

# CONNECTIONS

*The membership newsletter of the Lake Oswego Swim Club*

September 2013

lakeoswegoswimclub.org

## Events

### **Fall Practice Schedule**

*September 3 - Mid November*

Back to school means a change in our practice schedule.... Our coaches have organized a WONDERFUL schedule - find it posted on our website

### **Annual Registration**

*September 13 - 16'13*

Continuing members are required to update their information and register for the coming swimming year. Please complete your electronic forms and submit your Code of Conduct

### **MHA Pentathlon**

*September 21'13*

Our first meet of the SC season is always fun! Swimmers will have a chance to race and set benchmarks for goal setting.

### **Annual Membership Meeting**

*September 25'13*

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

### **LOSC Fall Open**

*October 11 - 13'13*

Our first home meet of the year is a great way to introduce new swimmers to competition and for families to rack-up volunteer hours. Please find ways to help out and contribute to this important event!!

### **McSwimville Invite**

*November 8 - 10'13*

We will travel to McMinnville for our third meet of the short course season. This is always a great excuse to visit the Evergreen Museum.

## October Home Meet

Who said swim meets weren't fun for the whole family....

Our LOSC Fall Open meet begins on Friday evening October 11th and runs through Sunday afternoon October 13th. This home meet – in many ways LOSC's premiere home meet– relies on our members to make it a success. When our coaches ask for your swimmers' commitment we hope they will plan to swim in the meet. But we need your commitment too. Please sign-up to volunteer through the LOSC web site.

If you are new to LOSC and new to swimming consider a simple volunteer role:

- You can sell concessions or heat sheets during one of the sessions.
- We will need help with the pool set-up on Friday afternoon the 11th and with clean-up on Sunday afternoon the 13th.
- during the meet we will always make use of timers.
- you can sign-up to be a timer you will be guaranteed a seat (except when the eight and under children swim 25 yard events!).

Perhaps you have some experience with the club and swim meets but have multiple swimmers at a young age. You may not want to be anchored to the timer's chair for a portion of any session. We can still put you to work. You can help as a runner of event results from the scorer's table. You can assist with the awards – that is, you put labels on the award ribbons as final event results are posted. Be sure to look at the volunteer sign-up on the web site for other suitable volunteer positions.

For those families with the experience or interest in another level of we welcome volunteers who would like to become officials. If you are interested in becoming a stroke and turn judge and beginning a process that introduces you to the officials' tasks of stroke and turn, electronic timing, starters and referees please contact the Meet Director (John Dakin (503) 675-2672) for more information. You might also want to be a Meet Volunteer Coordinator or learn the Hy-Tek Operator's job. These volunteers work with the Meet Director to make sure the officials and swimmers have what they need to keep events on schedule.

Please remember that all club members have a 30 hour requirement for volunteer hours each year. When you sign-up through the web site and complete your task your hours are automatically tallied and recorded against your annual requirement. And you can always earn one hour of volunteer time for a contribution of \$10 in food or drinks for the concession and hospitality services. Bring us your receipts for your credit.

Thank you in advance for your support and we look forward to a great Fall Open meet.

# We Are Off To A Great Start!

*Let's continue to move forward together.....*

Greetings LOSC!

I hope everyone is getting settled into their new Fall schedule. Be it school, swimming, or other activities, Fall certainly brings some change to our lives.

I first want to thank everyone for their dedication, patience, and willingness to try our new schedule, especially those bringing kids out to Stafford Hills Club. I know it is a change from what we've done previously and took some getting used to, but I think it's been working out great! We've had the good fortune of having a late heat wave and nothing sounds nicer on a 95 degree day, then jumping into a cool, clear, outdoor pool! And although we've had some rainy days (and one rare Oregon thunder and lightening storm), I hope we are able to keep enjoying the mild weather and extra lane space this provides us.

Our other groups are trucking right along at the LO and LC pools. Our team is looking great after such a successful summer. We're able to offer pre-swim team again this fall thanks to Courtney and Rachael getting that all organized. This adds another additional beginner squad to our already

great team and its been great seeing so many younger siblings of members getting in the water!

Looking into the not so distance future, we have a couple of meets right around the corner. The MHA Pentathlon is in a few weeks and then following that, is our home meet. Although entries have been submitted for the Pentathlon (we have over 70 swimmers participating!), if you didn't get entered, I strongly encourage you to participate in the home meet. It's a great meet for every member of the team (and a great way to pick up some of those volunteer hours!). Additionally, if you're a new member, it's a fantastic way to meet and connect with other members of our team!

Thank you everyone, for helping us start our the short course season with such enthusiasm, motivation, and pride!

GO LOSC!

-Emily

## Short Course Meet Schedule

\* = Qualifying Times Required For Entry

- |                                     |  |
|-------------------------------------|--|
| Sept 21, MHA Pentathlon             | * Jan 11 - 12 West Coast All Star Meet *         |
| Oct 11 - 13, LOSC Fall Open         | Jan 31 - Feb 2, Coast Range Qualifier            |
| Nov 8 - 10, Mcswimville             | Feb 9, MHA Last Chance                           |
| Nov 23, Canby Mile                  | * Feb 22 - 23, OSI 10 & U Championships *        |
| * Dec 6 - 8, Husky Invite *         | * Feb 27 - Mar 2, OSI 11 - 14 SC Championships * |
| Dec 13 - 15, Hillsboro Invitational | * Mar 12 - 16, NW Section Sr Championships *     |
| Jan 3 - 5, CAT Open                 | Mar 14 - 16, LOSC Dan Perz Memorial              |

# Six words you should say today

*Rachel Macy Stafford, Certified special education teacher and author*

Very rarely does one sentence have immediate impact on me.

Very rarely does one sentence change the way I interact with my family.

But this one did. It was not from Henry Thoreau or some renowned child psychologist. It was invaluable feedback from children themselves. And if I've learned anything on my Hands Free journey, it is that children are the true experts when it comes to grasping what really matters in life.

Here are the words that changed it all:

"... college athletes were asked what their parents said that made them feel great, that amplified their joy during and after a ballgame. Their overwhelming response: 'I love to watch you play.'"

The life-changing sentence came at the beginning of an article entitled, "What Makes a Nightmare Sports Parent and What Makes a Great One," which described powerful insights gathered over three decades by Bruce E. Brown and Rob Miller of Proactive Coaching LLC. Although I finished reading the entire piece, my eyes went back and searched for that one particular sentence -- the one that said, "I love to watch you play."

I read the sentence exactly five times. Then I tried to remember the past conversations I had with my kids at the conclusion of their extracurricular activities. Upon completion of a swim meet, a music recital, a school musical, or even a Sunday afternoon soccer game, had I ever said, "I love to watch you play"?

I could think of many occasions when I encouraged, guided, complimented, and provided suggestions for improvement. Did that make me a nightmare sports parent? No, but maybe sometimes I said more than was needed.

By nature, I am a wordy person -- wordy on phone messages (often getting cut off by that intrusive beep) and wordy in writing (Twitter is not my friend).

And although I have never really thought about it, I'm pretty sure I'm wordy in my praise, too. I try not to criticize, but when I go into extensive detail about my child's performance it could be misinterpreted as not being "good enough."

Could I really just say, "I love to watch you play," and leave it at that? And if I did, would my children stand there clueless at the next sporting event or musical performance because I had failed to provide all the extra details the time before?

Well, I would soon find out. As luck would have it, my then-8-year-old daughter had a swim meet the day after I read the article.

Her first event was the 25-yard freestyle. At the sound of the buzzer, my daughter exploded off the blocks and effortlessly streamlined beneath the water for an excruciating amount of time. Her sturdy arms, acting as propellers, emerged from the water driving her body forward at lightning speed. She hadn't even made it halfway down the lane when I reached up to wipe away the one small tear that formed in the corner of my eye.

Since my older daughter began swimming competitively several years ago, I have always had this same response to her first strokes

in the first heat: I cry and turn away so no one sees my blubbling reaction.

I cry not because she's going to come in first.

I cry not because she's a future Olympian or scholarship recipient.

I cry because she's healthy; she's strong; she's capable.

And I cry because I love to watch her swim.

Oh my. Those six words... I love to watch her swim.

I had always felt that way -- tearing up at every meet, but I hadn't said it in so many words... or should I say, in so few words.

After the meet, my daughter and I stood in the locker room together, just the two of us. I wrapped a warm, dry towel around her shivering shoulders. And then I looked into her eyes and said, "I love to watch you swim. You glide so gracefully; you amaze me. I just love to watch you swim."

Okay, so it wasn't quite six words, but it was a huge reduction in what I normally would have said. And there was a reaction -- a new reaction to my end of the swim meet "pep talk."

My daughter slowly leaned into me, resting her damp head against my chest for several seconds, and expelled a heavy sigh. And in doing so, I swear I could read her mind:

The pressure's off. She just loves to watch me swim; that is all.

I knew I was onto something.

Several days later, my then-5-year-old daughter had ukulele practice. It was a big day for her. The colored dots that lined the neck of her instrument since she started playing almost two years ago were going to be removed. Her instructor believed she was ready to play without the aid of the stickers.

After removing the small blue, yellow, and red circles, her instructor asked her to play the song she had been working on for months -- Taylor Swift's "Ours." With no hesitation, my daughter began strumming and singing. I watched as her fingers adeptly found their homes -- no need for colorful stickers to guide them.

With a confident smile, my daughter belted out her favorite line, "Don't you worry your pretty little mind; people throw rocks at things that shine..."

As her small, agile fingers maneuvered the strings with ease, I had to look away. My vision blurred by the tears that formed. In fact, this emotional reaction happens every time she gets to that line of the song. Every. Single. Time.

I cry not because she has perfect pitch.

I cry not because she is a country music star in the making.

I cry because she is happy; she has a voice; and she is free.

And I cry because I love to watch her play.

I'll be darned if I hadn't told her this in so many words... or rather, in so few words.

# Six words you should say today

*Continued from page 3*

My child and I exited the room upon the completion of her lesson. As we walked down the empty hallway, I knew what needed to be said.

I bent down, and looking straight into her blue eyes sheltered behind pink spectacles I said, "I love to watch you play your ukulele. I love to hear you sing."

It went against my grain to not elaborate, but I said nothing about the dots, nothing about the notes, and nothing about her pitch. This was a time to simply leave it at that.

My child's face broke into her most glorious smile -- the one that causes her eyes to scrunch up and become little slices of joy. And then she did something I didn't expect. She threw herself against me, wrapped her arms tightly around my neck, and whispered, "Thank you, Mama."

And in doing so, I swear I could read her mind:

The pressure's off. She loves to hear me play; that is all.

Given the overwhelmingly positive reactions of my daughters when presented with the short and sweet "I love to watch you play" remark, I knew I had a new mantra. Not that I would say it like a robot upon command or without reason, but I would say it when I felt it -- when tears come unexpectedly to my eyes or when suddenly I look down and see goose bumps on my arms.

Pretty soon I found myself saying things like:

"I love to hear you read."

"I love to watch you swing across the monkey bars."

"I love to watch you hold roly poly bugs so gently in your hand."

"I love to watch you help your friends in need."

I quickly realized how important it was to express that heart-palpitating kind of love that comes solely from observing someone you adore in action.

But there was more. I learned that this powerful phrase is not exclusive to children and teens.

This revelation hit me when my husband, donned with white bandage on his arm from giving blood, was hoisting a large trash bag as we cleaned the art room at a center for residents with autism.

I watched him from the corner of the room where I was dusting shelves with my younger daughter. Embarrassingly, I had to turn away so no one saw me tear up. In that moment, I reflected on other recent events where I had been going about my business and had to stop to take pause. Moments when I stopped to watch my husband in action simply to admire the loving person, the devoted husband, and caring father he is.

But had I ever told him in so few words?

It was time.

And since writing is much easier for me than speaking, I immediately wrote my observations down. There were no long-

winded paragraphs or flowery descriptions, just words of love, plain and simple:

I love watching you help our daughter learn to roller skate.

I love watching you teach her how to throw the football.

I love watching you take care of your employees in times of need or uncertainty.

I love watching you interact with your brother and sister.

I love watching you read side by side with our daughter.

I love watching you take care of our family.

I typed up his note and left it on his dresser. I didn't stand around to see his reaction because that was not the purpose of this loving gesture. I felt those things, so I knew I should tell him those things.

When simply watching someone makes your heart feel as if it could explode right out of your chest, you really should let that person know.

It is as simple and lovely as that.

**Want to pass this idea along...**

[http://www.huffingtonpost.com/rachel-macy-stafford/six-words-you-should-say-today\\_b\\_3863643.html](http://www.huffingtonpost.com/rachel-macy-stafford/six-words-you-should-say-today_b_3863643.html)



## Coming up for air.....

### The importance of Participating in Swim Meets

Swim meets are important because they provide the external motivation and rewards that kids crave. Swimmers can see and get excited about finishing an event for the first time or dropping time from their last meet. While I ignore ribbons and places and instead teach swimmers to focus on what they can control, it is always exciting to see how proud a swimmer is when he or she earns their first ribbon or win his or her heat for the first time. This is what motivates younger swimmers to keep listening and working hard in practice.

From a coaching perspective, meets are important because they provide feedback on how the swimmers are doing. If everyone is diving too deep we can work on that in practice. If everyone has great turns we can move on to a more advanced skill. Swim meets are a test but in the best possible way. They help the coach evaluate what needs to change in practice so that the swimmers can continue to improve.

Most swimmers will only compete until high school, but they will learn a lot more than just how to swim. Swim meets are confusing and chaotic places the first time you go to one. Swimmers get nervous, miss events, and make mistakes. What is so much fun to watch is how the swimmers take

ownership of their swimming and learn how to deal with being nervous, getting to the blocks on time, and to fix mistakes. It gives them the confidence and focus to do anything.

Coach Mike

### HELP WANTED:

#### Volunteer Coordinator - HOME MEET, October 11-13

We need a person who can work the Friday evening and Saturday / Sunday sessions of the home swim meet on October 11-13. Must have general knowledge of swim meet process. This person needs to also be available occasionally the week leading up to the meet to help secure donations and volunteers. This job requires you to be at the pool for the sessions listed above.

Interested? Please contact [kakjordan@gmail.com](mailto:kakjordan@gmail.com)

## September Birthdays.....

Ryan Azadpour (6)

Louis Champion (8)

Alisdair Clydesdale (11)

Claire Cranch (13)

Patrick Dakin (11)

Hayley Jones (17)

Sofia Marin-Quiros (11)

Madeleine McMurray (17)

Madison Richardson (13)

Romik Sakar (11)

Oscar Shi (11)

Kalea Tetsuka (14)

# Summer Swimmers of the Month

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



## Chloe Merkley

Chloe consistently practices four times a week and always works very hard to improve her strokes and become a better swimmer. Her hard work has been paying off as she is consistently leading her lane and swimming at the top of her group. This July was Chloe's last month with LOSC as she moved to Alabama at the end of the summer. We will miss her and wish her the best of luck with swimming. Chloe attended Oak Creek Elementary and enjoys competing in swim meets and hanging out with her friends. Her favorite things away from the pool are tree climbing, playing with her dog, bike riding and camping.

## Dak Steinbak

Since joining LOSC, Dak has had an outstanding attendance record and comes to practice pushing himself and his teammates into learning new strokes and techniques. With all of his hard work Dak established best times in 6 events at his first meet. A 2nd grader at Forest Hills Elementary, He loves swimming for his friends on the team, the competition and because Coach Patrick makes practice fun. Outside of swimming he loves hanging out with his little brother, and little sister and he loves playing Pokémon, going to the movies, shooting hoops, and climbing.



## Kathryn McIntosh

A multi-sport athlete, Kate recently joined LOSC after moving here from Cincinnati. Because of her hard work and dedication in the pool, Kate was able to achieve two State B times at her first LC meet, narrowly missing a third. Kate will be in the 7th grade at Riverdale Jr. High and enjoys swimming for the competition, to try to improve her individual times and for the camaraderie with her LOSC teammates. In addition to swimming, Kate plays soccer as well as lacrosse and enjoys spending time with her two younger sisters.

# Summer Swimmers of the Month

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



## Andrew Huang

Andrew is one of the hardest workers we have on the team and is always seeking ways to improve his technique. At the 12&U OSI Championship Meet in Albany Andrew swam in six events and placed in the top four in all of them. He placed 1st place in the 50 backstroke and second in the 100 backstroke, 100 butterfly, and the 200 IM. A 4th grader at Hallinan, Andrew likes to swim for the fitness and to hang out with his LOSC teammates. When not swimming, Andrew enjoys playing soccer, video games, piano and watching movies.

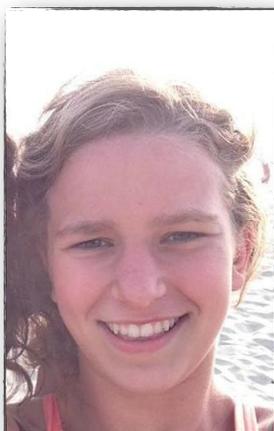
## Madison Richardson

Competing at 12&U LC State, Madison not only finaled at multiple events, but she also reached her goal of qualifying for Western Age Group Zones. At Zones, she represented Oregon well and even earned a second swim! She overcame adversity, continuing to train hard and ultimately accomplishing her goals. Madison is in the 8th grade at LOJHS and likes to swim because she feels less stressed after practice and sleeps well. She loves her LOSC friends and swimming fast. Away from the pool, Madison competes in track and field, where she has qualified for Nationals 2 years in a row, and loves playing with her dog Knight.



## Mara Newman

What a summer of swimming Mara had! She qualified for the Sr. Sectional meet and finaled in the 100 backstroke. She also competed in the 13&O LC State Championships where she garnered multiple top 8 finishes and a first place in the 200 butterfly. Mara wrapped up the summer at the Western Zones Championships and had two top three finishes in the 100 and 200 backstroke – with times that ranked her in the top 20 in the nation for 13 year olds! In the 8th grade at NW Academy Mara loves to be in the water and likes to compete and win. Out of the water Mara enjoys soccer, bike riding, hanging with friends and, most importantly eating!



# Volunteer Opportunities

*LOSC FALL OPEN is coming up.....*

Mark your calendars!! Our first home meet of the season will be October 11-13, 2013.

We're going to need a full team effort to make this meet a success. Please remember that meets are run completely by members, volunteers like YOU! We count on these home meets for a chance for our kids, especially our younger swimmers, to compete in a familiar setting, but also to raise money for the team.

If you sign up for a job or donation, please make sure to follow through - we are counting on YOU.

Here's how you can help:

1. Volunteer your time. Sign up on the website by clicking on "events", choosing "Job Sign Up" under Oct 11 ~ 13, 2013 - LOSC Fall Open. You'll need to sign in before you can sign up.

[https://www.teamunify.com/EvJobSignup.jsp?team=orlosc&event\\_id=337847](https://www.teamunify.com/EvJobSignup.jsp?team=orlosc&event_id=337847)

2. Donate to concessions or hospitality. You can see the full list and sign up at:

[https://docs.google.com/spreadsheets/ccc?](https://docs.google.com/spreadsheets/ccc?key=0AiBRV5a22MjHdEJwZkdCazN3UjM0T3hsTDBiT1FoQ0E&usp=sharing)

[key=0AiBRV5a22MjHdEJwZkdCazN3UjM0T3hsTDBiT1FoQ0E&usp=sharing](https://docs.google.com/spreadsheets/ccc?key=0AiBRV5a22MjHdEJwZkdCazN3UjM0T3hsTDBiT1FoQ0E&usp=sharing)

Thank you in advance for your help! Go LOSC!

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

## Message from the Board of Directors

The planning for another successful swimming year is well underway. The calendar is quite full this year and we will need your help to ensure that we can provide a quality experience for our swimmers. We have made plans to host three swim meets again this year. There will be a winter fundraiser and of course Swim-a-thon.

Through the planning process we have come to realize that we are relying on too few people. To be the Club that we can be, we will need to better harness the energy and knowledge of our membership. I know that if we pull together - each do a little more we can get there. This is one case when many hands will make light work.

You can find out how to help by checking our Volunteer information on the website. We are especially in need of volunteers to fill several key roles and we ask you to carefully consider if you are willing to become more involved in our organization. Please give this request serious consideration, check the volunteer list on our website, ask questions and find the role that best suits your interests as skills.

Again this month I would like to emphasize that 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.

GO LOSC!

## 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 - Membership  
 Nerissa Swaim - Accounts Payable  
 John Dakin - Meet Director  
 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)*

# WANT SOME SPIRIT?

## LIMITED TIME SPECIAL TEE

**DON'T MISS OUT! DEADLINE IS SEPTEMBER 26th, 2013.**

**\$15**



**1. T-Shirt**  
**Color: Navy**  
**Sizes: Youth S-XL & Adult S-2X**

**Order Form** Please Print

Product Description	Color	Y/A	Size	Quantity	Price	Subtotal
T-Shirt	Navy	<input type="checkbox"/> Youth		<input checked="" type="checkbox"/>	\$15	<input type="checkbox"/>
		<input type="checkbox"/> Adult				<input type="checkbox"/>
		<input type="checkbox"/> Youth		<input checked="" type="checkbox"/>		<input type="checkbox"/>
		<input type="checkbox"/> Adult				<input type="checkbox"/>
		<input type="checkbox"/> Youth		<input checked="" type="checkbox"/>		<input type="checkbox"/>
		<input type="checkbox"/> Adult				<input checked="" type="checkbox"/>
<b>TOTAL</b>					Enclosed	

Name \_\_\_\_\_

Phone \_\_\_\_\_

# WE'VE GOT LOTS OF IT!!!