

## Monthly Newsletter – April 2021



### Upcoming Events

Click on the highlighted text below to view sign up and other important meet information

**Friday, April 2<sup>nd</sup> – Fun Fridays (6:15-7:15 pm).** Bronze and Iron Group. See details in this newsletter.

**April 7 & 8 – “Info for the SwimFo” in Service Parking Lot (4:45 – 7:15 pm).** Gather for distanced social time and loads of swim info!

**Thursday, April 15<sup>th</sup> (7:30 – 9:00 pm)** NLSC Booster Board meeting. Zoom link to join: <https://us02web.zoom.us/j/82409273350>

**April 13 & 14 – Birthday Celebrations** on the pool deck.

**April 22-25 – AK AG Champs**  
**Qualified Swimmers:** Qualifying Times Apply  
[Click for additional information](#)

**April 30 – May 2<sup>nd</sup> – Sr Champs Meet** at Bartlett  
**Qualified Swimmers:** Qualifying Times Apply  
[Click for additional information](#)

**May 8<sup>th</sup> – NLSC Banquet @ Service**

### TRAINING SCHEDULE

Training Group	Time
Iron II (2/week)	6:15-7:15 pm (Either Mon/Wed OR Tues/Thurs)
Bronze (3/week)	6:15-7:15 pm (Mon/Wed/Fri OR Tues/Thurs/Fri)
Silver	4:45-6:15 pm (Mon – Fri) 10:30 – 12 pm (Saturdays)
Gold	Boys: 1:45-3:15 pm (Mon-Fri) Girls: 3:15-4:45 pm (Mon-Fri) Mornings: 6-7 am (Mon, Wed, Fri) 9-10:30 am (Saturdays)
NLATS	7:15-8:45 pm (Mon and Wed) 5:30 – 7 am (Tues and Thurs) 7:30-9:00 am (Saturdays)

Comp Team Practice Schedule: [Click Here](#)

NLATS Practice Schedule: [Click Here](#)

## Coaches' Corner

### ~ From Coach Ben

Coming back from sunny AZ Senior Sectional meet with great energy and excitement. The group swam really well in strange conditions: outdoors, COVID, and some wind all combined didn't stop us from swimming really well. I am super proud of how the travel gang went about their business. We had out of four days 1,4,3,5 finalists at a very fast meet. Brian Jarupakorn returned to racing successfully after his injury and rehab, so big shout out to Brian. Our rookies swam well and gained invaluable experience; I'm looking forward to some more rookies joining us in the near future! Special guests Lydia Jacoby and Madison Story had an excellent meet as well with Lydia winning both breaststroke races and Madison reaching finals 3 times including the A final in the 100 breast stroke. In addition to above mentioned athletes, Nicholas Price, Ethan Kwon, Preston Kwon, Conrad Fawcett Jasmine Biederman and Summer Cheng also attended this event in Phoenix! We even got to hang out with Tavner Wisdom who stayed with us during the trip. It was awesome.

Huge thanks to Coach Thad for covering practices during my travel absence, he's a good friend and hopefully provided a different twist on things for the kids.

Moving forward we have some new things on the horizon including some schedule/group changes coming in April. I'll be finalizing my training plan for this next block of the year in the next week or so and we'll be off and running. I am optimistic that our meet schedule will continue to improve as we move towards summer. Let's get to work and see you on deck!

## Important News

### Meet Wrap-ups for March – from Coach Cliff

In March, NLSC had swimmers attending two separate competitions. The first meet was for a group of ten NLSC swimmers who traveled to Phoenix for a meet that hosted over 900 swimmers at 3 different facilities. See Coach Ben's summary in the Coaches' Corner. The second was at Service pool and featured a little over 50 NLSC swimmers.

### NLSC March Time Trial

53 swimmers raced in the local time trial. Here are some great stats:

- Our 14 and Under swimmers achieved 39 new or improved qualifying times for the upcoming AK Age Group Virtual Championships (more information to come).
- From two of our 14&U swimmers, we saw two new AK Senior Champ (April 30-May 2) qualifying times. Zoe Fencil achieved her new cut in the 100 Back (a new Western Zone Championship Q time as well), while Ben Price achieved his new cut in the 100 Fly. Congrats to both!
- We had 18 new or improved qualifying times for AK Junior Olympics (June 3-6).
- We had 46 new or improved qualifying times for this summer's AK Summer Champs (July 23-25).



## April Birthdays

Day	Swimmer	Age
2 <sup>nd</sup>	Gavin Kitchen	16
6 <sup>th</sup>	Elias Kelly	12
6 <sup>th</sup>	Nora Fawcett	10
8 <sup>th</sup>	Annie Baldessari	10
14 <sup>th</sup>	Hana Honkola	15
15 <sup>th</sup>	Zoe Zipsir	13
18 <sup>th</sup>	Brian Jarupakorn	18
20 <sup>th</sup>	Eric Tyson	17
20 <sup>th</sup>	Ryan Bascom	16
21 <sup>st</sup>	Harper Lind	11
25 <sup>th</sup>	Marina Siegel	16
26 <sup>th</sup>	Casey Struna-Meyer	13
29 <sup>th</sup>	Noemi Flowers	14

All eligibility lists for the aforementioned meets have been updated on NLSC's website at:

<https://www.teamunify.com/team/aznlsc/page/events/event-qualifiers->

### Banquet – Saturday, May 8<sup>th</sup> at the Service Pool Parking Lot

The end of the season banquet is in the planning stages and we have some fun and exciting twists to make it as special as this year was! Join our coaches for an evening of fun on Saturday, May 8 from 4-5 pm for distanced social time and eating (tailgate style). The program will begin at 5 pm, lasting until around 8 pm. As always, we encourage your Sunday best attire. Hope to see you all there. More details will be forthcoming as we get closer to the event.

### Fun Fridays – First one Friday, April 2<sup>nd</sup>

Once a month we will be holding a low key, low pressure “mini-meet” for our Iron and Bronze group swimmers. This is a chance for our younger swimmers to get some meet practice and parents to try out different jobs at the meet. Our first event will be Friday, April 2nd during normal practice time (6:15 – 7:15 pm). Come ready for some fun! If you have any questions, please email Sarah Murray, the Iron/Bronze parent rep at sarahjtkpsw@yahoo.com.

### NLSC Booster Board of Director Elections – May 1-7

Did you know that you are part of the NLSC Booster Club? The Boosters is a non-profit corporation that supports the NLSC and its swimmers by hosting swim competitions and providing financial and social support to enhance the swim team experience. We will be holding our annual board of directors

elections via survey and ballot (for the jr athlete reps) May 1-7. Open positions include our President, Treasurer, Meet Director, 2 members at large and 2 junior athlete representatives. If you would like to be considered for any of these positions, please email Amy Gannon at [aegannon@yahoo.com](mailto:aegannon@yahoo.com). The new board of directors will be announced at our annual banquet on May 8<sup>th</sup> and take effect immediately. Look for an email this month with more specifics.

### **Individual Coaching Lessons**

Did you know that our NLSC Coaches offer individual and custom coaching lessons? Each coach has a unique style and expertise. If you are interested in these lessons, please contact them directly as they set up their own schedule and fees.

- Coach Ben, [wbkitchen@gmail.com](mailto:wbkitchen@gmail.com): Groups of 1-4 for intermediate to advanced stroke analysis/technique work along with race strategies and general advice.
- Coach Sam, [akcoachsam@gmail.com](mailto:akcoachsam@gmail.com): Specializes in working on skills from making strokes legal to refining finishing touches on strokes – and everything in between. Additionally, providing insight on sports fueling and on land conditioning for maximal athletic improvement.
- Coach Grant, [g.rantt@gmail.com](mailto:g.rantt@gmail.com): Adult Lessons, the full range from learning to swim to successful athlete. Youth Lessons – intermediate to advanced stroke and turn technique development.

### **Breakout Physical Therapy and Wellness - Blog by Coach Sam**

Coach Sam has started a new project designed to provide swimmers and parents with information to encourage and support improvement in all aspects of life. April's topic comes in time for our championship meets and is titled RACE PREPARATION. She has included some of the best ways to get yourself ready for a meet – before the big day! Click on the following link to read: Race Preparation Thoughts #1 – Are you really getting yourself ready? <https://breakouttraining.blogspot.com/2021/03/race-prep-are-you-really-getting.html>

To learn more about Coach Sam, her background and qualifications, and why she's so excited to be here supporting all of us, click on the first entry in her blog series titled "Getting to know Coach Sam": <https://breakouttraining.blogspot.com/2021/03/getting-to-know-coach-sam.html>. Feel free to email her at [akcoachsam@gmail.com](mailto:akcoachsam@gmail.com) with questions or suggestions.

### **Calling All Swimmers – prize potential!**

Congratulations, Kole Rhodes for winning a \$25 gift card for knowing that the first goggles were made from tortoise shells!

The question for April: Where did Coach Sam go to college and what are her favorite 2 events?

NOTE: You can find the answer by thoroughly reading this newsletter and its links! Please send your responses to Vanessa Kitchen at [vanessakitchen907@gmail.com](mailto:vanessakitchen907@gmail.com). Swimmers who email the correct answer by April 15<sup>th</sup> will be entered into a drawing to win a gift card.

**2020/2021 Schedule:** [Click for Alaska Swimming Schedule](#) and [Click for schedule on NLSC website](#)  
**Time Standards and NLSC Qualifiers:** [Click for Time Standards](#) and [Click for NLSC Event Qualifiers](#)

## *Kasey Romspert*

**How old were you and why did you decide to swim competitively?**

I was 10 years old when I decided to swim competitively.

**What's your favorite event(s)? And, why?**

My favorite events are the 50 and 100 freestyle because they're short and sweet, but always an adrenaline rush.

**What advice do you want to share with the younger swimmers on NLSC?**

I'd tell future swimmers to focus on themselves, never lose your sense of humor, stay goal oriented, and always keep your love for the sport.

**What are your plans for next year; going to college, in state or out of state? If so, where? Taking a gap year? Going into a trade? And, is swimming part of this chapter?**

I'm proud to say I was awarded the J-100 Character-In-Leadership Air Force JROTC full ride scholarship. I was 1 of the 100 internationally recognized students to receive this award. I have not committed to a specific university for the upcoming fall yet, but I would like to pursue a nursing major with a minor in psychology while working on becoming a commissioned officer in the US Air Force.

**Favorite food/drink to help you stay hydrated and energized for swim meets? Follow up: favorite food to celebrate after meets with?**

For swim meets, I like to stay energized with a bottle of water and sometimes half of a granola bar. I celebrate meets with the same unfinished bottle of water and whatever I can find in the fridge.



# Summer Cheng

## How old were you and why did you decide to swim competitively?

I started swim lessons at 2 years old and competitive swimming around the age of 7. Competition was a natural progression of my childhood swimming.

## What's your favorite event(s)? And, why?

My favorite event, although I can no longer swim it competitively, is the 100IM. It has a special place in my heart because I love the combination of sprinting a 25 of each stroke.

## What advice do you want to share with the younger swimmers on NLSC?

Set goals for yourself. They can be short and long-term. Even if you don't reach your goal the first time, don't be discouraged, try again. Also, attitude is everything. Having a positive attitude toward a hard set will make all the difference.



## What are your plans for next year; going to college, in state or out of state? If so, where? Taking a gap year? Going into a trade? And, is swimming part of this chapter?

This fall, I will be swimming D1 at California Polytechnic State University. I plan to study business administration and environmental science. Go Mustangs!

## Favorite food/drink to help you stay hydrated and energized for swim meets? Follow up: favorite food to celebrate after meets with?

Usually, I stick with water at meets and only have snacks at longer competitions. After, I like to treat myself to ice cream with a group of friends.