

Monthly Newsletter – August 2021



Upcoming Events

Month of August: 3rd Annual

Corporate Sponsorship Campaign:

All money and forms due by August 31st at 8 pm.

August 10 & 11 – July and August Birthday Celebrations in the parking lot after practice. Ice Cream!

August 28 - Back To School Time Trial at Service

DEADLINE TO REGISTER: August 25th
Qualified Swimmers: Open Time Trial
[Click for additional information](#)

August 28 – Goal Setting Session with Coaches at Service.

10:30 – noon: Gold
12-12:30 pm: Pizza Party
12:30 – 1:30: Silver, Bronze, Iron

September 11 – General Membership Orientation (parents), Swimmer Clinic (swimmers) and BBQ (entire community).
9 am – 1 pm.

September 25 – Fall Equinox hosted by AST at Bartlett Pool

Qualified Swimmers: Open Time Trial
[Click for additional information3r](#)

TRAINING SCHEDULE – August

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

NLATS Practice Schedule: [Click Here](#)

Training Group	August 4, 5 and 6th at West HS	Starting Aug 9th at Service
Iron II	9 – 10 am at WEST HS Pool	6:30-7:30 pm (Either M/W or T/Th)
Bronze	9 – 10 am at WEST HS Pool	6:30-7:30 pm (Either MWF or TThF)
Silver	8:30 – 10 am at WEST HS Pool	6:30 – 8:00 pm (Monday-Friday)
Gold	Practice with your HS team or Silver	Practice with your HS team or Silver. STARTING THE WEEK OF AUG 23rd: 5:30 – 6:45 am (M/W/F)
NLATS	Click Here	

- Saturday practices will start after Labor Day.
- UAA will be opening in September and practices will be: Silver 4-5:30 pm and Bronze/Iron 4:30-5:30 pm.

COACHES' CORNER

2021-2022 Anchorage and Alaska Championship Calendar Mark Your Calendar Now!

NLSC is a competitive swim club. As such we like to make sure our membership is aware of the local and state championships. In the weeks to come we will be updating all of the eligibility lists for:

- Central Area Champs – Held at Bartlett Pool December 3rd-5th, 2021
- AK Sr Champs – Held in Southeast (TBA) January 28th-30th, 2022
- AK Age Group Champs – Held on the Kenai Peninsula (TBA) February 18th-20th, 2022
- AK Masters Champs – Held at Service Pool February 25th-26th, 2022
- AK Jr Olympics – Held at Bartlett Pool April 21st-24th, 2022
- AK Summer Champs – Held at Bartlett Pool July 29th-31st, 2022

For NLSC to perform it's best, we need maximum participation at these meets. I know it is a lot to ask, but if you can plan your family trips around these meets, it will help the team. With full participation, it is possible for NLSC to win each of the above meets. No Alaska team has ever won all 6 of these championships. Let's do it!!!

Important News

Olympic Dreams, Developmental Values - From Coach Cliff

"Olympic Dreams, Developmental Values" is one of NLSC's guiding values. On July 26th we saw the ultimate results of those values as Lydia Jacoby won gold in Tokyo in the 100 meter Breaststroke.

Lydia began training with us occasionally, mostly on weekends, prior to the pandemic. In May of 2020, Lydia came to Anchorage to train, and through Olympic Trials spent much of her time with us at Service Pool

We are proud of Lydia's accomplishments and would like to thank Lydia for entrusting NLSC with her Olympic dreams! Congratulations Lydia!

- Olympic Gold Medalist – Women's 100 meter Breaststroke
- Olympic Silver Medalist – Women's 400 meter

The "Fly for Free" Initiative

During the 2021/2022 season, we will be reinstating the "Fly for Free" initiative. During the season every NLSC swimmer is expected to swim every distance of fly for their age group:

- 10 & Under – 100 Fly and 50 Fly
- 11 / 12 – 200 Fly, 100 Fly, and 50 Fly
- 13 and Over – 200 Fly and 100 Fly

Each swimmer will be entered in the butterfly event offered at select meets this season. Because we expect each of our swimmers to swim their butterfly events this season we are offering up the following meets as meets in which we will not charge entry fees for butterfly events in the following meets:

- Fall Equinox (September 25th)
- Fall Harvest (October 22nd/23rd)
- Winter Splash (January 7th/8th)
- Water Bowl (February 4th/5th)

Brute Squad 2021-2022

We will be re-instituting the Brute Squad for this season. Those wishing to make the 2021-2022 Brute Squad will need to compete in each of the following events at least once during the season:

- Brute Squad for 11 and older swimmers: 200 Fly, 400 I.M., and the 1650 Free.
- Brute Squad Jr for 10 and under swimmers: 100 Fly, 200 I.M. and 500 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!



August Birthdays

<u>Day</u>	<u>Swimmer</u>	<u>Age</u>
2 nd	Sam Goldman	16
6 th	Kole Rhodes	17
6 th	Alexander Donner	16
15 th	Debbie Brower	15
19 th	Paige Erickson	11
20 th	Ruby Willman	11
21 st	William Olendorff	12
22 nd	Toby Ellingson	14
23 rd	Coach Kenny	
23 rd	Iris Rothbarth	14
24 th	Stella Baldessari	15
25 th	Madison McRee	14
26 th	Maddie Struna-Meyer	11
26 th	Harper Lemelson	9
30 th	Natalie Hostetter	12

2021 Summer Champs Recap – Coach Cliff

The 2020/21 season culminated this summer with the 2021 Alaska Swimming Summer Long Course Championship. NLSC took the combined team title with a score of 2613 points, over 400 points ahead of 2nd place. Our boys team won the boys title with a score of 1427 points while our girls team placed 2nd with 1186 points. Individual high points included:

- Griffin Fencil 3rd place 11-12 boys
- Zoe Fencil 3rd place 13-14 girls
- Jan Beck 1st place 13-14 boys
- Ben Price 3rd place 13-14 boys

Breakout Physical Therapy and Wellness

What an incredible summer of dryland – I truly appreciate all those who put in the hard work, I am hoping the results have shown. See below for more dryland specific recap and information regarding PRIZES! Headed into this fall, we are working on a plan to keep this ball rolling. Not only to help with your physical strength, but mental toughness and encouragement towards reaching your goals. See the other parts of the newsletter to find all the fun events you can be apart of. As many of you know, I will be working as an assistant coach for South Anchorage High School throughout their 2021 Swim and Dive Season, so may not be on the pool deck as often. Please always feel free to reach out to me via email at akcoachsam@gmail.com for any questions or concerns you may have about dryland, injuries, nutrition, and most anything in between. If you are looking for any information regarding topics we have covered over the past couple of months, check out breakouttraining.blogspot.com. I am always happy to help and look forward to helping you (or your swimmer) achieve their goals in this coming year. -- Coach Sam

Dry Land Program – Prize update!

Thanks to all those that participated in the Summer Dry Land Program. We recognize the challenges this summer due to practice not being at our home pool, so we changed the game a bit. Anyone that participated in dry land sessions will win a prize. Participants that were able to come to 70% of the sessions will receive a t-shirt and the group with the most participation was Gold. Prizes will be handed out when we are back at Service.

Annual Sponsorship Program

Our 3rd annual corporate sponsorship campaign has officially begun and will run through August 31st. Our team goal is to raise \$30,000 to purchase training and poolside equipment, support coaches travel for the season, technology upgrades for improved live streaming and scholarships. Prizes will be awarded to the swimmer with the most sponsor support each week. Forms have gone out through email regarding the program and this year sponsors can donate on our website – which makes it easy! If you have any questions, please contact Jennifer Wehrmann (907) 382-0146 or jswehrmann@gmail.com.

General Membership Orientation and Swimmer Clinic

Please plan on attending the NLSC Boosters membership meeting on **Saturday, September 11th at the Service High Pool from 9-11:30 am for all parents**. This meeting will kick off the season and be packed with information including: how to access NLSC information, equipment needed, swimmer and parent

expectations, how to sign-up swimmers for races, swim apps and how they work, how best to volunteer (see MVP below), team registration and new policies, and a summary of the upcoming season. During the parent orientation, our coaches will offer a swim clinic for our swimmers from 9 – 11:30 am. At 11:30 am, we will all gather in the parking lot for a season kick off celebration. Lunch will be served.

Mandatory Volunteer Program (MVP) – Roll out Sept 1, 2021

The NLSC Boosters is rolling out our mandatory volunteer program (MVP) on Sept 1. The MVP requires all families to volunteer 20 hours per year to help assist the team in running swim meets, fundraising, and other activities for our swimmers. Volunteering time, energy, ideas and resources will enhance NLSC as well as afford your swimmers an improved sporting experience. All volunteer hours will be tracked in Team Unify. Look for details on the new policy later this month.

Win A Prize...Question of the Month. Please forward to your swimmers so they can enter to win!

Congratulations, **Jake Altman** for winning the \$25 gift card for last months' raffle. The question for August: The average high school swimmer swims _____strokes per season.

Please send your responses to Vanessa Kitchen at vanessakitchen907@gmail.com. Swimmers who email the correct answer by the end of the month will be entered into a drawing to win a gift card.

2021/2022 Schedule: [Click for schedule on NLSC website](#)

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