

# CONNECTIONS

*The membership newsletter of the Lake Oswego Swim Club*

January 2015

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

## Events

### **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.

### **Thunderbolt Last Chance**

*February 15'15*

Last Chance 11-14 State Qualifier meet for those athletes close to 11-14 State times! A/B time standards required as well as permission from your coach.

### **OSI 10&U State Champs**

*February 21 - 22'15*

CONGRATULATIONS to our 29 (& soon to be more...) qualified swimmers. Remember to celebrate your achievement and enjoy the event!!

### **OSI 11-14 State Champs**

*Feb 26 - Mar 1'15*

CONGRATULATIONS to our 29 (& soon to be more...) qualified swimmers. Remember to celebrate your achievement and enjoy the event!!

### **OSI Sr. State Champs**

*March 11 - 15'15*

So far 15 of our Sr. swimmers have qualified for this championship event. CONGRATULATIONS!

## Take the Plunge-Volunteer at LOSC!

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

If you are new to LOSC or new to volunteering at LOSC, welcome! Together we make our club strong to help our swimmers have fun and be the best they can be!

**A HUGE** thank you to all our volunteers at the last home meet, The Clent Richardson Memorial Meet, for helping to make the meet run so smoothly.

You may have questions about volunteering and the club website is very helpful in answering those questions. There is a helpful FAQ section listed on the club website in the Volunteer section. To access this section, first log into your account and then "Volunteer" tab will show up on the home page. You will be able to submit hours, check hours, read the LOSC Volunteer Agreement, and more.

How do I submit volunteer hours?

- Sign in to [lakeoswegoswimclub.org](http://lakeoswegoswimclub.org)
- Click on the top banner button labeled "Volunteer"
- Click on "Submit your volunteer hours online here"

Thanks again, LOSC, for your service!

## NEED LOSC APPAREL?

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

# Enough Meets for All.....

*January was another busy month for LOSC - Our swimmers didn't disappoint!*

LOSC has had a FULL month of racing!

We took our 15&O kids to the CAT meet in early January, where despite being tired from winter break training, they turned in some really fast in season swims. Additionally, we had three swimmers represent Oregon at the Pacific Coast All-Star Meet! Mara Newman, Ellie Jew, and Alex Quan all raced hard against some of the top 14&U swimmers from the West Coast. Mara was the top swimmer out of Oregon, taking wins in the 100 and 200 backstrokes. Additionally, Ellie and Alex both turned in several best times and placed well; Congrats!

At the Thunderbolt Round Robin meet the next weekend, we brought our top 14&U swimmers to race against some of the top teams in Oregon as well as Washington and California. This meet has a unique format that has each team racing in a "dual meet" format for two days and then one championship final day. LOSC won two of our three dual meets and placed 4th overall (behind Thills' top team, Deanza Cupertino, and Clovis Swim Club).

Most recently, I was so impressed with everything about the first ever Clent Richardson Memorial Swim Meet! Our kids swam lights out with new A times, new B times, and even a few new Sectional cuts! We had over 140 kids race hard for LOSC and I couldn't have been prouder of the group! Our younger kids hadn't raced in awhile (most not since Hillsboro) so it was great seeing

everyone show off all the hard work they have put in over the winter break!

Currently we have 29 kids qualified for 10&U State Championships, 29 kids for 11-14, and 15 for SR State. This is already ahead of where we were last season and we've still got meets left!

I've been impressed with how hard everyone has been training and racing and I know this season will be LOSC's best! Let's keep up the hard work and keep our eyes on the prize!

GO LOSC!

-Emily

## January Birthdays.....

Maya Clydesdale, 14  
Laila Bristol, 7  
Shraeya Iyer, 11

Kim Sungkook, 6  
Jovie Chen, 11  
Gino Yang, 6

Macy Montgomery, 12  
Meg Zenke, 12  
Andrew Liu, 14

# Swimmer of the Month

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

## Coach's comments:

**Alexander Xue** has been focused, training hard and racing fast! He has taken a leadership role on D2, challenging and encouraging his fellow swimmers to push themselves harder at practice. He will be continuing his training with P1, and while we will miss him at D2 practice, we will cheer him on at our upcoming meets. - Courtney



**Alexander Xue**

## *A Few Fast Facts About Alexander:*

*Grade:* 5th

*School:* Hallinan Elementary

*Favorite stroke:* Butterfly

*Favorite race:* 100 yard butterfly

*Favorite movie:* Iron Man 3

*Favorite book:* Any of the Spirit Animals Series

*Favorite subject:* Math

*Favorite vacation:* Going to Universal Studios or Disney World

*Other hobbies:* Watching TV, playing video games and reading on my kindle

*Pets:* 15 fish and 1 frog

# 5 STRATEGIES TO MAKE SURE YOUNG SWIMMERS GET ENOUGH PROTEIN – Jill Castle, MS, RDN

Protein is a nutrient everyone in the sports world talks about, from boosting it in the diet to eating the right types.

Protein certainly plays an important role in the young swimmer's diet. For one, it has a starring role in growth, supporting the building of new tissue.

Protein also lends a hand in muscle repair. During intensive exercise, muscles work hard and break down. Protein, and the amino acids that make up protein, help repair muscle damage and support muscle growth.

Most nutrition experts agree that getting protein from food is the ideal strategy for growing athletes. But some athletes (and their parents) worry that their swimmer isn't eating enough.

Rest assured, most young athletes get plenty of protein in their diet from the food they eat. In fact, studies show that most young athletes eat 2-3 times more protein than they need. However, swimmers who diet or follow a vegan diet may fall short on good protein sources.

Getting enough protein isn't the only issue for athletes, though. The timing of when protein is eaten matters also. For example, spacing protein evenly across the day is ideal for making sure protein is available to the body when needed. And, eating a source of protein within 45 minutes of a grueling workout is linked to improved muscle repair.

Here are some fail-proof strategies to ensure swimmers get enough protein, and at the right times:

**Know your Protein:** Food including meats like beef, lamb, chicken and other poultry sources; fish; beans and products made with beans like hummus and other bean-based dips; eggs; milk; soymilk; cheese; yogurt; and nuts and nut butters are all good sources of protein.

**Space out Protein:** Make sure you eat a quality protein source at each meal and include protein with most snacks. This effort will make protein available to muscles and the rest of the body throughout the day.

**Recover with a Protein-containing Snack:** A source of protein eaten within 45 minutes of intensive exercise has been linked to muscle recovery and muscle mass gain. Studies have pointed to chocolate milk as a good recovery snack, as it contains protein (a casein- and whey-based type of protein) and carbohydrate, of which effectively repair muscle and supply glycogen (energy) to the muscle, respectively. Other sources of protein, like cheese or yogurt, combined with a carbs

like crackers or fruit, likely provide similar benefits as chocolate milk.

**Drink Milk or Soymilk Regularly:** Drinking milk or soymilk with meals is one easy way to assure protein appears at mealtime. Of course, if the swimmer is eating other protein foods at that time, milk may not be needed. Milk and soymilk are also packed with other nutrients important for the swimmer like calcium and vitamin D.

**Don't Overdo It with Extra Protein:** Adding extra protein to shakes, or eating high protein bars or other supplements isn't necessary for the young athlete and may provide too much protein. Going overboard with protein can contribute to dehydration, stress the kidneys, and promote unwanted weight gain. (Editor's Note: Along with the US Anti-Doping Agency (USADA), USA Swimming considers dietary supplements, such as some protein shakes and powders, as "take at your own risk," placing full responsibility for any effects and repercussions on the athlete. For more information, see our Dietary Supplements page).

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 is the creator of *Just The Right Byte* ([www.justtherightbyte.com](http://www.justtherightbyte.com)), and lives with her husband and four children in New Canaan, CT. Find out more about Jill at [www.JillCastle.com](http://www.JillCastle.com).

# Want to buy an LOSC State tee shirt?

*On-line orders due by February 8th!!: [link to ordering Instructions](#)*

## Message from the President

I've got one word for you - WOW!!

I am so proud of our organization. I continue to receive complements for our high level of engagement. Clubs we visit love to see so many of our parents on deck - either as officials or timers. They have noticed the positive attitude of our membership, the professionalism of our coaches and the sportsmanship of our swimmers. Thank you for making us all look good.

Last weekend's home meet, The Clent Richardson Memorial was a wonderful success. One hundred and forty five of our 184 swimmers competed (a new record) making for some very loud relays and distance events. It was a pleasure to meet so many of you and I offer a special thank you to those who volunteered to support the meet. It was wonderful to see so many new families step up to fill key leadership roles.

I would like to thank Rosemary Lundstrom and Dalene Wolmarans for their leadership of concessions and our hospitality suite. They have been looking after these two key areas for a couple of years now - and never let us down! **THEY DO NEED HELP - PLEASE CONTACT SARAH SKLAR IF YOU ARE INTERESTED.**

It has been a relief to see the growth of our "Officials Squad". With your help, Troy has been able to grow our ranks to more than 20! Although many of our officials are just getting started, they were supported by some of the most experienced officials in Oregon. The controlled pace set by such an experienced crew provided a wonderful opportunity for both officials and swimmers to experience the "feel" of a high-level meet.

I would especially like to thank Joe Dahl (Referee) and Dan Gipe (Admin Official) - without whose support we couldn't have run the meet. Dan and Joe are both past Presidents and I am very grateful for their continued contributions to our Club!!

On behalf of our entire membership, I would like to thank the Richardson family and their friends who generously donated more than \$4,000 to our Club in Clent's memory.

Over the past five months we have really come together to support our swimmers and coaches who have rewarded us with commitment, achievement and sportsmanship. The next two months will be the busiest of the year and will test both their strength and endurance. Let's join together to create a support network that will ensure success! Look for ways to help with the little things - as sometimes the smallest hurdles are the hardest to overcome.

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**

# 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)*