

# CONNECTIONS

*The membership newsletter of the Lake Oswego Swim Club*

April 2014

[lakeoswegoswimclub.org](http://lakeoswegoswimclub.org)

## Events

### **LOSC Challenge Open**

*April 11 - 14'14*

Our last home meet of the year always draws big crowds - be on the lookout for opportunities to become more involved with this Club.

### **Thunderbolt Spring Open**

*May 2 - 4'14*

This meet will be our first LC meet of the year. Our A/B swimmers will be the first to see what it is like to swim in the loooong pool

### **CAT Open - LCM**

*May 16 - 18'14*

Corvallis is a great place to spend the weekend! A/B swimmers will travel south to book some more fast times....

### **MHA - HJM Invite "C"**

*June 14 - 15'14*

This SCY meet is a great opportunity swimmers to compete and see where they are against their goals. This meet is indoors - so you are guaranteed to be warm and dry!

### **MHA - HJM AG "A/B"**

*June 13 - 15'14*

This meet will be a great opportunity for swimmers improve their times establishing new "PB"! Bring some sunscreen, an umbrella and a parka - you will need them all!!

## Do it now.....

*Need Volunteer Hours? Need to Submit Hours? Here's How!*

**Our LOSC Challenge meet is coming up next weekend, April 11-13!** There are a lot of opportunities to help our kids have a great meet experience, meet other new swim parents AND knock out some of your required hours!

**To contribute food/ drinks items:**

[Consession / Hospitality Donation Sign-up Sheet](#)

To help out at meet:

[Challenge Open Job Sign Up - Here to sign into your account](#)

**Have you volunteered and need to submit hours? Here's how!**

Sign in to [lakeoswegoswimclub.org](http://lakeoswegoswimclub.org)

Click on the top banner button labeled "volunteer"

Click on "Submit your volunteer hours online here"

The LOSC Challenge is our last home meet of the season. If if you would like to volunteer instead of buying out your required hours at \$10/hour, this is a great opportunity.

Questions? Contact [sarah\\_sklar@yahoo.com](mailto:sarah_sklar@yahoo.com)

# A GREAT Way to Finish...

*Well, our break is over..... Its time to switch gears for the long-course season!!*

Hi LOSC,

I hope everyone had a great spring break!

Before break we had athletes participating in both the Senior and Age Group Sectional meets which was a huge accomplishment!

At the SR Sectional meet, we had 11 athletes representing LOSC (Mara Newman, Edward Kang, Brenda Cha, Curtis Klein, Kevin Quan, Rowan Hauber, Yifan Mao, Max Swaim, Sam Swaim, Ryan Sklar, and Kyle Vu). The SR Sectional meet attracts some of the fastest swimmers in the Western Region and this year was no exception--it was a fast meet! Some of the standout swims include Edward Kang narrowly missing the Winter JR Cut in the 200fly, but setting a team record in the process and dropping a large amount of time. He also set the 100fly team record over the weekend. Mara Newman earned a second swim in the 100bk and Brenda Cha earned second swims in the 100fr, 100fly, and 50fr, setting a new team record in the 50fr. Curtis Klein earned second swims in the 100bk, 200bk and 200fr. Overall, we saw multiple lifetime and season best swims from all our athletes!

The same weekend we had over 115 LOSC athletes compete in our Dan Perz Home Meet which was a smashing success! We had many athletes competing in their first or second meet ever! We had over 85% best times by our athletes and everyone had a great time!

At the Age Group Sectional Meet was the following weekend where we took over 20 LOSC swimmers! Highlights include Mara Newman winning the 100 and 200bk and also setting a new NW Sectional record in the 100bk! Mara was also the highest scoring 13 year old girl at the meet, qualifying for finals in 5 events! Additionally our 10&U Boys swept both the 200FR and 200MR relays! Ellie Jew qualified for finals in 4 events, with a speedy second place finish in the 50breast! Nate Rumsey and Dylan Gustaff both broke team records at the meet as well! Additionally, Andrew Huang, Anthony Wang, Madison Richardson, and Nate Rumsey all scored at this meet as did the 13-14 Girls relays! After a long season, the kids were very tired by last day, but they pushed through and swum strong! I was impressed by everyone's team spirit and camaraderie!

With our spring break behind us, we're looking forward into the long course season! We've posted most of our long course season up on the website so remember to commit to as many meets as you can attend and start your summer planning now! We have the April Home Meet just around the corner and I encourage everyone to attend! Its a great way to get back into the swing of things and always a lot of fun!

GO LOSC!  
-emily

# Swimmers of the Month

*Highlighting athletes who prove that hard work pays off!*



## Jordan Leis

Jordan has done a great job this short course season! He qualified for AG Sectionals in the 50 free and dropped significant time all season in all of his events. At the 11-14 OSI Championships, Jordan swam a full schedule of events, breaking 24 seconds in the 50 free! His coach is excited to see what Jordan will do during long course. A freshman at LO High School and part of their swim team too, Jordan enjoys competing and having the encouragement and support of his coach and fellow LOSC swimmers. Away from the pool, Jordan can be found playing golf and tennis and hanging out with his friends.

## Nate Rumsey

Nate recently competed at the AG Sectionals in Federal Way, WA and swam six individual events placing 5th in the 200 freestyle in which he broke the 9-10 year old LOSC team record that had stood for 13 years! He was also a member of the two winning relays, both of which beat team records. In the 5th grade at Stafford Primary, Nate likes swimming because it's just him against the clock and he likes hanging out with his LOSC teammates. In addition to swimming, Nate likes to ski, water ski and spend time with his family on their boat.



## Miles Campion

Miles outstanding performance at his last meets shows that his attendance and hard work is paying off! His coach adds that Miles has consistently worked towards his goals this season. He is very focused and always striving to improve his strokes and technique. At Our Lady of the Lake, Miles is in the 4th grade and loves being in the water, getting stronger, learning different strokes and having a chance to swim his best race at meets. When not swimming, Miles likes music, plays piano, guitar, sings in the choir and enjoys time to just think.



# Bring Food Donations to Our April Meet!

*Together we can help those in need.....*

Dear LOSC Families,

My name is Madeline Eller and this is my eighth year competing for LOSC! I'm on the AGP2 squad. I am so pleased to be coordinating the second annual food drive for the Tualatin School House Pantry in conjunction with our next home meet of the year – April 11th-13th.

Our food drive last year was a great success! We filled both large bins completely with donations. This year we will have 3 large bins at the entryway of the pool Friday- Sunday. Please bring your donations to the meet!

I first became involved with the food pantry several years ago through visits with my Girl Scout troop and was surprised to learn that the pantry serves over 250 families from Lake Oswego and 450 families overall per month.

The mission of Tualatin School House Pantry is to provide emergency food to qualified households in a welcoming environment. As a part of the Oregon Food Bank, they also have in their mission to eliminate hunger and its root causes because they believe that no one should go hungry.

Tualatin School House Pantry serves residents of Tualatin, Durham, Lake Oswego and West Linn. TSHP provides emergency food boxes with up to 5 days' worth of food and personal supplies, one time per month.

Did you know one simple & free way to help the pantry is to keep your used paper grocery bags and donate for them to with their clients? By donating your used bags they can save that budget money to purchase food instead!

Tracy Smith, the Pantry Coordinator asked me to let the team know that they are REALLY SHORT ON canned fruit, sugar & powdered laundry detergent. Bulk is great as they are cheaper by the pound and they can repackaging them. Fred Meyer has cheap large tubs of detergent for just \$9 for 150 loads and Costco sells sugar in 25lb bags!

In addition to canned food they also are in need of toilet paper, shampoo/conditioner, soap and toothpaste.

Lastly, as your summer gardens begin to flourish please think of donating your surplus to the food pantry. In the summer months they serve 40-60 families per day. If they have 60 families receive 4 tomatoes each that's 240 tomatoes each day and 720 per week! Please contact me at [ellerj@comcast.net](mailto:ellerj@comcast.net) if you would like to donate your garden surplus. I will be making deliveries during the summer and would love to include your donation!

Thirty percent of food donations come from food drives such as ours. Please join me in supporting this worthwhile organization.

Go LOSC!

## March & April Birthdays.....

Yifan Mao, 16

Chase Richardson, 11

Kellen Morrow, 9

Julia Ranasinghe, 6

Elo Paulorinne, 8

Genevieve Nguyen-Lam, 7

Jordynn Canelis, 18

Sarah Liechty, 12

Brenda Cha, 18

Marco Wolmarans, 18

Gavin Hsia, 9

Tatum Enge, 4

Jackson Davitt, 12

Jordan Leis, 15

Sophia Hwangbo, 8

Samantha Esnard, 9

Ashley Haddock, 11

Caerwyn Sabine, 13

Elizabeth O'Mahony, 12

Alex Vail, 6

Campbell Brunner, 5

Kylie Norris, 16

Lena Westlund, 11

Andrew Huang, 10

Kathryn Compton, 11

Hope Enge, 6

Sean Davitt, 10

Caitlyn Groff, 11

Erin Anderson, 10

Yasaswini Sura, 6

Edward Kang, 16

Addison Warhank, 8

Lucy Fidler, 5

Isabelle Smart, 9

Nicholas Jafari, 13

Ella Notdurft, 11

# Six Health Tips for National Nutrition Month

CHRIS ROSENBLOOM, PHD, RD, CSSD

March is National Nutrition Month, and the Academy of Nutrition and Dietetics posted 14 health tips for 2014 ([http://www.eatright.org/nnm/handoutsandtipsheets/#.UxpID\\_2PLtQ](http://www.eatright.org/nnm/handoutsandtipsheets/#.UxpID_2PLtQ)).

Here are the some of the tips revisited for swimmers:

1. Eat breakfast. Even the swimmer who dives into the pool at 6 a.m. needs breakfast to power through the morning workout. Quick breakfasts are easy with a little planning. A cup of instant oatmeal with nuts and berries, a carton of vanilla yogurt topped with granola, a pita pocket stuffed with scrambled egg and cheese, or a toaster waffle sandwich with honey and peanut butter can all be eaten the car while mom or dad drives.
2. Make half your plate fruits and vegetables. It is easier than ever to steam frozen veggies (right in the pouch) or fresh veggies (right in the bag) for a healthy addition to a sandwich at lunch or grilled chicken for dinner. Try new combinations of veggies or tropical fruits for a change of taste.
3. Watch portion sizes. Even swimmers sometimes over-do the carbohydrate and protein portions sizes. A 25-gram of carbohydrate pre-workout snack is small – the size of mini-bagel, or 1 large orange or 1 cup of dry cereal. And, post-workout protein needs only to be 15-20 grams; the

amount found in 2 cups of low-fat milk, 2 or 3 ounces of meat or cheese, or 2 hard-boiled eggs.

4. Get to know food labels. Use the Nutrition Facts Panel to learn how much carbohydrate, protein and fat is in a serving of your favorite foods. Food labels also show percentage of daily value for select nutrients; a food is an excellent source of a nutrient if it contains 20% or more of the daily value.
5. Get cooking. If you like to watch cooking shows, make it more than a spectator sport. Find simple recipes online and get in the kitchen. Who knows? You might just be the next Master Chef Junior.
6. Banish brown bag boredom. Packing lunch or snacks for pre-or post-swim practice doesn't have to be boring. Try whole wheat couscous mixed with black beans or chickpeas, a flour tortilla filled with rotisserie chicken and leftover salad, or spinach wrap with sliced turkey and feta cheese. Freeze a 20-ounce bottle of sports drink or water or juice to keep the lunch cold. When lunch or snack time comes around, you will have kept your lunch cold and have an icy drink, too.

Swimmers should celebrate good nutrition every month, so march into spring by paying special attention to your nutrition.

## Message from the Board of Directors

As our organization continues to evolve and improve, I can't help but reflect on the those who brought us here. Foremost in my mind are the many contributions by Joe Dahl and Dan Gipe. Simply put - without their leadership there would be no Lake Oswego Swim Club. Joe and Dan are past presidents who continue to support the team by serving as Meet Referees for our three home meets. Without their support we could not host these events - which are an excellent opportunity for kids of all ages & abilities to compete. These events are also important fundraisers which help support our on-going programs.

Although I am sure we can continue to count on Joe and Dan's support, it is critical that we renew our roster of officials. Although our fast swimmers and professional coaches are working hard to ensure we are invited to compete in the regions best swim meets - their effort and enthusiasm may not be enough. We can ensure their success by volunteering to be Meet Officials!

Our team should have 12 officials. We need 8 - 10 parents to begin training this season to be sure we are ready for our October home meet. Please watch for e-mails from Troy Tetsuka. As our Meet Director he will be leading the reciting and training effort.

At this weekend's meet, *PLEASE* take the time to show our appreciation by thanking Joe & Dan for their contributions and please consider becoming an official.

## Contact Us

[www.lakeoswegoswimclub.org](http://www.lakeoswegoswimclub.org)

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

## Mailing Address

Lake Oswego Swim Club  
 PO Box 1103  
 Lake Oswego, Oregon 97035

# 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](mailto: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](mailto: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](mailto: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](mailto:membership@lakeoswegoswimclub.org)*