

Monthly Newsletter – September 2021



Upcoming Events

September 1st and 15th – Comp Team Try-outs at 6:30 pm at Service Pool.

September 9th – NLSC Board Meeting at Service HS Lobby from 5:30-7:00 pm.

September 11th – Swimposium for parents and swimmers (9-11:30 am) and BBQ (entire community). 11:30 am – 1 pm. Sign up Here: [Swimpodium Sign Up](#)

September 14th and 15th – July, August and Sept Birthday Celebrations on deck after practice.

September 25 – Fall Equinox hosted by AST at Bartlett Pool

Qualified Swimmers: Open Time Trial
[Click for additional information](#)

TRAINING SCHEDULE – September

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

NLATS Practice Schedule: [Click Here](#)

Training Group	Service HS Pool
Iron II	M/W or T/Th 6:30 - 7:30 pm
Bronze	MWF or TThF 6:30 - 7:30 pm
Silver	M-F 6:30 – 8:00 pm Saturday 10:30 – 12:00 pm (starting 9/18)
Gold	M-F 6:30 – 8:00 pm M 6-7 am WF 5:30 – 6:30 am Saturday 9-10:30 am (starting 9/18)
NLATS	M/W 9:30 – 10:30 am M/W 8:00 – 9:00 pm T/Th 5:30 – 7:00 am Saturday 7:30 – 9:00 am (starting 9/11)

- Try-outs for Comp team are being held the 1st and 3rd Wednesday of every month at 6:30 pm.

COACHES' CORNER

NLSC Dominates the Virtual Club Championships for 2021-2022

~ From Coach Cliff

USA Swimming's Virtual Club Championship (VCC) automatically ranks all USA Swimming member clubs based on swimmer performance. We can see how NLSC stacks up against others in Alaska, the region, and the nation. For a thorough explanation of how the VCC works, you can visit the site on USA Swimming at <https://www.usaswimming.org/times/vcc>.

Since its inception in 2003-04, NLSC has dominated the VCC Alaska rankings, ranking first in 9 out of 18 years. We placed 2nd eight times, and our lowest ranking was 3rd...once. This last season was our 5th year in a row at #1 for the Short Course Yard season (25-yard pools) and our 6th year in a row for the Long Course Meter season (50-meter pools).

The VCC is an excellent tool to measure your team's depth and consistency. I am proud to say that NLSC is the top team in the state for both.

Important News

Back to School TT/Season Kickoff & Goal Setting (Coach Cliff)

The USA Swimming year begins on September 1st and ends on August 31st, so technically our Back-to-School Time Trial (August 28th) came in at the end of our 2020-21 season. However, NLSC used that final time trial as a launchpad for our 2021-22 season.

NLSC had about a dozen first time swimmers participate in the time trial, and we had plenty of best times including four new 2022 Jr Olympic qualifying times and sixteen new 2022 Alaska Age Group Champ qualifying times! You can view the eligibility list at this link: [Event Qualifiers](#)

During and after the time trial we had three different goal and season planning sessions. One for the Gold group, one for the Age Group swimmers (Iron/Bronze/Silver), and then one for the coaching staff.

The Gold group focused on setting performance, nutrition, and personal goals. The Age Groupers processed a performance goal and a personal goal. The coaching staff spent the afternoon breaking down the season to come, and then discussing cycles of training, dryland integration, and the competition calendar. All in all, the entire day was very productive.

If you weren't able to participate in last weekend's sessions, it is worthwhile to take the time and set some goals and benchmarks for yourself. Without a clearly defined destination point (like a goal), it can be challenging to stay focused on the process to achieve your dreams. Here is a link to our goal setting page on the website (under the "Comp Team" drop down menu). [Goal Setting](#)

Everyone should take the time to look forward and set goals for themselves. Even Olympic gold medalist, Lydia Jacoby, joined our goal setting session to prepare her goals for the next year...you should too.

Annual Sponsorship Program - Update

Thank you to our community members who have contributed to the sponsorship campaign. We have raised a total of **\$19,075** and have until Friday (9/3/21) to turn in sponsor money! If you are considering donating or have outstanding requests to community partners, please follow-up now. Don't forget to consider company matches as NLSC boosters is a non-profit 501(c) (3) corporation. If you have any questions, please contact Jennifer Wehrmann at jwehrmann@gmail.com or (907) 382-0146.



September Birthdays

<u>Day</u>	<u>Swimmer</u>	<u>Age</u>
2 nd	Filippo Pierfelici	17
2 nd	Jan Beck	15
3 rd	Atticus Waring	10
6 th	Charlotte Griffith	14
7 th	Griffin Fencil	12
14 th	Alexandra Bartow	10
15 th	Esme Carter	13
15 th	Charlotte Dodge	10
23 rd	Kalena Shults	17
23 rd	Alex Criqui	11
24 th	Phoebe Bales	18
24 th	Devin Hall	13
26 th	Greta Faignant	16

The 2021-22 Season State Championships – Coach Cliff

Let's Make History

NLSC is coming off a big year. We won the Alaska Sr Champs, placed 2nd at Age Group Champs, 2nd at the Jr Olympics, and 1st at Summer Champs. On top of that, we had a swimmer who has trained a large percentage of last year with NLSC win an Olympic gold medal. All in all, not too shabby.

The staff has been looking at this next year with a lot of anticipation, and a strong desire to ride the momentum from the 2020-21 season. We are asking you to take some time and look at the meet calendar on the website (<https://www.teamunify.com/team/aznlsc/page/events#/team-events/upcoming>). There are 6 local and state championship meets that we would like to target for maximum team participation.

- Central Area Champs (December 3-5, 2021) – Local championship meet. This meet will be held at Bartlett.
- Alaska Senior Champs (January 28-30, 2022) – State Championship without age categories. This year to be held in Southeast (TBA, but likely in Juneau).
- Alaska Age Group Champs (February 18-20, 2022 – State 14 & Under Championship. This year to be held on the Kenai Peninsula (TBA, but likely Homer or Soldotna).
- Alaska Masters Championship (Late February/Early March, final dates TBA) – This is for our Adults. This year's meet is going to be held at Service Pool.
- Alaska Jr Olympics (April 21-24, 2022) – This is Alaska's most prestigious youth championship. This meet will be held at Bartlett.
- Alaska Summer Champs (July 29-31, 2022) – This is Alaska's final championship of the season, and it is typically conducted at Bartlett Pool Long Course Meters (50m pool).

No team has ever won all 6 of these championships. The team to come closest was NLSC in the 2016-17 season when we won all but the Masters Championship. I think we have the swimmers, coaches, and volunteers to make history. If you can include this goal in your family vacation planning, I believe we can do it! **Work Hard, Dream Big!**

Swimposium Clinic for Parents and Swimmers

Please plan on attending the NLSC Booster Club's membership meeting (Swimposium) on **Saturday, September 11th at Service High from 9-11:30 am for all parents**. This meeting will kick off the season and be packed with information including: how to access NLSC information, equipment needed, swimmer and parent expectations, how to sign-up swimmers for meets, swim apps and how they work, how best to volunteer, team registration and new policies, and a summary of the upcoming season. During the parent orientation, our coaches will offer a swim clinic for our swimmers from 9 – 11:30 am. At 11:30 am, we will all gather in the parking lot for a season kick off celebration. Lunch will be served.

Mandatory Volunteer Program (MVP) – Roll out Sept 1, 2021

The NLSC Boosters is rolling out our mandatory volunteer program (MVP) on Sept 1. The MVP 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. All volunteer hours will be tracked in Team Unify.

Fly for Free Expanded to Championships - Fly Events are Free for Any Alaskan Meet (Coach Cliff)

Last month I announced the reintroduction of the "Fly for Free" program. In "Fly for Free" meets you don't get charged for being entered in fly events. Here is how the program works.

In the following local, invitational competitions, we will be entering all participants, at no charge, in a butterfly race:

- Fall Equinox (September 25, 2021)
- Fall Harvest (October 22-23, 2021)
- Winter Splash (January 7-8, 2022)
- Water Bowl (February 4-5, 2022)
- Spring Meet (March 25-26, 2022)

In the following local and in state championships we will not be charging an entry fee for any butterfly races entered:

- Central Area Champs (December 3-5, 2021)
- AK Senior Champs (January 28-30, 2022)
- AK Age Group Champs (February 18-20, 2022)
- AK Junior Olympics (April 21-24, 2022)
- AK Summer Champs (July 29-31, 2022)

Why are we offering this program? There are two primary reasons that we have chosen to promote the butterfly events. First, butterfly consistently comprised the lowest percentage of NLSC's Virtual Club Championship (VCC) score. Second, there are hundreds of unclaimed butterfly points at every championship in Alaska.

If we promote butterfly races, and we prepare our swimmers for those races, we anticipate more NLSC swimmers racing in butterfly races at championship meets. Let's make butterfly a stronger event for NLSC and Alaska Swimming.

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

Congratulations, **Bentley Altman** for winning the \$25 gift card for last months' raffle. The average high school swimmer swims **1 million** strokes per season. And to think - all of our swimmers are above average!

Next month's question is: What well-known singer and fashion designer was no doubt a former competitive swimmer on her high school swim team.

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

2021/2022 Schedule: [Click for schedule on NLSC website](#)

Time Standards and NLSC Qualifiers: [Click for Time Standards](#) and [Click for NLSC Event Qualifiers](#)