

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

April 2015

lakeoswegoswimclub.org

Events

Awards Banquet

May 9'15

Our Annual Awards Banquet is always a ton of fun! Please attend this event to celebrate our swimmers!

CAT - Corvallis, OR

May 15 - 17'15

Our A/B swimmers will travel to Corvallis for one of the best meets of the year. Don't forget to try the spinach gorgonzola pizza as a special reward for outstanding effort!

CRST Big Wave Decathlon

May 23 - 24'15

A fan favorite - this "alternate" format LC meet encourages swimmers to make every race count!

Annual Election Of Officers

May 28'15 @ 6:15pm

This year we will be electing President, Vice President and Ways & Means Director. Please come to the LO Pool @ 6:15 to cast your vote!

MHA Howard Jones Mem.

June 12 - 14'15

These two meets will be a focus event for the entire team! I know it will be hard to keep track of all the breakthrough swims!

LOSC 2015 SWIM-A-THON SUCCESS!

We are so happy to announce that our LOSC 2015 Swim-A-Thon was a huge success! Not only did we surpass our fundraising goal of \$12,000, we also had the highest member participation that anyone can remember! As a team we raised \$12,392.90 and everyone should feel proud. The proceeds of the LOSC Swim-A-Thon subsidize budgeted operating expenses, coaching and water time, training equipment, and help to keep our dues at a reasonable level.

Our individual female and male fundraising winners are:

Jayna Patel, Development 1, \$734.00 !

Roy Wang, Performance 2, \$400.00 !

Jayna and Roy win swim gear signed by Olympic swimmers from Coach Emily.

AND, the LOSC squad winner, raising the most money is.... **Development 1**. As a squad they fundraised a total of \$2231.00 !! They have won a Pizza Party!

WAY TO GO LOSC!



Long Course Season Goes By Quickly.....

Stay on top of the schedule & participate in as many meets as possible!

Hi LOSC,

We had another successful home meet! New team records, sectional and state times, B times, and first swims! Hard to ask for anything more! As we head into the long course season, we've got plenty of meets on the horizon to get excited about! Thunderbolt, CAT, CRST, and a few of our select senior swimmers will be traveling to Canada to race against some of the fastest swimmers in the world! As many of you know, the summer schedule moves along very quickly. Meet deadlines are significantly ahead of the actual meet dates so it requires both parents and coaches to be on top of the schedule! Summer meets are limited and the meets fill up very quickly, so we generally have to ensure our entries are in within minutes of the time they begin accepting entries. If your swimmer is newer to swimming (or doesn't have a "B" time yet) I also want to stress the importance of signing your swimmer up for as many of the meets as possible throughout the summer season as there are limited opportunities for them to race. Oregon Swimming has time standards set up to help motivate the swimmers throughout their swimming career. C times are legal swims-- although most C meets allow "no time" (NT) swims as well. B times are faster than C times, but not quite at A times. And A times are state qualifying times. Because there are a limited number of long course pools (50m) in Oregon, the number of LCM meets are limited and therefore they often limit them to AB time standards. Thus the motivation to enter those C open meets is all the bigger! The CRST Decathlon and the Howard Jones C meet are both local and GREAT meets for those swimmers. While the CRST deadline has past, the HJ C meet is still open! So log on and sign up! AND for all of you swimmers with AB times, let's take EVERY opportunity available to race because the summer season is so short! We tried to expand our meet schedule this season and while we're perhaps only having some of the success we hoped with it, it's definitely giving our swimmers plenty of racing opportunities!

Meets are a great way to come together as a team. While swimming may seem more like an individual sport, in many ways, it's a team effort. Relays and team points are a more literal interpretation of this, but so are the people behind the scenes. I've been impressed with all the people who came together to help ensure that our home meet was a success! We hosted over 500 people to our home pool and it took every one of our volunteers to make this happen. When you consider that over 140 of those swimmers were our own, it not only made us great hosts, but it was time invested in our team as a whole. I want to change people's perspectives on

volunteering for our team. Yes, we have volunteer-hour commitments, but by no means should you let that limit you! I have several parent-members of my squad that log that amount of time in a month, just so all our swimmers can enjoy a great swim experience! I like to think of the volunteer hour requirements as the bare minimum, but all our members should be excited to contribute more to our amazing program. Just like we encourage our athletes to not just do the bare minimum in the pool, but to go above and beyond, we ask all our members to take this winning attitude. Take ownership and pride in this awesome team, because it is exactly that: your team! When our athletes achieve amazing things, know that you contributed to it. Just this month we had two big milestones: Curtis Klein competed at the Arena Mesa Grand Prix and qualified for finals in two swims. In the process, he beat defending Olympic silver medalist in the 100m backstroke Nick Thoman in the 200bk! Additionally, USA Swimming just released their updated All-Time Top-100 swims for each age group and Mara Newman has made the list in two events (100 and 200yd backstrokes)! This means Mara is among the fastest 100 13-14 girls to swim these events...EVER! She is ranked 68th in the 100 and 50th in the 200. This is OUTSTANDING! Both these swimmers benefited from our amazing team environment and who knows what our next great milestone will be?!?! I saw so much potential on our team when I watched the home meet from our 5 year olds through our 18 year olds and am beyond excited about the future. So I challenge each one of you to take some pride and ownership in this amazing team that we've built and ask yourself how you can contribute to make our team even more AMAZING!

This is going to be a PHENOMENAL summer by LOSC!

-emily

3rd Annual Food Drive for Tualatin School Pantry

Thanks for your Donations!

Thank you so much to the LOSC coaches, swimmers, and their families who brought donations to our home meet for the Tualatin School House Pantry! For the third year in a row the Pantry has been so grateful for the generosity of the Lake Oswego Swim Club families. Our donations helped the Pantry fill many emergency food boxes for our neighbors in need. A typical food box provides enough food for a family of four for three-to-five days. They were especially grateful for all your paper grocery bags! Their clients use these to carry their food home.

Although our "official" food drive is ended I collect donations for the Pantry year-around. Now that summer gardens are beginning to flourish, please consider donating any excess fresh food that you grow. I can collect from you at Saturday practice anytime - just send me an email at ellerj@comcast.net.

I'm so proud of our team for connecting to our community in such a meaningful way.

Thank you!

Madeline Eller, Senior Squad



March Birthdays..... (Sorry :)

Alex Vail, 7

Elizabeth O'Mahoney, 13

Juliette Fallenstedt, 12

Ella Notdurft, 12

Isabelle Smart, 10

Edward Kang, 17

Yasaswini Sura, 7

Erin Anderson, 11

Hope Enge, 7

Sean Davitt, 11

Kathryn Compton, 12

Andrew Huang, 11

Lena Westlund, 12

Kylie Norris, 17

Noah Alberte, 9

LOHS Pool is A Busy Place

Please park your car - come in and see what's going on.....

Parking at the LO Community Pool is, well.... hairy. The parking lot is undersized, traffic flow is always congested and it always seems like the high school is hosting a large event! Understood, but the lane way in front of the pool is a fire lane and must remain clear.....

Please make the extra effort legally park your car while you wait for your swimmer's practice to finish. This will keep the fire lane clear and prevent congestion in front of the building. If you arrive early, please come into the pool to see the excitement first hand!! The more the merrier! THANK YOU.

LOSC Volunteers Make A Splash!

A BIG thank you to everyone who helped make our meet a success.....

Swim Caps off to all LOSC volunteers who helped at the Dan Perz home meet! From concessions, timers, announcers, and ice delivery to hospitality, ribbons, runners and bull pen, the meet could not have run without us! *Thank you!*

Special thanks to the LOSC Hospitality and Concession Team: **Fleur Swarbrick, Laura Ampo, Rosemary Lundstrom, Pam Armistead, Mychallo Toloczko, and Wassana Yantasee** who provided yummy, healthy meals, snacks and beverages for our officials, coaches, swimmers and fans.

Interested in becoming a regular volunteer for LOSC next fall? As a regular LOSC volunteer, hours do not need to be submitted and it's a fun way to become more involved. Email loscvolunteerprogram@gmail.com if you are interested in receiving emails on upcoming volunteer positions.

Thanks again Volunteers!

Helpful links:

[How many hours do I still need to work?](#)

Sign in to lakeoswegoswimclub.org first.

Click on the top banner button labeled "Volunteer"

Click on "\$My Invoice/Payment"

Choose the tab labeled "Service Hours"

[How do I submit my hours?](#)

Sign in to lakeoswegoswimclub.org first.

Click on the top banner button labeled "Volunteer"

Click on "Submit your volunteer hours online here"

April Birthdays.....

Lucia Hingi, 11

Emerson Mishkin, 8

Reed Jordan, 8

Zack Jordan, 8

Alexander Alberte, 13

Kellen Morrow, 10

Yifan Mao, 17

Chase Richardson, 12

Ashley Haddock, 12

Audrey Chun, 12

Samantha Esnard, 10

Jordan Leis, 16

Benjamin Kolman, 7

Sophia Hwangbo, 9

Mike McGrath, 29

King Steinback, 7

Sarah Liechty, 13

Yoshihiro Nakagawa, 13

Genevieve Nguyen-Lam, 8

Isabella Feruzzi, 14

Thank you Sponsors!!

We appreciate your support and generosity



MAY TRUCKING COMPANY



jennifer noble

Principal Coach, 22 | 503.636.2288 ext. 103 | jnoble@jennnoble.com



Swimmer of the Month

Recognizing an athlete who proves that hard work pays off!

Coaches comments:

Martin Fallendtedt did a great job at our last home meet. With the goal of moving up, Martin has been focused and hard working, attending most of the squad's practices every week. He went almost all best times at the last meet and got his second "A" time to add to his growing number of "B" times. He has recently moved up squads to Performance 1 and has continued his hard work at practice on his new squad. -Courtney



Martin Fallendtedt

A Few Fast Facts About Martin:

Grade and school: 4th grade at Deer Creek Elementary (Tigard Tualatin school district)

Favorite subject: Mathematics

Favorite stroke: Backstroke

Favorite race: 100 Backstroke

Future goals: to achieve more "A" times, so I can attend the State Championship

Favorite movie: Transformers

Favorite vacation: Dominican Republic, by the beach

Other hobbies: Dirt biking

Favorite Food: My mom's homemade Chicken Alfredo with Linguini

What do you want to do when you grow up: I want to be a veterinarian

If could change one thing it would be: I would love if my grandparents and other relatives would live closer, so I could see them more often

TOP SNACK REPLACEMENTS

BY CHRIS ROSENBLOOM, PHD, RDN, CSSD

How many times have you reached for a bag of chips while studying, or guzzled a 20-ounce soft drink because you were thirsty? Swimmers burn a lot of calories and snacking is a good way to replace calories lost in exercise and replenish nutrients for the next practice or meet. However, mindless snacking when you are bored or stressed out often leads to poor choices. So next time you want a snack, ask two questions. “Am I really hungry?” and “What can I eat that will support my training?”

Here are some ideas that are nourishing, satisfying, and tasty:

When craving a salty snack:

- Whole grain pretzels with salt and sesame seeds
- Pretzel crisps
- A cup of soup
- Salted, smoked almonds

When craving a creamy snack:

- Hummus
- Creamy cheese wedges
- Peanut butter or almond butter
- Greek yogurt

When craving a sweet snack:

- Dried fruit mixture
- Frozen grapes
- Berry smoothie
- Fruit-filled cookies (fig, strawberry or blueberry filling)

When craving a crunchy snack:

- Air-popped popcorn
- Whole grain crackers
- Raw, fresh veggies
- Granny Smith apple slices

When craving a beverage:

- Flavored sparkling waters (lemon, lime, raspberry)
- 100% fruit juice mixed with club soda
- Iced green or black tea with lemon
- Water infused with strawberries

Save the Date - Upcoming Team Events

Thursday May 28th: Annual Election, 6:15 pm @ LOHS Pool

Message from the President

April was a VERY busy month for LOSC!

Our last home meet of the year was a HUGE success with more than 500 swimmers participating. Together our three meets have provided a competitive opportunity for almost 1,400 children and two adults (Coaches Mike & Patrick - you know who you are). A HUGE THANK YOU to everyone who volunteered their time. I want to recognize TROY TETSUKA who spent hours and hours doing the work that made the meet run so smoothly. Thank you Troy!!

It is always fun to see the look of satisfaction on the faces of our younger swimmers when they achieve their Swim-a-thon goal - be it 100, 200 or 364 lengths. The event is a testament to the quality of the training program, shows the kids that there is no limit to what they can achieve and reinforces the lesson that consistent hard work is what is needed to achieve the extraordinary! The event was a successful fundraiser, generating more than \$12,000 in donations. Please take the time to stop and thank Laura Gustaff and the members of her team for their effort!

This weekend's banquet is the last Club event of the year. The banquet is an important team building event. Swimmers get to spend an afternoon together without the pressures of practice or competition - this time together will grow the strong friendships that help them overcome disappointing races and meets. I encourage ALL adult members to introduce themselves to at least one or two new people. Say hello to that person who has been sitting at the other end of the bleacher during recent practices or meets. Its simple really - as the swimmer's become more successful they need more support. We will only be able to provide the needed support if we are able to increase the level of member involvement. So, let's meet a couple new people and start to build the personal interconnections which will create a network which will be able to support our swimmers growing success!

GO LOSC!!

Contact Us

www.lakeoswegoswimclub.org

Emily Melina - Head Coach
 Mark Cranch - President
 Sarah Sklar - Vice President
 Debbie Rumsey- Treasurer
 Cathy Newman - Secretary
 Patte Hansen - Membership
 Vacant - 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

NEED LOSC APPAREL?

[Press this link go to to LOSC apparel page](#)

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