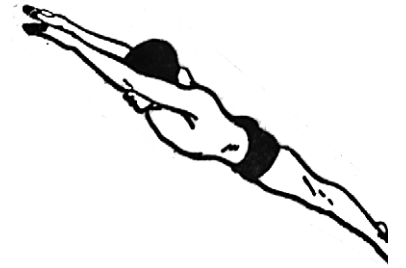


AUGUST-SEPTEMBER, 2004



# C.S.I. Newsletter

## House of Delegates Weekend Oct. 2-3

You are invited to participate in the annual CSI Swimposium Saturday, October 2nd and Sunday October 3rd at the Denver Athletic Club.

The Swimposium will include workshops for officials, coaches and a clinic on electronic meet management and times management. They will be followed that evening by the CSI awards banquet and on Sunday CSI will host its annual House of Delegates meeting. Plan to join us for a weekend of education, motivation and celebration. The only cost for the weekend is the banquet and coaches certification classes.

**Officials:** Frank Ching USA Officials Chairman will conduct a workshop for officials. This will be beneficial for all officials old and new, year-round and seasonal. Everyone is invited to have the opportunity to interact with and learn from the best.

**Coaches:** Becky Browne will offer recertification classes for coach's safety certification. If you need to re-certify please plan to sign up. We will have more information in the registration information coming out the first part of September.

**Meet & Team Managers:** John Lorimer will conduct a clinic on

Meet Management, Team Manager, and this year he will go through electronic athlete registration. Everyone is invited to a day filled with education on the ins and outs of running a meet, and how to set up your team manager

**CSI Awards Banquet:** Awards will be given for athlete of the year, male and female, coach, age group coach and seasonal coach of the year. Official of the year and the outstanding service award will also be presented. Record and Top 16 awards will also be presented.

**House of Delegates:** The meeting will take place Sunday morning. This is the annual report from the CSI Board of Directors to the members of Colorado Swimming, Inc. We will elect members of the CSI Board of Directors, Board of Review and Nominating Committee. We will also adopt the annual budget and ratify or rescind policy and programs established by the Board of Directors.

Call the CSI office for further information at 1-800-242-SWIM.

## IMPORTANT ODDS & ENDS YOU SHOULD KNOW

### 2005 FEE INCREASES:

Year-Round Athletes.....	\$51.00
Seasonal Athletes (April 1-Aug. 28)..	\$25.50
Non-Athletes.....	\$51.00

### CSI OFFICE

The Office Will Be On Vacation Aug. 16-29.

### Seasonal Memberships:

Reminder, seasonal athlete memberships will expire August 28th. If you have swimmers registered as seasonal members and they plan to swim this fall, they must re-register before they get in the water. They will be registered, as a year-round swimmer and

their membership will be good through December 31, 2005. If you have seasonal swimmers and they wish to compete in the 2005 Seasonal Championship Meet, they may not register until April 1st as seasonal member to be eligible. If you have any questions about this please call the office at 1-800-242-SWIM.

### Camp Funding Deadline:

All requests for Camp funding for 2005 must be in writing and received by September 10, 2004. Please call the CSI Office if you have any questions.

### Athlete Representative

Congratulations to Caroline Curtiss from TOPS. She is the new Junior Athletic Rep. to the Colorado Swimming Board of Directors.

### Disability Champions Set Records

Below are the records set by Colorado Athletes at the Paralympic Meet in April:  
Erin Popovich - S7 Class 50 free - 34.97 - PreCO; S7 Class - 50

SEE "ODDS & ENDS" PAGE 8.

Colorado Swimming, Inc.  
P.O. Box 4181  
Pueblo, CO 81003

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1-800-242-SWIM

# Colorado Swimming Board of Directors Meeting 5/15/04

Colorado Swimming Board of Directors Meeting -  
Lowery Meeting Room - 9026 E. Severn Place - Denver, CO  
May 15, 2004

**PRESENT:** Andy Niemann, Carmen Babcock, Sue Slone, Linda Eaton, Cyndy Larsen, Carl Diehl, Jim Densmore, Thatcher Heumann, Janet Kralik, Shawn Smith, Ken Ebuna, John Lorimer, Hale Adams, Larry Greene.

Larry called the meeting to order at 12:15pm.

Minutes from the April 3, 2004 meeting were reviewed and approved by acclamation with the following correction: Page 2 Age Group Vice Co-Chairs: Russ reported that Carmen is currently in California at a meet and is checking on information for Zones.

## REPORTS

**General Chair:** Larry reminded everyone to make Janet aware of the recent death of anyone affiliated with Colorado Swimming so they could be properly recognized at the upcoming USAS convention.

Larry reported Colorado Swimming was well represented at the Disabilities Championship meet in mid-April (see page 1 Odds & Ends this newsletter). This meet also served as the Paralympic Trials. Robert Scandary, Larry Greene, Robert Eddy and Dwight Martin attended as officials. Colorado had 3 swimmers who participated: *Sarah Castle*, who swims for STARS, *Sarah Hunt* (FAST) set 2 American and 2 Pan Am records and *Erin Popovich* set 11 American, 7 Pan Am and 3 World records

**Administrative Vice-Chair:** Jim had no report.

**Senior Vice-Chair:** No report.

**Age Group Vice Co-Chairs:** Carmen reported the camp held May 1-2 went well but attendance was not they had hoped. Out of 50 slots each they had only 26 11-12s and 36 10&U

All the arrangements for Zones are completed except for the food. Information packets are also done and will be sent to Janet by the end of the month and to athletes in early June. Officials for Zones have not yet been chosen. The qualifying standards for Zones are unchanged from previous years.

**Finance:** Janet reviewed the printed report from Greg. Handouts were attached. Two issues came to light during the finance meeting, which the committee felt the board needed to review and take action. The first was the need for a policy outlining time periods, which officials must work, to accrue there 40 qualifying sessions for reimbursement of national level meets.

Discussion was held. The following motion was made, seconded and **approved by acclamation:** Motion to amend the current policy of \$250 reimbursement for officials working national level meets. Officials applying for reimbursement for working a national level meet (Sectionals or higher) must have worked a minimum of 40 sessions at a Western Zones or other LSC level meet in the 365 days prior to this meet.

The second item for the board was, who specifically CSI would pay for attendance at the USAS convention. Motion was made to accept as policy the recommendation of the finance committee. Motion was seconded and **approved by acclamation:** CSI will pay for the attendance to the USAS convention, the six voting members (Gen Chair, Admin Finance Chair, Sr. Vice Chair, Age Group Chair, Coach Rep., Athlete Rep), one other athlete, any members serving on national committees that requested and had a desire to attend, and Janet. (It was felt that the selection of the attendees would be based on the individual's contribution to CSI. There are others who have

had some or all of their attendance paid for by CSI but the Committee felt the Board should address the benefit for CSI to incur the additional expense of sending members not part of the above group).

**Secretary:** No report.

**Seasonal Representative:** No report.

**Coaches Representative:** Andy and Mike are working on the camp for fall. No details have been set yet. Andy said he would talk with Mike too on a new way to select the Coach of the Year, as last year there was not as much participation as they had hoped in this process.

Larry asked Andy and Mike to talk with coaches about the idea of coaches handing out awards at the Awards banquet in the fall.

**Athlete Representative:** No report.

**Safety Coordinator:** Jim is currently attending a safety seminar in Atlanta.

**Technical Planning Chair:** Ken reported their next meeting is May 29th at 1:00pm. They will be looking at a couple of proposals from the coaches as well as the formats for some of the new zone championship meets. Larry mentioned that there would be an opening ceremonies on Friday night during the LC Championship meet as part of the State Games. Athletes from all sports will participate. Adelpia has contracted to air the games including the finals sessions all four nights of our meet.

**Officials Chair:** Larry reported that the LC Championship meet would be a National certification meet for those who need to re-cert or become certified. Officials interested must submit an application to officiate (if they require certification). All officials who work 5 or more sessions will receive a State games official shirt. Hale noted that the Dolphin meet the end of June is also a re-cert meet for those interested.

**Zone 1 Representative:** Carl reported that Sam Hewson would be offering a coach training session May 26th at 6pm at the aquatics center. Those interested may contact him directly at [www.ncswimming.com](http://www.ncswimming.com) - look on the officers page.

Kathleen Morris will be offering an officials training session one night early in June. Those interested may phone her at (970)224-5190.

**Zone 2 Representative:** Shawn Smith reported they have completed their league meet information and it will be to Janet this week. They will be having a coaches meeting at the meet to discuss the possibility of establishing a travel fund.

**Zone 3 Representative:** Donna's written report noted they have completed all of their re-certs and new officials training. Their plans for the championship meet are also completed.

**Zone 4 Representative:** No report.

**Zone 5 Representative:** No report. Larry reported that the Zone just finished a stroke and turn clinic with 10 people - 6 new and 4 re-certs. Jeff Fowler will be conducting a Referee clinic May 25th in the evening. Those interested should contact him.

**Executive Secretary/Treasurer:** Janet reported YTD 4,871 athletes, 618 non-athletes, 82 clubs (56 year-round, 21 seasonal, 5 organizations). Two seasonal clubs used the electronic registration this year. Only a couple of minor bugs needed to be ironed out. She's hoping the year-round teams will do the electronic registration this fall.

Janet noted she sent out 6 athlete reimbursement checks for Nationals, they received the maximum \$500. Twenty Sectional ath-

SEE "MINUTES" PAGE 3.

# Minutes.....

## FROM PAGE 2.

letes applied and received checks - 11 received 1 share each for \$174.20 and 9 received the maximum amount of \$250. Four swimmers qualified to receive checks for \$226 each from the Sprint Eliminator. Janet said there are still a number of athletes who could have applied for reimbursement that didn't. Andy said he would circulate the decks again at the next meets to remind coaches.

Janet needs to start making arrangements for convention. She needs to know who will be attending.

Janet also said we need to get the word out about House of Delegates in October to see what tracks we are going to offer.

Janet received a call this week for a coach who had his entries declined from 3 meets recently. His feeling was the larger teams were being given preferential treatment. Discussion on this topic included the wording of entry processing in the meet information that speaks to how teams are entered. Many teams have given an entry deadline but have filled up prior to this date and had included a statement saying they would close the meet as soon as it was full. Coaches are encouraged to get their meet entries to host teams quickly to ensure participation. The board did not feel there was any intentional exclusion of smaller teams.

**Records/Top 16/NTV:** Linda said CSI had 8 requests for observations during the Boys High School season and were able to attend all of the meets. The athlete registration sheets they were using at these meets really eased the recording of these times. At 5A state there were 40+ athletes registered for observation and 30+ at the 4A meet.

Linda does not yet have all the Boys H.S. meets processed. John has not yet put all of the Girls H.S. meets in the database. Linda is working on processing to USA swimming the information from the 15 meets she has received since March 30. There have been 3 new 15-16 Boys relay records established.

Linda and Janet have been working to match the registration and Proof of Times databases.

**Open Water:** No report.

**Club Development:** Terri is currently attending an education meeting in Atlanta.

Janet and Carmen said a representative from NJ would be contacting CSI for a letter of support for a grant that their Parks and Rec is applying for in hopes to renovate the George Meyers pool. Details will be forthcoming.

**Technology:** John said the site continues to receive lots of traffic. Meet submissions have been much cleaner. So far only 8 teams have submitted their databases for cleaning. Janet will publish those teams in the newsletter. Teams need to keep their databases current.

**Adapted Swimming:** No report.

**Past General Chair:** Deferred.

**Report from the USA Board of Directors:** Ken reported the board reminded Zone and LSC Chairs to ensure their organizations were responsible and accountable to the National organization in regards to filing 990s, sending copies of annual reviews of finances, copies of minutes and Board of Review jurisdictions to Headquarters.

The board is currently working on the approval of policy statements on several subjects including abuse, privacy and responsibility of minors at convention.

They are working on revamping the format for convention including hiring a professional emcee and having formal awards presentations.

They are also trying to expand and improve the National outreach program and approve this policy manual.

The USA Swimming logo is now the official seal.

USA Swimming has increased the staffing in Club development through the recent dues increases.

Ken also reported the USA Swimming Sport Foundation is in the process of establishing their inaugural board. They are hoping to announce the slate by the Olympics. The first annual awards banquet will be in November in NYC.

## **UNFINISHED BUSINESS**

**Registration:** Janet said teams must have at least a Team manager 3 to be able to submit registrations electronically. CSI may have to consider helping smaller teams with this purchase if they cannot afford it.

## **NEW BUSINESS**

**Policy and Procedures:** Larry reported that there have been several attempts over the last few years to put together a new manual and update information since the new bylaws were established. For several reasons this has not been accomplished. Hale has volunteered to head a committee to get this project done. The committee met last weekend in Denver for the first time. They were able to get through the first half of a 50-page draft. Hale feels they will need at least one more weekend to get a first draft together for the board. It may not be until the fall. We may need a board retreat in order to review and address possible bylaw revisions.

Hale mentioned a few policies that the committee has identified that need to be reviewed. Taking attendance at practice and notifying the swimmer's coach if the swimmer attends another team's practice. Pool surcharge has been an issue that needs to be monitored. Our Priority meet plan expires this year and needs to be discussed. We have had problems with the team transfers and unattached designations. We are supposed to impose a \$12 fee each time an athlete makes a change. We have had problems with athletes who change teams and still have a debt with their former team.

**Bylaws Violations:** Hale mentioned another item discussed last weekend during the policy review meeting. We may possibly be in violation of Section 5.4 of the Bylaws. The discussion centered around the difference between affiliated members, group members organizations and league members and how this applies toward the current board members. We may unintentionally have more members from Pikes Peak League and Suburban League on the board than is stipulated.

Hal also questioned the wording of 5.5.1 and 5.5.2, which outlines the voting rights of At-Large Board Members. As it appears 5.5.1 and 5.5.2 may be in conflict, this matter needs to be clarified one way or the other.

Hale read a prepared statement to the Board of Directors outlining what he believes is another ByLaws violation with the investment account. The following statement is included in these minutes by a motion made, seconded, and **approved**.

*Statement to the Board of Directors*

*May 15, 2004*

*Re: Investment Account bylaws violations.*

*In September of 2002 the General Chairman took multiple actions involving CSI's investment account.*

*These actions were in violation of CSI's bylaws and are as fol-*

**SEE "MINUTES" PAGE 7.**

# RESULTS FROM THE ROCKY MOUNTAIN STATE GAMES/LONG COURSE STATE CHAMPIONSHIPS HOSTED BY AIR FORCE FALFINS

## JULY 29, 30, 31 AND AUGUST 1, 2004

TEAM RESULTS

<b>1. Colorado Swim Team at Regis</b>	<b>2,458</b>	6. Colo Athletic Club Stingrays	1,217.5
2. North Jeffco Swim Team	2,301.5	7. Loveland Swim Club	899.5
3. Mission Aurora Colorado Swimming	1,652	8. ACES Swim Club	897
4. AFA Falfins	1,574	9. Colorado Spring Swim Team	749.5
5. Greenwood Tiger Sharks	1,379	10. Woodmoor Waves	748

SENIOR WOMEN

50 FREE	1. E. McDonald	SOPR	27.48
	2. K. Peterson	GTS	27.95
	3. T. Brennan	NJ	28.13
100 FREE	1. E. McDonald	SOPR	59.77
	2. T. Lehnertz	GTS	1:00.63
	3. G. DiDomenico	VAST	1:00.74
200 FREE	1. J. Rodriguez	MACS	2:08.94
	2. C. Jennings	BLDR	2:09.14
	3. H. Zeller	NJ	2:13.83
400 FREE	1. J. Rodriguez	MACS	4:30.54
	2. C. Jennings	BLDR	4:31.81
	3. S. Fischer	BLDR	4:35.86
800 FREE	1. C. Jennings	BLDR	9:31.90
	2. H. Zeller	NJ	9:33.00
	3. S. Fischer	BLDR	9:35.63
1500 FREE	1. H. Zeller	NJ	18:04.68
	2. K. McCleary	BLDR	18:08.47
	3. A. Iszkun	MACS	18:39.64
100 BACK	1. K. Totura	GTS	1:07.26
	2. L. Myhre	UN	1:08.94
	3. L. Cox	GTS	1:09.64
200 BACK	1. K. Totura	GTS	2:26.45
	2. L. Cox	GTS	2:29.43
	3. K. Peterson	GTS	2:32.22
100 BREAST	1. A. Krakauer	AFAF	1:16.89
	2. L. Myhre	UN	1:16.95
	3. A. Lujan	NJ	1:17.39
200 BREAST	1. A. Lujan	NJ	2:44.81
	2. A. Krakauer	AFAF	2:45.29
	3. D. Gonzales	GTS	2:49.44
100 FLY	1. G. DiDomenico	VAST	1:07.19
	2. L. Cox	GTS	1:07.78
	3. J. Muniz	GTS	1:08.09
200 FLY	1. A. Vanha	BLDR	2:24.81
	2. J. Rodriguez	MACS	2:27.11
	3. O. Dean	MACS	2:29.09
200 I.M.	1. M. Evans	UN	2:26.14
	2. C. Iversen	GTS	2:26.96
	3. K. Fischr	GTS	2:27.02
400 I.M.	1. M. Evans	UN	5:08.31
	2. O. Dean	MACS	5:19.67
	3. A. Lujan	NJ	5:21.54
400 FREE RELAY	1. GTS A		4:04.01
	2. GTS B		4:10.62
	3. MACS A		4:11.92

SENIOR MEN

1. K. Findorff	AFAF	25.04
2. E. Ringdahl	LONG	25.30
3. G. Mengel	STAR	25.36
1. S. Biedermann	AFAF	54.42
2. E. Bell	GSC	55.58
3. E. Ringdahl	EVER	55.75
1. C. Good	TOPS	1:58.33
2. S. Biedermann	AFAF	1:58.52
3. M. Eckert	AFAF	2:01.87
1. S. Biedermann	AFAF	4:19.18
2. C. Good	TOPS	4:20.16
3. D. Keeling	NJ	4:23.88
1. N. Tobin	MACS	9:03.41
2. A. Brown	NJ	9:07.96
3. M. Lundy	BLDR	9:13.30
1. N. Tobin	MACS	17:13.69
2. M. Lundy	BLDR	17:18.13
3. A. Brown	NJ	17:34.52
1. M. Eckert	AFAF	1:59.78
2. R. Payne	NJ	1:00.13
3. C. Good	TOPS	1:00.20
1. C. Good	TOPS	2:09.71
2. R. Payne	NJ	2:12.63
3. M. Eckert	AFAF	2:12.79
1. D. Keeling	NJ	1:09.28
2. E. Spencer	ACES	1:10.00
3. R. Payne	NJ	1:10.56
1. D. Keeling	NJ	2:32.06
2. E. Spencer	ACES	2:35.04
3. J. Fidrych	UN	2:36.54
1. M. Eckert	AFAF	59.21
2. C. Wigginn	GTS	59.46
3. S. Biedermann	AFAF	1:00.15
1. C. Wigginn	GTS	2:12.17
2. D. Keeling	NJ	2:14.96
3. A. Blyth	GTS	2:16.12
1. R. Payne	NJ	2:13.28
2. M. Eckert	AFAF	2:14.92
3. S. Biedermann	AFAF	2:14.92
1. D. Keeling	NJ	4:51.28
2. R. Payne	NJ	4:51.86
3. A. Brown	NJ	5:02.95
1. AFAF A		3:39.31
2. NJ A		3:40.92
3. STAR A		3:45.23

## 800 FREE

RELAY	1. BLDR A	8:50.69	1. AFAF A	8:08.69
	2. GTS A	8:51.22	2. NJ A	8:14.16
	3. MACS A	8:56.46	3. STAR A	8:23.42

## 400 MED

RELAY	1. GTS A	4:32.59	1. NJ A	4:06.00
	2. GTS B	4:37.83	2. AFAF A	4:09.57
	3. NJ A	4:41.57	3. ACES A	4:13.75

## HIGH POINT

1. Gina DiDomenico	VAST	95	1. Mark Eckert	AFAF	119
2. Megan Evans	UN	85	2. Russell Payne	NJ	116
3. Olivia Dean	MACS	79	3. Danny Keeling	NJ	115

13-14 GIRLS

50 FREE	1. L. Dupuis	CUDA	28.85	1. D. Krimstock	RACE	26.89
	2. M. Wyatt	TOPS	28.90	2. C. Nash	V-7	26.97
	3. T. Hillsten	TOPS	29.03	3. T. Chikuma	UN	26.99
100 FREE	1. L. Dupuis	CUDA	1:02.15	1. J. Kim	STAR	56.59
	2. E. Schanuel	ROCK	1:03.97	2. C. Nash	V-7	57.80
	3. C. Veazie	STAR	1:04.21	3. D. Krimstock	RACE	58.69
200 FREE	1. K. Milberg	RAYS	2:17.21	1. J. Kim	STAR	2:02.99
	2. D. Chevalier	UN	2:18.88	2. C. Nash	V-7	2:07.84
	3. S. Lucas	RACE	2:19.18	3. C. Myers	NJ	2:08.04
400 FREE	1. D. Chevalier	UN	4:47.60	1. T. Bush	WASP	4:29.98
	2. K. Olson	STAR	4:51.28	2. C. Myers	NJ	4:30.67
	3. K. Milberg	RAYS	4:52.74	3. C. Bartel	NJ	4:42.81
800 FREE	1. D. Chevalier	UN	9:46.72	1. T. Bush	WASP	9:25.11
	2. K. Olson	STAR	9:57.85	2. C. Myers	NJ	9:34.87
	3. K. Kluesner	MACS	10:06.46	3. J. Pacheco	NJ	9:58.26
1500 FREE	1. D. Chevalier	UN	18:41.68	1. T. Bush	WASP	17:46.18
	2. K. Milberg	RAYS	18:48.41	2. C. Myers	NJ	18:10.94
	3. K. Kluesner	MACS	18:57.66	3. J. Pacheco	NJ	19:09.35
100 BACK	1. A. Lujan	NJ	1:11.16	1. C. Nash	V-7	1:06.26
	2. J. Sherman	ROCK	1:11.78	2. D. Lunger	RIP	1:07.35
	3. K. Light	AFAF	1:11.93	3. R. Poteat	PSC	1:09.50
200 BACK	1. K. Milberg	RAYS	2:30.82	1. C. Nash	V-7	2:23.76
	2. A. Lujan	NJ	2:31.79	2. D. Lunger	RIP	2:25.58
	3. L. Bassett	MACS	2:34.84	3. R. Newell	GTS	2:30.40
100 BREAST	1. A. Lujan	NJ	1:19.61	1. J. Kim	STAR	1:11.08
	2. K. Johnson	NJ	1:20.31	2. J. Allison	MACS	1:14.45
	3. D. Gleason	VAST	1:20.65	3. B. Yslas	STAR	1:17.78
200 BREAST	1. K. Johnson	NJ	2:50.63	1. J. Kim	STAR	2:33.46
	2. A. Lujan	NJ	2:52.24	2. J. Allison	MACS	2:44.30
	3. S. Hammerly	CUDA	2:53.27	3. C. Treat	RIP	2:45.67
100 FLY	1. S. Lucas	RACE	1:09.33	1. D. Krimstock	RACE	1:04.53
	2. O. Martens	MACS	1:09.60	2. R. Newell	GTS	1:07.49
	3. M. Kimminau	RAYS	1:09.97	3. C. Nash	V-7	1:08.39
200 FLY	1. O. Martens	MACS	2:35.94	1. J. Kim	STAR	2:18.84
	2. M. Krall	PSC	2:38.68	2. R. Newell	GTS	2:31.03
	3. P. Quigley	HRA	2:39.27	3. C. Bartel	NJ	2:32.58
200 I.M.	1. A. Lujan	NJ	2:33.94	1. J. Kim	STAR	2:18.14
	2. M. Kimminau	RAYS	2:33.96	2. C. Myers	NJ	2:26.56
	3. K. Milberg	RAYS	2:36.52	3. T. Bush	WASP	2:30.00

**MORE RESULTS ON PAGE 5.**

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	2. J. Rodriguez	MACS	2:27.11
	3. O. Dean	MACS	2:29.09
200 I.M.	1. M. Evans	UN	2:26.14
	2. C. Iversen	GTS	2:26.96
	3. K. Fischr	GTS	2:27.02
400 I.M.	1. M. Evans	UN	5:08.31
	2. O. Dean	MACS	5:19.67
	3. A. Lujan	NJ	5:21.54
400 FREE RELAY	1. GTS A		4:04.01
	2. GTS B		4:10.62
	3. MACS A		4:11.92

SENIOR MEN

1. K. Findorff	AFAF	25.04
2. E. Ringdahl	LONG	25.30
3. G. Mengel	STAR	25.36
1. S. Biedermann	AFAF	54.42
2. E. Bell	GSC	55.58
3. E. Ringdahl	EVER	55.75
1. C. Good	TOPS	1:58.33
2. S. Biedermann	AFAF	1:58.52
3. M. Eckert	AFAF	2:01.87
1. S. Biedermann	AFAF	4:19.18
2. C. Good	TOPS	4:20.16
3. D. Keeling	NJ	4:23.88
1. N. Tobin	MACS	9:03.41
2. A. Brown	NJ	9:07.96
3. M. Lundy	BLDR	9:13.30
1. N. Tobin	MACS	17:13.69
2. M. Lundy	BLDR	17:18.13
3. A. Brown	NJ	17:34.52
1. M. Eckert	AFAF	1:59.78
2. R. Payne	NJ	1:00.13
3. C. Good	TOPS	1:00.20
1. C. Good	TOPS	2:09.71
2. R. Payne	NJ	2:12.63
3. M. Eckert	AFAF	2:12.79
1. D. Keeling	NJ	1:09.28
2. E. Spencer	ACES	1:10.00
3. R. Payne	NJ	1:10.56
1. D. Keeling	NJ	2:32.06
2. E. Spencer	ACES	2:35.04
3. J. Fidrych	UN	2:36.54
1. M. Eckert	AFAF	59.21
2. C. Wigginn	GTS	59.46
3. S. Biedermann	AFAF	1:00.15
1. C. Wigginn	GTS	2:12.17
2. D. Keeling	NJ	2:14.96
3. A. Blyth	GTS	2:16.12
1. R. Payne	NJ	2:13.28
2. M. Eckert	AFAF	2:14.92
3. S. Biedermann	AFAF	2:14.92
1. D. Keeling	NJ	4:51.28
2. R. Payne	NJ	4:51.86
3. A. Brown	NJ	5:02.95
1. AFAF A		3:39.31
2. NJ A		3:40.92
3. STAR A		3:45.23

## 800 FREE

RELAY	1. BLDR A	8:50.69	1. AFAF A	8:08.69
	2. GTS A	8:51.22	2. NJ A	8:14.16
	3. MACS A	8:56.46	3. STAR A	8:23.42

## 400 MED

RELAY	1. GTS A	4:32.59	1. NJ A	4:06.00
	2. GTS B	4:37.83	2. AFAF A	4:09.57
	3. NJ A	4:41.57	3. ACES A	4:13.75

## HIGH POINT

1. Gina DiDomenico	VAST	95	1. Mark Eckert	AFAF	119
2. Megan Evans	UN	85	2. Russell Payne	NJ	116
3. Olivia Dean	MACS	79	3. Danny Keeling	NJ	115

13-14 GIRLS

50 FREE	1. L. Dupuis	CUDA	28.85	1. D. Krimstock	RACE	26.89
	2. M. Wyatt	TOPS	28.90	2. C. Nash	V-7	26.97
	3. T. Hillsten	TOPS	29.03	3. T. Chikuma	UN	26.99

100 FREE	1. L. Dupuis	CUDA	1:02.15	1. J. Kim	STAR	56.59
	2. E. Schanuel	ROCK	1:03.97	2. C. Nash	V-7	57.80
	3. C. Veazie	STAR	1:04.21	3. D. Krimstock	RACE	58.69

200 FREE	1. K. Milberg	RAYS	2:17.21	1. J. Kim	STAR	2:02.99
	2. D. Chevalier	UN	2:18.88	2. C. Nash	V-7	2:07.84
	3. S. Lucas	RACE	2:19.18	3. C. Myers	NJ	2:08.04

400 FREE	1. D. Chevalier	UN	4:47.60	1. T. Bush	WASP	4:29.98
	2. K. Olson	STAR	4:51.28	2. C. Myers	NJ	4:30.67
	3. K. Milberg	RAYS	4:52.74	3. C. Bartel	NJ	4:42.81

800 FREE	1. D. Chevalier	UN	9:46.72	1. T. Bush	WASP	9:25.11
	2. K. Olson	STAR	9:57.85	2. C. Myers	NJ	9:34.87
	3. K. Kluesner	MACS	10:06.46	3. J. Pacheco	NJ	9:58.26

1500 FREE	1. D. Chevalier	UN	18:41.68	1. T. Bush	WASP	17:46.18
	2. K. Milberg	RAYS	18:48.41	2. C. Myers	NJ	18:10.94
	3. K. Kluesner	MACS	18:57.66	3. J. Pacheco	NJ	19:09.35

100 BACK	1. A. Lujan	NJ	1:11.16	1. C. Nash	V-7	1:06.26
	2. J. Sherman	ROCK	1:11.78	2. D. Lunger	RIP	1:07.35
	3. K. Light	AFAF	1:11.93	3. R. Poteat	PSC	1:09.50

200 BACK	1. K. Milberg	RAYS	2:30.82	1. C. Nash	V-7	2:23.76
	2. A. Lujan	NJ	2:31.79	2. D. Lunger	RIP	2:25.58
	3. L. Bassett	MACS	2:34.84	3. R. Newell	GTS	2:30.40

100 BREAST	1. A. Lujan	NJ	1:19.61	1. J. Kim	STAR	1:11.08
	2. K. Johnson	NJ	1:20.31	2. J. Allison	MACS	1:14.45
	3. D. Gleason	VAST	1:20.65	3. B. Yslas	STAR	1:17.78

200 BREAST	1. K. Johnson	NJ	2:50.63	1. J. Kim	STAR	2:33.46
	2. A. Lujan	NJ	2:52.24	2. J. Allison	MACS	2:44.30
	3. S. Hammerly	CUDA	2:53.27	3. C. Treat	RIP	2:45.67

100 FLY	1. S. Lucas	RACE	1:09.33	1. D. Krimstock	RACE	1:04.53
	2. O. Martens	MACS	1:09.60	2. R. Newell	GTS	1:07.49
	3. M. Kimminau	RAYS	1:09.97	3. C. Nash	V-7	1:08.39

200 FLY	1. O. Martens	MACS	2:35.94	1. J. Kim	STAR	2:18.84
	2. M. Krall	PSC	2:38.68	2. R. Newell	GTS	2:31.03
	3. P. Quigley	HRA	2:39.27	3. C. Bartel	NJ	2:32.58

200 I.M.	1. A. Lujan	NJ	2:33.94	1. J. Kim	STAR	2:18.14
	2. M. Kimminau	RAYS	2:33.96	2. C. Myers	NJ	2:26.56
	3. K. Milberg	RAYS	2:36.52	3. T. Bush	WASP	2:30.00

**MORE RESULTS ON PAGE 5.**

# MORE RESULTS

400 I.M. 1. K. Milberg RAYS 5:23.65 1. J. Kim  
2. A. Lujan NJ 5:29.45 2. C. Myers  
3. K. Kluesner MACS 5:33.38 3. T. Bush

400 FREE RELAY 1. MACS A 4:16.24 1. STAR A 4:08.56  
2. RACE A 4:20.17 2. NJ A 4:08.70  
3. STAR A 4:21.13 3. RACE A 4:20.75

400 MEDLEY RELAY 1. MACS A 4:48.04 1. STAR A 4:33.99  
2. RACE A 4:52.48 2. MACS A 4:54.87  
3. CUDA A 4:56.13 3. RACE A 4:57.56

## HIGH POINT

1. Arianne Lujan	NJ	125	1. Jayhan Kim	STAR	140
2. Kirsten Milberg	RAYS	107	2. Chris Nash	V-7	122
3. Madison Krall	PSC	92	3. David Krimstock	RACE	102

11-12 GIRLS

50 FREE 1. M. Beck STAR 28.77  
2. P. Nelson FAST 29.37  
3. M. Bittel CUDA 29.45

100 FREE 1. M. Beck STAR 1:01.07  
2. A. Swanson STAR 1:04.25  
3. R. Angell GTS 1:05.07

200 FREE 1. M. Beck STAR 2:14.47  
1. R. Angell GTS 2:19.03  
3. A. Swanson STAR 2:19.35

400 FREE 1. A. Swanson STAR 4:53.07  
2. K. Dobie NJ 4:55.38  
3. R. Angell GTS 4:59.54

50 BACK 1. M. Beck STAR 32.67  
2. M. Zancanelli RACE 34.17  
3. L. Zeberlein HRA 34.51

100 BACK 1. M. Beck STAR 1:09.61  
2. G. Cohen STAR 1:14.51  
3. M. Zancanelli RACE 1:14.86

200 BACK 1. M. Beck STAR 2:27.03\*  
2. R. Angell GTS 2:40.74  
3. E. Scraggs EVER 2:42.68

50 BREAST 1. P. Nelson FAST 36.91  
2. C. Wixted STAR 37.49  
3. O. Urbanowicz NJ 37.59

100 BREAST 1. M. Hogarth ACES 1:20.92  
2. W. Dougherty NJ 1:22.20  
3. C. Wixted STAR 1:22.79

200 BREAST 1. W. Dougherty NJ 2:56.16  
2. M. Hogarth ACES 3:02.24  
3. K. Dobie NJ 3:02.54

50 FLY 1. K. McGee CSST 31.24  
2. J. Gregoire AFAF 31.63  
3. T. Curado HRA 31.90

100 FLY 1. M. Beck STAR 1:07.98  
2. K. McGee CSST 1:10.54  
3. J. Gregoire AFAF 1:12.33

200 FLY 1. K. Dobie NJ 2:42.22  
2. L. Rigg BLDR 2:49.51  
3. H. Mansfield MACS 2:50.76

200 I.M. 1. K. Dobie NJ 2:35.89  
2. W. Dougherty NJ 2:40.54  
3. A. Swanson STAR 2:42.74

11-12 BOYS

1. Z. Turner FAST 29.77  
2. P. Pettibone RIP 29.80  
3. N. Moyer NJ 29.83

1. S. McNicol STAR 1:04.30  
2. K. Doggett EPSC 1:05.63  
3. G. Hutto ROCK 1:05.95

1. S. McNicol STAR 2:15.97  
2. A. Chevalier UN 2:18.42  
3. N. Beaulieu AFAF 2:19.29

1. S. McNicol STAR 4:47.10  
2. A. Chevalier UN 4:50.56  
3. N. Beaulieu AFAF 4:58.89

1. N. Beaulieu AFAF 34.57  
2. K. Milberg RAYS 35.49  
3. N. Moyer NJ 35.85

1. A. Chevalier UN 1:13.65  
2. N. Beaulieu AFAF 1:14.49  
3. K. Milberg RAYS 1:15.02

1. A. Chevalier UN 2:34.08  
2. N. Beaulieu AFAF 2:38.62  
3. K. Milberg RAYS 2:40.08

1. T. Krall PSC 37.92  
2. N. Moyer NJ 38.01  
3. C. Babcock WOOD 39.39

1. N. Moyer NJ 1:22.92  
2. T. Krall PSC 1:23.44  
3. C. Babcock WOOD 1:28.19

1. A. Chevalier NJ 3:01.97  
2. T. Krall PSC 3:03.15  
3. K. Noser HRA 3:13.81

1. N. Moyer NJ 31.97  
2. C. Abelein LOVE 33.43  
3. A. Hartbarger ACES 33.49

1. N. Moyer NJ 1:12.76  
2. D. Wedel PSC 1:14.51  
3. O. Wilson FST 1:15.74

1. A. Chevalier UN 2:39.55  
2. S. McNicol STAR 2:41.80  
3. N. Beaulieu AFAF 2:42.32

1. S. McNicol STAR 2:38.39  
2. S. Franz EVER 2:47.68  
3. A. Hartbarger ACES 2:48.19

400 I.M. 1. K. Dobie NJ 5:31.34  
2. R. Angell GTS 5:42.10  
3. W. Dougherty NJ 5:46.19

200 FREE RELAY 1. STAR A 1:59.14  
2. NJ A 2:05.19  
3. CUDA A 2:05.54

200 MEDLEY RELAY 1. STAR A 2:12.39  
2. NJ A 2:16.74  
3. CSST A 2:20.94

## HIGH POINT

1. Mary Beck	STAR	140	1. Nathan Moyer	NJ	124
2. K. Dobie	NJ	106	2. Andrew Chevalier	UN	114
2. Kelly McGee	CSST	106	3. Nick Beaulieu	AFAF	100

10&U GIRLS

50 FREE 1. S. Patton ACES 31.40  
2. N. Sidor TOPS 31.65  
3. E. Campbell FAST 32.99

100 FREE 1. K. Naze RAYS 1:09.91  
2. S. Patton ACES 1:10.46  
3. B. Brandon MACS 1:11.11

200 FREE 1. B. Brandon MACS 2:29.82  
2. K. Naze RAYS 2:30.37  
3. T. Barr AFAF 2:34.63

50 BACK 1. K. Duncan CUDA 35.72  
2. S. Patton ACES 38.24  
3. M. Dauman BB 38.48

100 BACK 1. K. Duncan CUDA 1:19.00  
2. A. Novey LOVE 1:21.03  
3. K. Naze RAYS 1:21.43

50 BREAST 1. L. Stoeckle MACS 40.15  
2. N. Sidor TOPS 40.83  
3. K. Naze RAYS 41.47

100 BREAST 1. L. Stoeckle MACS 1:28.35  
2. Kelly Naze RAYS 1:28.67  
3. N. Sidor TOPS 1:29.31

50 FLY 1. B. Brandon MACS 35.13  
2. S. Patton ACES 35.19  
3. K. Duncan CUDA 35.29

100 FLY 1. K. Naze RAYS 1:22.57  
2. B. Brandon MACS 1:23.88  
3. A. Novey LOVE 1:24.12

200 I.M. 1. K. Naze RAYS 2:52.13  
2. K. Duncan CUDA 2:54.45  
3. T. Barr AFAF 2:54.94

200 FREE RELAY 1. CUDA A 2:19.74  
2. BB A 2:21.19  
3. MACS A 2:21.64

200 MEDLEY RELAY 1. MACS A 2:33.19  
2. CUDA A 2:34.16  
3. STAR A 2:34.41

## HIGH POINT

1. Kelly Naze	RAYS	126	1. Ryan Arata	WOOD	137
2. Katalena Duncan	CUDA	118	2. David Fraser	HRA	116
3. Bonnie Brandon	MACS	110	3. Ryan Walker	STAR	104

1. S. McNicol STAR 5:21.47\*  
2. A. Chevalier UN 5:22.72\*  
3. S. Franz EVER 6:05.86

1. EPSC A 2:04.40  
2. LOVE A 2:06.08  
3. STAR A 2:18.01

1. LOVE A 2:21.21  
2. WOOD A 2:25.04  
3. EPSC A 2:26.62

10&U BOYS

1. R. Walker STAR 32.49  
2. C. Wurzer CSST 32.97  
3. D. Fraser HRA 33.19

1. R. Arata WOOD 1:09.85  
2. R. Walker STAR 1:10.53  
3. H. Vanderpoel RAYS 1:12.78

1. R. Arata WOOD 2:35.18  
2. R. Walker STAR 2:38.87  
3. H. Vanderpoel RAYS 2:39.33

1. R. Arata WOOD 38.83  
2. P. Jones LOVE 39.48  
3. S. Mobley WOOD 40.15

1. R. Arata WOOD 1:21.79  
2. H. Vanderpoel RAYS 1:23.15  
3. D. Fraser HRA 1:24.99

1. N. Hatanaka LOVE 43.58  
2. C. Wurzer CSST 45.11  
3. A. Tooley FAST 46.61

1. N. Hatanaka LOVE 1:37.26  
2. C. Wurzer CSST 1:37.98  
3. A. Tooley FAST 1:38.06

1. D. Fraser HRA 34.08  
2. R. Arata WOOD 34.47  
3. R. Walker STAR 35.70

1. R. Arata WOOD 1:19.26  
2. D. Fraser HRA 1:22.52  
3. C. Wickwire CUDA 1:23.99

1. R. Arata WOOD 2:56.60  
2. D. Fraser HRA 2:57.32  
3. H. Vanderpoel RAYS 3:00.96

1. LOVE A 2:19.21  
2. RAYS A 2:20.75  
3. STAR A 2:27.33

1. LOVE A 2:37.46  
2. RAYS A 2:43.70  
3. STAR A 2:44.08

# HYPOXIC TRAINING - Section 5h.....

by *Jim Miller, MD, USA Swimming Sports Medicine Committee*

Sports science attempts to establish parameters that assist coaches in designing programs, which improve both technique and training. The term "technique" could include stroke specific adaptations as well as psychological training. If science turns to the study of muscle performance specifically, the end goal of any training program is to modify a muscle into a state that is capable of enhanced performance. That capacity would include aerobic training. Hypoxic training is aimed only at the anaerobic system.

There are numerous articles dealing with muscle fiber specifically and the energy systems. Very basically, these systems can be divided into those that burn stored energy (i.e. anaerobic systems), and those that utilize oxygen in combination with circulating energy sources (i.e. aerobic systems).

It is well-documented that these systems have different training requirements. The anaerobic system requires fast swimming that, in turn, builds up metabolic by-products, such as lactic acid. There are other muscle breakdown products that are involved, but lactic acid is the chemical that is most easily measured. This, combined with the measurement of oxygen-carrying capacity, leads to the evaluation of fitness levels. Over time and under optimal training conditions, the athlete's muscle adapts by making microscopic intracellular changes.

Debate remains about exactly which structures are changing inside the cell, but they would determine the muscle characteristics of fast versus slow twitch. It is also possible that the muscle is simply learning to store more energy to burn anaerobically.

Despite the name, there is no evidence that swimming without oxygen necessarily trains the anaerobic system. The anaerobic system is activated based upon the percentile of maximum exercise performance that is required and not the breathing pattern used. Extending the breathing pattern may improve oxygen management capacity.

More simply stated, at what rate should the athlete exhale in a specific situation for the desired effect of fast swimming over short distances? Do any of these techniques carry over into longer events? It is very doubtful that they do, unless the brief hypoxia experienced during turns is considered.

The literature does, however, discuss the dangers of hypoxic swimming, including deaths. Though these are extreme cases, they do continue to occur. The setting is almost always either "lung buster 25 repeats" or underwater swims to maximum distances. Both are usually preceded by a series of hyperventilations getting ready for the effort.

This combination effectively turns off CO<sub>2</sub>-driven protective mechanisms that signal the brain to cause respiration.

These centers activate the sensation of needing a breath. Thus, such hyperventilation can set the stage for disaster.

Considering that the desired effect of training the anaerobic system has nothing to do with breathing frequency, it appears that the dangers associated with excessive hypoxic training are not warranted. Given these considerations, hypoxic training should be carried out only under close supervision

## COLORADO SWIMMING, INC. SWIM SCHEDULE LAST QUARTER 2004

### September

Sept 13 <sup>th</sup> - 18 <sup>th</sup>	USAS Convention	Orlando FL	
Sept 19 <sup>th</sup>	Evergreen Splash & Dash	Evergreen Rec Center	Molly Bachrodt 303-674-1311
Sept 25 <sup>th</sup>	Scheduling Meeting		1-800-242-SWIM
Sept 26 <sup>th</sup>	Highlands Ranch Relay Meet	Northridge Rec Center	Matt Beck 303-471-8942

### October

Oct 2 <sup>nd</sup> & 3 <sup>rd</sup>	Swimposium & House of Delegate	DAC Denver	CSI 1-800-242-SWIM
Oct 8 <sup>th</sup> 9 <sup>th</sup> & 10 <sup>th</sup>	Rocky Mt Rapids		
Oct 15 <sup>th</sup> & 16 <sup>th</sup>	Eaton Fall Fest	Eaton High School Eaton	Cheryl Wangeman 970-454-2404
Oct 22 <sup>nd</sup> 23 <sup>rd</sup> & 24 <sup>th</sup>	MACS Fall Invite	Eaglecrest High School	Susan Kinney 303-369-6099
Oct 22 <sup>nd</sup> 23 <sup>rd</sup> & 24 <sup>th</sup>	CSST Fall Open	Cheyenne Mountain High School	Mike Doane 719-579-9657
Oct 23 <sup>rd</sup>	Brighton Fall April Fools	Brighton High School	Carl Diehl 303-440-6798

### November

Nov 5 <sup>th</sup> 6 <sup>th</sup> & 7 <sup>th</sup>	FAST Fall Splash	EPIC Fort Collins	TBA
Nov 6 <sup>th</sup> & 7 <sup>th</sup>	ACES Fall Open	Englewood High School	Kyle Griffin 303-694-3482
Nov 12 <sup>th</sup> 13 <sup>th</sup> & 14 <sup>th</sup>	TOPS High Point	Denver University Pool	Karen Wyatt 303-871-4484
Nov 12 <sup>th</sup> 13 <sup>th</sup> & 14 <sup>th</sup>	Loveland Fall Open	Mt View Aquatic Center	Susan von der Lippe 970-203-1374
Nov 14 <sup>th</sup>	Evergreen Fall Invite	Evergreen Rec. Center	Molly Bachrodt 303-674-1311
Nov 20 <sup>th</sup>	Santa Sprints	Centennial High School Pueblo	Dennis Krall 719-544-6627
Nov 19 <sup>th</sup> 20 <sup>th</sup> & 21 <sup>st</sup>	Foothills Thanksgiving Open	The Ridge Rec. Center	Tony Fonseca 303-988-7060
Nov 20 <sup>th</sup> & 21 <sup>st</sup>	Cuda Pentathlon	Broomfield Pool	Jackie Brien 303-466-4470

### December

Dec 3 <sup>rd</sup> 4 <sup>th</sup> & 5 <sup>th</sup>	North Jeffco Winter Open	Meyers Pool Arvada	Cindy Pacheco 303-420-5770
Dec 4 <sup>th</sup>	CSI Board Meeting	Arvada	1-800-242-SWIM
Dec 3 <sup>rd</sup> 4 <sup>th</sup> & 5 <sup>th</sup>	Colorado Open	Greeley Recreation Greeley	Mike McQuitty 970-378-6861
Dec 10 <sup>th</sup> 11 <sup>th</sup> & 12 <sup>th</sup>	Falfin Open	AFA Cadet Pool USAF Academy	Cyndy Larsen 719-481-4943
Dec 12 <sup>th</sup>	ROCK Christmas 10&U	Castle Rock Rec. Center	Russ Marsh 303-683-8369
Dec 29 <sup>th</sup>	Sprint Eliminator	Englewood High School	Tom Byorick 303-741-1733

# Colorado Swimming, Inc Executive Board of Directors Meeting Conference Call June 17, 2002

Colorado Swimming Inc.  
Executive Board of Directors Meeting  
Conference Call  
June 17, 2004

Voting Members present:  
Larry Greene, Jim Densmore, Mike Doane, Kristin Cobb, & Janet Kralik

## Odds & Ends

FROM PAGE 1.

Free 34.42 - FCO; S7 Class 50 Fly - 38.16 - FCO; SM7 Class 200 IM - 3:10.29 - PreCO; SM7 Class 200 IM - 3:06.84 FCO; SB7 Class - 50 Breaststroke - 47.10 Pre Spl100CO; SB7 Class 50 breaststroke - 46.94 - F Spl100CO; SB7 Class 100 breaststroke - 1:40.96 F CO; and, S7 Class 100 free - 1:15.43 F CO

Sarah Hunt: SB6 200 breaststroke - 4:31.55 PreCO

## Aschermann Scholarship Winner

Congratulations to Kristin Joos, this year's recipient of the Scottie Aschermann Memorial Scholarship. The scholarship value this year was \$1000. Ms. Joos, a 2004 graduate of Meeker High School, will attend Colorado College to pursue a degree in Forensic Pathology/Anthropology. She swims for the Meeker Makos.

Recipients of the Scottie Aschermann Scholarship are selected from applicants based on merit. Through a fund established by the Aschermann family and generously supported by CSI, this scholarship will be available to seasonally registered athletes through the year 2005. Seasonal Club coaches are sent an application each spring for distribution to upperclassmen swimmers.

## NOMINATING COMMITTEE

Here is the proposed slate from the nominating committee for the 2004 elections to take place at the annual House of Delegates meeting on October 3, 2004. Nominations will also be taken from the floor. Each club has three votes at the House of Delegates, the names of the voting delegates must be on file at the CSI office, you may change the names of the voting members by submitting in writing a new list of names signed by the president of the club. Remember all voting delegates must be registered members, of which one must be an athlete.

**Administrative Vice-Chairman** -John Lorimer

**Age Group Vice-Chairman** - Carmen Babcock

**Board of Review** - Regular Members (must elect two): - Regular Members: Jim Densmore, Cora Lee McIntyre, Bob Thomas, Dale Quigley, Linda Seckinger; Athlete Members: Jamie Badarocco; Alternate Members (must elect two): Tony Fonseca, Jim Link.

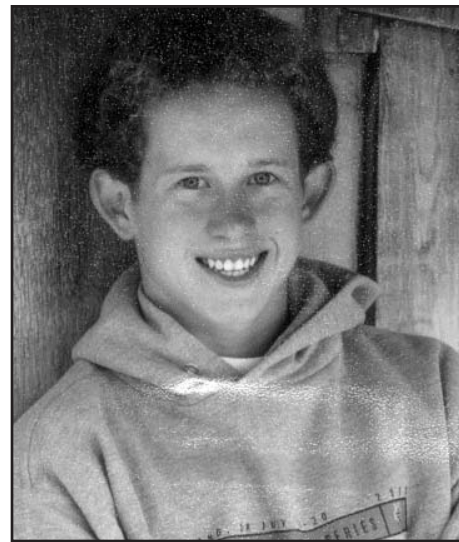
**Nominating Committee** - Andy Niemann, Dale Leonhart, Kathleen Morris, Dennis Krall, Jim Nichol, Skyler Wilson.

Non-Voting Tom Pond, & John Lorimer

The USA Paralympic Team is training this summer in Colorado Springs at the Training Center and has asked to participate in our LC State Championship meet in the prelim session. Since they are not all registered in Colorado and do not have Q times this would be an exception to standard policy.

Jim Densmore made a motion to let the USA Paralympic Team into the LC State Championship meet. Mike Doane Seconded. There was some concern about our CSI physically impaired athletes not being allowed in the meet. An amendment to the motion was made to allow CSI physically impaired athletes with 2004 US Paralympic Swimming Trails qualifying times to participate in the meet also. **Motion Passed.**

## ONE MORE GRADUATE CONGRATULATIONS



KEVIN CAPLE

STARS

Linfield College  
Chemistry/Pre-Med

## MINUTES.....

FROM PAGE 7.

*my actions and Hale's objections, have led this organization through HOD & BOD actions over the past year or so to establish new policies which I believe place us on a more sound business operational basis.*

Larry Greene  
General Chairman

Discussion followed both statements. Comments from the discussion included suggestions the board may not have always followed or adhered to the bylaws as strictly as they are written. The board may not have been paying as close attention to finance matters as they could have and perhaps should be admonished for being too informal regarding these matters.

There being no further action taken, the meeting adjourned at 2:50 pm.