

# CONNECTIONS

*The membership newsletter of the Lake Oswego Swim Club*

August 2013

lakeoswegoswimclub.org

## Events

### **Summer Break**

*August 5 - 18'13*

Our coaches and swimmers will be taking two weeks away from the pool to rest and recover.

**Practices will restart on Monday Aug 21st**

### **End of Summer Practice Schedule**

*August 21 - 31'13*

We will transition to a modified summer schedule until school starts as the HS Water Polo teams begin practicing. Please be sure to check the website for the current schedule

### **Fall Practice Schedule**

*September 3 - Mid November*

Back to school means a change in our practice schedule..... We are working hard to finalize the fall practice schedule - stay tuned.

### **Annual Registration**

*September 13 - 16'13*

Continuing members will be asked to update their information and register for the coming swimming year. We have transitioned to electronic forms for your convenience

### **MHA Pentathlon**

*September 20 -21'13*

Our first meet of the SC season is always fun! Swimmers will have a chance to showcase their improvements and creating benchmarks for goal setting.

### **Annual Membership Meeting**

*September 25'13*

The Board of Directors will host a meeting to review Club performance and health. Come to hear reports from your Officers.

## Annual Registration

Again this year all continuing Members will be asked to register for the coming year. Registration is your opportunity to be sure that the Club has your correct contact information and health insurance information.

We are introducing some changes to the registration process this year that will make it simpler for everyone. Electronic forms have been developed and will be available to be filled and submitted online.

Look forward to receiving an email notification sent during the week of Aug 19th announcing the commencement of registration and detailing the steps required to complete and submit your electronic forms. Members will have two weeks to fill out and submit the necessary forms. Please take the time to complete and submit your registration forms during the specified time. Submitting your forms after the due date will create rework and needlessly consume our limited and precious volunteer resource.

Beginning this year, Admin and USA registration fee are due in September and October respectively. The charges will be added to the bill for those two months.

Please hold on to your registration questions until after you have received the email directions on how to successfully register for the coming year as this email will provide directions on how to get your questions answered.

# A VERY SUCCESSFUL SUMMER!

*WE TRAINED, WE SWAM, WE SUCCEEDED.....*

Hi LOSC!

We just wrapped up the summer and I'd say it was a great overall success! Our swimmers excelled at all ages and levels to result in one of the most successful summer of recent memory!

The season culminated at several Championship level swim meets including 12&U OSI Championships, 13&O Championships, SR Sectionals, JR Nationals, and Western Zone Championships.

Our 12&U team stepped up and swam to an overall 2nd place finish with countless best times and top 6 finishes. Additionally, several athletes qualified for Age Group Sectionals and Zones! We had multiple State Champions including Dylan Gustaff, Anthony Wang, Andrew Huang, Claire Cranch, Ellie Jew, Gracie Marshall, and Morne Wolmerans!!

At the 13&O Championships, we had several new Zones, Age Group, and SR Sectional qualifying swims as well as numerous best times and top 8 swims!

SR Sectionals was a great experience for all, with several team records going down as well as both season and lifetime bests. We took only 2 athletes to the Spring Sectionals but took 10 swimmers (including relays), this summer! Edward Kang, Curtis Klein, Brenda Cha, Mara Newman, Paul Dartu, Yifan Mao, Catherine Yee, Hannah Cutts, Ryan Sklar, and Patrick Beasley all swam to some fast swims!

At the JR Nationals this summer, Curtis Klein and Brenda Cha swam against the fastest JR National field yet. Most winners of the events put up times that rank in the top 20 in the world! It was a long week with some great swims and many learning opportunities, but overall an excellent experience and those swimmers represented the team incredibly well!

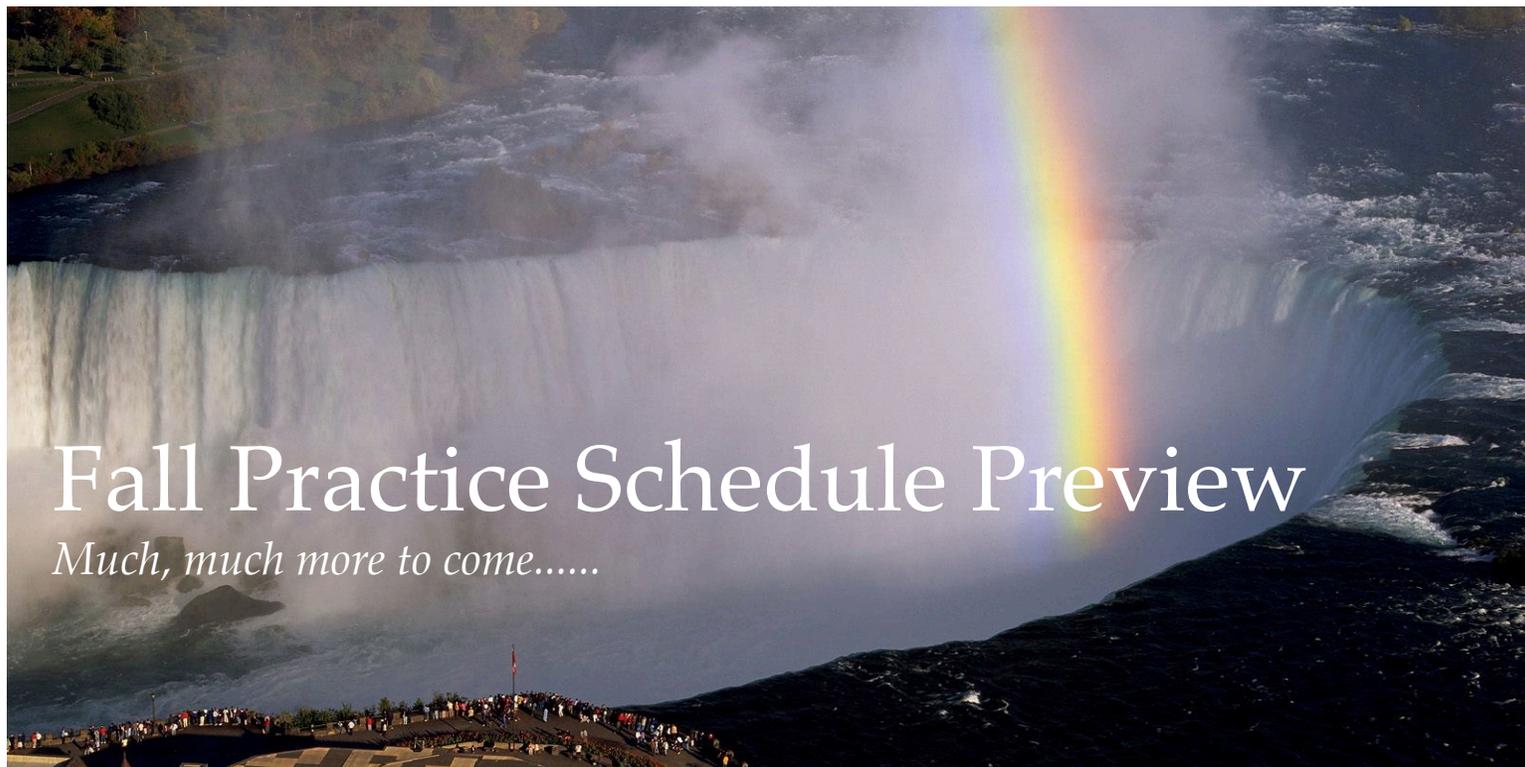
And lastly, but certainly not least, we had six swimmers swim at Western Zones this year. Mara Newman, Gracie Marshall, Alyssa Gustaff, Sahana Saravanan, Madison Richardson, and Paul Dartu all represented Oregon against some swift competition. Mara, Grace, Madison and Paul all earned second swims with Mara finishing in the top 3 in both backstroke events!

All in all, our swimmers excelled this summer and it was exciting to watch everyone grow and improve. Swimming is a process sport, with the goal to promote a lifetime of swimming. While time and technical improvement are obviously a primary focus for our

program, so are the lessons learned through swimming. Its been refreshing to visibly see our kids learn goal-setting, hard work, dedication, dealing with both success and disappointment, and all the other lessons that will serve them well beyond swimming!

I hope everyone enjoys their much earned break away from the pool and is ready to hop back into the swing of things. We've seen so much progress over the past year, let's continue to move forward together, as a team!

-Emily



# Fall Practice Schedule Preview

*Much, much more to come.....*

I know we are all itching to get the post-break schedule posted and we are nearly there! We are waiting on the LO pool to finalize our final lane count and pool use time. While we wait, I wanted to share what I do know so far so everyone can start planning:

- We will be on a slightly different schedule for the first two weeks we come back before school starts. AGP will most likely continue training in the morning at the LO pool but from 8:00-9:30am. The Senior Squads will most likely be training back at Lewis and Clark in the morning from 8:00-9:30am as well. All other squads will most likely be at the LO pool with pool time from 2:30-5:00pm and some drylands before and after.

- Starting in September we will start our training time that corresponds to the high school water polo season. Our pool time at

the LO pool will most likely be from 4:00-6:30pm on non-water polo game days and 4:00-5:30pm on game days. The Senior squads will continue to train at L&C and we're hopeful to maximize in the water training by better utilizing our new site, Stafford Hills, which has a beautiful outdoor saline pool. Many Friday evenings will we get expanded pool time at LO and hope to offer additional practice times for some groups.

- We also hope to continue to offer our Pre-Swim Team program with Coach Rachael. We've listened to your feedback (thank you!) and hope to offer better separations of levels for increased learning and water time with your coach. We also hope to make some of our very beginning groups even smaller. If you have any additional feedback you want to provide, please send any and all comments to [courtney.szper@gmail.com](mailto:courtney.szper@gmail.com). Thanks for

helping us make our kickoff sessions wildly successful!

We should get final confirmation from the LO pool within a couple days and I will email you to notify you of the posted schedule as soon as we are able.

Thank you, and enjoy the break...you have earned it!

-Coach Courtney

## August Birthdays.....

Reem Alharithi (10)

Sanjana Bagchi (6)

Miles Campion (10)

Maeve DeYoung (7)

Dylan Gustaff (8)

Cooper Jordan (8)

Jacqueline Loverin (11)

Cerys Sabine (10)

Sanjana Saravanan(17)

Elisabeth Schweitzer (14)

Kasen Shi (6)

Maya Tetsuka (9)

Morne Wolmarans (12)

# Volunteer Opportunities

*Our Club runs on volunteers. To ensure a quality program for our swimmers please get involved!!!!*

We're coming up upon the start of our new year, and it's time to start thinking about how you are planning on fulfilling your volunteer obligation in 2013-2014.

As a parent led organization, our Club depends on the energy, enthusiasm and effort of its members to underwrite the quality programs we provide. Volunteerism is a cornerstone of membership with each member family required to contribute at least 30 hours to support the Club and its operation. Our Coaches are the only paid members of our team - we rely on YOU!

There are many ways to take care of your volunteer commitment, and at registration time you'll be asked to choose from the following options:

1. Work your volunteer hours. Volunteer for a total of 30 hours, or an average of 7.5 hours per quarter. In addition to, or instead of, these hours, you can donate concession items for home meets (\$10 spent = 1 hour).
2. Prepay for you volunteer hours for the entire year. Cost of this option is \$300, and it is non-refundable should you decide to leave the team.
3. Add the cost of your hours to your monthly bill, at \$25 per month.

There are many ways to earn volunteer hours:

- Volunteer at a home meet (home meets are held in October, February and April)
- Donate goods (food, ice, drinks) to LOSC during a home meet - you can see the list on our website approximately two weeks before the home meet
- Volunteer or donate to Club social events (Fall picnic, holiday party, Spring bowling, Swim-A-Thon kickoff) with either time or donations
- Volunteer for working Club fundraisers (Poinsettia Sale, Swim-A-Thon)
- Secure Corporate Sponsorship - every \$10 = 1 hour.

You can always track your volunteer progress on our website. Simply sign in and click on "My Account" and then choose "\$My Invoice/ Payment", finally pick "Service Hours". You will be able to see your current total volunteer obligation, hours worked so far, and current balance.

As always, if you have questions, please email me at [kakjordan@gmail.com](mailto:kakjordan@gmail.com)

## Message from the Board of Directors

We are very pleased to offer the first issue of our Connections newsletter. It has been over three years since the Club had a regular communication highlighting our members achievements, activities and events that bring us all so much pleasure. You should look forward to one edition per month.

We are very proud of our swimmers and coaches. It has been a real pleasure to watch our athletes participate, achieve - over achieve and win! As the long course championships draw to a close, we would like to thank our coaches for their tremendous commitment. The coaches expertise and effort was reflected not only through swimmer performance, but through swimmers maturity, sportsmanship and satisfaction!

Reflecting on the last year, we are very pleased to welcome so many new members. Our membership peaked this summer with 200 swimmers. In hind-sight it is easy to say that the new squad structure was a success, that Patrick and Rachael are wonderful additions to our staff - but our most important achievement was our contribution to the community. As a volunteer run - 501(C)3 non-profit organization - we have successfully provided a safe & healthy environment for children to prosper and grow.

Throughout the next year we will be asking more from our membership. We will be asking for more of your time to support our swim meets, fundraisers & events. As members, please look for ways to contribute to the success of OUR team. Remember, **the LOSC is not a business it is a group of parents who are working to provide an opportunity for children to grow, be successful and gain confidence.**

## Contact Us

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

Emily Melina - Head Coach  
 Mark Cranch - President  
 Sarah Sklar - Vice President  
 Cliff Lyons - Treasurer  
 Cathy Newman - Secretary  
 Kim Jordan - Ways & Means  
 Nerissa Swaim - Accounts Payable  
 John Dakin - Meet Director  
 Laura Gustaff - Communications  
 Vidhya Saravanan - Membership

## Mailing Address

Lake Oswego Swim Club  
 PO Box 1103  
 Lake Oswego, Oregon 97035