

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

December 2014

lakeoswegoswimclub.org

Events

CAT Open

January 9 - 11'15

Our 15&O swimmers will be traveling to Corvallis to compete. Try the Spinach & Gorgonzola pizza - it is guaranteed to help you swim fast!

West Coast All Stars

January 10'15

OSI All-Star Team will travel to the City of Commerce for a meet against other West Coast all star teams. Congratulations to Alex Quan, Ellie Jew, and Mara Newman!!

Thunderbolt Round Robin

January 17 - 19'15

The unique team format of this meet will allow our Performance swimmers the opportunity to compete against local teams to see who will come out on top - should be fun!

LOSC Client Richardson Memorial Open

January 23 - 25'15

Our second home meet of the season will provide an excellent opportunity for ALL of our swimmers to compete.

Coast Range Qualifier

February 6 - 8'15

Start getting ready for State. This meet will be the "last chance" for 10&U swimmers to qualify for State.

High School Swimming Underway

Sr. Swimmers participate as leaders (in & out of the water....)

Its the time of year when our senior swimmers trade their LOSC black and silver for school colors and compete on behalf of their high schools - but they contribute much more than race results!

High school swimming is the time when our high school aged swimmers show their classmates that they are not only great students, but that they are also great athletes - having the strength, speed, and skill to make a significant contribution to their school's athletic program.

As a "non-cut" sport, high school swimming draws a large number of students with a broad range of skills and capabilities. Club swimmers act as un-official assistant coaches, leading lanes and teaching strokes. They draw from their competitive swimming experience to mentor and motivate less experienced athletes to achieve their best.

Congratulations and thank you to our High School Swimmers!

Good luck, swim fast & GO LOSC!!!



ATHLETES OF THE WEEK

LAKE OSWEGO LAKERS

<p>RODNEY HOUNSHELL</p> <p>Hounshell, a sophomore and new to the Lake Oswego boys varsity basketball team this year, had 10 points, one of three players in double figures, as the Lakers knocked off Grant to open their season at home.</p>	<p>YIFAN MAO</p> <p>Mao is one of the top swimmers in the state and a key returner for the Lake Oswego girls swim team this year. The sprinter should be among the top in the Three Rivers League this season.</p>
 <p><small>J.A. Photography, Inc.</small></p>	 <p><small>J.A. Photography, Inc.</small></p>

December was a BIG month for LOSC

EVERYONE plays an important role in our teams successes

Hi LOSC,

As we wrap up this year, I wanted to just highlight some of the GREAT swims we've had in the month of December. We took 10 athletes to the Husky Invite up in Federal Way where we saw over 95% best times! We had 3 team records broken by Edward Kang, and a new SR Sectional time standard by Ellie Jew. Kyle Vu, Jordan Leis, Sam Swaim, Edward Kang, Ellie Jew, Madison Richardson, Yifan Mao, Max Swaim, Ryan Sklar, and Kalea Tetsuka all represented LOSC amazingly!

The following weekend we had Mara Newman participate at the USA JR Nationals meet in Federal Way against the top 18&U athletes in the nation. Mara swam a best time in the 100fly, right on her best in the 100bk, and put up a solid effort in the 200bk. At just 14, Mara was one of the younger athletes at the meet and for her first USA National caliber meet, she made LOSC proud!

Our other athletes were racing hard at the Hillsboro meets! At the Winter Invite, we had our 14&Us making B times, A times, and Sectional times for the FIRST TIME!! WAY TO GO! At the Jubilee prelim/final meet we also had first time A times, Sectional, and Zone times!! Reem Alharithi and Ellie Jew both took home the high point awards in the age divisions. Additionally, LOSC took home second overall in team standings!!

After the meets, three of our athletes were named to the OSI All-Star team! Ellie Jew, Mara Newman, and Alex Quan will all travel to Commerce, CA in January to race

against other athletes from the Western USA! This is a huge honor, so CONGRATS!!

Elsewhere, Rowan Hauber (Iowa), Brenda Cha (Vanderbilt), Maddie McMurray (Whittier), Hannah Cutts (CSEB), Catherine Yee (UPenn), Jordynn Canelis (Western Sate Colorado), and Curtis Klein (Pacific) all raced hard for their colleges. LOSC is proud of our collegiate athletes and their continuing leadership and commitment!!

All of our December success is a team effort. Our parents support their kids (during times of success and times of struggle), our swimmers work hard day in and day out in the pool, and our coaches work tirelessly to provide our swimmers with the best possible training! Not to mention our amazing volunteer network that officiates, helps run meets, and times! LOSC is an amazing group of people and we are only just starting to scratch the surface of our potential and where we are headed! I can't wait to see what we bring in 2015!

Happy Holidays, Happy New Year, and GO LOSC!

-emily

December Birthdays.....

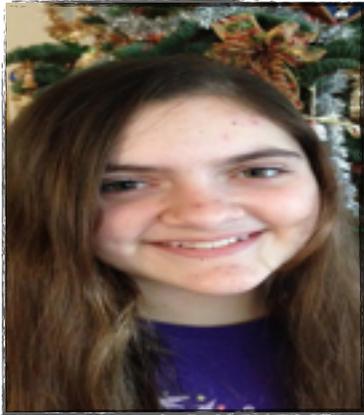
Mustafa Ellassal, 9
Nash Armistead, 7
Kyung Min Kim, 6
Turner Quatraro, 7
Annie Chen, 6
Abigail Saunders, 9

Oliver Child, 10
John Rocco Lepiane, 10
Catherine Slatore, 11
Tyler Egan-Earle, 10
Sam Swain, 17
Max Swain, 17

Jane Dakin, 8
Henry Sturges, 10
Aymeric Feyfant, 13
Meredith Rubenstein, 8

Swimmers of the Month

Highlighting athletes who prove that hard work pays off!



Juliette Fallenstedt

The Hillsboro Invite was a great meet for Juliette! Her coach says she had a breakout meet going almost all best times and making her first three “A” times! A 6th grader at Twality Middle School, Juliette likes swimming because it’s fun and it brings out the competitive side of her. She loves to swim at meets, where she can race with her friends, and achieve her goals. Outside of swimming she enjoys riding her Kawasaki dirt bike, going to the beach, zip lining, playing the viola, and creating art.

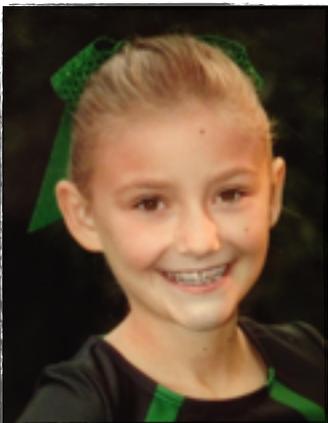
Lauren Wright

Swimming fast at the Hillsboro Invite, Lauren had an awesome meet achieving five best times. Her coach adds that Lauren’s most impressive swim came in the 50 free where she achieved a major milestone in swimming by breaking 30 seconds, going 29.62. Lauren is in the 8th grade at Riverdale Grade School. She likes swimming for the daily training, competition and seeing her LOSC friends and great coach so often. When not in the water Lauren enjoys skiing, reading, Girl Scouts, playing with her dog and traveling to England to see her family.



Sami Esnard

Sammy has been dedicating herself to becoming a better swimmer. Her coach comments that Sami has improved tremendously in practice and is always ready to learn. Her dedication has paid off as she swam five life time bests at the Hillsboro Invite – including dropping 15 seconds in her 100 backstroke! In the 4th grade at Cedar Oak Park Primary, Sami likes swimming because it’s fun to race at swim meets and hang out with her LOSC friends. Away from the pool you can find Sami cheering with the West Linn Youth Cheer Squad and hanging out with family and friends.



Z IS FOR ZEN THINKING

Aimee C. Kimball, PhD - Mental Training and Peak Performance Consultant

I am not a Zen Master by any means, but back in the day I read "Sacred Hoops" by Phil Jackson and got hooked on Zen philosophy. Books exist relating just about any topic to Zen teachings. This article is not meant to be a lesson on Zen. The purpose of this article is to present an approach I sometimes take with clients who have trouble letting go of thoughts or accepting the challenges they face.

There Is No Try

The great Yoda once said, "Do or do not. There is no try." I have worked with more swimmers than I dare to count who finish a race with gas left in the tank. One thing many of these swimmers have in common is an UNCONSCIOUS fear, typically of pain, sometimes of either failure or success. This fear holds them back from fully committing. Instead they often hope or wish, rather than going all-in. Whether it's a new event, an attempt to set a record, or pushing your body beyond what is comfortable, at some point in your swimming career you have to say "I will do it". No hesitation, no what-ifs, just a complete stubbornness to make something happen. Zen is about trusting and doing.

Go With the Flow

There is a sport psychology concept known as "flow," also often referred to as "being in the zone." This is the rare occasion when you swim and finish a race with a remarkable time and have no idea how you got it or what you were thinking. It just happened, and it happened easily. To achieve this type of performance, you can't actually try not to think. Instead, you have to literally go with the flow; have a plan for what you want to happen, and don't second guess it. Dive in and swim. Typically, the moment people realize they are swimming "out of their mind," and are on track for a PR is the moment when they leave the flow state of mind. This doesn't always hurt their time, but it just removes you from that Zen-like experience.

Accept and Release

If you've ever taken yoga, instructors often teach you to focus on your breath or the muscle you are working. Zen thinking is very similar. Basically, if you have a thought that is irrelevant to your race/practice or detrimental to your performance, you don't judge it or dwell on it, you accept it as simply a thought and then let it pass quickly through your mind, returning your focus to the task at hand. For example, if you say to yourself, "What if I don't win? These other swimmers are just as good as I am," you wouldn't want to follow that by thinking, "Why am I thinking that?!?! I should be confident!! Maybe I really won't win. What would others say?...". Instead, you simply accept you had a thought, imagine it departing from your head, and focus on your breath/race/clear your mind. Don't give thoughts extra energy unless you want them to stick around.

Connections and Togetherness

Zen followers often believe we are connected to everything else in the universe and that we have shared energy. Think about it. If your coach is in a bad mood, doesn't that impact

you in some way? If someone swims a better time than you, it impacts what lane you will be in and (if you weren't mentally tough) could impact your confidence. While the Zen concept of universality is much more philosophical than my simple take on it, I believe that recognizing how your behaviors, thoughts, and emotions influence others is an important awareness to have. When you know that coming to practice with a strong work ethic and an optimistic attitude can positively impact those you train with, you may choose to work even harder. This ultimately has a positive impact on you as well. If you are a leader, you are more likely to behave in ways that will help teammates compete their best so that you also will reap the benefits of raising the bar.

Zen and Peak Performance

In Zen, the ego is lost. There is no judgment. There is no aversion to losing or desire to win. You do not compete as a means to an end. You immerse yourself in an experience and simply have whatever that experience may be. Many swimmers have such a fear of losing to someone they shouldn't that their ego gets in the way. They unknowingly handicap themselves from performing their best because they focus so much on the outcome they create anxiety. In a Zen state of mind, the focus wouldn't be on, "what will happen at the end of the race and how will that outcome reflect on me?" Instead, your thoughts would be in the present moment and focused on doing what you have trained to do. It's a combination of everything I have mentioned. You go with the flow, you trust that your training and your preparation will pay off, you let things happen, and you stay positive. Instead of trying harder, you actually try easier because you essentially allow your peak performance to happen. It's not that you don't want success; it's just that you don't put energy into thinking about it as you are on the blocks. A Zen-minded swimmer would define success as diving in, swimming and letting your mind tell your body what to do without you having to direct it.

Wrap Up

Like I said, I am no Zen master. This is just how I like to interpret very simply some of what I know about the philosophical nature of Zen. I love the idea of being passionate but not allowing the passion to override the experience. I love the idea of wanting something, but not forcing it to happen. What I love most about Zen is the thought of trust in yourself and enjoying each moment you are engaged in your activity.

I hope you have enjoyed my ABC's of Mental Training series. If there are other topics or specific questions I haven't addressed, feel free to contact me. I need some new article ideas!!

Would You Like to Become An Official?

Next training session on January 3rd @ 10am - email Troy: ttetsuka3@gmail.com

Message from the President

I hope that you have had a chance to enjoy the holiday season and have had the opportunity to spend time with those who are close to you. There is so much that we have to be thankful for and there is no better way to celebrate good fortune than sharing it with loved ones. I find this to be an excellent time to reflect on the last few months and recharge for the busy year ahead.

Looking back, I've seen the achievements of our swimmers and how their hard work and commitment has earned them personal bests and many, *many*, ribbons. I've seen our professional coaches leading planned, organized, and focused practices that ensure the kids are well prepared for success.

The less visible contributions of members are just as important to swimmer success. Timing, officiating, and cheering at meets are all important ways that we support our kids. Our children are watching us set the OSI standard for membership engagement and sportsmanship, and an overall positive team environment. Let's continue to make them as proud of us - as we are of them!!

January will be a very busy month for the Club with swimmers traveling in different directions to race in several different meets. On January 23 - 25, we will need EVERYONE'S help hosting our next home meet - The Clent Richardson Memorial Open. Clent was an enthusiastic LOSC supporter who was always eager to help out with any task. His "can-do" nature gave others the courage to achieve beyond their boundaries. We lost Clent 16 months ago, but his vision of excellence continues to guide many of us. Please watch for volunteer opportunities - and sign up to help make our next event a CLENTONIAN success.

Enjoy the holidays - best wishes for the New Year - and THANK YOU!

GO LOSC!!

Contact Us

www.lakeoswegoswimclub.org

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 Mark Cranch - President
 Sarah Sklar - Vice President
 Debbie Rumsey- Treasurer
 Cathy Newman - Secretary
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Vacant - Ways & Means
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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