

# Monthly Newsletter – July 2021



## Upcoming Events

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

### Thursday, July 8<sup>th</sup> (7:30 – 9:00 pm)

NLSC Booster Board meeting. In person meeting. Send email to [aegannon@yahoo.com](mailto:aegannon@yahoo.com) if you'd like to attend.

### July 23<sup>rd</sup> - 25<sup>th</sup> – 2021 Alaska Summer Champs at Bartlett Pool

#### **DEADLINE TO REGISTER: July 12**

**Qualified Swimmers:** Qualifying Times Apply  
[Click for additional information](#)

**August 10 & 11** – July and August Birthday Celebrations in the parking lot after practice. Ice Cream!

## TRAINING SCHEDULE – July

**NOTE: Service Pool closed in July due to scheduled maintenance**

Comp Team Practice Schedule: [Click Here](#)

NLATS Practice Schedule: [Click Here](#)

Training Group	West Pool	Bartlett Pool	Dry Land
Iron II (Either M/W or T/Th)	N/A	5:30 – 6:30 pm (Mon-Thurs)	5-5:30 pm (Tu & Th) at Bartlett
Bronze (Either MWF or TThF)	N/A	5:30 – 6:30 pm (Mon-Thurs)	5-5:30 pm (Tu & Th) at Bartlett
Silver	N/A	4:30 – 6:00 pm (Mon-Thurs)	6:15 – 7 pm (Tu & Th) at Bartlett
Gold (MWF)	Gold Sr +: 7-8:30 am Gold: 8:30 – 10 am	N/A	4:45-5:30 pm (Mon & Wed) at Service
Gold (Tu/Th)	Gold Boys: 7-8:30 am Gold Girls: 8:30-10 am	N/A	6-7 pm (Tu & Th) Stairs at Hilltop (13 year old +)
NLATS	NLATS Practice Schedule: <a href="#">Click Here</a>		

It was my pleasure to go to the Olympic Trials in Omaha Nebraska as part of Lydia's NLSC/Tsunami coaching team. The meet was a great success as you all know by now. Lydia finished second in the 100 breaststroke qualifying her to represent her country, Alaska and Tsunami/NLSC in the Tokyo Olympic games. Lydia is currently training with the Olympic team in Hawaii as they finish preparations for the games. Her training is going well and she is having a great time. The trials were like no meet I've seen as a coach or swimmer. There was loud music and concert lighting in a venue that has to be seen to believe.

This year, as Tokyo is hosting, there was also a Japanese drumming group that welcomed each athlete to the team. Then there were the things I see here at every meet in Alaska. Young people working hard chasing big dreams, heartache and elation balanced in every heat. The swimming was affected by COVID protocols much like we have practiced at our meets here in Alaska. The most successful swimmers balanced technique, effort and emotion to get through three swims in attempts at a top two placing. I saw the fastest swimmers in the world sigh with relief at securing their spots. It made me think about where all these people started out in swimming. The one I know personally started off in a small Alaskan port town. I'm sure each of our countries' swimmers this Olympic Games has a story that started much like our current Bronze group swimmers and above. Dream big, learn about commitment and responsibility. Dare to become the best version of yourself. With your friends and coaches around you swimming will take you places you never imagined.

A huge thank you to the NLSC booster club, Coach Cliff, the Jacoby family, Amy Gannon, Coach Meghan, Coach Sol and others (you know who you are) for making this trip possible! It was something I learned a lot from and will be eternally grateful to have attended.

See You On Deck! -Coach Ben

## Coaches' Corner



## Important News

### 2021 JO Meet Recap – Coach Cliff

We had a very strong showing at the Jr Olympics in early June. Despite the short turnaround from Age Group Champs and Senior Champs, we had 56 athletes participate in at least one event. NLSC placed 2<sup>nd</sup> in the team category. We were the only team to place in the top 2 at each of the three championship meets...2<sup>nd</sup> at Age Group Champs, 1<sup>st</sup> at Senior Champs, and 2<sup>nd</sup> at JO's.

In addition to our great team performance, we had the following athletes take home individual high point awards:

11-12 Boys: Jackson Charton placed 1<sup>st</sup>.

13-14 Girls: Zoe Fencil placed 2<sup>nd</sup>

13-14 Boys: Ben Price placed 1<sup>st</sup> and Preston Kwon placed 2<sup>nd</sup>

15 & Over Boys: Conrad Fawcett placed 1<sup>st</sup>, Nick Price placed 2<sup>nd</sup>, and Brian Jarupakorn placed 3<sup>rd</sup>

In fact, NLSC had more top three high point winners than any other team at JO's!

On a personal note, I would like to thank all of the NLSC coaching staff who worked this meet while I was on vacation. I received some messages from parents of other teams that noticed how professional our staff was, and how amazing our corps of volunteers performed at JO's. Kudos to the swimmers, coaches, and volunteers of NLSC!

### Breakout Physical Therapy and Wellness Blog by Coach Sam

As the summer runs on, it seems like the days (although long and filled with sunshine) keep getting away from me - as they're jam packed with fun, adventure, and learning each day. We will continue discussing GOALS this month, with the emphasis on a great fortune I recently received in a cookie - "Persistence Paying Off". Read more about that here:

<https://breakouttraining.blogspot.com/2021/06/goal-setting-persistence-pays-off.html>.

If you missed out on the Goal Setting overview from last month, you can see that here:

<https://breakouttraining.blogspot.com/2021/05/goal-setting-its-not-just-for-future-you.html>.

Let's finish out this summer before high school season working hard.

### Dry Land Program - Fun incentives update!

Those that complete ALL dryland sessions will receive a Summer Warrior t-shirt. The group with the most participation will have a fun pizza party with Coach Sam. Remember if you are out of town or unable to come to in person sessions, you can still participate by completing the bonus workout twice, which will be sent out weekly.

### Throw Out the Trash Talk – by Coach Cliff

There are definite pitfalls to trash talking. In my experience nothing good ever comes from it. Here is the definition of trash talk that I found on a Google search:



### July Birthdays

<u>Day</u>	<u>Swimmer</u>	<u>Age</u>
1 <sup>st</sup>	Preston Kwon	15
2 <sup>nd</sup>	Elizabeth Gresham	14
8 <sup>th</sup>	Kinsley Pinskton	14
19 <sup>th</sup>	George Sholton	17
31 <sup>st</sup>	Dylann Hall	11

noun

1. insulting or boastful speech intended to demoralize, intimidate, or humiliate someone, especially an opponent in an athletic contest.  
"he heard more trash talk from the Giants before the game than during the game"

verb

1. use insulting or boastful speech intended to demoralize.  
"their players do not swear or tussle or trash-talk"

Whenever I hear someone trash talking, I think two things:

1. The trash talker is scared and/or insecure.
2. The person (or people) on the receiving end of the trash talk now have motivation to prove the trash talker wrong.

In either case, the trash talker is on the losing end. Before you engage in trash talk, ask yourself "why am I doing this?" and "is this going to help me perform better?", and finally "is this going to help/hurt my competitor(s)?" Trash talk and physical intimidation are not the way a person becomes a true champion. Hard work, grit, and determination make you a champion. Win or lose, be graceful...that is the NLSC way.

### **Annual Sponsorship Program**

Our 3<sup>rd</sup> annual corporate sponsorship campaign is just around the corner. We will run the campaign August 1 – 31<sup>st</sup>. Our team goal is to raise \$25,000 which will be used for training equipment, coach travel to out of Anchorage meets, technology upgrades for improved live streaming, scholarships, and lane reels for the Service Pool. Prizes will be awarded to the swimmer with the most sponsor support each week. More information will be coming soon.

### **Mandatory Volunteer Program – Roll out Sept 1, 2021**

Swimming for the largest swim team in Alaska requires the support and dedication of its swimmers and their families. As a non-profit organization, the NLSC Booster Club are dependent upon the parents of our swimmers working together to maintain this standard of excellence. We have many swim meets and functions that require parent participation and, in fact, could not be run without parental assistance. The NLSC Boosters will be rolling out a new volunteer program starting Sept 1, that requires all families to volunteer 20 hours per year to help assist the team in running swim meets, fundraising, and other activities for our swimmers. Volunteering time, energy, ideas and resources will enhance NLSC as well as afford your swimmers an improved sporting experience.

### **Win A Prize...Question of the Month. Please forward to your swimmers so they can enter to win!**

Congratulations, Griffin Fencil for winning a \$25 gift card for last months' raffle. The question for July:

- A space shuttle turbopump could empty an entire Olympic-sized pool in less than how many seconds?

Please send your responses to Vanessa Kitchen at [vanessakitchen907@gmail.com](mailto:vanessakitchen907@gmail.com). Swimmers who email the correct answer by the end of July will be entered into a drawing to win a gift card.