

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

October 2014

lakeoswegoswimclub.org

Events

McSwimville Invite

November 7 - 9'14

Travel to McMinnville for our first away meet. This meet is always fun and well run.

OSI Top Five

November 5'14

CONGRATULATIONS to our swimmers who swam a top-five event time in 2013 - 2014 seasons. Enjoy the recognition - you've earned it!!!

Husky Invite

December 5 - 7'14

Qualified Sr. swimmers will be traveling to Federal Way for this top level meet. You know they will be swimming fast!!

Hillsboro Winter Invite

December 13 - 14'14

You know that our younger swimmers will come ready to swim. They have done the work and are sure to be rewarded with personal bests!!

Hillsboro Jubilee Invite

December 12 - 14'14

Age group and Sr. swimmers will be focused on best times! This prelim / finals format meet is always a great celebration of their hard work!

Do You Need a Gift for a Neighbor?

Why not buy some poinsettias? Who wouldn't love a plant from a friend.....

Though Halloween is coming right up, Saturday will be NOVEMBER 1st! As holiday seasons change, it's time to think POINSETTIAS.

Luckily, you are all set to bring holiday joy to your home and your friends/neighbors/co-workers through the LOSC Poinsettia Fundraiser, happening RIGHT NOW. Remember, these are spectacular plants – truly extraordinary: large, colorful and vibrant. The grocery store plants pale in comparison!

This important LOSC Fundraiser will help pay for coaching and general operations of the club. To reach our fundraising goals, we are asking each family to sell 10 or more poinsettias or to make a \$75 tax-deductible donation to the club; thank you in advance for your effort!

Poinsettias will be available for pick up Tuesday, November 25th, from 4-8pm at the LO pool - just in a time to decorate the house for Thanksgiving. Just take orders, collect payment and put orders/payment in locked drop box at LOHS pool. It's that easy!

- The TOP SELLER will win 2 free movie tickets!

- The Squad that sells the MOST plants will win a pizza party!

THE DETAILS: Vibrant, healthy poinsettias, from local favorite Al's Greenhouse, in two sizes.

Colors: Red, White, Pink and Jingle Bell (festive mixture of red and white)

Size/Cost: 6.5" for \$12; and 8.5." for \$20

All orders and payments are due on Friday, November 7th; forms are attached to this e-mail. Order forms will also be available in your swimmer's folder at the pool.

If making a monetary donation, our LOSC Fed ID#: 93-085-2551. Many thanks for your support! GO LOSC!

Please feel free to contact Colleen O'Mahony with any questions - colleenomahony@gmail.com.

Poinsettia Order Forms:

[LOSC Poinsettia Sales Flyer](#)

[LOSC Poinsettia Sales Customer Order Form](#)

[LOSC Poinsettia Sales Master Order Form](#)

Something's Happening Here....

A supportive culture breeds champions!

Hi LOSC,

We kicked off the short course season with an amazingly successful home meet! We had over 140 LOSC athletes compete, many for the first or second time ever! We saw over 78% best times from the entire team and many kids hit their first A or B times! Overall this meet was nothing short of a huge success! I want to encourage everyone to participate in as many meets as possible. Signups are unfortunately over for the next meet (McSwimville where we have over 120 athletes competing!) but there is still time to sign up for the Hillsboro meets and I urge you all to do so ASAP! Meets are both fun and give your athlete goals and benchmarks. Very few situations contribute to team bonding like meets do and they often keep your swimmer engaged more so than just practice. I've observed that after one meet (even if its scary at first), swimmers are hungry to go to more!

While we were racing hard here, members of our LOSC family were racing hard elsewhere. LOSC has a strong history of sending athletes to compete beyond club into college. Currently there are several LOSC athletes competing for their collegiate teams this year. Curtis Klein (University of Pacific), Brenda Cha (Vanderbilt University), Rowan Hauber (University of Iowa), Maddie McMurray (Whitter College), Jordynn Canelis (Western Colorado State University), Hannah Cutts (Cal State East Bay), and Catherine Yee (University of Pennsylvania) are all racing hard for the respective teams. Collegiate athletics is a huge commitment and accomplishment and we are incredibly proud of our swimmers!

Locally, we've got 16 LOSC swimmers who made Oregon Swimming top-5! Unlike state, top-5 is combined age groups (10&U, 11-12, 13-14 etc) so its an enormous accomplishment! Reem Alharithi, Brenda Cha, Maeve DeYoung, Caitlyn Groff, Alyssa Gustaff, Dylan Gustaff, Rowan Hauber, Andrew Huang, Ellie Jew, Edward Kang, Curtis Klein, Mara Newman, Chase Richardson, Nate Rumsey, Katie Rumsey, Nick Simons, and Anthony Wang will all be recognized on November 16th, in Corvallis at a special ceremony. CONGRATS!!

I've been nothing short of impressed with our athletes, members, volunteers, and staff. We've got the best group of people in world here working hard for our swimmers and it shows!

GO LOSC!

-emily

October Birthdays.....

Dina-Rosa Biggs, 9

Dak Steinback, 9

Natalya Salcedo, 11

UiJin Jeong, 12

Harrison Brandell, 11

Ryan Sklar, 17

Timothy Rosca-Varga, 10

Brooks Enge, 10

Madeline Esnard, 13

Emi Ampo, 16

Nicholas Pusztai, 9

Madeleine Smart, 12

BEWARE OF THE CHANGING SCHEDULE

Watch out for the mid November schedule change!!!



Swimmers of the Month

Highlighting athletes who prove that hard work pays off!



Aymeric Feyfant

Aymeric had an outstanding overall performance at the LOSC Fall Open. He achieved four OSI "B" times in the 50 free, 100 free, 50 breast and the 50 back. Since joining Age Group Development he has become an outstanding leader with the boys. His coach adds that Aymeric brings a fun and hard working attitude that all the boys in the group have gotten behind. In the 8th grade at LOJHS, Aymeric likes swimming because it is fun practicing with his LOSC friends and he enjoys racing at meets. Outside of swimming, Aymeric likes to run cross country, bike, read and plays video games with friends.

Isabelle Smart

Isabelle had breakout swims at the LOSC Fall Open. She earned two nine year old "A" times in the 50 freestyle and 50 butterfly. In her other events she dropped 13 seconds in the 100 back and a whopping 39 seconds in her 200 freestyle! Her coach believes Isabelle is a perceptive swimmer who is always trying to learn and improve in practice. At West Hills Christian School, Isabelle is in the 4th grade and loves swimming, setting goals and seeing improvement. She loves her LOSC friends and coaches and enjoys the competition and team camaraderie at swim meets. Away from the pool, Isabelle likes reading, art, music and Taylor Swift!



Minsong Kim

Minsong tore it up at the LOSC Fall Open meet. He got his first state qualifying "A" time in his first race of the meet, the 25 free, and then followed it up with many more, including the 50 free and the 25 back. His coach says he has been working hard at practice, while having fun and being a good teammate. Attending Oak Creek Elementary Minsong is a 3rd grader and likes swimming because he loves being in the water and racing fast. When Minsong is not swimming he can be found running around the soccer field.

Eat to Win...

Three Nutrients Young Swimmers Shouldn't Miss.

By Jill Castle

Nutrition plays a key role in performance and recovery. But for the young swimmer, it also supports growth and development. While there are important nutrients for swimming, such as carbohydrates and protein, there are also micronutrients that may be at risk for deficiency, like iron, calcium, and vitamin D.

Of course, any nutrient can fall short of needs if the diet is inadequate compared to the requirements. Deficiencies should always be addressed in the growing athlete.

Three nutrients – iron, calcium and vitamin D—stand out as high-risk nutrients for the young swimmer. One, because they are already known to be deficient in children and teens, in general, and two, because they may be harder for the growing athlete to get enough. Here's the lowdown on each nutrient, including recommended levels of intake, and food sources:

IRON

Iron carries and stores oxygen, which occurs at a higher level during periods of growth (read: childhood and adolescence). Female athletes, in particular, are at greater risk for this deficiency due to menses and exercise.

According to the 2010 Dietary Guidelines for Americans (DGA), 9% of 12-49 year-old women are iron-deficient. Swimmers who cut back on their eating or consume a vegetarian diet are at increased risk for iron deficiency.

Requirements:

4-8 year olds: 10 mg/day

9-13 year olds: 8 mg/day

14-18 year olds: 15 mg/day (females); 11 mg/day (males)

Iron comes from animal and plant sources, with animal sources being more efficiently absorbed in the body. The less efficient absorption of plant iron can be enhanced by vitamin C-containing foods like citrus fruit and juices.

Food Sources: beef, ground beef, dark meat turkey and chicken, canned light tuna in water, iron-fortified cereals, instant oatmeal, enriched bagels and breads, black beans, white beans, spinach and raisins

CALCIUM

Calcium is needed for normal bone development and strength, and is required for muscle contraction. All children and teens are at risk for calcium deficiency, but especially teens because they tend to eat and

drink less dairy products as they age. Ironically, this is the time when they need calcium the most! Peak bone formation occurs in the teenage years and is completed in the early 20's.

Requirements:

4-8 year olds: 1000 mg/day

9-13 year olds: 1300 mg/day

14-18 year olds: 1300 mg/day

Food sources: ready-to-eat cereals, calcium-fortified orange juice, cow's milk, soymilk, yogurt, cheese, salmon, tofu, frozen yogurt, vanilla ice cream, cottage cheese, turnip greens, kale, Bok choy, broccoli, and white bread (calcium-fortified).

VITAMIN D

Vitamin D partners with calcium to build bones. It has also been identified in the prevention of cancer, heart disease, autoimmune disease and infectious disease. Sunlight activates vitamin D in the skin, but sunscreen, cloud cover, dark-colored skin, and other factors may limit its effectiveness as a source of vitamin D.

Requirements:

All kids and teens need 600 IU/day.

It's not easy to meet vitamin D requirements because there are few foods that are rich sources of this nutrient, and the obvious foods like dairy products aren't always consumed in the needed amounts (6 cups of milk equals 600 IU vitamin D). The combination of vitamin D-rich foods and sunshine are key to making sure the swimmer gets enough. For swimmers who practice indoors, getting adequate vitamin D from food (or a supplement) is critical.

Food sources: sockeye salmon, smoked salmon, canned tuna, vitamin D-fortified orange juice, milk, soymilk, rice drink, cooked pork, fortified ready-to-eat cereals, mushrooms, Canadian bacon, and eggs.

Iron, calcium and vitamin D are essential to the growing swimmer's health and wellness, not to mention his athletic performance. Keep these three nutrients top of mind and you may avoid some significant roadblocks to training along the way.

Sr. Swimmers Give & Receive

LOSC Receives Recognition from Special Olympics of Oregon

Seven LOSC athletes volunteered their time and expertise to support athletes competing in the Oregon Special Olympics Aquatics Competition hosted by Mount Hood Aquatics on Sunday October 26th at MHCC.

Kyle Vu, Max Swaim, Sam Swaim, Yifan Mao, Ryan Sklar, Jackson Calvert and Edward Kang not only gave their time, but drew upon their competitive swimming experience to provided support, guidance and enthusiasm to many of the competitors.

The Special Olympics is always looking for volunteers. Their next aquatics event is on November 16th!

Volunteer @ www.soor.org ... click on "volunteer" ... click on the link for sports competitions ... Choose the event and sport that you want to volunteer for and follow the instructions to create a volunteer profile and register.



Message from the President

October was a very successful month for the Club. Our first home meet of the season was a HUGE success - with 498 athletes! The increasing experience of our volunteers has allowed us to spread the load across our very capable membership. Continuing to distribute the effort will make hosting future meets easier and ensure a sustainable way to provide a familiar competitive opportunity for our swimmers. Thank you to everyone for their contributions - together we did great!

I am very grateful to those of you who responded to our request for officials. Last spring we were down to just a few officials, but due to your response we are healthy and fit again! Although we still rely on Joe Dahl, Dan Gipe and Cliff Lyons to fulfill the roles of Referee, Admin Official and Electronic Timer - I know it's only a matter of time until some of you will grow into these leadership positions.

I would also like to thank our coaches for the great job they did preparing and mentoring the 140 LOSC athletes who represented us so well. I am especially pleased to see the marked increase in swimmer meet participation, "smile factor" and success.

I am looking forward to the end of the high school water polo season and change it brings to our schedule. This change signals the start of the HS swimming season which is a great opportunity for our swimmers to showcase their abilities, sportsmanship and leadership.

It looks like we have another very busy season ahead of us. It feels like we have the momentum to make it one of the most successful ever!!

GO LOSC!!

Contact Us

www.lakeoswegoswimclub.org

Emily Melina - Head Coach
 Mark Cranch - President
 Sarah Sklar - Vice President
 Debbie Rumsey- Treasurer
 Cathy Newman - Secretary
 Pattie Hansen - Membership
 Sharon Richardson - Ways & Means
 Troy Tetsuka - Meet Director
 Nerissa Swaim - Accounts Payable
 Laura Gustaff - Communications

Mailing Address

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EQUIPMENT RESALE PROGRAM

Its ebay for swim equipment..... Well sort of

Do you have equipment that your swimmer has outgrown? The color doesn't match their swim bag? Does your swimmer need some equipment but you don't need it brand new? Here's the spot!

LOSC has created this service to connect members so that gently used equipment can go to a new home.

If you have equipment in good shape you'd like to pass on, please send an e-mail to losc.equipment.resale@gmail.com with the following information:

Your Name:

Item:

Size:

Color:

Condition:

Cost:

Contact Info:

Notes/Other Info:

We'll post your item(s) to this site within a couple days.

If you want to purchase an item, please contact the seller directly.

LOSC does not make any guarantees regarding the item. We urge individual sellers and buyers to be considerate of one another. Please contact losc.equipment.resale@gmail.com if you have questions or concerns.

CAR - POOL - CONNECTION

Sharing is caring

The purpose of carpool connection is to bring together current members who can benefit from rides to and from swim practice.

If interested in participating in a carpool, please format your information with the following items then email to Christy Haddock at christina.haddock@gmail.com

Contact information (name, cell number and email address)

Swimmer info (squad and general location of home/school)

Carpool needs (days and times)

*

The Lake Oswego Swim Club will not be held responsible for any issues that arise from use of the carpool.

See your suggestion here...

Do you have an idea that would benefit the Team? Send your suggestion to membership@lakeoswegoswimclub.org