



FROM COACH JIM: Hello Shark Nation!

Once again, THANK YOU for the privilege of coaching your swimmers. It is an honor and, as far as jobs go, a dream come true for me. The regular season has ended and I'm so proud of the hard work and dedication of our swimmers. Great job holding on to the Star of the South Cup last weekend. Green County Y gave us quite a run for it.

Thank you to all who attended the banquet. It was fun and I always relish the chance to talk about how great our swimmers are.

Thank you for the big success we had with our Swim-A-Thon. With online and cash donations, our swimmers raised **\$14,215.00** and FYI...we are spending a healthy chunk of the proceeds on a state of the art, coach to swimmer, wireless (and waterproof) communication system. This will enable coaches to talk in a normal voice, make immediate, real time corrections, and other fun features to enhance our coaching and swimmer communication. Check out this video to see them in action: [MySwimEars](#)

Keep your eyes on Meet Mobile the next month and beyond as we follow these upcoming swim meets:

- 12 & Under State: 2/22 – 2/24
- 13 & Over State: 2/28 – 3/3
- Speedo Championships: 3/14 – 3/17
- Midwest Regionals at Univ. of MN: 3/23 – 3/24
- TYR East Elite Showcase Classic: 4/10 – 4/13

Swimmers who qualified in each of these meets have worked hard to get there but also owe all their teammates gratitude as success never happens in a vacuum.

We hope to see most of you continue on with us into Long Course season. Look at the registration info which Coach Sarah has worked hard to get out to you.

MIA SAN MIA!

Coach Jim



OCSC swimmers with the Star of the South Cup

This month, I'd like to send a shout out to the unsung heroes of the swimming world – the parents who volunteer their time to be swim officials! You see them prowling the pool deck at meets, wearing the white polo shirts and navy pants. They spend long days on their feet and make sure that each event goes off as it should. Our club is very fortunate to have 4 parents who volunteer their time to be swim officials.

- Matt Lorson (dad of Elsa and Tristan)
- Andrew and Sarah Olson (parents of Alexandra)
- Meng Xie (mom of Naomi Clayton)



We could not hold meets without these people and they are always looking for others to join their ranks. If you are interested in finding out about how to become an official, please visit: [WI Swimming - Officials](#)



OREGON KIDS TRIATHLON

MARK YOU CALENDARS
Saturday, August 10, 2019

Registration for the race is open and about 50 kids are already signed up! This event is OCSC's largest fundraising event of the year and the planning process is well under way. If you are a business owner, now is your chance to take advantage of an opportunity to reach 550+ young triathletes and their families. Monetary support, items for the goody bags, products and services for our raffle, or a table at our Expo. Lots of great ways to reach our participants. Please visit our sponsorship page at <https://www.oregonkidstri.com/> for more information.



FUN FACT!

Benjamin Franklin invented swimming fins.

Now we can thank him for lightbulbs AND painful sets. Benjamin Franklin was an avid swimmer from a very young age. Throughout his life he consistently promoted its healthful benefits. At the ripe old age of 11 he invented a pair of swim fins. However, unlike today's foot flippers, these were attached to one's hands. His advocacy for swimming was recognized by his induction into the International Swimming Hall of Fame in 1968.



7 Things Swimming Will Teach You About Life

Take a look at this [7 Things Article](#). Really great reminders about the difficulties and the rewards of being a swimmer.