

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

February 2014

lakeoswegaswimclub.org

Events

Oregon Sr Championships

March 6 - 9'14

Our senior swimmers will be competing for the State Championship at MHCC. Be sure to wish them luck!!

NW Sr Sectionals

March 12 - 16'14

Qualified senior swimmers will be traveling to Federal Way to compete against National Team Members who live in the Western Region - can you spell Missy?

Dan Perz Memorial Open

March 14 - 16'14

Our second home meet of the swim year is a great opportunity for everyone to participate and support our Club. Be sure to volunteer to help ensure the meet is a success.

NW AG Sectionals

March 20 - 23'14

Our qualified Age Group swimmers will be traveling to Federal Way for an opportunity to compete in the "BIG" pool.....

LOSC Challenge Open

April 11 - 14'14

Our last home meet of the year always draws big crowds - be on the lookout for opportunities to get involved!

Do it now.....

Time to sign-up to Volunteer for our March Home Meet

LOSC's first home meet of the year, **Dan Perz Memorial Meet, March 14-16**, is just around the corner. Working at the meet or bringing food is an easy opportunity to knock out some of your volunteer hours and helps make it a terrific experience for ALL our swimmers.

Here's how you can help:

1. Contribute food for concessions and / or hospitality room. Every \$10 spent = 1 hour contributed. 1 hour cooking time (soups, casseroles, etc.) = 1 hour contributed. Be sure to save your receipts when submitting hours. Our concessions offer lunch and many choices for healthy snacks and drinks. The hospitality room provides refreshments and meals for the USA swim officials. These officials are all volunteers, so this is a small way our club can say thank for their service.

To sign up for concessions and/or hospitality food, use this link:

https://docs.google.com/spreadsheet/ccc?key=0AiBRV5a22MjHdEJwZkdCazN3UjM0T3hsTDBiT1FoQ0E&usp=drive_web#gid=0

2. Volunteer to help at the meet. There are many choices to fit your schedule. Use the link below to log in to your team account to sign up. (or, go to www.lakeoswegaswimclub.org, sign in and go to Events, Dan Perz Meet and click on Job Signups)

Volunteer job signups, use this link: (sign into account)

https://www.teamunify.com/EvJobSignup.jsp?team=orlosc&event_id=337869

Looking forward to a terrific meet!

Sarah Sklar

sarah_sklar@yahoo.com

Its Championships Season!!

Wow.... Did you hear about all the GREAT swimming?!

Hi LOSC,

Great 10&U and 11-14 State Meets!! We had so many great swims and I cannot tell you how proud I am of everyone!

At the 10&U State Meet we had several State Championship Swims:

Dylan Gustaff (Girls 8&u 100 free, 100IM)

Caitlyn Groff (Girls 10 50br)

Andrew Huang (Boys 9 100IM, 200IM, 100bk, 100br)

10&U Boys 200FR

Additionally, while the 10&U meet is not officially scored, and this is intentional as the emphasis upon these age groups is participation over competition, inevitably someone scores it for fun. One of the coaches in Oregon decided to spend one of his free evenings tabulating it...and we won! Great job everyone! I was incredibly impressed with everyone's efforts and that we had kids from all squads from Novice, D1, D2 and P1 at the meet!! A good foundation is what will bring LOSC success for many years to come! We've been working hard for the past several years building up our younger squads and its definitely paying off!

We had so many top-8 swimmers and swims at the meet:

Girls 10&U 200MR

Boys 10&U A 200MR

Boys 10&U B 200MR

Andrew Huang*

Nick Simons*

Nate Rumsey*

Anthony Wang*

Dylan Gustaff*

Chase Richardson*

Girls 10&U 200MR

Erin Anderson

Reem Alharithi*

James Kang*

Girls 8&U 100MR

Quinn Cooney*

Katie Rumsey

Maya Tetsuka

Abbigale Elliot*

Girls 10&U 200FR

Boys 10&U 200FR

Girl 8&U 100FR

Boys 8&U 100FR

Caitlyn Groff

Walker Godfrey

At the 11-14 Meet, winners include:

Mara Newman (Girls 13 100bk, 200bk, 100fly, 200fly)

Additionally, Mara won the High Point Award for 13 year old girls and arguably had one of the standout swims of the meet with a Junior National swim in the 200bk with a time of 1:59.47. This time currently ranks her 3rd in the nation as well as the 61st best time EVER in the history of USA swimming for 13-14 year olds (which is amazing as Mara is only 13!). She also qualified for JRs in the 100bk with a time of 56.04, which ranks her 5th in the nation and is the 99th best time in history for 13-14 girls. One should note, that in the 200, Mara is 61st and the swimmer in 60th is none other than Olympian Natalie Coughlin, so Mara is in good company!

Additionally, we had so many great swims and almost all best times. Several new sectional qualifiers as well: Alex Quan, Veronica Hansen, Claire Cranch, Jordan Leis, and the Boys 13-14 200MR

We also had many swimmers and swims finish in the top-8:

Alyssa Gustaff*

Girls 13-14 800FR

Girls 11-12 400MR

Girls 13-14 400MR

Alisdair Clydesdale*

Ellie Jew*

Morne Wolmerans*

Alex Quan*

Veronica Hansen*

Madison Richardson*

Girls 13-14 200FR

Boys 13-14 200FR

Girls 11-12 400FR

Girls 13-14 400FR

Girls 11-12 200MR

Girls 13-14 200MR

Boys 13-14 200MR

We've still got SR State, SR Sectionals and AGR Sectionals on the calendar and I am excited to see how we can finish off this season. Remember, if you've put the work in, then now is the time to cash in! Use your time away from the pool to get adequate rest, proper hydration and nutrition, and recovery. Stretch at night and make sure you're going to bed early! Be confident in the work you've done this season and times you've already put down! Be inspired by your teammates' successes!

GO LOSC!

-Emily

Swimmers of the Month

Highlighting athletes who prove that hard work pays off!



CJ Hansen

CJ has enjoyed a great short course season thus far. He recently placed third at high school districts, going under a minute in his 100yd backstroke for the first time, clocking at :59.70 as a freshman! His laid back attitude keeps everyone at practice entertained, but his ability to get up and race when it counts is what sets him apart. In his freshman year at Lakeridge High School, CJ loves his LOSC family and competing in the pool. When not in the water, CJ loves playing football for the Lakeridge Pacer team and hanging with his friends.

Walker Godfrey

Walker recently qualified for the 10 and under Oregon Swimming Championships this February. He'll be swimming in the 25 and 50 freestyle along with supporting the team in two relays. Walker is always ready to go and enjoys practice. His coach adds he is especially good at dry land and can often be found leading the group in our dry land activities. A 3rd grader at Westridge Elementary, Walker likes swimming because practice is fun, especially dry land and meets. Outside of swimming, Walker enjoys lacrosse, downhill skiing and windsurfing in Hood River with his family.



Nathan Smart

Nathan may have just started swimming on the Novice squad a couple of months ago, but he has already achieved an Oregon State "B" time in the 50 backstroke. Also, at his first meet he swam the 50 and 25 free and the 25 backstroke. His coach says he is a very hard worker and is on his way to a very successful year of swimming. In kindergarten at West Hills Christian School in Tualatin, Nathan likes swimming because of dry land, his good coach Patrick, and competing at meets. Away from the pool, Nathan likes baseball, soccer and derby car building.



Grit: Can it be Developed or is it Innate?

BY DAN MCCARTHY//HIGH PERFORMANCE CONSULTANT

Do you know an athlete who not only never misses a workout, but never misses a yard of their training, or a rep in the weight room? No matter how tired or beat up they might be, they see their work through to the end. Despite the fact that they may not be the most talented on the team, aren't they usually one of the most successful? Is this sort of determination, or Grit, just how they are, or have they developed their grittiness over time? It's a good question.

What is Grit? Angela Duckworth, a Ph. D. in Psychology from the University of Pennsylvania, began studying Grit in 2005. She studied students, athletes, soldiers, CEOs, spelling bee competitors and many others and found that self-discipline scores were better predictors of success than IQ assessments, academic grades, physical fitness measurements and leadership testing. She described Grit as, "the tendency to sustain interest in and effort toward very long-term goals."

Can you be born with Grit? Maybe. Some studies have shown that Dopamine (a neurotransmitter that becomes activated when something good happens) can influence the amount of physical activity someone undertakes. If you know someone that goes for a five-mile run on their day off, then you know someone who gets a dopamine boost from exercise. This is a genetic trait and is just how some athletes are wired. Even though they may be extremely gifted through birth, they believe their talent exists because of their dedication.

Grit may be a trait that can be learned.

- Parents can teach their children to focus on the hard work necessary to achieve a goal, not necessarily the end result.
- Coaches can set long-term goals for their athletes and their teams, and then not only pursue those goals, but follow up on the progress towards them.

Gritty athletes learn to persevere through challenging times, consistently work harder than their competition and focus on improving their weaknesses. Additionally, a motivating factor like money, a perceived slight or a noble cause provides the fuel to keep them going. Whether learned or innate, Grit can be the difference between a medal and a fourth place finish for two equally talented athletes.

How gritty are you? Take the [test](#).

References

Duckworth, A. L., Peterson, C., Matthews, M. D., & Kelly, D. R. (2007). Grit: Perseverance and passion for long term goals. Journal of Personality and Social Psychology, 92, 1087-1101.

Video: <http://www.youtube.com/watch?v=qaeFnxSfSC4>



King County Aquatics Center, Federal Way, WA



February Birthdays.....

Thomas Burg, 12

Amy Wang, 12

Abigail Lyons, 18

Dohyun Kim, 10

Olivia Andersen, 10

Jacob Rubenstein, 8

Hassan Elasssal, 9

Minsong Kim, 7

Julia Walton, 8

Anna Hubbs, 5

Cara-Lee Biggs, 6

Aidan Caughy, 9

Shivani Vijay, 5

Casey Woolf, 13

Patrick Beasley, 24

Alexandria Quan, 12

Message from the Board of Directors

We are inspired by the success around us. The growing pride within our organization is plainly visible to all within Oregon Swimming. It is clear that our Team is moving forward quickly to sustainable success. The athleticism, strength, determination and achievements of our children has seemed to create an avalanche of positive energy that is moving quickly through everything we do. This positive vibe is revealed by the many suggestions received and the ownership YOU are taking. Please continue to find new ways to contribute to the Team's success. It is our collective effort which is making LOSC a positive experience for our children.

The Team needs your help to ensure the success of our two remaining home meets. Please make the time to volunteer. As of today 112 LOSC swimmers will be competing in our March meet. Let's work together to make sure they have a positive experience!!

I am very pleased to announce that Sharon Richardson has joined the Board of Directors, assuming the role of Ways & Means Director. Many of you know Sharon from her leadership of swimmer try-outs and the development of our current "paperless" process. We are all looking forward to the many successes she will have in her leadership role.

I've talked about our Members. I have talked about our growing success. I am sure we can all agree that it is the expertise, dedication, patience and enthusiasm of our coaching staff that is engine which is driving us forward. Our Coaches are central to EVERYTHING we do. Please take the time to congratulate them for our swimmer's achievements - and please remember to thank them for the positive experiences they are creating.

GO LOSC!

Contact Us

www.lakeoswegaswimclub.org

Emily Melina - Head Coach

Mark Cranch - President

Sarah Sklar - Vice President

Cliff Lyons - Treasurer

Cathy Newman - Secretary

Kim Jordan - Membership

Sharon Richardson - Ways & Means

Troy Tetsuka - Meet Director

Nerissa Swaim - Accounts Payable

Laura Gustaff - Communications

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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 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@lakeoswegaswimclub.org