

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

September 2015

lakeoswegoswimclub.org

Events

LOSC Fall Open.

Oct 16 - 18'15

Our first Home Meet of the year is a great place to start your competitive swimming career! *We need help from **EVERY FAMILY** to ensure the success of this important fundraiser!*

MHA Fall Invite

Nov 6 - 8'15

Our Team is so strong that we are going to divide to concur! P2 & Sr squads will attend this meet.

McSwimville Invite

Nov 6 - 8'15

Our younger squads will be traveling to one of the best venues & best run meets of the season.... Our Novice, D1, D2, AG1 & P1 swimmers will surely rule!

OSI Top 5 Awards

Nov 15'15

Swimmers who swam the five fastest times of the 2014 - 2015 swimming season will be honored in Canby at this annual banquet. **THIS IS A HUGE ACHIEVEMENT!**

CAT Sr Open

Dec 4 - 6'15

Our Sr swimmers will travel to Corvallis to compete and will serve as an important training barometer as they work towards the SC championship season.

Annual Registration

Simple, fast and easy

For our family, September means two things - back to school & LOSC registration.....

Registration is mostly housekeeping. You should have received an email to open and read. By opening this email you will be accepting the Terms of Membership and will be asked to review your on-line account information, updating it with any changes (the email will explain each step!).

You will see two fees in your future bills. September's invoice included our \$45 Annual Administration Fee, while your November 1st invoice will include the \$64 USA Swimming Membership Fee.

Electronic payment is Live!

*Thanks for activating!! If you haven't - **DO IT TODAY!!***

Thank you to our members for signing up for electronic processing of the monthly billing. 62% of you have already signed up! You are helping our team improve our efficiency in the collection of the monthly dues and expenses. However, to do this effectively, we need to transition 100% of our payments to electronic processing...either through credit card payments or automatic deductions from your bank. There is no cost for selecting direct bank processing (ACH) for payments, but members who decide to use their credit cards will receive a \$6 monthly charge. If you have not already entered your information into Team Unify, please do so as soon as possible!

Signing up is simple, just follow the **instructions on page 4 of this newsletter!!**

SC 2015 is Off to a GREAT Start!!!

Stay calm... keep goals in mind, practice with purpose, compete - REPEAT!!

Hi LOSC,

We just wrapped up the first meet of the season and despite some challenges, it went off great!

We had over 100 swimmers participate in the MHA Pentathlon and we were far and away the biggest and most dominant team there! There were quite a few swimmers participating in their first meet ever and I couldn't have been more impressed. So many kids went best times...at the first meet of the year! And almost all of our team is faster than they were at the first meet last year! The progress is undeniable! I also want to commend all our athletes about dealing with adversity. Things will come up and being able to rise up and overcome less than ideal situations are one of the characteristics that define great athletes. I was impressed that our swimmers, when hearing they couldn't do backstroke swim/turns/starts in warmups didn't get overwhelmed, but we're confident in the work they'd done in practice. When a coach had a flat tire and was running late, his swimmers stepped up and swam fast until he got there. Learning resilience and grit are invaluable for an athlete and I'm proud our kids are ahead of the game!

Our next meet is our home meet and it is always a great one. It's familiar but always a fast meet. I recommend that every member volunteer some of their time at the meet. It's a great way to get involved and gain a better understanding of the way the team works. Plus, you get

to meet many of you're amazing swimmers teammates amazing parents!

If you're still figuring out the ropes to swim meets, check out the "swim meet guide" on our website under the "team info" tab. Many parents tell me they don't want to sign their kid up for a swim meet until they've been on the team for awhile...but I can't recommend enough, signing your swimmer up for the first meet available! It's never too early and our home meet is a great opportunity to sign up and participate!! Swim meets are fun, fun, fun!!

This is going to be a great season and I couldn't be more excited! Go LOSC!

- Emily

September Birthdays.....

Kalea Tesuka, 16

Rhianna Patel, 8

Madison Richardson, 15

Jason Lin, 9

Emiliano Duran, 13

Tanner Montagriff-Peck, 17

Patrick Dakin, 13

Louis Champion, 10

Claire Cranch, 15

Alisdair Clydesdale, 13

Qiyue Shi, 10

Munroe Blem, 10

Fall into Volunteering @ LOSC

We need your help..... Please sign up today!

If you are thinking about knocking out your LOSC volunteer requirement, how about volunteering at the upcoming fall meet? LOSC's home meet is coming up Friday- Sunday October 16-18, 2015.

Online sign-up sheets will be coming to your inbox soon 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.

[Need more information about volunteering?](#)

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

Coaches Members Password Site Map

Lake Oswego Swim Club

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LOSC VOLUNTEER INFORMATION

- Volunteer Program FAQ's: [FAQs](#)
- Click [here](#) for current volunteer opportunities
- LOSC Volunteer Agreement found [here](#)
- Submit** your volunteer hours online [here](#)**

**Food Purchase volunteer submissions may submitted using link above, but for credit, receipts must be and scanned/photographed and sent to: LOSCVolunteerProgram@gmail.com

Have Membership Billing Questions?

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

LOSC is Going Electronic!!!

Enter your payment information now! - here's how.....

Lake Oswego Swim Club is changing our payment options. Beginning October 1, we will accept payments via ACH or credit card. Not only will this provide a service many of you have asked for, it will also streamline our payment processing. The move to ACH and credit card processing is fairly simple. All you have to do is go to the Team Unify LOSC website, login and click:

- ➔ My Account
 - ➔ Set Up Auto Pay
 - ➔ Current Payment Method Drop Down (select one of);
 - ➔ Automatically charge Bank Account or
 - ➔ Automatically charge Credit Card

The selection will prompt you to enter the credit card or bank information. This information is stored in a separate secure site, and you will not have access to the information to update; you will have to completely reenter the information. LOSC will not have visibility to the account information; only the payment choice that you made.

Your payment option (bank account or credit card) will be automatically charged on the 1st of each month. Because our payments have been historically due on the 20th, this may cause a change in how you have previously operated. Please make sure your account is ready for the charge on the 1st of the month. We will send emails reminding you to update your account. In addition, please keep in mind that your bank account and credit card information needs to be kept current, and the information should be updated with any cancellations or changes to your account.

There will be no additional charges for those choosing ACH transactions. However, there will be a monthly charge for credit card transactions in the amount of \$6.00/month. This covers the transaction fee that is charged to LOSC.

Please note that after October 1, we will no longer be accepting checks for payment of monthly dues. Everything else will remain the same. You can begin entering your information into Team Unify / LOSC website now. As an incentive to input your information early, we will not be charging credit card transaction fees for the month of September (for the Sept 1 billing). Credit card transaction fees will be charged on / and after October 1, 2015.

Thank you in advance for enrolling for electronic payment as it will be a great time saver and help the club operate more efficiently.

There will be no changes to how billing questions are answered, please continue to send your questions to loscbilling@gmail.com

Thank you Sponsors!!

We appreciate your support and generosity



Swimmer of the Month

Recognizing an athlete who proves that hard work pays off!

Coach Patrick's comments:

Since returning from summer break **Ashley Haddock** has had near perfect attendance! She is actively pushing herself to get better and pushing those around her. Ashley's hard work and dedication earned herself 4 new best times at the first meet of the season. We can't wait to see her accomplishments this short course season!



Ashley Haddock

A Few Fast Facts About Ashley

Grade and school: 7th grade, Twality Middle School

LOSC Squad and Coach: Age Group Development, Coach Patrick

Favorite subject: Math & Ceramics

Your role models: My little sister, Kaia, because she always tries until she gets something right.

Favorite stroke: Butterfly

Favorite race: 200IM

Future goals: To get all "A" times

Famous person you would like to meet: Taylor Swift

Favorite movie: Elf

Favorite song: I Lived, by One Republic

Favorite vacation: Six Flags Magic Mountain during Fright Fest

Other hobbies: Reading, crafts, hanging out with friends

Favorite food: Sushi

When I grow up I want to be: I'm not sure yet.

If I could change one thing it would be: To be able to learn without having homework.

WHY DO SWIMMERS CRAVE FOOD?

BY JILL CASTLE, MS, RDN

Just watch a swimmer cruise through a meal and load his plate with potatoes, pasta, rice, bread, rolls, corn, and desserts. It's easy to see a hearty appetite. And it's easy to see a love of food, especially carbs.

Why do swimmers crave food, particularly carbs?

Craving carbohydrate-based foods, both sugary desserts and starches, is a complex matter that may involve the neurotransmitters of the brain, nutrient use during exercise, food preferences, food availability, stress, emotions, sleep and more.

In other words, the explanation is not simple. Let's look at a few theories:

The Brain

Areas of the brain, particularly the hippocampus, insula, and caudate, seem to be activated during episodes of food cravings. When craved foods are consumed, such as chocolate, an opiate sensor in the brain, which senses pleasure, lights up, triggering an addictive effect. There is evidence that food cravings and addiction affect the brain in a similar fashion.

Memory areas of the brain remember food cravings, as well as the reward or feelings associated with eating a craved food. Researchers suggest the memory center may be more powerful for food cravings than the reward center of the brain.

Restriction, or trying hard not to succumb to cravings, may yield an eventual indulgence. If the craving can be satisfied with a small portion, such as a few Hershey kisses or one cookie, that is fine. But, if a small amount of chocolate triggers an out of control binge, it might be better to have small, portion-controlled indulgences that take more effort to procure, such as a small scoop of ice cream from the local parlor.

The Diet

Some researchers have found that a lack of variety in the diet may lead to food cravings. And let's not forget that carbs, especially sweets, taste good, reinforcing flavor preferences and potentially calling up pleasant memories of food.

Inadequate eating, either not enough calories or certain nutrients such as carbohydrate, is a common reason for carbohydrate cravings. If swimmers don't fuel before their workouts, and recover with food afterward, they are more susceptible to food cravings later in the day. Even a missed snack can set the swimmer up for cravings, and result in choosing unhealthy foods, or overeating.

When the body doesn't receive enough carbs (or has used up the stores of carbohydrate called glycogen due to intensive exercise), blood sugar levels may decrease, triggering the body to secrete ghrelin, a hormone that increases appetite.

Stress and Emotions

Stress may be another trigger for craving food, especially carbohydrates. Ironically, when grabbing food to fulfill a craving, people often grab a source of carbs and fat. Carbs and fat both seem to boost the release of serotonin, which is a calming hormone. Eating chocolate or donuts when stress is high is an example of how a food craving can change the brain chemistry, inducing calm and/or relieving stress.

Emotions may also trigger a craving or desire to eat. Feelings of disappointment, sadness, or even celebratory feelings can lead the swimmer to seek food as a measure of comfort.

To stay on an even keel with eating, and cut down on cravings, follow these smart solutions:

Remember the pre-exercise snack. A piece of fruit or a medium-sized muffin can make a difference. Aim for about 1/2 gram of carbohydrate per pound for the young swimmer two to three hours before exercise. Examples include: 1 cup of dry cereal; a large banana; a chewy granola bar; a handful of pretzels.

Recover with a post-exercise snack. Replete the glycogen stores in the muscle and liver while offering the muscles a source of protein with a snack containing a blend of carbs and protein. Examples: a cup of flavored milk; a cup of Greek yogurt; cheese and crackers.

Don't forget healthy fats. Olive oil, avocado, olives, and nuts may help keep appetite sated and ward off carbohydrate cravings.

Pick smart carbs. High fiber, whole grain carbs such as brown rice, whole wheat pasta and whole grain cereals digest more slowly, and leave the swimmer feeling fuller longer.

Watch out for too much sugar. When you eat a food you crave, such as a dessert, it kicks off the feel-good brain neurotransmitter called dopamine. Dopamine signals happiness. An association of feeling good after eating chocolate may reinforce the desire for more.

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.

Participating in Your 1st Meet?

[Press this link go to LOSC meet preparation page](#)

Cheer Your Swimmer On.....

Place an encouraging add in our Fall Open Heat Sheet!!

Cheer your swimmer on during the LOSC Fall Open by placing an ad in the heat sheet! Purchase an ad for just \$30 - You provide us with a photo and the text you want included - and we'll design it for you!

Business Card Ad (3.95x2.45) = \$30

To purchase an ad, email your photo, text (up to 20 words) and child's name to; diana@event-group.net

You may also submit your own design by emailing it to Diana.

Deadline to purchase an ad is October 9th and the charge will be included in your November 1st invoice.



Message from the President

It has been a VERY busy and productive month for our Club. Our swimmers are settling into the routine of the practice schedule and have competed in their first meet of the season - booking so many fast times -, while getting acquainted with their squad-mates. Their proud & happy faces continue to reinforce that we are on the right track.....

Preparations for our first home meet of the season are in full swing! Troy, Sarah and their teams are working very hard to ensure that we will have another successful event. Home meets are our most important events of the year; they are the best opportunity to introduce new swimmers to competition, a great way to meet other families and are our most valuable fundraisers.

Home swim meets are so important to the Club that the Board has agreed to change our Volunteer Policy in an effort to increase Member participation - watch your email as the new policy will be sent to you soon.

I am very pleased to welcome Chirsty Haddock to the Board of Directors. Christy has been serving the Club as an active volunteer and official. As a Board member, Christy will be responsible for monthly billing.

The Board has completed our 2015 - 2016 budget - and there will be no training fee increase this year. The LOSD has not communicated the need to increase pool passes - so fingers crossed that they will be able to hold their fees for the year.

So far, only 65% of Members have enabled electronic billing. This is a VERY IMPORTANT transition - so please sign up today!! If you have question or concerns about our automated billing options, please call me at 503-780-5643 or send me an email, markcranch@yahoo.com

- GO LOSC!!

Contact Us

www.lakeoswegoswimclub.org

Emily Melina - Head Coach
 Mark Cranch - President
 Sarah Sklar - Vice President
 Vacant - 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

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