

# The Long Whistle



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## President's Message: Up and Runnin'?

I work closely with a number of Jamaican's and a common phrase they use is *Up and Runnin'*? It's time that we are *Up and Runnin'* for the 2022-23 Swimming & Diving Season. Like you (I hope), earlier this week I watched the rules video, read the bulletin and checked the other online resources the IHSA (and NFHS) provide, completed my concussion management training and testing (I'm on this year as my 2-year cycle), made sure I'm current with "hate speech" requirements, and took the test.

On and off, over the past several years I have had the ability to join a "study group" for test prep. I recommend that you consider such an activity. A good study group can consist of a few officials you trust and respect to SHARE experience. While I identify *experience* here – your study group could include novice

high school officials, what I urge you to NOT do is just come together to share answers to the test questions. Make your test prep study group more than that!

Consider **why** the particular question is included in the bank of test questions.

Most often the question is there because of a change in the rules, often a clarification, or because the rule is wrought with misapplication.

We need to strive for consistency in our application of the rules. The best way for us as an officiating body is to consistently apply the rules the same way.

This is not where you need to demonstrate your *unique perspective*. While you may not agree with a particular

rule – or the way it is supposed to be administered, the pool deck is NOT the place to take your stance. Use the appropriate venue for change but be consistent with rules and their applications.

Over the past two seasons we have had to practice flexibility – and it looks like the new normal is, we need to continue the practice. Take note that many (if not most) schools have introduced heightened security procedures. Some schools have instituted ID scanning for after school events – and as such, have severely limited accessibility to the building. You may find that perhaps only one door to the building is available for after school / weekend activities.

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## IHSA Officials Awards

ISOA is pleased that two of its members were honored at the IHSA Summer Conference as Swimming & Diving Officials of the Year, for last school year.

**Boys Swimming:** Dennis Yard  
**Girls Swimming:** Glen Gabriel



## President's Message (Continued)

Consider contacting the school, not only to confirm the meet you will be attending but also to determine the best door for you to use and identify any safety procedures that have been put in place. Some schools will REQUIRE a drivers license or state ID card to enter their building (as they may be scanning all IDs against various safety data bases). Consider sharing entry door / safety information by sending a note to [ISOAinfo1@gmail.com](mailto:ISOAinfo1@gmail.com). We will collect the information and update the website in batches.

Plan ahead to manage your expectations! See the related story about “Best Practices” – as you start the year.”



## ISOA Awards

Each year the ISOA recognizes key components of officiating through its award program. The awards are announced at the Association's meeting held in conjunction with the Boy's State Championship. Due to covid, in 2021 no awards were conferred.

In 2022 our award recipients are:

**Official of the Year: Glenn Gabriel**  
**Most Improved Official: Jacqueline Witherspoon**  
**Rookie of the Year: Cari Kauffman (Dahling)**

Following the awards, each recipient was asked to let our membership get to know them better – and a variety of “thought starter questions” were offered. Each recipient took a little different approach to responding to the request. These responses were from early spring this year...

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*Remember our Award Program and consider  
your deck partners for this year's awards*

## ISOA AWARDS (Cont...)

**Official of the Year: Glenn Gabriel**

When you are not working, how do you like to spend your time? *I'm retired I spend my time however I want.* What are the top things on your "bucket list?" *Start traveling a bit after covid. (Planning on Jamaica for 10 days in spring 2022)* If money were not an issue, how would you spend your time each day? *Probably the same way as I do now. I may travel to fish a little more.* Where do you most hope to visit? *Countries in Europe. We have been to Italy.* What is your favorite season? Why? *Fall - It's the best season for hiking in this area.*

If you could win an Olympic medal (real or fake) what would it be for? *Biathlon - I like to ski and target shoot.* What was your favorite subject in school? *Math.* What is your hidden talent (or what real talent do you have that other members of ISOA don't know about)? *Bowling - I have two 300 games and have average over 200 in two past seasons.* If you could spend a day in someone else's shoes, whose would they be? Why? *Professional baseball player - pitcher*

Where did you grow up? *West side of Chicago, two blocks away from Little Village High School (It was not there when I grew up and 5 blocks away from Home Run Inn Pizza).* Are you married, have kids ... tell us about them. *Married to Debbie 44 yrs. 2 children. Eric and Julie, each with 2 children, Eric - Associate Director of Technology at AT&T, His wife Stephanie - Accountant at Nicor. Their Children Alexis 3 1/2 and Joey 1 1/4. Julie - Nurse at Richards High School. Her husband Jim - Owner of Alpha's Gyros in Harvey. Their children Tommy - 4 and Gabriel 1 1/2.* What got you into swim / diving officiating? *My kids started swimming 30 yrs. ago. I started officiating 6 months after they started.*

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**Rookie of the Year:****Cari Kauffman (Dahling)**

With the boys' state meet now behind us, I have completed my third year of officiating (although it feels much shorter given the 2020-2021 shortened seasons). I have had a lifelong love for the water after deciding I didn't need to wait for swim lessons and jumped into the deep end of the neighborhood pool at the age of 3. After my parents recovered from their near heart attacks, they put me in lessons, and I joined the neighborhood summer team the following year. I continued my competitive swimming career through high school and college at the University of Evansville. No longer much of a competitor, I still swim with the Chicago Masters at UIC and have expanded my horizons to the open water.

I feel most at home in the water, whether it be following the black line at the bottom of the pool or dodging wildlife and rough surf in the open water. My favorite open water swims thus far have been the 10.5-mile width of Lake Tahoe and the 12.5-mile circumnavigation of Key West. Very different experiences, but both were amazing in their own way. After a disappointing failed attempt to swim the English Channel in September 2020, I have grand plans of redemption in September 2023.

I got into officiating at the suggestion of my high school swim coach. I have always loved the sport and wanted to stay involved, however, I simply didn't have the time to commit to coaching at any level. She had recently made the transition from coach to official and thought it would be something I'd be good at and something I would enjoy. So, I decided to give it a shot and have never looked back. I have had the opportunity to work with some great people that have made me a better official and, in some cases, a better human all while giving back to the sport that shaped my life. It is my hope that, through officiating, I can help high school athletes have that same transformative experience that I had in this sport.

In my real life outside of the pool, I am a bankruptcy attorney that lives and works in downtown Chicago. I have a two-year-old boxer/pit-bull/lab mix dog named Lilith that is my favorite thing in the world. I love to travel and take as many extended weekends as possible to fit in trips around the world, but my favorite place I've ever visited (and I actually spent two summers living there) is Valencia, Spain. And if I

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## Membership Information

The online LINK to update your membership for this school year will be distributed in the next few days. As announced three years ago, ISOA has gone green and does not print directories any longer.

Back then our directory was accessible from the website – but due to phishing attempts and spam vendors, we were forced to take down all personal information from the website. At that time we replaced our forward-facing information link with a "generic" email address:

[ISOAInfo@gmail.com](mailto:ISOAInfo@gmail.com)

Instead of the membership directory being available to the general public it is now available in real (updated) time in the cloud.

When you receive the renewal link, please complete the requested information and MAIL your payment to Treasurer, Fred Gafrick. Renewal rates are \$15 for membership. An additional payment for a replacement name badge can be made with your renewal.\* Upon receipt of your check, you will receive a link / QR code for the directory.

Members will be able to access the directory in real time or download a static copy of the directory to their phone / tablet / or computer.

\*Name badges are not sent through the mail due to the magnets and must be picked up at the Girls State Championship Meet.

## Best Practices as You Start the Year

### *Just a few things to keep in mind as you plan for a new season*

Save yourself time and trouble – contact the school before the meet. Confirm the date and time of the meet. Confirm the “best” door (that will be staffed/ open) for you to gain entry to the pool. Verify the payment procedures... does the school pay via Arbiter, use vouchers or some other documentation process (occasionally coaches do not know the specific procedures as this is/ may be, the responsibility of the Athletic Department).

**4-2-1(d) Meeting:** This pre-event “coaches and captains meeting” is REQUIRED. “... the referee SHALL conduct a pre meet conference with the starter, a captain and a coach from each team to review meet procedures, special instructions and any unusual pool conditions.” **Consider specifically covering the following at the meeting:**

- AED location
- Availability of trainer
- Any letters from IHSA for accommodations
- Coaches certifying all swimmers are legally attired
- Swimmers needing special (starting) procedures
- Any local facility issues (*Prior Mutual Consent [Rule 1-4-1] requires WRITTEN documentation prior to the start of the competition.*)

IHSA recommends a “Safety Huddle” before any competition. The recommendation includes officials, coaches, medical providers, and event staff gather for a brief meeting (1 to 2 minutes) to determine the presence of medical staff and equipment and assess the Emergency Action Plan. This meeting is different from the Rule 4-2-1(d) REQUIRED meeting.

Plan on arriving 30 minutes before the meet is scheduled to begin. This will permit you to introduce yourself to the coaches, table workers, announcer, and review the dive sheets.

Review your expectations with the announcer. This includes the diving announcer. The tempo and rhythm of how diving is announced can have a significant effect on the “energy” throughout the meet.

If you encounter “Hate Speech” there is a formal process outlined on the IHSA website, with specific reporting responsibilities for the officials. Please be familiar with the procedure (*slides 1.8 through 1.11*). ***It is advisable that the host school's Administrator is part of the process from the start!***

While the rule book specifically identifies kinesiology tape, please remember, any time a swimmer uses (any) tape, a note from a trainer or physician is required.

*The Illinois Swimming Officials Association (ISOA) provides its members a professional forum for advocacy in one of the most well-respected swimming venues of the nation. As the sole Swimming & Diving Association for High School Sports Officials in Illinois, ISOA provides a resource for professional competency and consistency as well as a collaborative structure for communication.*

Membership information is available through  
[www.swimofficials.org](http://www.swimofficials.org) and [ISOAinfo1@gmail.com](mailto:ISOAinfo1@gmail.com)

**Advocacy ♦ Consistency ♦ Advice ♦ Community**

**Cari...**

wasn't busy enough between swimming, working, officiating, and traveling, I also dabble in quilting and baking.

And I feel like I hit a few of the “get to know you” questions in the list, but here are a few answers if you wanted any more info...

What was your first job; what's your dream job; what was the worst job you ever had? **My first job (and probably my worst job) was working at a movie theater when I was 14.** Cleaning up spilled popcorn, candy, and soda after every showing gave me a new appreciation for how disgusting people can be. But the best job I had was the 6 years through high school and college that I worked at a Dairy Queen. I made great friends and ate a TON of ice cream.

At what job would you be terrible? Why? **Anything in the medical field. I never thought I was that squeamish, but while caring for my mother after an extended hospital stay, I had to flush out her PIC line with saline solution and just that short process made me woozy and I almost passed out.**

What was your favorite subject in school? **Spanish. At one time I considered myself fully fluent. I'm not as good as I once was, but after about two days of full immersion in Spanish speaking country I can get most of it back.**

If you had to eat one thing for every meal going forward, what would it be?

**Mac & Cheese. It's my comfort food. And there are so many varieties so even though it is the same meal, you can mix it up.**

Where did you grow up? **Indianapolis, IN.**

Knowing what you know now, what advice would you give to your 18-year-old self? What's the best piece of advice you ever received?

**I would tell my 18-year-old self to enjoy life, take risks, and do what makes you happy. Be kind to others and don't be stupid, but it is important for you to make mistakes and find what drives and excites you. You can't spend your life trying to please everyone else at the expense of your own happiness.**

*The best piece of advice I ever received is that there is a difference between being intimidating and someone being intimidated. Don't make yourself smaller because it makes others uncomfortable. Be respectful but do not dim your light because someone else forgot their sunglasses.*

**Glen...**

If you had to eat one thing for every meal going forward, what would it be? **Chinese food.**

What's your “guilty pleasure?” **What is everyone's guilty pleasure. (Wine, Women and Song)**

Dog or cat person? **Cubs or Sox (yes, we are active in more than just Chicago so... St. Louis or Brewers?) Dog, Cubs, Hawks, Bulls, Bears**

When you're home alone and nobody is around, how do you like to spend your time? **Glass of wine and a good movie.**

What's coming up in this next year that excites you?

**A social security check when I turn 70.**

Knowing what you know now, what advice would you give to your 18-year-old self? What's the best piece of advice you ever received? **Invest more in dividend paying stocks. Over time they account for about 90% of the major index's growth. Although one big winner in a growth stock can get you there also. It's all about Risk / Reward.**

**Most Improved Official:** *declined comments*



## How did You Adjudicate the Rule?

*Prior to Covid we ran two rules' situations but did not post rulings. Here are the situations and the ruling. Consider how you would have ruled BEFORE reading the response.*

Q: Pleasant Valley (PV) and Strong School (SS) are in a dual meet (non-championship format) in a six-lane pool. PV was assigned to the odd-numbered lanes (1, 3 and 5) and SS was assigned to the even-numbered lanes (2, 4 and 6). At the beginning of the 200-yard medley relay, the Referee calls the competitors to the blocks with a series of short whistles. Swimmers assemble behind lanes 1, 2, 4, 5 and 6.

As the swimmers assemble, a 6th swimmer (from SS) approaches the PV swimmer behind lane 2, and the PV swimmer behind lane 2 steps back from the immediate area with the SS swimmer taking the original PV swimmer's place. (There is a diving board mounted between lanes 2 and 3.) The Referee sounds a long whistle and the swimmer's mount blocks 1, 2, 4, 5 and 6. After the swimmers mount their respective blocks and are situated, the Referee turns the start over to the Starter.

Using the microphone to issue the "Take your mark" command, the Starter experiences problems with the audio quality (feedback, broken connections, etc.) so as not to keep the swimmers on the blocks while the issue is corrected the swimmers are ordered to "Step down." All swimmers step down without incident.

The audio problem is corrected in less than a minute and the Referee issues a long whistle to have the swimmers mount the blocks. At this time swimmers mount the blocks; including the PV swimmer who had originally lined up behind lane 2 and stepped back for the original long whistle (as this swimmer mounts the starting block in lane 3). What should the Referee / Starter do in this situation?

**There is no violation here and all relay teams shall be allowed to compete.**

Here's Why – Originally, the SS lead-off swimmer had taken the block in lane 2, which was the correct lane and the PV swimmer (who stepped back just before the long whistle) did not take the block in any lane, although they should have been in lane 3. A case could be made to disqualify the PV team in lane 3 for unnecessarily delaying the start of the race (**Rule 8-1-3(a)**) but since there was a subsequent equipment problem, necessitating the stepping-down of the entire heat, you have extenuating circumstances which allow setting aside the rule.

**Once a step-down occurs, the officials have essentially "re-set" the race, and since all competitors were present and in the correct lanes for the 2<sup>nd</sup> attempt to start the race (call to the blocks,) there should be no violation charged to either team.**

### Some preventive officiating tips here:

*1 – Alleviate confusion by having the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> members of relay teams assemble BEHIND the timers and not between the timers and the starting blocks.*

*2 – Recall that **Rule 8-1-5** was modified in 2014 to specify that the swimmers shall not step off of the starting platform upon the command to "stand up." This is for risk minimization purposes; however, officials reserve the right to ask swimmers to "step down" if resolving whatever issue is going to take more than a few moments. 5-10 seconds is a good benchmark – if resolving the issue will take longer than that, stepping swimmers down is always appropriate, as was done here.*

*3 – Some might argue that the PV team from lane 3 got a break from being disqualified for delaying the start because of the equipment problem. Perhaps... but it happens sometimes.*

## Recheck your rules...

Q: You know that if the third swimmer in the 400 Freestyle relay enters the water when the 2nd swimmer is making their 50 yard turn, the team is disqualified ... but EXACTLY why? What rules govern this situation?

A: This scenario is very similar to Situation 8-3-7(a). The following rules would apply:

Rule 8-3-2: Each relay swimmer shall complete  $\frac{1}{4}$  of the required event distance.

Rule 8-3-2: Each relay swimmer shall adhere to the turn and finish rules of the event.

Rule 8-3-4: The 2nd, 3rd, and 4th swimmers shall remain in contact with the starting platform or pool deck until the previous swimmer has finished.

In this scenario, the 2nd swimmer has neither completed his/her  $\frac{1}{4}$  of the race nor executed a legal finish for his/her leg. Therefore, the 3rd swimmer has entered the water prematurely.

Rule 8-3-5, PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.