

# CONNECTIONS

*The membership newsletter of the Lake Oswego Swim Club*

March 2015

lakeoswegoswimclub.org

## Events

### **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.

### **Awards Banquet**

*May 9'15*

Our Annual Awards Banquet is always a ton of fun! Please attend this event to celebrate our swimmers!

### **CAT - Corvallis, OR**

*May 15 - 17'15*

Our A/B swimmers will travel to Corvallis for one of the best meets of the year. Don't forget to try the spinach gorgonzola pizza as a special reward for outstanding effort!

### **CRST Big Wave Decathlon**

*May 15 - 17'15*

A fan favorite - this "alternate" format LC meet encourages swimmers to make every race count!

## Talk About Sounding Like A Broken Record

*Look-up and celebrate our swimmers' successes!!!*

Another successful swimming season just makes more work for Kim Simons and Brent Paul. Kim has been working with Coach Emily to make sure that the Club's records are kept current. By the end of the SC State meets swimmers had set 17 new Club standards. Kim quickly ordered the labels - but as luck would have it, swimmers quickly broke eight more during the sectional meets!

The eight newest records will have to wait until fall as Kim and Brent (Lake Oswego High School Facilities Engineer) updated the records board while LOHS students home from school last Friday.

Many - many thanks to Brent and Kim for their work & CONGRATULATIONS to our record holders. [Follow this link to see current records.](#)



## LOSC NEEDS YOU!

*Last Home Meet April 17 - 19th. Watch for Volunteer Lists & Find Ways to Help!!*

# Let's Keep The Momentum Going....

*Cheers to a VERY successful SC Season! Now we push forward into LC*

LOSC had a PHENOMENAL short course season with 25 team records broken, 1 new OSI Record (47 years old!), 2 JR National Qualifiers (Mara Newman and Edward Kang), a 6th place at 11-14 state, 2 state High Point Winners (Mara Newman and Nate Rumsey), and countless fun times, fast swims, and great memories! I couldn't be more proud of our team this past season and I know we'll continue to tear it up in long course!

LOSC took 13 athletes up to Federal Way, WA to compete against the top senior athletes in the Western Section. Competing against some of the fastest swimmers in the country from WA, OR, CO, AZ, UT, NM, HI, WY, AK, and ID, LOSC athletes rose to the occasion. As one of the youngest swimmers competing, Mara Newman placed 5th in the 200bk and 9th in the 100bk, both with best times and JR National Qualifying times, her 200bk broke our team record and currently ranks her within the top-10 in the nation for her age group! Edward Kang placed 7th in the 200fly, 21st in the 100bk, and 10th in the 100fly. Edward qualified for his first JR Nationals with his 200fly swim. He broke team records in the 100fly, 200fly, 100bk, and 200bk. Yifan Mao qualified for her first finals in both the 50 and 100fr. She placed 32nd in the 100 and 20th in the 50! Ellie Jew, at her first SR Sectionals, placed 30th in the 100br! Curtis Klein racked up multiple finals finishes and best times including 17th in the 100fr, 3rd in the 200bk, 8th in the 400IM, 10th in the 100bk, and 13th in the 100fly! Curtis broke our open team records in the 100 and 200bk and 400IM! Overall, our team place 19th in the combined team scores!

## SR Sectionals Top-32 place finishes:

**Mara Newman:** 200bk (5th), 100bk (9th)

**Curtis Klein:** 200bk (3rd), 100fr (17th), 400IM (8th), 100bk (10th), 100fly (13th)

**Edward Kang:** 200fly (7th), 100bk (21st), 100fly (10th)

**Yifan Mao:** 100fr (32nd), 50fr (20th)

**Ellie Jew:** 100br (30th)

We also took 23 athletes to Age Group Sectionals where we had multiple finalists and several champions against the top age group swimmers from WA, OR, MT, ID, AK, HI, and WY! Mara Newman again led the way with first place finishes in the 100 and 200bk, repeating as champion in both those events! Ellie Jew placed second in the 100br with a new best time and narrowly off the team record (and she has another year to try and break it!). Our 10&U boys (Andrew Huang, Nick Simons, James Kang, and Walker Godfrey) continued their dominance of the relays and won the 200FR and placed 3rd in the 200MR. Andrew and Nick both placed in the top-8 in multiple events as well, as did Nate Rumsey and Jay Heymann! Andrew Huang and Nick Simons both broke team records over the course of the meet, and Maeve DeYoung broke a team record in a time trial (8&U 100bk)! Our athletes combined for place 11th overall!!

## AGR Sectionals Top-8 Place Finishes:

**Mara Newman:** 100bk (1st), 50fr (8th), 100fr (6th), 200IM (5th), 200bk (1st), 100fly (5th)

**Nate Rumsey:** 500fr (8th), 100bk (7th), 100fr (5th), 200fr (3rd)

**Ellie Jew:** 100br (2nd), 200IM (6th), 200fr (7th)

**Reem Alharithi:** 100br (6th), 50br (7th)

**Jay Heymann:** 100fr (7th), 200IM (8th), 200fr (5th)

**Andrew Huang:** 100br (2nd), 200IM (2nd), 100fly (7th), 200fr (3rd), 100IM (3rd)

**Nick Simons:** 50fly (7th), 100fr (6th), 200IM (4th), 100fly (4th), 200fr (5th)

**Ryan Sklar:** 200fly (7th), 100fly (8th)

Girls 13-14 400FR (Mara Newman, Alyssa Gustaff, Madison Richardson, Ellie Jew) 8th

Girls 13-14 200FR (Mara Newman, Alyssa Gustaff, Madison Richardson, Ellie Jew) 7th

Girls 13-14 400MR (Mara Newman, Alyssa Gustaff, Madison Richardson, Ellie Jew) 2nd

Girls 13-14 200MR (Mara Newman, Alyssa Gustaff, Madison Richardson, Ellie Jew) 3rd

Boys 10&U 200MR (James Kang, Andrew Huang, Nick Simons, Walker Godfrey) 3rd  
 Boys 10&U 200FR (James Kang, Andrew Huang, Nick Simons, Walker Godfrey) 1st  
 Boys 11-12 400FR (Jay Heymann, Nate Rumsey, Chase Richardson, Alisdair Clydesdale) 8th  
 Boys 11-12 200MR (Jay Heymann, Nate Rumsey, Chase Richardson, Alisdair Clydesdale) 8th  
 Boys 11-12 200FR (Jay Heymann, Nate Rumsey, Chase Richardson, Alisdair Clydesdale) 8th

We also had over 50 athletes compete at the Willamette Valley Season Finale meet in McMinnville! Our swimmers had multiple best times over the weekend to cap out an AWESOME short course season. Roy Wang took multiple first places (after being knocked out of state prematurely due to illness) and Morne Wolmerans CRUSHED his already huge time drops from state again! We had many amazing swims from all our groups, including a handful of Novice and D1/D2 swimmers racing in new events! I am excited this meet has started up to give our athletes a chance to finish off the short course season!

GO LOSC!

- Emily

## 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)

## March Birthdays.....

Lucia Hingi, 11  
 Emerson Mishkin, 8  
 Reed Jordan, 8  
 Zack Jordan, 8  
 Alexander Alberte, 13  
 Kellen Morrow, 10  
 Yifan Mao, 17  
 Chase Richardson, 12

Ashley Haddock, 12  
 Audrey Chun, 12  
 Samantha Esnard, 10  
 Jordan Leis, 16  
 Benjamin Kolman, 7  
 Sophia Hwangbo, 9  
 Mike McGrath, 29  
 King Steinback, 7

Sarah Liechty, 13  
 Yoshihiro Nakagawa, 13  
 Genevieve Nguyen-Lam, 8  
 Isabella Feruzzi, 14

# Swimmer of the Month

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

## Coach's comments:

**Maya Clydesdale** had a breakout season this year! She started out with no A times (due to a January birthday), but went into state with multiple events. At state she placed 9th in the 100bk and just narrowly missed her sectional time (she began the season with a 1:10 and ended with a 1:03!). Maya was also a member of the winning 800FR at state in one of the most exciting races of the meet! Maya dropped her leg of the relay 11s! Maya has a great attitude and work ethic and always brings a smile to practice! She's only just begun to see where her swimming will take her! - Emily



**Maya Clydesdale**

## *A Few Fast Facts About Maya:*

*Grade and school:* 8th grade at Northwest Academy.

*Favorite subject:* Social studies.

*Favorite stroke:* Backstroke.

*Favorite race:* 200y and 100y backstroke.

*Future goals:* Become a certified yoga instructor.

*Famous person you would like to meet:* Lana Del Rey.

*Favorite movie:* Wreck it Ralph.

*Favorite vacation:* Palm Springs, CA.

*Other hobbies:* Photography, sailing, and snow boarding.

*Favorite Food:* Chili.

*What do you want to do when you grow up:* A doctor or professional photographer.

*If I could change one thing it would be:* Turn the clocks back one hour.

# FOUR TIPS TO IMPROVE YOUR START

BY RUSSELL MARK // NATIONAL TEAM HIGH PERFORMANCE CONSULTANT

Even though it's championship season, it's still not too late to improve your start. Here are a few easy things to keep in mind.

On the block, your "take-your-mark" position primes you for action. Four things to be mindful of:

1. High Hips
2. Eyes Looking Down
3. Arms Loaded
4. Rear Foot Behind Your Hips

The hips are the central point of your weight, and gravity will help you create the most speed upon entry if you have them as high as comfortably possible while standing on the block.

Many swimmers will tuck their head and look behind them, but this leads to a tendency of throwing the head upward too much, and can lift the body upward too much too.

The arms should be ready to pull. The elbows should be pointed back, not to out to the side.

In a track start, the rear foot should be placed just behind the location of the hips. In this position, as soon as the rear leg starts pushing off the block, your hips – and all of your weight – will start moving forward off the block.

As you come off the blocks, pull your chin and chest forward. Thrust your chin forward (but not upward). Your chin and shoulders will move past your arms and elbows. Notice that the position of the hands and elbows in the picture below. Also notice that the chin is forward, but the swimmers' backs are at or below horizontal.



# Save the Date - Upcoming Team Events

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

## Message from the President

Our last Home Meet of the season is quickly approaching. With your help, I know that it will be a great success! I am very grateful to Pam Armistead, Laura Ampo, Fleur Swarbrick, Mychailo Toloczko and Rosemary Lundstrum who have volunteered to lead and support our concessions and hospitality. These are key roles and we are so relieved to have such a strong group managing them. We will need a lot more help to ensure a positive experience for our swimmers. Within the week you will begin to receive requests for support. Please pay careful attention to these emails and look for at least one way to that you can help.

Although this is the March newsletter, I can't help but comment on the success of this weekend's Swim-a-Thon. I have never seen swimmer enthusiasm so high! And the photo - what a great looking bunch!!! Many thanks to ALL of the volunteers who helped make the event so successful!!

Of all of Club activities the one I enjoy the most is hanging new records. It is very rewarding to participate in such a tangible symbol of not only the swimmers achievement, but that of our coaches program's as well (*Its hard to believe that in the past two years we have posted almost 100 records - yet another indicator that our Coaches and swimmers are doing the important things right*). But, there is a bittersweet side to keeping the boards current. Up close, the names and achievements of the past record holders bring back many fond memories. Not just the excitement of the swimmers individual success, but also the faces of their families, the time spent getting to know their parents and the work done together to move the Club forward. These memories remind me that our children are only young for short time and that NOW is the time to embrace and support their interests and truly enjoy the experience! My advice to you; get involved, meet other members and enjoy the positive experience that is "competitive swimming".

PS: Don't get me wrong - I am already looking forward to the fall and another set of stickers to post!!!

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)*