



Upcoming Events

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

Mar 5-8 – Region XII Sr Champs in OR

Qualified Swimmers: Yes

[Click for additional information](#)

Mar 12-15 – Spring Sectionals in WA

Qualified Swimmers: Yes

[Click for additional information](#)

Mar 19-22 – NWAG in WA

Qualified Swimmers: Yes

[Click for additional information](#)

Week of March 23th – Birthday Celebrations

Mar 20 – Spring Equinox Swim Meet hosted by AST at Bartlett Pool

Qualified Swimmers: Open

[Click for additional information](#)

April 3-5 – Central Area Champs Swim Meet at Bartlett Pool

Qualified Swimmers: Open

[Click for additional information](#)

Training Schedule:

Training Group	UAA Pool	Service Pool
Iron II (2 practices per week)	4:00 - 5:30 pm (Tues, Thurs) OR 4:00 - 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)	4:00 – 5:30 pm (Tues, Thurs, Fri) OR 4:00 – 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	Click here for schedule

[Click for NLSC Practice Schedule](#)

Coaches' Corner

Central Area Champs and JO's are around the corner!

There are two local championship meets that remain on our calendar. Central Area Champs is a at the beginning of April and features just teams from Anchorage, the Mat-Su, Valdez, and Cordova. This meet is the last chance to qualify for the most prestigious meet in Alaska...the Alaska Swimming Jr. Olympics (JO's). AK JO's is at the end of April.

As we head into these final two meets, I would like to point out that NLSC is in a position to do something unique among Alaska teams. In December NLSC placed top 3 in the Alaska 10 & Under Postal Championship. At the end of January, NLSC won the Alaska Sr Championship. In February NLSC placed top 3 at the Alaska Age Group Championship and then 2nd at the Alaska Masters Championship. So far no other Alaska Swimming team has placed top 3 in each of the Alaska Swimming Championships. We can potentially finish the season with two wins and being the only team in Alaska Swimming history to bring home top 3 finishes in every single swimming championship in Alaska!

Here is how we do it. First, we need everyone who is qualified for [Central Area Champ](#)s to enter as many events, in which they are qualified, as possible. It is all hands on deck for this meet, as we will face tough competition from other local teams.

Second, we need every [Junior Olympics](#) qualifier to participate in the maximum number of events allowed (7), or as many events as they are qualified in to compete. We need all NLSC members to be ready to participate in relays if needed. If we all pull together, we can claim the top title in AK Swimming!

AG Champs – Our 14 and Under swimmers had a great showing in Ketchikan! Because of the travel involved we had a small contingent of 18 swimmers, but they were able to bring home the 3rd place team trophy! Congratulations to Conrad Fawcett who also brought home the High Point award for the 13 year old boys.

Aqua Dog – If you missed the Aqua Dog on February 21st you missed a great show. This year's meet featured 3 time Olympic gold medalist, and reigning 50m free Olympic Champion, Anthony Ervin! We had a record breaking 160+ participants in the tournament. We even had a participant travel all the way from Nevada to race! Ervin and Homer's Madison Story took home the 2020 Aqua Dog Belts!

Alaska Masters Championship – NLSC's Adult Training Squad had 5 swimmers representing them at this year's championship in Sitka. Ena Burr, Hannah Iverson, Jordan Iverson, Leslie Rawson, and Mary Wood comprised NLSC's team. While they were a small group, they amassed enough points to win the women's division and bring home the 2nd place team trophy! Congratulations ladies!

Dive-In Movie Night – Mark your calendars for a team social event on Saturday, March 28th from 6:00 – 9:00 pm at the Service High Pool for pizza and a movie. The movie will be appropriate for all ages. Siblings and family members welcome. More details forthcoming.

Brute Squad Update – Since September 1st, 2019 the following athletes, ages 11 and over, have completed the Brute Squad Events (200 Fly, 400 IM, and 1650 Free) – Summer Cheng, Hannah Katchen, Megan McLaughlin, Kalima Glascott, Molly McLaughlin, Josi Rogness, Anna Grace Rogers, Zoe Fencil, Hana Honkola, Greta Faignant, Stella Baldessari, Angelina Ferucci, Conrad Fawcett, and Ben Price.

During that same time, the following athletes, ages 10 & under have completed the Brute Squad Jr Events (100 Fly, 200 IM, and 500 Free) – Noelle Oakley, Raphaela Gullett, and Griffin Fencil. We still have time to become Brute Squad members! See our recently updated list for each of the above events on the NLSC website under "Events/Standards" or by [Clicking Here](#).

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](#)

Safe Sport Training Links

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

Important Deadlines

Register for Spring Equinox: **March 9th**

Register for Central Area Champs: **Mar 23rd**



March Birthdays

<u>Day</u>	<u>Swimmer</u>	<u>Age</u>
1	Corbin Roberts	14
6	Benjamin McSorley	14
7	Ava Huey	11
10	Lucas Wisdom	15
13	Maureen Narus	15
15	Madisyn Stimac	16
16	McKinley Cook	12
18	Conrad Fawcett	14
22	Noelle Oakley	11
24	Reese Romspert	13
25	Madison Pawlak	15
26	Aaliyah Infante	13
29	Isabel Issac	16
30	Kira Wieler	14
31	Jake Leonard	16