



**HOUSE OF DELEGATES MEETING
MOSES LAKE HIGH SCHOOL
MOSES LAKE, WA
April 13, 2014**

MINUTES

The meeting was called to order at 1:10 pm 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, David Dolphay-Senior Vice-Chair, Amy Thorpe-Age Group Vice-Chair/Zone Team Manager, John Bergstrom-Treasurer, Cindy Merrick-Secretary, Bob Wood-Coaches Representative, William Wertz -Senior Athlete Representative, Isabel Madill-Junior Athlete Representative, Doug Wertz-Official's Chair, Jack Griffith-Safety Chair, John Tixier-Equipment Chair, Dave Cutter-Sanctions Chair, Greta Alderson-Board of Review/Swim-a-thon Chair, Chris Engledow-Open Water Chair, Corrine Dutto-Safe Sport Chair

Other members in attendance: Marc McCay-EAST, Pam Wilson-EAST, Dan Lawson-GMSC, Wayne Gleason-GMSC, Darren Dutto-LGSC, Jerry Johnston-MLMR, Heather Estrada-PSA, Sue Bresnee-SAS, Kalen Darling-SAS, Mike Brosnahan-SWAC, Keith Lambert-SWAT, Tia Pollick-TCCC, Zack Ponchene-WALL, Barry Bernfield-YAC, Roger Coburn-YYST, Robert Broyles-UN, Teri Madill-SWAT

Approval of Minutes from October 13, 2013 Fall HOD Meeting

The minutes from the October 13, 2013 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: Thanked IES for allowing him to serve as General Chair and welcomed everyone to the meeting. The numbers seem to be down a bit. Jr. Champs meets went well, although there was a problem on the west side with the number of available officials for the whole meet. There were lots of good swims and more kids were able to swim in finals because of the split. It was brought HOD's attention that the \$5 surcharge for Champs meets that has been approved to help with officials traveling did not get to the sanctions for Champs meets. It will be added to all upcoming Champs meets. Teams that are hosting Champs meets need to name the Referee and Starter as early as possible so the recruiting of officials process can get started early.

John Pringle-Administrative Vice-Chair: There were some problems around the bid process this year. Please see attached 2015 Meet Calendar for any changes. John also indicated that the Jr.

Champs meet had some issues on the west side with the number of officials available. It was recommended in the Coaches Meeting that it go back to one meet. See New Business for more information.

David Dolphay-Senior Vice Chair: The Senior travel fund will be divided up in August. David needs names of swimmers that are eligible to receive funds. Funds will be distributed in early September. There were 19 swimmers honored at the Champs meet. There are two \$250 scholarships available- one female and one male. Deadline is July 19th. They also need to submit their high school transcripts.

Amy Thorpe - Age Group Vice-Chair: Zones will be August 6-9, 2014 in Federal Way, WA this year. A decision has been made to have a basic color scheme so swimmers don't have to buy a new bag every year, just add new bag tags. So far only one swimmer has signed up. Please go to ieswim.org and click on News/Zones tab to get forms and get signed up. It is important to get total numbers as early as possible. Van will be leaving from Spokane, Wenatchee and Tri-Cities to head to Federal Way. We also need chaperones, please go to the website to fill out an application if you are interested in being a chaperone.

John Bergstrom-Treasurer: Please see attached report. The general fund has \$89,736. The equipment fund has \$66,000. There was discussion around the amount of cash in the equipment fund and what we should be doing with it. The Executive Board will get together with Don Hougardy to discuss options. Some comments were made that we need us use some of the funds to promote USA Swimming and the sport of swimming per se. There were some questions surrounding insurance on the equipment. John will look into it. Additional comments were the funds for ASKA convention used two years ago to go to Las Vegas should be \$2,500. Todd will look into where those funds are.

William Wertz -Senior Athlete Representative

Isabel Madill-Junior Athlete Representative: William indicated that we need to elect a Jr. Athlete Representative at LC Champs. He will ask each coach for a nominee. Nominees should be going into their Junior year of high school.

Doug Wertz-Official's Chair: Overall, there is a total of 135 officials, a net increase of 27 since January 2013. IES has a total of 50 new officials that have replaced 23 that have retired. We have 20 Meet Refs, 28 Deck Refs, 36 Chief Judges and 8 Administrative Officials.

A Meet Referee, Starter, Four Stoke and Turn and an Administrative Official are required to be listed on a meet Sanction.

Jack Griffith will be the Meet Referee at LC Champs.

Bill Crumm (USA Swimming Sport Development Consultant) was in attendance at the HOD meeting and indicated that IES has a great number of officials in our LSC.

Jack Griffith-Safety Chair: (See attached report) We've only had 3 injuries in 2013, which is great, but still too many. Not only swimmers are involved in injuries, but also parents, coaches and non-swimming siblings. LC is just around the corner and heat related injuries will happen, so prepare for the heat.

We need to have a swimmer's representative to:

- Review injury stats
- Be part of process to make the sport safer.

Corrine Dutto-Safe Sport Chair: (See attached report) Corrine requested that the forms requested to be put in heat sheets be posted onto the IES website.

There are several videos that are age appropriate on the USA Swimming website to show to teams/parents and then have a group discussion.

Dave Cutter-Sanction Chair: Please see attached report.

Todd Stafek-Records Chair: (See attached report) Records that were broken during SC are not listed in the report.

Karen Byers-Membership Chair: Please see attached report.

Unfinished (Old) Business

LSC Shared Services

The Shared Services originally started with five LSCs willing to participate. We are now down to IES and Montana. If we were to go ahead with it, Karen Byers would likely do both LSC, but she is doing a great job for us, so there is no downside for us. We are waiting on Montana to make a decision as to what they would like to do.

Election of Officers

General Chair: Todd Stafek (Unopposed)

Senior Vice Chair: David Dolphay (Unopposed)

Coaches' Representative: Bob Wood (Unopposed)

Secretary: Pam Wilson

Congratulations to all!

New Business

2015 IES Meet Schedule

Please see the revised meet schedule (attached).

Jr. Champs

It was recommended that Jr. Champs not be split between east and west sides this next year. A vote was taken to determine if it should be hosted at one facility next year.

A motion was made and seconded to host Jr. Champs at one facility. The motion passed unanimously.

A ballot vote was taken to determine who will host Jr. Champs. The two teams interested in hosting Jr. Champs were LCN and EAST.

The vote went to LCN to host Jr. Champs in 2015.

IES Meet Fees

A motion was made to change meet fees for individual events from \$3/event to \$4/event due to increasing pool fees.

A motion was made and seconded to increase individual event fees \$1/event. The motion failed.

Four Hour Rule

The four hour rule for 12 and Unders has been a problem for families having kids in both sessions, most of them are at the pool all day anyway and it has been hard to get everything fit into a four hour period, it also lengthens the meet because if it is then a split meet there has to be time for warm ups before each session. A proposal was made to ask for rule changes so that each LSC can govern their own meets regarding the four hour rule. Needs to be done before May 15th. Doug Wertz, Bob Wood and Jack Griffith will be on the committee to work with John Pringle and put a proposal together.

A motion was made and seconded to form a committee to make a proposal to let each LSC determine how meets should be run regarding the four hour rule. The motion passed unanimously.

Senior Swimming Funding

Each swimmer gets a certain amount of funding (shares) for senior meets, depending on the meet. IES sends the funds to the teams to distribute to the swimmer. The intent is that the share is meant to go to the swimmer. The coaches funds are meant to go to the team to help pay for the coaches expenses. The provision for unattached swimmers is that they must provide receipts to get funds. They will ONLY be paid according to receipts received. There is NO provision for unattached coaches.

IES Equipment

IES has two trailers. One is located in Spokane and the other in the Tri-Cities. Each trailer has 18 pads, a Colorado System, 2 Harnesses, and 2 pickles for each lane.

We should always be using at least 2 pickles at meets.

There is lots of old equipment. John Tixier will make a list of all the old, unused equipment and send it out to the teams. They can pick and choose what they want and the rest will be disposed of.

John Tixier is also looking for a replacement for his job as Equipment Chair.

A motion was made and seconded to adjourn the 2014 Spring HOD Meeting at 3:45 pm.

Respectfully Submitted,

Cindy Merrick
IES Secretary

REPORTS

2015 Meet Calendar – John Pringle

Treasurer Report – John Bergstrom

Safety Chair - Jack Griffith

Safe Sport Chair – Corrine Dutto

Sanctions Chair – Dave Cutter

Records Chair – Todd Stafek

Registration - Karen Byers



INLAND EMPIRE SWIMMING

2015 MEET CALENDAR

v3 4/14/2014

MONTH	DATES	MEET NAME	HOST	POOL	FORMAT	Notes/ NON IES MEET DATES
JANUARY						
	9th-11th	January Storm	WWSC	Whitman Pool, Walla Walla	Open	
	10th & 11th	Polar Bear Plunge	YYST	Lions Pool, Yakima	Open	
	11th	January Development	MRA	Moses Lake HS	Development	
	24th	Winter Wheat	GMSC	U of I, Moscow, ID	Development	Washington Open, 15th - 18th
	24th -25th	Winter Open	TCCC	CWU, Ellensburg	Open	
FEBRUARY						
	13th - 15th	IES JR CHAMPS	LCN	Lewiston Orchard City	Championship	LCN NOTE: EAST in 2016
	27th -3/1	IES SC CHAMPS	GMSC	U of I or WSU	Championship	\$3500 equipment needed for WSU



INLAND EMPIRE SWIMMING

2015 MEET CALENDAR

MONTH	DATES	MEET NAME	HOST	POOL	FORMAT	Notes/ NON IES MEET DATES
MARCH						
	1-Mar	IES SC CHAMPS	GMSC	U of I or WSU	Championship	
	6th - 8th	Shamrock Shake Up	SWAT	Whitworth Univ., Spokane	Open	
	6th - 8th	Short Course Farewell	MRA	Moses Lake	VS Helps	
	11th - 15th			KCAC, Federal Way	Championship	NW SENIOR SPEEDO CHALLENGE SERIES
	20th -22nd			KCAC, Federal Way	Championship	NWAG SC CHAMPIONSHIPS
APRIL						
	18th	LaGrande Spring Dev.		Veteran's Pool, LaGrande	Development 4 teams	
	25th & 26th	MRA Pentathlon	MRA	Moses Lake HS Pool	OPEN	VS to Help



INLAND EMPIRE SWIMMING

2015 MEET CALENDAR

MONTH	DATES	MEET NAME	HOST	POOL	FORMAT	Notes/ NON IES MEET DATES
MAY						
	2nd - 3rd	Baker City Dive & Dash	BYST	Sam O Pool, Baker City, OR	Open/Approval Needed	Approved Meet Advance Sanction Necessary
	9th	Mayflower	VS	WHS, Wenatchee	Development	
	16th & 17th	Fazarri's	LCN	Lewiston Orchard City	Open/Approval Needed	Approved Meet Advance Sanction Necessary
	29th - 31st	Tri City Open	TCCC	Memorial Pool, Pasco, WA	Open	
	29th - 31st	Apple Capital Open	VS	Wenatchee City Pool	Open	
JUNE						
	19th - 21st	Wine Country	YAC	Toppenish City Pool	Open	
	19th - 21st	Summer Solstice	SAS	Witter Pool, Spokane	Open	
	27th & 28th	Kiwanis Open	WYST	Naches City Pool	Open/Approval Needed	Approved Meet Advance Sanction Necessary



INLAND EMPIRE SWIMMING

2015 MEET CALENDAR

MONTH	DATES	MEET NAME	HOST	POOL	FORMAT	Notes/ NON IES MEET DATES
JULY						
	10th - 12th	Pendleton Open	PSA	Pendleton Aquatic Ctr., OR	Open	
	10th - 12th	Starlight Open	VS	Wenatchee City Pool	Open	
	17th-19th*	Sizzlin Summer	MRA	Witter Pool	OPEN	Speedo LC Challenge Hood River
	24th - 26th	IES LC CHAMPS	SWAT	Witter	Championship	SWAT/w SAS
AUGUST						
					July 29-Aug 2, 2015	Senior Zones, TBD
	15th	MRA Development	MRA	Moses Lake HS	Development	
					Aug 5-8	Age Group Zones Hawaii
					July 30-Aug 3, 2015	LC Junior Nationals, San Antonio, TX
					Aug 6-10	LC Nationals, San Antonio, TX



INLAND EMPIRE SWIMMING

2015 MEET CALENDAR

MONTH	DATES	MEET NAME	HOST	POOL	FORMAT	Notes/ NON IES MEET DATES
SEPTEMBER						
	26th	Manta Ray Sprints	MRA	Moses Lake HS, Moses Lake	Open	50's & 25 yard shootout
OCTOBER						
	9th	Fast Friday Sprints	GMSC	U of I, Moscow, ID	Developmental	
	10th	Very Scary Swim Meet	VS	WHS Pool, Wenatchee	Development	
	17th & 18th	Fall Kick Off	SWAT	Whitworth Univ., Spokane	Development or Open	Pool Dependent Format
	24th & 25th	Octoberfest Open	EAST	CWU, Ellensburg	Open	<i>May need date change</i>
	31st	MRA Development	MRA	Moses Lake HS	Development	
	31st & Nov1	Trick or Treat Pentathlon	GMSC	U of I, Moscow, ID	Open	
	31st and 11/1	LaGrande Spooktacular	LGSC	Veteran's Memorial, LaGrande, OR	Open	
NOVEMBER						
	7th & 8th	Harvest	YYST	Lion's Pool, Yakima	Open	
	20th-22nd	Turkey Trot East	LCN	Lewiston Orchard City	Open	Not yet fully confirmed
	20th to 22nd	Turkey Trot West	MRA	Moses Lake HS	OPEN	HUSKY November 27th - 29th



INLAND EMPIRE SWIMMING

2015 MEET CALENDAR

MONTH	DATES	MEET NAME	HOST	POOL	FORMAT	Notes/ NON IES MEET DATES
DECEMBER						
	5th-6th	Christmas Open	VS	EYAC or WHS	Open	
	5th & 6th	Jingle Bell	SWAT	Whitworth	Open	
					DEC 3-5	SC NATS Federal Way, WA
					DEC 10-12	SC JR NATS TBD
					DEC 17-20	Washington Senior State

INLAND EMPIRE SWIMMING

Statement of Revenue & Expenses

for the six months ended 3/31/14

	Actuals	Annual Budget	Variance	% of Budget (50% expired)
Revenues:				
Meet fees	\$ 39,988	\$ 105,826	\$ 65,838	38%
Registration Fees	23,050	27,831	4,781	83%
Sanction Fees	438	950	512	46%
Total	63,476	134,607	71,131	
Operating Expenses:				
Administration	9,416	16,440	7,024	57%
Equipment & Software	630	3,050	2,420	21%
Seminars & Conventions	838	15,000	14,162	6%
General Chair	788	1,200	412	66%
Vice-Chair	-	200	200	0%
Treasurer	-	1,300	1,300	0%
Safety Chair	-	500	500	0%
Officials Chair	2,419	5,700	3,281	42%
Records Chair	72	1,000	928	7%
USA Seminars	-	1,500	1,500	0%
Subtotal	14,164	45,890	31,726	
Operating Revenues (Expenses)	49,312	88,717	39,405	
Program Expenses:				
College Scholarships	-	500	500	0%
Senior	-	24,000	24,000	0%
Age Group	8,066	56,500	48,434	14%
Coaches	-	-	-	0%
Other	178	-	(178)	0%
Subtotal	8,244	81,000	72,756	
Net Revenues (Expenses)	\$ 41,068	\$ 7,717	\$(33,351)	

Fund Balances and Statement of Net Position As Of 3/31/2014

General Fund

Balance, Beg of Fiscal Year-10/01/13	\$ 48,668
Balance as of 03/31/14	\$ 89,736

Equipment Reserve

Balance, Beg of Fiscal Year-10/01/13	\$ 66,090
Balance as of 03/31/14	\$ 66,090

Olympic Trial Fund

Balance, Beg of Fiscal Year-10/01/13	\$ 2,676
Balance as of 03/31/14	\$ 2,676

Total Funds \$158,502

		Main Acct	Debit Card	Savings Acct
Wells Fargo Bank Balances as of 03/31/14	\$ 158,502	= \$ 104,822	+ \$ 3,001	+ \$ 50,679

Investment Account-American Funds \$112,000

(as of last stmt rec'd - dated 9/30/13)

Total Cash & Investments \$270,502

Property & Equipment

Timing Systems/Trailers	\$ 18,555
Accum. Depreciation (St/Ln 7yr-End of yr2)	(5,305)
Book Value as of 3/31/14	\$ 13,250

Total - Net Position \$283,752



In 2013 there were 2010 injuries reported to USA swimming. Inland Empire Swimming had a total of three (3) injuries, overall that's outstanding. As you can see in the attached summary, swimmers are not the only group involved in accidents; Coaches, officials, family members and volunteers are also victims suffering injuries. Some of the injuries are minor while others are more severe from broken bones to concussions and death.

Before I say anything more I want to congratulate everyone for doing a great job this past year and please keep up the good work in 2014.

In 2013 our most serious injury occurred when a young swimmer jumped in the warm-up pool on top of another swimmer causing laceration and bleeding in the mouth. The injured swimmer was unable to compete in there event. Since that time I've seen the host team taking steps to make sure it doesn't happen again. Announcements are made throughout the meet reminding swimmers of the proper entry; this is in addition to making sure life a guard is always monitoring the warm-up pool.

The long course season is just around the corner, we'll be faced with a number of new hazards that were not a problem during the short course season. These hazards include but not limited to the following:

- Heat and heat related illnesses
- Dehydration
- Sunburn
- Biting and stinging insects
- Food safety-handling, preparation, and storage
- Slick decks-due to spilled drinks
- Potential tripping hazards due to power and communication cords
- Fall Hazards-during setup and tear down of events
- Wind

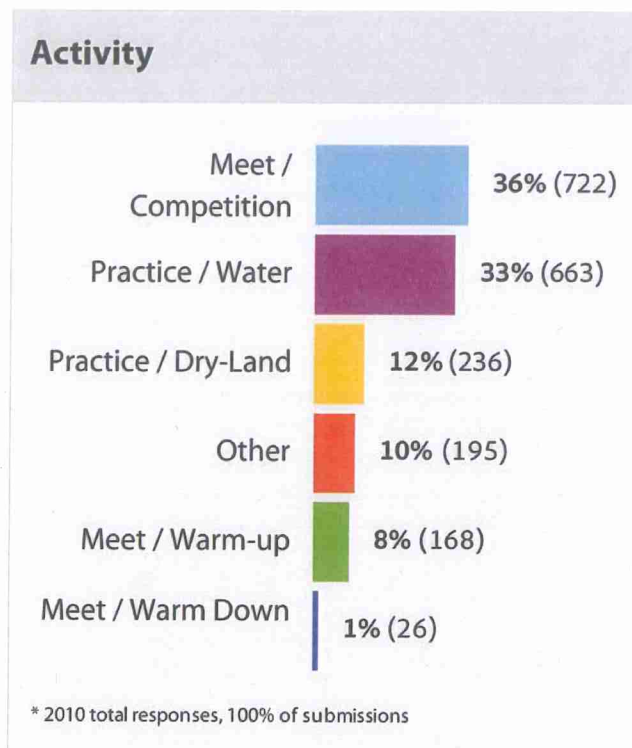
In 2013 the HOD approved a budget for the safety committee to use as needed to enhance IES safety. The IES Safety Committee is brain storming to come up with ideas that will engage coaches, officials and swimmers to be involved with safety at the pool with prizes awarded to selected winners.

The IES Safety Committee is still in need of a swimmer representative. Please check to see if you have a swimmer who would like to participate on this committee.

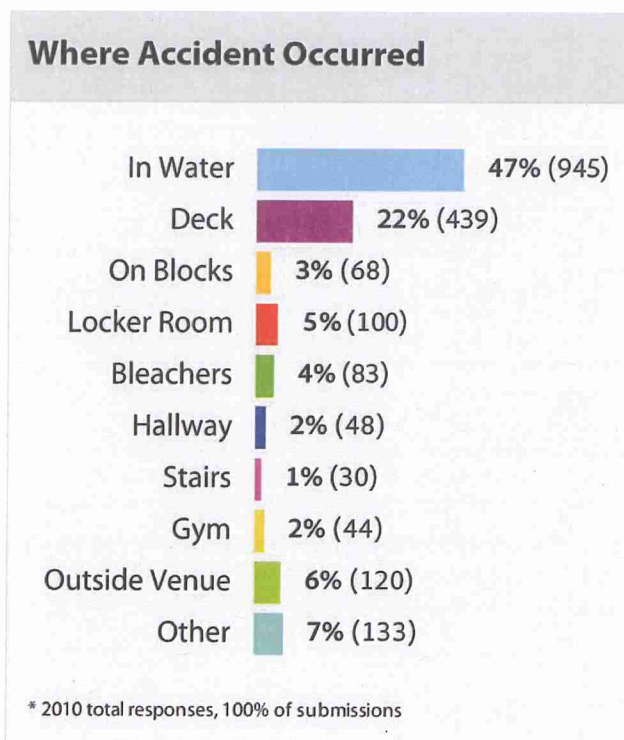
Let's all work together and make 2014 a safer year than 2013.

Jack Griffith
IES safety Chair

WHEN ACCIDENTS HAPPEN

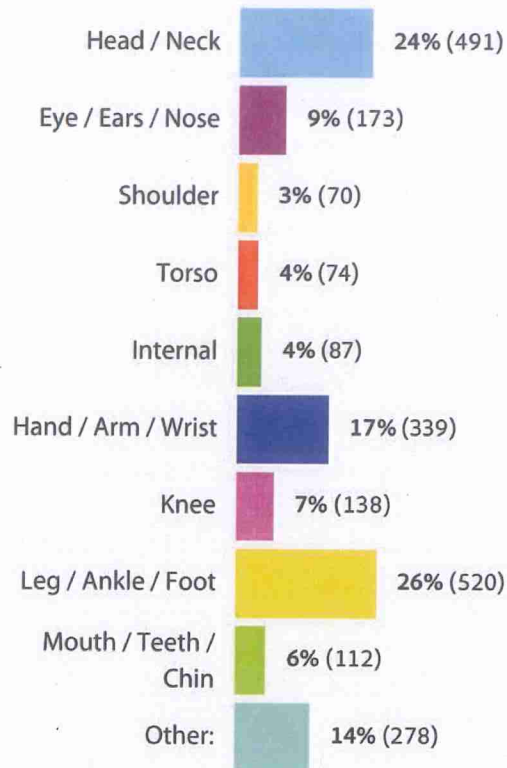


WHERE ACCIDENTS HAPPEN



AFFECTED BODY PART

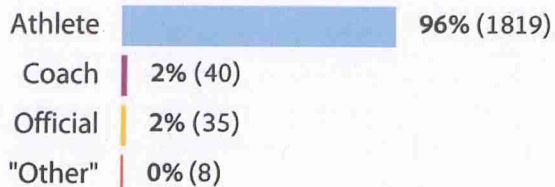
Affected Body Part



* 2008 total responses, 100% of submissions

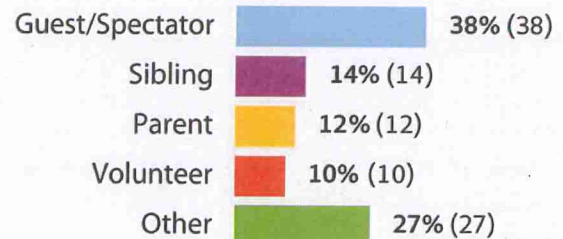
MEMBER/NON-MEMBER TYPE

Membership Type



* 1902 total responses, 95% of submissions

Non-Member Type



* 101 total responses, 5% of submissions

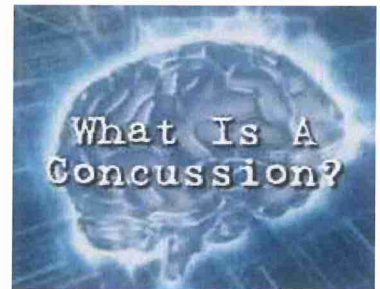


Concussions

Parents, this information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe.



Signs and Symptoms of a Concussion

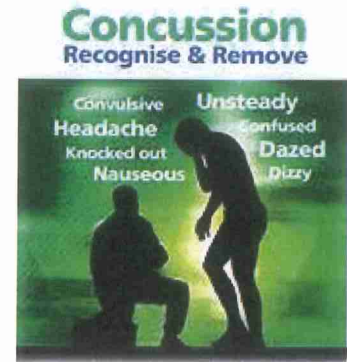
Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Coaches, Officials, Parents or Guardians

- Appears dazed, stunned or confused
- Unsure about event, location or name of meet
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes – irritability, sadness, nervousness, emotional
- Can’t recall events before or after incident

Symptoms Reported by Athlete

- Any headache or "pressure" in head - how badly it hurts does not matter
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"
- Trouble falling asleep
- Sleeping more or less than usual



Athletes need to be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss practice or meets than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention on the day of the event is an important first step if you suspect or are told your swimmer has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities:

- No athlete should return to activity on the same day he/she gets a concussion
- No athlete may return to training, regardless of sport, until he/she is cleared by a health care professional with a note specifying clearance. Athletes should NEVER return to the pool if they still have ANY symptoms..... in case an athlete returns with a note and then during the practice complains of a headache or other symptoms
- Parents and coaches should never pressure any athlete to return to play

The Dangers of Returning Too Soon

Returning to the pool too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover. During the recovery time after a concussion, physical and mental rest is required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.

Returning to Daily Activities

- 1) Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
- 2) Encourage daytime naps or rest breaks when your child feels tired or worn-out.
- 3) Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
- 4) Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
- 5) Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to School

- 1) Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
- 2) Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a) Increased problems paying attention.
 - b) Increased problems remembering or learning new information.
 - c) Longer time needed to complete tasks or assignments.
 - d) Greater irritability and decreased ability to cope with stress.
 - e) Symptoms worsen (headache, tiredness) when doing schoolwork.
- 3) Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
- 4) If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help can be removed gradually.

Returning to the Pool

- 1) Returning to the pool is specific for each person. As an example, California law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
- 2) Your child should NEVER be on deck, practice, or participate in competition if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
- 3) Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
- 4) Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.



Note: if you suspect your child has had a concussion seek medical attention ASAP, don't assume they're "OK" because they say they are, they may feel pressured to return to sports before they are ready.

*** This information is provided by the IES Safety Committee**



Are you prepared for a Power Outage?

Most of us have gotten through a power outage when it lasts a few hours to a half a day with no major problems, but what if it lasts for a number of days, a week or even longer are you prepared?

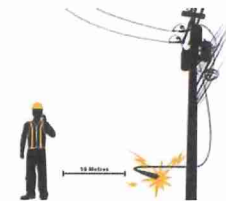
Power can go out at any time due to natural disasters, severe weather, accidents or other unpredictable circumstances. The outage may only affect your neighborhood, but what if it's the whole city? Are you prepared to leave town if necessary. Follow the tips below to keep you and your family safe during power outages.

In Your Home

- Never use kerosene or propane heaters without proper ventilation. They can create dangerous fumes. Also, don't burn charcoal in your house or garage.
- Protect your water pipes during freezing weather by wrapping them with insulation. Also, leave faucets dripping so water won't freeze and crack pipes. Put blankets or towels around your windows and doors to keep the heat in.
- Preserve body heat by wearing multiple layers of clothing including a hat and blankets to stay warm.
- Your freezer should keep food frozen and safe for two or three days when kept closed. (During a hot summer this time will be reduced). Eat refrigerated items first, save the dry goods for last.
- If someone in your home is on life support, be sure to have a back-up system and a plan of action for during an outage.

Downed Power Line

- Call 911 immediately
- Keep everyone including pets out of the area. You cannot look at a downed line and determine if it's "live." Don't touch it!
- Do not touch a person if a power line is touching them
- If a power line falls across your vehicle, stay in the car and wait for emergency personnel to cut the power. If your vehicle is on fire and you are in imminent danger, JUMP- with both feet together-as far from the car as possible. If a part of your body touches the car and the ground at the same time you could get electrocuted.



Generator Safety

- If you use a portable generator do so with caution. Generators can pose serious safety hazards when improperly used or installed. Remember to follow the manufactures instruction.
- Never run a generator in the house or garage. Gasoline powered generators produce carbon monoxide and the fumes can be deadly.
- Never plug your generator into an outlet or directly to your homes main fuse box or circuit panel
- Make sure that the total electric load won't exceed the generators rating.
- To temporary power an appliance plug it directly into the generator. Use properly sized and grounded extension cords and route them so they don't present tripping hazards.
- Fuel generator when the engine is cool, do not store extra fuel near the generator.



It's Best to be Prepared

Assemble an outage kit to include:

- Flashlight with extra batteries
- Battery operated alarm clock and radio
- Ready to eat foods and a manual can opener
- Bottled water
- Matches/lighter
- Camp stove
- Blankets
- First aid kit
- Keep vehicles at a minimum ½ tank of fuel



Note: If your family has multiple cell phones use only one at a time, if you have smart phones shut off internet service to preserve the battery. Remember grocery, and hardware stores including gas stations will most likely be closed during large area power outages. City provided services such as water, gas and sewer could also be affected.

Evacuation

If an order to evacuate has been made, get out ASAP and follow their instructions. Be aware traffic signals may not be working; you may encounter heavy or long lines of traffic. Bridges or roadway problems could also put you at risk. Call family and friends when possible to let them know your location and wellness.

This information provided by the IES Safety Committee.

IES Safe Sport Chair Report

April 13, 2014

Corrine Dutto

Actions since last HOD meeting:

- Emailing all teams reminders to place Safe Sport flyers in heat sheets and to post with results at all meets
- Safe Sport link now on IES web site
- Managed 2 concerns about Safe Sport violations with IES clubs
- Contacted all high school athletic governing bodies in Oregon, Washington and Idaho, providing a link to the USA Swimming banned list. Ideally, this will prevent banned coaches from continuing to coach and protect high school swimmers from known predators.

Requests for each club

- Include Safe Sport flyers in heat sheets and post at all meets
- Recommend adding this statement to the heat sheets at meets: "Photography behind the starting blocks is prohibited."
- Ensure that your club has policies in place for team travel, electronic communication, bullying, locker room monitoring. Contact Corrine Dutto if you need help with these policies
- Add Safe Sport link to your individual club web sites. The link is <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1955&Alias=Rainbow&Lang=en-US>
- Add Safe Sport handbook to your individual club web sites. The link to the handbook is: <http://www.usaswimming.org/Rainbow/Documents/eca565d6-d11a-4c85-b5bd-307de73b6558/Safe%20Sport%20Handbook-FINAL.pdf>

Future Actions

- Promote free athlete protection training for parents
- Discuss suggestions for safe rooming assignments at larger meets with coaches attending these meets.

Protecting our young athletes is all of our responsibility, as coaches, volunteers and parents. In order to create a positive experience and a safe environment for athletes, USA Swimming's [Code of Conduct](#) provides specific, mandatory policies that must be followed at all levels of the organization. Policies are enforceable by the National Board of Review process. Consequences for breaking a policy include but are not limited to, revocation of membership.

Also included are Best Practice Guidelines. These guidelines are best practice recommendations for adult-athlete interaction to best foster healthy boundaries. Guidelines are designed to help avoid or identify potentially inappropriate situations.

USA Swimming implemented a Code of Conduct in the late 1990s. Any member or prospective member of USA Swimming may be denied membership, censured, placed on probation, suspended for a definite or indefinite period of time with or without terms of probation, fined or expelled from USA Swimming if such member violates the provisions of the USA Swimming Code of Conduct. Sections applying specifically to Safe Sport are below.

304.3

The following shall be considered violations of the USA Swimming Code of Conduct:

- .4 Violation of any of the Athlete Protection Policies set forth in Article 305
- .5 Violation of any of the Sexual Misconduct Reporting Requirements set forth in Article 306.
- .6 Conviction of, imposition of a deferred sentence for, or any plea of guilty or no contest at any time, past or present, or the existence of any pending charges, for (i) any felony, (ii) any offense involving use, possession, distribution or intent to distribute illegal drugs or substances, (iii) any crime involving sexual misconduct, or (iv) any criminal offense against a minor.
- .7 Bullying is prohibited. For these purposes, the term "bullying" shall mean, regardless of when or where it may occur, the severe or repeated use by one or more USA Swimming members ("Members") of an oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other Member that to a reasonably objective person has the effect of: (i) causing physical or emotional harm to the other Member or damage to the other Member's property; (ii) placing the other Member in reasonable fear of harm to himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other Member at any USA Swimming activity; (iv) infringing on the rights of the other Member at any USA Swimming activity; or (v) materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).
- .8 Any inappropriate sexual conduct or advance, or other oral, written, visual, or physical conduct of a sexual nature directed towards an athlete by (i) a coach member or other non-athlete member, or (ii) any other adult participating in any capacity whatsoever in the activities of USA Swimming (whether such adult is a member or not). Any act of sexual harassment, including without limitation unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature in connection with or incidental to a USA Swimming-related activity by any person participating in the affairs or activities of USA Swimming (whether such person is a member or not) directed toward any member or other person participating in the affairs or activities of USA Swimming.

ATHLETE PROTECTION POLICIES

The following policies related to Athlete Protection are mandatory components of the USA Swimming Code of Conduct:

.1 Inappropriate touching between an athlete and an adult non-athlete member or Participating Non-Member (as defined in 401.1) is prohibited, including, but not limited to, excessive touching, hugging, kissing, sexually oriented behavior, sexually stimulating or otherwise inappropriate games, and having an athlete sit on a non-family member adult's lap.

.2 Any rubdown or massage performed on an athlete by any adult member or Participating Non-Member, excluding the spouse, parent, guardian, sibling, or personal assistant of such athlete, is prohibited unless such adult is a licensed massage therapist or other certified professional. Any rubdown or massage performed at a swim venue by a licensed professional must be conducted in open/public locations and must never be done with only the athlete and licensed massage therapist in the room. Even if a coach is a licensed massage therapist, the coach shall not perform a rubdown or massage of an athlete under any circumstances.

.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.

.4 Employees and volunteers of USA Swimming, LSCs and member clubs who interact directly and frequently with athletes as a regular part of their duties and individuals with any ownership interest in a member club must be non-athlete members of USA Swimming and satisfactorily complete criminal background checks as required by USA Swimming. This does not apply to volunteers such as timers, marshals, computer operators, etc. who only have limited contact with athletes during a meet.

.5 Travel

.1 Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete unless the coach is the parent, guardian, sibling, or spouse of that particular athlete.

.2 Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-required criminal background check.

.3 When only one athlete and one coach travel to a competition, the athlete must have his/her parent's (or legal guardian's) written permission in advance to travel alone with the coach.

.4 Clubs and LSCs shall develop their own travel policies. USA Swimming will provide a model club travel policy as an example. Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club. [Model travel policy available here](#).

ARTICLE 306

SEXUAL MISCONDUCT REPORTING REQUIREMENTS

.1 It is every member's responsibility to promptly report any incident regarding sexual misconduct by a member as described in Article 304.3.5 to USA Swimming's Athlete Protection Officer. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

.2 No member shall retaliate against any individual who has made a good faith report under 306.1.

.3 False reporting of sexual misconduct made in bad faith is prohibited.

.4 Neither civil nor criminal statutes of limitation apply to reports of cases of sexual abuse.



usaswimming.org/protect

Best Practice Guidelines

The following Best Practice Guidelines are strongly recommended for all USA Swimming members.

1. Parents should be encouraged to appropriately support their children's swimming experience.
2. All swimming practices should be open to observation by parents.
3. Two-deep Leadership: One coach member and at least one other adult who is not in the water should be present at all practices and other sanctioned club activities whenever at least one athlete is present. Clubs and coaches should evaluate their seasonal plans and map out how to best accomplish this strongly recommended guideline.
4. Open and Observable Environment: An open and observable environment should be maintained for all interactions between adults and athletes. Private, or one-on-one situations, should be avoided unless they are open and observable. Common sense should be used to move a meeting to an open and observable location if the meeting inadvertently begins in private.
5. Coaches should not invite or have an athlete(s) to their home without the permission of the athlete's parents (or legal guardian).
6. During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments should be maintained.
7. Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
8. During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age. Where athletes are age 13 & Over, chaperones and/or team managers would ideally stay in nearby rooms. When athletes are age 12 & Under, chaperones and/or team managers may stay with athletes. Where chaperones/team managers are staying in a room with athletes, they should be the same gender as the athlete and written consent should be given by athlete's parents (or legal guardian).
9. When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
10. Communications between non-athlete adult members and athletes should not include any topic or language that is sexual or inappropriate in nature.
11. Non-athlete adult members should respect the privacy of athletes in situations such as changing of clothes, showering, etc. Non-athlete adult members should protect their own privacy in similar situations.
12. Relationships of a peer-to-peer nature with any athletes should be avoided. For example, coaches should avoid sharing their own personal problems with athletes.
13. Coaches and other non-athlete adult members should avoid horseplay and roughhousing with athletes.



usaswimming.org/protect

14. When a coach touches an athlete as part of instruction, the coach should do so in direct view of others and inform the athlete of what he/she is doing prior to the initial contact. Touching athletes should be minimized outside the boundaries of what is considered normal instruction. Appropriate interaction would include high fives, fist bumps, side-to-side hugs and handshakes.
15. Coaches should not initiate contact with or accept supervisory responsibility for athletes outside club programs and activities.
16. Coaches should not engage in sexual intimacies with a former athlete for at least two years after the cessation or termination of professional services.

Because sexual intimacies with a former athlete are frequently harmful to the athlete, and because such intimacies undermine public confidence in the coaching profession and thereby deter the public's use of needed services, coaches should not engage in sexual intimacies with former athletes even after a two-year interval except in the most unusual circumstances. The coach who engages in such activity after the two years following cessation or termination of the coach-athlete relationship bears the burden of demonstrating that there has been no exploitation, in light of all relevant factors, including:

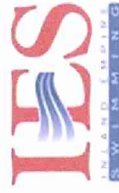
1. The amount of time that has passed since the coach-athlete relationship terminated;
2. The circumstances of termination;
3. The athlete's personal history;
4. The athlete's current mental status;
5. The likelihood of adverse impact on the athlete and others; and
6. Any statements or actions made by the coach during the course of the athlete-coach relationship suggesting or inviting the possibility of a post-termination sexual or romantic relationship with the athlete or coach.
7. Both the athlete and the coach must be 18 years of age or older.



INLAND EMPIRE SWIMMING

Spring 2014 SANCTIONS REPORT

SCARY	VS	Developmental	October 26	IE-13-1212	Issued 10-24-2013
JINGLE BELL	SWAT	Open	December 7-8	IE-13-1213	Issued 10-27-2013
CHRISTMAS OPEN	VS	Open	December 7-8	IE-13-1214	Issued 10-30-2013
WINTER WHEAT	GMSC	Developmental	January 25	IE-14-1215	Issued 11-11-2013
JANUARY STORM	WWSC	Open	January 3-5	IE-14-1216	Issued 11-26-2013
POLAR BEAR	YYST	Open	January 11-12	IE-14-1217	Issued 11-26-2013
WINTER OPEN	TCCC	Open	January 25-26	IE-14-1218	Issued 11-26-2013
JR CHAMPS EAST	EAST/VS	Open	Feb	IE-14-1219	Issued 1-13-2014
JR CHAMPS WEST	SWAT	Open	Feb 14-16	IE-14-1220	Issued 1-13-2014
IE CHAMPS	GMSC	Open	Feb 28-March 2	IE-14-1221	Issued 1-22-2014
SHAMROCK SHAKE-UP	SWAT	Open	March 7-9	IE-14-1222	issued 2/7/2014
BAKER CITY DIVE & DASH	BST	Open	May 3-4	IE-14-1223	issued 2/24/2014
LGSC DEVELOPMENTAL	LGSC	Developmental	April 12	IE-14-1224	issued 3/5/2014
APPLE CAPITAL	VS	Open	May 30- June 1	IE-14-1225	issued 3/25/2014
FAZZARI'S PIZZA	LCN	Open	May 17-18	IE-14-1226	issued 3/25/2014
TCCC TRI-CITY OPEN	TCCC	Open	May 30 - June 1	IE-14-1227	issued 4/9/2014
SUMMER SOLSTICE	SAS	Open	June 20-22	IE-14-1228	issued 4/9/2014
YAKIMA KIWANIS	YYST	Open	June 28-29	IE-14-1229	issued 4/9/2014



Meet Performance Summary - 4 hour rule

Meets from fall 2013 through spring 2014

Meet Name	Date	city	# swimmers	Type	session 1			session 2			session 3			session 4			Fix
					end	start	time	end	start	time	end	start	time	end	start	time	
2013 IE GMSC Fast Friday Dev	10/4/2013	Moscow, ID	36	Dev	17:48	17:00	0:48										
2013 IE SWAT Fall Kick Off Dev	10/12/2013	Spokane, WA	102	Dev	17:02	14:00	3:02										
2013 IE EAST Octoberfest	10/19/2013	Ellensburg, WA	259	Open	14:08	9:32	4:36	14:26	9:36	4:50						split	
2013 IE VS Very Scary Dev	10/26/2013	Wenatchee	54	Dev	19:23	17:00	2:23										
2013 IE GMSC Trick or Treat Pentathlon	10/26/2013	Moscow, ID	240	Open	18:27	13:19	5:08	11:25	9:04	2:21							
2013 IE YST HARVEST INVITE	11/9/2013	Yakima, WA	144	Open	11:52	10:42	1:10	2:38	1:09	1:29	11:38	10:14	1:24	14:03	12:39	1:24	move relays to Sunday
2013 IE LGSC Fall Dev	11/9/2013	La Grande, WA	66	Dev	12:16	9:30	2:46										
2013 IE SAS Turkey Trot	11/15/2013	Cheney, WA	317	Open	11:48	8:29	3:19										
2013 IE SWAT Jingle Bell Open	12/7/2013	Spokane, WA	300	Open	10:54	8:26	2:28	15:23	12:15	3:08	10:24	8:32	1:52	15:23	11:40	3:43	
2013 IE VS Christmas Open	12/7/2013	Wenatchee, WA	194	Open	16:19	12:30	3:49	15:47	12:30	3:17							
2014 IE WWSC January Storm	1/3/2014	Walla Walla, WA	262	Open	11:41	8:59	2:42	15:33	12:30	3:03							
2014 IE GMSC 4th Annual Winter	1/25/2014	Moscow, ID	139	Open	19:35	16:00	3:35										
2014 IE TCCC Winter Open	1/25/2014	Ellensburg, WA	241	Open	14:42	10:03	4:39	14:21	9:46	4:35	11:08	8:54	2:14	14:54	12:30	2:24	split
2014 IE Jr. Champs West Division	2/14/2013	Ellensburg, WA	174	Champ													
2014 IE Jr. Champs East Division	2/14/2014	Spokane, WA	182	Champ													
2014 IE SC Champ GMSC	2/28/2014	Moscow, ID	348	Champ													
2014 IE SWAT Shamrock Shake-Up	3/7/2014	Spokane, WA	213	Open	11:39	9:12	2:27	15:35	12:55	2:40	11:02	9:19	1:43	14:06	12:10	1:56	

Prelim/Finals (no 4 hr rule)

Listed are approximate start and finish times, and durations for 12 & unders

In general we did quite well. Meets highlighted pink should be adjusted for next year

Cutter, 4/10/2014

Individual Records Report for IE-Y

Women 11-12 200 Fly

2:17.24	MACKENZIE HALE	3/30/2012	TCCC
2:14.20 **	Maya R. Cunningham at 2014 Northwest Age Group Regionals	3/20/2014	YYST -IE

Women 13-14 100 Breast

1:04.92	EMMA SCHANZ	12/15/2011	SAS
1:04.91 **	Sarah Nicholls at 2014 Northwest Age Group Regionals	3/20/2014	CAST -IE

Women 13-14 100 Fly

57.17	NATILEE RUIZ	3/11/2009	TCCC
56.67 **	Jessica A. Wierzbicki at 2014 Northwest Age Group Regionals	3/20/2014	VS -IE

Women 15-16 1650 Free

17:09.29	ALEXIS BUCKLEY	1/31/2002	WWY
17:08.63 **	Sakaiya A. McCoy at 2014 Speedo Champions Series Western Region	3/12/2014	SWAT -IE

Women 15-16 100 Back

54.65	MEGAN WHEELER	3/22/2004	YAC
53.94 **	Emma Schanz at 2014 Speedo Champions Series Western Region	3/12/2014	SWAT -IE

Women 15-16 200 Back

1:58.02	LISA BRATTON	3/12/2013	TCCC
1:56.59 **	Emma Schanz at 2014 Washington Open	1/16/2014	SWAT -IE

Women 15-16 100 Breast

1:03.12	EMMA SCHANZ	3/13/2013	SWAT
1:02.50 **	Emma Schanz at 2014 Washington Open	1/16/2014	SWAT -IE

Women 15-16 200 Breast

2:17.26	EMMA SCHANZ	3/13/2013	SWAT
2:11.90 **	Emma Schanz at 2014 Washington Open	1/16/2014	SWAT -IE

Women 15-16 200 IM

2:01.06	ADDISYNN BURSCH	12/8/2011	UNAT
1:59.23 **	Emma Schanz at 2014 Washington Open	1/16/2014	SWAT -IE

Individual Records Report for IE-Y

Women 17-19 1000 Free

10:11.36	EMRI MOORE	4/5/2011	SAS
10:07.59 **	Christine E. Renzini at 2014 S peedo Champions Series Western Region	3/12/2014	SWAT -IE

Women 17-19 1650 Free

16:56.46	EMRI MOORE	12/15/2011	SAS
16:56.31 **	Christine E. Renzini at 2014 S peedo Champions Series Western Region	3/12/2014	SWAT -IE

Women 17-19 100 Back

56.58	AMANI AMR	12/8/2011	SAS
53.64 **	Lisa N. Bratton at 2014 NASA J unior National Championship Cup	3/26/2014	TCCC -IE

Women 17-19 200 Back

1:58.87	NATILEE RUIZ	12/15/2011	TCCC
1:53.64 **	Lisa N. Bratton at 2014 NASA J unior National Championship Cup	3/26/2014	TCCC -IE

Women 17-19 200 IM

2:04.02	NATILEE RUIZ	11/11/2011	TCCC
1:58.57 **	Lisa N. Bratton at 2014 NASA J unior National Championship Cup	3/26/2014	TCCC -IE

Women 17-19 400 IM

4:28.84	ERIN HOLMES	3/20/2007	TCCC
4:13.37 **	Lisa N. Bratton at 2014 NASA J unior National Championship Cup	3/26/2014	TCCC -IE

Men 11-12 50 Back

27.36	JARED MILLER	3/30/2012	LGSC
27.07 **	Eli R. Engledow at 2014 IE GMS C 4th Annual Winter Wheat Dev.	1/25/2014	LCN -IE

Men 11-12 50 Fly

26.64	MATT STAPLETON	11/20/2009	SWAT
25.46 **	Eli R. Engledow at 2014 IE GMS C 4th Annual Winter Wheat Dev.	1/25/2014	LCN -IE
25.86	Skyler H. Younkin at 2014 Nort hwest Age Group Regionals	3/20/2014	TCCC -IE

Men 11-12 100 Fly

59.49	JOE LOFTUS	3/14/2008	CAST
56.76 **	Skyler H. Younkin at 2014 Nort hwest Age Group Regionals	3/20/2014	TCCC -IE

Individual Records Report for IE-Y

57.10	Eli R. Engledow at 2014 IE GMS C 4th Annual Winter Wheat Dev.	1/25/2014	LCN -IE
59.26	Connor S. Elwyn at 2014 Northw est Age Group Regionals	3/20/2014	VS -IE
<u>Men 11-12 200 Fly</u>			
2:16.63	JOE LOFTUS	11/16/2007	CAST
2:11.92 **	Connor S. Elwyn at 2014 Northw est Age Group Regionals	3/20/2014	VS -IE
<u>Men 13-14 100 Breast</u>			
59.60	MASON SHAW	11/30/2006	SAS
58.87 **	Daniel J. Roy at 2014 Northwes t Age Group Regionals	3/20/2014	SAS -IE
<u>Men 13-14 200 Breast</u>			
2:09.45	MASON SHAW	11/30/2006	SAS
2:09.01 **	Daniel J. Roy at 2014 Northwes t Age Group Regionals	3/20/2014	SAS -IE
<u>Men 17-19 100 Back</u>			
49.48	COLEMAN ALLEN	12/9/2010	SAS
49.10 **	Bryce Kananowicz at 2014 Speed o Champions Series Western Region	3/12/2014	UN-01 -IE
<u>Men 17-19 200 Back</u>			
1:47.35	BRYCE KANANOWICZ	3/13/2013	CAST
1:46.71 **	Bryce Kananowicz at 2014 Speed o Champions Series Western Region	3/12/2014	UN-01 -IE
<u>Men 17-19 100 Breast</u>			
56.98	JOE TIDWELL	3/1/1996	SAS
55.81 **	Bryce Kananowicz at 2014 Wash ington Open	1/16/2014	UN -IE
56.92	Wyatt Jager at 2014 Speedo Cha mpions Series Western Region	3/12/2014	GMSC -IE
<u>Men 17-19 200 Breast</u>			
2:02.25	CJ NUESSE	4/5/2004	SAS
2:01.66 **	Bryce Kananowicz at 2014 Wash ington Open	1/16/2014	UN -IE
<u>Men 17-19 200 IM</u>			
1:48.75	COLEMAN ALLEN	12/9/2010	SAS
1:48.29 **	Bryce Kananowicz at 2014 Wash ington Open	1/16/2014	UN -IE

**Indicates Best Record for Each Event

Relay Records Report for IE-Y

Women 13-14 200 Medley Relay

1:54.75	TRI-CITY CHANNEL CATS	3/27/2009	TCCC
1:54.38 **	Spokane Waves Aquatic Team E. Stehr, D. Phillips, E. Vopalensky, M. Norman	3/20/2014	SWAT -IE

Women 13-14 400 Medley Relay

4:08.81	TRI-CITY CHANNEL CATS	2/27/2009	TCCC
4:08.24 **	Spokane Waves Aquatic Team E. Stehr, D. Phillips, E. Vopalensky, M. Norman	2/28/2014	SWAT -IE

Women 400 Medley Relay

3:55.16	SPOKANE AREA SWIMMING	4/5/2004	SAS
3:54.70 **	Spokane Waves Aquatic Team E. Schanz, K. Barr, C. Renzini, S. McCoy	1/16/2014	SWAT -IE

Men 9-10 200 Free Relay

2:00.80	TRI CITY CHANNEL CATS	1/1/1900	TCCC
2:00.39 **	Velocity Swimming J. Wierzbicki, E. Vandersluis, S. Madson, B. Grigs	3/20/2014	VS -IE

Men 9-10 200 Medley Relay

2:17.84	TRI CITY CHANNEL CATS	1/1/1900	TCCC
2:14.16 **	Velocity Swimming J. Wierzbicki, S. Madson, E. Vandersluis, B. Grigs	2/28/2014	VS -IE
2:14.16	Velocity Swimming J. Wierzbicki, S. Madson, E. Vandersluis, B. Grigs	3/20/2014	VS -IE

Men 11-12 200 Free Relay

1:44.65	SPOKANE AREA SWIMMING	3/1/1995	SAS
1:44.42 **	Velocity Swimming C. Cutter, C. Elwyn, A. Broxson, T. Madson	3/20/2014	VS -IE

Men 11-12 400 Free Relay

4:00.99	COEUR D'ALENE AREA SWIM TEAM	3/14/2008	CAST
3:47.56 **	Velocity Swimming C. Elwyn, C. Cutter, C. Wheeler, T. Madson	3/20/2014	VS -IE

Men 11-12 400 Medley Relay

4:21.89	COEUR D'ALENE	3/14/2008	CAST
4:16.24 **	Velocity Swimming C. Cutter, T. Madson, C. Elwyn, C. Wheeler	3/20/2014	VS -IE

4/10/2014 3:03:49 PM

April 2014 Statistics-IE

Age Group	Total Female	Total Male	Grand Total
8 & Under	90	67	157
9 Year Olds	64	52	116
10 Year Olds	102	69	171
11 Year Olds	119	69	188
12 Year Olds	104	65	169
13 Year Olds	110	64	174
14 Year Olds	76	65	141
15 Year Olds	58	43	101
16 Year Olds	46	47	93
17 Year Olds	36	33	69
18 Year Olds	21	22	43
19 and Over	6	9	15
Totals	832	605	1437

IE Club Stats April 2014

Club	Athletes	Season 1	Season 2	Individual Season	Single Meet	Other NA	Coaches	Officials	Total
BST	22	0	2	2	0	4	3	4	35
CAST	180	0	0	0	0	9	4	13	206
EAST	44	0	0	0	0	4	3	5	55
GMSC	99	0	0	0	0	0	10	12	121
LCN	46	0	0	0	0	0	2	2	50
LGSC	68	0	0	4	0	4	4	8	87
MRA	63	0	0	0	0	0	4	6	72
PSA	69	0	0	21	0	5	3	2	100
SAS	59	0	0	0	0	3	3	6	71
SWAC	39	0	0	0	0	0	1	2	42
SWAT	218	0	0	2	0	5	13	12	250
TCCC	164	0	0	0	0	7	6	20	197
UN	29	0	0	0	0	1	6	6	42
VAN	0	0	0	0	0	0	2	0	2
VS	122	0	0	0	0	10	7	20	157
WWSC	59	0	0	4	0	3	3	9	73
YAC	34	0	0	0	0	1	2	6	42
YYST	122	0	0	0	0	1	3	10	135
Total	1437	0	2	33	0	57	79	143	1737