



MT. HOOD
AQUATICS

March
2019

Mt Hood
Aquatics
Monthly
Newsletter

MHA

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Submit your
photos to Jenny
Lagers at
503-313-9620



Despite limited pool time for training this past season, the senior team did surprisingly well throughout the short course season. The team trained with more “urgency” and the results were much better than we expected.

I was encouraged by the great progress our women’s team made during the last year and look forward to seeing some girls moving up to the senior level over the next year.

At the Oregon Senior Champs, Josiah Hoccom, Madison Kernan, Taz Larson, Kalea Mullins, and Katie Simon were finalists. Kalea was our standout, hitting her first ever qualifying times for Senior Sectionals in the 1000 free and 1650 free. Taz Larson and Katie Simon both had big finals on the final night of the meet, with Taz going 2:04.8 in the 200 back and Katie going 2:18.9 in the 200 fly. Both swims were lifetime bests by a large margin.

At Senior Sectionals, all three of our boys (Justin Logue, Owen Ngan and Isaiah Ross) were finalists.

We eagerly look forward to getting back into the long course pool and if we can continue our solid efforts, the summer season should be a stellar one!

See you on deck!

Skip



SWIM-A-THON

Mark your calendar! Swim-a-thon has started and May 11th is the day we will swim. More information will be available when it gets closer for exact squad swim time.

This is our swim club's biggest fundraiser of the year. The funds raised are used for facilities, coaches and other activities that support our swimmers.

Things you can do:

- Set up for information on our website and send out emails to encourage online contributions to your account.
- Send out letters to your family and friends (samples are available in your packets).
- In a group (with parent's permission) walk around your neighborhood and ask for donations.
- Make a list of all the businesses your family uses (dentist, car repair, hair salon, etc.) Send them a letter requesting a donation/sponsorship, or go see them in person to make the request.
- Collect cans/bottles and turn them in for money towards your account.

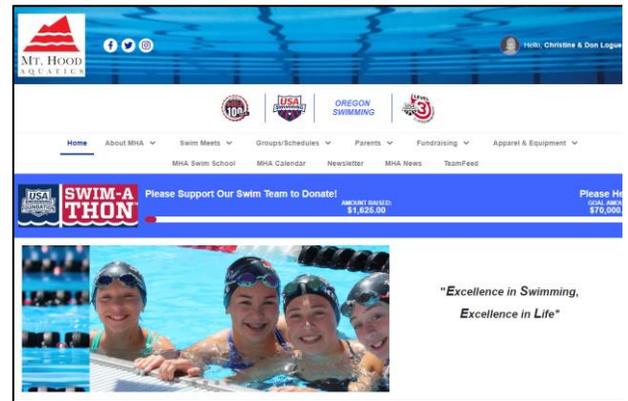
Be creative and do not wait! Spring will go fast. So, do not hesitate to get started right away!

Because this question has been asked, below are the fundraising obligations based on squads.

Fundraising Commitment Chart					
Team	Senior III	Senior I	Gold	Red	White & Sr. Rec.
Commitment	\$650	\$600	\$550	\$400	\$350
Families with more than one swimmer will have a family fundraising commitment based upon the highest level athlete.					

**If you have any questions or need additional clarification, please let us know.

MHA UPDATES WEBSITE

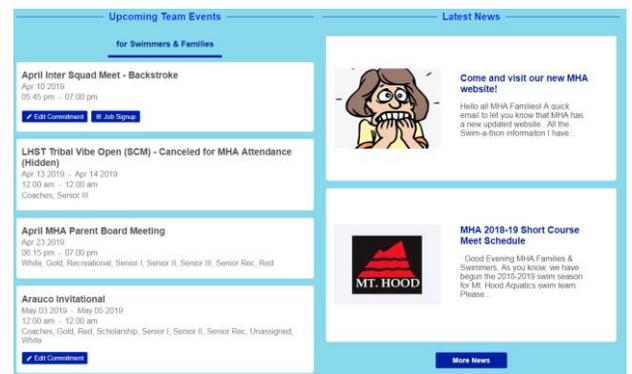


MHA has a new updated website. A huge thank you to Kristy Cameron for taking on this task!

We are using a new TeamUnify platform. The site is laid out in a different format than what we are used to (hopefully more user friendly). All the same information is there, it just may be in a different location. When you have a chance, take a look and please let us know what you think. If you run across anything that doesn't connect correctly, please let Kristy know.

We now have a photo collage page so if you want to send in any pictures from swim meets or practices, Kristy would love to post those.

With this new site there is now a Team Resource tab that enables "quick look up" items such as time standards, practice times, and other important information. These resources will be available as we continue to update and work on this project.



Contact Kristy at kristy.cameron@comcast.net

Senior Sectionals
July 18-21, 2019

OSI 11 & Over
Championships
July 26-29, 2019

Futures
August 2-4, 2019



Swimmers of the Month



SENIOR 3

Justin Logue is the Senior 3 swimmer of the month. Justin achieved a year-long goal of qualifying for Futures, this Summer, achieving the time standards in both the 500 free and 1650 free at Senior Sectionals.

Justin is a consistent trainer who works very hard and often leads training sets in practice.

Keep up the good work!



SENIOR 1



Swimmer of the month is Madison Kernan. Maddy makes a strong case for the Most

Improved Swimmer over the past year. She came to MHA after only swimming high school for Barlow, and wanting to challenge herself to see what she could accomplish before graduating this spring. Maddy finished her Junior year of swimming, having made the B final at the Mt. Hood District meet, and knew she could do more. She told me she wanted to qualify and compete in the club State Championship last summer, and she did. Maddy made a goal of qualifying for Senior Zones and Age Group Regionals for the 2019 Short Course Season, and she did. She has committed to swim with our program through this summer before starting an educational program at Eastern Washington University.

GOLD

This month the gold squad swimmer of the month is Romy "tough girl" Kinney. Romy is an outstanding silent leader. She is always one of the hardest workers in practice and never complains. She has earned the nickname "tough girl" because always she trains tough and races tough. At the Willamette Valley Season Finale swim meet, Romy had some amazing swims. For example, she dropped 13 seconds in her 50 fly, and almost 25 seconds in her 500 free. I am so proud of Romy and her dedication and effort this season. She is on her way to more amazing swimming in the seasons to come. Keep up the great effort, Romy!



Did
You
Know....



Elephants can swim around 20 miles a day



The average high school swimmer swims 1 million strokes per season. Think about that for a minute. You don't even have the time to count to a million... meanwhile, some swimmer is well on his/her way to swimming a million strokes by the end of the season.

BARLOW

Over the course of the past few years I have been blessed to have been given the opportunity to coach five outstanding young ladies, and it is with a proud heart that I get the honor of moving them up to the Gold level. It has truly been an honor to coach each of them, and I am happy to be handing them off to such an outstanding coach in Coach Terri, and watching to see how they progress And girls, you better progress, or I will be coming for a visit!

Coaching is such a blessing and an honor, and these girls truly gave me more than I could have ever given to them. **Girls: Keep your goals in front of you, and don't ever settle for second place, as you are all Gold Medal Winners.** Sarah Moseyko, Ava Steen, Lydia Wilson, Alexis Madsen and Nevaeh Burton will be moving up to the Gold Level to join Coach Terri and the other Gold swimmers at the MHCC facility **Make it Happen Girls!**

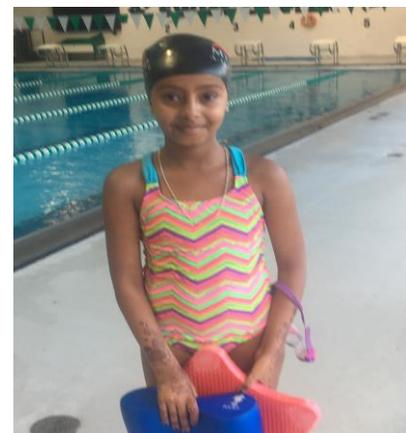
MHA-Red/White

Miles Moir is 9 years old, and he is on Mt Hood Red Squad. Miles is rapidly improving and has a great attitude. He is a very coachable swimmer and is a joy to work with.

Congrats Miles!!



REYNOLDS



Leena Saied is 10 years old and is on our Reynolds Red squad. She is a very good listener and attends a lot of practices.

I look for Leena to be a future leader on MHA.

Keep it up Leena!!



OWEN NGAN SELECTED TO ATTEND NATIONAL DIVERSITY CAMP

Owen Ngan was one of 48 swimmers selected to attend the USA Swimming National Diversity Camp being held May 2nd -5th, 2019 at the US Olympic Training Center in Colorado Springs, CO. The program will include pool training, motivational and education sessions, and team-building activities.

Owen trains and competes at a high level, and we are thrilled he will represent our team and Oregon Swimming at this event!

SAVE THE DATE

MHA SENIOR NIGHT

June 13th

GOT QUESTIONS?

CONTACT US!

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Red / White / Masters

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Senior 1 / Gold

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Gold

Terri Larson
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Red / White

Scott Clark
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Upcoming Events.....

- **Parent Board Meeting**
April 23rd
MHCC Pool
Everyone is welcome to attend!
- **Arauco Invitational**
May 3rd – May 5th
Albany Community Pool
Groups – Senior 1, Gold, Red & White, Senior Rec.
- **Bend Long Course Invitational**
May 4th – 5th
Juniper Aquatic Center
Groups –Senior 3 Travel Meet
- **Comfort Suites CAT Open**
May 17th – 19th
Osbourn Aquatic Center
Groups – Senior 3 & Senior 1 with qualifying times (see coach)
- **Parent Board Meeting**
May 22nd
MHCC Pool
Everyone is welcome to attend!
- **MHA Howard Jones Memorial “C” Invitational**
June 15th & 16th
Reynolds Swimming Pool
Groups – Red, White, Gold & Senior 1

Please check the website for more information on meets, sign-up deadlines and updates!