

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

# Sierra Nevada Swimming Officials Newsletter

October 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.**

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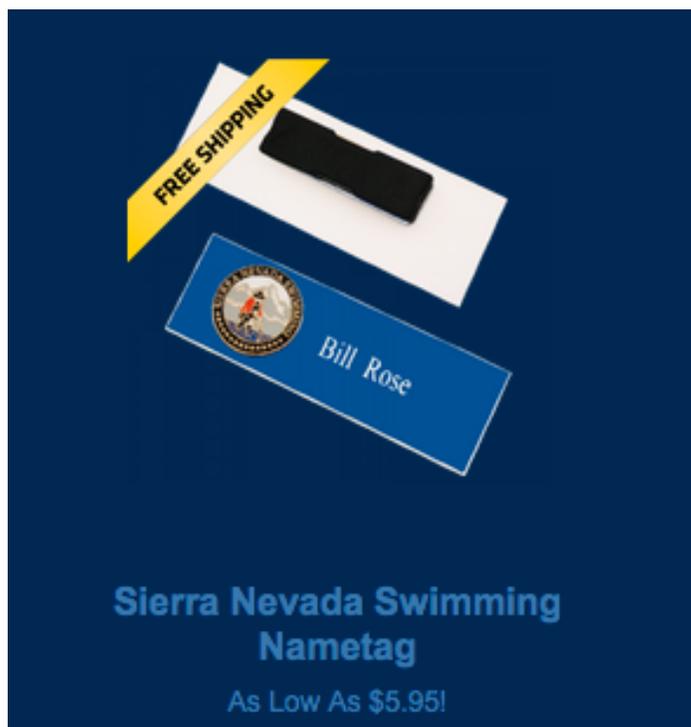
# Sierra Nevada Swimming Name Tag's Anybody?

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

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## 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

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## ***Assigned Team of Officials Invited for 2020 Olympic Team Trials***

By USA Swimming | Friday, September 13, 2019

The following officials have been invited to serve at the 2020 Olympic Trials for Swimming. These officials, who are being offered positions on the assigned team of officials, were chosen after an extensive selection process that included recommendations from their peers, officiating history at the local and national level, and commitment to the sport.

An additional group of officials will be invited to complete the list of deck officials for Olympic Trials and those will be announced by the end of October. USA Swimming offers their congratulations to these outstanding officials who serve to ensure fair and safe competition for all our athletes.

<b>POSITION</b>	<b>FIRST NAME</b>	<b>LAST NAME</b>
Asst. Administrative Referee	Peter	Lagow
Asst. Administrative Referee	Lisa	Olack
Administrative Referee	Jacki	Allender
Chief Judge	Dana	Covington
Chief Judge	Kim	Downs
Chief Judge	Jason	Johnson
Chief Judge	Trish	Martin
Chief Judge	Mike	Urbanowicz
Chief Judge	Lisa	Vetterlein
Team Lead Chief Judge	Don	Hougardy
Deck Referee	Jamie	Cahn
Deck Referee	Sandy	Drake
Deck Referee	Jim	Holcomb

POSITION	FIRST NAME	LAST NAME
Deck Referee	Kathleen	Scandary
Deck Referee	Wayne	Shulby
Meet Referee	Clark	Hammond
Starter	Dick	Duncan
Starter	Eric	Peterson
Starter	Fran	Werner
Head Starter	Denice	Wepasnick
Time Trial Referee	Mark	McCaw
Underwater Camera Referee	Robert	Broyles
Underwater Camera Referee	Dan	McAllen

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***USA Swimming Elects Four New Members of The Board of Directors***

By USA Swimming | Saturday, September 14, 2019

**ST. LOUIS, Mo.** – USA Swimming, the national governing body for the sport of swimming in the United States, today announced the newly-elected members of its Board of Directors. The organization’s nearly 500 House of Delegates members elected four At-Large Directors at the annual convention in St. Louis, Missouri.

The four newly-elected voting members of the 15-member USA Swimming Board of Directors include:

Kathleen Prindle – 4-year term

Bill Schalz – 4-year term

Kenneth Chung – 3-year term

Jennifer Gibson – 3-year term

“We are delighted to welcome these deserving individuals to the Board of Directors,” USA Swimming Board of Directors Chair Bob Vincent said. “Each of these new members brings diverse and experienced backgrounds that will increase the board’s ability to best address matters affecting every member within our organization.”

Prindle currently serves on the Florida Gold Coast Local Swimming Committee (LSC) Board of Directors (Finance Chair, Diversity, Equity & Inclusion Chair), USA Swimming’s Senior Development

National Committee, the American Swimming Coaches Association (ASCA) Board of Directors (Vice President), and the Florida State High School Athletic Association Advisory Board (past Chair). Corporately, Prindle has held multiple senior executive roles within New York City's fashion industry. Since 1989, Prindle has promoted aquatics across the Eastern Seaboard by launching nine Learn-to-Swim programs, two USA Swimming club teams, two U.S. Masters teams and recreational programming. She is also an incredibly skilled and accomplished coach.

Schalz has served on the Club Development, Olympic International Organizing and International Relations Committees and chaired the Governance Task Force. He, along with his wife Robin, founded the Academy Bullets Swim Club, which now has 600 swimmers, and accompanying swim school.

Chung is currently an Executive Vice President of Commercial Insurance at Chubb Group. He has over 38 years in performing various underwriting, risk management and leadership roles, has successfully managed sizable portfolios with responsibility for profit & loss, and coached and developed staff. Kenneth served on the Friends of Wellesley College Athletics National Committee to provide invaluable support for student athletes. He has also served as Board member, Treasurer and later Board Chair, for Leadership Education for Asian Pacifics (LEAP), a national nonprofit organization with the core strategic approach of developing people, informing society and empowering communities. Chung is a meet referee who has worked in New England and North Texas. Chung also serves as the North Texas LSC DEI Chair.

As an active USA Swimming coach since 1983, Gibson has coached in multiple LSC's around the country while working with top programs. Following college at Ball State University, she began coaching in Fort Wayne, Indiana, and continued there for the first 18 years of her career. Additionally, she coached in Charlotte, N.C.; Phoenix, Ariz. and for the last eight years in Fort Lauderdale, Fla. Gibson's USA Swimming experience includes: Age Group coach (36 years), parent of a swimmer, High School/Summer League coach, LSC Board Member, National Team International Team Manager, and ASCA board member.

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**Elizabeth Beisel Officially Announced As Part of Survivor Season 39 Cast**



Olympian Elizabeth Beisel has officially been announced as part of the cast for the 39th season of the CBS reality television show *Survivor*. Archive photo via Tim Binning/TheSwimPictures.com

Olympian **Elizabeth Beisel** has officially been announced as part of the cast for the 39th season of the CBS reality television show *Survivor*.

Beisel was leaked as a member of the cast back in May, according to *Inside Survivor*, which covers the show. The season filmed last spring, and will air this fall. Beisel is one of 20 Americans on the cast.

A three-time U.S. Olympian, Beisel made the American Olympic team in 2008 at the age of 15. In 2012, she made the Olympic team again and won two medals: silver in the 400 IM and bronze in the 200 back. She returned to make the 2016 Olympic team in the 400 IM and placed 6th at the Olympics.

*Survivor* host **Jeff Probst** talked to *The Hollywood Reporter* about the cast. He had this to say about Beisel:

"Elizabeth is probably the number one or number two most energetic person out there. I love her. When she walks in the room, I get happy. I think there's something about her, at least for me, that's just so likable and positive. And then you look at her background, the discipline that it takes, like I would know, to be an Olympic athlete just blows my mind of how many mornings she had to get up or how many laps she had to swim. And then to be a captain on the Olympic team, to have other people trust you. Next to Michael Phelps, I mean, this isn't a woman who's going to tire easily or let the rain get her down or losing a couple of challenges. She knows how to deal

with that. She probably lacks a little *Survivor* experience. She's a newer fan, but if she can get around that hump I think the audience is going to love her."

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**2018-2019 Scholastic All America Team  
By the Numbers**

***Athlete Numbers:***

Successful Applicants	1634
Girls	806
Boys	828
Three-Timers	150
Open Water	5
Disability	16
Central Zone	364
Eastern Zone	410
Southern Zone	454
Western Zone	406
9 <sup>th</sup> Grade	224
10 <sup>th</sup> Grade	461
11 <sup>th</sup> Grade	568
12 <sup>th</sup> Grade	381

Two perfect scores in 2018-2019 (National Champion and 4.0 GPA)

- Regan Smith – Riptide, MN
- Emma Weyant – Sarasota Sharks, FL

***Top LSCs***

Southern California Swimming	106
North Carolina Swimming	104
Georgia Swimming	76
Pacific Swimming	75
Potomac Valley Swimming	73
Florida Swimming	64

***Top Clubs***

Swim MAC Carolina-NC	41
Nation's Capital Swim Club-PV	39
Dynamo Swim Club-GA	24
Irvine Novaquatics-CA	23
Swim Atlanta-GA	21
NOVA of Virginia Aquatics-VA	20

SAA team members will receive three certificates and a bag tag. Three-timers will receive a special gift. Awards will be shipped in the Fall.

USA Swimming is proud to recognize these scholar-athletes and congratulates the swimmers on their achievement, as well as their coaches and parents for their outstanding support.

**2019 USA Swimming**  
**Girls Scholastic All America from Sierra Nevada Swimming**

First Name Last Name	Club	#Years
Mara Allen	Sierra Marlins Swim Team	1
Morgan Gore	Sierra Marlins Swim Team	1
Ashlyn Hemphill	Wolverine Aquatics	1
Lucy Huang	DART Swimming	1
Julia Miles	DART Swimming	1
Elizabeth Murphy	Sierra Marlins Swim Team	1
Amber Myers	Sierra Marlins Swim Team	2
Rebecca Waterson	DART Swimming	2
Madeline Woznick	California Gold	2

**2019 USA Swimming**  
**Boys Scholastic All America**

First Name Last Name	Club	#Years
Winn Aung	Redding Swim Team	1
Kaikea Crews	Truckee-Tahoe Swim Team	2
John Donovan	Wolverine Aquatics	1
Kyle Garcia	Sierra Marlins Swim Team	1
Jack Gillespie	Sierra Marlins Swim Team	2
Christopher Ranlett	DART Swimming	1
Gianluca Urlando	DART Swimming	2

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**Dressel, Phelps Honored at United States Aquatic Sports Convention**

By USA Swimming | Monday, September 16, 2019

**ST. LOUIS, Mo.** – Olympic and world champion **Caeleb Dressel** (Green Cove Springs, Fla./Bolles School Sharks/Florida) was named USA Swimming Athlete of the Year for the second time in the last three years Saturday at the United States Aquatic Sports Convention.

Established in 1981, this award is voted on by the USA Swimming House of Delegates and given to an individual with the most outstanding year of swimming performances.

At the 2019 FINA World Championships in South Korea, Dressel became the first swimmer in history to earn eight medals at a single world championships competition. His phenomenal performance included repeating gold-medal performances in the 50-, 100-meter freestyle and 100m butterfly events. He also added gold in the 50m butterfly, the 4x100m mixed freestyle relay and silver in the 4x100m medley relay and 4x100m mixed medley relay. He also broke several records, including Michael Phelps' world record in the 100m butterfly, the meet record in the 50m freestyle, while also setting American records in the 50-, 100m freestyle, and 50m butterfly.

Also honored Saturday evening was **Michael Phelps**, recipient of the USA Swimming Award, which was established to recognize exceptional contributions to the sport of swimming. For the last two decades, Phelps transformed the sport of swimming. During his career, he won a record-setting 28 Olympic medals, 23 of them gold, including eight gold medals at the Beijing Olympic Games in 2008. At five World Championships, from 2001-2011, he won 33 medals, 26 of them gold.

Phelps is only the second athlete to ever receive this honor, joining Mary T. Meagher who won this award in 1981.

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## **Dara Torres and Erin Popovich Named to U.S. Olympic & Paralympic Hall of Fame**

By USA Swimming | Monday, September 23, 2019

Swimmers Dara Torres and Erin Popovich have been named to the U.S. Olympic & Paralympic Hall of Fame, Class of 2019. They will be honored and inducted at an awards dinner Friday, Nov. 1, at the U.S. Olympic & Paralympic Training Center in Colorado Springs.

The class of 2019 is comprised of nine individuals, one team, two legends, one coach and one special contributor, and together, represents 12 different sports.

The class of 2019 has represented the United States at a combined 36 Olympic and Paralympic Games, tallying 79 medals, including 43 golds.

Torres – who competed in the 1984, 1988, 1992, 2000 and 2008 Games – is a 12-time Olympic medalist and tied for the most decorated female swimmer in history. She is the first American to swim at five Olympics. At 41, Torres set three American records en route to three silver medals at Beijing 2008. She is also a 16-time national champion.

Popovich is a three-time Paralympian and 19-time medalist, including 14 golds. She won seven golds in seven races, setting three world records and four Paralympic Games records at Athens 2004, and is two-time winner of the ESPY Award for Best Female Athlete with a Disability.

In addition to Torres and Popovich, the inductees include Candace Cable (Para alpine skiing, Para Nordic skiing, Para track and field), Lisa Leslie (basketball), Nastia Liukin (gymnastics), Misty May-Treanor (beach volleyball), Apolo Anton Ohno (short track speedskating), Chris Waddell (Para alpine skiing, Para track and field), the 1998 U.S. Olympic Women's Ice Hockey Team, John Carlos (legend: track and field), Tommie Smith (legend: track and field),

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## *How to Welcome New Teammates to Your Club*

By TrueSport | Thursday, September 19, 2019

Being the new athlete on a team can be one of the scariest experiences for a young athlete, and as a coach, you have the power to improve – or worsen – the situation. While you're likely busy running practices and preparing for competition, taking time to help new athletes assimilate onto your team can shape an athlete's entire sporting experience. Dr. Tasha Belix, a registered psychologist, shares best practices on how coaches can prepare themselves and their team for new members.

### **Prepare for a New Athlete**

Whether it's before the season starts or before the first practice, start a conversation with your new athlete by asking a few questions to get to know them better. That preparation can help you determine the best way to make sure the 'new kid' is seamlessly integrated onto the team.

If an athlete is shy and would prefer not to be put on the spot at the first practice, try assigning them one or two 'buddies' to help show them the ropes. For more outgoing athletes, encourage them to lead one of the simpler drills and do a more traditional 'getting-to-know-you' introduction.

Belix suggests that there's no right way to introduce every athlete, and the more tailored you can make that first meeting, the better the athlete will feel afterwards.

### **Make a Team Plan**

"Let your team know a new person is coming before they show up, if possible," says Belix. "Don't always rely on the same person to step up and help the new athlete through the first practice."

Encourage your entire team to take on a leadership role and take the opportunity to 'buddy' up with their new teammate. It will help your team get to know the new player on their own and relieve the stress on the newcomer to initiate every conversation.

### **Keep an Eye on the New Kid**

While you should let the new athlete integrate into the team naturally, you should also be on the lookout for bad behavior from your players.

"If you see the new athlete being treated poorly, of course you need to act on that," says Belix.

This means acting as early as possible versus waiting for a situation to become more dire - bullying can be subtle. Your club should have an anti-bullying policy in place, and clubs should follow that policy in such instances.

"Trust your gut. You may need to have a chat with athletes and hold them accountable."

Your club's anti-bullying policy should address the situation

### **Check-in After Practice**

Try to have a quick conversation with the new athlete after practice, without singling him out. "Have a quick conversation about how the practice went, if they are feeling comfortable, if they need anything, or if they have any questions or concerns," Belix says.

Often, after the initial introduction, a coach assumes that a new athlete is integrating fine, but this check-in process can help an athlete feel heard. Belix adds that if the new athlete is chatting with their teammates, postpone talking with them versus interrupting.

As a coach, it can be hard to step back and let the new athlete on the team integrate on their own terms, but it's necessary. Remember that "some kids are less social than others and that's fine," says Belix.

"Don't necessarily assume that an athlete isn't fitting in if they're not immediately making friends. Pushing a new athlete will likely just make them feel uncomfortable - give those athletes space if they seem to be happy otherwise."

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**My Observations From Being Out & About**

Attending a meet this last weekend in Truckee, I was totally surprised to see Seasonal Officials attending a meet two to four hours away from their home.

One of the Officials, Jeff Miller, came 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. 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. I got to partner up with him for three of his four sessions. I was quite "honored" to work with Jeff as his Deck Referee, because he accepted my Starter tips and got better with each start. Since I do hope he remains a Swimming Official for quite some time, my last words to him, were "to ask Santa Claus for some new white shoes and a pair of Navy-Blue pants."

There were two other "seasonal" Officials that attended the "Beat the Freeze" meet from Lassen Aquatics. Both were just certified in the swimming year of 2019 and they wanted to remain being certified in 2020 swimming year. James Hall came from Susanville, which was 117 miles away or one hour and fifty-three minutes of driving. He worked two sessions on Saturday at this split session meet. He just became a certified Stroke and Turn Judge in August and wanted to maintain his certification for next years' swimming season. Megan Luna, who also lives in Susanville and who also became a certified Stroke and Turn Judge this year in July, worked all sessions on Saturday and Sunday. During these sessions, she observed and officiated the Mystery Individual Medleys, where the swimmers swim the IM in totally different order. She even volunteered to be the Official Coordinator for her Lassen Swim Team.

## Will You Have Enough Sessions to Maintain Your Current Certifications in 2020?

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### *2019 Golden Goggle Award Nominees*

#### **BREAKOUT PERFORMER OF THE YEAR**

This award is given to the athlete whose performance(s) stand out in relation to other years, with special emphasis on the 2019 FINA World Championships.



**Hali Flickinger**

The former Georgia Bulldog standout had a stellar 2019, headlined by the first individual world medal of her career, which she earned via a silver medal in the 200-meter butterfly at the 2019 FINA World Championships. Flickinger excelled domestically as well, becoming one of only five female swimmers to earn 10 top-three finishes in TYR Pro Swim Series events. She also bested five of her personal-best times, lowering career marks in the 100m fly, 200m free, 800m free, 200m back and 400m IM.



**Jay Litherland**

Individual medals in the 400m IM had narrowly eluded Jay Litherland at the 2016 Olympic Games, 2017 World Championships and 2018 Pan Pacific Championships. In his only race in Gwangju, he entered the final 100 meters of the 400 IM over three seconds behind leader Daiya Seto of Japan. While the lead looked insurmountable, Litherland turned on the burners with a 56.99 freestyle split, nearly catching Seto. Litherland finished with a time of 4:09.22—a personal best—and a long-awaited silver medal at a major international competition.



**Hannah Moore**

Hannah Moore had only taken to open water swimming a year ago, then unexpectedly found herself disqualified during the 10-kilometer race at the 2019 Open Water Nationals in Miami in May. With a fighting spirit, she rebounded two days later to qualify for her first FINA World Championships team with her third-place finish in the 5k. Once in South Korea, Moore swam to a tie for the bronze medal in the 5k with Leonie Beck of Germany and just two seconds behind the gold medalist. The bronze medal was one of only two individual medals captured by an American swimmer at the FINA Open Water World Championships.



**Regan Smith**

Regan Smith shined in her lone individual event at the 2019 FINA World Championships. In the semifinals of the women's 200m backstroke, she dropped her personal best by nearly three seconds to smash Missy Franklin's 2012 world record with a time of 2:03.35. The following day, the 17-year-old would go on to win the gold in the 200m back – her first World Championships medal. Smith pocketed another gold in Gwangju after leading off the 4x100m medley relay, where she also broke the 100m back world record with her time of 57.57 en route to Team USA's world-record breaking relay performance. Smith also won five events in TYR Pro Swim Series competitions and captured a national title in the 200m butterfly at the 2019 Phillips 66 National Championships.

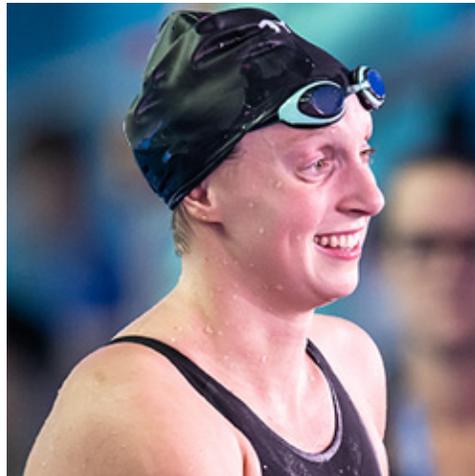
## **PERSEVERANCE AWARD**

This award is given to the athlete who came back from adversity, retirement, sickness, injury, etc., to have an outstanding performance(s) in 2019, with special emphasis on the 2019 FINA World Championships.



**Nathan Adrian**

After beating cancer, Nathan Adrian is back to beating his competition in the pool. Just seven months after his testicular cancer diagnosis, Adrian anchored the 4x100m free relay at the FINA World Championships to a World Championship record and a gold medal. He also anchored the 4x100m medley relay to secure silver for Team USA. Just a couple of weeks later, he was making his Pan American Games debut in Lima, Peru where he would win five medals (two gold and three silver) – more than any American man.



**Katie Ledecky**

While competing in the 400m free on day one of the 2019 FINA World Championships, six-time Olympic medalist Katie Ledecky knew she wasn't feeling right. A sickness had overcome her to the point where she had to go to a hospital in South Korea to receive care. As the event went on, Ledecky had to drop out of the 200m and 1500m freestyle races. On the second-to-last day of the competition, Ledecky willed herself back to the pool and concluded her competition by winning the 800m free world title with a gutsy final 50 meters to pull away from the field. "Each swim at these meets is unique and has its own story, this one definitely has one that I'll be telling for a while," Ledecky said.

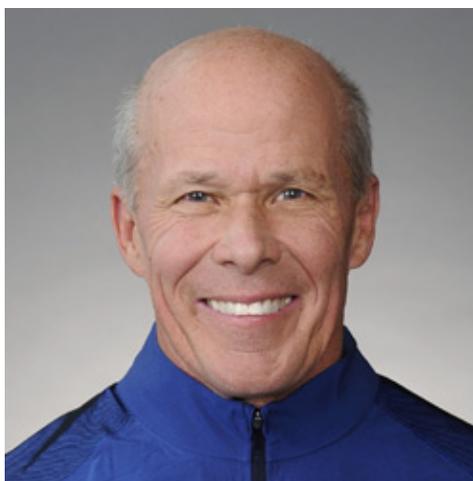


**Ashley Twichell**

As the lone female in her 30s on Team USA's World Championships roster, Ashley Twichell was trying to break new ground at the 2019 FINA Open Water World Championships. While she has seen tremendous success at Open Water World Championships for a number of years, an Olympic berth had very narrowly eluded her in both 2012 and 2016. Twichell had the chance to make an Olympic team at the 2019 FINA Open Water World Championships, where she needed a top-10 finish in the 10-kilometer race to qualify for Tokyo. A nearly two-hour race came down to the wire in South Korea – with just four seconds separating first place and missing the Olympic cut – but fortunately Twichell touched in sixth place, securing her first Olympic Team slot.

## **COACH OF THE YEAR**

This award is given to the coach whose athlete(s) performed at the highest level throughout the year, with special emphasis on the 2019 FINA World Championships.



**Jack Bauerle**

Longtime University of Georgia coach Jack Bauerle served as an assistant coach on this year's FINA World Championships team and had six athletes on the Team USA roster: Hali Flickinger, Olivia Smoliga, Chase Kalisz, Jay Litherland, Melanie Margalis and Andrew Wilson. The Bulldog swimmers saw great success in Gwangju, as they combined for seven medals. He also coaches nine of the athletes on the 2019-2020 National Team.



**Ray Looze**

In his 14<sup>th</sup> season at the head of Indiana University, Ray Looze led the Hoosiers to one of the most successful seasons in program history. The 2018-19 season was the first time that both the men's and women's swimming and diving teams won Big Ten team titles. The Hoosier teams continued their successes at the 2019 NCAA Championships, where the Indiana men came away with third-place honors while the women's team finished 10<sup>th</sup>. Looze was selected as an assistant coach on Team USA's staff at the 2019 FINA World Championships, where six current or former Hoosiers swam their way to a combined 13 medals, including Lilly King, who won three gold medals in Gwangju.



**Greg Meehan**

Greg Meehan, Stanford women's head coach and last year's Golden Goggles Coach of the Year, once served as the head coach for the women's team at this year's FINA World Championships. He also coached Simone Manuel, Katie Ledecky, Katie Drabot, Ella Eastin and Brooke Forde on the Team USA roster at Worlds to a combined 11 medals in Gwangju. Meehan has also led Stanford to back-to-back-to-back NCAA Championship titles in 2017, 2018 and 2019.



**Mike Parratto**

Mike Parratto, the Head Coach of Riptide Swimming in Minnesota, had one of the most memorable seasons in his 30-plus years of coaching. While Parratto has coached the likes of Jenny Thompson among other former U.S. National Team members, Parratto’s 2019 season was highlighted by the continued emergence of Riptide swimmer Regan Smith. At just 17 years old, Parratto’s talented young backstroker won two gold medals at the 2019 FINA World Championships and managed to set world records in the 100m and 200m backstroke and 4x100m medley relay along the way. For both Smith’s and his club’s successes, Parratto was recognized as the 2019 ASCA Coach of the Year.



**Gregg Troy**

Gregg Troy, of Gator Swim Club, coaches Caeleb Dressel, who won eight medals at the 2019 FINA World Championships – more medals than any swimmer at a single long course world championships competition in history. Troy also served as an assistant coach on the World Championships team and coaches three of the men on the 2019-2020 National Team: Dressel, Ryan Lochte and Mitch D’Arrigo. This year, the three-time NCAA Coach of the Year was also inducted into the Florida Athletics Hall of Fame.

## **RELAY PERFORMANCE OF THE YEAR**

This award is given to the best team relay performance, male or female. The performance considered must be a finals performance, with special emphasis on the 2019 FINA World Championships.

## Women's 4x100m Medley Relay, 2019 FINA World Championships



The performance of the women's 4x100m medley relay at the 2019 FINA World Championships was one of the defining moments of the competition – two world records in just one race. Regan Smith, just two days after setting the world record in the 200m backstroke, set a new world record in the leadoff leg of the relay, going 57.57 in the 100m backstroke. Though the blazing start gave Team USA a commanding lead, the rest of the relay also had strong swimmers. Both Lilly King's breaststroke split and Simone Manuel's freestyle split were the fastest times of their respective relay legs, and Kelsi Dahlia's butterfly split of 56.16 was only bested by 100m butterfly world champion, Maggie McNeil. The four American women set a world record of 3:50.40, besting the previous mark of 3:51.55 set by Team USA in 2017.

## Mixed 4x100 Freestyle Relay, 2019 FINA World Championships



Caeleb Dressel, Zach Apple, Mallory Comerford and Simone Manuel set a world record of 3:19.40 in the mixed 4x100m free relay at the 2019 FINA World Championships. Dressel gave the team a slim lead after the first leg by three-hundredths of a second. From there, each swimmer did their part to hold on to that lead, with Manuel anchoring the team to gold. The four Americans bested the previous world record, which was also set by Team USA—a relay team also comprised of Dressel, Comerford and Manuel— at the 2017 FINA World Championships.

## Men's 4x100 Freestyle Relay, 2019 FINA World Championships



On the opening night of the 2019 FINA World Championships, the men's 4x100m freestyle relay team of Caeleb Dressel, Blake Pieroni, Zach Apple and Nathan Adrian landed the first gold medal of the competition for Team USA. The American relay set a new championship record in 3:09.06, but it was Zach Apple who stole the show individually, going 46.86 to become the only swimmer in the field to record a sub-47 split. Adrian drove home Team USA with a 47.08 anchor split to hold off Russia and solidify a gold medal for the Americans. The medal was not only a first of the competition for Team USA, but it was an emotional first medal for Adrian following his bout with testicular cancer. After the race, Pieroni said about Adrian,

## FEMALE RACE OF THE YEAR

This award is given to the female swimmer with the greatest single individual race of the year, with special emphasis on the 2019 FINA World Championships.



**Simone Manuel, 100m Freestyle, 2019 FINA World Championships**

Simone Manuel once again found a way to get it done when she set an American record en route to gold in the 100m free with her time of 52.04 at the 2019 FINA World Championships. Swimming from lane one, she also beat the current world record holder and previous world record holder in the final to do so. Manuel also became just the second woman to win this race more than once.



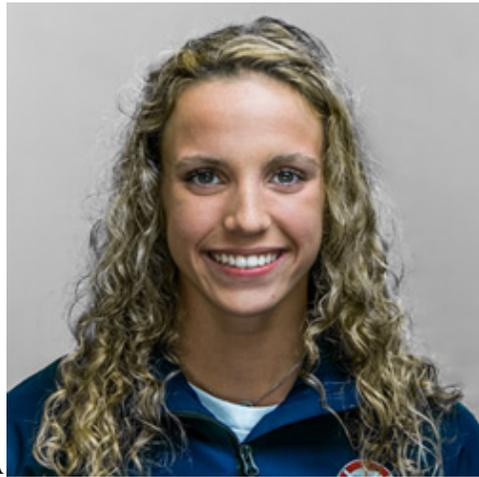
**Katie Ledecky, 800m Freestyle, 2019 FINA World Championships**

Despite battling illness throughout the World Championships, Katie Ledecky returned to the Gwangju pool for the 800m free. Ledecky traded leads with Italy's Simona Quadarella throughout the race until the final turn. Ledecky made that final turn just one-tenth-of-a-second behind Quadarella but exploded through the final 50 meters to win gold by over a body length. The win gave Ledecky her lone gold medal from South Korea, and her fourth-consecutive world title in the 800m free.



**Olivia Smoliga, 50m Backstroke, 2019 FINA World Championships**

Olivia Smoliga broke her own American record in the 50 back at the 2019 FINA World Championships with her time of 27.33, besting reigning world champion Etienne Medeiros of Brazil for the gold. This win marked Smoliga's first individual world championship title and puts Smoliga as one of only two American women to ever go sub-27.5 in the event.



**Regan Smith, 200m Backstroke (Semifinals), 2019 FINA World Championships**

Regan Smith entered heat two of the 200m backstroke semifinals as the youngest competitor in the pool, swimming alongside four of the top-10 swimmers in the world in this event. After touching the wall more than three seconds ahead of the competition, Smith looked at the electronic board with shock when she realized her time of 2:03.35 had bested Missy Franklin's world-record. Franklin's mark, set back at the 2012 London Olympics, had been thought to be one of the most daunting female records on the books. Now, it is the 17-year-old Smith who sits atop the 200m backstroke world record list.



**Lilly King, 100m Breaststroke, 2019 FINA World Championships**

The women's 100m breaststroke added yet another exhilarating chapter to the ongoing battle between breaststroke powerhouses Lilly King and Russia's Yuliya Efimova. For the last few years, the two juggernauts have battled back and forth creating a true rivalry. King had the lead by four-tenths as the duo made the 50m turn, but Efimova's explosion off the turn resulted in a neck-and-neck position with King entering the final 25 meters. King pulled ahead right before the final 15 meters and eventually out-touched Efimova by over half a second. King's final time of 1:04.93 was the 11th-fastest mark of all time. In the history of swimming, only five women have been able to crack the 1:05 mark, and King has now done so on five occasions.

## **MALE RACE OF THE YEAR**

This award is given to the male swimmer with the greatest single individual race of the year, with special emphasis on the 2019 FINA World Championships.



**Caeleb Dressel, 50m Freestyle, 2019 FINA World Championships**

July 27, 2019 marked a historic day for Caeleb Dressel, as he won three world championships gold medals in a single day for the second time in his career. Dressel dominated from start to finish in this race and came out on top in 21.04, marking the fastest 50m freestyle in the past 10 years and the fourth-best swim of all time. The performance also bettered his own American record in the event, giving him five American records set in Gwangju. With the 50m victory, Dressel also repeated his sweep in the 50 and 100m freestyles from 2017, joining Russian swimming legend Alexander Popov as the only swimmer to ever sweep the events at two different world championships.



**Caeleb Dressel, 100m Freestyle, 2019 FINA World Championships**

Caeleb Dressel set an American record when he turned in the third-fastest performance in history with a time of 46.96 in the 100m free at the 2019 FINA World Championships, besting reigning Olympic champion Kyle Chalmers of Australia for the gold by twelve-hundredths of a second. With the win, Dressel became the first American to win back-to-back gold medals in the event since Matt Biondi in 1991. Not only was Dressel's 46.96 time a new American record, but it marked the first time an American has cracked the 47-second mark.



**Caeleb Dressel, 50m Butterfly, 2019 FINA World Championships**

The first of four individual gold medals for Caeleb Dressel came by way of the 50m butterfly, an event that no American had previously won on the world championships stage. While just eight-hundredth of a second shy of world-record time, Dressel's time of 22.35 was the second-best swim in history and was good for a new championship and American record. The impressive swim, along with his 22.57 semifinals swim, are the only two American performances inside top-10 all-time swims in the event.



**Caeleb Dressel, 100m Butterfly (sf), 2019 FINA World Championships**

Caeleb Dressel surprised even himself with his quickness when he broke Michael Phelps' 10-year-old world record during semifinals of the 100m butterfly at the 2019 FINA World Championships. His time of 49.50 broke the mark by .32. Dressel later went on to become just the fourth man to win multiple titles in this event when he won his fifth gold medal of the World Championships, posting the second-fastest time ever in the event (49.66) during finals.



**Jay Litherland, 400m Individual Medley, 2019 FINA World Championships**

Midway through the race, Jay Litherland was clearly in position to earn a medal in the 400m individual medley at the World Championships in Gwangju. However the gold medal seemed unlikely as he turned at 300m some 3.3 seconds behind leader Daiya Seto, the two-time world champion from Japan. At the 350m mark, Litherland was still over two seconds behind Seto, but he did not give up, and closed with a blazing freestyle split of 56.99 to finish with a silver medal, just .27 behind Seto. It was the first international medal for the 23-year-old Athens Bulldog swimmer.

## **FEMALE ATHLETE OF THE YEAR**

This award is given to the top female swimmer of the year with special emphasis on achievements at the 2019 FINA World Championships.



**Lilly King**

The 22-year-old breaststroke phenom proved herself in Gwangju, totaling three gold and one silver medal to become the second-winningest American female in the competition. King defended her 2017 world titles in the 50 and 100m breaststroke in impressive fashion, becoming the only swimmer in the 100m breaststroke to go sub-1:05 and the only swimmer in the 50m breaststroke to touch in under 30 seconds. Prior to her success in South Korea, King's 2019 was highlighted by NCAA titles in the 100 and 200y breaststroke, making her the winningest breaststroker in NCAA history with eight career titles.



**Katie Ledecky**

While Katie Ledecky left Gwangju short of what she wanted to accomplish; her 2019 season was still one of tremendous success. Along with her world title in the 800m freestyle, Ledecky claimed silver in the 400m freestyle and 4x200m freestyle relay, increasing her world championships career-medal total to 18, which is the second-highest total by a female all-time, behind Natalie Coughlin's 20. Domestically, Ledecky saw tremendous success at TYR Pro Swim Series events, becoming the only female swimmer in the nation to win 10 events, which she did in just three TYR Pro Swim Series appearances.



**Simone Manuel**

Simone Manuel finished the 2019 FINA World Championships with more medals than any woman at a single FINA World Championships when she brought home seven – four gold and three silver. She also became the first American woman to win the 50m freestyle at the World Championships since Amy Van Dyken in 1998. She is also the only American woman to win both the 50 and 100m freestyles at the World Championships. In addition to her two American records set in Gwangju, she also anchored the mixed 4x100 free relay and the 4x100 medley relay to two world records.



**Regan Smith**

Regan Smith made the most of her time in Gwangju, as she came away with gold medals in the two events she competed in—the 200m backstroke and women’s 4x100m medley relay. The Minnesota native also set new world records in the 100m backstroke, 200m backstroke and as part of the women’s 4x100m medley relay. While her performance in Gwangju was the highlight of her 2019 season, Smith also won five TYR Pro Swim Series events and captured a Phillips 66 National Championships title in the 200m butterfly.

## **MALE ATHLETE OF THE YEAR**

This award is given to the top male swimmer of the year with special emphasis on achievements at the 2019 FINA World Championships.



**Caeleb Dressel**

A dominating series of swims in Gwangju left 22-year-old Caeleb Dressel with one of the most memorable world championships performances in the 46-year history of the competition. Dressel’s eight world championships medals was a mark that no other swimmer has ever accomplished, while his six gold medals tied for the third-most by a male swimmer at a single world championships competition since 1973. Dressel also added his name to the record books by recording world records in the 100m butterfly and as part of the mixed 4x100m freestyle relay, while also capturing American records in the 50m freestyle, 100m freestyle and 50m butterfly. His American-record-breaking performance in the 50m butterfly also earned Dressel the first gold by an American in the event’s history. On the second-to-last day in Gwangju, he won three gold medals in one day, which has only been accomplished once before — also by Dressel in 2017.

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# SNS AWARDS BANQUET

On **Sunday, October 27, 2019**, we as a LSC will celebrate our Athletes, Coaches, and Volunteers at the Annual **Sierra Nevada Swimming Awards Banquet** to be held at the Falls Event Center/Union Brick by Wedgewood Weddings in Roseville, CA. Registration will be via OME Swim Connection and will be limited to **300 attendees**. Specific details will be released later this week.

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# SIERRA NEVADA SWIMMING LSC BOARD MEETING

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

- Meeting Date:** **Thursday, October 24, 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](mailto:alex.ongaco@snswimming.org)>

**Remember: Silence is consent!!**

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**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](mailto: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	<b>Certify</b> after passing USA Timer's test and <b>satisfactory performance</b> 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	<b>Certify</b> after passing USA Administrative Officials test and <b>satisfactory performance</b> at one meet. <b>Must be a member of USA Swimming, pass the Criminal Background Check and complete the online Athlete Protection Training</b> before officiating as an Administrative Official.  <b><u>Sierra Nevada Swimming:</u></b> After above training, must have the recommendation of the Trainer before being granted certification.
Renewal	Based on satisfactory performance. <b>Sierra Nevada Swimming:</b> 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><b>Formal clinic training.</b> <b>Must take</b> USA Swimming Stroke &amp; Turn/Timer test. <b>On-the-deck</b> apprenticeship with at least two (2) mentors (who have a minimum of one (1) year certification as a Stroke and Turn Judge) for a <b>minimum of six (6) training sessions.</b></p> <p>(Cannot make a disqualification during those sessions).</p>
Evaluation & Certification	<p><b>Evaluation by</b> evaluator/mentor and/or Referee to be reported to LSC Officials Chair or their designee. <b>Must complete</b> certification within one year from date of clinic. <b>Must be a member of USA Swimming, pass the Criminal Background Check and complete the online Athlete Protection Training</b> 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><b>To maintain certification, must work a minimum of four (4) sessions per year in Stroke &amp; Turn or higher capacity.</b></p> <p><b>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 &amp; Turn Judge for the first time.</b></p> <p>Based on continuing USA Swimming membership and satisfactory performance.</p>

## RELAY TAKE-OFF JUDGE (Minimum Age 18\*)

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

## CHIEF JUDGE (Minimum Age 18\*)

Education & Training	<p><b>Must be certified</b> Stroke &amp; Turn Judge</p>
Evaluation & Certification	<p>Considered part of Stroke &amp; Turn Judge certification. Must have a minimum of <b>one (1) year experience as a certified Stroke &amp; Turn Judge.</b></p>

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	<b>Certification based on</b> recommendation of the mentor(s) and/or Referee(s).
Renewal	<p>Must attend yearly clinic and <b>take and pass the re-certification Referee test</b> every other swimming year. If a Starter, it is recommended to take the re-certification Starter online test every other year as well.</p> <p><b>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.</b></p> <p>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.</p> <p>Based on continuing USA Swimming membership and evaluation by the LSC Officials Chair or their designee.</p>

**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!!**

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**Future Administrative Official Clinics on the Calendar.**  
**There are ZERO 2020 Admin Official Clinics on the calendar.**

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**Future Stroke and Turn Clinics on the Calendar.**

# There are **NINE** 2020 Stroke and Turn Clinics still on the calendar.

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## Clinic #1

**What:** 2020 Stroke and Turn Clinic

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

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

**Time:** 6:00 PM - 9:00 PM

**When:** Wednesday, October 2, 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](mailto:herrera_ivan@hotmail.com)> or Deanna Hogenboom <[deanna.hogenboom@me.com](mailto:deanna.hogenboom@me.com)> if you have any questions.

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## Clinic #2

**What:** 2020 Stroke & Turn Clinic

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

**Where:** Davis, California

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

**Time:** 6:30 PM to 9:00 PM

**When:** **Thursday, October 3, 2019**

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

**Google Directions:**

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

If you need further directions, e-mail Miriam Fisk at <[miriamfisk@sbcglobal.net](mailto:miriamfisk@sbcglobal.net)> or Bill Rose <[cbrose@omsoft.com](mailto:cbrose@omsoft.com)>

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### **Clinic #3**

**What:** 2020 Stroke & Turn Clinic

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

**Where:** Oakdale, California

**Location:** Oakdale High School - classroom K-1  
739 W. G Street  
Oakdale, CA 95361

**Time:** 6:00 PM to. 8:30 PM

**When:** Tuesday, October 15, 2019

**Directions:** Take CA-99 S to E Mariposa Road in San Joaquin County. Take Exit 252A from CA-99 S. Continue on E Mariposa Road. Take Dodds Road and Valley Home Road to W G Street in Oakdale. After leaving CA-99 S, it is 26.3 miles to your destination.

**Google Directions:**

<https://www.google.com/maps/dir//739+W+G+St,+Oakdale,+CA+95361/@37.7617143,-120.8552747,12z/data=!4m5!4m4!1m0!1m2!1m1!1s0x8090f835d1369afb:0xc2936aceb0ebe2db?hl=en>

If you need further directions, e-mail Ron Thompson at [ronald91thompson@gmail.com](mailto:ronald91thompson@gmail.com) or Bill Rose [cbrose@omsoft.com](mailto:cbrose@omsoft.com)

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**Clinic #4**

**What:** 2020 Stroke and Turn Clinic

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

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

**Time:** 6:00 PM to 9:00 PM

**When:** Wednesday, October 23, 2019

**Any questions please contact:** Layne Frederiksen [layn3@me.com](mailto:layn3@me.com) or Bill Rose [cbrose@omsoft.com](mailto: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 McAnally and Woodcreek Oaks.

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## **Clinic #5**

**What:** 2020 Stroke and Turn Clinic

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

**At the conclusion of the first section of the clinic that deals with new and re-certifying S/T Officials, the Starters and Deck Referees will remain for a Starter and Deck Referee Workshop.**

**Where:** Niffey and Mark Carmody's house, in the Fairfield and SASO area of the LSC.

**Time:** 6:00 PM - 9:00 PM

**When:** Wednesday, October 23, 2019

**Directions:** Please contact Mark Carmody <[markcarmody@sbcglobal.net](mailto:markcarmody@sbcglobal.net)> for further directions.

**Please RSVP:** Since there are only limited places to sit at their home, please let Niffey and Mark know that you are coming,

1423 Couples Circle, Fairfield, CA, 93433.

Take the N Texas exit toward Fairfield. This off ramp is for both N Texas and Manuel Campos Parkway. Turn left at the stop onto Manuel Campos Parkway. Go 1 mile to the second Paradise Valley Drive and turn left. Go 0.8 miles and turn right onto Couples Circle. Destination will be on the left after driving 0.1 miles.

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## Clinic #6

**What:** 2020 Stroke and Turn Clinic

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

**Where:** Bear River High School, 11130 Magnolia Avenue, in Grass Valley, California. In the teacher's lounge (across from the gymnasium)

**Time:** 6:00 PM to 8:30 PM

**When:** Tuesday, October 29, 2019

Any questions please contact: Coach Daryn Glasgow at <[coachglasgow@gmail.com](mailto:coachglasgow@gmail.com)> or Jeff Anderson <[jdrs04@gmail.com](mailto:jdrs04@gmail.com)>

**Where:** It will be at the Bear River High School, 11130 Magnolia Avenue, Grass Valley, CA, 95949. From I-80 take Hwy 49 North towards Grass Valley. Turn Right onto Combie Road. Go straight onto Magnolia Road. The school is on the left. Park in the front parking lot by the main gym. Follow the corridor to the left of the main gym that goes back towards the pool.

**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

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## Clinic #7

**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](mailto: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.

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## Clinic #8

**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  
**Basic AO** TBD  
**Basic Starter** TBD  
**Basic Chief Judge** TBD

**LOCATION:** Washoe County School District  
5450 Riggins Court, Suite #3  
Reno, NV, 89502-6246

**Off Meadow Wood Lane, behind the Meadowood Mall in Reno. Please park in spaces marked WCSD.** Call if you have questions or have troubles finding the location.

Valerie (530) 613-3173 - cell

Jerry (530) 613-7547 - cell

**REPLY:** Please RSVP to Valerie Rudd by December 12, 2018 at: [vruddtahoe@me.com](mailto:vruddtahoe@me.com)  
OR text her iPhone (530) 613-3

Please plan to attend even if you forget to RSVP. **RSVP is for planning purposes to assure that sufficient handouts and lunches are available for attendees. If sufficient responses are not received, a Clinic may be canceled or not offered.**

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## Clinic #9

**What:** 2020 Stroke & Turn Clinic

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

**Where:** Davis, California

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

**Time:** 10:00 AM to 12:30 PM

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

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

**Google Directions:**

<https://www.google.com/maps/dir/%27%27/23+Russell+Bvd,+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](mailto:miriamfisk@sbcglobal.net)> or Ted Curley <[tgccconst@gmail.com](mailto:tgccconst@gmail.com)>

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**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 is **TWO** 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.

**This workshop is REQUIRED for all certified Starters or Deck Referees.**

**At the conclusion of the first section of the clinic that deals with new and re-certifying S/T Officials, the Starters and Deck Referees will remain for a Starter and Deck Referee Workshop.**

**Where:** Niffey and Mark Carmody's house, in the Fairfield and SASO area of the LSC.

**Time:** 6:00 PM - 9:00 PM

**When:** Wednesday, October 23, 2019

**Directions:** Please contact Mark Carmody <[markcarmody@sbcglobal.net](mailto:markcarmody@sbcglobal.net)> for further directions.

**Please RSVP:** Since there are only limited places to sit at their home, please let Niffey and Mark know that you are coming,

1423 Couples Circle, Fairfield, CA, 93433.

Take the N Texas exit toward Fairfield. This off ramp is for both N Texas and Manuel Campos Parkway. Turn left at the stop onto Manuel Campos Parkway. Go 1 mile to the second Paradise Valley Drive and turn left. Go 0.8 miles and turn right onto Couples Circle. Destination will be on the left after driving 0.1 miles.

## **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.**

**This workshop 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](mailto:herrera_ivan@hotmail.com)> if you have any questions.

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**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, we are now 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.

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## **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!!**

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**IF YOUR TEAM WOULD LIKE TO HOST A STROKE AND TURN CLINIC FOR THE NEW YEAR, PLEASE CONTACT MELISSA SZPIK SERRAO AT: [<officialmelissasn@gmail.com>](mailto:officialmelissasn@gmail.com)**

**[ALL Officials](#) have to attend a yearly clinic!!**

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

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

**[That requirement is taking your on-line re-certification test.](#)**

The 2019 Rules and Regulations (Rulebook) is now in effect for all on-line tests.

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**Now that you are certified, you may work other USA Swimming, LSC's or Sierra Nevada Swimming meets in [October of 2019.](#)**

\*\*\*\*\*

Meet Date: October 4-6, 2019  
Type of Meet: SCY  
Hosted by: California Capital Aquatics

**Location:** Roseville Aquatic Center  
Woodcreek High School  
3051 Woodcreek Oaks Blvd.  
Roseville, CA

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

**Contact Information:** Mitch Satz at: < [misatz@yahoo.com](mailto:misatz@yahoo.com) >

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**Meet Date:** October 12, 2019

**Type of Meet:** Dual Meet - Golden Buoy Meet (NSS vs. EGAC)

**Hosted by:** Northern Sierra Aquatics Club

**Location:** Grass Valley, CA

**Where:** Bear River High School  
11130 Magnolia Road  
Grass Valley, CA 95949

**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](mailto:CoachEthan@gmail.com)

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**Meet Date:** October 12-13, 2019

**Type of Meet:** Trials and Finals Meet - Sac Regional 13 & older

**Hosted by:** AquaSol

**Location:** Cameron Park CSD Aquatics Complex  
2502 Country Club Drive  
Cameron Park, CA 95682

**Directions:** Please use the web site below to look at the map of the area around the Cameron Park Community Center.

<https://www.google.com/maps/dir/'/2502+Country+Club+Dr,+Cameron+Park,+CA+95682/@38.6605876,-121.0060425,17z/data=!3m1!4m8!4m7!1m0!1m5!1m1!1s0x809afa0e91c7a4ab:0x614fbc9c4246b2ef!2m2!1d-121.0038967!2d38.6605876>

**Directions:**

From Sacramento, heading toward Lake Tahoe, Follow US-50 E to Bass Lake Rd/Marble Valley Rd in El Dorado County. Turn left onto Bass Lake Road/Marble Valley Road. Turn right onto Country Club Drive. Turn right at Placitas Drive. Turn left and destination will be on your right.

**Contact Information:** Darin Mai <[coachdarin@aquasolswimteam.com](mailto:coachdarin@aquasolswimteam.com)>

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**Meet Date:** October 18-20, 2019

**Type of Meet:** SCY - Pete Fitch Memorial

**Hosted by:** Spare Time Aquatics of Sacramento

**Location:** Rio Del Oro Racquet Club, Sacramento

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

**Contact Information:** Meet Director: Kathy Lynch <[Stasmeetdirector@gmail.com](mailto:Stasmeetdirector@gmail.com)>

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**Meet Date:** October 19, 2019

**Type of Meet:** DART Super League Meet  
Short Course Yards

**Hosted by:** Davis Aqua Darts

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

**Where:** **Schaal Aquatic Center**

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

**Contact Information:** Billy Doughty <[swimdavis@yahoo.com](mailto:swimdavis@yahoo.com)>

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**Meet Date:** October 19-20, 2019

**Type of Meet:** AGO - SCY - Pumpkin Meet

**Hosted by:** Gold of Lodi

**Location:** Tokay High School  
111 W. Century Blvd.  
Lodi, CA 95240

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

**Contact Information:** John Griffin  
1 (209) 712-4382  
<[johnlodiaquatics@sbcglobal.net](mailto:johnlodiaquatics@sbcglobal.net)>

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**Meet Date:** October 26-27, 2019  
**Type of Meet:** SCY - Pirate Pentathlon  
**Hosted by:** Woodland Swim Team  
**Location:** 155 N West St, Woodland, CA 95695  
Woodland Community Swim Center in Woodland, CA

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

**Contact Information:** Ann Brunson <[coachann.wst@gmail.com](mailto:coachann.wst@gmail.com)>

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## OFFICIALS: ASK YOUR QUESTIONS!!

- Changed October 1, 2019 -

### Often Asked Questions by USA Swimming Officials

**I recently took the concussion protocol. Should I just send you a picture or the certificate or I may be able to forward the link to it to you? What would you prefer?**

You can send me a copy of the certificate. I can then update my records and send the certificate off to Mark Brown, so he can update the USA Swimming website.

**My email address is still not linked to my account. I still can't print or see my 2019 Membership/Certification card. Checking back on this. Can you help me?**

As I told you on a message that I sent you on August 20th, you have to link your account by following the steps I listed in this message. I have copied my previous message below and attached a screen shot, showing where it says that your account is not linked. I noticed that you didn't follow the instructions to LINK YOUR ACCOUNT, in my previous email message. You have not done this yet, you will have to link your website account to your member record. You will need to log in to your account, click on "my account" in the upper right corner and select the option to "link to a member record". Follow the steps by entering your first and last name and DOB and then when your record is found, click on "this is me". Then you will be able to access your card, etc from your website account. This should do the trick,

**Please let me know if all certified officials are required to attend a clinic every year. It was not clear for me.**

Yes, all certified Officials like yourself will have to attend a required yearly clinic to maintain your current certification for the next swimming year. There are many yearly clinics almost set in stone to give you more choices for which clinic to attend.

**I have a parent that definitely went to a clinic in the Fall of 2018, (I was there so I know he did this), and he claims he has finished all of his requirements other than the six training sessions. (Not sure this is true.)**

He has not taken his Certification Stroke and Turn/Timer test yet. I just checked. He does still need to complete his six training sessions. I would hope he could complete the rest of his training sessions by 12/31/2019. If he has a few left to do, I guess we could make an exception with one or two sessions left to do, but we have so many meets left in the year for him to do. In order to maintain certifications, all Stroke and Turn Judges need to complete their initial six deck training sessions and then to maintain that hard earned certification the next swimming year, they have to do four certificated sessions in the current year to maintain that certification the next year. By 1/1/2020, all non-athlete members of USA Swimming who live in California, will also have to complete the Concussion Course. He took the Background check in September and the APT on 9/12/2019. Make sure that if he is interested in being a member and an Official of USA Swimming next year, to attend one of the many offered clinics we will be having in the near future.

**I finished my athlete protection. Here is a copy of the certificate.**

I am not sure what this certificate is for, since it didn't update the APT on the website. I have never seen a certificate like this before. The APT for all members of USA Swimming, will expire one year to the day that you take the courses and as you can see on the screen shot that I took this morning, your APT expires on 12/31/2019.

**Note from Mark Brown follows:**

This is what the new certificate looks like for the 3 courses in one course now. The problem is that they give you the certificate and then you need to click on next once again. The completion percentage says 100%, but it must say "Done" to make it into SWIMS. I have clicked on the next button for you, so it will show up in a couple of hours in SWIMS,

**I am currently training to be a stroke and turn judge. Attached is the training certificate for the Concussion Training I took through the CDC. Please let me know if there is anything I need to do further with recording this training. I have also completed the safe sport athlete training tonight, but understand that will post directly from USA swim.**

The APT is already showing on the USA Swimming website. I will forward the Concussion Course certificate to Mark Brown, our LSC Registrar, so he can post your Concussion Course passing on the USA Swimming website.

**Good morning Bill! Just wondering what date and time is being considered for the Sierra College clinic? I am planning to go to the Folsom clinic on Wednesday but Sierra College will be more convenient for me but will depend on the date and time. Thanks!!**

Deanna Hogenboom will be at the Folsom Clinic on Wednesday with me, but she is still planning to do one at Sierra College in the near future, maybe November, since there are so few then. The Sierra College Clinic hosted by WAC is not yet set in stone.

**I am verifying my email and am ready to get started. It sounds like I need to verify my email before my account is set up? I sent in my check last Wednesday and hope it is received soon. Thank you and let me know when I can start logging in to complete my tasks! I am looking forward to participating!**

At which address did you send your check? You just need to wait until you are in the system, before you begin completing any of the requirements. The Athlete Protection Training can't be started anyway until you are in the system. It is wise to not do any of the others, because sometimes the completed results are not matched up with the person who did the requirements, if done early. Hope that makes sense,

**What exactly do potential officials need before attending one of the clinics?**

That is a good question. All you will need is to bring a check or cash in the amount of \$68 for your Membership fee in USA Swimming. The check will be made out to Sierra Nevada Swimming. Later you will have to pay \$38 for a Criminal Background Check, but that will not happen until you are entered in the system by the Sierra Nevada Swimming Registrar, after you attend the clinic. All the other information will be presented at the clinic. I will also send you a note after your attendance at the clinic, listing the important steps in becoming a non-athlete Official member with USA Swimming. Thank you for your volunteerism,

**Thanks for all this information! I finished the background check and the Athlete Protection Training. Do you need copies of anything from me? I will do the Stroke and Turn test next. Thank you!**

I will only need a copy of the certificate from the Concussion Course when you complete it. The results for the APT and Background Check go directly to USA Swimming.

**Thanks for the update on my current status. I have completed 3 starter training sessions and have 3 more to go. Can you confirm, I must complete these by the end of this calendar year? I will re-take the APT and get that updated.**

Yes, you have three more Starter training sessions to still complete. When that is done, you should work four certified Starter sessions to maintain your hard-earned Starter certification in 2020. When you work meets, just tell the Meet Referee that this is your plan. As for the APT, you should renew this closer to the time it expires, since it is only good for a year from the time you take and pass this course. I know I plan to renew mine on New Year's Eve day, on 12/31/2019. I will do it early in the morning.

**I received your email stating that I was current with all my testing requirements. Thank you for that. I wanted to ask, am I now allowed to train as a Deck Referee moving forward? I was contemplating getting some training sessions in this weekend at Spook-tacular and honestly, I was not sure if you needed anything else from me.**

Yes, I thought you were working toward becoming a Deck Referee from all the time you spent taking the battery of online tests. Please work on this position when you attend meets. Make sure to bring a whistle. An ACME Thunderer is one of the best ones to use. I will attach the Referee Training Slip for your use.



**Just to clarify. If i took a stroke and turn clinic on feb 2019. Do i need to take one this year?? Or i can take a clinic in 2020?**

If you attended a S/T clinic in February of 2019, that was during the 2019 swimming year. The 2019 swimming year ends on 12/31/2019. If you don't renew by 12/31/2019 your hard-earned S/T certification will expire. That is why we are offering 2020 clinics now, because the 2020 swimming year began on September 1, 2019. You have to attend a 2020 yearly required clinic and most folks don't like to have their certifications expire. Yes, you need to attend one of these 2020 clinic being offered all over our LSC. When they are being held close to your home, please attend, since we might not be back that close to your home again.

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# SWIMMING SITUATIONS

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

<https://www.usaswimming.org/docs/default-source/officialdocuments/officials-training-resources/situations-and-resolutions/stroke-and-turn-situations-and-resolutions-revised-3-20-2018.pdf>  
- Changed October 1, 2019 -

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1. After the start of the breaststroke, a swimmer takes an arm pull, a downward butterfly kick, and a breaststroke kick. He then takes another arm pull. His head is completely underwater for the entire second arm pull. Is this legal?

**Recommended Resolution:** This is not legal. The rule states, “The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.”

**Applicable Rule:** 101.2.2

2. While swimming the breaststroke, a swimmer realizes that his goggles have come loose. He extends his right arm forward to adjust his goggles. Should the swimmer be disqualified?

**Recommended Resolution:** Yes. The rule states, “All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.” By using only his right arm to adjust his goggles, the swimmer violated both of these rules.

**Applicable Rule:** 101.2.2

3. While swimming the breaststroke, a swimmer realizes that her goggles have come loose. She moves both arms forward simultaneously and in the same horizontal plane to adjust her goggles, taking two breaststroke kicks to keep herself afloat in the process. Should the swimmer be disqualified?

**Recommended Resolution:** Yes. The rule states, “Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.” By taking two breaststroke kicks to keep herself afloat, the swimmer violated this rule.

**Applicable Rule:** 101.2.2

4. After the start of the breaststroke, a swimmer realizes that his suit has come loose. He reaches back with both arms simultaneously to adjust his suit and brings his hands forward. He then takes a breaststroke kick. Should the swimmer be disqualified?

**Recommended Resolution:** He should not be disqualified. His act of adjusting the suit, as described above meets all of the requirements of the first legal breaststroke stroke. However, had this instead happened after the first stroke, it would be illegal if his hands were brought back beyond the hip line.

**Applicable Rule:** 101.2.2

5. A coach is teaching his swimmers to do what he believes is a faster technique of getting to the wall on the breaststroke finish. He wants his swimmers, when they are inside of the backstroke flags, to stay completely

under the water and not take any breaths. It takes several complete cycles while wholly submerged before the swimmers touch. Is this legal?

**Recommended Resolution:** No. The rule states, “During each complete cycle, some part of the swimmer’s head shall break the surface of the water.” Also, at the turn and finish, “The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.”

**Applicable Rules:** 101.2.2, 101.2.4

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## TAKING THE ON-LINE TESTS

- Changed October 1, 2019 -

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

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1. In which of the following events shall the Starter or a designee sound a warning signal over the water at the finish end of the lane of the leading swimmer when that swimmer has two lengths plus five yards or five meters to swim? **974.16**
- A. The 400-meter freestyle.
  - B. The 500-yard freestyle.
  - C. The 800-yard freestyle relays.
  - D. All of the above.

**Hint:** Please review reference 101.1.4 for the correct answer.

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2. What are the duties of the Head Lane Timer? **562.21**
- A. Determine that the relay swimmers are swimming in the order listed.
  - B. Determine whether the swimmer or relay team is present and in the correct lane, heat and event.
  - C. Record the names and order of the relay swimmers prior to the start of the race.
  - D. All of the above.

**Hint:** Please review reference 102.17.2A for the correct answer.

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3. Who has the responsibility to request that the Head Lane Timer assign one Lane Timer to time relay splits and initial distances? **563.12**
- A. The Coach.
  - B. A parent.

- C. The swimmer.
- D. The Chief Timer.

**Hint:** Please review reference 102.17.2C for the correct answer.

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4. What two timing devices may a Lane Timer simultaneously operate when timing a race? **564.20**
- A. One watch and one button.
  - B. Two watches.
  - C. A Lane Timer may not operate more than one timing device simultaneously.
  - D. Two buttons.

**Hint:** Please review reference 102.17.3 for the correct answer.

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5. When should a Lane Timer start the watch at the start of a race? **565.25**
- A. The Lane Timer shall not start the watch if the visual starting signal is missed, even if the starting signal is heard clearly. The Head Lane Timer should be notified immediately.
  - B. The Lane Timer shall start the watch at the instant of observing the visual starting signal. If the visual starting signal is not observed, the watch shall be started upon hearing the starting signal.
  - C. The Lane Timer may start the watch either at the instant of observing the visual starting signal or upon hearing the starting signal, whichever works the best.

**Hint:** Please review reference 102.17.3A for the correct answer.

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6. Where shall each Lane Timer stand to observe the touch at the finish of a race? **568.18**
- A. The Lane Timer shall stand directly over the assigned lane at the finish to observe a touch above, at, or below the surface of the water.
  - B. The Lane Timer shall stand behind the block of the assigned lane.
  - C. The Lane Timer shall stand at the side of the pool.

**Hint:** Please review reference 102.17.3B for the correct answer.

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7. When using an automatic timing device, who is responsible for reporting if a swimmer has delayed in touching or has missed the touch pad at the finish? **570.11**
- A. Chief Timer.
  - B. Head Lane Timer and/or the Lane Timer of the lane where the problem occurred.
  - C. None of the above.

**Hint:** Please review references 102.17.2D and 102.17.3C for the correct answer.

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8. Unless otherwise instructed, when shall the Lane Timers clear their watches? **572.11**
- A. During the Starter's instructions to the swimmers.
  - B. As soon as the times have been recorded.
  - C. Lane Timers shall not clear their watches until a command to "clear watches" is given or the Referee signals that the next heat is ready to start.

**Hint:** Please review reference 102.17.3C for the correct answer.

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9. When relay swimmers report to the starting blocks, they must compete in the order submitted and declared to which USA Swimming official? **626.20**
- A. Referee.
  - B. Clerk of Course and / or Head Lane Timer.
  - C. Chief Judge.
  - D. Referee and Starter.
  - E. Starter.

**Hint:** Please review references 102.3.7, 102.20 and 102.17.2A for the correct answer.

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10. How many watches per lane are required for each competitor when manual watches are used as the primary timing system? **561.18**
- A. One watch per lane.
  - B. Three watches per lane, each operated by a separate Timer.
  - C. No less than two watches per lane, each operated by a separate Timer.

**Hint:** Please review reference 102.24.3A(3) for the correct answer.

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

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