike Watkins

After watching a few swim meets from the stands and feeling somewhat useless, Cecil Gordon knew he needed to do something to break up the day.

"It's tough sitting in the bleachers for an all-day meet when your child only swims for a small portion of it," said Gordon, who played football and baseball in school and didn't learn to swim until his freshman year at the University of North Carolina. "I grew restless and eager to do something to help. I wanted to be involved not only as a parent but also a fan of the sport."

While son, Clifton, continued to swim and compete, Gordon decided to throw himself into being involved – officiating meets. He started with his son's meets and then, as he gained more and more experience, he branched out into higher level meets.

Now that he's officiated several high level international meets – including last summer's World Championships in Kazan, Russia – as well as U.S. Nationals, Open Water Nationals and the past two (soon to be three) Olympic Trials, Gordon will get to realize his dream this summer when he travels to Rio de Janeiro for the 2016 Olympics.

He admits it was never something he aspired to, but now that it's a reality, he couldn't be more excited.

It speaks to his own desire to want to do the best job he can

possibly do – and it's being recognized.

"I have definitely developed a passion for swimming and officiating swimming over the years," said Gordon, who runs his own obstetrics practice in Delaware, which has allowed him the freedom to travel to meetings and meets throughout the world.

"This started as a way to be there to support my son (and then daughter, Cecily) in his swimming, but it has grown to the point that it's a part of me now. Eventually, you outgrow the part where it's for your child and it becomes something much bigger."

Gordon said his responsibilities in Rio are to act as starter as the FINA World delegation representative, while the local delegation will also have a starter present.

And while he said he expects his days to be filled with races and the occasional meeting or briefing, he is arriving a couple of days before the start of the Games and hopes to get a chance to take in some of the local food and culture – even though his wife most likely won't get to join him.

"It's not out of the question, but we know it will be tough to find tickets, hotel, etc., in Rio this late in the year, plus, I'll be working most of the time," said Gordon, who will be the referee for the Men's NCAA Division I Championships in Atlanta next week.

Before that, he'll be in Omaha for his third consecutive Olympic Trials, returning this quadrennial as a starter after working as a turn judge in 2008 and starter in 2012.

Gordon said despite not having anything to compare it to (as far as past Trials before Omaha are concerned), he is quite fond of the Trials contested there and expects an equally warm reception from the people in town as well as all of the family and fans who will come to town in June and July.

Being part of the crew who helps officiate the meet that determines the U.S. team headed to Rio – just as it was 8 and 4 years ago – is a special responsibility that Gordon said he takes very seriously.

"Everyone involved with running Trials in Omaha has absolutely adapted to meet the needs of the meet, and the meet has done the same with the city; it's a great partnership, and that's evident from the way everyone works together to make it such a great event," he said.

"I've always enjoyed my time in Omaha. It's a great atmosphere and nothing really compares to Trials, that's how good they are."

And while he said he knows the requirements of making it to the Olympics are quite different for swimmers than for officials, Gordon admits they share some similarities at the most basic levels.

Because of this, he is approaching this year's Games in Rio with a serious intent as the opportunity to do what he's grown to love at the highest level of the sport.

"Like the athletes, I will try to be the best at what I can and

be the best I can possibly be," said Gordon, who also has sat on several USA Swimming committees over the years, including currently sitting on the Rules and Regulations committee.

"Swimming has given me much more than I've given it over the years. It's wonderful for families, and it gave my kids a great sense of organization and the ability to prioritize. It's been so much more than I could have ever hoped for."

Having chaired the Safe Sport and National Diversity Inclusion committees in the recent past, Gordon said he's equally excited and proud to have made an impact upon swimming away from the pool as well as on deck.

"As an African-American, I would definitely like to see more diversity on deck as well as in the pool," he said. "But my goal – as it is in my medical practice and everything I do – is to be known for my work. I don't want to be known as the African-American official; I want to be regarded and recognized as the official who happens to be African-American.

"The same goes for our swimmers. They want to be the athlete who wins a National Championship – not the African-American athlete who wins a title. I believe it's what we all strive for no matter our race or nationality."

**Chocolate Milk Designated Official
Recovery Beverage of USA Swimming**

USA Swimming has once again partnered with the BUILT WITH CHOCOLATE MILK™ campaign. As the “Official Recovery Beverage of USA Swimming,” the partnership will highlight the important role that chocolate milk plays in the post-workout ritual of all competitive swimmers through product sampling at USA Swimming events, digital and social media content and branded exposure in Splash Magazine.

“So many elite and National Team athletes trust chocolate milk for their recovery because it’s backed by science, so this partnership is a natural fit for USA Swimming,” said Matt Farrell Chief Marketing Officer of USA Swimming. “We have an important history with the BUILT WITH CHOCOLATE MILK campaign, as they make an impact in athlete performance and promotionally by investing in athletes, scientific studies and then spreading the word through national campaigns. We’re proud to partner with them to help educate the importance of post-exercise recovery.”

Olympic medalists Tyler Clary and Jessica Hardy have joined the BUILT WITH CHOCOLATE MILK team in their national marketing campaign.

The new BUILT WITH CHOCOLATE MILK campaign features Clary and Hardy in arresting TV, print and digital advertising debuting March 27. The 30-second TV spot captures the athletes swimming as they would in competition – muscles flexing, tightening and rippling – with one unique difference: there is no water. The spot celebrates the machine that is the human body – one that is BUILT WITH CHOCOLATE MILK, unobstructed by water.

"We're proud to partner with two of the nation's brightest medal hopefuls and share why chocolate milk is the recovery beverage of the world's best athletes," said Miranda Abney, Marketing Director at the Milk Processor Education Program, the group behind the BUILT WITH CHOCOLATE MILK campaign. "We look forward to supporting Tyler and Jessica throughout the year while giving others an inspirational look at how they're preparing to take on the world."

Through the partnership with USA Swimming, receives assets such as advertisements in Splash Magazine (a 275,000 circulation bi-monthly publication sent direct to USA Swimming members), the right to use USA Swimming marks, provide product sampling at USA Swimming events and digital promotions through USA Swimming's official app, Deck Pass. For more information, please visit www.usaswimming.org.

Swimming In The Fog Story (A Tale Of Obstacles)...

By Motivational Joe

The California coast was shrouded in fog that fourth of July morning in 1952. Twenty-one miles to the west on Catalina Island a 34-year-old woman waded into the water and began swimming toward California, determined to be the first woman to do so. Her name was Florence Chadwick and she had been the first woman to swim the English Channel in both directions.

The water was numbing cold that July morning and the fog was so thick she could hardly see the boats in her own party.

Millions were watching on national television.

Several times sharks, which had gotten too close, had to be driven away with rifles to protect the lone figure in the water.

As the hours ticked off, she swam on. Fatigue had never been her big problem in these swims – it was the bone-chilling cold of the water.

More than 15 hours later, numbed with the cold, she asked to be taken out.

She couldn't go on.

Her mother and her trainer alongside in the boat told her that they were near land.

They urged her not to quit.

But when she looked at the California coast, all she could see was dense fog.

She had been pulled out only a half mile from the California coast. Later she was to reflect that she had been defeated not by fatigue or even the cold – the fog had defeated her because it obscured her goal.

It was the only time Florence Chadwick ever quit.

Two months later she swam the same channel, and again fog obscured her view, but this time she swam with her faith intact - somewhere behind that fog was land.

Not only was she the first woman to swim the Catalina Channel, but she beat the men's record by some two hours! They said it was a miracle for a woman to accomplish such a feat.

Keep Swimming

by: Author Unknown

Two frogs fell into a deep cream bowl.
One was an optimistic soul.
But the other took the gloomy view.
"We'll drown," he lamented without much ado,
and with a last despairing cry,
he flung up his legs and said "Goodbye."

Quote the other frog with a steadfast grin,
"I can't get out but I won't give in,
I'll just swim around till my strength is spent,
then I'll die the more content."
Bravely he swam to work his scheme,
and his struggles began to churn the cream.

The more he swam, his legs a flutter,

the more the cream turned into butter.
On top of the butter at last he stopped,
and out of the bowl he gaily hopped.

What is the moral? It's easily found...
If you can't hop out, keep swimming around!

Competing at a Distance: Nutrition Tips for Long Distance Travel

by
Jill Castle, MS, RDN

It's that time of year when many swimmers will be traveling to compete. Long distance travel can wreak havoc on a swimmer's body and dampen his or her competitiveness. From the availability of less than healthy food options to cramped seats, the choices made during travel can ready the swimmer for athletic performance or it can undermine months of hard work. Focus on the following areas to be ready and able to compete when arriving at your destination:

Bring Along Food

No matter how far the swimmer travels, or the mode, taking nutritious food along will better ensure proper eating and prevention of hunger. Flight provisions, such as small servings of peanuts, pretzels or crackers, generally won't be adequate for the competitive swimmer. On the other hand, mindlessly grazing on food — even healthy food -- throughout travel can result in overeating. Try to eat food at usual times and bring along activities to prevent boredom like a deck of cards, a book,

movies, or music. Energy bars, trail mix, whole grain cookies, fruits, and veggies are all good options to bring along. Keep any food that requires refrigeration safe by storing it in a small igloo or lunch pack.

If meals are available on a long flight, choose the carbohydrate-rich vegetarian option, which will likely be a rice or pasta-based meal. You may need to request this ahead of time, so double check with the airline. If travel is by bus, the food options may be limited to fast food establishments. In this case, opt for whole grain breads, salads with protein, hearty soups and breakfast options with eggs, potatoes or breads.

Stay on Top of Fluid

Flying is naturally dehydrating. The humidity on an airplane can be 10-15%, which encourages more water evaporation from the skin and lungs. This type of dehydration is subtle and may cause headaches or constipation. Water is by far the best option for a beverage, along with an occasional 100% fruit juice or a sports drink. Drink at least a cup of fluid each hour. Bring a water bottle and ask for a refill from the flight attendant as needed. Remember: go through security with an empty water bottle and purchase water near your gate.

Avoid Painful Muscle Cramps

Swimmers may feel cramped on a flight, as the seats are compact and legroom may be minimal. It may also be difficult to get up and move around. Get an aisle seat if possible and make sure to store extra baggage overhead to optimize legroom. Get up, walk around and stretch every hour or so to minimize

cramping and encourage blood flow. Make sure to drink plenty of fluids. If cramping is a problem, be sure to drink fluids with electrolytes such as a sports drink, or drink water and eat salty carbohydrate foods like pretzels or crackers.

Cut Constipation

Many travelers experience gas, bloating and constipation. Everybody's "system" is different, but long distance travel can certainly encourage constipation. The antidote: eat high fiber foods (fresh fruit and vegetables, whole grains, nuts, and beans) and keep up with fluids. If constipation becomes an issue, try natural remedies such as prunes or prune juice, apricot or pear nectar, or celery.

Get Some Sleep

Sleeping on a plane can be very challenging. However, swimmers are better able to adjust their body clock to a new time zone if they can get some sleep during travel. Use noise-reducing earplugs, eye covers and a pillow — these will help reduce distractions and promote sleep. Try to eat a high carbohydrate snack, such as a granola bar, dry cereal or whole grain crackers before snoozing to increase brain serotonin, which encourages sleep.

These strategies will help the swimmer be ready to compete when arriving at his or her destination, no matter how far they have traveled. With a little forethought and planning, swimmers can journey with confidence!

SIERRA NEVADA SWIMMING LSC BOARD MEETING

Please plan to attend this LSC Board Meeting and get involved!

Meeting Date: Tuesday, March 29, 2016 -
Rescheduled one week later on Tuesday April 5, 2016

Time: 7:00 PM

Quarterly Meeting: Fourth meeting of the 2016 Swimming Year

Hosted by: Sierra Nevada Swimming

Location:
Mike Shellito Indoor Pool
10210 Fairway Drive
Roseville CA 95678

Google Directions:

<http://maps.google.com/maps?hl=en&rlz=&q=10210+Fairway+Drive+%09%09%09%09Roseville+CA+%C2%A095678&um=1&ie=UTF-8&hq=&hnear=0x809b21eebfaf01b:0x21418f190250e36a,10210+Fairway+Dr,+Roseville,+CA+95678&gl=us&daddr=10210%20Fairway%20Dr,%20Roseville,%20CA%2095678&sa=X&ei=MpxHUNWICJHSiAL-yoHYDw&ved=0CCIQwwUwAA>

Contact Information: Denna Culpepper <dennac@snswimming.org>

Remember: Silence is consent!!

**IF YOUR TEAM WOULD LIKE TO HOST A
STROKE AND TURN CLINIC FOR THE 2016
SWIMMING YEAR PLEASE CONTACT**

BILL ROSE AT:
<cbrose@omsoft.com>

The new 2016 swimming year started on September 1st, and Stroke and Turn Clinics have been offered at many places, throughout our LSC. There is an “Athlete Protection Training” online program and a Criminal Background Check, that will be required for all first time non-athlete volunteers, Officials and Coaches, before your 2016 USA Swimming membership becomes valid.

After the 2016 USA Swimming Convention, there were many of the yearly required clinics offered. At this time, many clubs are trying to figure when to offer just such a clinic for their Officials, who have not attended a clinic yet for this swimming year.

REMEMBER, when we host clinics in your neighborhood, attend this yearly required clinic. Don’t wait for us to come back, we might not be able to come back a second time.

ALL Officials have to attend a yearly clinics!!

Future Administrative Official Clinics on the Calendar

There are NO 2016 Admin Official Clinics on the

calendar.

Future Stroke and Turn Clinics on the Calendar

There is **ONE** 2016 Stroke and Turn Clinics on the calendar.

Clinic #1

What: Stroke and Turn Clinic

For Who: All certified Officials or new parents wanting to be professional swimming Officials

Where: Sierra College Roseville Gateway Campus
333 Sunrise Avenue
Roseville, CA 95661

Room RG-215

Time: 6:30 PM to 9:00 PM

When: Thursday April 14, 2016

Any questions please contact: Deanna Hogenboom <deanna.hogenboom@me.com>

Directions: Traveling East: Take I-80 to the Douglas Boulevard Exit. Travel east on Douglas to Sunrise Avenue. Turn right on Sunrise Avenue and continue around the curve to the first stop light, which is Oakridge Drive. Turn left on Oakridge Drive. Sierra College, Roseville Gateway is immediately on your right.

Directions/Map:

<http://www.sierracollege.edu/about-us/visit/roseville/index.php>

The online test is an every other year requirement.

**FOR THE 2016 USA SWIMMING YEAR,
THERE ARE 10 STROKE AND TURN JUDGES WHO NEEDS TO
COMPLETE THE STROKE AND TURN/TIMER RE-
CERTIFICATION TEST!! IN ADDITION THERE IS
1 REFEREE WHO HAS TO COMPLETE THEIR REFEREE RE-
CERTIFICATION TESTS. THERE ARE ALSO 3 CERTIFIED
ADMINISTRATIVE OFFICIALS WHO HAVE TO COMPLETE
THEIR RE-CERTIFICATION AO TEST**

The 2015 Rulebook will be the only book used for ALL the online tests, until April 15, 2016!!

The 2015 Rulebook can be downloaded from the USA Swimming web site if you like, but in most cases you do not need the whole Rulebook for your test. The Rules and Regulations is one book that can be seen on the web site, in it's entirety, for free. The Rulebook can be found on the USA Swimming web site by going to the home page of the USA Swimming web site, then click on **About** (at the top) , then click on **Rules & Regulations** and finally click under **USA Swimming Rulebook**.

REMEMBER PAST CERTIFIED OFFICIALS

After you have attended your 2016 Swimming Clinic, you will receive a message from me reminding you about taking an online test if this is your year to take the re-certification test. This is one of the requirements to complete in order to be certified to

work the deck after January 1, 2016.

TAKE YOUR 2016 ONLINE TESTS NOW

**Using the 2015 Rules and Regulations, UNTIL
APRIL 15, 2016.**

Officials: When taking your on-line tests, please...

TAKING THE ON-LINE SWIMMING TESTS

<http://www.usaswimming.org>

1. Once you are on the USA Swimming web site, look for “**Sign In**” at the top of the web page and then click on **Sign In**.
2. Fill in the information needed to become a member and then click on **Log In**. This step is only done the first time you sign-in on the USA Swimming web site.
3. When you return to the USA Swimming web page, click on **MEMBER RESOURCES** at the top of the web page.
4. Look for **Officials** in the middle of the web page, then click on **Testing & Certification**.
5. You will now get a page that has in the center of the page a statement which says, **“INSTRUCTIONS TO ‘SIGN IN’ TO TAKE THE OFFICIALS TESTS.”** You have two choices: to click on **this link** to create an account or to click **this link** to be automatically redirected to the Online Test Sign-in page. Look for the button, saying **START THE TEST** at the bottom of this screen. On my screen the blue changes to red.
6. Pick the test you want to take by selecting a test to start. Click on **Select A Test** and drag your mouse until the test you want is highlighted. In the center of the page, you will find **“Select A Test.”** Make sure your pick is the correct one, there are 32 tests to choose. In most cases, your test will either be a Certification test or a Re- Certification test. You will then click on the **“Start Test”** button, but it will go to your personal history page. Make any necessary changes and click **“Save Information & Proceed to Test.”** If no changes are necessary, then you will still click on the **“Save Information & Proceed to Test”** button at the bottom of the

page.

7. Now click on **Start Test** button.

You now have 2 choices: **Choice one** is to click on “**Print Blank Version of Test**.” You will print a version of the test, so you can study at your leisure and mark up your printed version of the test with the correct answers, which can be found in your current Rulebook. When you click on this choice, you will get a PDF copy of the test. You have to go one step further to print the test and that is to look for the small icon of a printer in the top left hand corner of the PDF document. **Choice two** is to click on “**Next**.” If you now click on “**Next**,” you will see the first question of your test. If you don't have time to finish the whole test, one question at a time, make sure you click on “**Save and Restart Later**.” The web site will remember which test you have chosen **only** if you have clicked on “**Save and Restart Later**”.

I have heard that if you answer just the first question before you click on “**Save and Restart Later**” and then **Logoff**, you will be assured of returning to this same test the next time you have more time to spend completing the test. The tests, in most cases, have the questions in the same order, but the answers will be randomized. In just a few of the tests, some of the questions are randomized also.

Looking at the first question, answer the multiple-choice answer. When completed with the first question, click on the “**Next**” button. If you have to stop for some reason and start later, click on the “**Save & Restart Later**” button.

8. Click **Logoff** at the top of the web page, if you want to take the test off line first.

9. Take the test off line at your leisure by using the printed version of your test.

10. When you are ready to fill-in the blanks, you will need to login on the USA Swimming web site where you will be on the USA Swimming **Home page**, then you will click on **Member Resources**, then go to **Officials**, where you will click on **Testing & Certification** and now go to **Online Officials Test**. You should see **CHOOSE A TEST TO START** at the bottom of the page. Click on this. This is your personal page listing the tests you have taken or signed up to take. What you are looking for is the **Prior Test List**. When you find the test that needs to be taken, click on “**Resume**.” You will notice the time and date when the test was saved. You will also see places to click, such as **Resume, Delete, Print Blank Test or Print Answer Sheet**. By clicking on **Resume**, you will be able to put your correct answers to the test that was saved and waiting for its answers. When you resume your test at a later date, the system will take you to the first question. If you want to go to where you left off, type in the number of the question that you want to start with, in the little box and click on the “**Go**” button. It will take you directly to the first question in need of an answer. **You might want to check and make sure the answers are in the order that they are listed on your printed test. If you didn't save and restart later correctly, most of the time the questions will be in the same order, but the multiple choice answers might be**

randomized. Double check your choices.

Now you can continue to answer the questions in the same fashion.

11. Please check and make sure you have answered all the answers correctly.

When you get to the last question on the test, you can double check by clicking on the “Previous” button. If you click on the “Save & Restart Later” button, you may want to double check later.

12. When you have **double-checked** your answers, submit for grading by clicking on the “End Test/Submit for Grading” button. If you click on the “End Test/Submit for Grading” button, you will be finished with this test and receive a grade. Before your test will be graded, another window will show up on your computer screen, when it asks you if you are sure you want to end this test? Just click on OK. The LSC Officials Chair will receive the results at the same moment the test taker receives their score, which is seconds after the “End Test/Submit for Grading” button is clicked.

13. Remember: Haste makes waste or Measure twice and cut once. Once you have submitted your answers, it is too late for changes.

14. You will get immediate results as well as the LSC Officials' Chairperson. Now the screen that shows is your completed test results. You can review your results by clicking on “Review Results.” Your computer will download a PDF copy of the test. You will have to retrieve it where downloads are found on your computer. If you click on “Return to Test Selection” you will return to the location where all of the tests you have taken are kept. This is the window where you selected the test to start this test taking process. You can review the test that was just taken by clicking on “View” which can be found on the right of the screen, on the same line as this most recent taken test.

Remember, each time you take another test, you will have to answer all the same information that was asked of you the first time, when you selected a test and started that test.

15. Click Logoff at the top of the web page when you are finished.

COMMON MISTAKES

**DID YOU CHECK TO MAKE SURE THAT YOU HAVE MARKED YOUR
RESPONSES ON THE SAME TEST THAT YOU DOWNLOADED?**

**WERE THE MULTIPLE CHOICE ANSWERS IN THE SAME SPOT AS THE TEST
YOU DOWNLOADED?**

YOU CAN GO BACK AND CHECK ANY QUESTION BY CLICKING ON “GO” AFTER YOU INPUT THE NUMBER OF THE QUESTION YOU WANT TO CHECK.

MAKE SURE YOU HAVE DOUBLE CHECKED YOUR RESPONSES BEFORE YOU CLICK ON SUBMIT!!

IF YOUR TEAM WOULD LIKE TO HOST A STROKE AND TURN CLINIC FOR THE NEW YEAR, PLEASE CONTACT

BILL ROSE AT:
cbrose@omsoft.com

ALL Officials have to attend a yearly clinic!!

Besides attending a clinic, paying your non-athlete fees, completing or renewing your Criminal Background Check and completing your Athlete Protection Training, there is another requirement for some of you, if this is your year!!

That requirement is taking your on-line re-certification test.

**The 2015 Rules and Regulations are now in effect for all on-line tests,
UNTIL APRIL 15, 2016.**

Now

**that you are certified, you may work other USA Swimming, LSC's
or Sierra Nevada Swimming meets in April of 2016**

Meet Date: March 31, 2016 – April 3, 2016

Type of Meet: Speedo Short Course Far Western Championships

Hosted by: Pleasanton Seahawks

Location: Dolores Bengtson Aquatic Center
4455 Black Avenue
Pleasanton, CA 94588.

CERTIFICATION MEET: Officials wishing to be evaluated must apply to the Meet Referee before the meet by email or when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of both Trials and Finals. Officials dress for finals is white polo shirts/blouse, blue long pants or skirts, and closed white athletic shoes. For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluation must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions, however, the official must work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid. The application form can be obtained found on the Pacific Swimming Website.

DIRECTIONS: From Northbound or Southbound Highway 680: Exit Stoneridge Drive and go East (away from hills). Go 1/2 mile and turn right on Hopyard Road. Go a few miles and turn left on Black Avenue. Pool about 1 1/2 miles down on left. From Eastbound or Westbound Highway 580: Exit Santa Rita and go South. Drive about 2 miles and turn right onto Black Avenue. Pool is on the right.

Directions: Use the website below to look at the map of the area around the Dolores Bengtson Aquatic Center.

<https://www.google.com/maps/dir/4455+Black+Ave,+Pleasanton,+CA+94566/@37.6732815,-121.8778006,17z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x808fe90a49964107:0x9b233396b4c1270f!2m2!1d-121.8756119!2d37.6732815>

Contact Information: Meet Director: Rani Mukkamala
[<meetdirector@pleasantonseahawks.org>](mailto:meetdirector@pleasantonseahawks.org)

Meet Date: April 2-3, 2016

Type of Meet: **Trials & Finals Invitational**

Hosted by: Aqua Sol & Elk Grove Aquatic Club

Where: Hoos Pool
Sacramento City College
3835 Freeport Boulevard
Sacramento, CA 95822

Directions: Use the website below to look at a map of the area around Sacramento City College
http://maps.google.com/maps?hl=en&rlz=1G1GGLQ_ENUS264&q=sacramento+city+college+sacramento+ca&um=1&ie=UTF-8&hq=&hnear=College+/+Glen,+Sacramento,+CA&gl=us&ei=FuL_TI2mDobQsAPBu8CvCw&sa=X&oi=geocode_result&ct=title&resnum=1&sqi=2&ved=0CBYQ8gEwAA

Directions:

Sacramento City College, Directions to the pool: Driving on CA-99 south, take exit 297 for 12th Avenue. Keep right at the fork and follow signs for Sutterville Road. Turn right at 12th Avenue and continue onto Sutterville Road. Drive about a mile and turn right at the "Main Entrance" of Sacramento City College , just past Hughes Stadium. Follow road over speed bumps, into the student parking lot. Hoos Pool is within walking distance and close to the Applequist Athletic Field. There is a parking charge for using this parking lot.

Contact Information: Eddie Maximo <coacheddie@craswimming.com>
& Darin Mai <coachdarin@aquaolswimteam.com>

Meet Date: April 16, 2016 - only

Type of Meet: AGO - SCY

Hosted by: Lodi City Swim Team

Location: Tokay High School
111 W. Century Blvd.
Lodi, CA

Directions: Use the website below to look at a map of the area around Tokay HIgh School
<http://www.mapquest.com/maps/map.adp?address=1111%20W%20Century%20Blvd&city=Lodi&state=CA&zipcode=95240%2d6605&country=US&title=%3cb%3e1111%20W%20Century%20Blvd%3c%2fb%3e%3cbr%20%2f%3e%20Lodi%2c%20CA%2095240%2d6605%2c%20%20US&cid=lfmaplink2&name=>

Contact Information: John Griffin
(209) 368-8475

johnlodiaquatics@sbcglobal.net

Meet Date: April 22-24, 2016

Type of Meet: LCM

Hosted by: Sierra Marlins Swim Team

Location: Folsom Aquatic Complex, 1200 Riley Street, Folsom , CA. 95630

Directions: Use the Mapquest website for the directions of the Folsom Aquatic Center.

<http://www.mapquest.com/maps?city=Folsom&state=CA&address=1200+Riley+Street>

Contact Information: Meet Director
P.O. Box 1714
Folsom, CA 95763
Meet Director: Parbhu Jayanna <hemaprabhuj@yahoo.com>

Meet Date: April 29-30, 2016

Type of Meet: High School League Championships

Hosted by: Many Different High Schools

Location: Many Different High Schools and Locations.

Where: Find a High School League in your Area.

Meet Date: April 29, 30, May 1, 2016

Type of Meet: Pacific Swimming Long Course C/B/A+ Meet

Hosted by: Westside Aquatics

Location: Petaluma Swim Center
900 E. Washington Street
Petaluma CA 94952

DIRECTIONS: From US 101, exit East Washington Street; travel westbound for 1/4 mile, turn left at Ellis Street. The Swim Center is visible from East Washington Street. Please park in the parking lot section next to Washington Street (around “Java Hut”) or behind the Swim Center.

Google Directions: Use the website below to look at a map of the area around the Petaluma Swim Center,

<https://www.google.com/maps/dir/'900+E+Washington+St,+Petaluma,+CA+94952/@38.2438755,-122.6324585,17z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x8085b407231f5ab5:0x6378819182d11189!2m2!1d-122.6302698!2d38.2438755>

Contact Information: Meet Director: Brianne Allen (707)235-1886

[<meetdirector@westsideaquaducks.com>](mailto:meetdirector@westsideaquaducks.com)

Officials: Ask your questions!!

- changed April 1, 2016 -

Often Asked Questions by USA Swimming Officials

Are trainees allowed to shadow at a HS meet? I will have a swimmer at the Woodcreek meet in April. I am in need of 3 more trainings to make me certified!

No, Trainees are not allowed to train at high school meets. We can only use USA Swimming meets, since we can enter those sessions on the Officials Tracking System of USA Swimming. If you attend the 14 and under JO meet this weekend in Roseville, you will be able to do all of your training sessions there. This JO meet is a little different than our summer JO meet, when we have a National Evaluator present. When the meet is classified as an Officials Qualifying Meet, no training will be allowed. At the JO meet this weekend, there will be no Starter or Deck Referee training, but S/T training can take place.

Just make sure you attend the pre-meet briefing and sign in please. You will then later be assigned to work with a certified Official for the session.

I'm not sure whether you are involved with community college swimming competitions at all, but I will ask this question. My daughter who is attending and swimming for Sierra College may have an opportunity to go down to East Los Angeles for a championship meet in May. Do you have any connections to meet referees who will be working there? Would they welcome me if I volunteered to work as a stroke/turn judge? If you do know someone whom I can contact about the meet, I'd appreciate your passing on the info. Thank you.

I know people all over the place, but not who specifically will be the Meet Referee for this

Community College Swimming Meet. You might contact the Officials Chair for Southern California Swimming for more information: Wes Jackert, 1 (626) 818-7275.

<wjackert@gmail.com>

How do I meet the requirement of Teaching and Mentoring activities for N2? I have certainly had my share of trainees, including at JO's this year, and other meets.
You should have enough educational moments, with the yearly clinics you have attended.

In order for you to advance, you will have to list manually some teaching moments.

Sign in and then go to the My Activity History. Go down to the bottom of the page and click on "Add Other Activity." These could be those moments where you have taught some trainees in the finer points of being a Stroke and Turn Judge. You don't need many as fulfilling this mentoring and teaching moment requirement for N2 S/T.

After you manually enter the information, please save it.

Lands End is having free embroidery and I want a new shirt. what is the code for the SNS logo?

Logo Number: 1146603W

I passed the criminal background check already. I forwarded the emails to you just now The Athlete protection Training, was that the one I attended in the Fall at the Clinic I attended? I thought I did that one. Finally, I will mail you a check. Can I pay online somehow?

The reason your Criminal Background Check doesn't show up is because you are not in the system yet. You will also have to be in the system to take the free Athlete Protection Training. You will have to mail me a check. You will not be able to pay online. The yearly required Stroke and Turn Clinic was what you attended in the fall.

I was wondering can I start with some of the online testing now, before I attend the clinic on April 14th? (I have been going over the courses on the USA Swimming Site).

To start the process in Sierra Nevada Swimming for anyone, new or returning, they have to attend a yearly clinic, where they pay their USA Swimming membership fee and fill out two applications, one for USA Swimming and one for Sierra Nevada Swimming. The clinic lasts about 2 1/2 hours.

I usually start the yearly clinics in October, just after the USA Swimming Convention, because if there are any new rule changes, we can go over them at the clinic. The new swimming year starts on September 1st of each year and runs until the following December 31st, so each swimming year is 16 months long. **I usually recommend that all the requirements are done after attending the clinic.**

Once the person has attended a clinic, they will have to pass a Criminal Background Check, which costs \$36.50 and is paid with a credit card. The Background Check is good for two years from the month taken. Another requirement is taking and passing a FREE online

Athlete Protection Training course. This is done on the USA Swimming website and lasts about 45 minutes. **It can't be done until the LSC (local swimming committee) Registrar has entered the person into the USA Swimming database, with the information that I receive from the applications that I receive from the clinics.**

Once the membership fee has been paid, the Criminal Background Check has been passed and the Athlete Protection Training has been completed, the person is considered a member of USA Swimming, but not yet an Official. There are still two more requirements.

The person has to take and pass with at least a score of 80% the Certification Stroke and Turn/Timer test and work the deck for six deck training sessions.

When the last two requirements are met, the person is certified as a qualified Stroke and Turn Judge.

Starting in October of 2015, the clinics for the swimming year of 2016 began and a cost of \$60 will be paid for the yearly membership.

Our last clinic on the calendar was held on January 9th. We have had 23 clinics in our LSC since the new 2016 swimming year started in September, with many of them in the Sacramento area. Most of the yearly clinics are held in the fall, so the Officials will be ready when the clock strikes midnight on the last day of 2015.

In the meantime, I can add you to my huge mailing list and you will get any notices of future clinics.

Check this pool transformation from a short course yard pool to a long course meter pool. This took place at the Wesleyan University Pool in Middletown, Connecticut.

Pool change over video... 51 seconds was a lot less than it took!

<https://www.youtube.com/watch?v=43Tm-v6Cl-c>

SWIMMING SITUATIONS **- changed April 1, 2016 -**

1. Prior to the 100 butterfly, a Coach informs the Referee that his swimmer has a broken "pinky" finger and asks if the swimmer may swim with the last three fingers of the hand taped. What should the Referee do?

Recommended Resolution: If he determines that taping together of the fingers is to prevent further injury to the swimmer and not to "help his speed," the Referee has the authority to allow the request.

Applicable Rules: 102.11.1

2. A Coach comes to you as the Referee and says that the young lady who was in Heat 5, Lane 7 of the 13-14 Girls 100 Breast was an 11-12 year old of a different name. What do you

do?

Recommended Resolution: You should investigate the allegation to determine: a) Is this correct? b) Was it a deliberate or unintentional act? The Head Lane Timer has the responsibility to determine if the correct swimmer is in his lane for that heat of the event. If the Official failed to do this and the swimmer inadvertently swam in the wrong lane/heat, you may excuse the swimmer inasmuch as the athlete may not be penalized for an Official's error. If, however, you determine that this was a deliberate (knowing) switch of swimmers, the Referee may disqualify any swimmer for unsportsmanlike conduct. The Rules also mandate the disqualification of any swimmer not entered in a race who enters the pool or course and further stipulates that the swimmer will be barred from the next individual event in which he/she is entered that day or the next.

Applicable Rules: 102.17.2A, 102.22.3, 102.22.7

3. The first day of a meet is Friday, July 31, and only the 13 & older 400 IM and 1500 are being swum. August 1 is Mary's 13th birthday. What is her age for the meet? She does not swim on the 31st - does that matter?

Recommended Resolution: Regardless of the fact that she does not swim on the 31st, Mary competes in the meet as a 12-year-old since that is her age on the first day that the meet starts.

Applicable Rules: Article 205.2.2

4. The blocks at the local recreation short course pool are 30" above the surface of the water. Prior to competition starting a faulty circulation system allows the pool to drop 2" below the lip edge of the gutter. A swimmer's coach requests an "Official Time" for a time made in the 50 free. Is the time reportable?

Recommended Resolution: Yes. The heights of the blocks should be checked before the start of competition. If the height of the blocks exceed standards and can't be corrected, starts should be from the pool deck or in the water. All times of meets should now be entered into the "SWIMS" data base.

Applicable Rules: 102.11.1, 103.13.1 B

5. The Starter and Deck Referee confirms that the 50-meter sprinter in Lane #5 false started. The Deck Referee walks to Lane #4 and tells the swimmer that he/she is disqualified for a false start, at which time Lane #4's Coach screams, yells and verbally abuses the Deck Referee as the Meet Referee returns to the deck from the timing room. What does the Meet Referee do?

Recommended Resolution: The Meet Referee needs to find out what is going on and correct the error against the swimmer first. Then a private conversation with the abusive Coach should also be initiated to advise that, while he/she has the right of complaint, the Coach should

register the complaint in a civil manner. Depending on the severity of the verbal abuse, this could fall under the provisions of the USA Swimming Code of Conduct.

Applicable Rules: 102.11.1, 304.3.16

TAKING THE ON-LINE TESTS

- changed April 1, 2016 -

The examples this month appear on the 2016 STARTER Certification test, which will now be answered with the 2015 Rulebook, until April 15th. Check out the new look for the way that the questions are listed. You will notice that there are no Part 2 questions.

1. How shall the Referee signal the Starter that the swimmers are under the Starter's control? **315.14**

- A. Shall signal to the timing table that they are to start the race manually.
- B. Shall ask the Starter to start the race when the Referee says, "START".
- C. Shall signal with an outstretched arm to the Starter.
- D. Shall call out to the Starter that they are ready for the start.

Hint: Please review reference 101.1.2B for the correct answer.

2. In the forward start, on the Starter's command, "Take your mark," what may the swimmer grab? **317.7**

- A. The sides of the starting block.
- B. The forward edge of the starting block.
- C. No part of the starting block.
- D. Since the Rulebook does not prohibit what the swimmer may grab on a forward start, any of the above is legal.

Hint: Please review reference 101.1.2C for the correct answer.

3. If a swimmer does not respond promptly to the command "Take your mark," what

should the Starter do? **318.9**

- A. Give the starting signal.
- B. Wait until that swimmer assumes a starting position.
- C. Shall immediately release all swimmers with the command "Stand Up."

Hint: Please review reference 101.1.2D for the correct answer.

4. Before the starting signal is given, when can the Referee who independently observes and confirms the Starter's observation that a violation occurred, disqualify a swimmer who false starts by deliberately entering the water? **319.10**

- A. If the starting signal has been given before the disqualification is declared, the race shall continue without recall.
- B. Any swimmer starting before the starting signal is given shall be disqualified before the race starts, if the Referee independently observes and confirms the Starter's observation that a violation occurred.
- C. A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed.
- D. The Starter shall restart the race upon a signal by the Referee.

Hint: Please review reference 101.1.3A for the correct answer.

5. What may swimmers do in response to a "Stand up" command by the Starter?
339.13

- A. The swimmers will wait for the Starter to blow another whistle, which means that the swimmers are ready to take their mark.
- B. The swimmers will remain stationary with their feet an equal distance from the front of the block for the start.
- C. The swimmers may jump into the water to stay warm.
- D. The swimmers may stand up or step off the blocks.

Hint: Please review references 101.1.2D and 101.3A for the correct answer.

6. What starting device(s) may be used in a starting system? **925.16**

- A. The preferred starting system for forward and backstroke starts is a loudspeaker start system without an electronic strobe signal.

- B. The preferred starting system for forward and backstroke starts is an electronic strobe signal without the loudspeaker start system.
- C. A loudspeaker start system, with an underwater recall device but without a strobe light, is the preferred starting system for deaf and hard of hearing swimmers.
- D. A loudspeaker start system conforming to 103.17, with or without an underwater recall device, and an electronic strobe signal visible to all manual Timers for forward and backstroke starts, shall be the preferred starting device.

Hint: Please review reference 101.1.1 for the correct answer.

7. If the recall signal is activated inadvertently, will a swimmer be disqualified for a false start when the Referee and the Starter confirm the violation? **887.9**

- A. The swimmer who false started is disqualified from that heat but will be allowed to swim later in another heat.
- B. No swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.
- C. The swimmer or swimmers who false started will automatically be disqualified.
- D. The swimmer who false started can time trial after the session.

Hint: Please review reference 101.1.3C for the correct answer.

8. After an initial start has been recalled, a swimmer who failed to appear at the starting platform ready to swim at the initial start shows up before the race is restarted. Shall that swimmer be allowed to swim? **886.15**

- A. Yes, the late swimmer will be allowed to swim in the later heats only if there is an open lane.
- B. No, the Referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his/her heat.
- C. Yes, the late swimmer will be permitted to swim in the heat.
- D. None of the above.

Hint: Please review reference 101.1.5B for the correct answer.

9. If the starting signal has been given before the disqualification is declared, when will the swimmer or swimmers who have false started be disqualified? **891.10**

- A. Before the last heat of the event.

- B. There is no disqualification.
- C. Upon completion of the race.
- D. At the completion of the event.

Hint: Please review reference 101.1.3B for the correct answer.

- 10.** In which of the following events shall the Starter or a designee sound a warning signal over the water at the finish end of the lane of the leading swimmer when that swimmer has two lengths plus five yards or five meters to swim? **974.14**

- A. The 500-yard freestyle.
- B. The 800-yard freestyle relays.
- C. The 400-meter freestyle.
- D. All of the above.

Hint: Please review reference 101.1.4 for the correct answer.

1. The correct answer is “C” for the multiple choice answer.
2. The correct answer is “D” for the multiple choice answer.
3. The correct answer is “C” for the multiple choice answer.
4. The correct answer is “B” for the multiple choice answer.
5. The correct answer is “D” for the multiple choice answer.
6. The correct answer is “D” for the multiple choice answer.
7. The correct answer is “B” for the multiple choice answer.
8. The correct answer is “B” for the multiple choice answer.
9. The correct answer is “C” for the multiple choice answer.
10. The correct answer is “A” for the multiple choice answer.

If you have any questions that you would like to ask, just e-mail Bill Rose at: <crose@omssoft.com>