

Monthly Newsletter – February 2020



Training Schedule:

| Training Group | UAA Pool | Service Pool |
|--|---|---|
| Iron II (2 practices per week) | 4:15 - 5:30 pm (Tues, Thurs) OR 4:15 - 5:30 pm (Mon, Wed) | 5:15 - 6:30 pm (Tues, Thurs) OR 5:15 - 6:30 pm (Mon, Wed) |
| Bronze (3 practices per week) | 4:15 - 5:30 pm (Tues, Thurs, Fri) OR 4:15 - 5:30 pm (Mon, Wed, Fri) | 5:15 - 6:30 pm (Tues, Thurs, Fri) OR 5:15 - 6:30 pm (Mon, Wed, Fri) |
| Silver (up to 5 practices per week) | 4:00 - 5:30 pm (Monday - Friday) | 4:00 - 5:30 pm (Monday - Friday) 9:00 - 10:30 am (Saturday) |
| Gold (up to 7 practices per week) | 4:00 - 5:30 pm (Monday - Friday) | 2:30 - 4:30 pm (Monday - Friday) 9:00 - 11:00 (Saturday) |
| NLATS | NA | Click here for schedule |

[Click for NLSC Practice Schedule](#)

Coaches' Corner

The Aqua Dog – NLSC's Community Outreach Event

This year's Aqua Dog will be held at Bartlett Pool and will feature reigning Olympic champ Anthony Ervin! This meet has something for everyone. [Click Here to read the ADN article from last year.](#) Whether you are looking to get that race in against the fastest man in the world, or you would like to race your mother, father, neighbor down the street, this is the swimming event for you! Register today at www.akaqua.dog and tell your friends!

We want to show Anchorage, the state of Alaska, and the entire country that swimming is for everyone. Young and old, fast or slow, long time swimmer or new to the sport, this event is for you!

Everyone gets a chance to swim two 50m freestyle races, then the top 6 women and top 6 men duke it out to see who this year's Aqua Dog will be! There are awards for age group winners and even a red cap award for the last male and female competitor (like the red lantern award in the Iditarod).

~Please join us for this year's event!

Upcoming Events

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

Feb 14-16 – Age Group Champs in Ketchikan, AK

Qualified Swimmers: USA Swimming "B" Times

[Click for additional information](#)

Feb 21 – Aqua Dog 50 Free Sprint Tournament at Bartlett

Feature Reigning 50 Meter Olympic Gold Medalist – Anthony Ervin

[Click to Register](#)

Feb 22 – Olympian Anthony Ervin Swim Clinic

Feature Reigning 50 Meter Olympic Gold Medalist – Anthony Ervin

[Click to Register](#)

Week of February 24th – Birthday Celebrations

Mar 5-8 – Region XII Sr Champs in OR

Qualified Swimmers: Yes

[Click for additional information](#)

Mar 12-15 – Spring Sectionals in WA

Qualified Swimmers: Yes

[Click for additional information](#)

Mar 19-22 – NW AG in WA

Qualified Swimmers: Yes

[Click for additional information](#)

Important News

New NLSC Suits and Gear!

We have a fun new design for some of our gear (suits, shirts, towels, and mesh gear bags)! We have been working with suit manufacturer Q and they have put together a unique design for us:



We have a fit kit at Service Pool if you would like to try on a suit. To order your own gear, [CLICK HERE](#). Coach Cliff has gone through the ordering process and received his shirt, towel and bag. The order took a little over two weeks to arrive. The shirts are an athletic fit (snug), the towel and mesh bag seem sturdy.

Winter Splash – NLSC had 80+ participants in this year's first meet of the year. We had 43 new or improved AK Age Group qualifying times and 28 new or improved AK Jr Olympic Qualifying times! We even had 9 new or improved qualifiers for the AK Sr Champs! Our top time dropper was Kalima Glascott, who dropped in all 5 of her events!

Alaska Sr Champs - Our NLSC participants took the overall team title, the men's team title, and our own Brian Jarupakorn won the men's highpoint award! That's not all, Gavin Kitchen, Preston Kwon, Lucas Wisdom and Conrad Fawcett combined to set a new record in the 13-14 Boys 200m Medley Relay!

NLSC Aqua Bowl – We had over 70 participants in this year's meet! Our top time dropper was Ryan Bascom, who dropped in all 5 of his events! Our swimmers achieved 51 new or improved AK Age Group Champ qualifying times, and 46 new or improved qualifying times for AK JO's! A huge thank you to all of the NLSC volunteers who: managed this meet, officiated at the meet, ran computers and timed at the meet, brought food, and who helped set up and take down the meet. It takes several dozen volunteers to make a meet like the Aqua Bowl come together. To all those that helped....a heartfelt THANK YOU!

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](#)

Safe Sport Training Links

- [18+ Athlete Training Link](#)
- [Parent Training Link](#)
- [Minor Athlete Training Link](#)

Important Deadlines

Register for AG Champs – **Feb 4th**
Register for Region XII Sr Champs – **Feb 20th**
Register for Spring Sectional – **Feb 20th**
Register for NW AG's – **Feb 20th**
Register for Aqua Dog – **Feb 20th**



February Birthdays

| <u>Day</u> | <u>Swimmer</u> | <u>Age</u> |
|------------|-------------------|------------|
| 5 | Kaden Rhodes | 17 |
| 6 | Kayla Tyree | 17 |
| 7 | Caitlyn Michel | 15 |
| 8 | Alyiah Hufana | 14 |
| 8 | Kalima Glascott | 14 |
| 11 | Zoe Fencil | 13 |
| 13 | Sarah Kim | 12 |
| 14 | COACH CLIFF | |
| 17 | Anna Grace Rogers | 17 |
| 26 | Abel Thomas | 10 |