

Monthly Newsletter – March 2021



Upcoming Events

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

Thursday, March 4th (7:30 – 9:00 pm)
NLSC Booster Board meeting. Zoom link to join:
<https://us02web.zoom.us/j/82035247711>

March 25th and 26th – Birthday Celebrations. Look for information from your groups' parent representative.

March 19-22nd – Sectional Meet in Phoenix, AZ
Qualified Swimmers: Qualifying Times Apply
[Click for additional information](#)

March 27th – Time Trial
Qualified Swimmers: No Qualifying Times
[Click for additional information](#)

April 8-11th – AK AG Champs
Qualified Swimmers: Qualifying Times Apply
[Click for additional information](#)

April 30 – May 2nd – Sr Champs Meet at Bartlett
Qualified Swimmers: Qualifying Times Apply
[Click for additional information](#)

May 8th – NLSC Banquet

June 8 – 11th – JO's
Qualified Swimmers: Qualifying Times Apply
[Click for additional information](#)

NEW TRAINING SCHEDULE: PLEASE REVIEW

Training Group	Through March 14	NEW After March 14 th
Iron II (2/week)	6:00-7:00 pm (Either Mon/Wed OR Tues/Thurs)	6:15-7:15 pm (Either Mon/Wed OR Tues/Thurs)
Bronze (3/week)	6:00-7:00 pm (Mon/Wed/Fri OR Tues/Thurs/Fri)	6:15-7:15 pm (Mon/Wed/Fri OR Tues/Thurs/Fri)
Silver	4:30-6:00 pm (Mon – Fri) 10:30 – 12 pm (Saturdays)	4:45-6:15 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)	Boys: 1:45-3:15 pm (Mon-Fri) Girls: 3:15-4:45 pm (Mon-Fri) 9-10:30 am (Saturdays)
NLATS	7:00-8:30 pm (Mon & Wed) 5:30 – 7 am (Tues & Thurs) 7:30-9:00 am (Saturdays)	7:15-8:45 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

Nutrition

By: Coach Sam

As we are getting into a more championship / competing season, have you been finding that you don't know what to eat or how to fuel? What we put into our body is what indicates how much energy we have and the ability to which we will be able to train and perform in races. If you're not quite sure what you should be eating, or want some quick tips and tricks on how to get the body ready for the next day, race, or activity, please contact me! I would love to answer your questions and help you to be a better athlete and healthier person!

Pre-meet dynamic warmup

Although meets in the time of COVID are weird in themselves, there are many things we, as swimmers, can control to perform to the best of our abilities in races. We spend time warming up at the beginning of the meet, and often times our bodies relax again. Then it's time to get behind the block for a race, and it takes half the race to be warmed up again! I am a firm believer that we should be completing a dynamic warm up prior to a race because our bodies are strong and they need the muscles to be activated before attempting to sprint. If you're looking for an idea of the right types of activities and exercises to do before a race, I would love to share with you some of my favorites and show you how they can improve your races!

Important News

Central Area Invitation Meet – Feb 5-7 (From Coach Cliff)

NLSC had a remarkable turn out and numerous great performances in our first age group meet invitational at Bartlett Pool since the pandemic. Our efforts, both in practices and in our more modest Time Trials and Dual Meets, definitely paid off!

One of the more important benchmarks that I use to measure our progress as a team is the USA Swimming Virtual Club Championships (VCC). The VCC measures the strength of our team's performances relative to ALL of USA Swimming, not necessarily just local teams or Alaska teams. After the Central Area Invite, our team saw a surge that surpassed our progress at this point last year. This means that NLSC is actually performing better as a team than we were prior to the pandemic. I couldn't be more pleased.

I would love for you to learn more about the VCC. Visit <https://www.usaswimming.org/times/vcc> and try the advanced search. Remember, we have only swum short course yards this season.

Stats for Meet – 58 new or improved AK Sr Champ qualifying times, 101 new or improved AK Age Group Champ qualifying times, 98 new or improved AK Jr Olympic qualifying times, and 161 new or improved AK Summer Champ qualifying times.

February Invite – Feb 27th (From Coach Cliff)

How about a big shout out to our volunteers and swimmers who were able to come together a 2nd time in a short month to make another age group invite happen at Bartlett Pool! Time trials at our home pool are great, but it is nice to get to compete against our peers around town also. Our swimmers gained valuable competitive experience. Saturday, 54 members of our NLSC Anchorage training groups joined AST and the YMCA for a short ½ day invitational.

Stats for Meet – 10 new or improved AK Sr Champ qualifying times, 30 new or improved AK Age Group Champ qualifying times, 16 new or improved AK Jr Olympic qualifying times, and 36 new or improved AK Summer Champ qualifying times.

Message from our Meet Director – Jodi McLaughlin

Presuming the MOA lifts the restriction on out-of-town swimmers (they have not yet) or allows us to mitigate for them, we are on for Senior Champs the end of April, and Summer Champs in July. Alaska Swimming is evaluating how to safely hold AG Champs and JO's within the current restrictions around the state. We have been fortunate here in Anchorage being allowed to proceed carefully at least locally, while some areas around the state are still struggling to even practice. NLSC continues planning Time Trials, but we are in need of developing our own Stroke and Turn officials with our younger parents, so they can learn before more Senior parents depart. NLSC is home to 3 of the Area's referees, but Dan Rogers "graduates" this year, as the most senior credentialed official in



March Birthdays

Day	Swimmer	Age
13	Hannah Goldman	17
13	Maureen Naurus	16
16	McKinley Cook	13
18	Conrad Fawcett	15
22	Noelle Oakley	12
24	Reese Romspert	14
25	Madison Pawlak	16
25	Lilliana Thomas	10
26	Aaliyah Infante	14
30	Kira Weiler	15
31	Jake Leonard	17

Alaska, and the referee I've enjoyed working meets with for 10 years! **We thank Dan for his service, generously sharing his time and knowledge and always being so pleasant to work with.** We are very fortunate to have Susan Oakley and Sean McLaughlin as respected referees and trainers. Succession planning is important, so contact Sean McLaughlin at mclasm@gmail.com if you're interested in learning more. It's a process of learning and developing serving in this capacity, but needed, rewarding, and a great team of people to work with!

Banquet – May 8th

Calling all graduated/graduating Sr's from the classes of 2020 and 2021! We want to celebrate all of our 2020 and 2021 graduates on Saturday, May 8, 2021. More information to come, but mark your calendars!

NLSC Booster Board Elections in May

Looking to get involved with a fun group whos' purpose is to host swim meets, raise money and hold fun activities for our swimmers? The NLSC Booster Board is the place for you! We will be holding board elections in May and the following positions will be vacant: Vice President, Secretary, Meet Director, two members at large and two athlete representatives. The athlete representatives are newly created positions and we will be communicating more about these through the coaches. If you are interested in getting involved – even if not for a board position, please contact Amy Gannon at aegannon@yahoo.com. We have lots of places we could use support even if you only have 1-2 hours a month to volunteer.

Travel Guidance following Spring Break

NLSC will be following the COVID-19 travel guidance from ASD for return to swim after travel. Click on the following link for more information. [Travel Guidance / Overview \(asdk12.org\)](https://www.asdk12.org/Travel-Guidance-Overview)

Calling All Swimmers – prize potential!

We will be holding a drawing for all swimmers who can answer this question correctly:

What were the first pair of swim goggles made from?

Please send your responses to Vanessa Kitchen at vanessakitchen907@gmail.com. Swimmers who email the correct answer by March 15th will be entered into a drawing to win a gift card.

Senior Spotlights

We will be highlighting our 2020 and 2021 senior graduates over the next three months. Keep reading to find out some fun facts and advice about Anna Grace Rogers, David Bascom and Molly McLaughlin – 3 of NLSC's graduating seniors.

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](#)

2021 NLSC GRADUATING SENIORS

Anna Grace Rogers

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

I started swimming early at the age of 4 because both of my older siblings were also swimmers, and I wanted to follow in their footsteps (plus my parents signed me up).

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

My favorite events are probably the 100 and 200 free. I swam these a lot over the past four years. They're both pretty mentally challenging and require a lot of grit, but that is what makes touching the final wall so much more satisfying. If I wasn't too old to swim it, I'd say 100 IM is also pretty high up on my list too (enjoy it while you can!).

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

Coach Cliff has really good vision and IS able to see you underwater. Nothing gets past him! Also, don't be shy in thanking your coaches every so often. They deserve the best!



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'm not exactly sure where yet, but I plan on going to college and majoring in Chemistry! Swimming will most definitely be involved as either DIII or Club swimming.

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

My go-to quick snacks are Wheat Thins and apples! Nuun electrolyte tablets are also a huge help to stay hydrated throughout the long days. The best way to end a meet definitely involves chocolate milk followed by pasta for dinner later that night.

David Bascom

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

15. I had enjoyed swimming on the Alaska Club swim team for a few years, and decided to keep going on the high school team, and then on NLSC.

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

The 100 free is my favorite. I like swimming freestyle, I'm a good sprinter, and I am good enough at it that I can feel accomplished with the times I am able to go.

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

Don't skip sets or races. Sitting on the wall for a 50 or not giving a race your all doesn't do you anything, especially when you're starting out. Give every set and every race 100%. It adds up, and you never know if that's the race you'll get your best time.



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'll be majoring in chemical engineering at Cornell University with a minor in aerospace engineering. Cornell is D1 so I can't make the school team, but I will likely join the club team at the school assuming they are able to hold practice this year.

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

Chocolate milk obviously. Getting ice cream at cold stone with friends on the team is always fun after a meet.

Molly McLaughlin

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

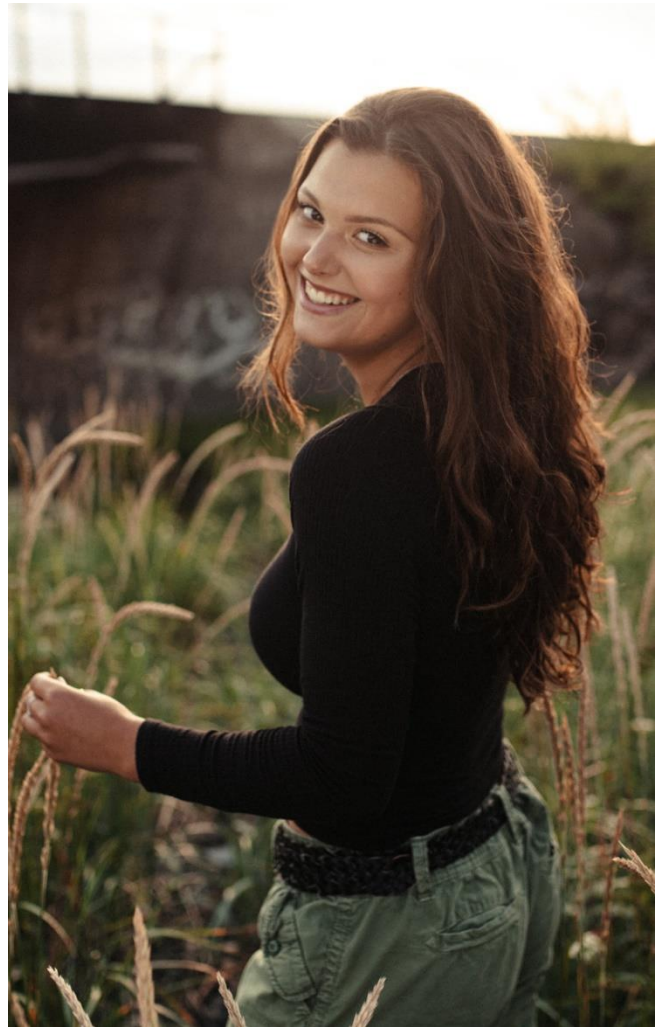
I was about 7 when I started swimming competitively and I did it because I loved the girls I was with, and doing bobs and having underwater tea parties while on the wall with them was so much fun.

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

I have always loved relays because I think they tend to bring out the best in each person since you are racing for more than just yourself. It's really special to have those teammates to count on and share all those feelings that come with racing.

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

Swimming is not an easy sport, and at times it can feel overwhelming and like all of the pain that you put your body through isn't worth it. Every swimmer has been there, but it is so important not to give up. Don't quit when it's hard because it does get better. And when things go well and you have worked so hard to achieve something and you finally get it, there is no better feeling in the world.



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 will be attending Colorado Mesa University in Grand Junction, CO in the fall to study mechanical engineering. Swimming may be a part of this chapter in the form of DII Triathlon.

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

PB&J will forever be my go-to fuel for any sporting events. It's my favorite and gets the job done. As for after meets, you can't beat some good pancakes. :)