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Officials are Honored
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Giving Their Greatest Gift, their TIME!!

Sierra Nevada Swimming Officials Newsletter

November 1, 2019



*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.**

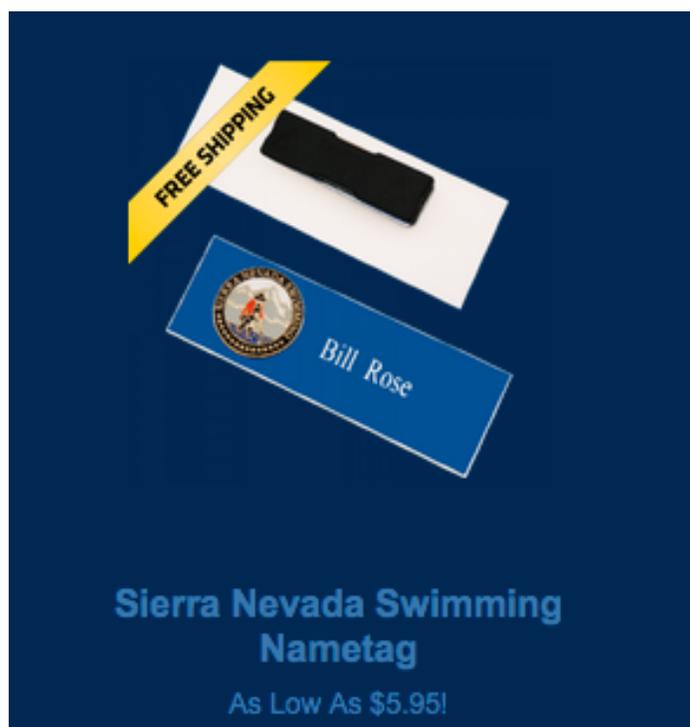
Sierra Nevada Swimming Name Tag's Anybody?

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

Former National Team Member Jeff Kubiak Helps Shape the Future as Elementary School Principal

By

Mike Watkins//Contributor

Once upon a time, Jeff Kubiak was an unlikely champion.

A self-described "nobody" coming out of high school, he didn't swim at the Division I level. In fact, he competed for Division II California State Northridge, but didn't allow that to stop him from fulfilling a destiny he always knew was his.

He not only excelled at the Division II level, but he finished his career with seven NCAA titles between 1985-87 and was the first Division II swimmer to compete at Division I NAAs.

Today, he's regarded as the greatest swimmer in Cal State Northridge history and was inducted into the Matador Hall of Fame earlier this year.

But in his mind, he was always just a guy who loved swimming and believed in himself no matter what anyone else thought

"I don't really think I was that good (in high school)," said, Kubiak, the 1985 and 1986 NCAA Swimmer of the Year and a member of the U.S. National team from 1987-90. "I was always small, only about 5'10 and 155 at my peak. I worked hard but had coaches who really believed in me and helped me to improve and find ways to become faster.

"I think swimming was somewhat natural for me. Even as a crawler/baby, I kind of breaststroke-kicked. Competing was what fired me up. I hated to lose and wanted to always find a way to win."

Kubiak's parents took advantage of that natural water inclination and enrolled him in the Davis (Ca.) Aquadarts when he was 4. He followed his sister to the pool - channeling his "hyper" nature into an active venture.

While he continued to swim, he also played many other sports growing up, so he never tired of swimming. If anything, because of the friendships and success he experienced, even as a part-time swimmer, he remained engaged and excited about the sports.

"Swimming was fun, and I had a bunch of friends," he said. "I found that with working hard, I improved quite rapidly. I never swam year-round until I was in college, so I wasn't really burned out.

"The real sacrifice was in the mid to late '80's when I was training at Concord Pleasant Hill, University of Texas and then Stanford. That was the year-round, doubles, lifting, dry land and sacrifice."

Despite his "humble" beginnings, Kubiak went on to carve out quite a successful swimming career – both collegiate and beyond.

In addition to his NCAA titles, he won several U.S. National Titles in the 200 breaststroke and also won a gold medal in the 200 breast at 1987 Pan American Games.

At 1988 Olympic Trials, he overcame a poor swim in morning prelims to make the 200 breast event finals. He finished third and just missed making the team by .12.

He said that was by far his biggest swimming disappointment – but that is the "magic of Trials."

"I remember it like it was yesterday," he said. "I had a terrible morning swim and was 7th going into finals. I had finished 4th in the 100 a few days before and was not satisfied at all with my swim. (in the 200) I was in lane 1 at the Texas Swim Center and just didn't hit my rhythm.

"I looked up, saw my time and '3' next to it...devastation, and, of course being told I had to go drug test. I was like 'are you freaking kidding?' After missing the team, I have to go hang out and wait to pee? That's what makes Trials so exciting and heartbreaking at the same time. You had to be "on" at the right time, and I wasn't."

Kubiak swam two more seasons before an injury forced him to retire in 1990 following World Championship Trials.

He said prior to tearing the meniscus in his left knee kicking with power racks at Stanford, he was planning to continue swimming for another shot at the 1992 Games.

He continued to do some open water and masters, and then did some coaching. His love for the sport remained strong, as he always made time to get in the pool, too.

Today, he's living in Davis with wife, Piper, daughter Keeley (14) and son Braden (10) and working as an elementary school principal in Fairfield, Calif.

He just wrote his first picture book, *One Drop of Kindness* (available on Amazon.com), and approaches teaching by pushing back against the old model of "industrialized education" and fighting compliance.

Being a former world class swimmer and coach, Jeff looks at education from perspectives that others don't. He knows what it takes to fail, struggle, win and go through the daily challenges that we all face.

"Kindness is missing from our world, and in every school," he said. "There are many kids who are under the radar and broken, and as educators it is our job to develop relationships and learn each child's story.

"I believe when kindness is instilled and embedded at an early age, it can change the way the world functions, thus, allowing us to be better as people."

One thing Kubiak said he also knows is that swimming set a very strong foundation for most of the things he holds as important in his daily life.

"Swimming gave me great discipline, amazing friendships all over the world, a great work ethic and a lifetime activity," he said. "I got to train with amazing Olympians and compete in a time where our suits were tiny little lycras and our technology was minimal. What a blast!

"Swimming taught me many things: time management, strong work ethic, listening, being malleable, putting laughter in at the right moment of pain and hard work, focus, not giving up, and having the ability to fail, iterate, change and improve. Those are things I try to pay back every day with my kids and students."

Kubiak encapsulates his swimming experience in terms of relationships and the tremendous long-term opportunities it provides at all stages of our lives.

It's not just for the young, but it's an activity that people can do their entire lives.

"The magic of our sport is that it is lifelong," he said. "Regardless of what level you reach, you can always swim - for fun, fitness, highest level, para-swimming, open water, etc. There is always a venue or body of water to fill your soul.

"Swimming gave me much of who I am, and as a coach, I loved giving back. It is so much more than practicing laps and holding a streamline. It is an artistic passion that provides lessons for life, friendships forever and memories that never end."

Ledecky Breaks American Record in the SCM

400m Free

By USA Swimming

Katie Ledecky set the American record in the women's short course 400m freestyle Sunday at the International Swimming League meet in Indianapolis, turning in a time of 3:54.06. Ledecky broke the former American mark of 3:57.07 – set by Katie Hoff at the 2010 Short Course World Championships – by three seconds, and missed the world record of 3:53.92, held by Ariarne Titmus of Australia, by 14-hundredths.



Officials Excited to Return to Omaha Next Summer for 2020 Trials

By Mike Watkins//Contributor

Don Hougardy, Denice Wepasnick and Clark Hammond have all served as officials at several past Olympic Trials – and all three are excited to be coming back to Omaha again in 2020.

Each brings more than 20 years of meet officiating experience, and all were recently selected and notified by USA Swimming that they will once again join the best swimmers in the United States on the deck of the CHI Health Center.

They will all play a role in helping select the next U.S. Olympic team headed for Tokyo next summer, and to say that they are eager to come back is a definite understatement.

“To come together with friends from all over the country (many of whom I haven't seen for several years) to officiate at what is arguably the most important swim meet consistently held on American soil is an amazing experience,” said Hougardy, the CFO of a real estate development and management firm in Pullman, Wash.

Hammond, who hails from Birmingham, Ala., agrees, saying that the unpredictability and history of Trials is what makes his experience rewarding each time he does it.

“Watching old friends striving to once again be able to compete at the Olympics and the up-and-comers establishing themselves as the future of our sport make Trials very special for me,” he said. “At every Trials, there is a passing of the torch from the previous Olympians to the new.

“It is both a bittersweet experience as you watch athletes you have had the pleasure of watching for years just fall short of their goal and at the same time, it’s exciting to see the next generation step up to meet the challenge.”

Wepasnick is a FINA starter for USA Swimming and will serve as the Head Starter for next year’s Trials.

She said her main duties will be to create the rotation of duties for the starter referee team and provide support to the starters and of course the meet ref.

It’s her second Trials in this role (third overall), so she will provide insight and support to the other three who have not started before at Trials.

Hougarly was selected by USA Swimming to be one of seven Lead Chief Judges for Trials. His job involves organizing and instructing the technical judges, serving as a liaison between the technical judges and the Deck Referees, notifying swimmers when they have been disqualified and providing operational paperwork during the meet.

Hammond returns to 2020 Trials as the Meet Referee as chosen by the Chair of the National Officials Committee and the Chair of the Program and Events Committee of USA Swimming.

In 2008, he served as a Stroke and Turn official. In 2012, he was a deck referee and an underwater referee. And in 2016, he was the Lead Chief Judge.

He describes the Meet Referee role as being like a captain of a large ship – as he or she has overall responsibility for the conduct of the meet.

“A swim meet, like the large ship, requires the skills of many people to run smoothly,” Hammond said. “The Meet Referee is the leader that organizes this team to run a safe and fair competition.”

Hammond, who grew up swimming in the Fort Lauderdale area, got involved with officiating through his children, as did Wepasnick and Hougarly, who are not swimmers themselves.

As parents do, they said they got tired of just sitting in the stands during their meets, so they became involved as officials at various levels.

It wasn’t long before they found themselves on deck at some bigger meets – and now, they all have experience as Trials officials on multiple occasions.

Suffice it to say, all three are honored and excited to have been chosen to officiate in Omaha once again.

“This is quite an honor,” Hougardy said. “USA Swimming has many good national level officials, and to be selected from that group is very special.”

Hammond agrees.

“Officiating at Trials is likely the highest honor any of us will achieve,” Hammond said. “It is a result of many years of dedication and a recognition that we have exhibited the type of aptitude and attitude that is necessary to fulfill this role.

“A key component is that we believe the benefit of the doubt goes to the swimmer, and at the same time we seek to ensure that the competition is conducted so that every athlete is provided fair and equitable conditions of competition.”



8 Ways Athletes Can Resolve Conflicts Without Bullying

By TrueSport

When athletes on your team are having disagreements, as a coach it's natural to want to jump in and solve the conflict for them. But while you can help make athletes more ethical, you shouldn't make decisions for them — you'd actually doing them a disservice by helping them avoid conflict.

Before you can teach how to resolve disagreements, it's important to understand that conflict and bullying are different things. Conflict is a disagreement where both sides can express their views, while bullying is a negative behavior in which one person has power over another.

Here's how you can facilitate disagreements among teammates to keep conflict from turning into bullying.

Establish a conflict policy early

As your season begins, sit down with the team and create a conflict plan or policy: A set of rules and recommendations for how teammates can best deal with conflicts amongst themselves. This might include a journaling exercise, bringing conflicts to you as the coach before hashing them out with a teammate, or setting a weekly team meeting where your athletes can address problems they're having.

"Set clear rules about behavior and expectations — if you set those expectations for teams early, it makes it clear how things like conflict or bullying will be handled when it does come up," says Bailey Huston, a coordinator at PACER's National Bullying Prevention Center.

Focus on building team culture

One study suggests that the best way to deter bullying is to create strong team camaraderie. If your team has a strong culture of mutual respect and friendship, disagreements are more likely to be resolved in mature, healthy ways.

As a coach, whether it's conflict or bullying, you have a big role to play when you see a disagreement —but you're not going to be the one to solve it. "Talk separately with the students first — that allows you to assess the situation and get both points of view," says Huston. "If the conflict is still 'hot,' bringing everyone together sometimes isn't the most productive way to get to the root of what's going on."

"Start with a one-on-one conversation. You want to get to the core of what's actually going on before you help them hold a conversation to resolve the situation."

Help students find resolutions separately

Huston suggests telling athletes to pause and think about the ways in which they would like to see the conflict resolved — what is the outcome they're hoping for? Younger athletes may not have the emotional ability to calmly work through conflict when they haven't had time to sit with it.

Try having your athletes do a journaling exercise where they write out the conflict and their preferred resolution. "Putting pen to paper is a great way to do this — seeing things written out can give you a new perspective," she adds. "It can also help them work through what to say and how to respond to people."

Teach assertiveness versus aggressiveness

"At PACER, we promote this idea of self-advocacy, which is speaking up for yourself and what you need," says Huston. "That's assertiveness, but there's a difference between that and aggression. Aggression comes off as attacking others or ignoring others' needs and has

negative emotions around it. Being assertive is stating your opinion and thoughts while being respectful of the needs of others.”

Press pause when needed

Teach your students that a conflict sometimes requires more than one conversation to solve. “Try to keep your emotions in check, remain calm, and keep eye contact,” says Huston. “Conversations can get emotional and that’s fine. It’s OK to tell the other person that you need a minute to collect yourself. Just say ‘I want to finish this conversation, but I need to take a minute,’ and then you can talk when it’s a better time.’ Don’t just storm away though – that escalates the situation.”

Practice 5-4-3-2-1

“Teach students this activity to ground themselves when they’re feeling stressed or emotional,” says Huston. “Think of five things you can see around you, four things you can touch around you, three things you can hear around you, two things you can smell around you, and one thing you can taste. It’s a great way to bring yourself back to the present and calm yourself down. Sometimes, conflicts get blown up and can turn from conflict to bullying—where a student is trying to hurt the other – when a student gets overly emotional and out of the moment. This exercise can help to ground them.”

Keep conflict resolution in real life

Urge your athletes to keep conflicts in real life versus allowing the communication to continue online. “In-person is best so you can see the other person’s reaction,” says Huston. “With cyber-bullying, what we see is that it’s easier to say things to a person that you would never say to their face because you’d have to see their emotional reaction. Things can also escalate and easily get misinterpreted when communication is digital.”

Handling group conflict

Unfortunately, team conflicts often end up starting with two people and escalating to team-wide drama. “This is when it’s a good time for an adult to get involved and help unwind these complex relationships,” says Huston.

“With bullying, power can come in numbers: a group of people versus one person creates a power imbalance, so that’s something to watch for. Trying to break conflict resolution into one-on-one conversations is ideal. Try to create a level playing field for your athletes because that’s where conflict will be best resolved. As a coach, if you can balance that power and let those students separate to have those conversations, that’s super helpful.”

It’s important to keep in mind that conflict is okay and it’s a natural thing experienced between people.

"As adults, we know that conflict is part of everyday life. But you have to understand the difference between conflict and bullying," says Huston. "Strong words can be exchanged, but not all conflict is bullying. Conflict is a great opportunity to make relationships better, and an important part of expressing your needs. It can be stressful, and it can hurt, but a lot of good can come out of it."



Hello to All of you Sierra Nevada Swimming Test Takers!!

Recently, well it could have been months ago, I found out, that not all "test results" are coming to me by way of email messages as the system was designed to do as me being the LSC Officials Chair.

Yesterday it was proven to me, when I received a forwarded message from Kathy Myers, saying that when she took the Open Water test and the re-certification S/T test yesterday, she received an email message saying that my email address was invalid and the results couldn't be delivered, so she forwarded this message to me yesterday after receiving the message the second time, after getting the results from her S/T test. There is a screen shot of this message below:

Kathy Myers Inbox - Omsoft Yesterday at 5:07 PM
FW: Delivery Status Notification (Failure)
To: Carol Rose

Hi Bill –
It is odd, when I took this test and the open water one I received this invalid email address..so not sure if this is something to have reviewed with USA swimming site.

Kathy

Sent from [Mail](#) for Windows 10

From: postmaster@SWIMSFP-1.swims.usaswimming.org
Sent: Monday, October 7, 2019 5:00 PM
To: mertsqp@yahoo.com
Subject: Delivery Status Notification (Failure)

This is an automatically generated Delivery Status Notification.

Delivery to the following recipients failed.

cbrose@omsoft.com

Online Test 'Re-Certific...thy.eml

Also, yesterday, I received the test results from another Official, Stanton Lee, upon his submitting his Starter test for scoring. I did get his results. A screen shot of his results is below:

Stanton Lee Inbox - Omsoft Yesterday at 9:33 PM SL
Online Test 'Re-Certification - Starter' Passed by Lee, Stanton
To: Carol Rose

||| Lee, Stanton has passed the test: Re-Certification - Starter

||| Correct Answers: 30 questions were answered correctly from 30 questions where 24 correct answers are required to pass.

Grade	100.00%
USAS ID:	032174STAWLEE*
Address:	6328 Fordham Way , Sacramento, California 95831
Phone:	916-428-8095 (Home) (Work)
LSC:	SN
Club:	DART - Sacramento
User ID	Stanae86

This message is being delivered to: William Henry Rose

So, at 5:07 PM yesterday my email address was invalid and then at 9:33 PM it was valid enough to get the test results like the system is supposed to work all the time. I can't explain it, but I have asked my good friend at USA Swimming, the Information Technology Director for some help. He is trying to solve the problem.

In order to save me LOTS of time after you take the online tests and submit for scoring, could you all send me the test results or forward me the email message that says my email address was invalid, so I can update my Official Lists in a timely manner?

I found out this weekend that an Official wanting to begin her Deck Referee training took the "battery" of tests way back in April, but I just found about it on Saturday, from her.

I can locate your test, that's not the problem, since I have Testing Site "privileges" as the Team Lead on the Online Testing Team, but it takes time to find it and then I want to print the results to your test, so that I have a record of when you last took the tests.

Thank you for your help in this matter,

Bill

A Little History About the Sam Uriu Award

Our first Sam Uriu Award Winner was first picked in 1996 to honor one of the founding Fathers of our LSC, Sierra Nevada Swimming. Sam mentored many

Officials to be the best they could be and it was our idea to honor the most deserving Sierra Nevada Stroke and Turn Judge each year, in the memory of Sam Uriu, who passed away very unexpectedly.

2018-2019 Sam Uriu Award

The criteria for this award would be that the award would be given each year at the annual LSC Awards Banquet. To be eligible for the award the recipient could only have been a Stroke and Turn Official, have attended a clinic during the year, have at least one-year experience, must be certified as a Stroke and Turn Official only, show a dedication to improvement, demonstrate a cooperative attitude, and be involved by working a minimum of 16 sessions. Our recipient went to his first Stroke and Turn Clinic on October 9, 2018 and began his certified officiating journey when he became a certified Stroke and Turn Judge two months later on December 7, 2018. He originally decided to try officiating to support his kids' passion for swimming and to help the team. He was also tired of his son arguing with him about the rules! He has worked 17 meets since then and a total of 50 sessions as a Stroke and Turn Judge representing the DARTS of Davis. At the beginning, he wanted to have enough experience to be confident in his own calls and this was why he began working so many sessions. During the process, he discovered a family among the officials and was impressed by how professional, passionate and dedicated they all are - especially those whose swimmers grew up a long time ago! He wanted to perfect his professionalism, so he applied for an educational N2 evaluation, before he applied to be evaluated for the next higher level in officiating, the N2 level. As he learned, he found that the most experienced and dedicated veterans were humble and patient enough to mentor him along the way. He met the requirements during this evaluation on July 11, 2019 and applied for and was certified for his N2 level as a Stroke and Turn Judge on July 18, 2019. During the time between September 1, 2018 (really it was December 7, 2018 for him) until August 31, 2019 he has worked 55 sessions. So, in nine months, when all the other Sam Uriu Award winners had 12 months to add to their sessions, our winner worked 55 sessions. During the process, he has found officiating to be challenging and rewarding and is thrilled to be part of the team. I am honored to present **John Uyeyama from DART of Davis** the Sam Uriu Award for 2019.

Other Volunteer Award Winners at the Sierra Nevada Awards Banquet

Since 2000, the Officials' Committee started recognizing people who have done outstanding things for the sport of swimming and not necessarily officials or Sierra Nevada Board Members, in Sierra Nevada Swimming.

We were looking for Members of USA Swimming who were valuable and have done a service to the LSC and the team in their region. These people don't have to be just Officials. They could be Meet Directors, Board Members, or Sponsors for the sport of swimming in their local area. We received several nominations from people throughout the LSC. We believe that the listed individuals made a substantial contribution to their area and Sierra Nevada Swimming. We try to pick volunteers from each area of the LSC, not just the central area and the teams with the largest attendance.

2019 Officials Committee Awards

CJ Johnson began her officiating journey when she became a Stroke and Turn Judge on February 7, 2018. She has worked 24 meets since then and a total of 47 sessions as a Stroke and Turn Judge. She has worked 25 total sessions during this swimming year in Sierra Nevada Swimming and has worked 14 more sessions as an Official, representing the Solano Aquatic Sea Otters at other LSC meets.

Jaime Nattress began her officiating journey when she became a Stroke and Turn Judge on June 8, 2017. She has worked 18 meets since then and a total of 38 sessions as a Stroke and Turn Judge. This swimming year (September 1, 2018 to August 31, 2019), she has worked 25 total sessions during this swimming year in Sierra Nevada Swimming as an Official, representing Northern Sierra Swimming.

Rachel Richardson went to her first Stroke and Turn Clinic on January 13, 2019 and began her certified officiating journey when she became a Stroke and Turn Judge one month later on February 16, 2019. She has worked 12 meets since then and a total of 40 sessions as a Stroke and Turn Judge. She was so dedicated that she applied to be evaluated for the next higher level in officiating, the N2 level. She met the requirements during this evaluation on June 6, 2019 and applied for and was accepted for her N2 level as a Stroke and Turn Judge on September 27, 2019. She even found time to work the deck at the Special Olympics Northern California Qualifier in Rocklin and the high school Northern California Championships and the High School Sections in Lodi this past year.

Leia Richter has worked 21 meets and 63 sessions as a Stroke and Turn Judge in her officiating career. During this past year, she found time to work the deck at the Special Olympics Northern California Qualifier in Rocklin and the high school Northern California Championships and the High School Sections in Lodi. During the time between September 1, 2018 until August 31, 2019 she has worked 40 sessions and was in the running for the Sam Uriu Award for the Sierra Nevada Swimming Official who works the most meets in the year. She became an N2 Stroke and Turn Judge on March 26, 2019, after being evaluated on March 21, 2019 at the South West Age Group Regional Meet in Roseville. She is now waiting for the required year, to be certified as an N3 Stroke and Turn Judge, after a successful N3 Stroke and Turn evaluation on July 11, 2019 at the Bill Rose Classic.

Paul Smith went to his first Stroke and Turn Clinic on October 26, 2016 and began his certified officiating journey when he became a certified Stroke and Turn Judge six months later on May 20, 2017. He has worked 22 meets since then and a total of 58 sessions as a Stroke and Turn Judge representing the Chico Aqua Jets. He applied to be evaluated for the next higher level in officiating, the N2 level. He met the requirements during this evaluation on July 19, 2018 and applied for and was accepted for his N2 level as a Stroke and Turn Judge on August 27, 2018. During the time between September 1, 2018 until August 31, 2019 he has worked 25 sessions. He has even found time to work the deck at the High School NSCIF Meet this past year.

Lidia Warnes went to her first Stroke and Turn Clinic on October 4, 2016 and began her certified officiating journey when she became a Stroke and Turn Judge two months later on December 2, 2016. In her career as a Stroke and Turn Official, she has worked a total of 43 meets and 76 sessions as a Stroke and Turn Judge. During the time between September 1, 2018 until August 31, 2019 she has worked 27 sessions representing California Capital Aquatics.

John Charles went to his first Stroke and Turn Clinic on October 4, 2016 and began his officiating journey when he completed two training sessions at two different meets as a Stroke and Turn Judge. He found the sun was harsh on his skin and needed to find a volunteer job in the shade. The closest thing to being in the shade is working the Colorado Timing System as an Operator. So, within a few months, he received some Colorado Timing Training from Mark Brown and TJ Kay and soon could volunteer at his club's meets as a Colorado Operator. Soon after that, he began doing this job for other Teams. He is truly an asset to his Team and other Teams, for continuing to want to volunteer. John sets the example of someone who would like to volunteer, but wants to stay out of the sun.

Jeff Miller from Etna, California and the Scott Valley Swim Team impressed is all by wanting to maintain enough Starter sessions to be certified as a Starter in the next swimming year of 2020. Jeff, decided to drive from Etna, California, which according to "The Distance Between Two Cities" on the computer, drove 5 hours and 38 minutes or 321 miles to work as a Certified Starter at the Tahoe Truckee Beat the Freeze Swim Meet. He just became a Starter by working the required six training sessions and then the season was over for his "seasonal" Team. Where was he going to get those required four certified Starter sessions now? Well, he drove to Truckee, without his family and stayed in a motel for Friday and Saturday night. Because he is a DEDICATED Official who didn't want to have this past years' service not count, he was able to phone ahead and ask if he could work as a Starter at this meet. Bill Rose got to partner up with him for three of his four sessions. He was quite "honored" to work with Jeff as his Deck

Referee, because he accepted Bill's Starter tips and got better with each start. Since we do hope he remains a Swimming Official for quite some time, Bill's last words to him, were "to ask Santa Claus for some new white shoes and a pair of Navy-Blue pants."

My "ONE BIG THING" From Being Out & About

By Bill Rose

On Sunday, October 27, 2019, I attended the Sierra Nevada Swimming Awards Banquet, along with my wife, Carol. After the dinner meal and before any other business took place, our Master of Ceremonies, Alex Ongaco asked the attendees to please sing "Happy Birthday" to Bill Rose. That was a "big" thing to me, since I feel very blessed this year to have been able to celebrate my birthday.

To top that one BIG THING with another BIG THING, was even better and made my evening that much more enjoyable, spending the evening with family and friends of swimming. I feel very humbled to have received the second Ken and Barbara Price Service Award from the first-year recipients, Barbara and Ken Price themselves. After Ken began talking about this individual (me), I had a hard time believing that I was involved in all of the activities that Ken mentioned. I know all the years of service that the Prices put into this sport. I was always involved for the love of the sport and being able to teach all of us to be the best that we can be. I also have enjoyed being around great people, who want to help our children succeed in and out of the pool. I just wanted to say to you all and the LSC, that I am very happy to accept this award on behalf of all of you, my swimming family.

Sierra Nevada Swimming's 2018-2019 Volunteer of the Year

Our 2018-2019 Volunteer is Bill Fisher, who began this journey as a Stroke and Turn Judge in 1998. Since then, he has worked many sessions as a Stroke and Turn Judge, but his main focus now is being a Meet Referee, because Meet Directors continue to ask him to be the person in charge at swimming meets. In his whole career, he has worked as a Meet Referee at 103 meets and 364 sessions. The part that is so amazing is that he lives in Redding and year after year has to travel down south to attend most of the LSC meets. There have

been numerous times when his car broke down on Interstate 5, when he was coming down to a swimming meet to the central part of our LSC. He has been able to be a Starter at 44 other meets and said "Take your mark" at these 114 sessions. Since we have been required to have Admin Officials and Admin Referees at all meets, he has become involved in the dry side of swimming meets as well. He has been an Admin Official at 14 meets and 38 sessions and an Admin Referee at 24 meets and 93 sessions. Most of this journey has been at Sierra Nevada Swimming Meets, since he has not attended too many out of LSC Meets. It was a true honor being at the Awards Banquet, sitting right beside him, when Sierra Nevada Swimming presented Bill Fisher with the 2018-2019 Volunteer of the Year. Congratulations to you, Bill Fisher!!

SIERRA NEVADA SWIMMING LSC BOARD MEETING

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

Meeting Date: Thursday, November 21, 2019
Time: 7:00 PM to 8:00 PM
Hosted by: Sierra Nevada Swimming
Location: From you home computer - ZOOM Meeting
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	<p>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.</p> <p>(Cannot make a disqualification during those sessions).</p>
Evaluation & Certification	<p>Evaluation by evaluator/mentor and/or Referee to be reported to LSC Officials Chair or their designee. Must complete certification within one year from date of clinic. 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	<p>Must be certified Stroke & Turn Judge</p>
Evaluation & Certification	<p>Considered part of Stroke & Turn Judge certification. Must have a minimum of one (1) year experience as a certified Stroke & Turn Judge.</p>
Renewal	<p>Same as Stroke & Turn Judge</p>

CHIEF JUDGE (Minimum Age 18*)

Education & Training	<p>Must be certified Stroke & Turn Judge</p>
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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.**
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 is ONE 2020 Admin Official Clinics on the calendar.

The 2nd AO Clinic of 2020 will be on 11/5 at 6:00 PM via Zoom. This one will be for AO's with less than 2 years of AO experience.

Mark Brown is inviting you to a scheduled Zoom meeting.

Topic: AO Clinic for AO's with less than 2 years experience

Time: Nov 5, 2019 06:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/189662920>

Meeting ID: 189 662 920

One tap mobile

+16699006833,,189662920# US (San Jose)

+16465588656,,189662920# US (New York)

Dial by your location

+1 669 900 6833 US (San Jose)

+1 646 558 8656 US (New York)

Meeting ID: 189 662 920

Find your local number: <https://zoom.us/u/abyPojoMm>

Future Stroke and Turn Clinics on the Calendar.
There are SEVEN 2020 Stroke and Turn Clinics still on
the calendar.

Clinic #1

What: 2020 Stroke & Turn Clinics

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

Where: Shasta Family YMCA
1155 Court Street
Redding, California, 96001

Time: 6:00 PM to 8:00 PM

When: FRIDAY, NOVEMBER 1, 2019

Directions: Use the web site below to look at the map around the Shasta Family YMCA on 1155 Court Street, Redding, California.

[≤ https://www.google.com/maps/dir/38.576128,-121.3661184/1155+Court+St,+Redding,+CA+96001/@39.5616112,-122.9988751,8z/data=!3m1!4b1!4m9!4m8!1m1!4e1!1m5!1m1!1s0x54d2ed1c39ccbb87:0xe1cf4eee6f1ef637!2m2!1d-122.3970809!2d40.586397](https://www.google.com/maps/dir/38.576128,-121.3661184/1155+Court+St,+Redding,+CA+96001/@39.5616112,-122.9988751,8z/data=!3m1!4b1!4m9!4m8!1m1!4e1!1m5!1m1!1s0x54d2ed1c39ccbb87:0xe1cf4eee6f1ef637!2m2!1d-122.3970809!2d40.586397)>

If there are any questions please contact:

Bill Fisher <golfswim2003@yahoo.com> or Marty Kalsbeek <martyk@helpfulace.com>

Directions to the Shasta Family YMCA:

Follow I-5 North to CA-44 in Redding. Take exit 678 from I-5 N. Continue on CA-44 to Court Street. Destination will be 1155 Court Street.

Clinic #2

What: 2020 Stroke and Turn Clinic

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

Where: TrailRunner's office
10925 Pioneer Trail
Truckee CA 96161

Time: 1:00 PM to 3:00 PM

When: Saturday, November 2, 2019

Any questions please contact: Marie Kissinger at: <marie@tsis.net>
1 (775) 846-4047

Directions: Use the web site below to look at a map of the area around the TrailRunner's Office in Truckee, California.

<https://www.google.com/maps/dir//39.3348909,-120.1815259/@39.334891,-120.181526,16z?hl=en-US>

Directions: From Sacramento, heading toward Reno on I-80 E, follow I-80 to Donner Pass Road in Truckee. Take exit 188A from I-80 E. Take Pioneer Trail to your destination of 100925 Pioneer Trail.

Clinic #3

What: 2020 Stroke and Turn Clinic

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

Where: Community Center - ARC Community Room
American River College
4700 College Oak Drive
Sacramento, CA 95841

Time: 8:00 AM to 11:00 AM

When: Saturday, November 2, 2019

Directions: Please use the web site below to look at the map of the area around American River College.

<https://goo.gl/maps/C9PhZ3KhVLu>

If there are any questions please contact: Scott Hastings <scotthastings@gmail.com>

Directions to American River College:

GOING North East on I-80 toward Reno, take a right on Madison Avenue.

Take Madison Avenue East to College Oak Drive, where you will turn right. Turn left onto Myrtle Avenue and at the stop sign at Walnut, turn right into the ARC parking lots. Parking Area "A" or "B" are closest to meeting room.

NOTE: There are 3 Community Rooms right next to each other and we will be in Community Room 1. Just look for the ARC Student Center. The rooms are in that building. ARC has patrolled 7 days a week parking and permits are required. They are \$2 and available at vending machines at the various parking lots and garages.

Clinic #4

What: 2020 Stroke & Turn Clinic

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

Where: Building C, Room C-8

Location: Sierra College Campus in Rocklin
5100 Serra College Boulevard
Rocklin, CA 95677

There is a parking fee of \$3; the best entrance to access this building is off of Rocklin Road. The closest parking is located off of Rocklin Road. While we are obviously designing this for WAC officials who have parking permits, the daily lot meters will be in effect and the charge is \$3.00. (On the bright side, we will again provide a light dinner to the attendees.)

Time: 6:00 PM to 8:30 PM

When: **Thursday, November 14, 2019**

Attached is the map for the college as it will be dark and finding things on a college campus may require a little extra time.

<https://www.sierracollege.edu/files/resources/about-us/visit/documents/rocklin-map-brochure-8-18-v1.pdf>

Directions: Follow I-80 to Sierra College Blvd in Rocklin. Take exit 109 from I-80 E. Turn right onto Sierra College Blvd. According to the map of the campus, Building C is located on the Northwest side of the campus.

Google Directions: <https://www.google.com/maps/dir/38.6105344,-121.393152/5100+Sierra+College+Bld,+Rocklin,+CA+95677/@38.6987337,-121.4674263,11z/data=!3m1!4b1!4m9!4m8!1m1!4e1!1m5!1m1!1s0x809b1efa0fc84dc5:0x5cb4ae864fea56e!2m2!1d-121.2060305!2d38.7896624>

If you need further directions, e-mail Deanna Hogenboom at <deanna.hogenboom@me.com> or call at 1 (916) 768-4275

Clinic #5

What: 2020 Stroke and Turn Clinic

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

Where: Lodi Christian School
751 S Lower Sacramento Rd, Lodi CA 95242
Room 1

Time: 9:00 AM to 12:00 PM

When: Saturday, November 16, 2019

Directions:

From I-5 North:

Exit Highway 12 and go East towards Lodi.
Turn Left on Lower Sacramento Rd.
Turn Left onto W Vine St., Jim Elliot High School will be located on your left.
Drive to the end of W Vine St. and a parking lot entrance will be on your right.
To get to the front of Lodi Christian, you will need to drive to the far end of the parking lot where the road will wrap around the church to the front of the school.
The main entrance is located by the Lion Statue.

From 99 North:

Exit Highway 12 and go West through Lodi.
Turn Right on Lower Sacramento Rd.
Turn Left onto W Vine St., Jim Elliot High School will be located on your left.
Drive to the end of W Vine St. and a parking lot entrance will be on your right.
To get to the front of Lodi Christian, you will need to drive to the far end of the parking lot where the road will wrap around the church to the front of the school.
The main entrance is located by the Lion Statue.

Google Directions: Please use the web site below to look at the map of the area around Lodi Christian School.

<https://www.google.com/maps/dir/E+Kettleman+Ln,+Lodi,+CA+95240/lodi+christian+school/@38.120964,-121.2841526,13z/data=!4m8!4m7!1m2!1m1!1s0x809075537d76616b:0x66be17f2e68ae2aa!1m2!1m1!1s0x809aa029cb657731:0xc4b61872c9695ee7!3e0>

If there are any questions please contact: Tedder Stevenson at: TedderStevenson@gmail.com or call 1 (209) 747-7498

Bill Rose can also be reached at: [<cbrose@omsoft.com>](mailto:cbrose@omsoft.com)

Clinic #6

Basic Stroke & Turn Judge: For parents, relatives, & friends who are interested in understanding more about the sport of competitive swimming and like to be more involved in helping swimmers have rewarding swim experiences. The Basic Officials Clinic is geared towards new parents and officials with minimal experience (certified in the past six months) working independently on deck.

Advanced Starter & Deck Referee: For officials with one or more years of on deck experience. Officials planning to attend the Basic Starter Clinic are welcome to also attend this clinic.

Advanced Stroke & Turn Judge: For officials with one or more years of on deck experience. This clinic is primarily general discussion rather than specifically reviewing the basic of the various strokes.

Basic Administrative Official: For those interested in working directly with the Meet Referee to keep the meet flowing on the “dry side.” Although a Certified Official can be an AO, an AO does not need to be certified as a Stroke & Turn Judge. Officials with sufficient on deck experience as S&T Judges plus Starter and Referee, who are interested in being certified as an Administrative Referee, will benefit from attending this clinic.

Basic Starter: For officials who have at least one to two years of on-deck experience as a S&T Judge and are interested in learning about or becoming trained and certified in this position.

Basic Chief Judge: For experienced Stroke & Turn Judges learn the various functions of the Chief Judge before and during swim meets.

WHEN: Sunday, December 15, 2019
TIME: Basic Stroke & Turn Judge 9:00 AM to 12:00 PM Suite 3 Conference Rm
Adv Stroke & Turn Judge 9:30 AM to 12:00 PM Suite 4 Conference Rm
Adv Starter/Referee 12:30 PM to 2:30 PM Suite 3 Conference Rm

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 <tgconst@gmail.com>

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.**

Clinic #1

What: 2020 Starter and Deck Referee Clinic

For Who: **All certified Officials who have been a Stroke and Turn Judge for one year or Officials wanting to be a Starter or Deck Referee in the future.**

One of these workshops is REQUIRED for all certified Starters or Deck Referees.

Where: Shasta Family YMCA
1155 Court Street
Redding, California, 96001

Time: 6:00 PM to 8:00 PM

When: **FRIDAY, NOVEMBER 1, 2019**

Directions: Use the web site below to look at the map around the Shasta Family YMCA on 1155 Court Street, Redding, California.

<https://www.google.com/maps/dir/38.576128,-121.3661184/1155+Court+St,+Redding,+CA+96001/@39.5616112,-122.9988751,8z/data=!3m1!4b1!4m9!4m8!1m1!4e1!1m5!1m1!1s0x54d2ed1c39ccb87:0xe1cf4eee6f1ef637!2m2!1d-122.3970809!2d40.586397>

If there are any questions please contact:

Bill Fisher <golfswim2003@yahoo.com> or Marty Kalsbeek <martyk@helpfulace.com>

Directions to the Shasta Family YMCA:

Follow I-5 North to CA-44 in Redding. Take exit 678 from I-5 N. Continue on CA-44 to Court Street. Destination will be 1155 Court Street.

Clinic #2

What: 2020 Starter and Deck Referee Clinic

For Who: **All certified Officials who have been a Stroke and Turn Judge for one year or Officials wanting to be a Starter or Deck Referee in the future.**

One of these workshops is REQUIRED for all certified Starters or Deck Referees.

Where: Folsom Aquatic Complex
Lembi Park
1200 Riley Street
Folsom, CA 95630

Time: 6:00 PM - 8:00 PM

When: Wednesday, November 6, 2019

Directions: Use the web site below to look at a map of the area around Lembi Park in Folsom.

<http://maps.google.com/maps?oi=map&q=1098+Riley+Street,+Folsom,+CA+95630>

LOCATION: Folsom Aquatic Complex, Lembi Park; at the corner of Riley and Wales. From Highway 50, take Prairie City Road Exit. Go north about 1 mile to Blue Ravine Road. Turn right on Blue Ravine. Turn left on Riley Street (app. mile). Aquatic Center is on the left in a large regional park. From I-80, go East on Greenback Lane about 6 miles. Turn right on Folsom-Auburn Road (the new bridge over the river). Continue about 1 mile to Glenn, turn

left. Take Glenn to Riley (about a mile) and turn right on Riley. Aquatic Center is on the right just past the Walgreen's.

Please contact Ivan Herrera <herrera_ivan@hotmail.com> if you have any questions.

Clinic #3

What: 2020 Starter and Deck Referee Clinic

For Who: **All certified Officials who have been a Stroke and Turn Judge for one year or Officials wanting to be a Starter or Deck Referee in the future.**

One of these workshops is REQUIRED for all certified Starters or Deck Referees.

Where: Roseville Aquatic Center near Woodcreek High School, in Roseville, California

Time: 6:00 PM to 8:00 PM

When: Wednesday, November 13, 2019

Any questions please contact: Layne Frederiksen <layn3@me.com> or Bill Rose <cbrose@omsoft.com>

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

Directions to the Roseville Aquatics Complex:

Traveling East on I-80, exit at Riverside. Turn left on Cirby, right on Foothills, left on Baseline and right on Woodcreek Oaks. Traveling about half a mile to Woodcreek High School and the pool. The Aquatics Complex is on the left at the intersection of McAnally and Woodcreek Oaks.

I-5 travelers: Take I-5 north past Sacramento and Arco Arena. Stay in the right lanes and exit to Hwy 70/99; proceed approximately 5 miles north. Turn right at the second stoplight (Riego Road) and travel east approximately 10 miles to Woodcreek Oaks. Turn left and travel half a mile to Woodcreek High School and the pool. The Aquatics Complex is on the left at the intersection of McAnally and Woodcreek Oaks.

Traveling west on I-80, exit at Hwy 65 to Lincoln/Marysville. Travel about 1 mile to Pleasant Grove Blvd Exit. Turn left on Pleasant Grove Blvd. Travel about three miles to Woodcreek Oaks and turn left on Woodcreek Oaks. The pool is on the right-hand side at the intersection of

Taking the Online tests

The online test is an every-other year requirement.

FOR THE **2019** USA SWIMMING YEAR,
THERE ARE **7 STROKE AND TURN JUDGES** WHO NEED TO COMPLETE
THEIR STROKE AND TURN/TIMER RE-CERTIFICATION TEST!! IN
ADDITION, THERE IS ALSO
2 CERTIFIED REFEREES WHO HAVE TO COMPLETE THERE RE-
CERTIFICATION REFEREE TEST

**Even though we started the 2019 swimming year way back in
September of 2018 and the 2020 swimming year on September of
2019, 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 the page, a picture of the Olympic Trial Officials at the 2012 Olympic Trials in Omaha. 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** and then 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>

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 November of 2019.

Meet Date: November 2-3, 2019

Type of Meet: SCY - Age Group Open
(swum between the prelims and finals of the T/F session)

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: November 2-3, 2019
Type of Meet: Fall Invite - T/F 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: November 9-10, 2019
Type of Meet: Junior + T/F
Hosted by: Redding Swim Team
Location: Shasta College
11555 Old Oregon Trail
Redding, CA 96003

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 pool is adjacent to the gym.

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

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

Contact Information: Mark Wagner
(530) 246-2666
reddingswimteam@yahoo.com

Meet Date: November 16-17, 2019

Type of Meet: BB+/- Invitational - No Shave November

Hosted by: Northern Sierra Aquatics Club

Location: Grass Valley, CA

Where: Bear River High School, 11130 Magnolia Road in Grass Valley, CA

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

<http://www.google.com/maps?f=d&iwstate1=dir:to&daddr=11130+Magnolia+Rd+Grass+Valley,+CA+95949&fb=1&geocode=6243785487999400210,39.046659,-121.073298&oi=manybox&ct=17&cd=1&resnum=1>

Directions:

From Sacramento, heading toward Reno on I-80 E, take the CA-49 exit toward Grass Valley/Placerville and go 0.2 miles.

Turn left at CA-193/CA-49 and continue to follow CA-49 for 10.4 miles. Turn right at Combie Road. After driving through the intersection of Combie Road and W. Hacienda Drive, Combie Road changes to Magnolia Road. Continue on Magnolia Road for 0.5 miles and you will find your destination, 11130 Magnolia Rd Grass Valley, CA 95949

Contact Information: Ethan Green (530) 268-1209 / CoachEthan@gmail.com

Meet Date: November 22-24, 2019

Type of Meet: SCY

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 November 1, 2019 -

Often Asked Questions by USA Swimming Officials

I have completed the officials test and athlete protection training. I am going to start my 6 training sessions this weekend. Is there a link to the concussion training?

The links to the Concussion Courses is below:

[CDC Concussion Course](#)

[NFHS Concussion Course](#)

Is there a link to a checklist, telling us of the symptoms of concussions?

The link to the Concussion Checklist is below:

[Concussion at the pool Checklist](#)

Do Admin Officials have to take the Concussion Course?

Yes, all non-athlete members of USA Swimming have to take this course.

I am hoping to do a training session at the meet this weekend in Roseville. Thus far I have had difficulty finding the required apparel. I have therefore ordered it online to be shipped, but am not sure it will arrive in time. May I still train with similar clothing?

If your swimming attire doesn't arrive in time for this weekend's meet, please come to work your training sessions, as if you had your white polo shirts, navy-blue skirt or pants and white tennis shoes and socks.

I am now a certified AO. What else do I need to get completed to be certified for 2020 swim season?

Besides the Concussion Course, you will have to take the AO online re-certification test. You last took the test in 2018. Your APT is good until 04/09/2020. Your background check is good until 5/31/2020. You will have to attend one of the ZOOM AO clinics that will be offered sometime by Mark Brown.

Can you advise me of the times for officiating this weekend in Roseville?

You can look in the Meet Announcement and all of Sierra Nevada Swimming's meets that are sanctioned, they will appear on SwimConnection. You can go to this website and find the meet you want:

<http://www.swimconnection.com/pc/exec/TscHome>

Now click on **Sierra Nevada Swimming** at the bottom.

Now find "**Enter Meets**" at the top. Click on that.

Now in the middle of the page, click on "**Go to the new Online Meet Entries site**"

Now look for the meet you want. In this case it will be **2019 CCA Spook-Tacular**. Click on that.

Now click on **Meet Sheet** at the top of the page.

Now, if you want to save it, click on "save as", and save it on your desktop or just print a copy for your reference.

This was a long answer, but in the future, you might want to find other meets to attend.

I will attach the Sierra Nevada Swimming schedule to this email for your use in the future. To answer your question, warm-ups start at 7:00 AM on Saturday and Sunday. Meeting of Officials will be at 8:00 AM. Meet starts at 8:30 AM. On Friday, the meet begins at 5:30 PM, with an Officials meeting at 5:00 PM. For the second sessions on Saturday and Sunday, warm-ups begin no earlier than 1 hour after the estimated time of completion of the AM Sessions, with the Officials meeting taking place 30 minutes before the schedule start of the session.

I went to print out my Membership Card for Stroke and Turn, and while my APT and B/C expiration dates are correct, my Stroke and Turn expiration still says 12/31/2019. Is there anything I need to do to correct this?

This was my error. I forgot to edit your history and extend the expiration date. Sorry about that!! I have requested that you get a new card from USA Swimming. That note should be in your computer's inbox.

I heard that when I officiate in Oregon, I will have to take another Concussion Course, is that correct?

Yes, that is correct. Before you attend any of the Oregon Swimming meets, click on this site and complete their required Concussion Course training:

<https://www.teamunify.com/SubTabGeneric.jsp?team=wzorlsc&stabid=149642>

When should I create my account for USA swimming? Should I wait until I hear back from you with my official ID#?

I know you are anxious to get started, but please wait until I send you a note titled, "Now it is up to you." In the meantime, you can probably take the Stroke and Turn/Timer test online. You don't have to be in the system to take that test. Make sure to use the LSC of SN when asked.

Not sure if I am correct in this ... is September the first month of the 2020 swim year? If so, is my APT training that I completed last month sufficient until 09/22/20? If it is, I will plan on completing APT every September 1st and also do my background a couple months early on September 1st.

Yes, September 1st is the first year of the swimming year, but your APT will have to be renewed in the middle of year 2020, by 09/22/2020.

In the event an official has a concern about the appropriateness of a swimsuit, whom should we notify on deck?

I would say, if you saw an inappropriate swim suit, you should notify the Meet Referee first and then the Coach, with the Meet Referee's permission. If the suit had zippers, ties or fasteners, you could raise your hand and write a disqualification slip.

I would like to confirm my training requirement for maintaining certification for stroke & turn as well as starter for next year. Does a stroke & turn clinic satisfy the starter recertification or is there something different or in addition to maintain all 3 certifications for next year?

Next year, when you attend the yearly required S/T to become certified again for 2020, hopefully the clinic is set-up to have a S/T session during the first part of the clinic and then all the people wishing to become a Starter or those Starters and Deck Referees re-certifying again will stay around and attend a scheduled Starter & Deck Referee workshop. This workshop will be mandatory for all Starters and Deck Referees this year. Last year, we were just getting started on this type of clinic and we feel that it is important to continue to have this training sessions for all new and re-certifying Starters and Deck Referees. So, to answer your question, you will have to attend the normal required S/T clinic to renew and pay your membership fees and then stay around for a scheduled Starter/Deck Referee workshop or attend a separate Starter/Deck Referee workshop to be certified as a Starter. I am not sure what you meant by the 3 certifications mentioned in your question, unless you were thinking Timer, Stroke and Turn and Starter. When we get serious next year, when the Seasonal Teams think about swimming are picking dates and times for clinics, you can talk to Dan Harwood <drdanharwood@gmail.com> and/or David Dahnke <ddahnke@lassenmedical.com>, to talk about when they could instruct both of these types of clinics. Make sure to contact Melissa Szpik Serrao <OfficialMelissaSN@gmail.com> when you get ready to schedule these types of clinics.

Since the rulebook did not explicitly describe when to initiate the kick propulsion, I have witnessed variations like fast-arm pull and delayed-arm pull. Does the cycle require the arm pull and leg kick to be alternating?

Most of the time, you will see an arm pull followed by a leg kick. The arm pulls and leg kicks don't usually happen at the same time, but the arm pull first followed by the leg kick.

How about a simultaneous arm pull and leg kick, is that considered an infraction? If so, how would we categorize such infraction?

I would say that what you describe is almost impossible to do, since doing two different things at one time is hard to do. If you see someone doing the arm pull and kick simultaneously, then it would be in violation, since the arm pull is not followed by a kick but being performed simultaneously. You would have to use 3T, on the DQ slip for the place to write the description of the infraction. What you have described sounds like, "arm pull not followed by one leg kick" or "arm pull and leg kick done simultaneously". Whatever you write, you need to use a short statement. I always say, less is best, but you need to be able to explain what you saw that was in violation of the rules.

I missed two questions both about freestyle... I thought it could be any style other than breaststroke, butterfly or backstroke? They said the answer was any style the swimmer chooses.

Thank you for sending me this note. Your test results were one of them that I received, but I am glad you forwarded me a copy as if I didn't receive the results. As for freestyle, you can do any type of stroke during freestyle. All you have to do is touch at the turns and finish, not pull on the lanes lines or walk on the bottom. During the IM or Medley Relay, the swimmer has to swim during the freestyle section, any style other than breaststroke, butterfly or backstroke.

Just wanted to ask if the 11/5/18 AO ZOOM Clinic would be the starting point for new AOs as well since I am trying to initiate my certification for that.

Yes, the AO Clinic on 11/5/2019 is for new AO's with less than 2 years of experience or for Officials interested in becoming AO's for the first time.

Do we, the new officials training, need to attend another clinic? We had attended one clinic given by you last week at Folsom Aquatic Center.

No, only one yearly Stroke and Turn clinic is required each year. Thank you for the question. You are not the first to ask it.

Sorry to bother you but we have some questions specifically with regards to Stroke and Turn Officials. According to Sierra Nevada website, all the flyers that you have sent out recently and our returning officials, the requirement to obtain certification was six successful days or sessions shadowing an experienced S/T official (in addition to the other tests and stuff). In subsequent years, there is a four day or session requirement to maintain the certification. However, apparently some officials are being asked to do 6+4 (or 10 days) the first year and this isn't making any sense to us as they are not renewing their certification during the first year. This is concerning for those of us out in the boonies who may not have sufficient opportunity to do 10 days in the first year with the minimal number of meets available to seasonal swimmers.

There have been minimum standards for as long as I can remember, 30 years or more. I have advertised it extensively for over three years now and made it a point at the clinics that I conduct that NEW Officials have to work an additional four certified sessions, after becoming certified, to maintain their currently hard-earned certification of Stroke and Turn Judge for the next swimming year. In order to maintain a Stroke and Turn Judge certification, an Official who has completed their six sessions of deck training to obtain the certification of Stroke and Turn Judge, has to complete four additional certified sessions as a Stroke and Turn Judge to maintain that certification for the next swimming year. So, for the new Official, they have to work four additional sessions, after they have become certified in the swimming year that they became certified to maintain that same certification for the next swimming year. For re-certifying Officials, the minimum requirement is to work only four sessions a swimming year. The 2019 swimming year goes to the end of the calendar year and if the new Official hasn't worked enough sessions during the "Seasonal" season, then some road trips will be needed. At the Truckee Meet that took place in the middle of September, there was one new Starter trainee, who became certified at the NVAL Championships, but had no meets to go to to obtain the needed four sessions as a certified Starter. He drove over five hours from Etna to Truckee and stayed two nights without his family, to work those four sessions. AMAZING!! Also, at this meet, there were two Officials who just became certified as Stroke and Turn Judges and needed to work those additional four sessions too. They drove from Susanville to Truckee to finish up their four needed sessions. The requirement is four sessions and not four days. Most of the meets now are split session meets where they offer one session on Friday night and two sessions on both Saturday and Sunday for a total of five sessions. Thank you for your concern, but new folks need to know that there are minimum standards before they commit to becoming an Official and don't get started with their training as soon as the swimming season begins.

How do I find out if I need to attend a S/T clinic before the end of this calendar year? I have not kept track and don't know if that is kept on USA swimming website or just through you?

If you haven't been to a clinic since September 18, 2019, when we offering our first of the 2020 yearly required clinics, you will need to attend one that we are offering now to renew your 2020 non-athlete Official USA Swimming membership. The swimming year is kind of confusing, since the swimming year overlaps a couple of years. The swimming year begins on September 1st of each year and expires 16 months later on December 31st of the next year.

I have three of my shadow sessions done, my safesport and background check completed for my Faded Red Card. When might I receive the rule book? I am wanting to study so I can pass the test. I know you sent me a PDF version but I study best from a book.

Were you able to print the first few "blue" pages of the Rulebook or borrow a 2019 Rulebook from another Official? USA Swimming no longer is selling any 2019 Rulebooks, but they do have them on their website for downloading. Even though we are in swimming year 2020, the 2019 Rulebook is still used on all online tests until May 1, 2020.

For competition with 12&U events (not classified as "open") when does the calculation for 4 hours start if the first event of the morning is 13&O at 9am?

Since 12 & under swimmers are in this session, the clock starts at 9:00 AM.

Suppose a published estimated timeline is posted, and says the first girls 11-12 event starts at 9.20.

The clock starts at 9:00 AM.

The interpretation from USA-S (see attachment) seems to suggest the timeline calculation starts a 9am, regardless that the first event is 13&O, as this is the start time of the session.

That is my understanding as well.

However, from personal observation, other meet refs would say timeline calc may look at just the competition window for each gender and age group (i.e. 9.20 for an 11-12 girl, maybe 9.45 for a 11-12 boy, etc.).

That logic was used initially as a way around the four hour rule, but is not the interpretation now.

The logic is that an athlete should finish competing within 4 hours, so the athlete's 4-hour window should start at the first possible instance in which that specific athlete could compete in a 12&U event. Since the cut off time is at the end of the last heat of the 12&U event, it excludes subsequent 13&O and open events.

You are correct with this interpretation.

Similarly, such events prior to the first 12&U age group should also be excluded.

You are not correct with this assumption.

I am emailing rather than texting because I didn't want to send the message by typing with one finger. You first wanted to know if you could be evaluated at the Gobbler Meet for your N3 S/T certification.

I said no because it wasn't an OQM (Officials Qualifying Meet). I also said that we only had two OQM's in our LSC and the first one will be the Summer Sanders meet in June.

You then asked if you could attend a meet in Arizona in November, which was an OQM.

You could apply for an N3 S/T evaluation, but if you met the requirements for this evaluation and were successful, you could not apply for the N3 S/T certification until you had been an N2 S/T for one year.

I have had some Officials, whose APT expired on 12/31/2019 and were able to renew in September, so their new expiration date would be 9/30/2020 and not 12/31/2019. After a couple of these experiences, I have now told my SN Officials what I am going to do on the morning of New Year's Eve, renew my APT, which expires on 12/31/2019.

APT changed to annual requirement earlier this year. It is also an exactly 12-month expiration, so if you took it today, your expiration would be 10/18/2020. Once you have taken the new 90 minute course that everybody is taking this year, then there is a refresher course required every year after that. The refresher course is available 90 days out from expiration, so for the official you reference below, she could take the refresher starting 11/22/19 since that is 90 days out from her expiration of 2/22/20. Note too that if you take the course on 12/31/19, your expiration will then be 12/31/2020. If you take it 12/30/19, then your expiration will be 12/30/2020. There will likely be a lot of people trying to take the course on 12/31/19.

I guess the reason that two of the Officials were able to get the 2020 requirements done before 12/31/2019, was because they hadn't taken the new 90 minute course that everyone is taking now.

That is correct.

Bill, thank you for the email it is very helpful in lining out the steps I need to become an official. One question is can I start on deck training now or do I need to be in the USA membership first?

Yes, you can start your on-deck training now, since you will be under the supervision of a certified Official, but you will have to become a non-athlete member of USA Swimming before any of our training sessions can be entered onto the USA Swimming database in the Officials Tracking System (OTS). By taking the Criminal Background Check, the Athlete Protection Training and by January 1st, the Concussion Course, you will become a non-athlete member of USA Swimming. If you want to do some deck training sessions before you

complete the "becoming a member requirements", it is very important to keep a record of your training sessions on the Sierra Nevada Swimming Training Slip, so that you have a record of your training sessions. When you are legally a member of USA Swimming, the Meet Referee can go back into the database and enter your previously worked training sessions.

I know there has been an issue with the jolyn swim suits. At the zoom meeting you hoped to have a picture of what they might look like. Here is a link to the only approved suit I am aware of. Only comes in 2 colors. Anyhow here is the link for your review. Hope it helps.

<https://jolyn.com/collections/fina-approved>

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/officialsdocuments/officials-training-resources/situations-and-resolutions/stroke-and-turn-situations-and-resolutions-revised-3-20-2018.pdf>

- Changed November 1, 2019 -

1. After a deep forward start in the breaststroke, a swimmer took one arm stroke completely back to his legs followed by a little butterfly kick and a breaststroke kick to get closer to the surface of the water. His head broke the surface of the water before the hands turned inward at the widest part of the second stroke. He was disqualified. Was the disqualification correct?

Recommended Resolution: No. The rule states, "After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted."

Applicable Rule: 101.2.3

2. A coach believes that his swimmer will be able to swim the breaststroke faster if she kicks her legs in a way in which they are always pointed inwards. When his swimmer tried this at her last meet, she was disqualified. Should she have been disqualified?

Recommended Resolution: Yes. The rule states, "The feet must be turned outwards during the propulsive part of the kick."

Applicable Rule: 101.2.3

3. When an 8 year-old novice swimmer gets tired in the breaststroke, the propulsive part of her kick is performed by the top instep of one foot and the bottom part of her other foot. Should she be disqualified?

Recommended Resolution: Yes. The swimmer is doing a scissors kick. Scissors kicks are not permitted in the breaststroke.

Applicable Rule: 101.2.3

4. A Coach teaches his swimmers that they can swim the breaststroke faster if, off of each wall, they streamline and take at least 5 butterfly kicks before beginning regular breaststroke. Is this revolutionary technique legal?

Recommended Resolution: No. The rule states, "After the start and each turn, at any point prior to the first breaststroke kick a single butterfly kick is permitted." The rule is very clear that the swimmer is only allowed one downward butterfly kick after the start and each turn.

Applicable Rule: 101.2.3

5. When a swimmer swims the breaststroke, after each breaststroke kick, his feet travel downward as he recovers and draws the knees forward. Is this legal?

Recommended Resolution: Yes. This is a natural part of the swimmer's recovery and is not a separate kick.

Applicable Rule: 101.2.3

TAKING THE ON-LINE TESTS

- Changed November 1, 2019 -

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

1. What is the purpose of recording secondary and/or tertiary times? **1369.7**
- A. They can be used whenever their use gives the swimmer a faster time than that recorded by the primary timing system.
 - B. They shall not be used except to corroborate or correct missing or inaccurate primary/secondary results.
 - C. The secondary and tertiary times can be averaged together to achieve a more accurate backup time when a time is not available from the primary timing system.
 - D. All of the above.

Hint: Please review reference 102.24.1E for the correct answer.

2. Which of the following descriptions accurately describes an automatic timing system? **1370.7**
- A. A timing system consisting of individual Lane Timers, each operating a manual watch that is both started and stopped by the Timer.
 - B. A timing system whose start is activated by the Timer and stopped at the finish by the swimmer touching the touchpad.
 - C. A timing system whose start is activated by a starting device and stopped by buttons pushed by Timers at the finish touch of the swimmer.

- D.** A timing system activated by a starting device and stopped at the finish by the swimmer touching the touchpad.

Hint: Please review reference 102.24.2A for the correct answer.

- 3.** Which of the following descriptions accurately describes a semi-automatic timing system? **1371.8**
- A.** A timing system whose start is activated by the Timer and stopped at the finish by the swimmer touching the touchpad.
- B.** A timing system consisting of individual Lane Timers, each operating a manual watch that is both started and stopped by the Timer.
- C.** A timing system activated by a starting device and stopped by buttons pushed by Timers at the finish touch of the swimmer.
- D.** A timing system whose start is activated by a starting device and stopped at the finish by the swimmer touching the touchpad.

Hint: Please review reference 102.24.2B for the correct answer.

- 4.** Which of the following descriptions accurately describes a manual timing system? **1372.7**
- A.** A timing system consisting of individual Lane Timers, each operating a manual watch that is both started and stopped by the Timer.
- B.** A timing system whose start is activated by the Timer and stopped at the finish by the swimmer touching the touchpad.
- C.** A timing system whose start is activated by a starting device and stopped by buttons pushed by Timers at the finish touch of the swimmer.
- D.** A timing system whose start is activated by a starting device and stopped at the finish by the swimmer touching the touchpad.

Hint: Please review reference 102.24.2C for the correct answer.

- 5.** A meet is being run with three levels of timing systems on each lane. Which of the following is the order in which the results are used? **1373.9**
- A.** Semi-Automatic Timing is used first, then followed by Manual Timing, and then followed by Automatic Timing.
- B.** Manual Timing is used first, then followed by Automatic Timing, and then followed by Semi-Automatic Timing.
- C.** Automatic Timing is used first, then followed by Semi-Automatic Timing, and then followed by Manual Timing.
- D.** Manual Timing is used first, then followed by Semi-Automatic Timing, and then followed by Automatic Timing.

Hint: Please review reference 102.24.3 for the correct answer.

6. Which of the following are examples of a primary timing system? **1374.9**
- A. Manual Timing, with three (3) watches per lane, each operated by a separate Timer.
 - B. Automatic Timing.
 - C. Semi-Automatic Timing, with three (3) or two (2) buttons per lane, each operated by a separate Timer.
 - D. All of the above.

Hint: Please review reference 102.24.3A for the correct answer.

7. When a malfunction is confirmed on a lane, what is the procedure by which the backup times shall be adjusted? **489.14**
- A. The back-up times for that lane shall be adjusted by calculating the average difference between valid primary and valid back-up times of the other lanes in that heat, or if necessary, using times from heats immediately preceding and/or following the heat. This shall be done by adding, or subtracting when appropriate, that average difference to the valid back-up time of the lane where the malfunction occurred.
 - B. The back-up times for that lane shall be adjusted by calculating the average difference between the valid primary and valid backup times of the other lanes in that heat, and then adding, or subtracting when appropriate, the average difference to the valid back-up times for all the lanes in the heat.
 - C. The back-up times for that lane shall be adjusted by calculating the average difference between the valid primary and valid backup times of the other lanes in that heat, and then adding, or subtracting when appropriate, the average difference to the primary times of every lane in that heat.
 - D. The back-up times for that lane shall be calculated in accordance with 102.24.4B and integrated with the accurate primary times in establishing the official time and determining the results.

Hint: Please review references 102.24.4B and 102.24.4D for the correct answer.

8. When averaging two watches which result in thousandths, what does one do with the digits representing thousandths? **573.16**
- A. They are rounded up to hundredths only if the third number exceeds 5.
 - B. They are rounded up to hundredths.
 - C. They are dropped with no rounding.

Hint: Please review reference 102.24.4B(3) for the correct answer.

9. A tertiary timing system of at least one manual watch per lane shall be provided except for which timing systems? **619.12**
- A. A secondary system using at least one (1) manual watch per lane.
 - B. A primary timing system consisting of manual watches.
 - C. A secondary system using a fully integrated video system.
 - D. All of the above.

Hint: Please review reference 102.24.3C for the correct answer.

10. What are some of the permitted uses for times recorded using a semi-automatic timing system with two buttons or a manual system with three watches? **620.10**

- A.** American Records.
- B.** All entry time and recognition program purposes.
- C.** U.S. Open Records.
- D.** World Records.

Hint: Please review reference 102.24.1C(1) for the correct answer.

1. The correct answer is “B” for the multiple-choice answer.
2. The correct answer is “D” for the multiple-choice answer.
3. The correct answer is “C” for the multiple-choice answer.
4. The correct answer is “A” for the multiple-choice answer.
5. The correct answer is “C” 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 “C” for the multiple-choice answer.
9. The correct answer is “D” 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: [<cbrose@omsoft.com>](mailto:cbrose@omsoft.com)