

Monthly Newsletter – May 2021



Upcoming Events

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

May 5 & 6 – “Info for the SwimFo” in Service Parking Lot (4:45 – 7:15 pm). Gather for distanced social time and loads of swim info!

Thursday, May 6th (7:30 – 9:00 pm) NLSC Booster Board meeting. In person meeting. Send email to aegannon@yahoo.com if you'd like to attend.

May 8th (4-8 pm) – Annual NLSC Banquet in Service Parking Lot

May 11 & 12 – Birthday Celebrations on the pool deck.

Friday, May 22nd – Fun Fridays (6:15-7:15 pm). Bronze and Iron Group.

June 3 - 6th – 2021 Alaska Junior Olympics, JOs
Qualified Swimmers: Qualifying Times Apply
[Click for additional information](#)

TRAINING SCHEDULE

Training Group	Time
Iron II (2/week)	6:15-7:15 pm (Either Mon/Wed OR Tues/Thurs)
Bronze (3/week)	6:15-7:15 pm (Mon/Wed/Fri OR Tues/Thurs/Fri)
Silver	4:45-6:15 pm (Mon – Fri) 10:30 – 12 pm (Saturdays)
Gold	Boys: 1:45-3:15 pm (Mon-Fri) Girls: 3:15-4:45 pm (Mon-Fri) Mornings: 6-7 am (Mon, Wed, Fri) 9-10:30 am (Saturdays)
NLATS	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

~ Introduction of a New Component of our Training~ From Coach Cliff and Melinda Greig Sports Psychology

We have a unique opportunity to add to the tool box of our program. What follows is a brief introduction of why a focus on sports psychology is an integral part of becoming better. There is also a brief introduction of our Sports Psychology contributor and mentor, Melinda Greig.

Why include sport psychology and mental skills training within the Northern Lights Swim Team program?

Two reasons stand out:

1. Competitive edge
2. Personal growth and life skills

Performance, whether athletic, artistic or job related includes the components of skill level, physical training and preparation, tactical/strategic planning and practice, and mental/emotional skills. Sport psychology as a field of study provides the research, evidence, and foundation for applying

mental training skills (MTS) for performance enhancement. These skills include self-awareness, goal setting, relaxation, self-talk, mental imagery, and attentional control. The mastery of skills within these areas teaches an athlete how to consistently create their ideal mental climate to perform at their best. They guide a person's success in daily life.

NLSC has a long-standing history of excellence in developing proper stroke mechanics, physical preparation, and event strategy as evidenced by team and individual swimmer success at the local, state, and national levels. Going forward, NLSC has chosen to formally add mental performance skills to its' training structure.

Blurb about myself:

Hello! For those of you who don't know me, my name is Melinda Greig. My background information in brief: I moved to Alaska in 1983 as a graduate intern in school psychology and decided to stay for a couple of years to take advantage of the outdoor, adventure-based, and athletic lifestyle it offered. Alaska challenged me in many desirable ways, and I stayed.

I returned to Indiana University (1995-97) to study leadership development through coaching and sport psychology; while there, I trained and worked with the women's swim team and earned a Masters in Kinesiology (sport psychology emphasis). I retired from full-time work for the Anchorage School District a few years ago. As part of my life's 'next chapter', I recently completed graduate studies in Applied Sport Psychology at the University of Western States. In addition, I have coached swimming and other sports at the age group, high school and masters' levels for over 35 years.

I grew up within the swim community in Indiana during the reign and influence of Doc Counsilman at Indiana University. I swam for Club Olympia in Fort Wayne from 1969-1974; our coach was Stephan Hunyadfi, a renown Hungarian coach that defected to the United States. He developed a highly successful program with several national standouts and Sharon Wichman, a gold and bronze medalist in the 1968 Olympics (200 and 100-meter breaststroke, respectively). I mention this because my early experiences with swimming were founded within an exceptional swim environment and team program. I recognize excellence in programs: NLSC addresses the foundations for excellence.

I am thrilled to be working with Coach Cliff and his staff to develop a mental skills training component for NLSC.

~Melinda Greig
mgreig@gci.net

Important News

2020-21 Championship Season Wrap-Up – By Coach Cliff

The end of April and Beginning of May represent more than the beginning of springtime in Alaska. This time of year also brings the swim season's culminating championships. In Alaska we usually swim JO's, but this year we had our Age Group (14&U) Championship and our Senior (Open) Championship all in a 10-day window. Spoiler alert...NLSC finished strong!

Alaska Age Group Postal Championship

Because of COVID-19, this year's Age Group Championship was held at multiple sites throughout Alaska. The results from those area meets were consolidated and NLSC placed a strong 2nd, just behind our cross-town competition, CAC. The camaraderie that I felt coming from our swimmers was inspiring.

We had three swimmers that scored enough points to place top three in their respective Age Groups. Shawn Connolly placed 3rd in the 12-year old boy division! Preston Kown and Ben Price placed 2nd and 3rd respectively in the 14-year old boy division! These swimmers were only the tip of the iceberg. In the end, 32 of our 39 swimmers scored points for NLSC. This was an amazing group effort!

Alaska Senior Champs

The Alaska Senior Championship fields a smaller group of athletes, and about 140 athletes came to Anchorage from all over the state. Athletes compete in an Open category, which means that age doesn't matter...just speed.

NLSC had 36 athletes in the Alaska Sr Champs, and we rocked it! Our swimmers scored 40% more points than the 2nd place team. Our boys won the Men's side of the meet, and our amazing girls took 2nd place on the Women's side of the championship.

We had two swimmers earn highpoint awards. Brian Jarupakorn won the overall highpoint while Nicholas Price earned 2nd place. Again, over thirty of our 36 swimmers scored points for the team, either individually, on relays, or both. Our swimmers really brought their best efforts, and I couldn't be prouder.

Championship Wrap-up

I would like to show you just how strongly we performed as a team during both of these championships. Below is a table of scores for the top 7 teams at both meets. We were the only team to finish in the top 3 in both meets. I think the scores speak for themselves.



May Birthdays

<u>Day</u>	<u>Swimmer</u>	<u>Age</u>
1 st	Ava Rothbarth	16
16 th	Lindsey Tatakis	15
22 nd	Karlee Rhodes	15
26 th	Jazmyne Nails	11
27 th	Reese Kuhn	10
30 th	Madison Story	18

Team	Sr Score	AG Score	Total
NLSC	1495	759.5	2254.5
CAC	702	883.5	1585.5
SST	1044	456	1500
MSST	1079	407.5	1486.5
AST	953	430	1383
GSC	756	586	1342
YMCA	171	458.5	629.5

Other Important News

Banquet – Saturday, May 8th at the Service Pool Parking Lot

All swimmers and families are invited to join our community for an evening of fun on Saturday, May 8 from 4 - 5 pm for distanced social time and eating (tailgate style). Yeti Dogs will be there and available for purchase, or you are welcome to bring your own meal and picnic in the parking lot. BYOC – Bring Your Own Chairs! The program will begin at 5 pm, lasting until around 8 pm and each swimmer will be recognized and celebrated. Please sign in at the table upon your arrival! As always, we encourage your Sunday best attire. We can't wait to celebrate a fantastic season and all of our hard-working swimmers. Hope to see you there!

Breakout Physical Therapy and Wellness - Blog by Coach Sam

April's Race Prep focus really paid off with some excellent racing at Age Group and Senior Champs! Looking forward into May, our focus is now Cross Training - or our training outside of the pool. This month's first post focuses on the importance of dryland conditioning training, but check inside for a sneak peak of the second post! It is something you will not want to miss. You'll find the link to that post here: <https://breakouttraining.blogspot.com/2021/04/cross-training-why-doing-physical.html> or you can find it on Band. Keep an eye out for cross training opportunities coming your way soon.

Junior Athlete Representatives – ELECTIONS COMING

The NLSC Boosters Board of Directors are thrilled to announce the addition of 2 junior athlete representatives to the board for the 2021/22 season. We are looking for swimmers going into 8th – 10th grade who are interested in this leadership role. The junior reps will be elected by their peers to serve a 2-year term and represent the voice of the swimmers on the NLSC Boosters Board through attending monthly meetings, assisting in planning team activities, and disseminating information to swimmers. If you are interested in this opportunity, please send 2-3 sentences on why you would like to serve as a junior athlete rep to Amy Gannon at agannon@yahoo.com by **Friday, May 14th**. Elections will be held by written ballot during the week of May 17th.

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

Congratulations, **Sam Goldman** for winning a \$25 gift card for knowing that Coach Sam attended Boise State University and that she loves the 100 back and 100 IM. The question for May:

What is the name of the Olympian who won 7 gold medals at the 1972 Olympics, raising the popularity of swimming?

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

Aubrey Cheng

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

I was two when I started stroke school and started competing around 7 because it was fun going to meets with friends.

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

My favorite is the 50 freestyle and I love to sprint 100% for the entire distance.

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

Have a positive attitude! It will change how you see the sport. Making sure to support yourself and your teammates will create a fun environment for everyone.



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 continuing my swimming career at Brandeis University, where I will be studying business. I plan to continue my education in Architecture.

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 snack on protein bars (it is important to drink lots of water afterwards!) and apples. After competition, I love going for ice cream with my sister and friends.

Brian Jarupakorn

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

I started lessons at 3yrs old and started swimming competitively at 6yrs old. I never really decided to swim competitively, my parents forced me to swim at a young age to give me something to do and somewhere to go while they were working and it eventually stuck with me.

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

50 Freestyle because it's over very quickly and the 100 Butterfly because there is no better feeling than when you swim it correctly.

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

Stay in swimming and you'll always have more room for food.



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?

After graduating high school, I plan to go to college out of state and swim (I have not yet decided where I am going).

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

Jolly ranchers for before the 50 FR and granola bars for everything else. My favorite food to celebrate after meets with is either pizza or pad Thai from Thai Village

Kaden Rhodes

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

I started swimming competitively at age 15 after a knee injury forced me to switch sports. I took to it quickly and loved racing.

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

My favorite events are 100 fly and 100 breast. I love the challenge the fly provides because it's tough, the 100 breast is very rhythmic and gives me time to think.

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

Advice I would give younger swimmers is to stay focused and train hard. Remember what you're there for and never lose sight of your goals.



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?

In the fall, I plan to stay local, attend UAA and pursue a Business Degree.

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

I like to have water and granola bars for swim meets. I don't eat a lot while I'm at a meet, but afterwards I like to have a big dinner followed by ice cream!

Nicholas Price

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

I started swimming for NLSC when I was 9. I remember having a project in third grade where I had to read a book about the biography of someone's life. I had no idea who to pick and my parents suggested Michael Phelps. I had no idea who he was but after hearing an explanation, I knew I wanted to do my project about him. Having friends at my elementary school that swam on NLSC along with this school project is why I decided to start swimming competitively.

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

200 Breast, just because everyone else hates it. 200 IM because it tests overall swimming capability. And 100 back because I love doing underwater dolphins on my back.



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

Have as much fun as possible. Make memories and friends who you won't forget. Also, if you are going through a period where you haven't dropped time in a while, I don't care if it is a 2 or 3 year period, keep going to practice and keep tweaking your technique... I promise you will get faster if you stick to it.

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 plan to go to college at Texas A&M in College Station and studying some kind of engineering. I have been talking with the Texas A&M swim coach and I still have the potential to be on the team in the fall but if not I will swim for Aggie Swim Club.

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

Water is my favorite drink to stay hydrated and if the meet is in Anchorage, I like going to Olive Garden or Cane's afterwards. If it is a travel meet, Coach Ben will appreciate this, Jimmy John's or In N Out.