

# Monthly Newsletter – January 2021



## Upcoming Events

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

**Week of Jan 11<sup>th</sup>** – Birthday Celebrations. Look for information from your groups' parent representative.

**Monday, Jan 11<sup>th</sup> (7:30 – 9:00 pm)** – NLSC Booster Board meeting. Zoom link to join:  
<https://us02web.zoom.us/j/85747636737>

### Upcoming Competitions:

No timelines for upcoming swim events due to uncertainty with local restrictions. Look for information through email as we become aware of scheduled events.

## 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

### Swim Meet Schedule

As a result of COVID and the Anchorage EO 17 the early part of our 2021 swim season is looking at some changes, but there are some hopeful signs that we may be racing again soon.

As of now, Central Area Champs is being shifted into February, with an eye toward President's Day weekend. This date may be shifted, but we will be doing some racing in February...one way or another.

### Dryland News

Coach Sam is developing a dryland program for our club. Coach Sam is a Doctor of Physical Therapy and an alumni of NLSC. The plan is to have videos uploaded to our YouTube channel so that all members can avail themselves of her expertise and improve overall strength and flexibility. This will take some time to build, but it is exciting to a program built just for us by one of us. Stay tuned this winter and spring as we roll out the program.

– From Coach Cliff

## Important News

### NLSC Booster Grant from the AK Community Foundation

The NLSC Boosters is excited to announce that we received a non-profit grant from the AK Community Foundation. We will use the funds for poolside equipment, updated technology and equipment to livestream events, power towers (perhaps your swimmer has been able to use these already – the buckets!), and other COVID related items to ensure we continue to hold practice and meets safely at the Service Pool. Each swimmer will be receiving a brand-new wet bag with lots of equipment to be used during swim practice (fins, kickboards, snorkels, etc) and dry land equipment (thera bands, and stretch cords) to be used in conjunction with the program Coach Sam will be rolling out soon. More information will be coming out as the bags are distributed. It feels like Christmas in the natatorium with all the boxes!

### Alaska Swimming Spirit Week - January 11-15<sup>th</sup>

Lydia Jacoby and Summer Cheng, along with the rest of the ASI athlete committee, are hosting the first annual Alaska Swimming Spirit Week to promote community at a time when there are a lack of competitions and socializing on deck. Below outline the specifics for each day of the week:

- Monday, January 11<sup>th</sup> – PJ Day
- Tuesday, January 12<sup>th</sup> – Twin Day, where the same outfit or swimwear as a friend
- Wednesday, January 13<sup>th</sup> – Snow Swim, show off your strokes in the snow
- Thursday, January 14<sup>th</sup> – Crazy Sock and Mask Day
- Friday, January 15<sup>th</sup> – Dress up in team colors (black and gold) and/or team gear.

Teams and individuals are encouraged to send in photos throughout the week to [akswimmingathletes@gmail.com](mailto:akswimmingathletes@gmail.com). Be sure to include club name and individual name(s). The winning team will receive a trophy and the winning individual will receive a \$50 gift card to swim outlet.

### NLATS MOTM (Message of the Month) –

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.

**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 our 2020-2021 Season Sponsors. We are so grateful for your support!



## January Birthdays

Day	Swimmer	Age
8 <sup>th</sup>	Shawn Connolly	12
14 <sup>th</sup>	Duncan Kitchen	12
14 <sup>th</sup>	Masey Muffoletto	8
20 <sup>th</sup>	Hannah Katchen	15
22 <sup>nd</sup>	Reubin Williams	13
27 <sup>th</sup>	Parker Rabinowitz	18
31 <sup>st</sup>	Bentley Altman	15