

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

June 2015

lakeoswegoswimclub.org

Events

OSI 12&U LC Champs

July 11 - 12'15

Congratulations to our qualified swimmers - race hard!

Thunderbolt Summer Inv.

July 11 - 12'15

This meet will be a great opportunity to measure the progress you have made this season. My advice - swim your fastest!

LC Sr. Sectionals

July 14 - 18'15

Congratulations to our qualified swimmers!! This is a great chance for young swimmers to see what the BIG KIDS look like - drive to MHCC and watch a final session or two!!

OSI 13&O LC Champs

July 23 - 26'15

Congratulations to our qualified swimmers - race hard!

Seahorse Invitational

July 31 - Aug 2'15

Celebrate the end of the LC season with a trip to the coast! If you are looking for something different, consider camping out.

LOSC is Going Electronic!!!

Starting this fall membership payments will be made by ACH or Credit Card

You have asked and we have listened! Coming soon...ACH and credit card transactions for monthly membership payments! Beginning with the September invoice, LOSC is going electronic! We will begin gathering payment information in August so that we can transfer to a completely electronic payment system. Members will have two choices for payment...either ACH transactions (direct withdrawal from the bank) or credit card payments. Payments will be applied on the 1st of each month, so if you are one of those members who waits until the last minute for payment, you will need to prepare for earlier withdrawals. More details to follow in the upcoming months.

June Birthdays.....

Morgan Foote, 10

Katie Shin, 11

Piper Enge, 9

Alexandru Epifanov, 7

Bailey Hinkle, 15

Ben MacKenzie, 11

James Smart, 8

Alyssa Huque, 16

Nathan Eller, 7

Nitya Kamidi, 6

Eric Carper, 15

Hannah Lee, 13

Deeya Arora, 10

Kaitlyn Rumsey, 10

Roy Wang, 12

Sophia Pulaski, 10

CJ Hansen, 16

Preparing for Championship Meets.....

Train hard, recover, eat well, visualize your success and support your teammates!

Hi LOSC,

As we head into Championship meet season, I wanted to talk about a few things that might be helpful for those kids swimming in their first State meet or the 8th Sectional meet!

Consistency: Even though practice times may be shorter to encourage rest, continue to attend and work hard! Your coaches know what you need and will ensure that you're getting the rest and recovery you require while also maintaining the level of work needed to succeed! You still want to maintain a level of endurance, power, and speed for your big meets!

Rest and Recovery: Make sure you're getting enough of it. This is mainly sleep (getting enough!), but it also spreads to the rest of your life. Don't go water skiing for 8 hours the day before your big meet even if it sounds fun and its 90 degrees out! In fact, as you're approaching your big meet, try to stay out of the sun and off your feet as much as you can (this is an excellent way to get out of mowing the lawn or other chores ;). Additionally, drinking plenty of water (its really hot these days!) and eating healthy.

Tech Suits: Many swimmers and parents ask me about Tech Suits. While these are one of the major advancements in swimming in the past decade, there are some important things to note. One, tech suits are not cheap. They run anywhere from around 70\$ on the low end to 500\$ on the high end. And the more expensive the suit, most likely the less races you can swim in it. High end tech suits are bonded seamed (meaning they are basically taped together) and the fabric is both compressive and water repellent. Lower end suits tend to be stitched and less repellent (but probably have a longer lifespan). High end suits (in theory) are good for 6-8 swims...yes, you read that right...swims. That being said, most of our kids use them far longer, they just don't offer the same benefits as they did when they were new. Two, tech suits don't benefit everyone equally. Compression assists those with more muscle mass so the older and stronger the swimmer is, more likely the bigger benefit. Additionally, the buoyancy that they offer help larger athletes far more than

smaller athletes. An 8 or 9 year old will virtually get zero benefit from a tech suit. Sure they look cool, but its a pricey cool and 100% unnecessary. The best bet is to have an honest talk with your coach about the appropriate meet suit for your athlete.

Mental Preparedness: Ensuring you're calm and confident heading into your big meet is critical. Visualizing your race ahead of time has been proven to help; picturing your perfect start, perfect swim and finish and hitting the wall at your goal time can make a big difference. The top swimmers have been known to be able to visualize their races and time themselves successfully to the 1/100th of a second!

Positivity and Team Support: Being a great teammate and friend are critical to success for both yourself and your teammates. If the team is doing well, chances are, so are you! I've seen positive momentum for a team carry an individual through a meet so lets cheer on our teammates, get excited about relays and events, and just be LOSC-sprited!! Even if you have a bad race, congratulate your competitors and support your teammates! You'd be surprised at how many times I've seen kids turn it around after one rough swim because they stayed positive and got excited!

While there are certainly other things one can do to help ensure success, these can help kick you off in the right direction! I know we've put in the hard work so let's enjoy the benefits and race fast and have fun!!

GO LOSC!

-emily

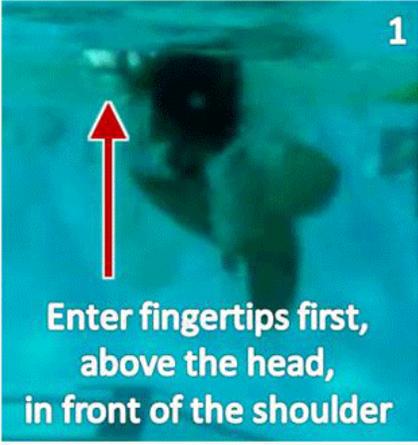
Have Membership Billing Questions?

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

Want to Improve your Freestyle?

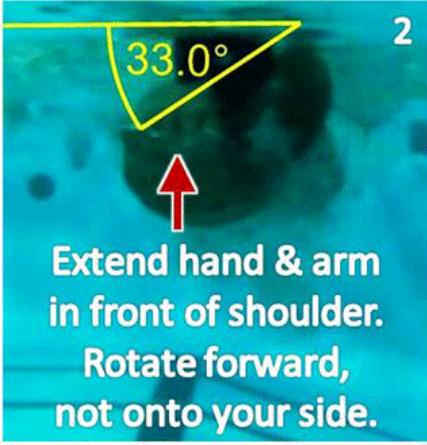
Reach forward & limit your rotation....

Freestyle Arm Stroke



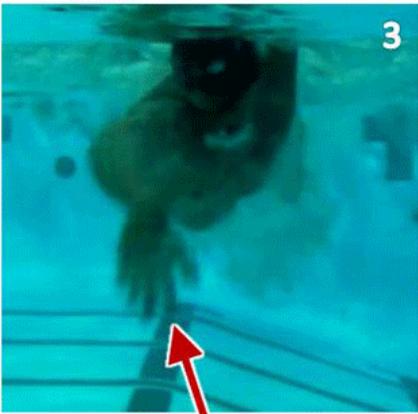
1

Enter fingertips first,
above the head,
in front of the shoulder

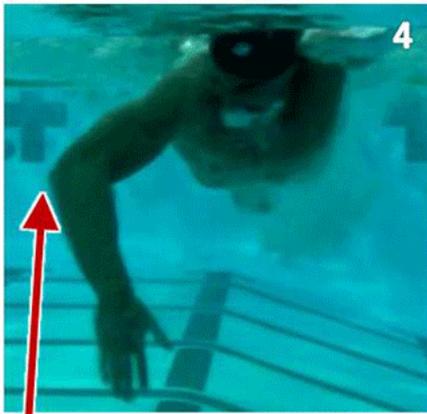


2

Extend hand & arm
in front of shoulder.
Rotate forward,
not onto your side.



3



4

**Pull with fingertips down,
elbow bent & to the side**



Russell Mark
NT High Performance

Thank you Sponsors!!

We appreciate your support and generosity



Swimmer of the Month

Recognizing an athlete who proves that hard work pays off!

Coaches comments:

Gregory Park had a great meet this past weekend in Eugene! He picked up two new "A" times and had big drops in most of the other events. He always has a good attitude at practice and works very hard, and all his hard work is paying off! We're all excited to see what Gregory will do at the upcoming LC Championship meet. – Courtney



Gregory Park

A Few Fast Facts About Gregory:

Grade and school: 4th in the fall at Oak Creek Elementary

Favorite subject: math and reading

Your role models: Michael Phelps, Ryan Lochte, Nathan Adrian

Favorite stroke: breast and back

Favorite race: 50 and 100 breast and 50 back

Future goals: getting 1st in a State event

Famous person you would like to meet: Albert Einstein

Favorite movie: I don't watch a lot of movies.

Favorite vacation: at Long Beach, WA doing nothing but resting, eating and watching 4th of July fireworks

Other hobbies: playing the viola, reading, and playing with friends

Favorite Food: Sushi

When I grow up I want to be: an Olympic swimmer

If I could change one thing it would be: to make it illegal to have a gun.

E IS FOR EMOTIONAL CONTROL

BY AIMEE KIMBALL, PhD//Special Correspondent

Whether it's yelling at a parent, kicking a bleacher, or letting an expletive fly, most people have lost their "cool" at some point. Emotions are a part of every sporting event, and if we don't recognize how they are influencing us, emotions can impact our performances. This article will focus on how to control your emotions by recognizing them, addressing them, and using them to your benefit.

Are Emotions Bad?

Most athletes perform their best when they keep their emotions to themselves. It is often the case that becoming too emotional creates an improper focus on the initial cause of the emotions (e.g., a bad start, an important event, a competitor from the other team). Emotions become most detrimental when they cause athletes to lose focus on what they need to do to swim well and instead create a focus on a past event, a negative occurrence, or a future unwanted action.

Even positive emotions can elicit poor performance. When a football player becomes elated because he just ran back a kick-off only to start celebrating two yards short of the end zone, you can say his emotions got the best of him. You've seen swimmers, a few strokes away from winning the race, let the opponent make a comeback. Often this happens because the swimmer in the lead was so caught up in the positive emotions of winning that their thoughts were no longer on the event. Thus, overconfidence is an emotion that can negatively impact individuals because it can make their focus less than ideal. Therefore, it's not just negative emotions that we need to be aware of.

That said, emotions are not necessarily bad. Some people perform their best when they are emotional and claim their emotions help them to "get into" the event. I have worked with many athletes who tell me they play better angry, but I find the reason for this is because they consequently become more intensely focused on what they need to do in the competition. Essentially, certain emotions help them to create the focus that allows them to compete at their best.

While emotions can help people to focus better, the problem with swimming "emotionally" is that emotions can be physically manifested. Emotions often tighten athletes' muscles, which changes their mechanics and decreases reactions, ultimately hindering their performance.

Having emotions isn't bad. The key is in controlling the emotions you do have and not letting them cross the line from beneficial to detrimental.

Controlling Your Emotions

To make sure your emotions don't hurt your performance, you need to know how to control them.

- First, take deep breaths as often as possible. A deep breath will slow down your heart rate and slow down your thoughts, both of which give you better control over your emotions.
- Have a pre-planned way to stop your emotions and refocus your energy more positively. If you are really excited, turn this excitement into a desire to swim well and focus on what you need to do. If you're often angry after a race, have a post-race routine that you do after all races (good or bad). This may include listening to three songs before talking to anyone and then logically assessing your swim by thinking about what you did well and what you will work on for next time.
- Be creative and come up with other ways to physically and/or mentally release the emotion. Pull on your cap and say "Pull it together" or as you get out of the water after a poor race think about leaving it behind.

Watch Your Body Language

Your mind will react to what your body does. If you put your head down, throw a water bottle or slump your shoulders, you are essentially telling your mind that you're mentally checking out. If you keep your head up, your eyes focused ahead, and your comments positive, your mind will know you have already let go of the bad race and are ready to keep going. This helps to control your emotions by treating bad races (or other negative occurrences) as nonevents—just part of the sport—and showing your mind that you are in control of your body and your emotions.

Practice Emotional Control

Outside of sport, there are many situations that test our emotional fortitude. By practicing staying calm when you are sitting in traffic, in the slowest line in the grocery store, or fighting with a sibling, you are training yourself to be in control of your emotions. Just like practicing your physical skills is essential for peak performance, so is practicing your emotional skills. So start taking control of your mind, your body, and emotions in every situation.

Make it Great!

Summer Break, August 3rd to 16th

Enjoy some well earned time away from the pool....

Our team's summer break will run from August 3rd thru August 16th. Breaks are important for both recharging and recovering. Kids need the mental break from the pool to reinvigorate themselves and get excited for another season of training! Our coaching staff will be taking advantage of the break to relax, refresh and formulate plans to make next year stronger still!

The LO pool will be closed for annual maintenance during this time so we can expect a clean facility upon return!

Message from the President

The championship season is here again.... and I have never seen our swimmers as well prepared! Looks like our coaches have really dialed in their training programs and swimmers are motivated to do well. Together our coach's leadership and swimmer commitment are bringing results. Take a look through the OSI database and you will see what I mean.

It is great so see that so many LOSC swimmers have qualified for championship meets - and congratulations to all, but I am more impressed by the positive comments I continue to receive from swim parents, officials and OSI leaders. Our coach's professionalism and the sportsmanship of our swimmers continue to improve our standing within the swimming community.

There are still many meets ahead of us before we take our summer break and our coaches will be working overtime to cover practices, meets and a wedding (well done Patrick!). Please continue to volunteer as officials and timers - reducing stress on our coaches to allow them to focus on the kids. If we continue to work together we can help our swimmers meet their goals!

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
 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 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