

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

July 2016

lakeoswegoswimclub.org

Events

Farewell Party for Mike

July 26, 6:30 - 8:30

Come to George Roger's Park in LO on Tuesday night to say goodbye to Coach Mike! Bring some snacks to share.....

11&0 LC Championships

July 28 - 31, Gresham

Our qualified swimmers are ready and will be racing their fastest! Why not drive out to Gresham to cheer them on! GOOD LUCK - SWIM FAST!!

Western Sr Zones

Aug 2 - 6, Clovis CA

Qualified Sr swimmers will be traveling travel to the "inland desert" to compete against some of the fastest swimmers in the hemisphere!! Their bags are packed and they are ready to SWIM.

Seahorse Invite

Aug 5 - 7, Newport

Compete at the Coast! I can't think of a better way to end the LC season. All squads - all swimmers

Team Summer Break

August 8 - 14'16

Coaches and swimmers will get a well deserved break while the LO pool is closed for scheduled maintenance. Practices restart on Monday August 15th!

CONGRATULATIONS MARA & CURTIS!!

We are ALL VERY - VERY Proud of you...



Olympic Trials; The Biggest Meet on Earth!

Definitely an experience of a lifetime....

Hi LOSC,

Mara Newman and Curtis Klein both travelled to Omaha, NE for the 2016 US Olympic Trials to swim against the best in the world to compete for a spot on the Olympic Team. We had a delay in our trip when President Obama took a trip to Seattle and caused our original flight plans to be changed one day. But, like true swimmers faced with adversity, they rose above and were not stressed or freaked out. We went and swam and came back the next day, stress free! While neither advanced to the finals, both gained valuable experience and many lifelong memories. Mara swam the 100bk and Curtis swam the 200bk, both some of the most competitive races at the meet. While fast swimming is a huge part of going to Trials (only the top .5% of the top 1% of all competitive swimmers qualify!!), so is having a great experience. Both Mara and Curtis got to experience a meet like no other where every heat is treated like a finals heat with a ready room

and a suit/clothing check, where there is an athlete lounge with therapy dogs and unlimited chocolate milk, and where upon check-in, you are given a kick-board and water bottle with your name on it. Its an unforgettable experience and I know they will take it and learn and grow. I have no doubt that they will both be back and hopefully with more LOSC teammates in tow!

As we head into the championship time of the year, keep your goals in mind! Consistency and focus are critical to success. Lets keep up the hard work and draw inspiration from the fact that its an Olympic year and we'll get to watch Team USA swim in Rio during the end of the our season. If THAT doesn't motivate you, I don't know what will!

Go LOSC!!

Emily



May Birthdays.....

Kyle Vu, 18

Mara Newman, 16

Divya Kumar, 15

Alaxander Moreau, 14

Nathan Rumsey, 13

Isha Tripuraneni, 13

Amy Frinell, 13

Nicholas Simons, 12

Avirup Kabiraj, 11

Gianna La Fond, 11

Tylor Kim, 11

Sydney Noble, 11

Martin Fallenstedt, 11

Drew Childers, 10

Gregory Park, 10

Swimmer of the Month

Recognizing an athlete who proves that hard work pays off!

Coach Alex's comments:

Emiliano recently tore it up at the CRST Big Wave Decathlon. He started of the meet with achieving his first state time in the 100 Breast by over 1 second. Emiliano then followed it up the next day with a 200 Back state time and swam 7 best times over the whole meet. This sets Emiliano up nicely for the Howard Jones Senior meet and State Championships at the end of the season. Congratulations Emiliano!



A few fast facts about Emiliano:

Grade and school: Will be entering the 8th grade at LOJHS

Favorite subject: Social Studies

Your role models: Carlos Slim, Bill Gates and David Beckham

Favorite stroke: Backstroke

Favorite race: **200M Backstroke**

Future goals: Scholarship for college, be better at soccer

Famous person you would like to meet: George Lucas

Favorite movie: Star Wars: Revenge of the Sith

Favorite song: It's Still Rock & Roll to Me; Billie Joel

Favorite vacation: Mexico City

Other hobbies: Drawing

Favorite food: Pork Ribs

When I grow up I want to be: An inventor

If I could change one thing it would be: To end poverty

Oh, What a Night....

LOSC Banquet Celebrates Our Team's Success!!

The LOSC Annual Banquet was a huge success this year! Held on May 22nd at Club Sport, 199 Lake Oswego Swim Club swimmers, families and coaches attended a fun evening celebrating our amazing LOSC swimmers.

Along with dinner and squad awards, there were special awards given to key individuals who have been instrumental in helping LOSC achieve its success as a swim club. Kelli Kang was awarded the Joe Dahl Official of the Year award for her countless hours officiating for LOSC and for becoming a Starter this year. Also, our coaches chose Yifan Mao to receive the Don Schollander award. This award is given to a senior who exemplifies great sportsmanship and leadership to the team.

And lastly, we recognized all the graduating senior swimmers who will be moving on to college next year. Good luck to: Yifan Mao, who will be attending Chicago University; Edward Kang, who will be going to West Point Military Academy; Ryan Sklar, who will be heading off to Gustavus Adolphus College and Kyle Vu, who will be studying at California Polytechnic State University in the fall. You will all be missed!



The Gift That Will Keep On Giving...

LOSC Donates Medium Pressure UV Treatment System to LOSD

Something will be missing when the LO pool reopens in August. Any guesses? You will have to follow your nose to find the answer....

As announced at our Annual Banquet the LOSC has donated a low-pressure ultraviolet-light pool water treatment system to the LO School District. This equipment will decompose the combined chlorines (chloramines) which are the byproduct of chlorine water sanitation. Chloramines accumulate in the pool water and can be responsible for "bad pool" smell, watering eyes, respiratory tract irritation and skin rashes.

Over the past several years the LOSD has made many significant investments to improve the pool's air and water quality, having spent more than \$250,000 in total. They have improved & upgraded the HVAC system, updated the chemical addition system, water heater and

pH control. With all they have done - it was time for LOSC to do our part. The improved pool environment should help ensure that our swimmers can train at their physical limit!

It has been seven months since the project to eliminate chloramines from the pool water was first proposed. The project has involved many people; USA Swimming's Facilities Director provided the technical direction & recommended the abatement equipment. Several contractors visited the site and provided installation strategies and costs estimates. LOSD Facilities Director & Pool Manager facilitated access and provided oversight. We are very grateful to all - especially; Brent Paul, Natasha Payne, LOSD Board of Directors, Stuart Ketzler and Interlocked Filtration Systems.

[Follow this link to learn more...](#)

Swim-a-thon: Another HUGE Success!!

What a GREAT Looking Team.....

We are so happy to announce that our LOSC 2016 Swim-A-Thon was a huge success!

On the morning of Saturday, May 21, 2016 LOSC swimmers swam together swimming as many lengths as possible in two fun filled hours.

As a team we raised over \$11,000.00 and everyone should feel proud. The proceeds of the LOSC Swim-A-Thon subsidize budgeted operating expenses, coaching and water time, training equipment, and help to keep our dues at a reasonable level.

Our individual female and male fundraising winners are:

Reem Alharithi (P2) and **Maeve DeYoung** (P1), tying with \$500 in donations each!

Nick Simons (P2) raising a whopping \$620!

They all will receive cool swim gear from Coach Emily!

AND, the LOSC squad winner, raising the most money is.... Performance 2! As a squad they fundraised a total of \$4023.97! They have won a Pizza Party!

WAY TO GO LOSC!



June Birthdays.....

CJ Hansen, 17

Anyssa Huque, 17

Bailey Hinkle, 16

John Heymann, 14

Hannah Lee, 14

Penelope Spurr, 14

Erahl Chao, 13

Grace Gay, 12

Alana Penoyer, 11

Morgan Foote, 11

Kaitlyn Rumsey, 11

Deeya Arora, 11

Sophia Pulaski, 11

James Smart, 9

Alexandru Epifanov, 8

10 PROTEIN-BASED BREAKFASTS YOUR SWIMMER WILL LOVE

BY JILL CASTLE, MS, RDN

It can be challenging to get swimmers to eat breakfast, especially as they get older and busier. They say no. They run out the door. They have no time for a meal. They aren't hungry..... The excuses go on and on.

However, all swimmers may benefit from a routine that includes eating a healthy breakfast.

The positive impact on growing children and teens have been touted for years and include: improved attention and focus in school, better academic scores, an ability to regulate eating, blood sugar control throughout the day, a healthy body weight, and for the athlete, the availability of energy and nutrients for exercise.

Researchers highlight protein as a powerful influence on blood sugar and weight control, particularly when it shows up in the earlier part of the day.

In fact, University of Missouri researchers suggest teens eat a high protein breakfast (containing around 30 grams of protein) to improve blood sugar control after eating, temper fat gain, and encourage a healthy body weight.

In young athletes, research further emphasizes the importance of evenly distributing protein throughout the day as a key to building, repairing, and maintaining muscle.

Making sure the swimmer gets a protein-based breakfast clearly helps in many areas.

Swimmers can get a variety of quality protein at breakfast by using foods such as milk, soymilk, Greek yogurt, regular yogurt, eggs, cheese, cottage cheese, tofu, beef, poultry, fish, beans, lentils, soybeans, nuts and nut butters.

Try these 10 protein-based breakfast ideas. (They are simple and easy for the swimmer to make independently!):

Easy Egg Sandwich - Almost like a fast food option, this egg sandwich is ready in no time. Scramble the egg with a bit of water, place in a microwave-safe bowl and cook for one minute. Place the disc-shaped egg on an English muffin and add ham or Canadian bacon, and a slice of cheese. If you want to bump up the protein even more, double the egg, cheese or ham.

Breakfast Bento Box - Pack one or two large hard-boiled eggs, 1/4 cup almonds, 1/2 cup low-fat cottage cheese topped with 1/2 cup berries, and 4 to 6 whole-grain crackers in a bento box or other re-sealable container.

Apple Walnut Oatmeal - Cook 3/4 cups of dry oatmeal with 1 1/4 cup of skim milk. Top with 1/4 cup of chopped walnuts

and 1 chopped apple. Sprinkle with cinnamon and drizzle with honey.

Nut & Berry Parfait - Layer 1 cup of vanilla or plain Greek yogurt, 1/2 cup raspberries and blueberries, and 1/4 cup chopped pecans in a tall glass or Mason jar.

Peanut Butter Toast - Swipe two hearty, whole grain slices of toast with 1 tablespoon of peanut butter each. Serve with a 12-ounce glass of milk or non-dairy milk substitute.

Overnight Oatmeal (made with milk) - Mix 1/2 cup of oats with 1 cup of low fat milk or soymilk. Stir in 1 tablespoon of peanut butter, and top with 2 tablespoons of chopped peanuts and 1 small banana. Refrigerate overnight.

Cottage Cheese and Blueberry Bowl - In a bowl, place a cup of low-fat cottage cheese next to 1/2 cup of blueberries and 1/2 cup high-protein granola. Sprinkle with chia seeds or flax meal.

Egg, Ham & Cheese Bagel - Akin to the local bagel shop fare, toast a bagel and top it with an egg or two (scrambled or fried) and top with a slice of cheese. On-the-go tip: Wrap the bagel sandwich in tin foil immediately after assembly. The sandwich stays warm and the cheese melts nicely.

Breakfast Egg Wrap - In a flour or whole grain tortilla, layer scrambled eggs, cheese, and fresh spinach. Wrap in tin foil. Or, sauté onions, mushrooms and chopped green peppers or any other veggies on hand and add to the eggs; top with cheese and wrap.

Avocado Toast with an Egg - Toast a piece of crusty, whole grain bread. Smash 1/2 of an avocado on top of the toast. Fry an egg and lay it on top. Sprinkle with salt and pepper, or a mix of spices such as cumin, paprika and chili.

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 and check out her free list of 70 Awesome Pre-Workout Snacks for Kids.

Have Membership Billing Questions?

[Press this link to go to our Billing FAQ](#)



Message from the President

I apologize for the gap between newsletters - a lot has been happening and time seems to be moving very quickly....

Our Annual Election of Directors and a graduating swimmer have brought two new faces to the Board of Directors. Angelika Furtwangler was elected to serve as Accounts Payable Director and Kari Smart assumed the role of Vice President in June. I am very grateful to both Cathy Newman (Secretary) and Patte Hansen (Membership Director) for agreeing to stand for another three year term. I am very appreciative of ALL of our Board Members - you all work so very hard to keep our Club moving forward! **A HUGE THANK YOU** to Sarah Sklar & Nerissa Swaim for your 9 years of combined Club service! Welcome Angelika & Kari - thank you for your willingness to step-up!

After five very successful years, Coach Mike has decided to pursue a full-time teaching career. Mike has been the ideal age group coach, investing in EVERY swimmer in his squads. His unique balance of knowledge, discipline, expectation, preparedness and compassion will be missed. Thank you for EVERYTHING Mike and good luck!

The LOSD pool will begin its annual maintenance outage on August 1st. The District has scheduled many improvements and upgrades - including the installation of our a medium pressure UV water treatment system. The UV equipment is slated to arrive on July 28th and the contractor has scheduled August 1 - 3 for the installation.

I am sure our Coaches are looking forward to a short break! Their year-round six day a week schedule is not easy. Please take the time to thank them for all they do and for their commitment to our children!

- GO LOSC!!

Contact Us

www.lakeoswegoswimclub.org

Emily Melina - Head Coach
 Mark Cranch - President
 Kari Smart - Vice President
 Debbie Rumsey - Treasurer
 Cathy Newman - Secretary
 Patte Hansen - Membership
 Christy Haddock - Ways & Means
 Troy Tetsuka - Meet Director
 Angelika Furtwangler - Accounts Payable
 Laura Gustaff - Communications

Mailing Address

Lake Oswego Swim Club
 PO Box 1103
 Lake Oswego, Oregon 97035

July Birthdays.....

Daniel Kim, 17

Veronica Hansen, 15

Ellie Jew, 15

Henry Slatore, 15

Olivia Swartz, 13

Rachel Barba, 12

James Kang, 12

Cloe Solbach, 12

Gabrielle Mathews, 11

Rishab Iyer, 9

Kennady Hottel, 9

Lili Haldeman, 9

Ciaran DeYoung, 8

Zoe Chen, 8

Jackson Wroblewski, 8

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

Thank you Sponsors!!

We appreciate your support and generosity



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