

Chehalem Swim Team/Apex Aquatics

OUR MISSION

To provide a safe, healthy and positive environment where athletes can develop the character traits, technical skills and intense desire necessary for them to reach and maximize their full potential.

OUR HISTORY

The Chehalem Swim Team (CST) was founded in 1970 by the Chehalem Park and Recreation District. The club's purpose at that time was to provide a feeder system for the high school team. However since 1970, the club has expanded its goals to include establishing a comprehensive competitive program for our community. In 1995, the Chehalem Swim Team established itself as a Parent run, Coach led non-profit organization. The team has continued to expand and grow, leading to greater success throughout the state of Oregon. Today CST serves the ever growing population of Newberg, Sherwood and other surrounding cities helping young athletes reach their full potential.

TEAM PHILOSOPHY

The team philosophy is encompassed in the words COURAGE and PERSEVERANCE.

COURAGE is the willingness to accept risk(s) and endure failings. Courage does not exist unless there is a situation that presents the opportunity for success. We encourage our athletes to embrace these opportunities and not fear the outcome.

PERSEVERANCE is the backbone of success in any endeavor in life. One cannot succeed at the highest levels without enduring some set-backs. These difficult times can create a lack of faith, low self-esteem, and an obvious drop in enthusiasm. Perseverance is the quality that transcends these difficult times. It allows the individual to find the true strength of their character.

Chehalem Swim Team believes that COURAGE and PERSEVERANCE, developed by swimming, will prepare the individual for the challenges they will face in life.

COACHING STAFF

Head Coach	Lalanya Fisher	headcoach@cstsharks.com
Age Group Coach	Vacant	
Novice Coach	Erin Fincher	novicecoach@cstsharks.com
Assistant Coach	Riley Parker	
Assistant Coach	David Buswell	
Assistant Coach	Vacant	

Assistant Coach	Vacant	

COACHING STAFF QUALIFICATIONS

The Chehalem Swim Team coaching staff consists of professionally trained coaches with certifications through USA swimming and memberships to the American Swimming Coaches Association. As members of these organizations coaches have access to the most comprehensive training, education and certification programs for swim coaches. Certified coaches in USA Swimming programs possess training and experience in technical development, physiology, and psychology of athletes of all ages. Recertifications are required annually to ensure the highest level of ongoing continuing education.

COACHES RESPONSIBILITIES

Our coaches supervise the entire competitive swim program. The CST coaching staff is dedicated to providing a quality swim experience for athletes at every level of the program. Coaches teach technical skills as well as the value of a strong work ethic for both individual and team success.

The coaching staff are responsible for placing swimmers in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he or she will be placed in a more challenging training group by the coach.

Coaches make the final decisions concerning which swim meets the swimmers may attend. The coaching staff also makes the final decision concerning which events the swimmer is entered into.

At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will review the race with swimmers who check in and out with them, and provide constructive feedback regarding their performance.

Relay placement is the sole responsibility of the coaching staff.

CST TEAM TRAINING GROUPS

The Chehalem swim team uses a progressive age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. In the early stages, the emphasis of training is placed on developing technical skills and a love for the sport. In the later years, a more demanding physical routine is introduced to the training program. A progression is used to instill the love of the sport first and to enhance a swimmer's experience on the team. A steady natural progression is the best way to help each swimmer reach their full potential and maximize long term success.

The following describes the requirements for each respective training group within the Chehalem Swim Team

Precompetitive Squads

This squad is the precompetitive group for Chehalem Swim Team and is for ages 6-10. Training at this level consists of learning the core fundamentals of freestyle and backstroke as well as swim team specific skills such as streamlines and flip turns. Swimmers in this squad do not compete at meets.

Elementary Development Squads

This is the entry squad for elementary aged swimmers on to the competitive team. Swimmers in this squad will continue to build on the foundational skills of freestyle and backstroke while being introduced to breaststroke and butterfly.

Elementary Performance

The swimmers in this squad are legal, or very close to, in all 4 competitive strokes: Freestyle, Backstroke, Breaststroke and Butterfly. They either have current Oregon swimming "B" times or are working towards achieving them for their respective age group. These swimmers have previous meet experience.

11&Over Entry

Swimmers must be able to swim 25yd freestyle and 25yd backstroke, 20yd SL flutter kick on back and front, have a general understanding of dolphin kicking and have an overall comfortability in the water. Swimmers must pass level 4 CPRD swim lessons or a similar skill set elsewhere. Swimmers are working towards achieving legal technique in all 4 competitive strokes while building an aerobic base to progress in the sport if desired. It is recommended that swimmers attend all offered practices and 1 meet every other month.

11&Over Development

This squad focuses on building proper technique in all 4 competitive strokes as well as refining skills. There is a focus on strength, conditioning, flexibility, and injury prevention. 40% of the workload will be aerobic training keeping them on track for progression in the sport. Swimmers in this squad are working towards achieving Oregon B time standards.

11&Over Performance

Swimmers in this squad must have at least one Oregon B+ time and/or multiple Oregon B times, working towards a full list of Oregon A times; Or be invited by the lead coach. Swimmers must complete all events in the IMR and IMX track in a single season. While there is still focus on refinement of skills and technique, 70% of the workload is aerobic conditioning. Swimmers in this squad consider swimming their primary sport. It is expected that if, and when, swimmers achieve a qualifying standard, they are committed to attending that corresponding championship meet.

HS Recreation

Entry Requirements:

High School aged swimmers who express an interest in swimming for their HS Team

Meet Requirements:

Attend as many of CST's home meets as possible.

Squad Goals: Swimmers in this squad are maintaining their aerobic conditioning for a variety of reasons but will often join their HS swim team in the Winter.

Senior I

Entry Requirements:

High School aged swimmers who have previous swim team experience and express an interest in swimming for their HS Team.

Must be legal in all 4 strokes.

Meet Requirements:

Attend as many of CST's home meets as possible.

Squad Goals:

Swimmers in this squad are maintaining their aerobic conditioning for a variety of reasons but will often join their HS swim team in the Winter.

Senior II

Entry Requirements: Swimmers must have at least 1 OSI 14 year old A time or B+ time for their age and are able to complete 10x100 Free on 1:30 and 10x50 Stroke on :55 comfortably.

Meet Requirements: Swimmers must attend at least 1 Club meet per month and attend all championship meets they meet the qualifications for.

Squad Goals:

Swimmers in this squad have made the decision to pursue competitive swimming as their sport of choice.

Must complete all events in the IMR and IMX track in a single season.

Working towards achieving a full schedule of OSI Championship qualification times, as well as focusing on achieving Senior Western Zones and Sectional time standards.

Working towards making 20 x 50 Stroke @ :45 and 10 x 100 Free @ 1:15 comfortably

SWIM SEASONS

When joining CST, athletes join for the entirety of the year. Throughout the year competitions are grouped into two seasons - Short Course and Long Course. Consistent training is recommended year round to progress through each squad. It is important that each swimmer attend as many practices as recommended in order to progress in the sport and experience the full benefits of the program.

SHORT COURSE (SEPT-MARCH)

During the Short Course season, competitions take place in pools that are 25 yards in length.

LONG COURSE (APRIL-AUG)

During the Long Course season there are opportunities to compete in 50 and 25 meter pools as well as 25 yard pools.

The Chehalem Aquatic Center pool is an 8-lane competition pool that can be set up for 25 yard and 25 meter events, for swim meets as well as practices depending on the season.

LEGAL COMPETITIVE STROKES

The four competitive strokes are:

- 1) Freestyle
- 2) Backstroke
- 3) Breaststroke
- 4) Butterfly

Events are held in all of the competitive strokes at varying distances for varying age groups. Your child will always compete at their age level, unless your coach places them into an “open” event.

In addition, there are other types of events within each meet and they are as follows:

Individual Medley (IM): This is when one swimmer swims all four competitive strokes within one race. This can be at varying distances 100, 200 and 400. The strokes are in the following order: Butterfly, Backstroke, Breaststroke and Freestyle with 1, 2 or 4 lengths of each stroke.

Freestyle Relay: A group of four swimmers swim Freestyle a set distance one after the other.

Medley Relay: A group of four swimmers each swim a different stroke. Medley relay order is Backstroke, Breaststroke, Butterfly and Freestyle.

TYPES OF SWIM MEETS

INTRASQUAD MEETS: For these meets the 3 combined Apex teams compete against each other as one team.

DUAL MEETS: Occasionally CST will compete with one other team in a dual meet. These meets help promote team unity, but usually limit the number of events a swimmer may enter.

DEVELOPMENTAL MEETS: ABC meets: These meets generally do not have any qualification time standards. Each swimmer is allowed to enter from 2-4 events per day. Athletes race swimmers from other teams who are the same age and speed.

QUALIFICATION MEETS: A or A/B meets: These meets have some type of qualification time standard that a swimmer must meet to enter the meet.

STATE CHAMPIONSHIPS: Oregon A times are needed to Qualify for state. At the end of each Short Course and Long Course season, a State Championship meet is sanctioned by Oregon Swimming. Oregon Swimming sets the qualifying time standards for these championship meets each season. Generally, the standards fall between the national “A” and “AA” time standards.

ZONE CHAMPIONSHIPS: Swimmers may qualify to participate in Zones. Western Zone Championship after the state championships are held a times are national “AAA” times. In Short Course swimmers who achieve these times can apply for the Oregon All-star's team and in Long Course Swimmers apply for the Oregon Zones team. At both competitions swimmers will compete as a member of the Oregon Team against other LSC's on the west coast.

SPEEDO/USS JUNIOR NATIONAL CHAMPIONSHIP: One of the highest levels of achievement CST swimmers strive for is the participation in the Junior National Championships. US Swimming sponsors a Junior National meet each season. CST swimmers meeting qualifying time standards for this meet travel to different locations throughout the U.S. to compete against the best 18 & under swimmers in the nation.

USS NATIONAL CHAMPIONSHIPS (SENIOR NATIONALS): Other than the Olympic Trials and the World Championship Trials, each of which is held every four years, the highest level of competition for our senior swimmers is the USS National Championships. As with the Junior Nationals, CST swimmers meeting the national qualifying time standards travel to various cities throughout the US to compete against America's best swimmers. Swimmers can qualify for national teams that represent the US in international competition by their performance at Senior Nationals.

LEVELS OF ACHIEVEMENT

There are seven different age group classifications recognized by USA Swimming: 10 & Under, 11-12, 13-14, 15-16, 17-18, 15-18 Relays. Within each age group there are different nationally recognized levels of achievement based on times.

Once a swimmer completes a race legally they achieve a "C" time. As they improve, they advance from "C" to "B", "BB", "A", "AA", "AAA", and ultimately "AAAA". The times required for each level are published each year by USA Swimming. This provides fair, yet challenging competition on all levels.

PRACTICE AND ATTENDANCE POLICIES

1. Each training group has specific attendance requirements appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. As a swimmer moves into higher groups the expectations increase for more dedication to practices.
 - a) Precompetitive 1,2&3, 11&Over Entry are expected to be at practice 2 days a week.
 - b) High School Recreation is expected to be at practice 2-3 days a week.
 - c) Elementary Development, 11&Over Development are expected to be at practice 3 days a week.
 - d) Elementary Performance is expected to be at practice 4 days a week.
 - e) 11&Over Performance and Senior I squad swimmers are expected to be at practice 4 days a week.
 - f) Senior squad participants are expected at practice at the very least, 4 days a week.
2. Swimmers should arrive at the pool approximately 15 minutes prior to their workout time. They should also be picked up no later than 15 minutes after their practice is over. Swimmers should be ready to swim and on deck 5 minutes prior to the start of their practice.
3. In the event a swimmer is late or going to miss practice, it is our hope that the parents will notify the coaches via email. Please refer to the contact names listed under the coaching staff. The contacts can also be found on our website, www.cstsharks.com.
4. While on pool grounds, swimmers are the responsibility of the coaching staff.
5. During practice sessions, swimmers are only allowed to leave the pool area with the coach's permission.

TRAINING BREAKS

Swimming is a year-round activity. The club does recognize and encourage younger swimmers to participate in other activities in addition to swimming. Many families have taken “breaks” for various other activities. Swimmers are encouraged to attend as many practices as they can to gain the most benefit from the training. If a break is needed email your child’s coaching staff and notify them of your swimmer’s intention to take a break. When your child is ready to come back, you will need to contact the head coach to return to practices. Swimmers spots are not held during the time they are on break.

MEET EXPECTATIONS

Each season’s meet schedule is posted at the beginning of the season. Please visit the team website frequently for the most up-to-date information.

1. Meets are available for all skill levels.
2. Swimmers are expected to attend meets based on their squad requirements.

SWIMMER RESPONSIBILITIES

In addition to the Athlete Code of Conduct located on the team website, here are some overall responsibilities of the athletes:

1. It is expected that each swimmer comes to practice with the mindset that they will be working hard to participate to the best of their abilities.
2. Each swimmer is expected to be respectful of their teammates, their coaches and each facility they practice or compete in.
3. Swimmers are required to bring specified training accessories dependent upon their level. Please refer to the chart under “Training Gear” to determine what the team provides and what you will need to provide.
4. It is the swimmer’s responsibility to make sure these items are properly adjusted and spares are readily available should breakage occur. Equipment malfunction is not accepted as an excuse to stop and go home from practice early.
5. Please encourage your swimmer to let their coach know if they are having a bad day so adjustments can be made if needed.

TEAM UNIFORM (Required at all Swim Meets)

All team gear can be found on our swimoutlet team store - see website for details.

CST practice colors are royal blue and yellow.

Apex Meet colors are black with yellow writing.

Swimmer will be provided with a CST practice cap and an Apex meet cap as well as a team t-shirt upon registration.

TRAINING GEAR (Required at practices)

Each member of each training group is required to bring their personal training gear.

A list of gear needed to participate in each group can be found at:

<https://www.swimoutlet.com/collections/cstsharks>

COMMUNICATION

WEBSITE- www.cstsharks.com

CST uses Team Unify/Sports Engine (motion), a swim team management online platform for the team website. The CST website is utilized for all of our day-to-day operations including:

- Billing monthly dues, meet fees
- Meet information and entries
- Fundraising and service hours tracking
- Events- information and contacts
- News- updates and pictures to celebrate our team

Sports Engine Motion APP

This app is free and works in conjunction with our team website to provide team and meet information.

MEET MOBILE APP

This app provides parents and swimmers with instantaneous meet results, placements and event/heat/lane information. You can find Meet Mobile on the Google Play or Apple Store for \$11.99 yearly.

EMAIL/WEEKLY UPDATES

Each week an email is sent out with team reminders and updates.

DIRECT COMMUNICATION WITH COACHES

Talking to the coaches directly is welcomed, but please save your conversations for before or after practices as we don't want to take time away from coaching the swimmers.

Resolution/Conflict Policy

If there are issues or concerns that come up, please reach out to your swimmer's coach to discuss these issues. If the concern is not resolved, the issue can then be brought to the attention of the board of directors.

Please keep in mind the following:

1. Your coach does have the best interests of each child in their heart, even if you may have a disagreement of coaching style.
2. The coach is always balancing the needs of your child with the needs of each team member for a positive group experience.
3. If another parent comes to you with a complaint, please encourage them to bring it up with the coaching staff.

TRANSPORTATION POLICY

Transportation is provided by parents. There is no shuttle or bus to take the team to events. All liability is waived and CST nor the board will not be held responsible for transportation issues. Any liability for any arrangement for carpooling will be purely the responsibility of the private parties involved.

CST BOARD MEETINGS

Board meetings are held monthly. Please reach out to the board president if you would like to get more involved with the team.

PARENT/BOARD MEETING

Held twice a year, once at the beginning of each season. Parents are highly encouraged to attend and participate.

Questions regarding any information outlined in this handbook can be directed to the board president at president@cstsharks.com

(Last reviewed 8/25/25)