

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

March 2016

lakeoswegoswimclub.org

Events

Officials Training Clinic

April 2 @ 8am (LO Pool)
Become a certified official and complete your volunteer commitment! Contact Troy Tetsuka to sign up; tetsuka3@gmail.com

Dan Perz Memorial

April 15 - 17, Lake Oswego
Our last Home Meet of the season will be an excellent opportunity for kids to swim fast and parents to become more involved with the Club. *We will need EVERYONE'S help to make it a success!!*

Thunderbolt Spring Open

Apr 29 - May 1, Beaverton
A/B swimmers won't have to travel far for their first long-course (LC) meet of the season. Be sure you rest your legs cause you are going to need them!!

CAT Open

May 13 - 15, Corvallis
The meet will be the mid-season focus LC event for many of our A/B swimmers. Sign-up and swim fast!

Annual LOSC Banquet

Tentative: May 22
Celebrate our swimmer's success by attending our annual banquet! Enjoy the company of our membership and make a few new friends.

Retired Racer Returns to the Pool... Rocks Sr. Sectionals!

Let's say you're the head coach of a swim team. Your team has qualified for two relays at a championship meet, but you only have seven swimmers - What do you do?

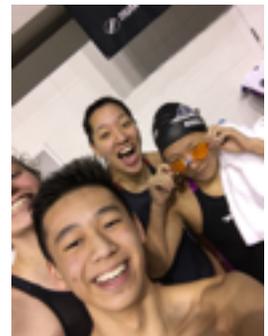
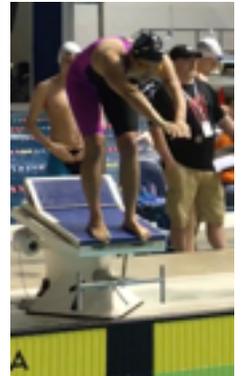
- Enter only one relay, leaving three swimmers without the chance to participate.
- Enter your best relay & disqualify your second relay by filling the 8th spot with an unattached swimmer (but at least everyone gets a chance to swim).

- Pull on a suit, cap and goggles and join in on the fun!

99% of all coaches selected answer "A" - it is the rational choice after all... but Coach Emily chose "C"!! instantly becoming EVERY SWIMMER'S HERO!

Those who watched her swim in three relays would never have guessed that it had been 13 years since her last race!

Emily IS FANTASTIC!!!



Very Busy... HUGLEY SUCCESSFUL!!

Our Team is crowded with CHAMPIONS!!

Hi LOSC,

While its been a busy season, its been a successful season!

At the 10&U Championships in Springfield, OR, LOSC took 37 athletes to race hard and have fun! The results were amazing with countless best times, new sectional cuts, and great memories! We had several state champions and many amazing swims!

At the 11-14 Championships in Beaverton, OR, LOSC took 38 athletes! LOSC placed 5th overall and have new JR National, Sectional, and best times achieved! Several team records were broken over the weekend and many kids learned how to swim prelims/finals over three days (not an easy feat!). Nate Rumsey took the High Point award for 12 year old boys (he won for 11 year old boys last year) and our 11-12 boys nearly swept the relays! One of the most impressive things was that swimmers from so many squads qualified to race at this meet (P1, P2, AGD, SRD, and SRP)!!!

At the SR Championships held in Gresham, OR, LOSC took 25 athletes! LOSC placed 3rd overall and had many new SR Sectional time cuts and a few new AGR Sectional time cuts! Many kids stepped up and swam best times by pretty significant amounts, and our team cheered and supported each other in an amazing way!

At Age Group Sectionals in Federal Way, LOSC took 29 swimmers! LOSC placed 7th overall (second highest for Oregon teams only to THSC) and had some amazing swims! Annemarie Vlaic set 3 new OSI Records (50fly, 100fly, 100fr) for 8&U girls! Team records were set by Nick Simons, Ellie Jew, Annemarie Vlaic, and Nate Rumsey! Several swimmers took Sectional Championships (Andrew Huang, Nick Simons, and Madison Richardson) and Ellie Jew qualified for Summer Junior Nationals with the 52nd fastest time EVER swum in the 100br by a 13-14 girl. Awesome meet!!!

To wrap up our season we had 16 athletes compete in Federal Way, WA for the SR Sectional meet. This meet is run in long

course meters (even though its the short course season), to allow swimmers an opportunity to qualify for Olympic Trials. While some of our swimmers had an adjustment period (with no LCM training and very little racing this season), most stepped up and swam fast! Curtis Klein qualified for Olympic Trials in the 200bk and took the win in a very exciting race! This means LOSC will have TWO athletes (so far), competing in Omaha in June (Mara Newman qualified last summer in the 100bk). Ellie Jew qualified for Summer Juniors in the 100br and broke the team record by over 1.5s! Many other great swims, finals swims, and fun memories! Overall, it was a great jumpstart on long course season!!

At the Willamette Valley Season Finale, over 30 LOSC swimmers traveled to McMinnville to race hard! Many best times were achieved, and it turned out to be a great meet for those that didn't get a chance to swim at State or Sectionals. We had several swimmers have breakthrough races and HUGE time drops! Coach Patrick and Coach Mike were incredibly pleased with all the swimmer's progress over the season and its as great to end on such a high note!

As we head into this week break, take a moment to reflect on the high points and the points to improve upon. Every season is a learning experience and an opportunity to grow as a swimmer and a person! Enjoy some time away from the pool but stay active! Go for a run or a hike! Take your dog for a walk (you know that dog you promised your parents you'd walk everyday if they got it for you?!). Get your bike out of the garage and take it for a ride. Anything to keep moving a little. Additionally, think about your goals for the upcoming season! Start planting the seed in your mind so that when we come back, you can hit the ground running towards your goals!

GO LOSC!

-emily

March Birthdays.....

Curtis Klein, 21

Edward Kang, 18

Elizabeth O'Mahoney, 14

Juliette Fallenstedt, 13

Ella Notdurft, 13

Andrea Yang, 13

Erin Anderson, 12

Sean Davitt, 12

Andrew Huang, 12

Isabelle Smart, 11

Jason Lee, 10

Noah Alberte, 10

Annemarie Vlaic, 9

Alex Vail, 8

Yasaswini Sura, 8

Hope Enge, 8

Swimmer of the Month

Recognizing an athlete who proves that hard work pays off!

Coach Mike's Comments:

Helena Huettmeyer had a stand out race in the 50 butterfly at the 10 and under OSI State Championship meet. Racing in her first ever championship event, Helena dropped eight seconds to finish in fourth place. She continued to have strong individual swims and was part of the 100 freestyle and 100 medley relays that not only captured first place but also broke the team records. Helena is a cheerful and polite swimmer who is always smiling at practice. We are excited to see how she does as we move into the long course season and she gains more experience.



Helena Huettmeyer

A few fast facts about Oscar:

Grade and school: Second Grade. Hallinan Elementary

Favorite subject: Reading, Math and Music

Your role models: My parents

Favorite stroke: Butterfly

Favorite race: 50 Fly and Relays

Future goals: To continue to be the best swimmer I can be, to have fun and who knows, maybe I will make it to the Olympics!

Famous person you would like to meet: Elvis, Adele & Ellen

Favorite movie: Yours, Mine & Ours and Dolphin Tale 1&2

Favorite song: "Hello" by Adele and "Honey I'm Good" by Andy Grammer

Favorite vacation: Swimming with the dolphins in the Bahamas & visiting my Kiwinan in New Zealand

Other hobbies: Reading, drawing, listening to music, dancing, Lego, playing with my friends and dogs

Favorite food: Sushi, ice cream and Burgerville kids fish n chips meal

When I grow up I want to be: A dolphin trainer and marine biologist

If I could change one thing it would be: The pollution in our oceans!

Spring into Volunteering at LOSC!

Sign-up, help out and be an ENGAGED MEMBER!!

If you are thinking about knocking out your LOSC volunteer requirement, how about volunteering at the upcoming spring meet?

LOSC's home meet is coming up Friday- Sunday April 15-17, 2016. Online sign-up sheets will be coming to your inbox in April and we will need help in all areas.

Volunteering at LOSC's meet allows you to see your swimmer's events, and complete some of your required hours too. Thirty volunteer hours are required by each LOSC family. With cancellation of the January meet, the

number of required LOSC meet hours of these 30 hours is reduced to 4 (from 6).

Need more information about volunteering?

[Open LOSC Website](#) & Log into your account first, then the volunteer tab will pop up which has:

- Information on the volunteer program at LOSC
- FAQ section
- LOSC's current volunteer agreement

Looking For Your Membership Folder?

Spring is in the air..... & pool some pool areas were "organized".

A little spring cleaning at the LO Pool has resulted in several improvements..... and the relocation of our Membership Folders to the Club's office.

Membership folders are now in the first file cabinet beside the coaches desk.

Our Coaches will open the office during Monday, Wednesday and Saturday practices to allow Members to access their folders and for swimmers to collect their awards.

The clean-up work is part of an on-going effort to un-clutter shared spaces to make the facility easier to keep clean and improve access and utility for all.

Have you noticed that the diving board is missing.... part of the same initiative to make what space we have even better!

Many thanks to Pool Manager Natasha Payne for leading this initiative.



Save These Dates for Upcoming LOSC Events!

April 2 @ 8:00 am: Officials Training Clinic - Stroke & Turn (LO Pool)

April 2 @ 10:00 am: Officials Training Clinic - Starter (LO Pool)

April 15 - 17: LOSC Home Meet (Watch for Volunteer Lists & Find Ways to Help!!)

May 21: Swim-a-Thon Fundraiser & LOSC Team Photos (LO Pool).

May 22 (tentative): Annual LOSC Banquet @ Club Sport.

COMPETING AT A DISTANCE: NUTRITION TIPS FOR LONG DISTANCE TRAVEL

BY JILL CASTLE, MS, RDN

It's that time of year when many swimmers will be traveling to compete. Long distance travel can wreak havoc on a swimmer's body and dampen his or her competitiveness. From the availability of less than healthy food options to cramped seats, the choices made during travel can ready the swimmer for athletic performance or it can undermine months of hard work. Focus on the following areas to be ready and able to compete when arriving at your destination:

BRING FOOD ALONG

No matter how far the swimmer travels, or the mode, taking nutritious food along will better ensure proper eating and prevention of hunger. Flight provisions, such as small servings of peanuts, pretzels or crackers, generally won't be adequate for the competitive swimmer. On the other hand, mindlessly grazing on food—even healthy food-- throughout travel can result in overeating. Try to eat food at usual times and bring along activities to prevent boredom like a deck of cards, a book, movies, or music. Energy bars, trail mix, whole grain cookies, fruits, and veggies are all good options to bring along. Keep any food that requires refrigeration safe by storing it in a small igloo or lunch pack.

If meals are available on a long flight, choose the carbohydrate-rich vegetarian option, which will likely be a rice or pasta-based meal. You may need to request this ahead of time, so double check with the airline. If travel is by bus, the food options may be limited to fast food establishments. In this case, opt for whole grain breads, salads with protein, hearty soups and breakfast options with eggs, potatoes or breads.

STAY ON TOP OF FLUID

Flying is naturally dehydrating. The humidity on an airplane can be 10-15%, which encourages more water evaporation from the skin and lungs. This type of dehydration is subtle and may cause headaches or constipation. Water is by far the best option for a beverage, along with an occasional 100% fruit juice or a sports drink. Drink at least a cup of fluid each hour. Bring a water bottle and ask for a refill from the flight attendant as needed. Remember: go through security with an empty water bottle and purchase water near your gate.

AVOID PAINFUL MUSCLE CRAMPS

Swimmers may feel cramped on a flight, as the seats are compact and legroom may be minimal. It may also be difficult to get up and move around. Get an aisle seat if possible and make sure to store extra baggage overhead to optimize legroom. Get up, walk around and stretch every hour or so to minimize cramping and encourage blood flow. Make sure to drink plenty of fluids. If cramping is a problem, be sure to drink fluids with electrolytes such as a sports drink, or drink water and eat salty carbohydrate foods like pretzels or crackers.

CUT CONSTIPATION

Many travelers experience gas, bloating and constipation. Everybody's "system" is different, but long distance travel can certainly encourage constipation. The antidote: eat high fiber foods (fresh fruit and vegetables, whole grains, nuts, and beans) and keep up with fluids. If constipation becomes an issue, try natural remedies such as prunes or prune juice, apricot or pear nectar, or celery.

GET SOME SLEEP

Sleeping on a plane can be very challenging. However, swimmers are better able to adjust their body clock to a new time zone if they can get some sleep during travel. Use noise-reducing earplugs, eye covers and a pillow—these will help reduce distractions and promote sleep. Try to eat a high carbohydrate snack, such as a granola bar, dry cereal or whole grain crackers before snoozing to increase brain serotonin, which encourages sleep.

These strategies will help the swimmer be ready to compete when arriving at his or her destination, no matter how far they have traveled. With a little forethought and planning, swimmers can journey with confidence!

*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 here.*

LOSC NEEDS YOU!

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



Message from the President

The short course season seemed to end in a flurry of practices & meets! I just looked it up, our swimmers participated in 15 swim meets in just ten weeks!! I don't know how our coaches managed to support so many swimmers going in so many directions!!! THANK YOU ALEX, PATRICK, MIKE & EMILY. I know I say it every month, but you guys are the BEST!!

The end of the SC season is an annual marker where we can take stock and access the strength of our program, but how do you measure the success of a swim team? USA Swimming suggests that a team's success is measured by growth in swimmer count, attendance, percent championship meet participation, level of achievement. I am very happy to announce that LOSC has improved in every category! We have grown again this year & attendance in all squads continues to improve. Championship meet participation is at a four year high. Our participation in sectional meets is also rising - 32 swimmers @ AG sectionals is a 9 year high. We are building "Champions". We should all be proud of our children's commitment to hard work - it is showing in their achievements.

The next few months are very important for our team. Our spring home meet is only three week's away and I am concerned that we lost momentum when we canceled our winter meet. I believe we will have to work a little harder to get our groove back. Because of this, I am asking *ALL* members to find a way to become - a little more - involved in making our April meet as successful as our October meet. Please watch your email for volunteer opportunities! You are welcome to contact me if you have suggestions or desire to fill a role which you believe is missing.

Please consider attending our Annual banquet tentatively set for May 22nd. It will be a special night, as we say goodbye to a large group of seniors & celebrate the our successes.

- 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
 Christy Haddock - 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

Have Membership Billing Questions?

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

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

