



Upcoming Events

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

Training Schedule:

PLEASE CLICK ON THE LINK BELOW TO LOOK AT THE UPCOMING SCHEDULE CHANGES.

Normal Summer Practice Schedule – through August 6th

Interim Summer Practice Schedule (Morning practices at Service and afternoon practices at UAA) – August 7th through 19th

New Fall Practice Schedule – August 20th through November 8th

[NLSC Practice Schedule](#)

Aug 7-10 – Western Zone AG Champ at Mt Hood Comm College Aquatic Center, Gresham, OR

Qualified Swimmers: Selected AK Swimmers

[Click for additional information](#)

Week of August 12th – NLSC Swimmers' Summer Birthday Celebration – look for details coming from your Parent Reps

Aug 25 – General Membership Mtg **All Parents** at the Service High Pool from 4-6 pm

Sept 21 – Fall Equinox at Bartlett Pool Hosted by Aurora Swim Team

Qualified Swimmers: All Swimmers

[Click for additional information](#)

Oct 25-26 – Fall Harvest Invite at Bartlett Pool Hosted by CAC

Qualified Swimmers: All Swimmers

[Click for additional information](#)

Coaches' Corner



Mark your calendars today! That's right, the meet schedule for 2019-2020 has been posted with all of the Alaska Swimming Championship meets clearly marked (AK Sr Champs, AK Age Group Champs, and AK Jr Olympics). If championship swimming is a priority to you (and I hope it is ☺), please plan your family trips accordingly.

Would you like to have a 5 - 10 minute consultation on putting together your 2019-2020 meet schedule? Let Coach Cliff or one of the other coaches on staff know. We would love to help you sort through which meets are right for you. [Eligibility lists are posted on the team's website.](#)

Introducing the Brute Squad! Those wishing to make the 2019-2020 Brute Squad will need to compete in each of the following events at least once during the season: 200 Fly, 400 I.M., and the 1650 Free. When these events are offered at the local invitationals....SIGN UP! It will help make you a well-rounded swimmer, and prepare you for other challenging events!

- Coach Cliff

Important News

2019-2020 Sponsorship Campaign

Our sponsorship campaign has officially begun and will run through August 30th. Our team goal is to raise \$15,000 to purchase new dry land equipment and replace the aging filtration system. Prizes will be awarded to the swimmer with the most sponsor support each week. If you have any questions, please contact Amy Gannon at agannon@yahoo.com or (773) 220-1062.

General NLSC Membership Meeting

Please plan on attending the NLSC Boosters membership meeting on **Sunday, August 25 in the stands at the Service High Pool from 4 – 6 pm for all parents.** This meeting will kick off the season and be packed with information including: how to sign-up swimmers for races, how best to volunteer, team registration and new policies, and a summary of the upcoming season. See you there!

NLSC Boosters Message

Officials needed! We are in need of 10 more NLSC officials. Staffing meets has been very difficult in recent years and we are very close to not being able to double end meets at Bartlett. No experience is necessary. You will need to shadow an official, take a test, and do some other USA swimming required training, but your help will really be appreciated. If interested please contact Sean McLaughlin at (907) 223-6784 or mclasm@gmail.com.

Summer Champs Summary

NLSC had some great results at last weekend's AK Swimming Long Course Championship. In addition to bringing home the 2nd place team title, we had several state records!

- Conrad Fawcett set new 13/14 boys AK Swimming records in both the 800m and 1500m freestyles
- Brian Jarupakorn, Tavner Wisdom, Wyatt Adams, and Shawn Wooten combined to set a new AK Swimming Open Division record in the 200 Medley Relay.
- Brian Jarupakorn, Ethan Kwon, Tavner Wisdom, and Konnor Kolberg set a new AK Swimming Open record in the 400 Free Relay
- Shawn Wooten, Konnor Kolberg, Brian Jarupakorn, and Wyatt Adams set a new Open record in the 200 Free Relay.

Thanks to all of the volunteers who made this meet a big success!

2019/2020 Schedule

[Click for Alaska Swimming Schedule](#) and [Click for schedule on NLSC website](#)

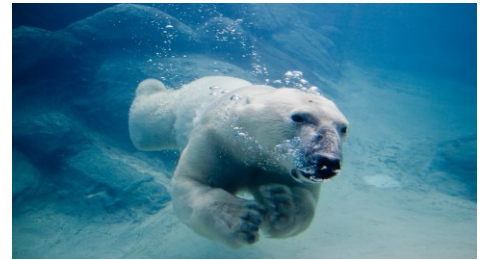
Time Standards and NLSC Qualifiers

[Click for Time Standards](#) and [Click for NLSC Event Qualifiers](#)

Important Policy Updates

- Code of Conduct – [Click Here](#)
- Minor Athlete Abuse Protection Policy – [Click Here](#)
- Bullying Policy – [Click Here](#)

This fall we will be re-registering every member. When re-registering, every member will be required to commit to these three policies.



August Birthdays

	Day	Age
Dara Stull	1	11
Remuna Marti	3	15
Cadence Stull	11	15
Lars Lunoe	20	13
Iris Rothbarth	23	12
Stella Baldessari	24	13
Madelin Lowen	26	11
Madison Struna-Meyer	26	9
Kacee Belanger	27	13