

# CONNECTIONS

*The membership newsletter of the Lake Oswego Swim Club*

February 2015

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

## Events

### **NW Sr. Sectionals**

*March 11 - 15'15*

Qualified Sr swimmers will be traveling to the "strip-mall capital of the world" (Federal Way, WA) for a fast and fun meet. GOOD LUCK!!!

### **NW Age Group Sectionals**

*March 19 - 22'15*

Qualified AG swimmers will be traveling to the concrete rainforest - Federal Way, WA for their biggest meet of the year!! Good luck - swim fast - have some fun!!

### **Willamette Valley Finale**

*March 21 - 22'15*

Celebrate the end of the short course season!!! Have fun. Race. Its all good.

### **LOSC Dan Perz Memorial**

*April 17 - 19'15*

The last home meet of the year is always a huge success - sign up, get involved to ensure the kids have fun!!

### **Thunderbolt Spring Open**

*May 1 - 3'15*

The first LC meet of the season will be a great opportunity for swimmers to test their legs in the long metric pool.

## LOSC Makes National Headlines!!!!

### *Swimmers set new OSI standard for the Boys 10&U 200 Medley Relay*

Oregon Swimming's oldest record, the 9-10 boys' 200 Medley Relay record from 1968, was finally relegated to ancient history at the OSI 10 and Under State Swimming Championships in Corvallis, Oregon, on February 21, 2015.

A relay team made up of three 10-year-olds and one 9-year-old from the Lake Oswego Swim Club didn't have plans to break the state's oldest swimming record. They just went out in hopes of swimming their best and getting a gold medal.

The teammates instead swam their way right into Oregon Swimming's record book.

Ten-year-olds James Kang (backstroke), Andrew Huang (breaststroke), Nick Simons (butterfly), and nine-year-old Walker Godfrey (freestyle), took down a record set by a team from so long ago, the record only includes the club name, David Douglas. The individual swimmers are long since lost to history.

The old record, 2:10.50, was lowered by the Lake Oswego boys who swam a 2:09.68.

"Coach Mike came up to us right after the race and said 'You guys just broke the state record!' We couldn't believe it," said Nick Simons, 10, who swam the butterfly leg. The relay team, coached by Mike McGrath and Courtney Szper, was ecstatic.

The young swimmers did the math and realized that the 47-year-old record was set by boys who are now 56 or 57 years old.

According to Oregon Swimming's database, the 1968 record was the oldest remaining record for both relays and individual events. There was no older record, for men or women, in any other event



# If you don't think I'm proud of you...

*I am very proud to be a part of THIS team! Thank you for your hard work.*

As we wrap up this season I wanted to highlight some of the amazing things our athletes have accomplished! We saw our 10&U boys break a 47 year old OSI record in the 200MR (James Kang, Andrew Huang, Nick Simons, and Walker Godfrey). Our 10&U athletes made us proud as many of them swam to top 8 finishes and new best times. Additionally our 8&U girls set two new team records in the 100FR and 100MR (Maeve DeYoung, Piper Enge, Lili Haldeman, Sophia Hwangbo). Andrew Huang has rewritten much of the 10&U record book this season and many other of our athletes have gotten on the record board this year! Additionally we had multiple new team records broken and we're not even completely done with the season! We have 24 athletes heading to Age Group Sectionals and 13 athletes headed to Senior Sectionals! Our 11-14 swimmers swam lights out with two high point winners (Nate Rumsey and Mara Newman) and our team placed 6th overall! Our 13-14 girls were the most dominant relays, winner three and taking runner up in two! And let's not forget our Senior State Swimmers! We had over 90% best times with several new Senior Sectional time standards made and some HUGE time drops!

I can't tell everyone how proud of our team I am this season. I've seen our program grow and develop (and I believe our kids are just the best kids in Oregon Swimming). I also want to recognize the AMAZING job our coaching staff has done this year (and every year), building this program into what it is today! Courtney Szper, Mike McGrath, and Patrick Beasley all put in so much time, passion, and dedication and it shows and I could not ask for a better group of people to work with everyday! I know that we're only just beginning to scratch the surface of what LOSC is capable of and I can't wait to see what the future holds!

GO LOSC! - Emily

## Top 8 Swimmers at OSI 10&U State:

**Piper Enge:** 100fr (6th), 50br (2nd), 25fly (8th), 25br (1st)

**Katie Rumsey:** 200fr (3rd), 100fly (4th), 100IM (6th), 50fr (5th), 50fly (5th), 100fr (5th),

**Dina Biggs:** 50fly (6th)

**Dylan Gustaff:** 200fr (2nd), 100fly (4th), 200IM (2nd), 50fr (2nd), 50fly (2nd), 100fr (3rd),

**Walker Godfrey:** 200fr (2nd), 100fly (2nd), 200IM (4th), 50fr (4th), 100fr (3rd),

**Erin Anderson:** 200fr (6th), 50fr (3rd),

**Andrew Huang:** 200fr (1st), 50br (1st), 100IM (1st), 100bk (2nd), 100br (1st),

**Nick Simons:** 200fr (3rd), 100fly (2nd), 200IM (1st), 50fr (3rd), 50fly (2nd), 100fr (4th),

**James Kang:** 200fr (8th), 200IM (4th), 100bk (7th), 100br (8th),

**Rocco Lepiane:** 200IM (8th),

**Minsong Kim:** 50br (6th), 25bk (6th), 25br (4th),

**Maya Tetsuka:** 50br (4th), 200IM (5th), 100bk (6th),

**Maeve DeYoung:** 50fly (3rd), 50bk (1st), 100IM (2nd), 25bk (1st), 25fly (2nd), 25fr (2nd),

**Sophia Hwangbo:** 50bk (7th),

**Alexander Xue:** 50bk (8th),

8&U Girls 100FR: 2nd (Maeve DeYoung, Piper Enge, Lili Haldeman, Sophia Hwangbo)

8&U Boys 100FR: 3rd (Nate Smart, Minsong Kim, Gregory Park, Patrick Zhang)

8&U Girls 100MR: 1st (Maeve DeYoung, Piper Enge, Lili Haldeman, Sophia Hwangbo)

8&U Boys 100MR: 4th (Nate Smart, Minsong Kim, Gregory Park, Patrick Zhang)

10&U Girls 200FR: 4th (Dylan Gustaff, Maya Tetsuka, Katie Rumsey, Erin Anderson)

10&U Boys 200FR: 1st (Nick Simons, Andrew Huang, James Kang, Walker Godfrey)

7th (Rocco Lepiane, Brooks Enge, Tim Rosca-Varga, Alexander Xue)

10&U Girls 200MR: 3rd (Dylan Gustaff, Maya Tetsuka, Katie Rumsey, Erin Anderson)

10&U Boys 200MR: 1st (James Kang, Andrew Huang, Nick Simons, Walker Godfrey)

6th (Alexander Xue, Rocco Lepiane, Tim Rosca-Varga, Brooks Enge)

**11-14 Top 10 Swimmers and relays**High Point Winners: **Nate Rumsey** (11), **Mara Newman** (14)

6th place team overall

**Reem Alharithi:** 200IM (7th), 50fr (3rd), 50br (2nd), 200fr (3rd), 100br (2nd), 100fr (8th)**Claire Cranch:** 1650 (9th), 200IM (10th), 200br (7th), 400IM (7th), 100br (9th),**Madeline Eller:** 200br (9th),**Nate Rumsey:** 50bk (2nd), 500fr (1st), 100bk (2nd), 200fr (1st), 50fly (1st), 100fr (2nd),**Chase Richardson:** 50bk (5th), 50fr (5th), 50br (8th), 100bk (5th), 100IM (8th), 100br (7th),**Alisdair Clydesdale:** 50bk (6th), 50fr (9th), 100bk (4th), 100IM (8th), 50fly (6th), 100fr (9th),**Mara Newman:** 200bk (1st), 50fr (2nd), 100fly (1st), 100bk (1st), 200fly (1st), 100fr (2nd),**Maya Clydesdale:** 100bk (9th),**Madison Richardson:** 50fr (7th), 100fly (4th),**Alyssa Gustaff:** 50fr (9th), 100 fr (8th), 200fr (9th), 100br (10th),**Roy Wang:** 200IM (6th), 500fr (9th),**Jay Heymann:** 200IM (3rd), 100bk (7th), 100IM (3rd), 100fr (4th),**Ellie Jew:** 200IM (3rd), 50fr (5th), 200br (2nd), 200fr (6th), 100br (2nd), 100fr (6th),**Audrey Chun:** 100bk (7th),

11-12 Boys 400MR: 4th (Alisdair Clydesdale, Chase Richardson, Nate Rumsey, Jay Heymann)

11-12 Boys 400FR: 3rd (Alisdair Clydesdale, Chase Richardson, Nate Rumsey, Jay Heymann)

11-12 Boys 200MR: 3rd (Alisdair Clydesdale, Chase Richardson, Nate Rumsey, Jay Heymann)

13-14 Girls 800FR: 1st (Mara Newman, Ellie Jew, Maya Clydesdale, Alyssa Gustaff).

13-14 Girls 400MR: 1st (Mara Newman, Ellie Jew, Madison Richardson, Alyssa Gustaff)

13-14 Girls 200FR: 2nd (Ellie Jew, Madison Richardson, Alyssa Gustaff, Mara Newman)

13-14 Girls 200MR: 1st (Mara Newman, Ellie Jew, Madison Richardson, Alyssa Gustaff)

13-14 Girls 200MR: 9th (Veronica Hansen, Madeline Eller, Alex Quan, Maya Clydesdale)

13-14 Girls 400FR: 2nd (Ellie Jew, Maya Clydesdale, Alyssa Gustaff, Mara Newman)

**SR State Top 16 Swimmers****CJ Hansen:** 100bk (16th)**Yifan Mao:** 50fr (4th), 200fr (5th), 100fr (2nd)**Jordan Leis:** 50fr (10th), 100br (14th)**Matty McComish:** 50fr (15th), 100bk (14th),**Kyle Vu:** 200br (4th), 200IM (6th), 100br (8th)**Ryan Sklar:** 100fly (16th)**Max Swaim:** 500fr (11th), 200IM (14th), 200bk (13th)**Sam Swaim:** 200fly (9th)

Mens 200MR: 10th (CJ Hansen, Daniel Kim, Matty McComish, Sam Swaim)

Mens 200FR: 12th (CJ Hansen, Daniel Kim, Matty McComish, Jordan Leis)

Mens 400FR: 11th (CJ Hansen, Daniel Kim, Matty McComish, Jordan Leis)

Mens 400MR: 12th (CJ Hansen, Daniel Kim, Matty McComish, Jordan Leis)

# February Birthdays.....

Niki Monset, 13

Abigail Zhang, 11

Olivia Anderson, 11

Dohyun Kim, 11

Amy Wang, 13

Thomas Burg, 13

McKenna Graham, 14

Alexandria Quan, 13

William Chun, 14

Patrick Beasley, 26

Aiden Caughey, 11

Cara-Lee Biggs, 8

Julia Walton, 10

Thomas Swarbrick, 11

Minsong Kim, 9

Lauren Sturges, 8

Hassan Elassal, 11

Jacob Rubenstein, 10

# Swimmer of the Month

*Recognizing an athlete who proves that hard work pays off!*

## Coaches comments:

**Piper Enge** had an amazing two days at 10&U State. After a season of focused practices and great attendance in spite of juggling multiple sports, Piper placed first in 25 breast, second in 50 breast and participated on two LOSC record breaking 8&U relays. She raced hard until touching the wall when she anchored the 100 free relay and continued to dominate the breaststroke in her part of the 100 medley relay. - Courtney



**Piper Enge**

## *A Few Fast Facts About Piper:*

*Grade:* 3rd

*School:* Hallinan Elementary

*Favorite stroke:* Breaststroke

*Favorite race:* 100 yard Individual Medley

*Favorite movie:* Harry Potter & The Sorcerer's Stone

*Favorite book:* The entire Harry Potter series

*Favorite subject:* Math (and music, recess & PE)

*Favorite vacation:* Maui, HI

*Favorite Food:* Pizza & chocolate covered strawberries

*What do you want to do when you grow up:* I want to be an Olympic Runner

*Other hobbies:* Soccer, reading, skiing & hiking

# Help Needed - Key Volunteer Opening

*Get involved, contribute & reach your volunteer commitment.....*

LOSC is looking for 2 people to plan and manage hospitality at home meets. Our next home is April 17-19. This position would fulfill all volunteer hours for this year and next.

Hospitality provides food, drink, and snacks for all volunteer officials and coaches.

Volunteers will be assigned to help in the hospitality room during the meet so that you can be free to watch all of your child's events.

Training will be provided by our current hospitality chair, Dalene Wolmarans, as she prepares for her family's move later this year. A HUGE thank you to Dalene for such a superb job with hospitality for so many years!

If you are interested in this position, please contact: [sarah\\_sklar@yahoo.com](mailto:sarah_sklar@yahoo.com)

## THE BEST CARBS TO INCLUDE IN THE TRAINING DIET

Carbohydrate-based foods are a swimmer's best buddy when it comes to fueling for competition. Carbohydrate-containing foods can offer a quick burst of energy, or they can load up the muscle with a lasting source of fuel. A swimmer's training diet should contain two types of carbs: simple carbs to provide a fast source of carbohydrate (think sports drink or dried fruit) and complex carbohydrate foods to offer sustained fuel (pretzels, bread, potato).

Carb loading is the idea that eating a high carbohydrate diet prior to competition prepares the muscles with a ready source of glycogen (carbohydrate that is stored in the muscle) so the swimmer will avoid early muscle fatigue, low energy, and experience superb performance in the water. Although a popular concept, carbohydrate loading is not proven to be effective in young swimmers.

For one, carbohydrate loading is an approach based on what we know about the adult metabolism of carbohydrate. The reality is there is little scientific evidence supporting the benefit of this practice in the younger athlete (pre-pubertal or pubertal children and teens). Additionally, young swimmers don't store carbohydrate in their muscles as well as adults. Females, because they have less muscle mass than males, store less. It's not until teens reach adulthood that they may see the benefits of carb loading.

Instead, researchers advise a daily high carbohydrate diet for young athletes so they have a readily available fuel source for their working muscles.

The healthiest and best way to get optimal amounts of carbohydrate is to eat a diet that is loaded with fruits, vegetables, whole grains and low fat dairy products. Some of the best carbohydrate-based foods the swimmer can incorporate into daily meals and snacks are starchy carbs.

Despite the media spin that carbs are "bad," starchy carbs are a good fuel source for the swimmer. Here are some starchy carbs to incorporate in meals and snacks, along with some of their nutritional benefits:

**Sweet potato:** A baked sweet potato is full of fiber and vitamin A. Nix the brown sugar to keep it a healthy option.

**Potatoes:** Potatoes are high in fiber, potassium and vitamin C. Eat them baked, not fried, most of the time.

**Rice:** Rice is low in fat, and if you chose brown or wild rice, you'll get a kick of fiber as well.

**Quinoa:** Quinoa offers a good source of fiber, potassium, healthy fats, protein and magnesium. Cook it like you would cook rice.

**Pasta:** A classic pre-competition meal inclusion, pasta is a favorite among youth athletes. Bump up the fiber by opting for whole wheat versions.

**Corn:** It may surprise you to know that corn contains protein and iron. It's also a good source of vitamin B6 and magnesium.

**Peas:** Peas enhance the diet with potassium, fiber, protein and vitamin C.

**Beans and lentils:** Beans and lentils are a nutritional powerhouse. They are low in fat, high in protein, fiber, potassium and iron.

There are many more carbohydrate-rich foods swimmer's can include in their training diet. Try whole grain breads, cornbread (made with cornmeal), shredded wheat cereal, cornflakes, pretzels, bagels, English muffins, and oatmeal.

Which carbs will you add to your diet?

Jill Castle, MS, RDN is a childhood nutrition expert and co-author of *Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School* ([www.fearlessfeeding.com](http://www.fearlessfeeding.com)) and author of the upcoming book, *Eat Like a Champion: Performance Nutrition for Your Young Athlete* (July 2015). She lives with her husband and four children in New Canaan, CT. Find out about Jill at [www.JillCastle.com](http://www.JillCastle.com).

# Save the Date - Upcoming Team Events

*Saturday March 14th: Swim-a-Thon "kick-off party" at the LO Pool during practice time*

*Saturday April 4th: Swim-a-Thon, LO Pool during practice, all squads participate.*

*LOSC team photo: taken during Swim-a-Thon, around 10am, at LO Pool.*

*Saturday May 9th: LOSC Annual Banquet, Club Sport Oregon 5:00-7:30pm.*

## Message from the President

This has been our best Championship Season - BY FAR, in a long-long time. There are so many good stories to tell, but they all seem to share the same two morals;

Hard work and sportsmanship are ALWAYS rewarded - and -

NO ONE ACHIEVES SUCCESS WITHOUT THE SUPPORT OF OTHERS.

It just makes me smile when I see the pride our kids have for the black-blue and silver. Over the years, many people have told me that swimming is an individual sport - and for many Clubs it is. But, now - for OUR Club - I would argue that good swimming / fun swimming / sparkly swimming is a team sport. There is something very special in the way LOSC swimmers welcome, support and congratulate one and other. With subtle guidance from our coaches, the kids have figured out how to be a swim team and they are now using their collective strength to make everyone better. I am humbled by their behavior - we can learn so much from our Kids!

Of all the positive results, one fact is most meaningful to me. Did you know that of all teams who participated @ 10&U State, LOSC swimmers competed in the most individual events? We didn't have the most swimmers. We were able to achieve this feat because our athletes all swam multiple events. The entries confirmed that our coaches are providing balanced & effective training in all strokes. This broad technical strategy requires the kids to focus on both their strengths and weaknesses - leading to more balanced athletes & more success for more kids. A broad technical focus for our youngest swimmers allows the kids to explore the sport while creating a strong base for future specialization. Thank you Coaches for your knowledge and foresight!

Our organization still has three events to host before the school year ends. We will challenge the kids with swim-a-thon and celebrate them at our Annual Banquet. Our last Home Meet of the year is in mid-April. We will need your help (again) to guarantee another successful meet. Watch your email for event information and requests for support. Please continue to look for opportunities to become involved - your efforts are always appreciated!

Let's continue working together to provide our children the opportunity to be part of something big!

GO LOSC!!

## Contact Us

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