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For
Giving Their Greatest Gift, their TIME!!

Sierra Nevada Swimming Officials Newsletter

January 1, 2020



*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.**

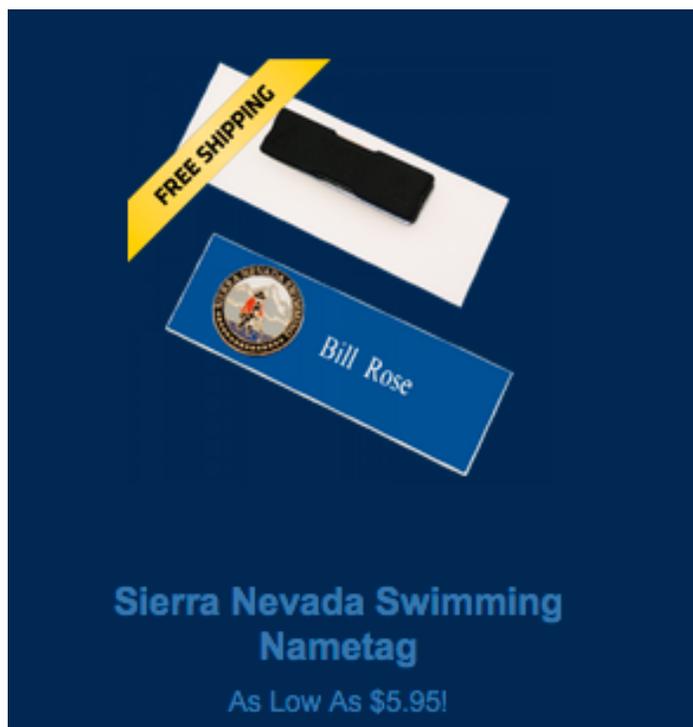
Sierra Nevada Swimming Name Tag's Anybody?

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:

<https://www.hastyawards.com/catalog/Nametags/136/product/Sierra-Nevada-Swimming-Nametag/433/>

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



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

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 your name tag, please dial (800) 448-7714 or (785) 242-5297

BUYING A WHITE POLO SHIRT FROM JUST PRINT IT INK

After looking sharp with the Lands' End shirts for a long time, I found an even better offer I don't think you can pass up.

Whose going to be wearing the Sierra Nevada Miner shirt on deck?

This is a local business. Bret Penner does the shirts for the Summer Sanders Senior + meet, all of CCA Meets as well as the Bill Rose Classic, when CCA is hosting the classic.

These shirts are less in cost than the Lands' End shirts, because they are shipped free.

SIERRA NEVADA SWIMMING

JUST PRINT IT INK



PLEASE CHECK ALL SPELLING, PUNCTUATION, GRAMMAR AND PLACEMENT OF YOUR DESIGN



I hope you are as impressed as much as I am, with the graphics on the shirt.

Please wear this shirt with pride by starting with the click on the website below.

<https://sns.justprintitink.com/>

Swimmingly,

Bill

***IF YOU ARE INTERESTED IN 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

2020 Club Excellence Results Announced

NATION'S CAPITAL SWIM CLUB CLAIMS NO. 1 SPOT IN USA SWIMMING CLUB EXCELLENCE RANKINGS FOR sixth STRAIGHT YEAR

Gold, Silver, Bronze recognition awarded to 200 clubs for performance excellence

COLORADO SPRINGS, Colo. – Washington, D.C.-area's Nation's Capital Swim Club has claimed the No. 1 spot once again in the USA Swimming Club Excellence program for the sixth consecutive year. On an annual basis, the Club Excellence program recognizes USA Swimming's highest-performing clubs in the development of athletes ages 18 years and younger.

Nation's Capital Swim Club (NCAP), posted 81,529 points to outdistance runner-up SwimMAC Carolina by 18,271 points. NCAP's top junior performers include National Team members **Katie Ledecky**, and **Phoebe Bacon**, as well as National Junior Team members **Paige McKenna**, **Chase Travis** and **Claire Nguyen**.

Sandpipers of Nevada, Mason Manta Rays and Dynamo Swim Club round out the top five for 2020.

"USA Swimming is fortunate to have dedicated athletes and coaches doing incredible work in pools across the country. The clubs who have earned Gold, Silver or Bronze honors are building future champions who will continue our success at the international level," said USA Swimming Managing Director of Sport Development **Joel Shinofield**. "We are excited and honored to again distribute \$400,000 in grants to the top 100-ranked clubs in 2020."

Now in its 20th year, the Club Excellence program identifies clubs that execute strong, well-rounded programs to produce elite 18-and-under athletes. The top-20 clubs earn Gold level ranking and those rated 21-100 are designated as Silver honorees. The next 100 clubs are recognized at the Bronze level.

Each team's ranking score is based on the FINA Points Table, a power point rating system that assigns point values to individual swimming performances based on the Gold, Silver or Bronze time standard. Starting with the 2018 Club Excellence rankings, Gold swims were multiplied by a factor of 2.0; points for Silver-level swims were increased by a factor of 1.5. Open water swimmers are eligible to score points based on their finishes at the 2019 USA Swimming Open Water National Championships and Junior National Championships.

The following clubs achieved the Gold Medal ranking for 2020. Sixteen different USA Swimming Local Swimming Committees (LSC) are represented at the Gold Medal level.

Rank	Club Name	LSC	FINA Points
1	Nation's Capital Swim Club	PV	81529
2	SwimMAC Carolina	NC	63258
3	Sandpipers of Nevada	CA	53427
4	Mason Manta Rays	OH	52621
5	Dynamo Swim Club	GA	40554
6	SwimAtlanta	GA	40197
7	Carmel Swim Club	IN	36221
8	NOVA of Virginia Aquatics	VA	32627
9	Long Island Aquatic Club	MR	30866
10	Lakeside Swim Team	KY	26339
11	Bluefish Swim Club	NE	25645
12	TAC Titans	NC	25081
13	Pleasanton Seahawks	PC	24483
14	Northern KY Clippers Swimming	OH	24101
15	Nashville Aquatic Club	SE	23103
16	Badger Swim Club	MR	21997
17	Marlins of Raleigh	NC	21193
18	Sierra Marlins Swim Team	SN	21003
19	Chelsea Piers Aquatics Club	CT	20854
20	Mission Viejo Nadadores	CA	20690

TAC Titans and Chelsea Piers Aquatics Club achieved a Gold Medal ranking for the first time. Since the inception of this program, 86 different clubs have earned Gold Medal ranking at least once.

Out of the 200 clubs recognized as Gold, Silver and Bronze programs, Illinois Swimming led all LSCs with 13 clubs recognized, followed by Southern California Swimming with nine clubs.

In addition to recognizing high-performing teams, the program provides grant funding that enables clubs to expand and enhance the services already provided to athletes. A total of \$400,000 in grants will be distributed to the 100 Gold- and Silver-level clubs.

In conjunction with the USA Swimming Club Excellence program, USA Swimming will honor five clubs as a 2020 Podium Club. Each team achieving a Gold Medal ranking for four consecutive years will be named to the Podium Club. In addition to earning Gold grant dollars, Podium Club members will receive a financial bonus from a pool of dollars to be divided equally among the number of teams in the Podium Club each year.

Congratulations to the following five clubs recognized as a Podium Club for 2020:

- Nation's Capital Swim Club

- Sandpipers of Nevada
- Carmel Swim Club
- Pleasanton Seahawks
- Marlins of Raleigh

For more information about the Club Excellence program visit www.usaswimming.org/clubexcellence.

How to Use a Disappointing Mid-Season Taper Meet to Swim Faster

By Dr. Alan Goldberg//Competitivedge.com

Suppose you just finished your mid-season taper meet, and you're unhappy with how you performed. You were really hoping for a much better meet, but your times just weren't there. It's left you feeling discouraged and has taken the motivational wind out of your sails. You're now looking at the toughest part of the season coming at you, the winter grind, and your confidence and determination after this disappointment is at an all-time low.

What makes matters worse is that you can't stop beating on yourself for such a poor showing. Whether this is a product of you comparing yourself to teammates who had a better meet, or to how you used to swim in the past doesn't matter. The end result is still the same. You feel like a total and complete failure.

So what can you do to bounce back positively from this setback?

Understand this: You always have two choices after a disappointing meet: First, ***you can get furious***. That is, you can get really angry and frustrated with yourself and beat yourself up. In the process, you can use your poor showing as concrete evidence that you're a failure. When you choose this first option, you'll feel even worse about yourself and completely lose your motivation. The resultant negative emotions that always pop up when you choose the furious option will prevent you from discovering what you might have done wrong before or during your races. This will leave you directionless and feeling hopeless.

The second, and far more constructive option after a bad meet is that ***you can get curious***. That is, you can objectively ask yourself, ***"what did I do that didn't work, and what do I need to do differently next time?"*** When you respond to your failures with this curious attitude, you will eventually discover the mistakes you might have made and from these, you can develop strategies (perhaps with the aid of your coach) to help you correct those mistakes.

Responding to any of your failures and disappointments with this kind of curiosity will give you a specific, positive direction to follow when you resume training. It will give you a sense of purpose

and keep both your confidence and motivation at a high level. This is how you build your successes as a swimmer and person – on the foundation of your failures!

Keep in mind that there is no place for your perfectionism after a bad meet. There is absolutely nothing constructive that will ever come out of you putting yourself down. As difficult as it might be, you want to get in the habit of objectively looking for the reasons your swims were so disappointing. Along these lines, one of the first places you should be looking after a dismal showing in a taper meet is at your “mental strategies.” That is, were you too nervous before your races? Were you overrun by last minute negative thinking and doubts? Were you overly focused on your competition? Were you too focused on your times before and during your events?

Usually when a swimmer does poorly at a taper meet, the mistakes that cost them their good swims were more mental than physical.

So if you want to learn to bounce back quickly from your disappointing meets, you have to train yourself to develop this curious stance and patiently look for where you could've gone wrong, both before and during your races.

2019 Speedo Winter Junior Championships: Day 3 Recap

Claire Curzan of TAC Titans broke another national age group record Friday at the Speedo Junior Championships East, taking down the mark in the 15-16 Women’s 100-yard butterfly in 50.87. It was her second national age group record in as many days after breaking the record in the 50-yard free Thursday. It was the first of two wins for Curzan Friday. She also took the 100 back in 51.55.

Also in the East, Carson Foster of Mason Manta Rays set the short course Juniors meet record in the men’s 400y IM, turning a time of 3:38.65. Another highlight on the men’s side in the East was Wyatt Davis’s double win in the men’s 100y back and 200y free.

In the west, Justina Kozan won two individual events Friday – the 400y IM (4:05.67) and the 200y free (1:45.15)

Here’s a look at the first-place finishers from both the East and West meets:

East

- Women’s 400y IM – Kathryn Ackerman, Michigan Lakeshore Aquatics, 4:09.62
- Men’s 400y IM – Carson Foster, Mason Manta Rays, 3:38.65 (Meet Record)
- Women’s 100y Fly – Claire Curzan, TAC Titans, 50.87 (NAG Record, Meet Record)
- Men’s 100y Fly – Tim Connery, SwimMAC Carolina, 46.73

- Women's 200y Free – Micayla Cronk, Blue Dolphins, 1:44.67
- Men's 200y Free – Wyatt Davis, Carmel Swim Club, 1:34.58
- Women's 100y Breast – Abby Arens, Marlins of Raleigh, 59.82
- Men's 100y Breast – Josh Matheny, Team Pittsburgh, 53.21
- Women's 100y Back – Claire Curzan, TAC Titans, 51.55
- Men's 100y Back – Wyatt Davis, Carmel Swim Club, 45.80
- Women's 200y Free Relay – Aquatic Team of Mecklenburg, 1:31.45
- Men's 200y Free Relay – SwimAtlanta, 1:19.45

West

- Women's 400y IM – Justina Kozan, Brea Aquatics, 4:05.67.
- Men's 400y IM – Ethan Heasley, Hillsboro Swim Team, 3:45.20
- Women's 100y Fly – Lucy Bell, Fort Collins Area Swim Team, 52.24
- Men's 100y Fly – Ethan Hu, Peak Swimming, 45.61
- Women's 200y Free – Justina Kozan, Brea Aquatics, 1:45.15
- Men's 200y Free – Lukas Miller, Elevation, 1:33.96
- Women's 100y Breast – Kaitlyn Dobler, The Dolphins, 59.31
- **Men's 100y Breast – Ben Dillard, Sierra Marlins, 52.97**
- Women's 100y Back – Isabelle Stadden, Aquajets Swim Team, 51.34
- Men's 100y Back – Aiden Hayes, Sooner Swim Club, 46.31
- Women's 200y Free Relay – Lakeside Aquatic, 1:31.89
- Men's 200y Free Relay – Bellevue Club Swimming, 1:21.03



Covington is Excited to See Friends and Fast Swimming at 2020 Olympic Trials

By Mike Watkins//Contributor



Like a lot of swim parents, Dana Covington (and husband, Steve) got involved with officiating because of their kids.

And just like most who are still officiating (and that's many), while their kids have moved on from their competition days, the parents remain committed - and excited - about swimming.

Covington is no exception. Her three daughters swam for many years but two stopped once college came (the third swam in college) around to focus on other things.

Meanwhile, Covington is returning to Omaha next summer to hit the pool deck as a Chief Judge - her second consecutive Olympic Trials.

For the Covington family, swimming just made sense in a lot of different ways - and still does.

"My husband and I wanted to get our daughters into a sport that would develop their identity as strong girls/women," she said. "We wanted something we could do as a family. So, we chose swimming."

Following is a brief Q&A with Covington about her officiating experience and what she is most looking forward to about coming back for her second Olympic Trials.

Q: Where do you live? What do you do for work, fun, hobbies? Family? Names?

A: I live in Placerville, Calif. – where gold was found that started the Gold Rush in 1849. I am a registered nurse (RN) and worked as an Emergency Room RN for 20 years. Now I work as a hospital administrator. I love my job! My hobbies include yoga, hiking and volunteering at church. My husband, Steve, is also a USA Swimming official.

Q: What do you remember most from past Trials? Any particular memory or memories/experiences stand out?

A: One of my favorite memories from last Trials (my first Trials) was the first night standing under the pool with my colleagues, getting ready to enter the pool, hearing the music, announcer and fans, seeing the lights and thinking there was nowhere else I'd rather be. I was with some of the best people in the world! I remember feeling so honored to be there. I also felt like it was a swim meet tucked into a party. The atmosphere was very patriotic and festive.

Q: What do you enjoy most about working swim meets (in the various roles you've played)?

A: What I enjoy most about working swim meets is seeing the athletes' results of hard work and goal setting. Seeing athletes work through disappointments and celebrating success.

Q: How many meets (including Trials) would you say you've officiated?

A: I don't know – a lot.

Q: How were you selected to be an official at next year's Trials?

A: The selection committee asked for input from LSC officials chairs. Looking for officials who had National Certifications. I am sure the decision was not easy. There are many qualified officials. I have also had experience as Chief Judge at other National selection meets.

Q: What will you be doing as an official – what is your role, duties, where will you be, etc. Have you done multiple officiant roles at meets before?

A: I will be part of the Chief Judge team lead by Don Hougardy. The CJs role is to help other officials and be the intermediary between the stroke official and the deck referee. The CJ Team collectively helps to put together all the pieces of officiating at the meet to make the puzzle whole. I have served in every role as an official at different meets over the years

Q: What was your officiant role at 2016 Trials?

A: I was a stroke and turn official.

Q: How long have you been officiating at swim meets? How did you get started doing this?

A: I have been officiating since 2008. My kids' club team needed officials and asked me to help.

Q: I imagine this is quite an honor to be chosen for Trials?

A: Being invited to Trials is an incredible honor. I am thankful to my official friends/mentors who have gone before me and gracefully taught me the ropes.

Q: How far/long did your daughters swim?

A: All three of our daughters swam through high school. One swam through college.

Q: What are you most looking forward to about Trials?

A: Seeing my friends from across the nation and developing a team of officials who collectively will put our best foot forward to serve the athletes that have worked so hard to be here.



Urbanowicz Excited to See Old Friends at Trials

By Mike Watkins//Contributor |

Michael Urbanowicz doesn't swim. In fact, he said he sinks like a rock in the water.

So, when he and wife, Stephanie, decided to get their daughter swim lessons so she would know the life-saving skill, it didn't take long for him to also get involved as a swim parent.

That was more than 20 years and several hundred swim meets ago – and he said he loves the sport even more now than before.

It's one of the reasons he's excited to return to Omaha next summer as a deck official at his fourth Olympic Trials.

"My first Trials (in 2008), I was a kid in a candy store," he said. "On the long drive to Omaha, I took pictures of all the key landmarks that you pass. Two hundred miles out, I saw billboards advertising the event. That's when I knew Trials was an event not like any other swim meet that I've attended.

"The best part for this Trials is that same level of excitement exists. At this Trials, I get to share this excitement with other officials that I have mentored as apprentice officials who are selected to work this meet."

Here's a quick Q&A with Urbanowicz, who is back for 2020 Trials as a Chief Judge. Suffice it to say, he can't wait for June to get here.

Q: Where do you live? What do you do for work, fun, hobbies? Family?

A: I live in Arvada, Colo., where I can see three wilderness areas from our deck. Arvada is where the gold rush in Colorado began. I have been a grain trader for over 35 years. For hobbies, I enjoy the back country and exploring the mountains with my wife, Stephanie.

Q: What do you enjoy most about working swim meets in the various roles you've held?

A: The great people that I have met and worked with who are sharing a common goal: to help our youth.

Q: What do you remember most from past Trials? Any particular memory or memories/experiences stand out?

A: The atmosphere is incredible. Its comparable to a major college football game. You can feel the concussion of the sound against your skin. A 1,500 freestyle race at the last Trials had over 12,000 people screaming at the top of their lungs watching three swimmers swim stroke for stroke for nearly 1400 meters. So much for distance events being boring to watch.

Q: How many meets (including Trials) would you say you've officiated?

A: Hundreds. I've been honored to be selected to many national level meets. This will be my fourth Trials meet. This will be my first in an assigned position.

Q: How were you selected to be an official at next year's Trials?

A: USA Swimming Selection Committee solicited input from all the LSCs. I'm honored that they selected me. There are many highly qualified officials within USA Swimming.

Q: What will you be doing as an official (what is your role, duties, where will you be, etc.) Have you done multiple officiant roles at meets before?

A: I will be part of the Chief Judge team led by Don Hougardy. The Chief Judge team functions as the eyes and the ears of the deck officials for the deck referee. I have been a Chief Judge at numerous national-level meets in addition to serving as nearly every other officiating position on the deck.

Q: Have you been a Trials official before?

A: I have been at three previous Trials Meets as a Stroke and Turn Official.

Q: How long have you been officiating at swim meets? How did you get started doing this?

A: I've been an official since 2002. Our daughter started swimming in a CARA league before moving up to a summer swim league. Running heating for 800-plus eight-and-under swimmers at a summer league prelims meet launched my officiating career.

Q: Are you a swimmer/former swimmer yourself?

A: I'm not a swimmer. I sink like a rock.

Q: Do you have kids who swam (I know this is how a few people got into officiating)?

A: Our daughter started swimming when she was four and swam through high school.

Q: What are you most looking forward to about 2020 Trials?

A: Seeing all of my friends that have developed over the years as a national level swim official. Additionally, the raw emotion at this meet is amazing. For almost all the swimmers this will be the biggest swim meet of their life.

DQ SLIP REVISION JULY 2019 - REFERENCE NOTES

The DQ Slip was revised this summer (current version is available from SwimOutlet and on the USA Swimming website). The codes on the current USA Swimming DQ Slip match up with the latest version of Meet Manager 7.0. There were a number of DQs on the slip that do not have a code in Hy-Tek. The decision was to keep the old code on the slip rather than delete it so it would prompt the Computer Operator to at least classify the DQ in Meet Manager. This would provide a complete DQ log/report from Meet Manager should someone want the data.

We understand from Hy-Tek that they do not have enough room on the drop-down menu to list all the DQ items that are on the USA Swimming DQ Slip. Consequently, there will always be some items on the DQ Slip that will not be in the Hy-Tek DQ drop-down menu until Hy-Tek makes changes to the software.

The Passing of Don Kessler, one of the Officials who helped in the establishment of Sierra Nevada Swimming, as a Local Swimming Committee (LSC).

Donald Preston Kessler

By Special to The Enterprise



Donald Kessler. Courtesy photo

April 21, 1936 – Nov. 28, 2019

It is with great sadness that the family of Donald Preston Kessler announces his passing. He succumbed to gastric cancer early Thanksgiving morning after a year-long, hard-fought battle. He is deeply missed by his family and friends.

A native of Pittsfield, Mass. and Cobleskill, N.Y., he was a high school track star and basketball standout and was inducted into the Pittsfield High School Hall of Fame in 2014. He attended Syracuse University where he earned a spot on the basketball team. He went on to graduate with his bachelor's and master's degrees in zoology before going on to Indiana University where he earned his Ph.D. in bacteriology.

While at Indiana, he met Rachel Day. He wooed her with an invitation to a singing party and the rest is history. Going against his usual slow, steady, methodical scientific

instincts, he proposed to Rachel just three months into dating and they married a few months later in Bement, Ill., in August of 1962.

Soon after, they relocated to Santa Barbara where he obtained his post-doctorate at UC Santa Barbara before securing a position on the faculty at UC Davis teaching genetics in bacteriology. After nearly a decade at the university, he pivoted into the health insurance business, a career he continued for 47 years.

Don enjoyed numerous endeavors but playing trombone was nearest and dearest to his heart. In 1972 he founded the Davis Brass Ensemble along with the Valley Artist Productions, a nonprofit that also benefits numerous choral programs.

He was a member of The Rotary Club of Davis since 1976. In 2003, he was recognized as a top fundraiser, the maiden year of the Polio Plus program, and in March 2019, he was presented with the highest Rotary award, "Service Before Self."

He continued his fundraising efforts for Valley Artists Productions, which included selling citrus fruit for the past 41 years. Many people remember his calls, which always started in October, and he often heard, "Oh, I wondered when you were going to call!" He was still making these calls days before his passing.

Don was also very involved with the Davis Aquadarts and Sierra Nevada Swimming, an LSC that he, Sam Uriu, and others founded in the 1970s. He spent countless weekends on deck officiating the swim meets of his three children, an activity that continued long after they moved on to college. In 2003, he was awarded a lifetime membership for his service with USA swimming.

He loved to travel, but there was no place that had more meaning to him than "Camp," the summer cabin his father built in 1947 in the Adirondack Mountains of Upstate New York. He cherished his time by the lake, the early evening swims, getting lost in a book, listening to the rain fall on the tin roof, the big dinners with extended family, the flowing wine, the uproarious laughter, the ridiculous scrabble challenges and keeping that fireplace going on cold nights. And nothing was more spectacular than those sunsets.

Don is survived by his wife, Rachel, his children, Carol Ann, John (Heather) and William (Carri). He is also survived by five grandchildren, Noah, Gavin, Hadley, Margot and Graham; his sister Joanna Publow; his brother Charles; and his beloved nieces and nephews.

The memorial service celebrating his life is 2 p.m. Sunday, Jan. 5, at Davis Community Church, 412 C St. in Davis.

Memorial gifts in memory of Donald will be gratefully received by the following:

Valley Artist Productions in memory of Donald Kessler, 1302 Oak Ave., Davis, CA 92616

Yolo County Hospice in memory of Donald Kessler, 1909 Galileo Ct., Davis, CA 95618

Davis Community Church Music Fund in memory of Donald Kessler, 412 C St., Davis, CA 95616 and

Pioneer Congregational United Church of Christ Music Fund in memory of Donald Kessler, 2700 L St., Sacramento, CA 95816.

My "ONE BIG THING" From Being Out & About

By Bill Rose

This month I was really excited seeing so many of our Sierra Nevada Swimming Officials apply for some of the Winter Nationals for the first time or to continue their streak of attending National Meets on a regular-bases. This was even before Sierra Nevada Swimming recently passed the Officials Reimbursement Program. They attended the meets to see "old" friends or make new friends or wanted to find out for themselves what was so exciting about attending these National Meets.

If you want to attend, you have to apply. That is the first step. Once you have been accepted, you make your air fare and hotel reservations. It is always nice to room with another Official. It cuts the cost and is enjoyable to visit with another Official who might be from a different LSC.

I attended Winter Nationals in Atlanta, Georgia, where the 1996 Olympics were held at Georgia Tech. Elisa Reuter applied and wasn't accepted at first, but someone backed out and she was the first replacement to be asked, by the Meet Referee. Along with Elisa, Dana Covington was assigned as one of the Deck Referees and Bill Rose was one of the Stroke and Turn Judges and the Admin Referee for Time Trials.



Attending the West Junior Winter Nationals in Federal Way, Washington was Niffey Carmody, Ted Curley and Julie Griffith-Flatter who have attended National Meets in the

past. The new Officials from Sierra Nevada Swimming who attended their first Nationals were Cristen Brouwer, Scott Sewell, Leia Richter and Jason Shibata.



This is the last time you will see these blue oxford shirts being worn by Officials attending finals at Nationals. These shirts are being retired.

Six days later, and 2,467 miles from Atlanta, Georgia at Hoos Pool in Sacramento, California the three Officials below were officiating at the DART meet.





Lisa Vetterlein Excited to be Reunited with Her Officials Family at 2020 Trials

By Mike Watkins//Contributor | Thursday, December 26, 2019

Lisa Vetterlein remembers her first and only Olympic Trials being filled with feelings of trepidation and wonder.

And, oh so much fun.

“The magnitude of the venue and the space on deck made me a little nervous as an official as we first walked out onto a pool deck clear of coaches and athletes,” she said. “But the ultimate was finals. It was a fantastic production, building anticipation, excitement and ultimately celebration of the best performances from the athletes.”

Returning to Trials next summer in Omaha, Vetterlein will serve as a Chief Judge, and she said she’s excited to be reunited with other officials who have become like family. It’s one of the main reasons she is ecstatic about coming back to officiate at her second Trials.

Below is a Q&A with Vetterlein about her parental connection to swimming and how much she loves officiating at all meets – but especially Trials.

Q: Where do you live? What do you do for work, fun, hobbies? Family? Names?

A: I live in Seattle, Wash., with my husband Malcolm. I am a bookkeeper for occupation, but Malcolm and I own an expedition-quality duffel bag business “BADBags” (acronym for Best American Duffel – shameless plug there). My pastimes are Pilates, Orange Theory and walking.

Q: What was your first Trials like? Most recent Trials?

A: 2016 was the most recent, and my first Olympic Trials.

Q: What do you enjoy most about working swim meets (in the various roles you've played)?

A: Every meet provides an opportunity to be with officiating friends, to help officiating friends, to be mentored, to mentor. It doesn't get old or stale regardless of the competition level.

Q: How many meets (including Trials) would you say you've officiated?

A: Across a lot of different types of swim meets – too many to count.

Q: What will you be doing as an official (what is your role, duties, where will you be, etc.) Have you done multiple officiant roles at meets before?

A: I will be part of the Chief Judge team at Trials. Communication in this role is the key – communication to the deck officials on protocols that have been set forth, and between deck officials and deck referees as needed. Across all meet levels, I have worked in every position on deck.

Q: Do you have kids who swam (I know this is how a few people got into officiating)?

A: Yes, I have twin daughters who began swimming in a summer league program and then swam through college.

Q: Have you been a Trials official before? If not, have you been to Trials before as a spectator, coach or participant?

A: Officiating as a Stroke and Turn Judge in 2016 was my only Olympic Trial experience.

Q: How long have you been officiating at swim meets? How did you get started doing this?

A: I have been officiating for just over 15 years. My two daughters committed so much time and energy to the sport, it was easy to commit. However, years ago, I would have laughed if you told me I would spend so many hours a week/weekends at a pool. My first meet, I was the volunteer timer, and then a friend asked if I might consider becoming an official. I did and have never stopped.

Q: I imagine this is quite an honor to be chosen for Trials?

A: It is an incredible honor to have been selected from among the number of officials that meet the criteria.

Q: Are you a swimmer/former swimmer yourself?

A: I was never a competitive swimmer.

Q: What are you most looking forward to about Trials?

A: Besides watching the Olympic Team chosen, I am excited to be part of this officiating crew of friends, and to work as a Chief Judge, gaining the experience and perspective that role will provide.

SIERRA NEVADA SWIMMING LSC BOARD MEETING

**Please plan to attend our Board of Directors Meeting
and get involved!**

Meeting Date: **Thursday, January 16, 2020**

Time: **7:00 PM to 9:00 PM**

Hosted by: Sierra Nevada Swimming

Location: **More information will follow at a later date.**

Contact Information: Alex Ongaco <alex.ongaco@snswimming.org>

Remember: Silence is consent!!

**IF YOUR TEAM WOULD LIKE TO HOST A STROKE
AND TURN CLINIC FOR THE 2020 SWIMMING
YEAR PLEASE CONTACT**

MELISSA SZPIK SERRAO AT: <officialmelissasn@gmail.com>

The new 2020 swimming year will start on September 1st, and Stroke and Turn Clinics will be offered at many places throughout our LSC after the USA Swimming Convention ends on Sunday, September 15, 2019.

An "Athlete Protection Training" online program and a Criminal Background Check will be required for all first-time non-athlete volunteers, Officials and Coaches, before your 2020 USA Swimming

membership becomes valid. The clinics that will be offered in early September and October will be for the 2020 swimming year.

After the 2018 USA Swimming Convention, there were many 2019 yearly-required clinics offered. Many past certified Officials didn't think they needed to attend a clinic in the calendar year of 2018, for the swimming year of 2019. They were mistaken. **DON'T LET THIS HAPPEN TO YOU** for the 2020 swimming year.

Hope you worked enough sessions in the swimming year of 2019 to maintain your current certification in 2020. Check the requirements below.

**USA Swimming Minimum Standards
Guidelines
For Utilization By
Local Swimming Committee (LSC) Officials
Mission**

To develop and conduct mentoring programs to recruit, educate, train and certify USA Swimming officials to provide high quality and consistent officiating for our athletes.

The goal of having all Local Swim Committees (LSC) adopt these minimum standards for certification of Officials is to set standards, that when applied, will accomplish the following:

- * ensure a clear and consistent knowledge of the rules
- * provide sufficient time in training to assure familiarity with all levels of competition
- * provide opportunity to work on the deck and advance through the certification process
- * allow automatic acceptance at the Stroke & Turn level between all LSCs meeting the USA

Swimming Minimum Standards Guidelines

- * ensure professionalism in all aspects of the word "team" while in attendance at a swim event both on and off the deck

The sessions referred to in the guidelines should be of duration to assure sufficient time to observe a significant number of swimmers and should contain a complete schedule of events to provide the opportunity to observe all strokes.

LSC's may set minimum standards for additional positions such as Referee (Non-Starter), Clerk of Course, Timing Judge, Equipment Operator, etc.

Any exception to these minimum standards must be approved by the National Officials Chair who may stipulate appropriate conditions for each exception.

* May not Officiate at a Session in Which They are Competing or Coaching

TIMER (Minimum Age 11)

Education & Training	None except pre-meet briefing Performance monitored by Chief Timer and/or Referee during meet.
Evaluation & Certification	Certify after passing USA Timer's test and satisfactory performance at one meet.
Renewal	Based on satisfactory performance.

ADMINISTRATIVE OFFICIAL (Minimum Age 18)

Education & Training	Formal clinic training. Must take USA Administrative Official test. On-the-deck apprenticeship with at least one (1) mentor who has a minimum of one (1) year certification as Administrative Official, Administrative Referee, or Referee) for a minimum of two (2) sessions.
Evaluation & Certification	Certify after passing USA Administrative Officials test and satisfactory performance at one meet. Must be a member of USA Swimming, pass the Criminal Background Check and complete the online Athlete Protection Training before officiating as an Administrative Official. <u>Sierra Nevada Swimming:</u> After above training, must have the recommendation of the Trainer before being granted certification.
Renewal	Based on satisfactory performance. Sierra Nevada Swimming: Attend yearly Administrative Official clinic, work a minimum of two meets* and take the Administrative Official Recertification test every other year.

*meets are defined as being listed as the AO or AR on the Meet Announcement or being an Assistant AO or Assistant AR at the meet.

STROKE & TURN JUDGE (Minimum Age 18*)

Education & Training	Formal clinic training. Must take USA Swimming Stroke & Turn/Timer test. On-the-deck apprenticeship with at least two (2) mentors (who have a minimum of one (1) year certification as a Stroke and Turn Judge) for a minimum of six (6) training sessions.
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(Cannot make a disqualification during those sessions).

Evaluation & Certification	<p>Evaluation by evaluator/mentor and/or Referee to be reported to LSC Officials Chair or their designee.</p> <p>Must complete certification within one year from date of clinic.</p> <p>Must be a member of USA Swimming, pass the Criminal Background Check and complete the online Athlete Protection Training before officiating as a Stroke and Turn Judge.</p>
Renewal	<p>Attending a yearly clinic and taking the re-certification online test every other year.</p> <p>To maintain certification, must work a minimum of four (4) sessions per year in Stroke & Turn or higher capacity.</p> <p>If the renewal is for the year after receiving the initial S/T certification, the above mentioned four (4) sessions are in addition to the six (6) minimum training sessions worked to become a certified Stroke & Turn Judge for the first time.</p> <p>Based on continuing USA Swimming membership and satisfactory performance.</p>

RELAY TAKE-OFF JUDGE (Minimum Age 18*)

Education & Training	Must be certified Stroke & Turn Judge
Evaluation & Certification	Considered part of Stroke & Turn Judge certification. Must have a minimum of one (1) year experience as a certified Stroke & Turn Judge.
Renewal	Same as Stroke & Turn Judge

CHIEF JUDGE (Minimum Age 18*)

Education & Training	Must be certified Stroke & Turn Judge
Evaluation & Certification	Considered part of Stroke & Turn Judge certification. Must have a minimum of one (1) year experience as a certified Stroke & Turn Judge.
Renewal	Same as Stroke & Turn Judge

STARTER (Minimum Age 18*)

Education & Training	Must attend yearly clinic.
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Must take USA Swimming Starters online test and be a **current member of USA Swimming, pass the Criminal Background Check and complete the online Athlete Protection Training.**
Must serve a minimum of six (6) training sessions on the deck at **two (2)** different meets with at least two (2) different mentors approved by the LSC Officials Chair or their designee.
Must have worked as a certified Stroke & Turn Judge for a **minimum of five (5) sessions and one (1) swimming year.**

Evaluation & Certification **Certification based on** recommendation of the mentor(s) and/or Referee(s).

Renewal Attending a yearly clinic and taking the re-certification Starter online test every other year.

To maintain certification, must work a minimum of four (4) sessions per year in Starter or higher capacity.

If the renewal is for the year after receiving the initial Starter certification, the above mentioned four (4) sessions are in addition to the six (6) minimum training sessions worked to become a certified Starter for the first time.

Based on continuing USA Swimming membership and evaluation.

REFEREE (Minimum Age 21*)

Education & Training **Must attend** referee's clinic and **apprentice** on-the-deck for a **minimum of six (6)** training sessions at **three (3)** sanctioned meets with at least **two (2)** different referees.

Previous certification as a Stroke & Turn Judge and Starter.

Can begin Deck Referee training after becoming a Certified Starter, who has worked the minimum four (4) sessions as a Starter and taken the battery of online tests, mentioned below.

Recommend **being familiar** with the positions of Announcer, Clerk of Course, Starter, Stroke & Turn Judge, Chief Judge, Timer, Timing Judge and Meet Marshal.

Must pass USA Swimming Officials tests (**Stroke & Turn/Timer, Timing Judge, Clerk of Course, Administrative Referee, Starter and Referee**) with a grade of **at least 80% within the past 24 months** and be a current member of USA Swimming.

Evaluation & Certification **Certification based on** recommendation of the mentor(s) and/or Referee(s).

Renewal Must attend yearly clinic and **take and pass the re-certification Referee test** every other swimming year. If a Starter, it is recommended to take the re-certification Starter online test every other year as well.

To maintain certification, **must work** a minimum of **six (6) sessions per year** in Starter or higher capacity with a least one session as Referee.

If the renewal is for the year after receiving the initial Referee certification, the above mentioned six (6) sessions are in addition to the six (6) minimum training sessions worked to become a certified Deck Referee for the first time.

Based on continuing USA Swimming membership and evaluation by the LSC Officials Chair or their designee.

It is a REQUIREMENT to attend a yearly clinic to start the process of becoming a certified Official once again for the new swimming year.

REMEMBER: attend one of these yearly-required clinics when we host clinics in your neighborhood. Don't wait for us to come back. We might not be able to come back a second time.

ALL Officials have to attend yearly clinics!!

Future Administrative Official Clinics on the Calendar.
There are presently **NO 2020 Admin Official Clinics on the calendar.**

Future Stroke and Turn Clinics on the Calendar.
There are presently **TWO 2020 Stroke and Turn Clinic still on the calendar.**

Clinic #1

What: 2020 Stroke & Turn Clinic

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

Where: Davis, California

Location: Brady Family Building
23 Russell Blvd.
Davis, CA 95616

Time: 10:00 AM to 12:30 PM

When: **Saturday, January 11, 2020**

Directions: Driving on I-80 W, toward San Francisco, take I-80 W to 72B for Richards Blvd N toward downtown in Davis. Follow Richards Blvd, 1st Street and B Street to Russell Blvd. Merge onto Richards Blvd. Continue straight to stay on Richards Blvd. Richards Blvd turns left and becomes 1st Street. Turn right onto B Street. Turn left onto Russell Blvd. Destination will be on the right.

Google Directions:

<https://www.google.com/maps/dir/%27%27/23+Russell+Blvd,+Davis,+CA+95616/@38.5465379,-121.7478911,17z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x808529a097b65e9f:0x9690f44d89b6c7fb!2m2!1d-121.7457453!2d38.5465379>

If you need further directions, e-mail Miriam Fisk at <miriamfisk@sbcglobal.net> or Ted Curley <tgccconst@gmail.com>

Clinic #2

What: 2020 Stroke & Turn Clinics

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

Where: Redding, California

Room 1904 will be used. Signs will be posted.

Time: 6:00 PM to 9:00 PM

When: FRIDAY, JANUARY 31, 2020

Directions: Use the web site below to look at the map of the Shasta College campus.

<http://www3.shastacollege.edu/studev/tour/tourmap.htm>

If there are any questions please contact:

Bill Fisher <golfswim2003@yahoo.com>

Directions to Shasta College:

I-5 North to Redding. Take the Burney/Alturas/Lake Blvd. exit. Stay to the right and you are now on 299 east. Take the 2nd exit which will say for Shasta College. Turn left and at the 4-way stop go straight and take the next entrance to the College which is the north entrance. Turn into the big parking lot on the right and head to the big building on your left which is the gym. If you walk in front of the gym, you will see the Shasta Knight. The hospitality room is to the right as you enter the gym. The gym is adjacent to the pool.

TAKE YOUR MARK
A
STARTER AND DECK REFEREE WORKSHOP

REQUIRED OF ALL STARTERS AND DECK REFEREES OR FOR THOSE OFFICIALS WANTING TO BE A STARTER OR DECK REFEREE IN THE FUTURE

There are **THREE 2020 Starter/Deck Referee Workshops still on the calendar.**

At the conclusion of the S/T Clinic at the Brady Building in Davis on January 11, 2020, we will have a Starter/Deck Referee Workshop, immediately following the S/T Clinic. More information will be coming your way.

Workshop #1

Where: Davis, California

Location: Brady Family Building
23 Russell Blvd.
Davis, CA 95616

Time: Will begin immediately after the S/T Clinic mentioned above.

When: Saturday, January 11, 2020

Directions: Driving on I-80 W, toward San Francisco, take I-80 W to 72B for Richards Blvd N toward downtown in Davis. Follow Richards Blvd, 1st Street and B Street to Russell Blvd. Merge onto Richards Blvd. Continue straight to stay on Richards Blvd. Richards Blvd turns left and becomes 1st Street. Turn right onto B Street. Turn left onto Russell Blvd. Destination will be on the right.

Google Directions:

<https://www.google.com/maps/dir/%27%27/23+Russell+Blvd,+Davis,+CA+95616/@38.5465379,-121.7478911,17z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x808529a097b65e9f:0x9690f44d89b6c7fb!2m2!1d-121.7457453!2d38.5465379>

If you need further directions, e-mail Miriam Fisk at <miriamfisk@sbcglobal.net> or Ted Curley <tgccconst@gmail.com>

Workshop #2

Where: Elk Grove, California

Location: Elk Grove Aquatics Center
9701 Big Horn Boulevard
Elk Grove, California 95757

Time: The plan is to have a Starter/Deck Referee Workshop from 8:00 AM - 9:00 AM in their clubhouse, then 9:00 AM - 10:00 AM will be the Equipment Clinic.

When: Saturday, January 11, 2020

DIRECTIONS: Taking I-5 South, follow I-5 South to Elk Grove Blvd. Take exit 506 from I-5 South. Continue on Elk Grove Blvd. to Big Horn Blvd in Elk Grove, approximately, 11 minutes or 5.5 miles. Taking I-5 South to Cosumnes River Blvd. Take the 510 from I-5 South. Get on CA-99 South. Follow CA-99 South to Elk Grove Blvd in Elk Grove. Take exit 286 from CA-99 South (approximately 3 minutes (3.3 miles). Take Laguna Springs Dr. and Lotz Parkway to Big Horn Blvd in Elk Grove, approximately, 11 minutes or 5.5 miles (approximately 4 minutes (1.5 miles).

Google Directions: <https://www.google.com/maps/dir/38.576128,-121.3661184/9701+Big+Horn+Bld,+Elk+Grove,+CA+95757/@38.4883684,-121.4746226,12z/data=!3m1!4b1!4m9!4m8!1m1!4e1!1m5!1m1!1s0x809ac7a1d1e8eb7b:0xa012e7531ba18462!2m2!1d-121.4031885!2d38.4036149>

If you need further directions, e-mail Irene Nakaoka <iyfujishima@yahoo.com> or Melissa Szpik Serrao <officialmelissasn@gmail.com>

Workshop #3

What: 2020 Stroke & Turn Clinics

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

Where: Redding, California

Room 1904 will be used. Signs will be posted.

Time: Will begin immediately after the S/T Clinic mentioned above.

When: **FRIDAY, JANUARY 31, 2020**

Directions: Use the web site below to look at the map of the Shasta College campus.

<http://www3.shastacollege.edu/studev/tour/tourmap.htm>

If there are any questions please contact:

Bill Fisher <golfswim2003@yahoo.com>

Directions to Shasta College:

I-5 North to Redding. Take the Burney/Alturas/Lake Blvd. exit. Stay to the right and you are now on 299 east. Take the 2nd exit which will say for Shasta College. Turn left and at the 4-way stop go straight and take the next entrance to the College which is the north entrance. Turn into the big parking lot on the right and head to the big building on your left which is the gym. If you walk in front of the gym, you will see the Shasta Knight. The hospitality room is to the right as you enter the gym. The gym is adjacent to the pool.

Taking the Online tests

The online test is an every-other year requirement.

**FOR THE 2020 USA SWIMMING YEAR,
THERE ARE 52 STROKE AND TURN JUDGES WHO NEED TO COMPLETE
THEIR STROKE AND TURN/TIMER RE-CERTIFICATION TEST!! IN
ADDITION, THERE IS ALSO
9 CERTIFIED REFEREES WHO HAVE TO COMPLETE THERE RE-
CERTIFICATION REFEREE TEST**

**REMEMBER, these renewal tests have to be completed and passed by
January 1, 2020.**

**Even though we started the 2020 swimming year way back in
September, we are now still using the 2019 Rulebook on all online
tests.**

The 2019 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 its entirety, for free.

Looking for the current Rulebook:

When you are on the USA Swimming Home web page, click on **FOR YOU** at the top of the web page. Look for **OFFICIALS** in the middle of the web page, then click on **OFFICIALS**. You will now get a page that has at the top of that page, a picture of the Officials in their red polo shirts, who attended one of the recent TYR Pro Series Meets in Mesa, Arizona. Scroll down a bit on this page, until you find an area titled, **OFFICIALS QUICK LINKS**.

Choose **Rules and Regulations** and click on [Rules and Regulations](#).

The 2019 Rulebook appears. Run your mouse down at the bottom of the cover page, to choose how you want to download your book to your desktop (Open in PDF in Preview or Save PDF to download folder). I chose Open in PDF in Preview for my Apple product.

REMEMBER PAST CERTIFIED OFFICIALS

After you have attended your 2020 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, 2020.

TAKE YOUR 2020 ONLINE TESTS NOW!!

The online tests have all been aligned with the 2019 Rulebook and are waiting just for you.

Use your 2019 Rules and Regulations now to take your 2020 required online test.

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. If this is your first time on this webpage, fill in the information needed to become a member and then click on [SIGN 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 [FOR YOU](#) at the top of the web page.
4. Look for **OFFICIALS** in the middle of the web page, then click on [OFFICIALS](#).
5. You will now get a page that has at the top of that page, a picture of the Officials in their red polo shirts, who attended one of the recent TYR Pro Series Meets in Mesa, Arizona. Scroll down a bit on this page, until you find an area titled, **RESOURCES FOR OFFICIALS**. You will now locate the picture titled, **OFFICIALS ONLINE TESTING**. Click on [OFFICIALS ONLINE TESTING](#). Please read all the information on this page. You may want to print these instructions for further use.
6. Now you are ready to start a test. At the bottom of this page, you will click on [START AN ONLINE TEST - CLICK HERE](#) at the bottom of this screen. On my screen it is in **RED**.
7. You are now taken to a page, which is titled, **START AN ONLINE TEST** at the top. Click on [Select A Test](#) and drag your mouse until the test you want is highlighted. At the top of this drag-down menu make sure your pick is the correct one; there are 32 tests to choose from. In most cases, if you are taking your first online test, your test will be the Certification Stroke and Turn/Timer test.

8. You will then have to click on the "[I agree](#)" box, saying that you understand that if you don't complete your test, by a certain date, it will be automatically deleted. Now click on [NEXT](#).

9. You are now taken to a page with your personal information. You must verify that the information provided is correct. You may make any changes necessary and then click "[SAVE INFORMATION & PROCEED TO TEST](#)"

10. The next page you are taken to is getting closer to taking the test. You now have 2 choices:

Choice one: Click on [START TEST](#) button, to start test.

Choice two: click on "[PRINT BLANK VERSION OF TEST.](#)" You can 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 right-hand corner of the Adobe PDF document shown on the screen. Click on the little printer icon. Your copy in PDF form should now be on your desktop. That is where I save my PDF documents.

When using Choice one and you have clicked on [START TEST](#), the first question will appear. When you have made your choice and clicked on that choice, click on "[NEXT.](#)" If you now click on "[NEXT,](#)" you will see the second 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 & RESTART LATER.](#)" The web site will remember which test you have chosen **only** if you have clicked on "[SAVE & RESTART LATER](#)".

11. I have heard that if you answer just the first question before you click on "[SAVE & RESTART LATER](#)" and then [SIGN OFF](#), you will be assured of returning to this same test the next time you have more time to spend completing the test. By mistake, if you don't save the test

properly, the questions will not be in the same order, with the questions and answers being randomly chosen.

12. 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.

13. You will have to look for the small 'X' at the top right-hand corner of the page. Click on this to close the test for now.

14. If you want to take the test off line at your leisure by using the printed version of your test, you may look for [Print Blank Test](#), click on that and you can then make a printed copy of your test.

15. Click [SIGN OUT](#) at the top of the web page, if you want to take the test at a later date. Take the test off line at your leisure by using the printed version of your test.

16. When you are ready to take the test again, you need to return to the USA Swimming web page, by following the steps you used at the start of this instruction. If you have forgotten, here it is again.

Click on [FOR YOU](#) at the top of the web page.

Look for **OFFICIALS** in the middle of the web page and then click on [OFFICIALS](#).

You will now get a page that has at the top of that page, a picture of the Officials in their red polo shirts, who attended one of the recent TYR Pro Series Meets in Mesa, Arizona. Scroll down a bit on this page, until you find an area titled, **RESOURCES FOR OFFICIALS**. You will now locate the picture titled, **OFFICIALS ONLINE TESTING**. Click on [OFFICIALS ONLINE TESTING](#). Please read all the information on this page. You may want to print these instructions for further use.

Now you are ready to start the test once again. At the bottom of this page, you will click on [**START AN ONLINE TEST - CLICK HERE**](#) at the bottom of this screen. On my screen it is in **RED**.

You are now taken to a page, which is titled, **START AN ONLINE TEST** at the top. Your test, the Certification Stroke and Turn/Timer test, should appear in the box shown.

You will now click on [**RESUME**](#) to start the test once again.

17. 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.**

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

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.

19. 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.

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

21. 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 that 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.

22. 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.

23. Click [SIGN OFF](#) 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 MELISSA SZPIK SERRAO AT: [<officialmelissasn@gmail.com>](mailto:officialmelissasn@gmail.com)

ALL Officials have to attend a yearly clinic!!

Most of the clinics we hold are between October and December, with a few more in January of the new calendar year. Most Officials want to be certified before the previous certification expires on the last day of the calendar year (12/31/??).

If this is your year, 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!!

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

The 2019 Rules and Regulations (Rulebook) is 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 January of 2020.

Meet Date: January 18-19, 2020

Type of Meet: SCY - Arctic Challenge

Hosted by: Woodland Swim Team

Location: 155 N West St, Woodland, CA 95695
Woodland Community Swim Center in Woodland, CA

Directions: Use the website below to look at a map of the area around Woodland High School
<http://maps.google.com/maps?client=firefox-a&channel=s&hl=en&ie=UTF-8&dq=Woodland+Swim+Center,+loc:+Woodland,+CA&daddr=155+N+West+St,+Woodland,+CA+95695&geocode=16698865447885941103,38.687409,-121.783902&ll=38.687409,-121.783902&iwstate1=dir:to&iwloc=A&f=d>

Contact Information: Meet Director, Ann Brunson <coachann.wst@gmail.com>

Meet Date: January 18-19, 2020

Type of Meet: Winter Splash - Trials and Finals

Hosted by: DART at Sacramento

Location: American River College
4700 College Oak Drive
Sacramento, CA 95841

Directions: Directions to the pool: Directions from Hwy 80: East on Madison Ave. Turn Right on College Oak Drive. Turn left on to Myrtle (parking will be on the right) or go two more blocks and turn left in to football stadium parking lot. Directions from Hwy 50: North on Watt Ave. Turn right on Auburn. Slight right on Winding Way. Stay straight on College Oak Drive. Parking will be on the right.

Contact Information: Meet Director: Brian Nabeta <coachbkn@comcast.net>

Map to American River College:

<https://www.google.com/maps/dir/'/4700+College+Oak+Dr,+Sacramento,+CA+95841/@38.6524876,-121.3468272,12z/data=!4m5!4m4!1m0!1m2!1m1!1s0x809adececb2c21d3:0x6ed34e2a82501836>

Meet Date: January 24, 2020
Type of Meet: SCY - Distance Dual Meet
Hosted by: Solano Aquatics Sea Otters
Location: Solano Community College Pool
400 Suisun Valley Road
Fairfield, CA 94534

Directions: Use the website below to look at a map of the area around Solano Community College
http://maps.google.com/maps?hl=en&rlz=1G1GGLO_ENUS264&q=400+Suisun+Valley+Road,+Fairfield,+CA&oe=UTF-8&um=1&ie=UTF-8&sa=N&tab=wl&oi=property_suggestions&resnum=0&ct=property-revision&cd=1

Contact Information: Meet Director: Heather Merodio - <Saso.meetdirector@gmail.com>

Meet Date: January 24-26, 2020
Type of Meet: SCY - Bud Meyer Memorial Meet
Hosted by: Spare Time Aquatics of Sacramento
Location: Rio Del Oro Racquet Club, Sacramento

Directions: Use the website below to look at the map of the area around Rio Del Oro Racquet Club of Sacramento. http://maps.google.com/maps?hl=en&source=hp&um=1&ie=UTF-8&cid=0,0,3826466632981135959&fb=1&hq=rio+del+oro&hnear=sacramento&gl=us&addr=119+Scripps+Dr,+Sacramento,+CA+95825-6305&geocode=12809205724098204541,38.571450,-121.407866&ei=ZMP9SrvdBZCosgOntfWHCw&sa=X&oi=local_result&ct=directions-to&resnum=1&ved=0CAoQngIwAA

Contact Information: Richard Levin
<coachrichard@riorapids.com>

Meet Date: December 31- January 2, 2020

Type of Meet: SCY - Winter Splash
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
Kathy Myers
<meetdirector@sierramarlins.net>

OFFICIALS: ASK YOUR QUESTIONS!!

- Changed January 1, 2020 -

Often Asked Questions by USA Swimming Officials

I redid my background check last week, so it's good till 12/2021 now (shows up correctly in my certification card). I did my APT too early, not realizing it expires in exactly 12 months. I'll redo APT again in Jan so I will have everything lined up till end of 2020.

I heard you can't renew the new APT until it is less than three months before it is ready to expire.

How soon after the first of the year can I retake the APT and get my criminal background done? I'd like to get all this stuff on a yearly schedule of Jan /Feb if possible when I'm not so busy...

You can probably do them both during the last part of January or February. If you do the background check early, it will expire in two years from the month you take it. The APT expires one year from the day you take it. So, if you do the background check during the last week in January and the APT on the last day of January, it should work out like you have planned.

My US Swim Cert Card has only been avail in black and white, even though I have selected it to print in color. Any ideas how I can get this fixed?

I found out yesterday, that other Officials have a 2020 "faded **gray**" membership/certification card, so it is not "faded **red**" anymore. Sorry about the misinformation, I gave you yesterday. When I print my new 2020 membership/certification card and after I renew my APT on 12/31/2019, it will appear in "faded **gray**," just like your card.

I'm going through my APT training and not only is the Athlete Protection Training showing for me, but so is USADA Coach's Advantage Tutorial. See screenshot, is that required for officials as well?

No, you don't have to do that one. That is not required of us.

I hope this email finds you in good health. I have a few questions. On my deck pass, it says certification expires 12/29/19 and then on the left hand column it says expires 12/30/2020.....Which is correct? Second question.....where do I find the link to take the test for the concussion protocol? Third question.....Is the CPT the only test I need to complete for 2020?

I haven't updated your 2020 Membership/Certification Card, since you still have the Concussion Course to take. That is why it says, it expires on 12/29/2019. The Concussion Course is required by 12/1/2020, but USA Swimming is giving each non-athlete member a grace period of 15 days (01/15/2020). As soon as you take the Concussion Course, please send me a copy of the passing certificate. I will update my records, extend your membership for another year and forward the certificate to Mark Brown, so he can update the concussion course on the USA Swimming website. It will then say, "Met" and not, "Not Met." Since the State of California has a requirement for all sport Officials to take the FREE Concussion Course once, I have listed the two choices you will have. One is with the Center of Disease Control (CDC) and the other choice is with the National Federation of High Schools (NFHS). You need to only take one course and each are about 45 minutes long. Upon completion of this course, please send me a copy of your "Completion Certificate" so I can update my lists and I can forward this copy to Mark Brown so he can update this information in SWIMS. California has modified existing school concussion law to apply the concussion requirements to youth sports organizations in which athletes participate, including swimming.

The following courses from CDC or NFHS satisfy the requirements. Coaches and administrators must keep evidence of passing these courses to provide to your LSC.

[CDC Concussion Course](#)

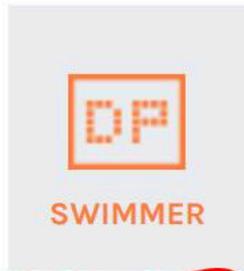
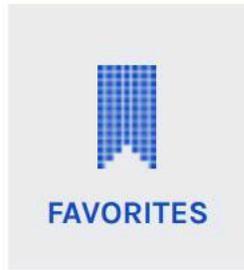
[NFHS Concussion Course](#)

[Concussion at the pool Checklist](#)

This course is the only requirement left for you to complete, at least until 10/31/2020, when your Criminal Background Check expires.

I am starting to get print outs ready for next year for both being an official as well as a coach. I have been on the USA swimming site and gone to my deck pass, and I am able to see that I am still eligible to be a coach, but I am not able to find the certification for officiating. Have I missed seeing how to click around the Deck Pass to find the certificate that I need? I do remember that I had a hard time navigating to it last year also.

Answer from Gina Mensay: Because she is registered as a coach and an official (as well as having a swimmer record), she has multiple views of deck pass. To toggle between those views, she needs to select the DP Official icon on the deck pass (coach will always default to the first view). Please see the screenshot below. Once she switches to DP Official, her membership card as an official is available with the membership card link under "current status".



Hope the holidays are going well for you. I am desperately trying to get the APT training in today but the course freezes after the three-scenario section on Consent. Even when I try to get through on the "contact us" section it gets into a loop and ask for the same info each time.

I seem to remember when I was taking the APT, that it froze on me too. What I did was try everything I could think of to get it going again. I finally scrolled down the screen and it seemed to work. I remember going over the same information or screen that I had already completed.

From an APT Taker: The scrolling down did not work so I tried going back to the original three scenarios and answered the questions again, and this worked to get it moving again. Hope this helps anyone else that asks you the same question(s) about a frozen screen.

When signing up to "buy" the courses for the Athlete Protection Training, I thought there were three courses, like last time, but there is really only one. I purchased three of them, but only needed to "buy" the one 75-point course. Now I have two other courses to take at my leisure. You really don't buy the courses, since the cost is \$0.00. The time it took me was about two and a half hours with one phone call included.

SWIMMING SITUATIONS

I have shared with you some of the situations that appear in the newly revised Stroke and Turn situations which can be found at:

<https://www.usaswimming.org/docs/default-source/officialdocuments/officials-training-resources/situations-and-resolutions/stroke-and-turn-situations-and-resolutions-revised-3-20-2018.pdf>

- Changed January 1, 2020 -

1. An 8-year-old approaches the turn in the 50-yard breaststroke. Prior to touching, he does a flip turn and pushes off the wall with both feet. Is this legal?

Recommended Resolution: No. The rule states, “At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.” The swimmer should be disqualified.

Applicable Rule: 101.2.4

2. In a breaststroke turn, a swimmer touches with his left hand and then touches immediately after with his right hand. The Turn Judge raises a hand, signaling a disqualification. The Coach argues that the turn is legal because both hands were on the wall at the same time. Should the disqualification stand?

Recommended Resolution: Yes, the rule is very clear. The rules state, “At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.” The rules define simultaneously as “occurring at the same time.” Therefore, the hands must touch at the same time, not one after the other.

Applicable Rules: 101.2.4, Glossary

3. A Turn Judge observes the touch of a swimmer during the third turn of the 100-yard breaststroke. A couple of fingers are overlapping between the hands when the touch is made. The Turn Judge raises his hand to signal a disqualification, on the basis of the hands not being separated at the touch. Should the Referee accept the call?

Recommended Resolution: The Referee should not accept the call. USA Swimming’s interpretation of the rule provides that incidental contact of the fingers at the touch is permitted.

Applicable Rules: 101.2.4, “Breaststroke and Butterfly Hands Separated Interpretation”

4. When a swimmer swims the breaststroke, at each turn, and at the finish, she stacks her Hands completely on top of each other, as she believes it will allow her to make a more quick and powerful touch. Is this legal?

Recommended Resolution: This is not legal. The rule states, “At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.” USA Swimming’s interpretation provides further clarification, expressing that complete stacking of the hands is not permitted.

Applicable Rules: 101.2.4, “Breaststroke and Butterfly Hands Separated Interpretation”

5. After the start of a breaststroke event, a swimmer incorrectly believes that there has been a recall. She stands on the bottom of the pool, but, realizing that no one else has stopped, resumes swimming. Is this legal?

Recommended Resolution: No. Any swimmer who stands on the bottom in a stroke other than freestyle will be disqualified.

Applicable Rule: 102.22.5

TAKING THE ON-LINE TESTS

- Changed January 1, 2020 -

The examples this month are some of the questions from the Open Water Judge Certification test, which will now be answered with the 2019 Rulebook.

1. Who shall be present at the race to assure the approved safety plan is implemented? **1484.7**
- A. The Meet Director.
 - B. The Meet Referee.
 - C. The Host Committee.
 - D. The Independent Safety Monitor.

Hint: Please review reference 701.8.2 for the correct answer.

2. Who shall include information in the Meet Announcement about the policy for abandonment and whether the race will be an "escorted" or "unescorted" swim? **1351.15**
- A. The Host Committee.
 - B. The Recorder.
 - C. The Race Judge.
 - D. The Safety Officer.

Hint: Please review reference 701.2.2 for the correct answer.

3. In Open Water events where feed poles are permitted, feed poles are not to exceed what length when extended? **1410.10**
- A. 3 meters (9 feet 10 inches).
 - B. 4 meters (13 feet 2 inches).
 - C. 2 meters (6 feet 7 inches).
 - D. 5 meters (16 feet 5 inches).

Hint: Please review reference 701.2.8 for the correct answer.

4. In Open Water events banners or flags may hang off of feed poles. What shall the size of these banners and flags not exceed? **1411.11**

- A. 20cm x 40cm (8 inches x 16 inches).
- B. 30cm x 40cm (12 inches x 16 inches).
- C. 25cm x 35cm (10 inches x 14 inches).
- D. 20cm x 30cm (8 inches x 12 inches).

Hint: Please review reference 701.2.8 for the correct answer.

5. Prior to the start of an Open Water race, how shall the swimmers be marked with their race numbers? **1353.14**

- A. Depending on the finish system used, the Referee may also require numbering elsewhere on the body (hands or thighs).
- B. The swimmers shall be marked with their race numbers vertically down both upper arms and horizontally across the upper backs.
- C. Swimmers shall be marked with their race numbers on both hands and/or their swim caps when competing in wetsuits.
- D. All of the above.

Hint: Please review reference 701.3 for the correct answer. [2018C]

6. In any swimming competition, who determines if the requested rule modifications are appropriate and conform to safety requirements and that no modifications shall be granted which gives a swimmer with a disability a competitive advantage? **1686.1**

- A. The Meet Director.
- B. The Medical Officer.
- C. The Referee.
- D. The Independent Safety Monitor.

Hint: Please review reference 701.24.2B for the correct answer. [2017N]

7. In Open Water events, how shall swimmers pass around the Guide Buoy? **1418.12**

- A. Swimmers shall always pass on the right-hand side of the Guide Buoy.
- B. Swimmers shall always pass on the left-hand side of the Guide Buoy.
- C. Swimmers may pass on either side of the Guide buoy.

Hint: Please review reference 702.1.4 for the correct answer.

8. For Open Water competition, what shall be the minimum depth of water at any point, with the exception of beach starts and beach finishes? **1310.11**

- A. 2.0 meters.
- B. 1.4 meters.
- C. Deeper than the tallest competitor.
- D. 5.0 meters.

Hint: Please review reference 702.1.3 for the correct answer.

9. The race shall not begin if which of the following conditions are not satisfied? **1486.11**

- A. The water temperature shall be checked the day of the race, two (2) hours before the start, on the course at a depth of 40 cm (15.75 inches).
- B. For races of 5k and above, the water temperature shall not exceed 29.45°C (85°F).
- C. The air temperature and water temperature when added together shall not be less than 30°C (118°F) nor greater than 63°C (177.4°F).
- D. The water temperature shall not be less than 16°C (60.8°F).
- E. All of the above.

Hint: Please review references 702.2.1, 702.2.2, 702.2.3 and 702.2.4 for the correct answer.

10. When Automatic Officiating Equipment (microchip technology) is used, how shall the official time for the finish of the race be recorded? **1356.8**

- A. The finish of the race shall be recorded in seconds.
- B. The finish of the race shall be recorded in hundredths of a second.
- C. The finish of the race shall be recorded in thousandths of a second.
- D. The finish of the race shall be recorded in tenths of seconds.

Hint: Please review reference 702.6.3 for the correct answer.

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

If you have any questions that you would like to ask, just e-mail Bill Rose at: [<cbrose@omsoft.com>](mailto:cbrose@omsoft.com)