

# Monthly Newsletter – January 2020



## Upcoming Events

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

**Jan 10-11** – Winter Splash at Bartlett hosted by Chugiak Aquatics Club  
**Qualified Swimmers:** All Swimmers  
[Click for additional information](#)

**Week of January 13<sup>th</sup>** – Birthday Celebrations

**Jan 24-26** – Sr Champs at Bartlett hosted by Central Area Swimming  
**Qualified Swimmers:** Sr Champ Qual. Times  
[Click for additional information](#)

**Jan 31/Feb 1** – Aqua Bowl at Bartlett hosted by NLSC  
**Qualified Swimmers:** All Swimmers  
[Click for additional information](#)

**Feb 14-16** – Age Group Champs in Ketchikan, AK  
**Qualified Swimmers:** USA Swimming "B" Times  
[Click for additional information](#)

## 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	<a href="#">Click here for schedule</a>

[Click for NLSC Practice Schedule](#)

## Coaches' Corner

With the beginning of the new year, many choose to reflect on the year behind them. I would like to direct your attention to the future and the season/year ahead. 2020 is an Olympic year and as a result much, though not all, of our focus and racing shifts from Short Course Yard competitions (SCY – 25-yard pools) to Long Course Meter competitions (LCM – 50-meter pools). This year we have several LCM opportunities to race, and for our most elite swimmers, this is great, as the only way to qualify for Olympic Trials is with a time swum in a LCM competition. This year the Alaska Sr Championship meet is the first LCM meet for Alaskan swimmers, and it will be held at Bartlett Pool.

For many of us, LCM racing can be challenging because we don't get the opportunity to train or race it nearly as often as we do SCY. It can be challenging to determine how well you are doing when you don't have a frame of reference to compare. It is actually really challenging to accurately compare LCM times to SCY times. They are both swimming times, but the actual distances and many of the characteristics of racing change (like the number of turns in a race).

Let me offer a way to make LCM racing a bit more meaningful by comparing SCY and LCM qualifying times. For this we will be using the AK Sr Champ time standards for the Women's 50 Free (31.99 LCM and 27.99 SCY).

## Coaches Corner, Cont.

The ratio of the two times is such that the LCM time is 1.14 times greater than the SCY time. By multiplying your time by the 1.14 you will be able to determine what a good LCM goal time might be.

Keep in mind that this is only a tool for you to determine a goal time. If you don't go the exact time, you are not a LCM failure. The best way to think about LCM races and SCY races is to acknowledge that they are not the same. They are similar, much in the same way that ice cream, gelato, and frozen yogurt are all similar. Even if they have the same "flavor" (chocolate, vanilla, 50 Free, 100 Free), they are just different enough that it is healthier to treat them differently.

Is it fair to compare your SCY and LCM times...YES! Just keep in mind that you should be comparing them in the same way you compare apples and oranges ;-)

With all of this in mind, it is fun to challenge yourself with new meets and events, so #flxurlcmmsnlscl!

## 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.

### Safe Sport Training Links

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

### Important Deadlines

Register for Winter Splash – **Jan 6<sup>th</sup>**  
Register for Sr Champs – **Jan 14<sup>th</sup>**  
Register for Aqua Bowl – **Jan 27<sup>th</sup>**



### January Birthdays

<u>Day</u>	<u>Swimmer</u>	<u>Age</u>
1	Coach Grant	
1	Coach Adam	
8	Shawn Connolly	11
13	Ximena Perona	14
14	Duncan Kitchen	11
20	Hannah Katchen	14
22	Reubin Williams	12
24	Ethan Bartz	18
29	Stella Stoller	16
31	Bentley Altman	14

### **NLSC-CAC IMX Challenge - Recap**

Our IMX Dual Meet with Chugiak Aquatics club was a lot of fun and saw many great races! Our very own Ivy Bascom and Raphaela Gullett took 2<sup>nd</sup> and 3<sup>rd</sup> for the 12 & Under girls, while Reven Settle took the top place for 12 & Under boys.

For the 13 & Over swimmers, Kalima Glascott and Anna Grace Rogers took 2<sup>nd</sup> and 3<sup>rd</sup> for the girls, while Conrad Fawcett and Preston Kwon took the 1<sup>st</sup> and 2<sup>nd</sup> place spots for the boys.

At this point, we have the following swimmers already qualified for next year's IMX Games in Mesa, AZ: Conrad Fawcett, Hannah Katchen, Preston Kwon, Megan McLaughlin, Ben Price, Zoe Fencil, and Kasey Romsper.

### **10 & Under Postal Championship - Recap**

The 2019 Alaska Swimming 10 & Under Postal meet saw NLSC make huge advances over last year. We had a 90% increase in participation AND placed 3<sup>rd</sup> as a team within the state!

At the local competition, our 10 & Under boys took 1<sup>st</sup> in the 200 Free Relay (Griffin Fencil, Shawn Connolly, Ronnie Smith, and Duncan Kitchen). Additionally, Noelle Oakley, Duncan Kitchen, and Griffin Fencil all took one or more first places in their individual races!

### **Service Pool Filters are Installed – Thank You Sponsors!**

On Sunday, December 29<sup>th</sup>, Coach Grant, Coach Ben, and Coach Cliff completed the construction and installation of the new Service Pool filters! The pool water is crystal clear, beautiful, and inviting.

The new filters would not be a reality without our sponsors and our continued partnership with the Municipality of Anchorage.



**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](#)