

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

July 2014

lakeoswegoswimclub.org

Events

Western Sr Zones

July 30 - Aug 4'14

A definite highlight - CONGRATULATIONS to our eight qualified swimmers who have qualified for this high level meet. Good luck & SWIM FAST!!!

Seahorse Invitational

Aug 1 - 3'14

Camp if you dare - a wonderful opportunity to combine a competitive swimming with a trip to the Coast for this fun short course meet

NCSA Jr Nationals

Aug 6 - 9'14

CONGRATULATIONS to our two qualified swimmers traveling to this high level meet!!! Good luck & SWIM FAST!!!

Western Zone AG Champ

Aug 6 - 10'14

CONGRATULATIONS to our swimmers chosen to represent Oregon at this high level meet!! Good luck & SWIM FAST!!!

Practice Restart

August 18, 2014

Break is over - time to get back to work!!! *Practice times for the last two weeks before school starts are different - please be sure to check our website!!*

Summer Break is Finally Here....

While we take a break, the School District will be upgrading the pool

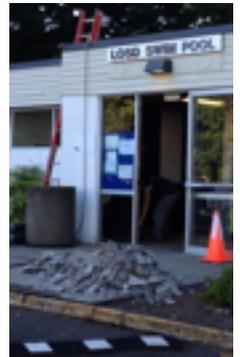
The LO School District will be investing over \$165,000 (Yes - \$165,000!) in the LOHS pool during this summer's annual outage. The planned projects are targeted to improve air quality, air & water temperature control, pool reliability and improve users' experience and safety.

These improvements would not be possible without the continued commitment of the Lake Oswego School District and Community School to all water based activities. If you get a chance, please offer your appreciation to Natasha Payne (Pool Manager), Bruce Plato (LOCS Athletics Director) and Robb Dryer (LOSD Director Facilities Operations) for securing the funds, engineering, planning and overseeing these important improvements.

The planned upgrades are;

- Installation of a new air handler over the office roof to increase the air circulation in the natatorium.
- Repair the concrete "spalling", raised areas or areas where there is missing concrete.
- Roughing the floor in the women's changing area to reduce slipping.
- Sealing all of the concrete floors.
- Remove and replace the painted FRP wainscots in both shower areas.
- Replace the existing pool boiler with heat exchangers.

Work only started yesterday, but already you can see the changes.....



Congratulations on a Great Season

Celebrate, rest refresh and get ready to refocus in two weeks!

As we head into the final meets for some of our swimmers and some of you wrap up your season, lets take a look at the accomplishments thus far! So far this season we've broken 10 long course team records, which is incredibly impressive given the amount of records we broke last year - with swimmers still to swim at SR Zones, Age Group Zones, and NCSA JR Nationals!

While I wasn't able to attend 12&U OSI Championships this year due to the conflicting dates with SR Sectionals, I heard great things about our swimmers from both parents and other coaches--and while I always love hearing about fast swimming, best times, and earning medals, I was also incredibly proud to hear about what class acts our athletes were!

As you will see below, LOSC is CRUSHING this long course season!! We recently wrapped up 13&O State and saw over 90% best times by our athletes! Many of our swimmers swam modified and shortened schedules as they are focusing on later meets, and even then, we still came in 10th place with even our athletes preparing for other meets turning in best times! I was incredibly impressed with the attitudes and hard racing by our swimmers! We had five athletes make new SR zone qualifying swims and two of our swimmers were chosen for the Oregon Age Group Zone Team. Congratulations to all the great swimming our athletes have done so far and good luck to those with meets still around the corner!!

After the Zone and Junior National Meets we'll be taking our annual break. During this time the LO Pool will be closed and getting some much needed updates! A break allows our swimmers to recharge, rest, and get excited for next season! Taking a break from the pool is crucial for maintaining motivation and enthusiasm towards the sport not to mention allowing your body some much needed recovery time after the hard season! We'll be back Monday, August 18th ready to start short course season with a BANG!

GO LOSC!! - Emily

12&U State Swimmers:

Reem Alharithi
Olivia Andersen
Erin Anderson
Jovie Chen
Quinn Cooney
Patrick Daikin
Maevae DeYoung
Juliette Fallenstedt
Caitlyn Groff
Dyland Gustaff
Andrew Huang
Ellie Jew
James Kang
Rocco Lepiane
Sarah Grace Liechty
Lexie Lukens
Alex Quan
Chase Richardson
Tristan Robbins
Nate Rumsey
Katie Rumsey
Natalya Salcedo
Nick Simons
Henry Slatore
Maya Tetsuka
Anthony Wang
Roy Wang
Morne Wolmerans

13&O State Swimmers:

Jordynn Canelis
Brenda Cha
Claire Cranch
Hannah Cutts
Madeline Eller
Alyssa Gustaff
Veronica Hansen
Ellie Jew
Edward Kang
Curtis Klein
Jordan Leis
Andrew Liu
Yifan Mao
Matty McComish
Maddie McMurray
Ryan Miller
Mara Newman
Madison Richardson
Ryan Sklar
Max Swaim
Sam Swaim
Kalea Tetsuka
Kyle Vu

SR Zone Swimmers:

Brenda Cha
Maddie McMurray
Yifan Mao
Sam Swaim
Max Swaim
Kyle Vu
Curtis Klein
Ryan Sklar

NCSA Junior Nationals Swimmers:

Mara Newman
Edward Kang

Age Group Zones Qualifiers:

(OSI selects the final team from eligible 11-14 aged athletes after 13&O State):

Madison Richardson
Ellie Jew
Alex Quan

* - We had multiple 10&U swimmers who hit the qualifying times but OSI decided several years back to not take 10&U athletes to Zones;

Andrew Huang*
Anthony Wang*
Nick Simons*
Reem Alharithi*

Top 8 finishes at 12&U State:

Ellie Jew (12): 50bk (3rd), 50br (2nd), 100fr (3rd), 100br (2nd), 50fly (8th), 50fr (3rd) James Kang (10): 50bk (6th), 200IM (5th), 200fr (5th), 100br (8th), 100bk (5th)
 Alex Quan (12): 100fly (8th), 50fly (3rd)
 Chase Richardson (11): 100fly (2nd), 50bk (5th), 50fly (5th), 100bk (5th)
 Nate Rumsey (11): 50bk (4th), 100fr (1st), 200fr (4th), 50fr (4th), 100bk (6th), 400fr (3rd)
 Nick Simons (10): 100fly (5th), 100fr (7th), 200IM (2nd), 200fr (7th), 50fly (3rd), 50fr (8th)
 Maya Tetsuka (10): 50bk (7th), 50br (8th), 200IM (4th), 100br (3rd) 100bk (8th)
 Anthony Wang (10): 50bk (4th), 50br (2nd), 100fr (4th), 100br (3rd), 50fly (6th), 50fr (5th)
 Lexie Lukens (9): 50bk (3rd), 200fr (7th), 50fr (3rd), 100bk (3rd)
 Quinn Cooney (11): 400fr (7th), 200fr (6th)
 Patrick Dakin (11): 50bk (6th)
 Caitlin Groff (11): 100br (7th)
 Dylan Gustaff (8): 100fly (2nd), 100fr (2nd), 200fr (1st), 50fly (2nd), 50fr (4th)
 Andrew Huang (10): 100fly (1st), 50bk (2nd), 200IM (1st), 200fr (1st), 100br (1st), 100bk (1st)
 Girls 11-12 400MR 7th: Juliette Fallenstedt, Ellie Jew, Alex Quan, Caitlyn Groff
 Girls 10&U 200MR 3rd: Reem Alharithi, Jovie Chen, Dylan Gustaff, Erin Anderson
 Boys 10&U 200MR 1st: Andrew Huang, Anthony Wang, Nick Simons, James Kang
 Girls 11-12 200MR 7th: Ellie Jew, Caitlyn Groff, Alex Quan, Sarah Grace Liechty
 Boys 11-12 200MR 6th: Chase Richardson, Tristan Robbins, Henry Slatore, Nate Rumsey
 Girls 11-12 400FR 5th: Ellie Jew, Caitlyn Groff, Juliette Fallenstedt, Alex Quan
 Boys 11-12 400FR 5th: Henry Slatore, Chase Richardson, Tristan Robbins, Nate Rumsey
 Girls 10&U 200FR relay 3rd: Erin Anderson, Dylan Gustaff, Natalya Salcedo, Reem Alharithi
 Boys 10&U 200FR relay 1st: Anthony Wang, James Kang, Andrew Huang, Nick Simons
 Boys 11-12 200FR relay 8th: Quinn Cooney, Henry Slatore, Chase Richardson, Nate Rumsey
 Reem Alharithi (10): 50bk (3rd), 100fr (4th), 200fr (5th), 100br (4th), 50fr (2nd), 100bk (8th)

Top 8 finishes at 13&O State:

Brenda Cha (18): 100fly (2nd), 50fr (3rd), 100bk (3rd)
 Claire Cranch (13): 100br (6th), 200br (6th), 1500fr (6th)
 Hannah Cutts (20): 800fr (7th), 200fr (8th), 1500fr (3rd)
 Alyssa Gustaff (13): 800fr (4th), 400fr (6th), 200fr (8th), 100fr (7th)
 Ellie Jew (13): 100br (3rd), 50fr (3rd), 200IM (5th)
 Edward Kang (16): 100fly (3rd)
 Curtis Klein (19): 100bk (2nd)
 Yifan Mao (16): 50fr (7th)
 Matty McComish (14): 100fly (3rd), 100bk (5th)
 Maddie McMurray (17): 1500fr (6th)
 Mara Newman (14): 100bk (1st), 200bk (1st)
 Max Swaim (16): 1500fr (2nd)
 Boys Open 200MR 3rd: Curtis Klein, Kyle Vu, Edward Kang, Jordan Leis
 Boys Open 200FR 4th: Curtis Klein, Kyle Vu, Edward Kang, Jordan Leis
 Boys Open 400MR 5th: Sam Swaim, Kyle Vu, Edward Kang, Ryan Sklar
 Boys Open 400FR 7th: Jordan Leis, Sam Swaim, Max Swaim, Kyle Vu
 Girls 13-14 200MR 3rd: Mara Newman, Ellie Jew, Madison Richardson, Alyssa Gustaff
 Girls 13-14 400MR 3rd: Mara Newman, Ellie Jew, Madison Richardson, Alyssa Gustaff
 Girls 13-14 200FR 3rd: Mara Newman, Ellie Jew, Madison Richardson, Alyssa Gustaff
 Girls Open 200FR 6th: Brenda Cha, Yifan Mao, Jordynnn Canelis, Maddie McMurray

Team LC Records Set (through 7/20/2014)

Dylan Gustaff: girls 8&U 50m free, 100m free, 200m free, 100m fly, 200m IM
 Andrew Huang: boys 10&U 200m IM
 10&U Boys 200MR: Andrew Huang, Nick Simons, Anthony Wang, James Kang
 10&U Boys 200FR: Andrew Huang, Nick Simons, Anthony Wang, James Kang
 Mara Newman: girls 13-14 200m back
 Curtis Klein: Open 200m back

Swimmers of the Month

Highlighting athletes who prove that hard work pays off!



Curtis Klein

Swimming against the top swimmers in the western region, Curtis rocked the Speedo Senior Sectional meet. He qualified for USA nationals in the 200 backstroke where he finished second overall. He finished third in the 100back and qualified for finals in the 200free and 200 IM as well. Curtis is a great teammate--always willing to cheer and offer advice to all his fellow athletes and teammates (he's been known to pose for fan pictures as well!). He has a fantastic sense of humor and a fearless racing instinct. Curtis graduated from West Linn HS in 2013 and will be a sophomore studying Computer Engineering at the University of the Pacific in Stockton, CA. Curtis has a great love of swimming and says his favorite part is tapering for big meets.

Maeve DeYoung

As a 7 year old, Maeve recently competed in the OSI 12&U Long Course State Championship meet in Bend, OR. She was one of the youngest swimmers to qualify for the meet and she swam impressive individual backstroke and butterfly events. Her coach adds that Maeve has been swimming best times in practice and with hard work has significantly improved her freestyle and breaststroke. A 3rd grader at Stafford Primary, Maeve likes swimming because she likes competing at meets, it makes her strong and she gets to see her LOSC friends. Away from the pool Maeve likes gymnastics and playing on her skateboard, scooter and bike.



Alexandria Quan

Alex has been tearing it up in the water! She set some lofty goals this season, and has been working hard ever since to achieve them. She has been coming to practice more regularly and working very hard. At the OSI 12&U Long Course State Championship meet, she had a great performance which included reaching one of her toughest goals: getting a zone cut in the 50fly! Entering the 7th grade at Robert Gray Middle School in Portland, Alex likes swimming for the competition at meets and having fun with her LOSC teammates. Outside of swimming, Alex enjoys reading, hiking and biking with her big brother and her cousins.

A Note from the Treasurer

Thank you to everyone for your patience while I transition into the role.....

As Treasurer, I am responsible for your monthly invoices, which includes your dues, pool fees, meet charges and other additional charges. If you have any questions about your bill or your charges, please don't hesitate to contact me at loscbilling@gmail.com.

As I figure out my new responsibilities, there will be hiccups along the way...please point them out to me so that they can be fixed and improved. Once I get up to speed on the new responsibilities, I will also do my best to look for opportunities for improvement to the processing.

As a reminder, our monthly fees are due on the 20th of each month. A \$20 late fee is assessed if payment is not received by the 25th of the month. I greatly appreciate timely payments, otherwise, it makes my job

challenging as we approach the end of the month! Checks can be dropped off at the Lake Oswego Community Pool in the lockbox, or can be mailed to the following address:

Lake Oswego Swim Club
P.O. Box 1103
Lake Oswego, OR 97035

I look forward to working with you in my new role!
- Debbie Rumsey

Volunteer Opportunities

Please consider how you can help out!!

Hi LOSC families,

Our new 2014-2015 season starts September 1 and its just around the corner! If you haven't already done so, you will want to read through the updated volunteer agreement. You can find it under the volunteer tab after you log into www.losc.org. The LOSC board recently updated the existing agreement to provide a flexible volunteering program for families of all sizes, while at the same time keeping our 100% volunteer organized team stronger than ever.

If you are thinking about how you are going to fulfill your hours, we always love help and have a current list of volunteer opportunities listed in the volunteer section which may satisfy some or all of the 30 required volunteer hours. If you have any questions, please contact loscvolunteerprogram@gmail.com.

July Birthdays.....

Meghan McMurray, 15
Samuel Liechty, 14
Veronica Hansen, 13
Ellie Jew, 13

Nehal Elassal, 12
James Kang, 10
Cloe Solbach, 10
Matteo Taglibue-Mikel, 10

Jiyu Yang, 9
Evan Morris, 6
Henry Slatore, 13

Chocolate Milk Is Good for You - Duh :)

FIRST-OF-ITS-KIND STUDY SHOWS SWIMMERS GAIN AN ADVANTAGE

Grabbing chocolate milk after a hard swim could give swimmers a performance edge, according to new research presented at one of the nation's top sports medicine conferences – the American College of Sports Medicine's annual conference. In a sport where seconds and even tenths of a second can make a big difference and intense practice routines are the norm, Indiana University researchers found that when collegiate, trained swimmers recovered with chocolate milk after an exhaustive swim, they swam faster in time trials later that same day. On average, they shaved off 2.1 seconds per 200 yard swim, and 0.5 seconds per 75 yard sprint, compared to when they recovered with a traditional carbohydrate sports drink or calorie-free beverage.

“Chocolate milk is an ideal recovery drink. It's a ‘real food,’ has the right carb to protein ratio athletes need and it's less expensive than many alternatives,” said Joel Stager, PhD, lead researcher at Indiana University. “From cyclists to runners to soccer players, there's a strong body of research supporting the benefits of recovering with chocolate milk. Now, our research suggests these same benefits extend to swimmers – a sport that relies on quick recovery for multiple races within a single day.”

The study is the first to test the benefits of chocolate milk in swimmers, and included six division one collegiate swimmers performing a muscle fuel (glycogen)-depleting swim bout of 60 x 100 yards followed by five hours of recovery for three consecutive weeks. The athletes then recovered with one of three randomized beverages –reduced fat chocolate milk, commercial carbohydrate sports drink (with the same calories as the chocolate milk), or calorie-free beverage – immediately and two hours after the swim. Following the five-hour recovery period, three swim performance test sets were completed relying on aerobic (200 yards), anaerobic (75 yard sprint) and immediate energy

metabolism (10 meters against resistance). While there were no differences in the immediate energy metabolism swims, there were significant differences in the aerobic and anaerobic swims – indicating better recovery after drinking chocolate milk.

ELITE SWIMMERS TRUST CHOCOLATE MILK

Elite athletes, coaches and serious exercisers have long recognized the benefits of lowfat chocolate milk. The beverage has been a staple on the training menu of swimmers for years – and the proof is in the pool.

“Our athletes know that chocolate milk makes a difference – it's long been a part of many elite swimmers' recovery routines,” said Frank Busch, National Team Director of USA Swimming, the national governing body of competitive swimming in the U.S. “These findings are so significant for our athletes. Fractions of a second can decide a win or a loss in competition – so chocolate milk will likely be even more prominent on our athletes' training tables as they gear up for Rio.”

With more than 20 studies supporting the benefits of recovering with the high-quality protein and nutrients in chocolate milk after a tough workout, this research is the first of its kind in swimmers, and adds to a growing body of evidence that supports the advantages of drinking chocolate milk after strenuous exercise. Chocolate milk has high-quality protein to build lean muscle, it has the right mix of protein and carbs to refuel exhausted muscles, plus it has fluids and electrolytes to help replenish the body.





Message from the President

As we head into our summer break, I can't help but reflect on what has been a very successful year. It is a testament to the quality of our membership that we were able to transition four directorships without disturbing the club's operation. The support and leadership of members and directors have simply been amazing - so many thanks to all!

I can think of many achievements, but seeing our swimmers improve, gain confidence and make new friends are by far our greatest. Happy young faces make the effort worthwhile, and it is the coaches who make it possible. I am so very grateful to our WONDERFUL coaches. Their commitment to the children is the main reason for the club's success. Emily, Courtney, Rachel, Mike & Patrick - Thank you very much for a wonderful year!

Our annual registration will be in mid September. During registration members will be asked to update their on-line profile and commit to another year of volunteering to support the swimmers. I encourage all members to become involved. Please continue to look for opportunities to support the club.

The board is working to complete the budget and preparing for the September membership meeting. The purpose of our annual meeting is to share the club's performance, answer your questions and explain plans for next year. A meeting announcement is forthcoming. All Members are encouraged to attend.

We are gearing up to "re-fresh" our fundraising and sponsorship activities. Improving the contribution of these programs will further increase our stability and improve our programs. More to come early this fall....

Enjoy our short break.

GO LOSC!!

Contact Us

www.lakeoswegoswimclub.org

Emily Melina - Head Coach
 Mark Cranch - President
 Sarah Sklar - Vice President
 Debbie Rumsey- Treasurer
 Cathy Newman - Secretary
 Pattie Hansen - Membership
 Sharon Richardson - 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 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