



Hello and Welcome to Short Course 2019 – 2020!

We are excited to get started with this new season and hope you are as well. Look for this newsletter to come out on a monthly basis as we use it to keep you updated on what we are doing as a club, what the swimmers are achieving and what they will be working on in practices. Suggestions and contributions are welcome.

Mark Your Calendars!

Wednesday, September 11, 2019 – Netherwood Small Gym

5:00 pm – 7:00 pm

Suit Fitting / Spirit Wear

7:00 pm – 8:00 pm

Mandatory Parent Meeting

Please join us next Wednesday (9/11) for the Short Course Season Kick-Off. We'll give an update on the status of the club as well as provide you with lots of useful information. This meeting is especially important if you are new to the club, so please make every effort to attend. Things you'll hear about:

- How to sign-up for a swim meet and where to find information about a swim meet
- Which meets are good for beginner swimmers
- Meet the coaches and board members
- Fundraising and parent expectations throughout the year.

As an added bonus, we bring Simply Swimming to Oregon and give everyone a chance to see the Fall apparel and team suits up close. Your swimmer can try on the suit and figure out what size and style is best for them, and you can figure out which shirt you want to wear in the stands when cheering them on. We'll be sending out a link so you can preview the apparel later this week.

Connect and Share with OCSC



Oregon Community Swim Club



Just search for **OCSCSWIM** and join in on the fun!



We also have an **OCSC Photo Share** site:

- It is our hopes that more parents will take pictures of OCSC swimmers and post them to the site...anyone can contribute!
- The site can be accessed here: <https://ocsctigersharks shutterfly.com/>
- If you are not already a member of Shutterfly or the Share Site (you can try logging in if you're not sure), just follow the steps to join and you'll be added as a member. If you have questions or problems, please email Meghan at mak77teach@gmail.com.

Congratulations!

Andrew Olson (father of Mako swimmer Alexandra Olson) was recognized by WI Swimming this past August as *Stroke & Turn Official of the Year*. Many years there are no nominations for this award, but this year Andrew received 3. He worked a whopping 110 sessions, at every level, from small meets to championship meets. Some of the meets and sessions he worked did not include OCSC swimmers, not even his daughter. He is a volunteer and extremely dedicated to the sport of swimming. Congratulations & Thank You Andrew!



We would also like to recognize to the other parents in our club who volunteer their time as officials at numerous swim meets. Matt Lorson & Sarah Olson at both out of town and local OCSC meets. We are also grateful for Meng Xie for helping out at local meets.

Upcoming Swim Meets!

Oshkosh Swim Series Meet #1: Oshkosh YMCA – September 27th – recommended for experienced swimmers

Home Dual Meet vs. STAR (Stoughton): September 29th at the Oregon Pool – we want all of our OCSC swimmers to participate and this would also make a great first meet for our novice swimmers.

LAKE Senior Open: October 4th at Arrowhead High School – for older swimmers

SPS TYR Fall Pentathlon: October 5th at Sun Prairie High School – good combination of strokes and distances

Fall Shooting STAR Classic: October 12th and 13th at Stoughton High School

DFAC Monster Splash: October 27th at Sun Prairie High School



Why Attend Swim Meets

For some swimmers, the thought of swimming at a swim meet can be quite daunting. Please remember the principle we have found to be true.....**attending meets and competing makes our swimmers exponentially more successful and helps them enjoy the sport more.**

- They get more coaching. We try to talk to each swimmer after each event in order to provide them with additional tips and encouragement.
- They get to see the results of their hard work at practice
- They have more best times, aka personal records
- Sometimes they get swag to hang on bulletin boards
- They bond with teammates
- AND, as or even more importantly, they overcome fear and anxiety more successfully

We truly believe that swimmers not doing meets are getting less than half out of their OCSC experience

Don't know which events your shark should swim? Talk to or email their coach for advice. We love to see them attending as many meets as possible.