

Monthly Newsletter – February 2021



Upcoming Events

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

Tuesday February 2nd (7:30 – 9:00 pm) – NLSC Booster Board meeting. Zoom link to join: <https://us02web.zoom.us/j/84848087590>

Feb 5-7th - Central Area Conference Invite at Bartlett Pool
Qualified Swimmers: Qualifying Times Apply
[Click for additional information](#)

Week of Feb 15th – Birthday Celebrations. Look for information from your groups' parent representative.

NEW TRAINING SCHEDULE:

Training Group	Service Pool
Iron II (2 practices/week)	6:00-7:00 pm (Either Mon/Wed OR Tues/Thurs)
Bronze (3 practices/week)	6:00-7:00 pm (Mon/Wed/Fri OR Tues/Thurs/Fri)
Silver	4:30-6:00 pm (Mon – Fri) 10:30 – 12 pm (Saturdays)
Gold	Boys : 1:30-3:00 pm (Mon - Fri) Girls : 3:00-4:30 pm (Mon – Fri) 9-10:30 am (Saturdays)
NLATS	7:00-8:30 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

A New Workout Offering – By Coach Cliff, From Coach Sam

NLSC is fortunate to have an Alum who is also a Dr of Physical Therapy. For the last couple of months, Coach Sam (akcoachsam@gmail.com), has been developing a dryland program for the different training groups on the team. The coaching, workouts, and instructional videos are specific to the various training groups on the team.

Coach Sam has sent out questionnaires, and begun publishing the workouts. These are highly specific and scientifically developed workouts. I highly encourage you to avail yourself of Coach Sam's expertise. It is the rare swim team that has this kind of amazing resource.

Get an introduction to Coach Sam's NLSC Dryland program, and contact her if you would like to participate:

- Silver/Gold/Masters: <https://youtu.be/ljN9vMkSzBs>
- Bronze/Iron: <https://youtu.be/p8NACL-rZml>

Important News

AK Athlete Update

Winner of the AK Swimming Spirit Week (individual category) was NLSC's very own Conrad Fawcett. Congratulations on showing your awesome team spirit!

Meet Director Update – from Jodi McLaughlin

NLSC continues to work with the city and health department towards competition for swimmers within Anchorage, and hopefully eventually with teams from outside. We are hopeful that the markedly improved case numbers, the importance of swimming to public health and safety, and the great record of compliance and safety built in swimming across the city, state, and country will lead to good news soon. The Central Area Conference Invite will be held this coming weekend, Feb 5-7. We expect AK Swimming to make some decisions soon about Age Group Champs and Senior Champs. Thanks for your patience and ongoing commitment to safe swimming!

NLATS MOTM (Message of the Month) – by Coach Grant

The average human breathes once every three seconds, while swimming we have to fight the urge of inhaling too much air. If you are constantly feeling like you need air, check to make sure you're constantly inhaling or exhaling and that your previous breath is completely exhaled.

Winter Time Trial

We had about 70 swimmers come together on January 23rd for the first competition of 2021 – the Winter Time Trial. Our swimmers posted over 120 personal improvements. It is impressive that our swimmers continue to embrace each opportunity, big and small, to challenge themselves. We have learned that opportunities, like our team time trials, are precious. I am proud of our swimmers.

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](#)

Community Partner Appreciation

Thank you to **The Sholton Family Foundation** one of our 2020-2021 Season Platinum Sponsors. We are so grateful for your support!

The Sholton family has had a presence in Alaska philanthropy since the inception of the family's former business, Northern Air Cargo. The Sholton Foundation has supported the arts, healthcare, and education for nearly four decades. What started out as a project specific to matriarch, Rita Sholton has since become something the entire family embraces. The Sholton Foundation appreciates the opportunity to support local programs like NLSC that promotes a healthy appreciation for swimmer safety, encouragement of life-long wellness and development of champion swimmers.



February Birthdays

Day	Swimmer	Age
5 th	Kaden Rhodes	18
8 th	Kalima Glascott	15
8 th	Alyiah Hufana	14
11 th	Zoe Fencil	14
11 th	Evin Lucas	13
11 th	Zoe Bashford-Blumer	12
13 th	Sarah Kim	13
14 th	COACH CLIFF	
17 th	Anna Grace Rogers	18
26 th	Abel Thomas	11
26 th	Amara Savikko	10