

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

November 2013

lakeoswegoswimclub.org

Events

Winter Practice Schedule

November 18'13

HS Water-polo is over and the pool schedule is transitioning to the HS Swimming Season. Our practice times have been adjusted and a new schedule has been posted

Canby Mile

November 23'13

This is a meet you can't miss..... One day - one event! "Go the extra mile" - you won't be disappointed

Husky Invitational

December 6 - 8'13

Our Sr swimmers will travel to Federal Way to compete against some of the fastest swimmers in the nation - Club, Collegiate & maybe even some National Team Members!!!

USA Jr Nationals

December 12 - 14'13

This is the showcase meet of the short-course season.... You can follow the competition live on usaswimming.org

Hillsboro Jubilee & Invite

December 13 - 15'13

Two meets - one great location! The Heat host a wonderful meet for all of our swimmers. Intermediate and Sr swimmers will participate in prelim / final format meet.

Two Senior Swimmers Commit to Collegiate Swimming

On November 14th, Lakeridge Seniors Jordynn Canelis and Brenda Cha had broad smiles as they raised their pens. With a few neat strokes they committed themselves to college's "3 Ls" - lectures, labs & library --- and oh yea, SWIMMING(?).

Brenda Cha has chosen to attend Vanderbilt next fall where she will begin studying to become a physical therapist. Brenda is excited to be continuing her swimming career and is looking forward to competing in the SEC as a Commodore.

Jordynn Canelis will begin working towards a degree in Biochemistry from Western Colorado State University next fall. Jordynn will represent her school as a Mountaineer competing in the RMAC.

Although they are excited to be leaving home and are eager to begin the next phase of their lives - they should know that we will all miss them dearly.

-- GOOD LUCK JORDYNN & BRENDA!!! --



L to R: Coach Emily, Jordynn Canelis, Brenda Cha, Coach Courtney

LOSC Celebrates @ 2013 OSI Top 5 Awards Ceremony

On November 17, 2013 swimmers, parents and coaches from throughout Oregon and SW Washington came together at the Richard R. Brown Fine Arts Center in Canby, OR to recognize and honor the top 5 swimmers in each age group and event. In addition, outstanding performances in swimming, coaching and volunteer activity were recognized.

This year, LOSC had a strong presence at the ceremony with 15 swimmers who achieved a top 5 swim in the last year: Brenda Cha, Alisdair Clydesdale, Claire Cranch, Brett Goodall, Alyssa Gustaff, Dylan Gustaff, Andrew Huang, James Kang, Edward Kang, Curtis Klein, Lexie Lukens, Mara Newman, Madison Richardson, Nick Simons and Anthony Wang.

The Top 5 ceremony is a terrific athlete centered event recognizing excellence in swimming.

Congratulations to LOSC'S 2013 Top 5 Swimmers!



LOSC Annual Poinsettia Fundraiser

We are now at the end of our LOSC Annual Poinsettia Fundraiser. Thanks to all who participated to help LOSC continue to grow and thrive. Special thanks to the co-chairs for this fundraiser, Peggy Mahler and Colleen O'Mahony, for all of your hard work to make this fundraiser successful!

All poinsettia orders and money along with donations are now due. If you are running a little behind and need an extra day or two, please let us know and we will work with you to get everything turned in.

The next step is Poinsettia pick up at the LO Pool on Wednesday, December 4th from 4pm-8pm. We will need volunteers to help organize and load the poinsettias into cars that evening. If interested in volunteering please contact Peggy or Colleen at: pegahler@gmail.com or Colleen O'Mahony colleenomahony@gmail.com.

November Birthdays.....

Maggie Arora (5)

Thalia Le (11)

Anthony Wang (10)

Andy Brunner (8)

Pedro Marin-Quiro (5)

Madeline Eller (13)

Matty McComish (14)

Kenna Faus (11)

Joselynn Robbins (10)

Alyssa Gustaff (13)

Jake Schroeder (13)

Can I Swim in College?

Collegiate swimming could be in your future.....

Hi LOSC,

First I want to congratulate everyone on a great McSwimville Swim Meet! We saw over 80% best times from the team, with new A, B, and Sectional times achieved!

Last month I spoke about Age Group swimming, and this month I'll discuss Senior and Collegiate level swimming. We all know Senior Swimmers put in a tremendous amount of work and have sacrificed a lot to get where they are. Early mornings, late nights, practice and meets on the weekends--its a big commitment that only swimmers (and to a degree, their parents), can fully understand. I can think of few other sports, that require the focus and drive that competitive swimming does. That being said, I can think of few other sports that offer the reward and sense of accomplishment that swimming does either!

I think one of those huge accomplishments is collegiate swimming. This past Friday, I had the privilege of watching two members of LOSC sign early to swim in college. Brenda Cha signed to swim at Vanderbilt and Jordynn Canelis signed to swim at Western State Colorado. LOSC has a strong history of sending kids to swim in college and this year is no different.

I fully believe every swimmer (regardless of level), is capable of swimming in college. Sometimes the swimmer's academic goals or financial restrictions may limit this, but I think far too often, swimmers believe they aren't good enough when that is just not the case.

We often associate an athletic scholarship with the ability to swim in college. This is a huge myth. In actuality, most collegiate swimmers are not on scholarship. To help put things into perspective, there are approximately 26,000 male high school seniors and 32,200 female high school seniors who swim, but there are approximately only 1,685 men's and 3,117 women's swimming scholarships available. Of those, roughly one-third are awarded each season (these scholarships are spread out over the course of 4 graduation years). This means that the odds of a boy receiving a swimming scholarship are 1 in 48 while the odds of a girl receiving one are 1 in 31. Because swimming scholarships can be divided among multiple swimmers it is difficult to determine the exact percentage of college swimmers receiving a scholarship, however we know that about 44% of all college swimmers swim Division III and therefore receive no scholarship. If each existing scholarship was divided in half - 73% of men's college swimmers and 66% of women's college swimmers do not receive a scholarship. Now that's a lot of statistical information, but the main point is that athletic scholarships are hard to come by.

Additionally, a few helpful bits of information around collegiate swimming that may help:

- There are several "divisions" of athletics. Division I, Division II, Division III, NAIA, NJCAA. DI, DII, NAIA, and NJCAA offer athletic scholarships. DIII offers no athletic scholarships.
- Even though some schools are in the same division, it does not mean they have the same athletic funding. Some DI schools are not fully funded. Additionally, some DI schools (specifically the Ivy Leagues), offer no athletic scholarships.
- Many DIII schools can assist your financial aid package, even if it isn't a traditional athletic scholarship.
- DI isn't necessarily faster than DII or DIII (or NAIA or NJCAA for that matter). For example, the Men's 50fr times from last year are as follows:

D1: #1 time: 18.63, #10 time 19.41

D2: #1 time: 19.77, #10: 20.20

D3: #1 time: 19.51, #10: 20.23

NAIA: #1: 19.83, #10: 20.74

NJCAA: #1: 19.50, #10: 21.20

As you can see, while D1 is faster, after that, many are similarly spaced. Also, the top D3 and NJCAA swimmer could certainly have swim at a D1 school. It is about finding the right fit. Fast swimming happens at all divisions!

All that being said, if you're child is 12, college swimming can be a dream, but not a concrete goal at that age. The road from 12-18 is long and intense focus on collegiate swimming, and more specifically, a scholarship, isn't a wise decision. Swimmers learn so many invaluable skills and lessons along the way, a scholarship is just the icing on the cake in the grand scheme of things. As the Senior Coach, I consider it part of my job to help your athlete explore all the opportunities available to them and help them find the right fit. Because I feel collegiate swimming is such an amazing and unique experience, I make it my responsibility to help your swimmer get the chances they deserve.

More information on the many (many) rules around collegiate swimming, recruiting, etc can be found at www.ncaa.org, www.collegeswimming.com, as well as the individual institutions webpages.

Emily

Swimmers of the Month

Highlighting athletes who prove that hard work pays off!



Amy Wang

Amy has been tearing it up in Development 2! She competed in her first meet at our October home meet and did great. Her coach adds that her focus, determination and hard work at practice is paying off, and she's moving up to Age Group Development where she will be a great addition. A 6th grader at LOJHS, Amy has been swimming since she was three. She thinks swimming is fun and loves being part of a team and her new friends on LOSC. Away from the pool, Amy enjoys hiking, skiing and playing violin.

Anne Brod

This past summer, Anne started swimming with LOSC at Stafford Hills. Her coach says she is highly motivated, coachable and has made great improvements on her strokes proving to be a strong leader in her squad. She recently competed in her first meet and will be moving up to Development 2 this winter. In the 6th grade at Arbor School of Arts and Sciences, Anne enjoys swimming because she loves the water and getting stronger and faster. When not in the water, Anne participates in horseback riding, hiking, skiing, camping, singing and gymnastics.



Maya Clydesdale

Since joining Age Group Development Maya's pushed the group to new heights. Her coach believes that she is very motivated and infects those around her with positive motivation raising the group's confidence. At the LOSC home meet, Maya dropped time in every event she swam averaging 5 seconds better in each event. Maya is a 7th grader at the Northwest Academy and likes swimming because she likes improving her abilities and her new friends at LOSC. When not swimming, Maya plays piano, is learning the trumpet, likes gymnastics and speaks and writes Chinese.



How to Become a Winning Parent

BY DR. ALAN GOLDBERG

If you want your child to come out of his youth sports experience a winner, (feeling good about himself and having a healthy attitude towards sports) then he needs your help! You are a vital and important part of the coach-athlete-parent team. If you do your job correctly and play YOUR position well, then your child will learn the sport faster, perform better, really have fun and have his self-esteem enhanced as a result. His sport experience will serve as a positive model for him to follow as he approaches other challenges and obstacles throughout life. If you "drop the ball" or run the wrong way with it, your child will stop learning, experience performance difficulties and blocks, and begin to really hate the sport. And that's the GOOD news! Further, your relationship with him will probably suffer significantly. As a result, he will come out of this experience burdened with feelings of failure, inadequacy and low self-esteem, feelings that will generalize to other areas in his life. Your child and his coach need you ON the team. They can't win without YOU! The following are a list of useful facts, guidelines and strategies for you to use to make you more skilled in the youth sport game. Remember, no wins unless everyone wins. We need you on the team!

1. When defined the RIGHT way, competition in youth sports is both good and healthy and teaches children a variety of important life skills. The word "compete" comes from the Latin words "com" and "petere" which mean together and seeking respectively. The true definition of competition is a seeking TOGETHER where your opponent is your partner, NOT the enemy! The better he performs, the more chance you have of having a peak performance. Sport is about learning to deal with challenges and obstacles. Without a worthy opponent, without any challenges sport is not so much fun. The more the challenge the better the opportunity you have to go beyond your limits. World records are consistently broken and set at the Olympics because the best athletes in the world are "seeking together", challenging each other to enhanced performance. Your child should NEVER be taught to view his opponent as the "bad guy", the enemy or someone to be hated and "destroyed". Do NOT model this attitude!! Instead, talk to and make friends with parents of your child's opponent. Root for great performances, good plays, NOT just for the winner!
2. ENCOURAGE YOUR CHILD TO COMPETE AGAINST HIMSELF. The ultimate goal of the sport experience is to challenge oneself and continually improve. Unfortunately, judging improvement by winning and losing is both an unfair and inaccurate measure. Winning in sports is about doing the best YOU can do, SEPARATE from the outcome or the play of your opponent. Children should be encouraged to compete against their own potential, i.e. Peter and Patty Potential. That is, the boys should focus on beating "Peter," competing against themselves while the girls challenge "Patty." When your child has this focus and plays to better himself instead of beating someone else, he will be more relaxed, have more fun and therefore perform better.
3. DO NOT DEFINE SUCCESS AND FAILURE IN TERMS OF WINNING AND LOSING. As a corollary to #2, one of the main purposes of the youth sports experience is skill acquisition and mastery. When a child performs to his potential and loses it is criminal to focus on the outcome and become critical. If a child plays his very best and loses, you need to help him feel like a winner! Similarly, when a child or team performs far below their potential but wins, this is NOT cause to feel like a winner. Help your child make this important separation between success and failure and winning and losing. Remember, if you define success and failure in terms of winning and losing, you're playing a losing game with your child!
4. BE SUPPORTIVE, DO NOT COACH! Your role on the parent-coach-athlete team is as a Support player with a capital S!! You need to be your child's best fan. UNCONDITIONALLY!!! Leave the coaching and instruction to the coach. Provide encouragement, support, empathy, transportation, money, help with fund-raisers, etc., BUT...DO NOT COACH! Most parents that get into trouble with their children do so because they forget the important position that they play. Coaching interferes with your role as supporter and fan. The last thing your child needs and wants to hear from you after a disappointing performance or loss is what they did technically or strategically wrong. Keep your role as a parent on the team separate from that as coach, and if, by necessity you actually get stuck in the almost no-win position of having to coach your child, try to maintain this separation of roles, i.e. on the deck, field or court say, "Now I'm talking to you as a coach", at home say, "Now I'm talking to you as a parent". Don't parent when you coach and don't coach at home when you're supposed to be parenting.
5. HELP MAKE THE SPORT FUN FOR YOUR CHILD. It's a time proven principle of peak performance that the more fun an athlete is having, the more he will learn and the better he will perform. Fun MUST be present for peak performance to happen at EVERY level of sports from youth to world class competitor! When a child stops having fun and begins to dread practice or competition, it's time for you as a parent to become concerned! When the sport or game becomes too serious, athletes have a tendency to burn out and become susceptible to repetitive performance problems. An easy rule of thumb: IF YOUR CHILD IS NOT ENJOYING WHAT HE ARE DOING NOR LOVING THE HECK OUT OF IT, INVESTIGATE!! What is going on that's preventing him from having fun? Is it the coaching? The pressure? Is it YOU??! Keep in mind that being in a highly competitive program does NOT mean that there is no room for fun. The child that continues to play long after the fun is gone will soon become a drop out statistic.
6. WHOSE GOAL IS IT? #5 leads us to a very important question! Why is your child participating in the sport? Is she doing it because she wants to, for herself, or because of you. When an athlete has problems in her sport do you talk about them as "our" problems, "our jump isn't high enough", "we're having trouble with our flip turn," etc. Are they playing because they don't want to disappoint you, because they know how important the sport is to you? Are they playing for rewards and "bonuses" that you give out? Are their goals and aspirations YOURS or theirs? How invested are you in their success and failure? If they are competing to please you or for your vicarious glory they are in it for the wrong reasons! Further, if they stay involved for you, ultimately everyone loses. It is quite normal and healthy to want your child to excel and be as successful as possible. BUT, you cannot make this happen by pressuring her with your expectations or by using guilt or bribery to keep her involved. If they have their own reasons and own goals for participating, they will be FAR more motivated to excel and therefore far more successful.

How to Become a Winning Parent

Continued.....

7. **YOUR CHILD IS NOT HIS PERFORMANCE. LOVE HIM UNCONDITIONALLY.** Do NOT equate your child's self-worth and lovability with his performance. The MOST tragic and damaging mistake I see parents continually make is punishing a child for a bad performance by withdrawing emotionally from him. A child loses a race, strikes out or misses an easy shot on goal and the parent responds with disgust, anger and withdrawal of love and approval. **CAUTION:** Only use this strategy if you want to damage your child emotionally and ruin your relationship with him. In the 88 Olympics, when Greg Louganis needed and got a perfect 10 on his last dive to overtake the Chinese diver for the gold medal, his last thought before he went was, "If I don't make it, my mother will still love me".
8. **REMEMBER THE IMPORTANCE OF SELF-ESTEEM IN ALL OF YOUR INTERACTIONS WITH YOUR CHILD-ATHLETE.** Athletes of all ages and levels perform in **DIRECT** relationship to how they feel about themselves. When your child is in an athletic environment that boosts his self-esteem, he will learn faster, enjoy himself more and perform better under competitive pressure. One thing we all want as children and **NEVER** stop wanting is to be loved and accepted, and to have our parents feel good about what we do. This is how self-esteem gets established. When your interactions with your child make him feel good about himself, he will, in turn, learn to treat himself this very same way. This does **NOT** mean that you have to incongruently compliment your child for a great effort after he has just performed miserably. In this situation being empathic and sensitive to his feelings is what's called for. Self-esteem makes the world go round. Make your child feel good about himself and you've given him a gift that lasts a lifetime. Do **NOT** interact with your child in a way that assaults his self-esteem by degrading, embarrassing or humiliating him. If you continually put your child down or minimize his accomplishments not only will he learn to do this to himself throughout his life, but he will also repeat **YOUR** mistake with **HIS** children!
9. **GIVE YOUR CHILD THE GIFT OF FAILURE.** If you really want your child to be as happy and as successful as possible in everything that he does, teach him how to fail! The most successful people in and out of sports do two things differently than everyone else. **FIRST**, they are more willing to take risks and therefore fail more frequently. **SECOND**, they use their failures in a positive way as a source of motivation and feedback to improve. Our society is generally negative and teaches us that failure is bad, a cause for humiliation and embarrassment and something to be avoided at all costs. Fear of failure or humiliation causes one to be tentative and non-active. In fact, most performance blocks and poor performances are a direct result of the athlete being preoccupied with failing or messing up. You can't learn to walk without falling enough times. Each time that you fall your body gets valuable information on how to do it better. You can't be successful or have peak performances if you are concerned with losing or failing. Teach your child how to view setbacks, mistakes and risk-taking positively and you'll have given him the key to a lifetime of success. Failure is the **PERFECT** stepping stone to success.
10. **CHALLENGE-DON'T THREATEN.** Many parents directly or indirectly use guilt and threats as a way to "motivate" their child to perform better. Performance studies clearly indicate that while threats may provide short term results, the long term costs in terms of psychological health and performance are devastating. Using fear as a motivator is probably one of the worst dynamics you could set up with your child. Threats take the fun out of performance and directly lead to your child performing terribly. **IMPLICIT** in a threat, (do this or else!) is your **OWN** anxiety that you do not believe the child is capable. Communicating this lack of belief, even indirectly is further devastating to the child's performance. A challenge does not entail loss or negative consequences should the athlete fail. Further, implicit in a challenge is the empowering belief, "I think that you can do it".
11. **STRESS PROCESS (skill acquisition, mastery and having fun), NOT OUTCOME.** When athletes choke under pressure and perform far below their potential, a very common cause of this is a focus on the outcome of the performance, i.e. win/lose, instead of the process. In any peak performance, the athlete is totally oblivious to the outcome and instead is completely absorbed in the here and now of the actual performance. An outcome focus will almost always distract and tighten up the athlete insuring a bad performance. Furthermore focusing on the outcome, which is completely out of the athlete's control will raise his anxiety to a performance inhibiting level. So **IF** you **TRULY** want your child to win, help get his focus **AWAY** from how important the contest is and have him focus on the task at hand. Supportive parents de-emphasize winning and instead stress learning the skills and playing the game.
12. **AVOID COMPARISONS AND RESPECT DEVELOPMENTAL DIFFERENCES.** Supportive parents do not use other athletes that their child competes against to compare and thus evaluate their child's progress. Comparisons are useless, inaccurate and destructive. Each child matures differently and the process of comparison ignores significant distorting effects of developmental differences. For example, two 12 year old boys may only have their age in common! One may physically have the build and perform like a 16 year old while the other, a late developer, may have the physical size and attribute of a 9 year old. Performance comparisons can prematurely turn off otherwise talented athletes on their sport. The only value of comparisons is in teaching. If one child demonstrates proper technique, that child can be used comparatively as a model **ONLY!** For your child to do his very best he needs to learn to stay within himself. Worrying about how another athlete is doing interferes with him doing this.
13. **TEACH YOUR CHILD TO HAVE A PERSPECTIVE ON THE SPORTS EXPERIENCE.** The sports media in this country would like you to believe that sports and winning/losing are larger than life. The fact that it is just a game frequently gets lost in translation. This lack of perspective frequently trickles down to the youth sport level and young athletes often come away from competition with a dis-torted view of themselves and how they performed. Parents need to help their children develop realistic expectations about themselves, their abilities and how they played, without robbing the child of his dreams. Swimming a lifetime best time and coming in dead last is a cause for celebration, not depression. Similarly, losing the conference championships does not mean that the sun will not rise tomorrow.

Volunteer Information Center

Thank you for helping.....

Hello LOSC volunteers -

We've had such a great and spirited start to the short course season! Thank you for the support and enthusiasm that we've seen on the pool deck and at the meets.

A few notes and reminders:

- Don't forget about your volunteer commitment! We ask every member family to volunteer at least 30 hours over the course of the year to the team. Those hours could be fulfilled by donating items to our swim meets or socials, working or timing at a swim meet or taking on a speciality job.
- When a member account is behind by more than 10 hours, we will charge your account \$25/month. For example, in January if your account still lists a balance of 30 hours, you will be charged \$25 (payment for 2.5 hours) on your January bill. Then, 2.5 hours will be removed from your yearly obligation and your balance will decrease to 27.5.

On another topic, we have some new and returning members this month. Remember what it was like to be new to swimming (overwhelming, confusing, etc)? Please be a friendly face when at the pool. Introduce yourself, answer questions and make our new members feel welcome.

I always tell people that we have the nicest members.....help me prove it!

Happy Thanksgiving,

Kim Jordan
 LOSC Membership and Volunteer Program
 kakjordan@gmail.com

Message from the Board of Directors

We seem to be picking up steam..... Practices are energetic and our swimmers and coaches are smiling!

With the "pool crunch" of the water-polo season behind us, it is WONDERFUL to have all of our AG squads back home to the LO Pool. A GREAT BIG THANK YOU to EVERYONE who made the Stafford Hills' practices so successful - even the weather cooperated!

Our team roster is a healthy 175, but our organization is still functioning to support a team of 100 - Unfortunately the burden of the Club's operation is asking too much from too few. During the next several months the Board will be working to adjust our organization to better support a Club of our size. There will be no big changes - just adjustments to better distribute the workload. We are on VERY STABLE footing and we will be working to ensure that we continue to thrive.

The Board is very grateful to the Membership and Coaching Staff for the Club's many successes this season. We will need to continue to rely on your volunteerism to support all of the activities that keep our children swimming.

Please continue the positive energy - smiles and good will are contagious!

GO LOSC!

Contact Us

www.lakeoswegoswimclub.org

Emily Melina - Head Coach
 Mark Cranch - President
 Sarah Sklar - Vice President
 Cliff Lyons - Treasurer
 Cathy Newman - Secretary
 Kim Jordan - Membership
 Nerissa Swaim - Accounts Payable
 Laura Gustaff - Communications

Mailing Address

Lake Oswego Swim Club
 PO Box 1103
 Lake Oswego, Oregon 97035

EQUIPMENT RESALE PROGRAM

Its ebay for swim equipment..... Well sort of

Do you have equipment that your swimmer has outgrown? The color doesn't match their swim bag? Does your swimmer need some equipment but you don't need it brand new? Here's the spot!

LOSC has created this service to connect members so that gently used equipment can go to a new home.

If you have equipment in good shape you'd like to pass on, please send an e-mail to losc.equipment.resale@gmail.com with the following information:

Your Name:

Item:

Size:

Color:

Condition:

Cost:

Contact Info:

Notes/Other Info:

We'll post your item(s) to this site within a couple days.

If you want to purchase an item, please contact the seller directly.

LOSC does not make any guarantees regarding the item. We urge individual sellers and buyers to be considerate of one another. Please contact losc.equipment.resale@gmail.com if you have questions or concerns.

CAR - POOL - CONNECTION

Sharing is caring

The purpose of carpool connection is to bring together current members who can benefit from rides to and from swim practice.

If interested in participating in a carpool, please format your information with the following items then email to Christy Haddock at christina.haddock@gmail.com

Contact information (name, cell number and email address)

Swimmer info (squad and general location of home/school)

Carpool needs (days and times)

*

The Lake Oswego Swim Club will not be held responsible for any issues that arise from use of the carpool.

See your suggestion here...

Do you have an idea that would benefit the Team? Send your suggestion to membership@lakeoswegoswimclub.org