



HOUSE OF DELEGATES MEETING
MOSES LAKE HIGH SCHOOL
MOSES LAKE, WA
April 28, 2013

MINUTES

The meeting was called to order by Todd Stafek, General Chair.

Welcome and Roll Call

IES Board of Directors and Committees in attendance: Todd Stafek -General Chair and Records Chair, John Pringle-Administrative Vice Chair, Amy Thorpe-Age Group Vice-Chair, Mickie Beck-Treasurer, Bob Wood-Coaches Representative, Kaylee Beck-Senior Athlete Representative, William Wertz, Junior Athlete Representative, Kevin Wang-Senior Chair, Doug Wertz-Official's Chair, Dave Cutter-Sanctions Chair, John Trixer-Equipment Chair, Chris Engledow-Open Water Chair, Jack Griffith-Safety Chair, Corrine Dutto-Safe Sport Chair

Other members in attendance: Darren Dutto-LaGrande, Mike McNeil-CAST, Roger Coburn-YYST, Teri Madill-SWAT, Tony Melella-EAST, Philip Silmity-PSA, Wayne Gleason-GMSC, Jerry Johnston-MRA, Joe Bumgarner-WWSC, Gerald Giedeman-WSC, Noel Scott-Baker City, John Bergstrom-Velocity, Kent Merrick-SWAT, Marc McCay-EAST

Approval of Minutes from September 30, 2012 HOD Meeting

The minutes from the September 30, 2012 House of Delegates meeting held in Moses Lake, WA were made available at the HOD meeting. *A motion was made and seconded that the minutes from the Fall HOD meeting be approved. The motion was passed.*

Report of Officers/Committees

Check-in reports were made by officers.

Todd Stafek-General Chair: Most of the teams have increased their numbers at meets. It's a great thing, seems to happen after the Olympics.

Pringle-Administrative Vice Chair: We did some work last fall on the bylaws and policies and procedures. Working on final touches. We will get them posted so everyone will know which rules we are working under.

Kevin Wang-Senior Chair: Things are going well. If you have seniors graduating, please let him know who and where they plan to attend college. If you have swimmers that attended Jr. Nationals or Grand Prix meets, please let him know.

Mickie Beck-Treasurer: Please see attached budget sheet.

Bob Wood-Coaches Representative: Shared Services proposal under New Business. There will be no reimbursement for coaches education.

Doug Wertz-Official's Chair: Beginning in September, all meets will be required to have an Administrative Official at each meet.

John Tixier-Equipment Chair: Missing IES Stopwatches – about \$600 worth of stop watches are missing, some haven't been opened. There needs to be an inventory taken and a report made after each meet.

Jack Griffith-Safety Chair: Two swimmers injured during warm-ups; there have been some tripping hazards. Would like to have a safety budget to recognize individuals for safety related activities.

Each LSC is now required to have a Safe Sport Chair. Corrine Dutto has agreed to take that position.

Please see attached additional reports.

Presentation of Annual Audit

Bob Wood discussed the annual audit. There were no errors or omissions.

Unfinished Business

Equipment Fund Proposal

Continued discussion on equipment grant proposal was made by Mark Peterson.

A motion was made and seconded. The motion failed.

Elections

Vice-Chairman – John Pringle

Age Group Vice Chairman – Amy Thorpe

Treasurer – John Bergstrom

A motion was made and seconded. All positions were passed unanimously.

New Business

a. **Harvest Invitational** date is being changed from November 2-3 to November 9-10.

b. **2013-14 IES Meet Schedule – John Pringle**

John Pringle led the discussion for the upcoming meet schedule and changes.

A motion was made to approve the meet schedule, excluding the champs meets and seconded. It was passed.

There was discussion regarding splitting the 14 and Under Champs into two meets due to facilities being overtaxed, families not wanting to travel too far. They would be the same weekend. One of the issues is to make sure there are referees for both meets.

A motion was made and seconded to split 14 & Under Champs into two meets. It was passed.

Further discussion was made to change 14 & Under Short Course Champs from February 14-16th to 7-9th to avoid having it the same weekend as Washington State HS Championship Meet.

A motion was made and seconded. It was passed.

There was discussion regarding relay language for Jr. Champs. A swimmer must be entered in at least one individual event in order to swim in a relay. A swimmer may not compete in a relay event where they have met the BB standard in a leg of a relay in their own age group. They may swim “up” an age group only if they do not have a BB standard for the higher age group event.

A motion was made and seconded. It was passed unanimously.

Discussion was made about a system for bidding Jr. Champs. Should it be awarded to Ellensburg and Cheney sites and decide who gets to host it? Can two teams combine and host it? There should be a meet bid process and decide at Fall HOD where they will be held. Are costs of the pool a factor? ***A motion was made and seconded for the Technical Committee to look at setting a meet bid process for Jr. Champs, and bring it to Fall HOD. It was passed unanimously.***

There was discussion about changing 13-14 events to 11-14 at SC Champs so that 11-12 swimmers can swim the 200 Back, 200 Breast and 200 Fly. The age groups would not be scored separately.

A motion was made and seconded. It was passed unanimously.

A motion was made to restrict relays to traditional “age group” only for SC Champs. No swim up athletes allowed. Allow two relay only swimmers. No mixed gender or age group relays. Age groups are 10 & Under, 11&12, 13&14 and 15&Over.

A motion was made and seconded. The motion failed.

c. **LSC Shared Services Proposal - Bob Wood**

There is a movement to combine services between LSCs. Fortunately our LSC operates at a very high level, but some LSCs don’t have an efficient operation. It would improve efficiency and make sure everything is getting done in all LSCs. If we don’t lead, we might be mandated to combine where it might not be good for us. In theory, if we paid \$5,000 plus \$6 per swimmer that would pay a full time administrative person \$35,000 to \$45,000 and they would work for 3-4 LSCs. If we decide to do this, we only have to commit for a year at a time. Potential LSCs would be IES, Alaska, Snake River, and Montana. Utah expressed some interest. Overall there would not be any increased cost to IES. Further discussion regarding the method of funding will be tabled until Spring 2014 HOD.

A motion was made and seconded to approve the concept of a Shared Services. It was approved unanimously.

d. **Safety Chairman Budget Proposal - Jack Griffith**

Proposal: To establish a \$500 budget for the Safety Committee to use as needed throughout the year for safety related activities. It would be added to the budget for next year.

A motion was made and seconded. It was passed.

e. **Official Chairman Budget Proposal**

Proposal 1: Ensure that Official's Chair has enough of a budget to purchase shirts for officials for IES Championship Meets. This would include the following: 14 & Under Champs, SC Champs, LC Champs and the new Age Group Regionals. Age Group Regionals is not an IES LSC meet, so Todd request that it be taken off the proposal.

A motion was made and seconded. It was passed.

Proposal 2: Establish a budget to reimburse officials who attend National, Jr. National and other high level championship meets, possibly using a point system of reimbursement with a cap of \$750.

A motion was made and seconded. It was passed.

To do this we would increase the swimmer surcharge for Champs meets to \$15 with \$5 of it going to an "Official's Fund" which would cover the costs of the two proposals.

A motion was made and seconded. It was passed.

f. **Spokane Red Lion Hotel Proposal**

Red Lion River Inn would refund \$5/room to the team if the team registers to stay at their hotel

A motioned and second was made to adjourn the Spring 2013 HOD Meeting.

Respectfully Submitted,

Cindy Merrick
IES Secretary

2013 Spring IES House of Delegates Meeting Moses Lake High School, Moses Lake, WA

Roll Call

Approval of Fall HOD Minutes

Report of Officers

Presentation and approval of the annual audit pursuant to Section 608.5

Unfinished (old) business

- Equipment Proposal(Mark Peterson)

Elections of Officers

- Vice- Chairman(John Pringle)
- Age Group Vice-Chairman(Amy Thorpe)
- Treasurer(John Bergstrom)

New business

- Meet date changes – Harvest Invitational is moving from Nov 2-3 to Nov 9-10
- 2013-2014 IES Meet Schedule(John Pringle)
- LSC Shared Services proposal(Todd Stafek and Bob Wood)
- Safety Chairman budget proposals(Jack Griffith)
- Official Chairman's budget proposal(Jack Griffith)
- Spokane Red Lion Hotel proposal(Todd Stafek)

Reports of committees and coordinators Resolutions and orders

Adjournment

INLAND EMPIRE SWIMMING

Financial Report

FYE 09/30/2013

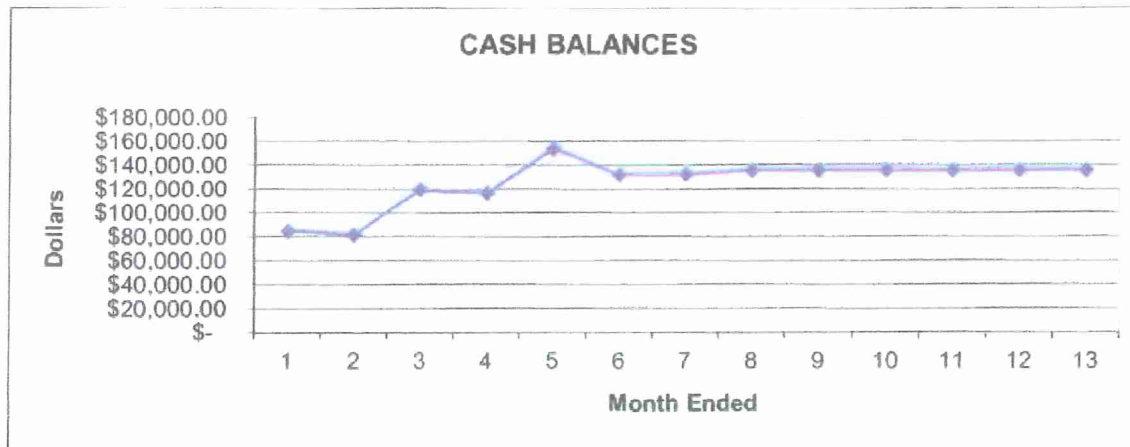
	YTD Thru 4/23/2013 Actual	Budget	(Over) Under Budget	Actual VS Budget
GENERAL FUND				
Balance as of 09/30/12	\$ 19,761			
Revenues				
Registration fees, net	23,966	\$ 26,521	\$ 2,556	90%
Meet fees	50,440	95,310	44,870	53%
Other / Sanction Fee	591	850	259	69%
Total Revenues	74,996	122,681	47,685	
Operational Expenses				
Administration	9,658	16,200	6,542	60%
Equipment & software	769	3,050	2,281	25%
Annual convention & seminars	533	13,250	12,717	4%
General Chair's expenses	517	1,200	683	43%
Vice-Chair's expenses	190	200	10	95%
Treasurer's expenses	650	1,300	650	50%
Sanction Chair expenses	-	150	150	0%
Officials Chair's expenses	1,062	5,700	4,638	19%
Records Chair's expenses	924	1,000	76	92%
USA Seminars	488	1,500	1,012	33%
Total Operational Expenses	14,791	43,550	28,759	
Revenues after Operational expenses	60,206	79,131	18,925	
Program Expenses				
College scholarships	-	500	500	0%
Senior programs	-	26,000	26,000	0%
Age Group programs	11,632	52,500	40,868	22%
Other /	-	-	-	
Coaches expenses	-	-	-	
Other	21	-	(21)	
Total Program Expenses	11,653	79,000	67,347	
Net Revenues after Expenses	48,553	131	\$ (48,422)	
Balance as of 04/23/13	\$ 68,314			
EQUIPMENT RESERVE				
Balance as of 09/30/12	\$ 64,593			
Additions to reserve -				
Meets	1,279	\$ -		
Other	-	-		
	1,279	-	\$ (1,279)	
Subtractions from reserve -				
	-	-		
	-	-		
	1,279	\$ -	\$ (1,279)	
Balance as of 04/23/13	\$ 65,871.58			
Senior Travel Fund / Olympics				
Balance as of 09/30/12	\$ 569.75			
Additions to reserve -				
Meets	1,013	\$ -		
	1,013	-	\$ (1,013)	
Subtractions from reserve -				
	-	-		
	1,013	\$ -	\$ (1,013)	
Balance as of 04/23/13	1,583.00			
Combined	\$ 135,769			
Transfer to Investment Fund	-			
Reconciled Balances in Checking Accounts at Wells Fargo Bank as of 04/23/13	\$ 135,768.66	= \$ 82,139	+ 3001	+ 50628

INLAND EMPIRE SWIMMING

Graph of Cash Balance in Checking Account

FYE 09/30/13

	Balance	Monthly Change	Cummulative Change
9/30/2012	\$ 84,923.69		
10/31/2012	82,211.84	(2,711.85)	(2,711.85)
11/30/2012	119,679.02	37,467.18	34,755.33
12/31/2012	116,757.90	(2,921.12)	31,834.21
1/31/2013	153,593.07	36,835.17	68,669.38
3/1/2013	132,366.53	(21,226.54)	47,442.84
4/1/2013	132,539.01	172.48	47,615.32
5/1/2013	135,768.66	3,229.65	50,844.97
6/1/2013	135,768.66	-	50,844.97
7/1/2013	135,768.66	-	50,844.97
8/1/2013	135,768.66	-	50,844.97
9/1/2013	135,768.66	-	50,844.97
10/1/2013	135,768.66	-	50,844.97





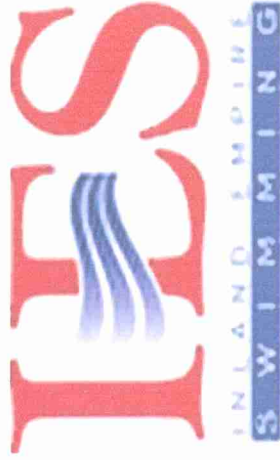
INLAND EMPIRE SWIMMING

2014 MEET CALENDAR

DRAFT 4-22-2013

v2

MONTH	DATES	MEET NAME	HOST	POOL	NOTES	NON IES MEET DATES
JANUARY						
	3rd - 5th	January Storm	WWSC	Whitman Pool, Walla Walla	Open	
	18th	Winter Wheat	GMSC	U of I, Moscow, ID	Development	Washington Open, 16th - 19th
	25th -26th	Winter Open	TCCC	CWU, Ellensburg	Open	
FEBRUARY						
	1st	Last Minute Mile	SWAT	Whitworth Univ., Spokane	OPEN	General Chr has stated 1650 NOT development meet
	8th & 9th	Senior Open	SWAT	Whitworth Univ., Spokane	Prelims/Finals	
	14th-16th	IES EAST JR CHAMPS	TBA	EWU, Cheney	Championship	
		IES WEST JR CHAMPS	TBA	CWU, Ellensburg	Championship	
	28th	IES SC CHAMPS	GMSC	U of I, Moscow, ID	Championship	



INLAND EMPIRE SWIMMING

2014 MEET CALENDAR

DRAFT 4-12-2013

MONTH	DATES	MEET NAME	HOST	POOL	NOTES	NON IES MEET DATES
MARCH						
	1st & 2nd	IES SC CHAMPS	GMSC	U of I, Moscow, ID	Championship	
	7th - 9th	Shamrock Shake Up	SWAT	Whitworth Univ., Spokane	Open	
	7th - 9th	Short Course Farewell	MRSC	Moses Lake HS, Moses Lake	Open	
	12th-14th			KCAC, Federal Way	Championship	NW SENIOR SPEEDO CHALLENGE SERIES
	21st-23rd			KCAC, Federal Way	Championship	NWAG SC CHAMPIONSHIPS
APRIL						
	12th	LaGrande Spring Dev.			Development 4 teams	
	18th - 21st	Triple Pentathlon	SWAT	Whitworth Univ., Spokane	Open	
	19th	Rodeo City Pentathlon	EAST	CWU, Ellensburg	Open	

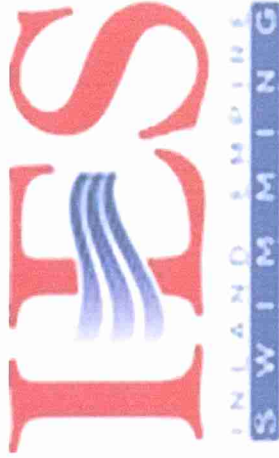


INLAND EMPIRE SWIMMING

2014 MEET CALENDAR

DRAFT 4-12-2013

MONTH	DATES	MEET NAME	HOST	POOL	NOTES	NON IES MEET DATES
MAY						
	3rd & 4th	Baker City Dive & Dash	BYST	Sam O Pool, Baker City, OR	Open/Approval Needed	
	17th	Mayflower	VS	WHS, Wenatchee	Development	
	24th	Spring Fling	SWAT	Whitworth Univ., Spokane	Development	
	30th & 31st	Tri City Open	TCCC	Memorial Pool, Pasco, WA	Open, Also June 1st	
	30th & 31st	Apple Capital Open	VS	Wenatchee City Pool	Open, Also June 1st	
JUNE						
	1st	Tri City Open	TCCC	Memorial Pool, Pasco, WA	Open, Also May 30th & 31st	
	1st	Apple Capital Open	VS	Wenatchee City Pool	Open, Also May 30th & 31st	
	14th	Laps of Fun	SWAT	Witter Pool, Spokane	Development	
	20th - 22nd	Wine Country	YAC	Toppenish City Pool	Open	
	20th - 22nd	Summer Solstice	SWAT	Witter Pool, Spokane	Open	



INLAND EMPIRE SWIMMING

2014 MEET CALENDAR

DRAFT 4-12-2013

MONTH	DATES	MEET NAME	HOST	POOL	NOTES	NON IES MEET DATES
JULY						
	11th -13th	Pendleton Open	PSA	Pendleton Aquatic Ctr., OR	Open	
	11th - 13th	Starlight Open	VS	Wenatchee City Pool	Open	
	15th	Last Chance for Champs	SWAT	Witter Pool	Development	
	18th - 20th	Sizzlin Summer	MRSC	Surf N Slide, Moses Lake	Open	
	25th - 27th	IES LC CHAMPS	TBA	Witter Pool, Spokane	Championship	
AUGUST						
					7/30-8/3	Senior Zones tba
					8/6-8/10	Age Group Zones tba
					8/8-8/10	NWAG LC Regional tba
						Summer SC Meet????
SEPTEMBER						
	27th	Manta Ray Sprints	MRSC	Moses Lake HS, Moses Lake	Open	



INLAND EMPIRE SWIMMING

2014 MEET CALENDAR

DRAFT 4-12-2013

MONTH	DATES	MEET NAME	HOST	POOL	NOTES	NON IES MEET DATES
OCTOBER						
	3rd	Fast Friday Sprints	GMSC	U of I, Moscow, ID	Open	
	4th	Very Scary Swim Meet	VS	WHS Pool, Wenatchee	Development	
	11th	Fall Kick Off	SWAT	Whitworth Univ., Spokane	Development	
	11th & 12th	Octoberfest Open	EAST	CWU, Ellensburg	Open	
	25th & 26th	Trick or Treat Pentathlon	GMSC	U of I, Moscow, ID	Open	
	25th & 26th	LaGrande Spooktacular	LGSC	Veteran's Memorial, LaGrande, OR	Open	
NOVEMBER						
	21st-23rd	Moses Lake Invite	MRSC	Moses Lake HS, Moses Lake	Prelim/Final	
	21st-23rd	Turkey Trot	SAS	EWU, Cheney	Open	
					HUSKY Novemer 28th - 30th	
DECEMBER						
	5th-7th	Christmas Open	VS	EYAC, East Wenatchee	Open	
	13th -14th	Jingle Bell	SWAT	Whitworth Univ., Spokane	Open	
					Washington Senior State 18th - 21st?	

INLAND EMPIRE SWIMMING

SANCTIONS REPORT

MEET	HOST	MEET TYPE	DATES	SANCTION #	Status
2012-2013					
HARVEST INVITATIONAL	YYST	Open Swim Meet	November 3 & 4	IE-12-1166	
OCTOBERFEST	EAST	Open Swim Meet	October 20 & 21	IE-12-1167	
TRICK OR TREAT INVITATIONAL	GMSC	Open Swim Meet	October 26-28	IE-12-1168	
FALL KICKOFF	SWAT	Developmental	October 20th	IE-12-1169-R	
VERY SCARY	VELOCITY	Developmental	October 28th	IE-12-1170	
LAGRANDE DEVELOPMENTAL	LGSC	Developmental	TBA	IE-12-1171-R	
GMSC FAST FRIDAY	GMSC	Developmental	October 5th	IE-12-1172	
TURKET TROT	SAS	OPEN	November 16-18	IE-12-1173	
CHRISTMAS OPEN	VELOCITY	OPEN	December 1st & 2nd	IE-12-1174	
JINGLE BELL	SWAT	OPEN	December 15 & 16	IE-12-1175	
WINTER OPEN	TCCC	OPEN	January 26 & 27	IE-13-1176	Issued 11-10-2012
JANUARY STORM	WWSC	OPEN	January 4-6	IE-13-1177	Issued 11-19-2012
WINTER WHEAT	GMSC	Developmental	January 16th	IE-13-1178	Issued 11-10-2012
POLAR BEAR PLUNGE	YYST	OPEN	January 12 & 13	IE-13-1179	Issued 12-02-2012
JR CHAMPS	EAST	OPEN	February 15-17	IE-13-1180	Issued 1-3-2013
LAST MINUTE MILE	SWAT	OPEN	February 2-3	IE-13-1181	Issued 1-10-2013
SENOIR CHAMPS	SWAT	OPEN	February 9-19	IE-13-1182	Issued 1-10-2013
BAKER CITY DIVE & DASH	BST	OPEN	May 4-5	IE-13-1183	Issued 1-16-2013
SHORT COURSE CHAMPS	GMSC	OPEN	March 1-3	IE-13-1184	Issued 1-21-2013
SPRING DEVELOPMENTAL MEE	WWSC	Developmental	March 9-11	IE-13-1185	Issued 1-30-2013
SHAMROCK SHAKEUP	SWAT	OPEN	March 8	IE-13-1186	Issued 2-5-2013
FAREWELL TO SHORT COURSE	MRA	OPEN	March 8-10	IE-13-1187	Issued 2-7-2013

TRI-CITIES OPEN	TCCC	OPEN	May 31-June 2	IE-13-1188	Issued 2-28-2013
TRIPLE PENTATHLON	SWAT	OPEN	April 19-21	IE-13-1189	Issued 3-2-2013
DEVELOPMENTAL	LGSC	Developmental	April 13	IE-13-1190	Issued 3-19-2013
SWAT SPRING FLING	SWAT	Developmental	May 11	IE-13-1191	Issued 3-28-2013
MAYFLOWER DEVELOPMENTAL	VS	Developmental	May 11	IE-13-1192	Issued 3-28-2013
SAS SUMMER SOLSTICE	SAS	OPEN	June 21-23	IE-13-1193	Issued 4-2-2013
APPLE CAPITAL OPEN	VS	OPEN	May 31-June 2	IE-13-1194	Issued 4-2-2013, revised 4/20/13
PENDLETON OPEN	PSA	OPEN	July 5-7	IE-13-1195	Issued 4-7-2013
FAZZARIS PIZZA OPEN	LCN	OPEN (COMBINED)	May 18-19	IE-13-1196	Issued 4-15-2013
WINE COUNTRY	YAC	OPEN	June 14-16	IE-13-1197 R1	Issued 4-15-2013, revised 4/20/13
ALCOA STARLIGHT	VS	OPEN	July 12-14	IE-13-1198	Issued 4-16-2013



IES Safety Committee Report

I have not yet received the 2012 USAS injury report. Although over the past 7 months there have been only a few reported injuries. 2 injuries occurred in the warm-up area where swimmers entered the pool making contact with swimmers. These could have been avoided had the life guard paid closer attention and in the second case- been in the warm-up area. One case resulted in the swimmer unable to compete due to nose and mouth bleeding. Corrective actions: Host clubs need to make sure warm-up areas have life guards and or Meet Marshalls to monitor these areas closely and allow entry into the pool from a designated location only.

There are still some safety improvements than can be made at swim meets regarding the covering of cords in the start and turn ends of the pool. Placing a mat type material or overhead suspension is a suggestion to minimized trips in these areas.

The safety committee developed a number of safety and informational topics since the last HOD meeting. Included in the information is a good lessons learned for inspecting your vehicle if you see a small hole under your door handle.

The safety committee is requesting a safety budget be established that would allow the committee to develop incentivized programs to get swimmers, coaches and officials more involvement in identifying safety hazards, providing suggestions for improvements etc...

The safety committee is also looking for a swimmer representative to join the team. Our current swimmer representative Jackie Himmelberger is a graduating senior and will be attending college in the fall.

Thanks,

Jack Griffith
IES Safety Chairperson

Cindy Merrick

From: Cathy Durance [cdurance@usaswimming.org]
Sent: Wednesday, April 24, 2013 10:21 AM
Cc: Dave Thomas; Randy Julian; Bill Krumm; Peter Clark; Carol Burch; allan.meier214@gmail.com; azcatlaw@gmail.com
Subject: Safety Training for Swim Coaches

TO: LSC Safety Chairs
LSC Membership Chairs
LSC Permanent Offices

The American Red Cross announcement below was emailed on April 17 to all of the pools that host ARC learn-to-swim programs. Hopefully it will help the coaches who can never find a Safety Training for Swim Coaches class when they need it. Instead of referring coaches to their local ARC chapter, please tell them to contact the manager of their local pool in order to find an ARC lifeguard instructor who can provide the course to them. It is very frustrating when coaches are told by their local ARC chapter that STSC is no longer being offered or is not going to be available for many months.

Once the new STSC curriculum is released on September 1st, only LGIs and STSCIs will be allowed to teach the course. Until then, a WSI (water safety instructor) can teach it as well.

STSC is currently a three-year certification but will change to two years when the new curriculum is released on 9/1. The new curriculum will include a first aid component and, at the time of the release, USA Swimming will no longer require that coaches maintain a separate first aid certificate. Coaches must continue to have a valid first aid cert until such time as the new STSC curriculum is released. The new curriculum will still include a classroom component and a pool component – the classroom component can still be fulfilled by taking the online STSC exam but the results will no longer upload into our membership database automatically. Coaches will have to forward their confirmation email to their LSC Membership Chair. To complete the pool session, they will have to print the email and take it with them to the pool session (which they must complete within 30 days of passing the online exam). Coaches who have an acceptable lifeguard cert will continue to be exempt from the pool component of STSC, but must provide proof of their lifeguard cert to their LSC Membership Chair.

If you have any questions about the transition or the new course, please let me know.

Cathy Durance

Member Services Coordinator

USA Swimming

1 Olympic Plaza – Colorado Springs, CO 80909

719.866.3563 (direct)



American Red Cross



As a provider of the American Red Cross Learn-to-Swim program, you are eligible to offer the Safety Training for Swim Coaches course. This course helps to meet the safety education requirement for USA Swimming's 15,700 coach members. With the spring competitive swim season fast approaching, there are many new coaches who are seeking this training as well as current coaches who need recertification over the next few months.

Please be sure to include Safety Training for Swim Coaches in your course schedule this month (and every month) to help your community's coaches meet this requirement.



Get started ▶

All of your Water Safety, Lifeguarding and Safety Training for Swim Coaches Instructors are eligible to teach this course. Please visit the "Swim Coaches" page of instructorscorner.org to find the information you need to offer our Safety Training for Swim Coaches course.

Thank you for helping to create a safer environment for swimmers of all abilities!

Best regards,

Your American Red Cross Aquatics Team

American Red Cross National Headquarters
2025 E Street NW, Washington, DC 20006 1-800-RED CROSS

If you no longer wish to receive these emails, click on the following link: [Unsubscribe](#)

This email was sent on behalf of the American Red Cross by
Krames StayWell, 780 Township Line Road, Yardley, PA, 19067, USA



This is a true story that is being shared to alert you and others to inspect your vehicles

Hole Under Door Lock

I approached my truck from the passenger side.

As I reached to open the door I noticed there was a hole right under my door handle. My first thought was, "someone has shot my truck !" I began to think about it and inspect it a little closer

The "light" slowly began to come on. I phoned my friend who owns a body shop and asked if he had any vehicles with damage to the doors that looked like a bullet hole.

"Yes, I see it all the time. Thieves have a punch and place it right under the door handle, knock a hole through, reach in and unlock it, just as if they have a key. No alarms, broken glass, or anything."

Then I placed a call to my insurance agent and explained it to him. I was puzzled that they left my GPS and all other belongings. Here is where it gets scary ! "Oh no, he said, they want the break-in to be so subtle that you don't even realize it. They look at your GPS to see where "home" is. Or check your address from insurance and registration in your glove box. Now, they know what you drive, go to your home, and if your vehicle isn't there they assume

you aren't and break into your home."

He said they will even leave a purse or wallet and only take one or two credit cards. By the time you realize there has been a theft, they may have already had a couple of days or more to use them.

(I didn't realize my situation for two full days!)

They even give you the courtesy of re-locking the doors for you. *Periodically, walk around your car, especially after you park in a shopping center or other large parking area.*

Report thefts immediately....your bank w/missing check numbers, your credit card agencies, police, and insurance companies, etc.

Below is a picture of what the hole looks like.

Hole Under Door Lock

One would have to look pretty darn close to notice a

hole like that. If the hole was on the passenger

side I would never see it.



MEETING OF THE INLAND EMPIRE SWIMMING TECHNICAL PLANNING COMMITTEE

March 1st, 2013

Winger's in Moscow, Idaho 8:45 PM

PRESENT: Kevin Wang, Kevin Eddy (SWAT) Todd Stafek (TCCC), Bob Wood, David Dolphay (CAST), John Pringle (VELOCITY), Amy Thorpe, & YAC Assistant Coach (YAC).

Topic 1: IES Junior Champs:

Discussion centered on meet size and solutions to creating a fun but exciting environment for all. Consensus was that meet was too large and would probably continue to grow, placing stress on meet operations and facility health standards.

Recommended Solutions:

1. Consensus was to split JR Champs into two meets.
2. Meet sites:
 - a. Cheney (SWAT, GMSC or CAST) would host EAST meet at EWU.
 - b. Ellensburg (Velocity or TCCC) would host WEST meet at CWU.
 - i. Discussion revolved around host teams big enough to pull off hosting the meet with a bang. Committee feels that it is important to have teams hosting big enough and with enough officials to pull the meet off in a quality way.
3. Finals:
 - a. Significant break between all events to allow for quality finals.
 - b. Top 6 Only in finals.
 - i. All six would get awards at individual meets
 - ii. Relays would be top 3 for awards.
 - c. Scoring:
 - i. Scoring would be combined between both meets .
 - ii. IES Junior Championship scored on placement between two sets of finals only (Top six from each meet).
 - iii. Scoring would be:
 1. Individual events:
 - a. 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1
 2. Relay events:
 - a. 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2
 - b. Only two relays from each team may score.

d. RELAY CLARIFICATION

- i. A swimmer must be entered in at least one individual event at Junior Champs in order to swim in a relay. A swimmer may not compete in a relay event where they have met the BB standard in a leg of a relay in their age group. They may swim “up” an age group only if they do not have a BB standard for the higher age group event.

Topic 2: INLAND EMPIRE SC CHAMPIONSHIP

Discussion centered on meet size, location of Championship, and relays. There is a concern that the 11 & 12 year olds cannot qualify for 200 BK, 200 BR, 200 FLY in a championship setting as these events are not a part of IES Championship format at this time.

Recommended Solutions:

1. Meet location should be Pullman, or Moscow with GMSC continuing as host.
 - a. These two facilities are currently the only two available that can host a meet of this magnitude. Should KROC center become available, CAST could be involved in the rotation.
2. No change to meet size at this time. Should meet become too large for either facility, then committee is open to looking at making time standards faster (USA Swimming “A” standard.
3. Relays: Relays should be restricted to “Age Group” only. No swim up athletes allowed. However, Relay only swimmer possibility should be raised from one to two.
 - a. 10 & Under, 11 & 12, 13 & 14, and 15 & Over.

Meeting adjourned at approximately 10 PM

4. *SIDE NOTE—OUT OF MEETING*

- a. Discussion on potential of moving 400 IM to Saturday, starting Friday meet earlier (10:30 Warm Up, Noon Start) with up to three finals oriented events and the 500 Free.
- b. Meet event limit still 8, but could potentially provide some relief to the timeline on Saturday and Sunday while providing 11 & 12 year olds the opportunity to swim 200's.
- c. This option needs further discussion and planning to evaluate possibilities.