

Monthly Newsletter – June 2021



TRAINING SCHEDULE

Training Group	Time
Iron II (2/week)	6:00-7:00 pm (Mon-Thurs) (Either Mon/Wed OR Tues/Thurs)
Bronze (3/week)	6:00-7:00 pm (Mon – Thurs) 11-Noon (Fri) (Mon/Wed/Fri OR Tues/Thurs/Fri)
Silver	4:30-6:00 pm (Mon – Thurs) 10:00-11:30 pm (Fri)
Gold (Mon/Wed/Fri)	Gold Sr+: 7:00-8:30 am Gold: 8:30-10:00 am Gold 2nd Practice All (Mon/Wed): 3-4:30 pm
Gold (Tues/Thurs)	Gold Boys: 7:00-8:30 am Gold Girls: 8:30-10:00 am
NLATS	5:30-7:00 am (Mon - Thurs) 7:00-8:30 pm (Mon and Wed) Noon-1:00 pm (Tues and Thurs)

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

NLATS Practice Schedule: [Click Here](#)

Upcoming Events

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

June 3rd - 6th – 2021 Alaska Junior Olympics, JO's at Bartlett Pool
Qualified Swimmers: Qualifying Times Apply
[Click for additional information](#)

June 8th & 9th – Birthday Celebrations in the parking lot after practice. Ice Cream!

Thursday, June 10th (7:30 – 9:00 pm)
NLSC Booster Board meeting. In person meeting. Send email to aegannon@yahoo.com if you'd like to attend.

Wednesday, June 16 – Mini Meet (6:15-7:15 pm). Bronze and Iron Group.

July 23rd - 25th – 2021 Alaska Summer Champs at Bartlett Pool
Qualified Swimmers: Qualifying Times Apply
[Click for additional information](#)

Coaches' Corner

COACH BEN AND LYDIA JACOBY ARE HEADING TO THE OLYMPIC TIME TRIALS IN OMAHA, NE! Look to Facebook for more information and links or join us at a watch party planned at Peanut Farm and Buffalo Wild Wings.

SUPPORT ALASKAN SWIMMERS

Men's 100breast

- Prelims: SUNDAY 13th 7am (5th event)
- Semi final: SUNDAY 13th 4pm
- Finals: MONDAY 14th 4pm

John Heaphy

Lydia Jacoby

Women's 100breast

- Prelims: MONDAY 14th 7am (3rd event)
- Semi final: MONDAY 14th 4pm
- Finals: TUESDAY 15th 4pm

ALL TIMES ARE IN ALASKA TIME

Gather your friends at **Peanut Farm** or **Buffalo Wild Wings** in Anchorage for a Watch Party! NBC Sports Channel will be airing on multiple screens.

2021 OLYMPIC TRIALS

Important News

NLSC Recognition

Thank you to Summer Cheng for her outstanding leadership representing NLSC as the Alaska Athlete At Large for 2 years, the Senior Athlete Rep for Alaska Swimming for 1 year and the Central Area Athlete Rep for 2 years. During her time in these positions, she helped create spirit week, bi-weekly athlete meetings, ran a t-shirt fundraiser and started senior recognitions on social media. Thank you, Summer for representing NLSC and being a role model to our younger swimmers.

Alaska Swimming House of Delegates annual awards are in. Congratulations goes out to NLSC members:

- Lydia Jacoby - Female Athlete of the Year
- Nicolas Price - Male Athlete of the Year
- Jodi McLaughlin - Conoco Phillips Outstanding Service Award
- Sean McLaughlin – John Abrams Excellence in Officiating
- Ben Kitchen - Senior Coach of the Year

Breakout Physical Therapy and Wellness Blog by Coach Sam

I always look forward to the summer! I always seem to have the intention of getting lots of stuff done, but then when the summer ends, I realize I haven't gotten anywhere near as much done as I'd like. If you're wondering how you'll be able to make your time in the water more successful, check out my post about consistency:

<https://breakouttraining.blogspot.com/2021/05/cross-training-consistency-is-key.html>.

For those of you who are thinking forwards to the future, I encourage you to think about goals you may have - see how to break this down here: <https://breakouttraining.blogspot.com/2021/05/goal-setting-its-not-just-for-future-you.html>. Looking forward to getting training done in and out of the pool!

Dry Land Program and Fun incentives (prizes!)

This summer Coach Sam will be leading dryland opportunities for all swimmers. These sessions will focus on improving on land coordination, core and body strength, and overall power to translate into fast swimming in the pool. The practice times are as follows:

- Gold – Mon/Wed 4:45 – 5:30 pm
- Silver – Mon/Wed 6:15-7:00 pm
- Bronze/Iron – Tues/Thur 5:30 – 6:00 pm

There will also be a bonus workout each week for swimmers to do additionally, or if you are out of town or cannot make the dryland session in person.

FUN INCENTIVES: There will be some fun incentives for completing ALL dryland sessions. 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. **FIRST PRIZE:** If swimmers complete every dryland session



June Birthdays

Day	Swimmer	Age
4 th	Jackson Luff	14
4 th	Lexus Luff	14
5 th	Nicolaus Price	18
5 th	Isabelle Bartow	13
10 th	Aubrey Cheng	18
10 th	Summer Cheng	18
10 th	Hannah Kim	10
10 th	Gabriella Rennard	10
12 th	Coach Grant	
17 th	Camryn Kim	16
20 th	Coach Sam	
22 nd	Jocelyn Williams	11
22 nd	Dagny Murray	9
23 rd	David Bascom	19
26 th	Jackson Altman	14
27 th	Caitlin Ramos	15
27 th	Riley Vraniak	14
29 th	Ian Whitlock	15

(2 per week and must be completed in that week) for the first 2 weeks, they will be eligible for picking a prize from our fun prize box. For example, to be eligible for prizes, you cannot skip the first week and do four sessions in the next week. We are working towards consistency. The other incentives will be announced mid-June. Let's have some fun this summer!

Announcing the 2021/22 NLSC Boosters Board of Directors

The Boosters are excited to announce our 2021/22 Boosters Board of Directors which includes the addition of many new parents and our junior athlete reps. New people who serve with their fresh ideas create this incredible domino effect of positivity that emboldens our entire NLSC swim community. Looking forward to a great upcoming season!

- President – Amy Gannon
- Vice President – Jennifer Wehrmann
- Secretary – Caryn Faignant
- Treasurer – Holly Willman
- Members At Large – Amanda Rothbarth, Brian Pinkston, Kristin Sholton, Michelle Hensel, and Rebecca Romspert
- Meet Director – By Committee and led by Jodi McLaughlin
- Junior Athlete Reps – Bentley Altman, Zoe Fencil

Our parent representatives will round out this amazing leadership team with Sarah Murray (Bronze/Iron), Jenny Fawcett (Silver) and Vanessa Kitchen (Gold). The board would like to extend a huge thank you to Trish Cheng, Sami Glascott, Becky Fowler and Ray Oakley who served on the board last season. And congratulations to Bentley and Zoe, our first ever athlete representatives!

Congratulations, also goes out to Megan McLaughlin who was voted junior athlete rep and Lydia Jacoby as senior athlete rep for Alaska Swimming.

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

Congratulations, Kaia Reeg for winning a \$25 gift card for knowing that Mark Spitz is the Olympian who won 7 gold medals at the 1972 Olympics. The question for June:

What country has a traditional Päivi Pälvimäki?

Please send your responses to Vanessa Kitchen at vanessakitchen907@gmail.com. Swimmers who email the correct answer by June 20th will be entered into a drawing to win a gift card.

Class of 2020 - Senior Spotlights

Continue reading below to hear from our Class of 2020 Athletes. COVID made for an interesting graduation for these folks, so we are bringing them back here, to celebrate their accomplishments!

2020 NLSC GRADUATING SENIORS

Angelina Ferrucci - Graduated in 202

How old were you and why did you decide to swim competitively?

I was 10 years old when I joined my first swim team because I wanted more of a challenge.

What's your favorite event(s)? And, why?

My favorite events are 500 Free and 100 Fly. They are both hard events.

What advice do you want to share with the younger swimmers on NLSC?

Don't give up on hard events. Also, have fun and enjoy the friendships you make.



What are your plans for next year; going to college, in state or out of state? If so, where? Taking a gap year? Going into a trade? And, is swimming part of this chapter?

I just finished my first year of college at Landmark College in Putney, VT, where I will be continuing next year. There is no swimming pool there, but I've been able to swim with NLSC when I come back to Anchorage.

Favorite food/drink to help you stay hydrated and energized for swim meets? Follow up: favorite food to celebrate after meets with?

During meets, I usually drink water and have a protein bar. After meets I like to have Panda if it's at Bartlett, or else pasta.

Ethan Bartz - Graduated in 2020

How old were you and why did you decide to swim competitively?

I was eight years old and in the third grade when I decided to join Kodiak Kingfishers Swim Club.

What's your favorite event(s)? And, why?

My favorite event is the 200 freestyle because it was my best event all throughout high school.

What advice do you want to share with the younger swimmers on NLSC?

Never quit swimming. The biggest thing I look back on in my swim career is actually the time I quit swimming my freshman year of high school because if I had never done that, I definitely believe I would have been much faster.



What are your plans for next year; going to college, in state or out of state? If so, where? Taking a gap year? Going into a trade? And, is swimming part of this chapter?

During the COVID year I attended Arizona State University in person and had a blast! This coming year I will continue to attend ASU. However due to the COVID year we had this year, I have not been able to swim as much as I would have liked but hopefully next year I will get back in the pool and swimming again!

Favorite food/drink to help you stay hydrated and energized for swim meets? Follow up: favorite food to celebrate after meets with?

Of course, it's gotta be Pedialyte. Best drink out there to stay hydrated before, during and after a big meet. Favorite food after the meet has got to be pizza because you can never go wrong with pizza.