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Sierra Nevada Swimming Officials Newsletter

June 1, 2016



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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

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THE PRICE OF THE POLO SHIRT - mine was \$29.95, less 20% because of a sale, but check
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ASK TO PURCHASE A POLO SHIRT WITH THE Logo Number: 1146603W



***** Collegiate Swimmer Resuscitates 80-Year-Old Man

University of Illinois Swimmer and USA Swimming member Charli Wike was credited with saving the life of an 80-year-old man after he collapsed from cardiac arrest Saturday, April 30 in Champaign, Ill. In a heroic act, Wike performed CPR to for several minutes until the man regained consciousness.

"When I realized that the man was not waking up I realized that the guy's life was in my hands," said Wike. "I feel lucky that I was there, but I don't think that I'm a hero."

According to statements, Wike jumped into action after witnessing the man collapse and found that he had no pulse and instantly began to perform CPR. Wike was assisted with rescue breathing by another Illinois alumnae. The pair was then joined by an ER doctor and provided CPR for several minutes until the alumnus regained consciousness.

The sophomore swimmer is studying to be a nurse, so the live-saving act was second nature to her.

"Afterwards I met some of the guy's friends and they thanked me, but I said 'don't thank me, I'd hope that anyone would do this for a fellow civilian'. It's just the humane thing to do and I hope that everybody would jump in and do the same thing."

Thanks to Wike the man made a full recovery, but Wike walked away with a new outlook on life as well.

"You never know when you're going to go," said Wike. "The great thing about this man surviving is that he might be 80 years old, but he has just as much life left to live as I do. This really puts a lot of things into perspective. I'll remember that night for the rest of my life."

Wike will receive the "Life Saving Award" from the UIPD in an upcoming ceremony.

Wike has been a member of USA Swimming since she was five years old swimming for the Sterling Stingrays Swim Club in Sterling, Illinois.

USA Swimming Foundation and Olympic Athletes Offer Swim Safety Tips for Water Safety Month

With the swimming season here, the [USA Swimming Foundation](#) kicks off National Water Safety Month with personal water safety tips from six Olympic gold medalists. These tips will help parents and guardians keep their children safer in the water this season.

Drowning claims the lives of approximately 3,500 people per year, with nearly 25 percent being children under the age of 14. The problem is particularly daunting in ethnically-diverse communities, where the drowning rate is almost three times the national average. In those populations, 70 percent of African-American children and 60 percent of Hispanic children do not know how to swim, according to research by the USA Swimming Foundation and the University of Memphis.

The USA Swimming Foundation is at the forefront of water safety with its mission to provide the opportunity for every child in America to learn to swim – regardless of race, gender or financial circumstances. The USA Swimming Foundation has set a goal to provide 1 million swim lessons to children annually through its local partner network by December 31, 2017.

“Learning to swim is the surest way to being safer in the water,” said Debbie Hesse, USA Swimming Foundation Executive Director. “In the US, 10 people drown a day but drownings are preventable. Educating the public with some helpful tips from our ambassadors will help adults and children to be safer in and around the water.”

USA Swimming Foundation ambassadors and Olympic medalists Missy Franklin, Cullen Jones, Jessica Hardy, Mel Stewart, Nathan Adrian and Jason Lezak are proud to share the following tips about safe water practices:

- “It’s not always easy for someone who is not comfortable in the water to take a swimming lesson. Be sure not to force it but give yourself the time that you or your child needs to be comfortable in the water. Find an instructor that’s right for you – everyone has a

different style so find one that's the best fit for you!" - Missy Franklin, four-time Olympic medalist

- "Reach, Don't go... Don't jump in to save someone: Either reach out to help them or get something to help them get out of the water, don't go in." - Cullen Jones, four-time Olympic medalist
- "Drowning can be a silent death. You'd rather be overly cautious when seeing someone in distress while swimming." - Jessica Hardy, two-time Olympic medalist
- "Learn CPR. Just do it. It's not difficult to learn and it could save your child's life." - Mel Stewart, three-time Olympic medalist
- "There is no such thing as being 'water safe.' No matter how strong a swimmer your child might be, it's important for parents to stay present and know where their child is while in the water." - Missy Franklin, four-time Olympic medalist
- "Never swim alone. No matter how confident you are as a swimmer you should always have someone with you or watching you when you enter the water." - Nathan Adrian, three-time Olympic medalist
- "When a child learns to swim they become safer in the water but still need to be watched. Accidents happen to even world class swimmers so never assume your child is safe." - Jason Lezak, four-time Olympic medalist
- "If you're a parent or guardian in a pool environment, turn your phone off and set it down. You cannot talk, text or surf the web. All too often, you lose sense of time when engaged with technology, time when your child could be in danger and in need of your help." - Mel Stewart, three-time Olympic medalist
- "Identify your risks when you are around water and learn how to

reduce those risks. Putting up a fence around a backyard pool is a great way to reduce risks of drowning at home." - Jason Lezak, four-time Olympic medalist

- "A child is never entirely water safe. They can only get safe-ER. Enrolling them in swimming lessons will help, but don't take your eyes off of your child while swimming." - Jessica Hardy, two-time Olympic medalist

With more than 750 'Make a Splash' local providers across the country, the USA Swimming Foundation has provided swim lessons for almost 4 million children nationwide and has awarded over \$4 million dollars to help fund learn-to-swim programs across the country.

THE OTHER OLYMPICS

By
Phillip Whitten//Contributor

What is the first word that comes to mind for you when somebody mentions the Olympics?

What comes to my mind is "competition" - for many athletes in a variety of sports, the highest level of competition they will ever experience.

In the past 120 years, the Olympic Games have been held every four years in different cities around the world. (The only exceptions were 1916, 1940, and 1944, when the world was at war). For the athletes, the Games are as much an emotional super-high as they are the supreme physical challenge. But when the lights are turned out after the Closing Ceremonies and the very

last athlete has reluctantly departed Rio de Janeiro's Estadio Olímpico; when laughter and tears have become forever intermingled with the memory of that one supreme competitive effort; and when even the most determined of huggers have run fresh out of hugs, the Games will live on in the hearts and minds, and in the very souls of all who participated.

Perhaps it is this emotional element that gives the Olympic Games a feel of permanence, of inevitability, but the modern Olympics were anything but inevitable for the first few decades of their existence. Dating back to 1850, there had been at least half a dozen multi-sport festivals, mainly in France, but each one was a "one-hit wonder," probably because its organizers apparently knew little about marketing and promotion.

Not so the Baron Pierre de Coubertin. After playing a key role in the formation of the International Olympic Committee (IOC) in 1894, he teamed up with Greece's Crown Prince Constantine to turn his dream of reviving the Olympic Games into a reality. Amidst nearly universal forecasts of failure and doom, he out-maneuvered his detractors. Meanwhile, the prince whom de Coubertin had appointed Chairman of the Organizing Committee for the Games was strong-arming a few sports-minded donors for nearly four million drachmas to finance the dream. After lying dormant for more than 1,500 years, the Olympic Games would return to the land of the living in April 1896.

The Ancient Olympic Games

The ancient Olympic Games officially were first held in the year 776 BCE, though archaeologists tell us they actually originated as far back as 3,000 BCE. They lasted nearly 1,200 years, at least. But in 393 AD, they were outlawed by the Roman Emperor, Theodosius, who saw them as interfering with his plans to Christianize the Empire.

As much a religious festival as it was an athletic one, the ancient Games were dedicated to the god, Zeus. Held in Olympia, the Games gradually grew from a one-day event for free Greek men only, to a multi-event sports extravaganza, filling five days of competition in sprinting, distance running, long jumping, boxing, wrestling, pankration (sort of like MMA fighting, but with virtually no rules at all) throwing the javelin, tossing the discus and almost everyone's favorite, chariot racing. Slaves were barred from

participating. Only Greek freemen were allowed to compete, which they did, nude. Consequently married women were not permitted to attend.

Inexplicably, swimming was not a part of the competition, but the Ancients did get one very important matter right. In modern times, the Games have been suspended due to the first and second World Wars. The old-time Greeks were smarter than that. If a war was being fought at the same time the Olympics were scheduled to be held, an "Olympic truce" was called and fighting ceased for the duration of the Games.

The First Modern Games

In 1896, however, swimming was very much a part of the revival of the Olympic Games. On April 11, four events were contested in the icy waters of the Bay of Zea: the 100, 500, and 1200- meters freestyle, plus the 100-meters freestyle for Greek sailors only.

In all, about 240-285 male athletes from 13 countries participated in a program of 43 events in nine different sports. Greece was the overall winner with 4 first, second and third place finishes. Greek athletes also won the most events, 13, with the United States a close second at 12. Only the winners were awarded official medals and they were silver, rather than gold. Years later, the IOC corrected that little anomaly by awarding gold, silver and bronze medals to the top three finishers in every event at the Games of the first modern Olympiad.

No Trials were held for the Games of 1896. The United States team, for example, consisted mainly of businessmen and college students who happened to be in Greece at the time the Games were held.

The inaugural Olympic Games were an unqualified success, but the next two Games - held in Paris in 1900 and St. Louis in 1904 - can fairly be characterized as unmitigated disasters. Meanwhile, women kept petitioning the IOC, asking the Lords of the Rings to be allowed to participate. But de Coubertin - an enlightened man in so many other ways - was absolutely adamant: no women. He put it this way: the inclusion of women "would be impractical, uninteresting, unaesthetic and incorrect."

It was not until 1912 that women were included at all, and then,

only in a few select sports. In swimming, two women's events were added to the program: the 100m freestyle and the 4x100 meter freestyle relay. Australia's Fanny Durack set a world record (1:19.5) in the prelims of the 100, then went on to take the final, becoming the first female swimmer to win Olympic gold.

The Challengers

Success, of course, breeds both envy and imitation, so it did not take long for Russia's new communist leaders - impressed by the success of the 1896 Games and emboldened by the failure of the next two - to discern great propaganda value for the nation that could dominate in international athletic competition. Thus was born the Spartakiad, a borscht-flavored, Olympic-wannabe name for Spartacus, a communist hero, who led a slave revolt against the Roman Republic from 73-71 BCE.

Sports leaders in the USSR were given the formidable task of out-competing the Olympics: not only were they told to maximize participation in the Spartakiads, but they were to develop the first of many generations of Soviet athletes who would run and swim faster, jump longer and higher, and in every way, outperform their western counterparts.

They respond with enthusiasm, organizing the first games in 1920. Five international Spartakiads plus several festivals limited to Soviet citizens were held between 1928-1937. Additional Games were held until 1991, but when the USSR joined the Olympic movement in 1952, the justification for a viable alternative to the Olympics no longer existed.

In any event, only occasionally did the Spartakiads rise to the Olympic level, most notably in 1933, when several performances in swimming and in track and field were superior to the winning performances at the 1932 Los Angeles Olympics. Where the Soviets really shined, though, was in participation. In contrast with the "bourgeois" west, no qualifying times were required to enter. Everyone could participate in the Spartakiad and, on at least one occasion, it seems everyone did. According to official Soviet sources, some 90 million Soviet citizens took part in those Games, though the claim has not yet been validated by the Guinness Book of World Records.

At the same time that the Soviets were mounting their challenge

to the Olympic Games, another set of socialist, international, multi-sport games was struggling to be born in Western Europe. Called the International Workers' Olympiad (IWO), this competitor to the Olympics squandered almost all its energies on internal, ideological struggles. Still, the Workers' Olympiad mounted a credible alternative to the Olympics, which by then had seen the IOC become increasingly ingrown and corrupt. Most notably, American Avery Brundage had managed to get elected head of the IOC, where he wielded almost absolute power. Unabashedly pro-Nazi and virulently anti-Semitic, his ruthless exercise of power within the Olympic movement allowed him to make a series of decisions that, when they became known, brought shame and disrepute on the IOC.

Despite their internal problems, the International Workers' Olympiads were admirably idealistic in attempting to rid the international sporting community of anti-Semitism, racism, sexism and a host of other evils and "isms" that were not tackled by society in general until the 1960's.

Scheduled to take place every six years, the first Workers' Olympiad was held in Germany in 1925, the last in Belgium in 1937. During those 12 years, six IWOs were held: three Winter and three Summer Games. The number of nations taking part ranged from four at the 1925 Winter Games to 26 at the 1931 Summer Games. All of the hosts were Western European countries. Like the Soviets, the organizers of the IWO put a premium on participation, with a reputed 100,000 athletes participating in the 1931 Summer Games in Vienna. Despite its virtues, like the Spartakiad, the Workers' Olympics did not have what it took to out-compete the Olympic Games.

Some of the Others

Though the Olympics have given rise to their own challengers, and though the competition has been extremely rough, they also have given rise to complementary games. These games have served to spread the Olympic ideal much more quickly, and thoroughly than would have occurred without them.

Seventy-two such Games have been identified, though at least one-third have not survived. Among the most successful and best-known:

- Based on geography: Pan-American Games, Pan-Pacific Games, Asian Games, and the European Games.
- Based on physical or mental challenges: Special Olympics and the Paralympics.
- Based on religious affiliation: Maccabiah Games.
- Based on the idea that international peace and understanding are fostered by sport: Friendship Games and the Goodwill Games.
- Based on student status: World University Games.
- Based on age: World Masters Games.

Rio 2016

Less than four months from now, the 29th Olympic Games of the modern era will take place in Rio de Janeiro, the first time the Olympics have ever been held in South America. The projected numbers associated with these Games are staggering: Organizers are expecting 204 countries represented by more than 10,000 competitors – almost all of whom have met rigid qualifying standards just to get to Rio!

More than one million spectators are expected to be on hand to experience the Games in person, while an estimated three billion people will be watching the cream of youthful humanity compete on the world's grandest stage. Once again, NBC projects swimming, track-and-field and gymnastics to be the most popular sports for the television audience.

Surprisingly, the structure of the 2016 Games would be instantly recognizable to the competitors of a century earlier, though the scope has changed enormously. Today's facilities are many times more expensive and much more sophisticated than they were a century ago. And the stadia, pools, gymnasia and arenas where the competition will take place are all state-of-the art.

Perhaps most recognizable of all would be the Olympic symbol: five interlocked rings on a field of white. Created by de Coubertin himself, it is second only to the Christian cross, the world's most recognizable symbol.

NBC Announces 2016 U.S. Olympic Trials Television Schedule

NBC has announced the television schedule for the 2016 U.S. Olympic Trials, taking place in Omaha, Neb., June 26-July 3.

NBC Press Release:

NBC Olympics will present eight consecutive nights of swimming Trials action in primetime, including seven primetime telecasts on NBC. NBC and NBCSN's 15.5 hours of coverage commences on Sunday, June 26, and runs through Sunday, July 3. Seven nights of live primetime coverage will air on NBC, with primetime coverage on Saturday, July 2, airing from 8-9 p.m. ET on NBCSN. NBCSN will also telecast daily qualifying heats.

Team USA hopes to build off of its dominant performance in London, where it won a total of 31 medals. **Michael Phelps** will look to add to his total of 22 Olympic medals, the most in Olympic history, while **Ryan Lochte** aims to add to his 11 total medals. **Missy Franklin** won four gold and five total medals in her Olympic debut in London, and nine-time world champion **Katie Ledecky** looks to add to her medal count after stunning the field by winning gold in the 800m free in 2012.

Date	Coverage	Network	Time (ET)
Sun., June 26	Qualifying Heats – Men's 400m Free, Men's & Women's 400m IM*	NBCSN	6 p.m.
	Finals – Men's 400m Free, Men's & Women's 400m IM	NBC	8 p.m.
Mon., June 27	Qualifying Heats – Women's 100m Back & Breast, Men's 200m Free*	NBCSN	6:30 p.m.
	Finals – Women's 100m Fly & 400m Free, Men's 100m Breast	NBC	8 p.m.
Tues., June 28	Qualifying Heats – Women's 200m Free & 200m IM, Men's 200m Fly	NBCSN	7 p.m.
	Finals – Men's 200m Free & 100m Back, Women's 100m Breast & 100m Back	NBC	8 p.m.
Wed., June 29	Qualifying Heats – Men's 100m Free & 200m Breast, Women's 200m Fly	NBCSN	7 p.m.
	Finals – Women's 200m IM & Free, Men's 200m Fly	NBC	8 p.m.
Thur., June 30	Qualifying Heats – Women's 100m Free, Men's 200m IM & Back*	NBCSN	6:30 p.m.
	Finals – Men's 100m Free & 200m Breast, Women's 200m Fly	NBC	8 p.m.
Fri., July 1	Qualifying Heats – Men's 50m Free & 100m Fly, Women's 200m Back*	NBCSN	6 p.m.

	Finals – Women’s 200m Breast & 100m Free, Men’s 200m IM & Back	NBC	8 p.m.
Sat., July 2	Qualifying Heats – Women’s 50m Free, Men’s 1500m Free	NBCSN	5 p.m.
	Finals – Women’s 200m Back & 800m Free, Men’s 50m Free & 100m Fly	NBCSN	8 p.m.
Sun., July 3	Finals – Women’s 50m Free, Men’s 1500 Free	NBC	7 p.m.

Be Flexible to Compete at Your Best

By

Lindsay Mintenko//National Team Managing Director

The swim meets you are used to swimming in every weekend require an amazing amount of planning. As much effort as goes into running those events from athletes, coaches, parents and meet organizers, you can only imagine the amount of planning it takes to put on an Olympic Games.

The complexity of the Games also means much more can go wrong.

The Olympics isn’t about just swimming. The Olympics is a multi-sport event with 28 sports and 18,000 participants, including athletes and support staff. The behind-the-scenes logistics is amazing.

This summer, I will have the privilege of attending my fifth summer Olympic Games. It is quite an honor to be a part of so many athletes’ dreams. I have learned many things by attending the Games, one of the most important being the ability to be flexible.

By now it is has been announced that USA Swimming will be moving the preparation camp this summer in order to help ensure the health of our Olympic Team. However, it didn’t come without heartache and flexibility. Our plan to attend camp in Puerto Rico has been in place since late 2013, and to have to change it so close to the Games has required a lot of flexibility and understanding

from many parties. Fortunately, our athletes were able to be informed of the change well in advance and will be able to adjust. Unfortunately this is not always the case.

At the Games, things aren't always perfect, and something will surely go wrong. The bus will be too full, and you will have to wait for the next one, or the line at the pasta station (because it is the only food you can eat) in the village dining hall is much longer today than it was two days ago. The best you can do as you get ready for the Olympic Games, or even Olympic Trials, is to plan the best you can, but be flexible if things don't go the way you planned.

The best story I have about the importance of being flexible dates back to Sydney in 2000.

Erik Vendt was preparing to swim in the finals of the 400 IM early in the competition. He was on the bus from the village to the venue when he realized he didn't have his accreditation. You can't get anywhere during the Olympic Games without your accreditation. So Erik had to go back to the village to get his pass, except he couldn't go through security. Security had to call the USOC to get into Erik's room, get his accreditation, and bring it to him and the village gates. He finally got his pass and got back on the bus to get to the venue. With half the warm-up he would normally do to prepare himself for an Olympic final, he was flexible and did what he could and ended up winning a silver medal. Being prepared to be flexible can work out to being on the podium!

5 Strategies to Help Picky Swimmers Eat Better

by

Jill Castle, MS, RDN

Samantha had a disdain for many protein foods, and it was becoming a problem. She had to take “her food” to travel meets, had a short list of restaurants where she could eat, and sometimes skipped lunch at school because she “didn’t like it.” She also didn’t care for most fruits and vegetables, and somehow got everyone around her to meet her picky eating requirements.

Let’s face it, picky swimmers are a challenge to feed and fuel.

While picky eating has been traditionally associated with toddlers, more recently, a growing number of older kids are demonstrating picky eating that may hamper their health.

For the swimmer, picky eating can interfere with getting enough calories, protein and key vitamins and minerals in the diet, which may hinder their athletic performance and slow their growth and development.

So what can be done? Of course, the goal is to help the picky swimmer branch out with a variety of food and ensure his nutrient needs are met, no matter how picky he or she is.

Here are 5 strategies that may help:

1. **Provide balanced meals and snacks, including as many food groups as possible.** Food groups ensure important nutrients, such as iron, vitamin D, and B vitamins are in sufficient supply from the diet. If the swimmer is eliminating a food group, such as vegetables or dairy, consider a multivitamin supplement providing 100% of the RDA to bridge the nutrient gaps.

Did you know? While macronutrients (i.e., carbs, protein) fuel performance, micronutrients (vitamins and minerals) are key factors

in normal metabolism, immunity, growth, and more. All nutrients are essential to the success of a swimmer.

2. Keep offering a variety of foods, even though the swimmer may not eat everything. Picky swimmers don't learn to become "un-picky" unless they are provided with opportunities to experience and explore a variety of foods. Offer a blend of familiar and novel foods at mealtime to help encourage the swimmer to try new options.

Did you know? Research tells us that it may take up to 15 or more exposures – seeing, smelling, tasting, and eating new food – before kids develop a liking or preference for it. Unfortunately, parents typically give up offering new food after four rejections.

3. Drop the pressure to eat. Nagging or reminding the swimmer to eat, whether it's to eat more food or healthier foods, may be interpreted as undue pressure, especially if the swimmer is a picky eater. Picky eaters do best with low pressure when it comes to food; high pressure (nagging, bribing, constant reminding, etc.) can be a turn-off and curtail progress.

Did you know? While reminding and encouraging your swimmer to eat better may seem effective, research tells us that when it comes to picky eaters, it may backfire, causing less interest in food, reduced appetite, and more pickiness.

4. Don't cater to food preferences. It's common to want to provide the picky swimmer with the foods he will eat. After all, training is grueling and swimmers need to eat. Negotiating the menu in the older child is necessary to define acceptable, balanced meals that not only nourish and satisfy the swimmer, but also expand his food repertoire.

Did you know? Narrowing the menu to what the swimmer will eat shortchanges nutrition and doesn't help the swimmer grow out of

picky eating. Plus, short-order cooking is a lot of work for parents.

5. Consider outside help. Swimmers who want to do their best should eat a variety of food and strive to meet their nutritional needs. All swimmers can benefit from an understanding of food, nutrition and sport, which may motivate them to work harder on eating a nutritious diet, while other swimmers may need more support. If a swimmer is clearly missing nutrients in his diet, is underweight, or demonstrates sensitivity to certain aspects of food (texture, flavor, smell), meeting with a nutrition professional can be helpful.

Did you know? Picky eating which impairs overall health and growth does not typically resolve on its own.

Swimmers like Samantha can overcome picky eating. It takes nutrition education and a strategic plan for progressively introducing new foods without compromising the training diet. Include some positive reinforcement and the picky swimmer may be molded into an adventurous eater.

Jill Castle, MS, RDN is a registered dietitian, childhood nutritionist, and youth sports nutrition expert. She is the author of [Eat Like a Champion: Performance Nutrition for Your Young Athlete](#). Learn more about Jill at www.JillCastle.com and check out her free list of 70 Awesome Pre-Workout Snacks for Kids [here](#).

Online course to benefit the USA Swimming Foundation

EDUCATA has announced a new course called “Mechanics of Swimming” geared toward giving swimmers, coaches, trainers, and physical therapists the knowledge to identify, treat, and deal with shoulder pain

associated with swimming.

A portion of every sale of the course benefits the USA Swimming Foundation and will support their mission of saving lives and building champions-in the pool and in life. As the philanthropic arm of USA Swimming, the USA Swimming Foundation works to strengthen the sport from grassroots to gold medals.

Dr. Scott Rodeo, Co-Chief Emeritus of Sports Medicine and Shoulder Service at The Hospital for Special Surgery, and a professor of orthopedic surgery at Weill Medical College of Cornell University, endorses the course for coaches, physical therapists, physicians and trainers, as well as swimmers and parents, saying:

"Physical therapists **Marilyn Pink** and **George Edelman**, along with Olympic coach **Bruce Gemmell**, have put together a very comprehensive presentation on shoulder pain in swimmers, expertly summarizing how to evaluate, manage, and prevent shoulder problems in swimming. ... I highly recommend that you spend the time to go through this very comprehensive presentation."

Register for "Mechanics of Swimming" at <http://www.educata.com/courseprofile.aspx?c=10>!

SIERRA NEVADA SWIMMING LSC BOARD MEETING

**The Next LSC Board Meeting will be on Tuesday,
July 19, 2016, when the House of Delegates will meet.**

Please plan to attend this House of Delegates Meeting & get involved!

Meeting Date: Tuesday, July 19, 2016

Time: 6:00 PM - Dinner included, but you will have to RSVP with SN Secretary Dana Covington by ????????, <danacov@comcast.net> You should also RSVP the names of two people, with notation of who will be the voting delegate.

Hosted by: Sierra Nevada Swimming

Location: **Woodcreek Golf Club/Legends**
5880 Woodcreek Oaks Blvd.
Roseville, CA 95747

Google Directions:

<https://www.google.com/maps/dir//5880+Woodcreek+Oaks+Blvd.,+Roseville,+CA+95747/@38.7771055,-121.3335299,17z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x809b215d633c83dd:0x3cb21eb13b543fb1!2m2!1d-121.3313841!2d38.7771055>

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 is ONE 2016 Admin Official Clinics
on the calendar.**

What: 2016 Administrative Official Clinic

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

Where: Weaverville, California

Location: P.U.D. Boardroom
26 Ponderosa Lane
Weaverville, CA 96093

Time: 6:00 PM to 9:00 PM

When: Wednesday, June 15, 2016

Directions: Driving on I-5 N to CA-44 W in Redding. Take exit 678 from I-5 N. Take CA-299 W to Ponderosa Lane in Weaverville.

Google Directions:

<https://www.google.com/maps/dir/?26+Ponderosa+Ln,+Weaverville,+CA+96093/@40.7128426,-122.9275922,17z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x54d253cd1479a16b:0x2d6ee4052c984b37!2m2!1d-122.9254035!2d40.7128426>

If you need further directions, e-mail Veronica Kelley-Albiez at <weavervillewavesinfo@gmail.com> You can also contact Veronica by using these phone numbers: 530-623-9202 or cell 254-338-7055

Future Stroke and Turn Clinics on the Calendar

There are NO 2016 Stroke and Turn Clinics on the calendar.

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!!

The online tests have just been aligned with the 2016 Rulebook and are waiting just for you.

Use your 2016 Rules and Regulations now.

**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 2016 Rules and Regulations are now in effect for all on-line tests.

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

Meet Date: June 3-5, 2016

Type of Meet: Santa Clara Arena Grand Prix

Hosted by: Santa Clara Swim Club

Location: George Haines International Swim Center

2625 Patricia Drive

Santa Clara, CA 95051

LOCATION: George Haines International Swim Center, 2625 Patricia Drive, Santa Clara, CA 95051. From Highway 101, exit south on Lawrence Expressway or Bowers Avenue. Turn left at Homestead Road. Turn left at Las Palmas Drive. Proceed to Patricia Drive and turn left. - Or - Exit Highway 101 on San Tomas Expressway. Turn right on Homestead Road. Turn right on Las Palmas. Proceed to Patricia Drive and turn left. There is limited free parking in the parking lot and adjoining streets. Do not park in the Library parking lot you will be ticketed.

Directions: Use the website below to look at a map of the area around the George Haines International Swim Center

http://maps.google.com/maps?hl=en&bav=on.2,or.r_qf.&bvm=bv.44342787,d.cGE&biw=1083&bih=967&q=2625+Patricia+Drive,+Santa+Clara,+CA+95051.&um=1&ie=UTF-8&hq=&hnear=0x808fca67b2b19e57:0x5f7c5e26ef31c23d,2625+Patricia+Dr,+Santa+Clara,+CA+95051&gl=us&daddr=2625%20Patricia%20Dr,%20Santa%20Clara,%20CA%2095051&sa=X&ei=PVRUc2O8fniAKZ0oCgBw&ved=0CC4QwwUwAA

Contact Information: Stella Ezrre

<sezzre@santaclaraswimclub.org>

1 (408) 246-5050 x 019

Meet Date: June 9-12, 2016

Type of Meet: Summer Sanders Junior Plus Long Course Trial and Finals
Qualifying Meet for Officials

**This is a “Qualifying Meet” for Officials and applications are needed to work this meet.
Please send the “Application to Officiate” to Bill Rose at: cbrose@omsoft.com**

The Summer Sanders Invitational requires that the Officials be completely certified as a LSC Official, no trainees.

Hosted by: California Capital Aquatics

Location: Roseville Aquatic Center

Woodcreek High School

3051 Woodcreek Oaks Blvd.

Roseville, CA

Directions: Use the website below to look at the map of the area around Woodcreek High School. <http://maps.citysearch.com/location/1238713?>

Contact Information: Alex Ongaco at: <timbug_runtmc@yahoo.com>

Meet Date: June 11, 2016

Type of Meet: SCY - AGO

Hosted by: Chico Aqua Jets

Location: Dwight Brinson Swim Center

9451 Midway

Durham, CA 95938

(530) 345-1921

Directions: Use the web site below to look at a map of the area around the Durham Public Pool

http://maps.google.com/maps?hl=en&um=1&ie=UTF-8&q=durham+public+swimming+pool&near=Durham,+CA&fb=1&view=text&latlng=35.088804,120.421746&sa=X&oi=local_result&resnum=4&ct=result

Contact Information: Ed Santa Ana

<ed@quadcoprinting.com>

Meet Date: June 17-19, 2016

Type of Meet: SCY

Hosted by: Anderson Aquagators

Location: West Valley High School

3805 Happy Valley Road

Cottonwood, CA 96022

(530) 347-7171

Directions: Use the web site below to look at a map of the area around West Valley High School

<http://www.google.com/search?hl=en&q=west+valley+high+school+anderson+california&btnG=Search>

Contact Information: Kimberly Baldree

(530) 515-6414

[<Robert13@sbcglobal.net>](mailto:Robert13@sbcglobal.net)

Meet Date: June 17-19, 2016

Type of Meet: SCY

Hosted by: Gridley Gators Swim Team

Location: Gridley Public Pool

199 East Hazel Street

Gridley, CA 95948

Directions: Use the web site below to look at a map of the area around the Gridley Public Pool

<http://www.google.com/search?hl=en&client=firefox-a&channel=s&rls=org.mozilla%3Aen-US%3Aofficial&hs=qzf&q=gridley+public+pool+gridley+california&btnG=Search>

Contact Information: Misha Rogers [<gridleygators@gmail.com>](mailto:gridleygators@gmail.com)

Meet Date: June 24-26, 2016

Type of Meet: LCM

Hosted by: Redding Swim Team

Location: Redding Aquatic Center

Caldwell Park

Redding, CA 95969

Directions: Use the web site below to look at a map of the area around Caldwell Park

<http://www.eventective.com/USA/California/Redding/169469/Caldwell-Park.html>

Contact Information: Mark Wagner

[<reddingsswimteam@yahoo.com>](mailto:reddingsswimteam@yahoo.com)

Meet Date: June 24-26, 2016

Type of Meet: AGO - LCM

Hosted by: Lodi City Swim Team

Location: Tokay High School

111 W. Century Blvd.

Lodi, CA 95240

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%20US&cid=lfmaplink2&name=>

Meet Director: Jane Woznick, (209) 327-6232, <woz4@att.net>

Contact Information: John Griffin

(209) 368-8475

[<johnlodiaquatics@sbcglobal.net>](mailto:johnlodiaquatics@sbcglobal.net)

Meet Date: June 24-26, 2016

Type of Meet: SCY

Hosted by: Durham Dolphins

Location: Dwight Brinson Swim Center

9451 Midway

Durham, CA 95938

(530) 345-1921

Directions: Use the web site below to look at a map of the area around the Durham Public Pool

http://maps.google.com/maps?hl=en&um=1&ie=UTF-8&q=durham+public+swimming+pool&near=Durham,+CA&fb=1&view=text&latlng=35.088804,120.421746&sa=X&oi=local_result&resnum=4&ct=result

Contact Information: Kelly Mars

P.O. Box 606

Durham, CA 95938

1 (530) 899-7888

[<kelliem@durhamdolphins.org>](mailto:kelliem@durhamdolphins.org)

Meet Date: June 25-26, 2016

Type of Meet: Northern California Qualifier

Special Olympics

Hosted by: Special Olympics Northern California, Northeast Region

Location: UC Davis (Schaal Aquatic Center). The Aquatic Center is located near the corner of Hutchison and LaRue on the UC Davis campus just behind the football stadium.

Where: **Schaal Aquatic Center**

Directions: From Interstate 80 exit 113 North to Woodland. Exit Hutchison Dr. and make a Right. Make a Right on Health Sciences Drive (you will see greenhouses on your left). Make a Left at the stop sign then take your first Right. You will see the pool on your Left hand side

Contact Information: Julie Rodriguez (julier@sonc.org)

Steve Ramirez (stephenr@sonc.org)

Dylan Kiyomura (dylank@sonc.org)

PLEASE CONTACT KEN PRICE IF YOU CAN HELP!

[<kbprice81@gmail.com>](mailto:kbprice81@gmail.com)

Meet Date: June 24-26, 2016

Type of Meet: SCM

Hosted by: Scott Valley Swim Team

Location: Etna, California

Where: Dotty Olson Pool

401 Howell Avenue

Etna, CA.

Directions: Use the web site below to look at a map of the area around Scott Valley Community Pool

<http://www.google.com/search?client=firefox-a&rls=org.mozilla%3Aen-US%3Aofficial&channel=s&hl=en&q=Scott+Valley+Community+pool+etna+california&btnG=Google+Search>

Contact Information: Tracy Justice

PO Box 1095

Ft. Jones, CA 96032

(530) 598-2508

[<Tjustice4@gmail.com>](mailto:Tjustice4@gmail.com)

OFFICIALS: ASK YOUR QUESTIONS!!

- Changed June 1, 2016 -

Often Asked Questions by USA Swimming Officials

Two of our Official's attended the clinic held at Shasta College with Bill Fisher leading the class. We have since received an email regarding an 'Official's test', and are wondering if this is required every year, even for returning Officials, or just new/first year Officials. If the test is required each year, is it an online test, and is there a fee involved to take the test?

Not sure who sent the email message about an Official Test, unless it was me, when I told everyone that the tests were live now that it was May 1st. The test requirement is to take the test every other year. So, if you took the test in 2015, starting anywhere between September 1, 2014 to August 31, 2015, you are considered to have taken the test in the swimming year of 2015. Starting on September 1, 2015, we are in the swimming year of 2016. I sent you a message on May 3rd, saying that you were current with your online test requirement for 2016. These online tests are FREE. Hope this explains your question,

We do have a few parents that have recently expressed an interest in becoming an official. Is the meeting in Sparks, Nevada? And, just confirming that this will be the last one until September in the area? One of our parents would like to take a class within the next month or so due to her being off work so I thought I would ask. and/or confirm.

Yes, this clinic is in Sparks, Nevada. We will not be having many 2016 clinic, but there might be a few in the seasonal areas of the LSC, like in the Weaverville, Scott Valley or Quincy. Most of the folks join early in the year, so they can complete all the requirements and be ready for the season to begin. Joining now, would require the Official to become certified quickly and then there is only three months left of swimming year 2016. Swimming year 2017 begins on September 1, 2016. The 2016 membership in USA Swimming will last until December 31, 2016, but from September 1, 2016 to December 31, 2016 is really part of swimming year 2017.

Can trainees work Summer Sanders? If so, do they need an application so you know they want to shadow/train?

Sorry, no training at evaluation meets.

I just got my Stroke and Turn official certification after the Folsom meet in April. I've since worked one session at the Davis meet on Mother's Day and then 2 days at the recent SOAR meet last weekend. Is that enough experience to official at a big meet like Summer Sanders? Or should I just stick to timing?

I think that if you can do the job correctly at any of the local meets, you can do the job at the Summer Sanders Meet. It is just a swim meet, like any other swim meet.

The only thing different will be the times will be faster and the swimmers might be older in some cases. The rules will be the same, but the protocols will be a little different. Since all Officials have to attend the pre-session briefing, you should do fine, because there will be a stroke briefing, a jurisdiction briefing and a protocol briefing for each session.

I've been helping out with stoke and turn with my local rec league team. I've seen some kids start their race by jumping in feet first (because they don't know how to dive in) and then pushing off the wall. Is this legal?

What you have described is probably not legal, but if it is a young swimmer, I would encourage the Coach to have the swimmer start in the water, so that they can push off the wall and start the stroke legally and not have a chance of being penalized.

SWIMMING SITUATIONS

- Changed June 1, 2016 -

1. At a local invitational preliminary/final meet, the 1500-meter freestyle is a timed final event. The Meet Information sheet states that the 1500 will be a positive check-in event, i.e., in order to be seeded a swimmer must check in by a certain time. There are 25 male swimmers in the men's event, 24 of who check in prior to the posted scratch deadline. After the event is seeded, the Coach of the 25th swimmer declares to the Referee that his swimmer did not scratch and he wishes to swim in an open lane in the first heat. What should the Referee do?

Recommended Resolution: The USA Swimming Rules and Regulations do not specify check-in and/or scratch procedures except for the National Championships (207.12.11A). Meet information stipulated that one must check in to be seeded. The 25th swimmer did not scratch the event, which he legally entered. Therefore it is recommended that the Referee should seed the event with four heats and the 25th swimmer should be placed in an open lane in the first heat. Had the Meet Information sheet stated that one had to check-in to swim, as is common at many local meets, then the swimmer should not be allowed to compete in the event.

Applicable Rules: 102.4

2. A swimmer is a "no-show" with no extenuating circumstances for the final of an event in a meet being swum under the National Championship scratch rule. Is the swimmer eligible to swim in time trials the following day?

Recommended Resolution: Typically, time trials are swum under a separate sanction from the championship meet and the only eligibility requirement is that the swimmer is “entered in the [championship] meet.” Under this scenario, the swimmer while barred from further competition in the championship meet is still “entered” in the meet and, as such, would be eligible for time trials the next day.

Applicable Rules: 207.10.1 & 207.10.1B

3. It’s the LSC’s Long Course Age Group Championships (Trials & Finals) being held at one of our country’s most venerable universities. The older (circa 1964) pool is too shallow to start a race from one end and the university is too cheap to buy a second set of touch-pads. So all 50-meter races require moving the touch-pads from one end of the pool to the other. In the 11-12 Girls’ 50m Butterfly, Karen and Tasha tie for 8th thus requiring a swim-off to see who gets into Finals. In the meantime, the pads are already back at the start end of the pool for the 13-14 100m butterfly. The swim-off is arranged for the end of Trials, but the Meet Referee decides to use six (6) Timers at the far end of the pool and four (4) Place Judges instead of moving the pads again (to save time since the community swimmers are pushing to get into the pool). The swim-off is a great race with both girls swimming best times and making Zone cuts. But the finish is too close to call. The Place Judges are split on the winner of the swim-off and the median times show Tasha won by .02 seconds. Karen’s Coach immediately protests and asks for a new swim-off. What do you do?

Recommended Resolution: Another (ugh!) swim-off shall be conducted. Swim-offs shall be timed and judged in the same manner as the original event unless a subsequent timing system malfunction requires that an adjustment be made. Since the pads were not used for the swim-off, the heat was not “timed and judged in the same manner as the original event.”

Applicable Rules: 102.5.2

4. Two 8-year-old swimmers are disqualified because the one seeded in Heat 2 arrived early and swam in Heat 1 (in the correct lane). The second swimmer then swam in Heat 2 (also in the correct lane). Should the disqualifications stand?

Recommended Resolution: The disqualifications should be overruled. It is the responsibility of the Head Lane Timer to determine if each swimmer is in the proper lane. Therefore, the swimmers should not be penalized.

Applicable Rules: 102.17.2A 102.11.1

5. The Meet Referee is standing at a position about 30 feet down the pool sideline from the Starter. She hears what she believes to be a double beep (echo) on the start and observes Lanes #2, #3 and #7 stop momentarily on their entry into the water, while the other swimmers continue. There is no recall by the Starter or Deck Referee. What should the Meet Referee do?

Recommended Resolution: While this situation is not expressly covered by the Rules and Regulations, the Referee has the authority to intercede in a competition at any stage, to ensure that the racing conditions are observed. Since there was an obvious effect on several swimmers at the start of the race, the Meet Referee should immediately consult with the Deck Referee and allow the swimmers in the heat a chance to re-swim for a new official time, if they desire.

Applicable Rules: 102.13.4

TAKING THE ON-LINE TESTS

- Changed June 1, 2016 -

The examples this month appear on the 2016 ADMINISTRATIVE REFEREE Certification test, which will now be answered with the 2016 Rulebook.

1. What do you call an event that is conducted within or independently of a meet where the swimmer races against the clock to establish an official time? **1530.9**

- A. Open competition.
- B. Time Trial.
- C. Observed swim.
- D. Timed Final events.
- E. Mixed classification.

Hint: Please review the Glossary for the correct answer.

2. In judging the stroke/kick and turn/finish of a swimmer with a physical disability, what rule(s) should a Stroke & Turn Judge follow? **451.28**

- A. If a part of the body is absent or cannot be used, it is not judged.
- B. Touches shall be judged in the same manner as strokes and kicks, i.e., on the basis of the arm(s) and/or hand(s) that the swimmer can use.
- C. If a part of the body is used during the stroke or kick, it should be judged in accordance with the USA Swimming Rules and Regulations.
- D. Judgment should be made based on the actual rule - not on the swimmer's technique.
- E. All of the above.

Hint: Please review references 105.5.2 and 105.5.3 for the correct answer.

3. Who are required to be members of USA Swimming while serving at a USA Swimming sanctioned meet? **1496.7**

- A. All Clerk of Course personnel.
- B. All Computer Operators.
- C. All Marshals.
- D. All Meet Directors.
- E. All Timing Judges.

Hint: Please review reference 202.5.5 for the correct answer.

4. Assuming it is announced in the Meet Announcement, what sort of adjustments can be made to the order in which preliminary and timed final heats will be swum? **470.17**

- A. Heats may be alternated between women and men.
- B. Heats may be swum from fastest to slowest.
- C. Heats may be swum from slowest to fastest.
- D. All of the above.

Hint: Please review references 102.5.6A and 102.5.6C for the correct answer.

5. In a meet where the USA Swimming Championship scratch procedures are being used, the preliminaries for the women's 200 yard individual medley have just been completed and the top 24 finalists and two alternates have been announced. There were no scratches within the thirty (30) minutes after the announcement and no swimmer stated her final intention to scratch within thirty (30) minutes following her last individual preliminary event. When this final heat is ready to swim, the second seeded swimmer sits on the block to be excused. Is this a correct procedure? **980.17**

- A. No, a declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
- B. No, a declared false start or deliberate delay of meet is permitted, but the swimmer will be scratched from her first event in the next day's competition.
- C. Yes, the swimmer forgot to scratch within the thirty (30) minutes after the announcement of the finalists and didn't want to swim. A declared false start should be declared and accepted by the Head Referee.
- D. Yes, the swimmer is allowed to declare a false start and the first alternate will fill the next to top seeded swimmer's place.

Hint: Please review reference 207.11.6D(1) for the correct answer.

6. For a Mixed Gender Medley Relay, which of the following is correct? **1580.4**
- A. Rules pertaining to each stroke used shall govern where applicable.
 - B. The team of four (4) swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle.
 - C. The team must consist of two (2) males and two (2) females.
 - D. All of the above.

Hint: Please review references 101.7.2, 101.7.3 and 101.5.2 for the correct answer.

7. Which events may an LSC sanction and seed as a single event, without regard to swimmer's ages or gender, in the order of submitted entry times? **483.8**

- A. 500 yard and longer freestyle events.
- B. 50 meter freestyle events.
- C. 100 meter butterfly events.
- D. All of the above.

Hint: Please review reference 102.1.4 for the correct answer.

8. Time Trial events may be held in conjunction with what kind of competition if all information about the conduct of the Time Trials is included in the Meet Announcement as sanctioned or approved by the LSC? **1531.5**

- A. Observed competition.
- B. Sanctioned competition.
- C. Approved competition.
- D. All of the above.

Hint: Please review reference 102.1.5 for the correct answer.

9. In which age group, is the 800 Mixed Gender Freestyle Relay a recognized event? **1562.1**

- A. 13, 14, 15, 16, 17, 18 Years.
- B. 11, 12 Years.
- C. 10 Years and Younger.

Hint: Please review reference 102.1.2 for the correct answer.

- 10.** In a meet where a combination of preliminary and final events and timed finals are scheduled, an athlete plans on competing in a combination of both individual timed final events and individual preliminary and final events in one day. What is the maximum total number of individual events that this swimmer may compete in for that day? **467.25**

- A. Not more than five (5) individual events per day.
- B. Not more than three (3) individual events per day.
- C. Not more than four (4) individual prelim/final events per day.
- D. None of the above.

Hint: Please review reference 102.2.6 for the correct answer.

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

If you have any questions that you would like to ask, just e-mail Bill Rose at:
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