

# CONNECTIONS

*The membership newsletter of the Lake Oswego Swim Club*

September 2014

[lakeoswegoswimclub.org](http://lakeoswegoswimclub.org)

## Events

### Membership Meeting

*September 25'14*

Our Annual Membership Meeting will be held on September 25 in the back room of the LO pool. Meeting will start at 6:30 pm.

### LOSC Fall Open

*October 10 - 12'14*

Our first home meet of the year is a WONDERFUL way to celebrate the start of a new swimming season!!!

### McSwimville Invitational

*November 7 - 9'14*

Travel to McMinneville for our first away meet. This meet is always fun and well run.

### OSI Top Five

*November 5'14*

CONGRATULATIONS to our swimmers who swam a top-five event time in 2013 - 2014 seasons. Enjoy the recognition - you've earned it!!!

### Canby Mile

*November 22'14*

Why wouldn't you want to race the mile? This meet is a great opportunity for AGP2 & Sr swimmers to earn a cool T-shirt.

## Congratulations Edward!

*Edward Kang recognized by USA Swimming as a Scholastic All-American*

CONGRATULATIONS to Edward Kang for this wonderful achievement!

Edward, a Junior at LOHS, has a very busy year ahead, but is committed to excellence in both academics and sport. Edward is currently preparing for SAT, aspiring to become a Recuperational Physical Therapist and/or an Anesthesiologist.

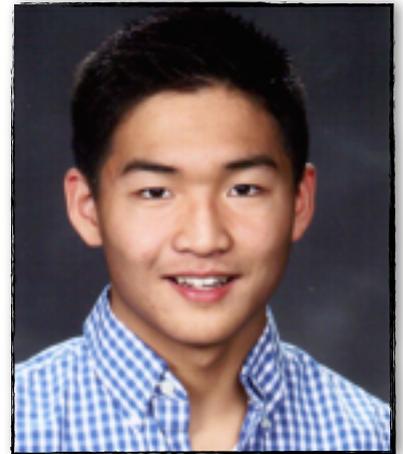
*The Scholastic All-American Team recognizes high school student-athletes who demonstrate outstanding scholastic and athletic achievement. The Scholastic All-American Team is comprised of high school student-athletes who have grade point averages of 3.5 or higher and who have*

*competed in individual events at the national championship level.*

### **Team Requirements:**

- GPA Requirement - minimum 3.5 GPA for the current academic year, based only on grades for academic subjects.
- Pool Requirement - Applicants must have swum a time equal to a Junior National 2011 bonus time in any event during the SAA qualifying period (August 16, 2014 – August 15, 2015).

*Across USA swimming there were 1,782 successful applicants (917 girls, 865 boys), but only 173 three-timers.*



# LOSCalooza

*Swimming, food & fun - 3 great things that go great together*

LOSCalooza was a wonderful party with over 140 of our members attending, demonstrating that we are coming together as a strong community. The temporary tattoos, new swim caps, live music, outdoor lunch, garage sale, relays, and challenges gave our families a lot of different options to have a simply fantastic time. So many of us have already begun to plot next year's relays and challenges, which is always a good sign.

The Trading Post was a great success, adding close to \$1000 to LOSC's fundraising efforts! Angry birds, new Nike swimsuits, vintage LOSC spiritwear, organic grapes, furniture, bikes, and gift cards changed hands, and it is safe to say that the variety of items were only limited by our imagination.

Live music and outdoor lunch set the stage for a truly fun afternoon, with our very own President Mark Cranch convincing the other members of the LO Babas to come out and help us celebrate.

At the pool, the challenges and relays were exciting, heart-warming, and occasionally even hysterical. Thanks especially to our older swimmers for creating a sense of camaraderie, as well as to our coaches and other family members who took a chance and dived into this new, very different party with both feet.

## What's Next?

**Fundraising:** We have a ways to go and need your help, so if you have not sent in your pledge that you would have normally sent in for Swimathon yet, please do so without delay so we can apply it to this calendar year and still be able to bill you in monthly increments. If you cannot contribute directly, or don't have your own business to sponsor, consider asking a local businesses whom you do business with, and it will still count as your contribution. Remember that just as little

as \$25.00 buys an ad in our Meet Heat Sheet. The Sponsorship packet that was emailed out has everything you need. If you cannot find the email or don't have it, pop us an email and we will resend it:

[loscwaynsnmeans@gmail.com](mailto:loscwaynsnmeans@gmail.com)

**An Online Trading Post is Coming Soon!!!** Given how much we all have to buy, sell and trade as a community, we are looking into how to create an online marketplace to help us all clear out and stock up on an ongoing basis.

**New Caps are on Sale!** Black silicone swim caps with our refreshed logo (the white and neon blue waves) are going fast, so if you want one at \$15.00 each, email [loscwaynsnmeans@gmail.com](mailto:loscwaynsnmeans@gmail.com). If you are holding out for a customized cap, you can send your order in, but we will need to get to critical mass before we can order again. Meanwhile, we suggest purchasing at least one cap now, so you look like the rest of our team in the water. Remember our next Home Meet is coming up in the second week of October. Note: If you ordered a cap and didn't pick it up at LOSCalooza, it's been placed in your folder.

**New Spiritwear:** We are in the process of getting our refreshed logo out to a couple of new manufacturers and a new swimsuit is under consideration, so please hold off on apparel orders until you hear from us. Shouldn't be long at all.

**Temporary Tattoos!** Yep, we have them for sale! They cost \$1.00 each and we have more coming with the new logo. As with the caps, you can order them via email, then expect us to bill your account and leave them for you in your folder.

## Record's Board Updated - Again?? :)

*LOSC Swimmers break a total of 29 SC & LC Records last year!!*

Many, many thanks to Kim Simons, Coach Emily and Brent Paul (LOHS Maintenance) for organizing & executing another update of our team records and the LO pool's records boards.

# Lovin' The Team's Energy!

*Roster changes effect everyone - embrace your teammates and make friends*

Hi LOSC,

After a well deserved break after a long summer of racing, we're back in the pool! It's been great seeing everyone training hard and having fun. And despite a minor setback of having it move everyone to Lewis and Clark this past week, I've been impressed with everyone's attitudes and positivity about the season!

We'll start out our short course season with our home meet. While historically we've begun with the MHA pentathlon, this year they chose not to host it. Although the pentathlon is always a great first meet, I'm really excited about having our home meet be the kick off for short course competition. I want to encourage everyone on our team to participate. It's a fantastic first meet. With a familiar facility and all our coaching staff, it's an ideal situation to try out a swim meet. If you're worried your athlete isn't ready, please talk with your swimmer's coach! I'd love for us to have as close to 100% team participation! You can sign up now online under events after you've logged in. I'll also be sending out an email with the details in the near future. (Plus, our home meet is an excellent opportunity to put in some volunteer hours!). You can also find our current short course meet schedule online. You'll notice its very similar to last years, with a few exceptions. I encourage everyone to commit online now to all the meets you can and mark your calendars. Remember: you can commit to all the meets ahead of time, and de-commit online anytime before the deadline. One of the biggest things we run into is parents forgetting to commit their swimmers and then trying to get their kid in after the deadline. I never want to turn away a kid who wants to race, but many times it's out of my control at that point. So get your kids committed and block off those weekends!!

I can tell our entire team has grown and progressed so much over the summer. I know that coming back after break and adjusting to new squad dynamics can be a bit challenging at first, but I'm really excited about how well the squads are meshing. It's been exciting to see some kids move up and have to adjust to being at the bottom of the squads, speed wise as well as seeing kids who were more in the middle of the pack, move up and be leaders. All roles are important for your athletes development and will help make them better swimmers now and into the future.

Currently I am writing this from Jacksonville, FL at the USA Swimming Annual Convention. Some of you may or may not know, but this past year I've been serving on the OSI board as the Age Group Chair for our LSC and one of the board role duties is to represent OSI at this meeting. Being on the board has been a great learning experience as well as good exposure for our team and a way for our program to be involved on the state level. The national convention has been an equally big learning experience. Significant legislation and elections occur, as well as discussion about the direction our sport is headed. This is the main meeting for all decision making in USA swimming and it's been interesting seeing how it works! I can't say Jacksonville is my most favorite town on the planet, but it's been a great experience so far!

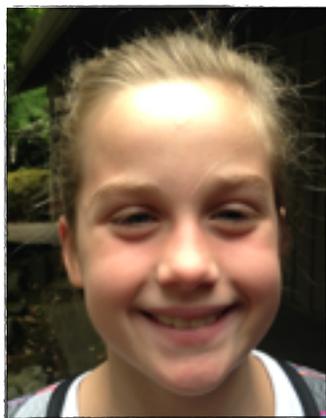
I'm looking forward to the short course season and have been nothing short of impressed with everyone so far! Let's keep up the hard work and the great energy!

Go LOSC!

-Emily

# Swimmers of the Month

*Highlighting athletes who prove that hard work pays off!*



**Dylan Gustaff**

Dylan had an amazing season this past year. She set thirteen individual team records, won three individual events at the OSI Championships, and was one of the few eight year olds to swim at the PNW Regional meet in Federal Way, WA. Her coach adds that Dylan is a natural leader and even with all of her success, Dylan is still a fun and outgoing kid at practice where she loves to work hard and hangout with her teammates. A 4th grader at Forest Hills Elementary, Dylan enjoys being in the water, competing at meets and swimming with her friends. Away from the pool, Dylan likes watching movies, camping, gymnastics competitions and hanging out with friends and family.

**Hannah Lee**

Returning to LOSC in August, Hannah moved up to a new group with high expectations. Her coach says that since her first day in AGD she has exceeded goals and placed herself in the top of the squad. With continued hard work and great attendance she is positioning herself for a very fast and exciting short course season. In the 7th grade at LOJHS, Hannah loves to push herself to compete to be her fastest and she has fun swimming with her best friends. Outside of swimming Hannah enjoys music, singing, art, sewing and hanging out with her friends.



**Brooks Enge**

Brooks Enge returned from break ready to train hard! He is focused, swimming strong and has set great goals for this season. He is leading his lane and has taken on a great leadership role on the squad. His coach comments that she has no doubt with his continued hard work he will have a very exciting season ahead. Attending Hallinan Elementary, Brooks is in the 4th grade and likes swimming because he likes racing, making friends, and the feel of moving his body through the water. When he's not swimming, Brooks likes soccer, skiing, lacrosse, running and reading.

# A Note from the Treasurer

## *LOSC Annual Registration is coming in November!*

This year, we have moved the annual registration to November and combined it with the USA swim registration renewals. What does this mean to our LOSC families? We will ask you to update your swimmer's information online and renew your swimmer's code of conduct. It is very important to ensure we have up-to-date information on file, and this is a great time to check this information. Stay tuned for additional details in October. We will also be charging each swimmer an Annual LOSC Administrative fee. This charge of \$45 will appear in your November bill.

In addition, USA Swim registrations are nearing expiration. At the same time as completing your LOSC paperwork, we will also ask you to update your USA Swim registration. The annual charge for the USA Swim registration is \$62, and will also appear on your November bill. If you are a new swimmer from August

or September, your registration will be valid through 12/31/15.

Please remember that in addition to your standard charges of pool pass fees and membership dues, there are often other non-recurring charges that appear on your invoice. These items include meet fees, event charges, swim cap charges, annual registration etc. Please check the details of you invoice each month to ensure you understand the charges and adjust your payments accordingly.

If you have any questions, you can always email me at [loscbilling@gmail.com](mailto:loscbilling@gmail.com).

Debbie Rumsey

# FALL IN...to volunteering at LOSC!

## *Please consider how you can help out!!*

**A BIG Welcome to all new members!** You might have a few questions on how the volunteer program works at LOSC, and we have your answers!

You can find everything you need to know (and more!) when you **sign in** your account at [www.lakeoswegoswimclub.org](http://www.lakeoswegoswimclub.org) and click on the "**Volunteer**" tab at the top of the home page.

You will be able to read the current volunteer agreement, FAQ's, read current openings and how to check your current balance.

We want to thank you so much for everyone's help at the LOSC Calooza. It was a unique opportunity to help out, log in some serious volunteer hours, and meet new members on our different squads.

If you did volunteer recently, don't forget to submit your hours. To submit hours:

1. Sign in to [lakeoswegoswimclub.org](http://lakeoswegoswimclub.org)
2. Click on the top banner button labeled "Volunteer"
3. Click on "Submit your volunteer hours online here"

We looking forward to a great fall meet coming up Friday, October 10-Sunday, October 12! We are expecting 12 other teams to come- that's about 250 swimmers! We will need everyone, "on deck" and able to help in some way. Look for an email soon with job and food signups. There will be small jobs and big jobs available to help you meet your required volunteer hours, make LOSC's meet a huge success **AND** watch your swimmer post new best times.

GO LOSC!

*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](mailto:loscvolunteerprogram@gmail.com).*

# A IS FOR ANXIETY

*If you want to swim fast, you've got to prepare yourself mentally.*

*If you want to swim fast, you've got to prepare yourself mentally. That's not always an easy process. Beginning this week, Sport psychologist Aimee Kimball, PhD., introduces a series of articles on [usaswimming.org](http://usaswimming.org) that makes mental training as easy as A-B-C.*

## **Why do I have anxiety?**

Many athletes have anxiety before they compete, whether it's a pounding heart, difficulty breathing, tight muscles, or worried thoughts. All animals have what's called the fight-or-flight response in which our bodies prepare to either fight a challenge or to run away from it. These symptoms of anxiety aren't always bad, as they can signal a readiness to compete. Think of a race you were involved in that wasn't important to you or where you knew you would win it easily. You probably didn't have the same signs of anxiety because you didn't see this event as being as threatening. The perception of a challenge / threat is what makes athletes feel anxious.

## **Changing the Perceived Threat**

If situational factors (event importance, your opponents) cause you anxiety, focus on controllable factors that help you to swim well- a smooth stroke, a strong kick, and a well-timed start. When you start to add "uncontrollables" to your focus, you are adding thoughts to your head that don't need to be there and are making it a lot harder to swim to your potential.

## **Physically Relaxing**

To release anxiety, take some long, deep breaths and picture all the physical and mental stress leaving your body. You can also take a few minutes each day to go through your muscle groups, tightening them and then relaxing them. By doing this progressive relaxation, you can recognize when and where you are carrying physical tension and learn to physically loosen your muscles so that you can perform your best.

## **Therefore**

Anxiety as you know it doesn't have to exist. You may have some physical activation (faster heart rate, quicker breathing) but you can control this. Simply think how you want to think and leave some time for a pre-race routine that allows you to physically relax. While it requires training, you can regain control of your body by taking control of your mind.

Want to read the entire series: <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1555&Alias=Rainbow&Lang=en>

# August Birthdays.....

Andrew Morris. 9

Dylan Gustaff. 9

Jacqueline Loverin. 12

Jordan Cooper. 9

Maeve DeYoung 8

Maya Tetsuka. 10

Miles Campion. 11

Morne Wolmarans, 13

Reem Alharithi. 11

Tristan Robbins, 13

Vittoria Corvelli. 10

# New Swim Caps Are Here!

*Get the new logo in time for our first short course meet!!*

Have you noticed swimmers wearing a new swim cap with a brighter logo that “pops”? New silicone LOSC swim caps are in! These caps are especially helpful at swim meets so that we can identify and cheer for our LOSC swimmers! If you are interested in replenishing your cap supply, caps are available for \$15. You can contact your coach who can give you a cap (charges will be added to your next invoice).

Many of our swimmers also ordered caps with their names on them. If you haven't picked up your pre-

ordered personalized cap, they are currently in the folders in the back room at Lake Oswego Community Pool. If you missed the order for the personalized cap, please contact Sharon Richardson at [loscwaysnmeans@gmail.com](mailto:loscwaysnmeans@gmail.com). If we have enough interested swimmers (minimum order is 40 caps), we can place another order. Personalized caps are also \$15 each, but come in a pack of two for \$30.

## September Birthdays.....

Alisdair Clydesdale. 12  
Christopher Pusztai, 12  
Claire Cranch. 14  
Elle Hinkle. 11

Kalea Tetsuka, 15  
Louis Champion. 9  
Madison Richardson, 14  
Oscar Shi. 12

Patrick Dakin. 12  
Ryan Azadpour. 7  
Wilson Godfrey. 11

## Message from the President

Although last week's LOHS pool outage caused a last minute change to our practice schedule, it did not interrupt our training schedule. I was so pleased with our coaches' response and how they quickly developed a plan to keep ALL of our practice groups in the water! I am also very proud of all of you and grateful for your willingness to adapt and adjust with short notice. Our organization's response to this challenge is a wonderful example of our strength and focus.

Our first home meet is just around the corner and with your help I know it will be a success. Twelve teams have already committed to attend and I am anxious to hear what they have to say about the recent facility improvements. The starting blocks are expected to return during the first week of October, giving our swimmers an opportunity to try the resurfaced platforms before race day.

The Board has been working to finalize our 2014 - 2015 budget and prepare for the Membership Meeting. I am hopeful that you will be able to attend on the 25th.

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  
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](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)*