

CST Coaching Staff

Head Coach Rich Tobergte

Bachelor of Science Developmental Psychology
National Academy of Sports Medicine CPT
American Swim Coaches Association Level 4
American Red Cross WSI / Lifeguard / CPR Certified
35 Years of Competitive Swimming Experience
Member of the 1980 National Championship Swim Team
Olympic Trial qualifier 50m / 100m Freestyles
4 Individual Top 16 Rankings
Member of National Age Group Record Holding Relay Team
9th Year as CST Head Coach

Athlete's Accomplishments

Masters National Champion 2003

Jamaican National Team Member 2008

3 Top 16 Rankings 2002 - 2004

Junior National Qualifiers 2005, 2008, 2009

USA Swimming Scholastic All American 2006, 2008, 2009

22 Oregon Swimming State Champions 2000 – 2008

2 NW Section Age Group Champions 2003, 2004

60 CST Short Course Records Broken 2000 – 2008

38 CST Long Course Records Broken 2000 – 2008

43 OSI Top Five Rankings 2000 – 2008

23 NISCA High School All Americans 2004 – 2009

2 OSAA High School State Champion Relays 2005, 2006

2 6A OSAA State Record Holders (Relays) 2006, 2007

OSAA High School Top Four Team Finish 2001, 2004, 2008

OSAA High School Top Ten Team Finish 2000 – 2009

*OSAA High School Water Polo State Champions (Boys) 2005 – 2008

*OSAA High School Water Polo State Champions (Girls) 2005 – 2008

*The skills learned in our program have allowed our athletes to be key participants in these accomplishments.

Assistant Coach George Sampson

Most Inspirational Swimmer McMinnville High School
Held 14 School Records Linfield College
Collegiate Swimmer at OSU / Simon Fraser University
Head Swim Coach Linfield College
Interim Head Coach McMinnville Swim Club
Camp Director Linfield College
Camp Coach Nike Swim Camp
American Red Cross Lifeguard / CPR Certified
37 Years of Competitive Swimming Experience

Assistant Coach Christine Abramson

2nd Year with the Chehalem Swim Team
Entry Level Coach
American Red Cross Lifeguard / CPR Certified
Extensive Knowledge in Dry-Land Training

Chehalem Swim Team

