

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

January 2014

lakeoswegoswimclub.org

Events

Thunderbolt Round Robin

January 18 - 20'14

Our 14&U swimmers will have the opportunity to compete as a team in this "college styled" meet.

Coast Range Qualifier

January 31 - Feb 2'14

Swimmers will be ready for this meet.... It will be a great opportunity to establish some new PB swims!

MHA Last Chance

February 9'14

The name says it all.... One day - 3 races (max) - roll the dice its a guaranteed 7 or 11!

OSI 10&U Championships

February 22 - 23'14

Our qualified 10&U swimmers will be representing us at the State Championships - you know they will be swimming their best!

OSI 11 - 14 Championships

Feb 27 - March 2'14

Tapered and ready to race. Our qualified swimmers will be taking on the best in the State - I know they will do their best.

Out With The Old In With The New

There are many signs that our team is getting faster.... At practice, we see our swimmers working hard, improving their techniques and getting stronger right before our eyes. At meets, it often seems like every swim is an improvement of a previous personal best - BUT nothing speaks louder than the 121 Team Records broken since the winter of 2010.

Over the past three months, Kim Simons and Coach Emily took on the huge task of updating our team records. Their hard work was completed on January second when the last sticker was stuck.

We are grateful to Kim for her initiative and leadership. We are thankful for the support the Lake Oswego Community School and Lake Oswego School District and a special THANK YOU to Brent Paul, a Lake Oswego High School Custodian, who gave of his own time to deliver and operate the lift.

Next time you are at the LO Pool, don't forget to take the time to "look up" and notice the proof of our continuing success!!!



Photo by Nick Simons

We Are In The Home Stretch

Now is the time to behave like the swimmer you want to be.....

Dear LOSC,

Congrats on a great first half of the SCY season! We had a fantastic Husky, Hillsboro, and CAT meets! We culminated our string of success with a dominating CAT SC Open performance, taking the overall title by over 400 points!

A few highlights include Anthony Wang and Andrew Huang tying for the high point award for the 9-10 boys! Brenda Cha and Edward Kang both earned top-5 high point awards for their age groups as well. Kevin Quan qualified for his first SR Sectional time in the 100 breaststroke and was part of the Men's 400FR (Edward Kang, Max Swaim, and Sam Swaim) that also qualified for SR Sectionals. We had multiple kids qualify for the Age Group Sectional meet for the first time or add additional events to their schedule and on top of that, several kids qualified for the OSI Championships for the first time! We had multiple event winners and scorers over the three day meet, and saw many kids swim lifetime and season best times! For some of our athletes, this meet came after a tough two week training period over break, so to be able to race hard while feeling fatigued, was exceptionally impressive. Fantastic job to all you LOSC CAT Open Swimmers!!

While much of the team was racing hard at CAT, Mara Newman represented LOSC and Oregon well as part of the

Oregon All-Star team. She raced a lot of swims over a short two-day meet against many of the top 14&U swimmers around the nation. Mara swam multiple lifetime bests and placed 3rd in the 100 and 200 backstrokes for 13-14 girls. Great job Mara!

I hope everyone is getting excited about the remaining part of the current season. We've got some great meets on the horizon and I hope everyone attends all the meets that they can. Meets are both fun and an opportunity to see all your hard work pay off. Whether is particularly hard training or a skill you've been perfecting in practice, meets can give you a good idea of where you are and what you can keep improving upon. I want to stress upon everyone, the importance of acting like the swimmer you want to be, instead of the swimmer that you are. If you have goals (and I hope you all do), act like a swimmer who has already achieved those goals. This can look a lot of different ways; sometimes, it means going to every day of a swim meet, or attending more practices a week, eating healthier, or just committing to taking those extra dolphin kicks off each wall in practice. Don't wait to become a great swimmer, take some ownership and make it happen!

GO LOSC!

-Emily

January Birthdays.....

Aditya Bagchi, 14

Blake Tarbell, 14

Michael Jordan, 11

Sungkook Kim, 5

Jovie Chen, 9

Macy Montgomery, 10

Tiffany Le, 12

Andrew Liu, 12

Maya Clydesdale, 13

Clay Barbee, 12

Swimmers of the Month

Highlighting athletes who prove that hard work pays off!



Ellie Jew

Ellie has had an impressive few months! She was the youngest swimmer on LOSC to qualify and compete at the Husky Invite where she competed against older club and collegiate athletes and she swam lifetime bests in every event. Then at the Hillsboro Jubilee she finaled in every event she entered. Her coach adds, she shows up for practice and works very hard, adding laughter and levity to the group and her swimming is nothing short of impressive! In the 7th grade at Sellwood Middle School, Ellie likes swimming for the competition and her teammates. Away from the pool, Ellie enjoys reading, art and hanging out with friends.

Henry Sturges

Since joining LOSC in the last few months Henry has been very impressive. Day in and day out he has been at practice ready to learn new techniques and strokes. He has not only the desire to become better through technique but works hard in the pool to become a stronger and faster swimmer. Henry is in the 3rd grade at Lake Grove Elementary and likes swimming because it gives him confidence in the water and he likes his coach. When not swimming, Henry loves to read, compete in piano competitions and eat good food.



Kellen Morrow

Kellen Morrow has been working hard over winter break and recently earned his first qualifying time for the Oregon Swimming Championships in the 25 backstroke. He is also close in the 50 backstroke and is striving to get his cuts in the freestyle events. Kellen consistently gives his all at practice and shows up everyday ready to swim. A 3rd grader at Forest Hills Elementary, Kellen likes swimming because it's fun, a good way to get in shape and he wins awards. Out of the water Kellen enjoys playing video games and football.



The Triumph and the Struggle

BY USBSF CEO *Darrin Steele*

“The most important thing in life is not the triumph but the struggle.” Those words are part of the Olympic Creed and they are as relevant today as they were in 1908 when they were first uttered by Pierre de Coubertin. Make no mistake, the father of the modern Olympics was sending a message of greatness. Human beings are natural competitors and Olympic caliber athletes are notorious for their competitive nature. Our society is obsessed with winning, so it seems odd that there are so many misconceptions about it.

The ‘Tiger Woods effect’ is what I call the belief that any kid can become a great athlete if they start early enough and train hard enough. Not only does this Walter Mitty parental fantasy ignore genetics, but it’s also a recipe for killing the joy that kids naturally get from sports. When you kill the joy, you have probably killed the benefits that should be learned as well. Tiger Woods was sitting on a genetic winning lottery ticket before he took his first swing. A colleague of mine once asked me for advice on getting his ten-year old son to work harder at hockey practice. He had tried a variety of carrot-and-stick techniques, but nothing seemed to work. My advice was both simple and difficult. I told him the only way to get a kid to work hard in a sport is by helping them fall in love it. Once that happens, get out of their way. Research shows that two of the most common reasons kids fall out of love with competitive sports is: 1) a parental emphasis on winning, and 2) the belief that they have been successful due to natural ability rather than effort. Part of the job of parents and coaches is to help define success for kids because it should be defined differently for each. If you want the sport to teach them anything about life, that success had better be connected more to the struggle than the triumph.

Too often it seems we skip right over the process of winning and focus on the benefits. That’s a problem. Olympic athletes provide inspiration for entire generations of young people, but that magic is wasted if we fail to learn the right lessons. We typically see our most inspirational athletes when they are at the top of their game. They are great examples of what human beings can become, but we rarely get to see the journey. If we really

want to understand winning, we need to understand the importance of losing.

Losing gets far too little attention, but it is probably the single most important tool for learning how to win. Great athletes rise to the top because they continue to increase the challenges they face and they are willing to risk losing. It is the challenge of greater competition that allows these athletes to test themselves and improve their own performance. The coaches that produce top athletes year after year understand this and tend to share the same basic pattern in their approach to teaching. Establish a short-term goal that supports the long-term strategy, provide positive recognition when the goal is met, then quickly move to a new, more challenging goal. That simple pattern forces athletes to continually improve and teaches them to use failure as a tool for success. Great athletes hate losing, but they don’t fear it.

Show me a winning athlete and I’ll show you an athlete who got there by learning how to lose. I’ll show you an athlete who learned that hard work is as important as talent and the excitement of winning has less to do with coming in first than earning the respect of the person in the mirror. Every great athlete has a story about a triumph that meant very little to them and a struggle they are proud of in the face of defeat.

Winning doesn’t just happen. There are plenty of people walking among us who had the genetic tools to become great athletes. Potential is important, but that’s just the starting point. There is no clear journey for going from a young athlete with potential and a dream to an Olympic or professional athlete. But that’s a big part of why we love sports. Each athlete has a unique starting point and a unique set of resources they use to chart their course. It’s incredibly personal, incredibly strategic, and when athletes feel they brought out the best in themselves, incredibly rewarding. It’s only then that the lasting benefits of winning can be realized.

Most athletes will not become Olympians, but if the journey includes the same mentality of risking failure through increasing challenges, then the effort will serve them well in life. That is why a narrow focus on the benefits of winning is

so misguided. We have seen movement in both extremes with youth sports. Some programs are only about winning and others aren’t about winning at all. Neither extreme builds character or teaches the crucial benefits of losing.

On the other side of the ‘Tiger Woods’ extreme, we find programs that want to make sure everyone gets the benefits of winning by making sure no one loses. The irony is that those programs actually ensure that everyone loses. At very young ages, kids might believe you when you tell them they won if they didn’t, but it doesn’t last. More importantly, the benefits of winning are correlated with the struggle, not the triumph. This approach denies kids the opportunity to learn from losing. It denies them the experience of having to work hard to overcome weaknesses and the pride and esteem earned from discovering that hard work can change outcomes. It denies kids the opportunity to learn and apply strategic thinking. They can’t be strategic if they don’t know their starting point. They can’t face their weaknesses if they don’t get the opportunity to identify them. They can’t take pride in their strengths if they don’t get an opportunity to see how they measure up against the strengths of others. Real life involves winning and losing and we need to teach kids how to deal with both. In the words of Confucius, “Our greatest glory is not in never falling, but in rising every time we fall.”

The 2014 Winter Olympics are just around the corner. As we watch these amazing athletes inspire the next generation of kids to strive for greatness, remember one thing; none of them learned how to win without first learning how to lose.

Over a century ago, Pierre de Coubertin understood that it was the struggle, not the triumph that takes each of us on a journey to greatness. But he left it to us to discover that greatness comes from within.

Volunteer Information Center

Save the dates.....

Our next home meets will be the **Dan Perz Memorial March 14-16** and the **LOSC Challenge Open April 11-13**.

Our meets are run completely by members, volunteers like YOU! We count on these meets as a way for all our swimmers to get meet experience, and also raise money for our club.

These two upcoming events will be a great way to complete your 30 required volunteer hours. You may choose to work at the meet, bring food for the hospitality room, or donate food for concessions-do all three and knock out all your hours!

Look for sign up links coming in February, where there will be a spot for everyone to be involved.



Message from the Board of Directors

The excitement is definitely building..... we can't seem to be able to say enough great things about our amazing coaches, swimmers and parents. Watching our recent meets, I am overwhelmed by the commitment, knowledge and dedication of our staff. The way our coaches interact with our children makes me proud to be an LOSC member. I encourage every parent to personally thank the coaches for what they have helped our children achieve.

Although many of us are looking towards the end of the short course season and the excitement of the championship meets, remember our club work is just about to begin. In the next three months we be hosting two swim meets. The club will again rely on ALL of its members to ensure the success of these events. Our home meets are not only important for our swimmers but the organization and they are great opportunity for swimmers to have fun. The familiar setting is a easy way to introduce new swimmers to competition. Parents get a chance to work together building relationships that cross squad boundaries.

Please continue to be responsive when we ask for your help. We will need EVERYONE'S help to ensure our mutual success.

GO LOSC!

Contact Us

www.lakeoswegoswimclub.org

Emily Melina - Head Coach
 Mark Cranch - President
 Sarah Sklar - Vice President
 Cliff Lyons - Treasurer
 Cathy Newman - Secretary
 Kim Jordan - Membership
 Troy Tetsuka - Meet Director
 Nerissa Swaim - Accounts Payable
 Laura Gustaff - Communications

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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