

Central California Swimming
Officer & Committee Reports

House of Delegates

July 9, 2008

Officers Reports

1. General Chair, John Kinney requested time during new business.
2. Travel Fund (Reference submitted Travel Fund Report): 2008 year to date distributions reported by Spencer Harris.
3. Equipment report: Spencer Harris previously requested another site for the CCS timing equipment. Hanford Swim Club (HSC) has requested to purchase the equipment from CCS. Rentals to clubs will be handled by HSC if permitted the purchase. A suggestion to announce open bids from other CCS clubs for equipment should be made. If no other club demonstrates interest in purchase in the form of a bid, the purchase will be voted upon at the HOD meeting in July. Dowain Wright made the motion for this proposal. It was seconded and approved.
4. Senior Vice Chairperson, Keith Moore reported that the Sectional meet venue was changed to CSUB due to the lack of cooperation of the facilities management at Bakersfield College. The open water swim will be held at Ski West Village, in Arvin Ca. Entry fees are \$25 for pre-deadline registrations and \$40 the day of the competition. Individual awards will be given, but will not count towards high point or team awards. All sectional participants are eligible including relay only athletes. The 2009 Spring Sectionals will be held in Las Vegas, hosted by Sandpiper with Clovis as backup. The date of the meet is dependant on the scheduling of the NCSA Jr. meet. Clovis has been awarded the 2009 summer sectionals to be held at Clovis North High School. The 2009 open water meet will be held at Millerton Lake. The USA short course meet will be held December 11-13 in Austin TX.

Keith requested that a re-definition of "season ending" be developed to give maximum benefit to athletes. A committee was formed to present a proposal to the HOD. Committee members are: Keith Moore, Rick Klatt and Spencer Harris.

5. Age Group Vice Chairperson: Dowain Wright, no report
6. Membership Chairperson, Jim Patterson suggested a single meet registration fee for CCS. USA swimming fee is \$10.

Membership numbers for CCS is low, expected to increase for summer programs and post Olympic interest.
7. Website: Reports should be submitted earlier than Tuesday prior to the meeting in order to be posted for review on the website.
8. Top 16 – Records (report submitted by Jim Patterson in Shauna Rhea's absence due to recuperation from surgery). Updated through 2007. 25 yard events are not recognized by National data base. Needs to be tracked manually. Top 5 errors are being corrected. Working on the Short Course 2008 top 5 times. Swimmer of the year for 2006 and 2007

will be awarded at the LC JO's. These awards will be part of Short Course JO's next year.

Top 16 is now Top 10 awarded by age, not age group. It is suggested that CCS award Top 5 in the same way.

9. Sanctions: Sanctions chairperson, Ahmed Kieralla suggested the fee for the Open water meet be waived. Rick Klatt motioned the fee be waived. It was seconded and approved.

A question regarding the appropriate sending of sanction requests for review was presented by Rick Klatt (to whom should they be sent). Ahmed stated that all sanction requests should be sent to the sanctions chair, at which time the sanctions chair will disseminate to the appropriate persons involved in the review.

10. Technical planning gave time over to scheduling committee. The scheduling committee discussed scheduling procedures for the 2009 schedule. Changes in the format for meet scheduling to reflect the low participation in LSC meets. Teams have agreed to participate in meets according to the new format.

11. Bid meeting will be held in June, date and site TBA. Proposed meet schedule will be posted ASAP.

All Star meet has been changed to 14 & under, participation by SDI may not occur due to changes. The meet will be held at Arden Hills.

12. Disability: Chairperson, Luanne Aakhus, respectfully announced resignation due to the appointment as secretary. A motion to appoint Susan Miller by John Kinney was made. It was seconded and approved with Susan Miller's acceptance.

13. Safety Chairperson, Luanne Aakhus, moved to suspend safety report to the July HOD meeting. It was seconded and approved.

14. New Business:

- a. John Kinney requested that each club and interested individuals make a nomination for Volunteer of the year. Requests for nominations will be announced on the website. A three person selection committee was selected: George Christian, Sue Renna and Rick Klatt.

- b. Keith Moore announced the cancellation of the annual John S. Hillman Meet, scheduled for July 4-6. Rising pool costs and past poor attendance were cited as reasons for the cancellation.

The meeting was adjourned at 10:18 pm

Respectfully Submitted,
Luanne Aakhus
Secretary

Central California Swimming House of Delegates Meeting

12 March 2008

1. General Chairperson John Kinney called the meeting to order at 8:05 pm at the Tulare Senior Center. Remind May meeting May 14

2. In Attendance:

Jim Patterson/ Mem. Chair	Sue Renna/ Admin. Vice-Chair
Keith Moore/ Sr Age Chair	Ahmed Khieralla/ Sanctions Chair
Brett Giles/ Hanford	Susan Miller/ Merced Rep
Jerry Renna/ Board of Review	John McGough/ Clovis Rep
Josephine Kreisel/ Hanford Rep	John Kinney/ General Chair
Dowain Wright/ Age group Chair	Jamie Shaw/ Hanford
Rhonda Shaw/ Hanford	Tina Giles/ Hanford
Shauna Rhea/ Records/ top 10	John Julian/ Treasurer

3. Secretary resigned after the Jan. meeting. Luanne Aakhus has agreed to take the position, however was not present at the current meeting. Susan Miller to take minutes for the meeting.
4. Minutes from Jan. not available, Kinney informed the membership, no votes were taken.
5. Treasurer's Report. John Julian provided reports outlining the conversion from a Calendar year reporting to Fiscal year reporting as well as the difference between cash based and accrual accounting. Informed the membership the necessary reporting to State of California and IRS is being taken care of. With the chain of people in the treasurer's position information has been slow to come in. Past tax situation is being addressed. Techapi swim club has disbanded, they gifted \$500 to CCS. All accounting has been reconciled, the budgets are under review as awards were not part of budgets, but charged to accounts, adjustments will be made as we move forward through the year.

JK/JJ approved Treasurer's report

6. General Discussion. Kinney asked all membership to recruit new people to join the House of Delegates.
7. Nominating Committee. M/S Luanne Aakhus to replace Sec.
8. Admin Vice-Chair: No report
9. Age Group Vice-Chair: All Stars went well, JOs went great
10. Senior Vice-Chair: No report
11. Coaches Report: No report, no baby yet
12. Athletes Rep: No Report
13. Officials Chair/Club Devel: No Report
14. Membership/ Registration/ National times: Web errors and registration site errors being fixed, currently 1050 athletes and 150 non-athletes registered
15. Sanctions: Report provided; suggested that the report be provided to all meet directors and club presidents with the time line to avoid late fees and confusion
16. Tech planning: The number of younger swimmers is out of proportion with the meets offered, suggestion to reestablish the mission/goals
17. Travel/Properties: No report. Suggestion/offer to sell the timing system to Hanford/TNT. They would maintain and keep the system available to other teams . Issue/question suspended until May meeting in order for a formal proposal to be presented.
18. Records/Top 10: Working with J Patterson, Shauna Rhea has updated Top 5 and records through Aug 31.
 - a. Working on 1 Sept forward now, not available to print prior to JOs
 - b. Swimmer of the year to be posted, award to come later
 - c. NRT Certifs from USA Swimming, looking for those
 - d. M/S award certifs for LSC Records-- approved to be printed on CCS Letterhead
19. Safety/ Disability: No Report. Keith Moore questioned to safety and policy of gas heaters at meets. An incident occurred at the All-Star meet that did not result in injury, but easily could have. Questions of liability. A policy by September requested, possible self-regulation, Safety chair to look into
20. Scheduling Chair: No report. Ota is meeting with a select few 9 April to draw up a skeleton schedule for 2009. Kinney requested to have the schedule done by July. Hanford questions the

viability of a 25 meter meet. Asked for clarification of the bid process and requested better notification of the bid dates.

21. New Business: Round table to discuss any issue of concern. S Renna: good to see new faces; S Miller: keep sending the younger swimmers to the local LSC meets, we need to support the smaller clubs.

22. Meeting Adjourned 10:10

Next meeting: 12 May

9 July

10 September

12 November

Respectfully Submitted

Susan Miller

Cc: JK/ LA

Central California Swimming
House of Delegates Meeting
July 9, 2008

***Safety**

CCS had two reported occurrences during 2007. One was a shoulder injury during competition the other was a bee sting that occurred in the water. Safety issues on the deck were maintained and monitored preventing non-competitive occurrences. Great job CCS.

Recommendation for bee sting

Application of ice on the wound was applied. This is an accident that can not be controlled as it is an occurrence of nature. Caution can be taken by noting excess bee activity during pollination season, looking for bees in the water and skimming.

There was one occurrence this year so far. A small child, non- athlete slipped and fell injuring her head. The injury was minor.

Recommendation

This particular incident should be a major concern for all swim clubs regarding spectators and other non-athletes. The potential for liability is great.

1. Instruct parents of club members about proper conduct on a pool deck. Signs posted regarding running and other actions on a pool deck apparently insufficient.
 - a. Parents should be reminded about the appropriate foot wear to prevent slippage.
 - b. Parents should be reminded they should have physical contact (hand holding, carrying, stroller) with child when walking on wet cement
 - c. Parents should be reminded to closely supervise their children during all functions of USA swimming (meets, practices).
2. Make sure all signs are clearly visible to spectators and athletes
 - a. Make sure pool equipment does not obstruct view of conduct
 - b. Post other signs around pool deck
3. Clearly identify areas of access to athletes and officials only.
4. Be sure that all meet directors fill out and send Safety checklist to safety chair.
 - a. Venues should have clearly marked first aid stations
 - b. Maps to nearest hospital should be available.

Item for consideration

At the 2008 All Star Meet, weather conditions created a situation that had the potential for serious injury. The wind conditions caused a piece of a canopy frame to pierce a propane tank.

A few LSC's have banned the use of propane heaters due to the amount of potential injury that could occur. USA Swimming has made the following determinations:

3. Portable Propane Heaters at Meets

The committee decided that this was an LSC decision and facility issue. The meet referee would have jurisdiction to decide if it was an unsafe condition and the committee recommended that the LSC Safety Coordinator be involved in any discussions regarding the use of propane heaters.

MOTION: When using portable propane heaters, it is the owners' responsibility to ensure proper and safe operation

Recommendations

1. CCS should discuss the consideration of prohibiting the use of portable propane heaters or
2. CCS should adopt rules regarding weather conditions that would necessitate discontinued use of propane heaters at the discretion of the meet referee using guidelines adopted by CCS House of delegates.
3. Allow only self contained propane heaters

Equipment Check

All equipment that has a potential of coming in contact with an athlete should be checked and remedied if the potential for injury due to its malfunction or breakage may put an athlete at risk for injury.

Examples:

1. plastic pieces on timing pads
2. broken lane line buoys
3. metal pieces of starting blocks

*postponed report from May 14, 2008 HOD meeting

Heat related illnesses

In preparation for the upcoming summer meets the prevention of heat related illnesses is addressed by the attachment . A copy will be sent to each CCS safety coordinator. It is recommended that a copy be sent to teams participating at Sectionals, Senior Q's and JO's.

Respectfully submitted

Luanne Z. Aakhus
Safety Chair

Preventing Heat exhaustion and dehydration during a Swim Meet in the heat

1. Proper hydration should occur the evening and morning before the swim meet as well as during the swim meet. Drink at least one pint of water (500 mls) every two hours. In extreme heat, more will be needed. Drink an electrolyte solution (Gatorade, vitamin water, pedialyte or other sports water) after every 24 oz of water. Avoid all caffeinated drinks, especially energy drinks.
2. Remember to eat. Cold food items such as frozen grapes, chilled fruit, and other cold foods will help to cool the body and maintain energy levels.
3. Limit wearing of body suits to warm-up, competition, and warm down. Swim caps should only be worn when in the water.
4. Wear protective clothing. Light colors reflect sunlight, dark colors absorb sunlight. Loose fitted clothing allows easy evaporation of perspiration, which cools the body naturally.
5. Stay in shaded areas when ever possible. Keep non-competitive activity to a minimum.
6. Take cool showers when possible.

Heat exhaustion symptoms

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

The skin may be cool and moist. The pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. See medical attention if symptoms worsen or last longer than one hour.

Heat Stroke symptoms

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse

- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly, using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.
- Get medical assistance as soon as possible.

Heat Cramps

Heat cramps are muscle pains or spasms – usually in the abdomen, arms, or legs – that may occur in association with strenuous activity. Heat cramps may also be a symptom of heat exhaustion. If you have heart problems or are on a low-sodium diet, seek medical attention for heat cramps. If medical attention is not necessary, take the following steps:

- Stop all activity and sit quietly in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous activity for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps if they do not subside in 1 hour

PROPOSED 2009 SCHEDULE

January

10-11	All Star Qualifying Meet	Fresno Dolphin Swim Team
24-25	All Star Meet (14-und ??)	Sierra Nevada
31-2/1	Beat-the-Cold Meet – ABC	Indian Wells Valley

February

19-22	Short Course J.O.	Bakersfield Swim Club
25-3/1	CA/NV Sectionals	Las Vegas, NV

March

5-8	Allington Senior Championship	Clovis Swim Club
14-15	ABC Long Course Meet	Porterville Aquatic Club
17-21	NCSA Jr. National Meet	Orlando, Fl

April

4-5	ABC Long Course Meet	Merced
18-19	RCA High Point Meet - SC*	Raisin Country Aquatic

May

2-3	ABC May Day Meet- LC	Bakersfield Swim Club
23-25	Memorial Day Meet- LC	Clovis Swim Club

June

6-7	ABC Long Course Meet	Porterville Aquatic Club
19-21	AB/Mod Long Course Meet	Fresno Dolphin Swim Team

July

4-5	ABC Short Course Meet	Kings Swim Club
7-11	World Champ. Trials	Indianapolis, IN

July

17-19	Senior State Champ.- LC	Clovis Swim Club/FDST
22-26	CA/NV Sectionals – LC	Clovis Swim Club
30-8/2	Long Course J.O.	Fresno Dolphin Swim Team

August

4-7	US Open	Austin, TX
4-7	Western Zones	Hawaii
10-14	Jr. Nationals	TBA

September

12	ABC Short Course (limited)	Hanford Swim Club
26	ABC Short Course (limited)	Raisin Country Aquatics

October

10	ABC Short Course (limited)	Riptide Aquatic Swim Club
24	ABC Short Course (limited)	Merced

November

7	ABC Short Course (limited)	Yosemite Swim Club
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December

5-6	ABC Short Course	Tule Nation Tritons
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- No bids for the IMX long course meet for April 19. RCA will hold their traditional meet

MEMORANDUM

TO: CENTRAL CALIFORNIA SWIMMING HOUSE OF DELEGATES
FROM: SPENCER HARRIS
SUBJECT: NATIONAL TRAVEL FUND & PROPERTY REPORTS
DATE: MEETING DATE 07/09/08

CHAMPIONSHIP & NATIONAL DEVELOPMENT TRAVEL

Championship Funds

- YTD approvals for Championship Funds total \$2,700 for Spring Sectionals, NCSA Juniors and Olympic Trials meets for 2008. Pending waiver requests total \$800 for CSC, \$1,100 for RCA and \$700 for TNT swimmers.
- Remaining on the Championship funding calendar for '08 is the US Open in Minneapolis, LCM Jr. Nationals in Minneapolis, Short Course Nationals event in Atlanta and SCY Jr. Nationals in Austin, TX.
- Review needed of CCS time standard for SCY Jr. National event.

National Development

- 2008 Development Fund approvals total \$1,600 for participants at the Long Beach Grand Prix, Spring Sectionals, Speedo Grand Challenge and Santa Clara International events.
- Pending waiver requests total \$400 for CSC and \$200 for RCA swimmers.

Combined YTD Results National Travel Fund

- | | |
|-----------------|----------|
| ▪ Total Budget | \$21,200 |
| ▪ YTD Approvals | \$4,300 |
| ▪ % of Budget | 20.3 % |

Travel Fund Waiver Requests (see details page 2)

- CSC requests Championship funding for Indianapolis Sectional meet in March.
- RCA requests College Waiver for Bradley Matsumoto for Trials, US Open and Speedo Grand Challenge meets.
- TNT requests College Waiver for Kohlton Norys for Olympic Trials event in Omaha.

CCS PROPERTY & EQUIPMENT

- \$100 revenue year-to-date from CCS timing system: BSC Pentathlon Meet and BSC SC JO's.
- All CCS timing equipment is stored in my barn and ready for pickup.

Respectfully submitted,

Spencer Harris, Travel Fund & Property Chair

Travel Fund Waiver Requests and Time Standard Review

- John McGough, Clovis Swim Club, has requested travel funds for a Sectional meet held in Indianapolis and would like the HOD to approve the meet for Championship funding rather than development funding. His request hinges on the fact that the NCSA meet was conducted SCY Prelims and LCM Finals and he felt his swimmers would have a better shot at qualifying for Trials at the Indianapolis Sectional meet (which presumably was conducted LCM / LCM). Our 2008 reimbursement schedule allows for \$200 in Championship funding for the CA/NV Spring Sectional meet and \$400 in Championship funding for the NCSA Junior meet. Both Clovis swimmers competed in the CA/NV Sectional at Mission Viejo as well as the Indianapolis Sectional. John proposes that his swimmers be allowed to request \$200 in Development funding for the CA/NV meet and request \$400 Championship funding for the Indianapolis meet. Under current reimbursement guidelines, both swimmers would be approved for \$400 in Development funds for Indianapolis and \$200 in Championship funds for the CA/NV Sectional meet. (Travel Committee is split on this issue).
- Gary Ota, Raisin Country Aquatics, has requested a collegiate waiver for Bradley Matsumoto so that he can receive championship funding for Olympic Trials and US Open meets this year. (Bradley has also received development funding of \$200 for the Grand Challenge event in May thus far in 2008). Bradley participated in the minimum 3-meets during 2007 (Clovis LC Champs, LC JO's, and Summer Sectionals) but is attending summer school this year at UCSB and is not expected to meet the 3-meet minimum. (Travel Committee voted unanimous approval of this request).
- Phil Black, TNT has requested a collegiate waiver for Kohlton Norys to attend Olympic Trials in Omaha. Though Kohlton received \$900 in travel funds for 2007 (Sectionals, Nationals & LB Grand Prix), he only participated in one CCS event during his final year of high school in Tulare (Dennis Penner Memorial in April of '07) and is not expected to compete in a CCS meet during 2008. Phil explains, "...the meet schedule I established for the kids required travel in competition at the beginning and middle of the year. In past years my more advanced kids returned to CCS during the summer and later part of the year. I didn't have the foresight to consider that this would have a future negative impact for kids who had to leave in the middle of the year. Unfortunately, Kohlton left for Auburn in June of 2007, and hasn't been back home for more than a two-week period since he's been gone (winter, spring or summer). This makes it difficult to participate in CCS, both in 2007 and in this current year. Unfortunately, not going to school in California, and participating in a program that mandates a lot of personal time (Auburn), is proving difficult to maintain participation expectations..." (Travel Committee is split on this issue).
- Dowain Wright discovered an anomaly in our travel standards for potential 2008 SCY Jr. National qualifiers. The LCM 100 breaststroke standard for the short course event is 0.90 seconds slower than that for the long course Jr. Nationals in August and 0.50 seconds slower than our CCS travel standard. Conceivably, a swimmer could qualify for the Jr. National event and fail to have cuts allowing championship funding from CCS. On several occasions the HOD has considered updating our travel time standard to the current Jr. National standard (ours is the old '99 Jr. Nat'l standard used prior to elimination of Jr. Nationals & the introduction of sectional events), but we've always stuck with the old standard to allow top-tier sectional qualifiers to receive championship funding for sectional meets as well as development funding for higher level travel events. (This is the first time standard that I can remember where the qualifying time is slower than our travel standard). One suggestion is to grant championship funding for this event only to any CCS athletes who achieves the qualifying time but doesn't have a CCS travel cut.

SUMMER JR. NATIONALS	100M BREASTSTROKE	1:07.89
CCS TRAVEL TIME STANDARD	100M BREASTSTROKE	1:08.29
FALL JR. NATIONALS	100M BREASTSTROKE	1:08.79