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|  **Monthly Newsletter – July 2019** |
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**Upcoming Events**
*Click on the highlighted text below to view sign up and other important meet information*

**July 14-20** – NLATS Greek Swimming Odyssey
***Qualified Swimmers***: Masters
[Click for additional information](https://www.teamunify.com/team/aznlsc/page/events#/team-events/upcoming)

**July 26-28** – 2019 AK Summer Champsat Bartlett Pool
***Qualified Swimmers***: Age Group “B” Times
[Click for additional information](https://www.teamunify.com/team/aznlsc/page/events#/team-events/upcoming)

**Aug 5-18** – FINA World Masters Championship
***Qualified Swimmers***: Masters

[Click for additional information](https://www.teamunify.com/team/aznlsc/page/events#/team-events/upcoming)

**Aug 7-10** – Western Zone AG Champ
at Mt Hood Comm College Aquatic Center, Gresham, OR
***Qualified Swimmers***: Selected AK Swimmers
[Click for additional information](https://www.teamunify.com/team/aznlsc/page/events#/team-events/upcoming)

**Aug 7-11** – USMS Summer Nationals
at Mission Viejo, CA
***Qualified Swimmers***: Qualified Masters Swimmers
[Click for additional information](https://www.teamunify.com/team/aznlsc/page/events#/team-events/upcoming)

**Aug 25** – General Membership Mtg

All Parents at the Service High Pool from 4-6 pm

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| [**Training**](https://www.teamunify.com/gutxsst/UserFiles/File/Training%20Groups%20Info/2018-2019%20Training%20Schedule.pdf) **Schedule – through Aug 2nd:**

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| Training Group | UAA Pool | Service Pool |
| Iron II (2 practices per week) | 4:15 - 5:30 pm (Tuesday & Thursday) | 8:45 – 10 am (Monday – Friday)4:45 – 6:00 pm(Monday – Thursday) |
| Bronze(3 practices per week) | 4:15 – 5:30 pm (Tuesday & Thursday) | 8:45 – 10 am (Monday – Friday)4:45 – 6:00 pm(Monday – Thursday) |
| Silver(up to 5 practices per week) | 4:00 – 5:30 pm (Tuesday & Thursday) | 8:30 – 10 am (Monday – Friday)4:00 – 5:30 pm(Monday – Thursday) |
| Gold(up to 7 practices per week) |  | 7 – 9:00 am (Monday – Friday)4:00 – 5:30 pm (Monday & Wednesday) |
| NLATS |  | [Click here for schedule](https://www.teamunify.com/team/aznlsc/page/adult-training-squad) |

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| Dryland (bring closed toed shoes, shorts/leggings and t-shirt):Silver: Mon (2:30-3:30 Girls’ only), Wed and Fri 8-8:30 Gold: Mon (2:30 – 3:30 Girls’ only), Tue & Thurs (5:30-6:30 @ Hilltop) |
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**
College Admissions, Recruiting, and Social Media** *from Coach Cliff*

In case you think that college admissions officers and coaches aren’t looking into your social media, think again.

““And I’ll tell you this right now — if there’s anything negative about women, if there’s anything racial or about sexuality, if there’s anything about guns or anything like that, we’re just not going to recruit you, period. Piece of advice for you — what you put on social media, that’s your résumé to the world. That’s what you’re trying to tell the world you’re all about. That’s how you’re advertising yourself. Be smart with that stuff.”

* From Nebraska Cornhuskers Football, Coach Scott Frost.

**Important News
2019-2020 Sponsorship Campaign**
We are kicking off our first annual sponsorship campaign on August 1 which will run through August 30. Our team goal is to raise $15,000 to purchase new dry land exercise equipment and replace the aging filtration system. Sponsors and donors can include individual families, friends and businesses in our community. There will be prizes and NLSC sponsorship t-shirts for all swimmers. Look for more details in August! **General Membership Meeting**

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| Important Deadlines**July X – Sign up for AK Summer Champs** |
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The NLSC Boosters will be holding a membership meeting on **Sunday, August 25 at in the stands at the Service High Pool from 4 – 6 pm**. This meeting will kick off the season and will be packed with information including: how to sign up swimmers for races, how best to volunteer, team registration and new policies, and a summary of the upcoming season. These meetings only happen 1-2 times per year, so please plan on attending!



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| **NLSC July Birthdays**

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|  | Day | Age |
| Kasey Romspert | 1st | 16 |
| Linden Reaburn | 2nd  | 14 |
| Mari Ward | 2nd  | 12 |
| Orion Jensen | 6th  | 9 |
| Kinsley Pinkston | 7th  | 12 |
| Grace Ward | 16th  | 16 |
| George Sholton | 18th  | 15 |
| Angelina Ferucci | 25th  | 17 |
| Adam Nguyen | 27th  | 17 |
| Charlotte Nelson | 27th  | 9 |
| Dara Stull | 31st  | 11 |
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**NLSC Booster Club Message**We are looking forward to a great 2019-2020 season. This year we are kicking off a sponsorship campaign, offering new NLSC merchandise and enhancing communication through parent group reps and a monthly newsletter. Feel free to reach out to any board member or parent rep with questions or concerns:

* President – Trish Cheng
* Vice President – Crystal Rogers
* Secretary – Kara Cravens
* Treasurer – Scott Vongemmingen
* Volunteer Coordinators – Jodi McLaughlin, Amy Gannon and Sami Glascott
* Iron/Bronze Parent Reps – Jenny Fawcett, Carolyn Baldessari
* Silver Parent Rep – Caryn Faignant
* Gold Parent Rep – Heather Bascom
* UAA Parent Rep – Laura Honkola

**Minor Athlete Abuse Prevention Policy**

Effective June 23rd, this is the new policy for NLSC. [Click Here to view on our site.](https://www.teamunify.com/team/aznlsc/page/newsletter/minor-athlete-abuse-prevention-policy)

**2019/2020 Schedule**

[Click for Schedule](https://www.teamunify.com/Home.jsp?team=wzaslsc)

**Time Standards and NLSC Qualifiers**

[Click for Time Standards](https://www.teamunify.com/SubTabGeneric.jsp?team=wzaslsc&_stabid_=1914)

[Click for NLSC Event Qualifiers](https://www.teamunify.com/team/aznlsc/page/events/event-qualifiers-)