

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

December 2015

lakeoswegoswimclub.org

Events

Washington Open

Jan 15 - 17, Federal Way

Qualified Sr swimmers will be traveling to compete in this collegiate level meet. Fast swims are guaranteed!!!

Round Robin Invite

Jan 16 - 18

Our 14 & U swimmers will go head-to-head with other teams in a unique meet format. Sure to be some fast swimming!!! GO LOSC

LOSC Winter Open

Jan 22 - 24

Our second Home Meet of the season is sure to be a BLAST!! The familiar setting always makes for a fun weekend. Sign up - swim fast - and help out!

Coast Range Qualifier

Feb 5 - 7

One of the SC season's last chances to achieve your best! Start training hard now, so you will be at your best!! ALL swimmers should considering participating.

Thunderbolt Last Chance

Feb 14

Can't think of a better way to celebrate Valentine's day! Last chance for 11 - 14 swimmers to qualify for the State Championship.

Sr Swimmers Shine in HS Swimming

The high school winter sports seasons is underway and our senior swimmers are making WAVES, with every eligible swimmer participating.

Our swimmers contribute much more than fast swims - as the HS coaches look to club swimmers to fill some of their most important leadership roles. Club swimmers are expected to mentor their classmates on stroke improvement, starts & turns.

During competitions, Club swimmers lead by encouraging and promoting good sportsmanship and "race readiness".

Their HS teammates recognize their contributions by choosing several of LOSC swimmers to be their team captains.

Let's not forget the contributions of their parents! Several LOSC Sr. parents serve as officials and timers - helping to ensure the meets run smoothly.

Congratulations to all!!
We are very proud of your successes!

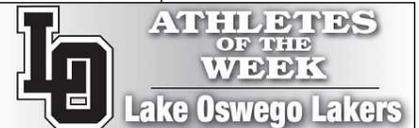


CJ HANSEN

CJ is on the Lakeridge High School boys swim team. He won the 200 individual medley and the 100 backstroke in last week's meet with West Linn. CJ's performance helped the Lakeridge swim team start the year with an impressive victory over the Lions.

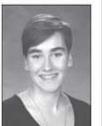


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ALYSSA GUSTAFF

Alyssa is freshman swimmer at Lake Oswego High School. She won the 200 freestyle and was a participant on a pair of winning relay teams, continuing her strong start to the season for the Lake Oswego swim team. Her efforts helped Lake Oswego to an easy win last week against Tualatin.



A.B.A. Photography, Inc.



KYLE VU

Kyle is on the West Linn High School boys swim team. Against some of the league's top swimmers last week, Kyle had a very strong meet. Individually, he won the 100 breaststroke in convincing fashion and also contributed on one of the Lions' winning relay teams.

2015, A GREAT YEAR FOR LOSC....

And 2016 is looking even better!!

A retrospective countdown to 2016 of some of the most amazing things that happened in 2015 for LOSC! (This is by no means comprehensive or complete, we had countless amazing and memorable accomplishments and these are merely a sample of the awesomeness!)

- 16 LOSC athletes competed at the 2015 SC Age Group Sectionals! We're on track to have even more this season!!!
- 15 (x2) = 30 SCY Team Records broken in the year 2015!!! AMAZING!!
- 14 LOSC athletes competed at the 2015 SC SR Sectionals!
- 13 weeks or so left of the short course season....lets make the most of them!!
- 12 meets left this short course season! Let's get some FAST swimming in!!!
- 11 years old high point winner at 11-14 OSI Championships for Nate Rumsey. Mara Newman also won the 14 year old high point award!
- 10 and under LOSC athletes have continued to CRUSH it at 10&U Champs and this year should be no less!
- 9 swimmers traveled to SR Zones in Clovis, CA this past summer. Edward Kang, Ryan Sklar, Kyle Vu, Matty McComish, CJ Hansen, Jordan Leis, Yifan Mao, Kalea Tetsuka, and Mara Newman all raced hard down there!
- 8 years old. Our youngest (and newest) OSI record holder Annmarie Vlaic broke the 25 yard butterfly in McMinnville this past November!!
- 7 scores that matter in IMX or IMR! Do you have an IMX or IMR score? Swim 6 events and get one overall score and earn a certificate!!
- 6 LOSC Seniors Graduating! Ryan Sklar, Kyle Vu, Edward Kang, Max Swaim, Sam Swaim, and Yifan Mao will all graduate high school this year!!!
- 5 amazing coaches on staff that work hard day in and day out to ensure our athletes are becoming the best people they can be both in AND out of the water!
- 4 LOSC kids broke the older OSI Record in the books! The 9-10 200MR record had stood for over 50 years and James Kang, Andrew Huang, Nick Simons, and Walker Godfrey teamed up together to break it at 10&U State!!
- 3 LOSC hosted meets this past year that went off amazingly thanks to all our dedicated volunteers! Troy Tetsuka runs a great meet and our meets have grown in popularity over the last few years!
- 2 Swimmers participated in 2015 Winter Junior Nationals in Austin Texas! Both Mara Newman and Edward Kang tore it up in early December against the top 18&U swimmers in the nation. 2 Swimmers also qualified for the 2016 OSI All-Star team. Reem Alharithi and Nate Rumsey will represent Oregon Swimming's 14&Us here in Portland in January!
- 1 Swimmer Qualified for the 2016 Olympic Trials (thus far!). Mara Newman qualified in the 100m backstroke at SR Sectionals this past summer!

2016 is going to be a great year! GO LOSC!!!

-emily

Swimmer of the Month

Recognizing an athlete who proves that hard work pays off!

Coach Courtney's comments:

Sophia has been crushing it at her last few meets! Sophia started this season off with good attendance, hard work and a great attitude and then dropped a bunch of time at the MHA Pentathlon, making the coaching staff take note. After dropping a ton of time and making some waves at the first meet of the season, Sophia continued to drop time at the home meet and then dropped even more time at the Hillsboro Winter Invite. Her hard work and dedicated training helped her archive multiple B times, and she is well on her way to her first A time! She is a pleasure to coach and is a great teammate.



Sophia Pulaski

A few fast facts about Sophia:

Grade and school: 5th grade, Stafford Primary School

Favorite subject: Reading and writing

Your role models: My older brother and Stephen Curry

Favorite stroke: Freestyle

Favorite race: 50 meter freestyle

Future goals: To get an "A" time in my 50 m freestyle

Famous person you would like to meet: Stephen Curry

Favorite movie: Nacho Libre

Favorite song: "Locked Away" by Adam Levine

Favorite vacation: Cabo, Mexico

Other hobbies: Basketball and reading

Favorite food: Mexican food

When I grow up I want to be: A famous basketball player

If I could change one thing it would be: To have more siblings

ENGINEERED SPORTS FOODS: 5 REASONS TO PUT THEM IN THEIR PLACE

BY Y JILL CASTLE, MS, RDN

Engineered sports foods, such as sports drinks, energy bars, protein shakes, meal replacement foods, and sports candies have been around for a while. Originally designed for the elite, adult endurance athlete who exercised intensely, these foods have become more and more popular in the young athlete's diet.

It's no wonder. Young athletes are busier than ever. A full day of classes, practice after school, a social life to maintain, and perhaps other obligations such as a job or volunteer work fill the young athlete's schedule. All this "busy-ness" takes time away from creating meals and snacks, and sitting down to eat them. As such, many young athletes eat on the run and look to convenient options. They eat food that is designed to provide nearly all their nutrient needs at any given time in just a few bites or swallows.

Who needs food, right? Wrong....

While marketers and makers of engineered sports foods will focus on the positive aspects and sell you every reason under the sun why you need them, what they won't tell you about are the drawbacks for young athletes. But I will.

Here they are, as seen through the eyes of a youth sports nutrition expert:

1. They Crowd Out Real Food

Sure engineered sports foods are uber-convenient, and many of them taste good enough, but a diet of these is repetitive, and for many young athletes, ultimately boring. Youth who are bored with their diet are less likely to eat healthy food, in my experience. If the goal is to raise an athlete who is knowledgeable about food and nutrition, eating real food helps expedite that endeavor. Besides, nothing beats Mother Nature's real stuff.

2. They May Be Unsatisfying

What happens when, after a meal or snack, the satisfaction factor, well, isn't satisfied? True to human nature, most people find more food to eat, in the quest for satisfaction. Young athletes may think they are using engineered sports food properly, but may over-do it in calories and nutrients. And, yes, nutrition can be over-done.

3. They May Cause Unwanted Weight Gain

I once had a client who started to use protein bars and shakes under the premise that these would help her build more muscle and get stronger. Unfortunately, she didn't account for the extra calories she was bringing to her diet, and gained quite a bit of extra weight. Engineered sports foods aren't calorie-free, and young athletes don't necessarily burn them off during exercise.

4. They May Offer Too Much Protein

Protein is a necessary part of a young athlete's diet, not only for growth and development, but also for muscle repair after intense bouts of exercise. Most young athletes get enough protein from the real food they eat in their diet. In fact, studies in young athletes show they get two to three times what they need from food alone. Young athletes who get aggressive with their protein intake by adding engineered sports foods to their regular diet may experience side effects such as dehydration, kidney and liver impairment, and as detailed above, unwanted weight gain.

5. They are Expensive

If young athletes use engineered sports foods on a daily basis, the costs can certainly add up. Young athletes will pay about \$1 for every protein bar they eat (\$365 per year if one is eaten per day) and about \$0.70 for a 20-ounce sports drink (\$231 per year for a daily habit). Compare those costs to that of a peanut butter sandwich (\$0.50) and a reusable water bottle from home (free).

Engineered foods aren't bad; they can have an effective role in the young athlete's diet when used properly. However, anchoring the sports diet on engineered foods can have some distinct downsides. If the swimmer is using them, make sure they complement his real food diet, not overwhelm it.

*Jill Castle, MS, RDN is a registered dietitian, childhood nutritionist, and youth sports nutrition expert. She is the author of *Eat Like a Champion: Performance Nutrition for Your Young Athlete*. Learn more about Jill at www.JillCastle.com.*

Participating in Your 1st Meet?

[*Press this link go to LOSC meet preparation page*](#)

December Birthdays.....

Helena Huettemeyer, 8
Mustafa Elassal, 10
Ryan Sze, 12
Nash Armistead, 8
Kyung Min Kim, 7
Turner Quatraro, 8
Annie Chen, 7

Abigail Saunders, 10
Harrison Rooth, 9
Oliver Child, 11
Garegin Hovhannisyan, 12
Rocco Lapiane, 11
Catherine Statore, 12
Lauren Sturges, 8

Jane Dakin, 9
Sam Swaim, 18
Max Swaim, 18
Henry Sturges, 11
Meredith Rubenstein, 9

Message from the President

2015 was a VERY GOOD year for LOSC! We have achieved our mission of creating a safe, healthy, inclusive & stable athletic opportunity for children to do their best. I smile every time I hear that our swimmers choose to be with their teammates away from the pool - it shows that we are doing much more than training competitive swimmers!

I would like to thank EVERYONE for your support of our transition to electronic dues payment. We have almost reached 100% participation!! Automation of the payment process has greatly reduced the work required to keep the Club running - making us a much more sustainable organization.

January will be another very busy month! This weekend our lead volunteers will begin planning for our January 22nd Home meet. Please save the date on your calendars and watch your email for invitations to volunteer. Our September meet was a HUGE success - and I know that together we can host another stunning event!!

- 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
Christy Haddock - Ways & Means
Troy Tetsuka - Meet Director
Nerissa Swaim - Accounts Payable
Laura Gustaff - Communications

Mailing Address

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PO Box 1103
Lake Oswego, Oregon 97035

Thank you Sponsors!!

We appreciate your support and generosity



MAY TRUCKING COMPANY



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.

See your suggestion here...

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