

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

October 2013

lakeoswegoswimclub.org

Events

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.

Winter Practice Schedule

Mid November

Watch for a change in our practice schedule in mid November. HS water polo will be ending and the HS swim teams begin their training for the season ahead.

Canby Mile

November 23'13

Voted "Most Fun Swim Meet" of last year's short course season! Sign-up and face your fears!!!

FALL SOCIAL

Sun, Fun & FOOD!

Saturday, October 5th, turned out to be a beautiful afternoon. Our LOSC Fall Social was a success with great weather and a super turnout. Coaches and Board members had fun meeting new families, many swimmers and familiar faces. We had

swimmers from each of our squads turn out for the gathering and they enjoyed hanging out and playing at the park. Big thanks to those who contributed to the snacks and drinks to help make this LOSC team get together fun for all!



Emphasize the Positive!

Celebrate the moment, while planning for the long-run.....

I recently attended the Oregon Swimming House of Delegates meeting, where much of the policies and decisions that govern OSI come to fruition. This year, one of the main topics of conversation was 10&U swimming and how both USA Swimming and Oregon Swimming want to continue to foster and grow this segment of its membership. Over the past few years, USA Swimming has made a conscious effort to de-emphasize the competitive nature of 10&U swimming and instead highlight and focus on the participation and inclusion aspect. USA Swimming discontinued the practice of keeping top-times for 10&U's (for 11&O's, they keep running National Top-20 lists, updated every two weeks). USA Swimming believes that this will keep the sport more fun, and therefore keep the kids engaged for longer. OSI has made the conscious decision to support this ideal as well. Deciding to not take 10&U's to the Age Group Zone Championships as well as to not score the 10&U OSI Short Course Championships. This isn't to say that OSI and USA Swimming don't support our 10&U's competing, they are just making an effort to keep swimming in perspective for those younger athletes.

Swimming is a long term sport, meaning, ideally, the athlete competes from when they are 8 to when they are 22 or older. Swimming has progressed to the point that many Olympians are now in their mid to late 20s, which has created a much longer career duration for swimmers. Although everyone in swimming agrees this is a great thing both for the athletes and for the sport, this also means that high intensity and pressure at age 8-10, may increase the chances of burnout in the long run. I always tell parents that the road from 8-18 is a long one, and the road from 18-23 is even longer. Increasing opportunities and commitments often makes

it harder to keep swimmers engaged, especially throughout junior high and high school. While it may seem like the better the swimmer does at 10, the more likely they will keep at it at 13 and so on, history and research says otherwise. Many kids (although certainly not all), succeed at early ages due to varying rates of development, but as they all grow older, the physical field levels out, and those athletes that experienced early success don't always repeat and continue this success. This can be frustrating for many, and in the worst case scenario, they leave the sport with a bad taste in their mouths before they've had a chance to fully develop into the swimmers they could be. USA Swimming and OSI swimming realize this and want to try and recast the focus on participation so that winning isn't the only reason these kids participate. Once kids turn 11, the focus begins to re-shift on competition-- although participation and inclusion still play a major role.

At LOSC, we're certainly dedicated to the long term development and success of our athletes. We encourage all our ages to compete, but we also support USA Swimming and OSI in their direction of our sport. We continue to support and build our age group program. We were thrilled to take so many kids to both the 10&U SC OSI Championships as well as the 12&U LC OSI Championships, but I also want to remind everyone to celebrate in the moment and look forward to the future!

Next month I'll speak more specifically to the Senior athlete (including high performance meets as well as collegiate swimming).

GO LOSC!

-Emily



Coming up for air.....

Tips for a successful swim meet *(Excerpt from an October 7th squad email that was too good to pass up)*

Greetings LOSC!

I'm very excited for our upcoming home meet, as I imagine many of you are. There is nothing like a little home "court" advantage to set us up for success. Our swimmers often race well at their home pool, feeling comfortable and confident under pressure in this familiar environment.

For many of you, this is an annual event that you have attended many times, but for others this might be one of the first -or the VERY FIRST! swim meet of your swimmers career. Swim meets are a culture of their own, with seemingly lots of information and lingo to juggle. I'm including at the bottom of this email a link to a VERY HELPFUL and well made video of a swimmers first swim meet. It will go over how to prepare both before and during the meet to set yourself and your swimmer up for a very successful weekend and includes:

- what a swimmer and his/her parents should bring
- some of the rules and sounds of a swim meet
- what they can expect to learn

I highly recommend taking six minutes and watching this video and sharing it with your swimmer or any other family members that want to know what to expect and how to prepare.

Enjoy, and I'm looking forward of seeing so many of you this weekend!

-Courtney

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

October Birthdays.....

Emi Ampo (15)

Dina Rosa Biggs (8)

Hannah D'Arche (12)

Olivia D'Arche (12)

Amanda Ellerbruch (13)

Brooks Enge (9)

Maddie Esnard (12)

Steven Hammer (5)

Zsuzsi Mills (9)

Natalya Salcedo (10)

Sophia Shea (12)

Ryan Sklar (16)

Madeleine Smart (11)

Alec Snyder (11)

Dak Steinback (8)

Anika Todt (15)

Swimmers of the Month

Highlighting athletes who prove that hard work pays off!



Cloe Solbach

With all of the hard work she consistently puts into practice, Cloe dropped a fantastic 18 seconds in the 50 Freestyle at the Mt. Hood Pentathlon. Her coach says she is an engaged swimmer who likes to lead her lane and enjoys keeping her teammates entertained with her stories and songs at practice. Cloe is in the 4th grade at Our Lady of the Lake and likes swimming for the challenges, the swim meets and for the fun she has with her LOSC friends. When not in the pool, Cloe enjoys Art School and playing soccer.

Erin Anderson

With best times in 3 events at the MHA Pentathlon, Erin has started off this SC season with a bang. She currently is leading her lane at practice which is frequently as she has one of the highest attendances in the group. Her coach adds that Erin is always ready to swim and a blast to coach. At Our Lady of the Lake, Erin is in the 4th grade. She likes swimming because she has fun with her LOSC friends at practice. Away from the pool Erin likes to listen to music, play with her little brother and her hamster.



Maddie McMurray

Maddie has kicked off SC season strong. At the MHA Pentathlon, she went best times in 3 events. Additionally, she currently has the best attendance for the SR squad and hasn't missed a morning practice yet! Her coaches add that Maddie is both positive as well as driven and they are sure her hard work will continue to pay off this season. A senior at LOHS, Maddie started swimming in the 4th grade and loves it because she can swim wherever she has lived. Outside of swimming she likes to volunteer, hang out with her friends and sleep.



Swimming Knowledge Base

Relevant information from usaswimming.org

TOP TIPS FOR IMPROVING NUTRITION TO REDUCE YOUR TIMES

BY CHRIS ROSENBLOOM / PHD, RD, CSSD

Want to shave 1.82 seconds off your 100-meter free? How about 7.93 seconds off your 200 IM? David (not his real name), a 16-year old swimmer did just that by improving his food choices to support his training and conditioning. He dramatically slashed his times after committing to improving his food choices in the months leading up to a national-level meet. His reward? His best times...ever. How did he do it? He completed a detailed 3-day food and activity record and then had it analyzed by a Registered Dietitian/Nutritionist who individualized a plan to build on his already good habits. Like many of you, David already practiced sound dietary habits: he ate before swim practice, he timed his intake to support recovery, he ate high-quality protein, and he got sufficient calcium and vitamin D through foods.

What he needed to tweak in his diet was:

- Increasing total calorie intake. He was averaging 70-85% of the needed calories to support growth, physical development and training
- Increasing carbohydrate intake. He was getting 44% of his calories or 6.2 grams of carbohydrate per kilogram of body weight and he needed 6-8 grams per kilogram to support training, so he increased carb intake to the higher end of the range
- Decreasing total fat intake. His fat intake was 35% of total calories and while the recommendation is to keep fat intake in the range of 25-35%, an athlete who needs more carbohydrate will need to decrease fat intake to accommodate the need for muscle fueling carbs.
- Choosing more nutrient-rich foods to increase the intake of 2 nutrients that were low in his diet: vitamin E and iron.

David used these 4 simple strategies to boost his nutrition:

Increased fruit and veggie intake to boost carbohydrate intake

- Added a fruit cup to morning after-practice swim snack
- Added an apple, pear, orange, etc. to lunch
- Added an additional vegetable to dinner like a baked sweet potato, green beans, cauliflower, or any other veggie he liked.
- Snacked on summer fruits: watermelon, cantaloupe, berries
- Topped his favorite dessert, pound cake, with berries

Chose more iron-rich foods

- *Substituted corn dogs with a roast beef sandwich or a small cheeseburger*
- Ate dark-meat chicken (leg, thigh) in addition to chicken breast
- Included a vitamin C source with breakfast, like orange juice, strawberries, or other citrus fruit, like "cuties"
- Tried grilled flank steak for dinner. It's a lean cut of beef with plenty of iron

Decreased high-fat foods

- Tried lower fat ice cream instead of full-fat ice cream
- Substituted low-fat hot dogs for full-fat hot dogs
- Reduced milk fat from 2% milk to 1% or fat-free milk

Increased calories with healthy, tasty foods

- Snacked on nuts and trail mix (good source of vitamin E)
- Ate pineapple (contributed with love from his aunt's own pineapple tree)
- Increased sports drink from 8-oz to 12-16 ounces
- Snacked on cottage cheese and fruit with whole grain crackers
- Drizzled vanilla Greek yogurt with honey and added chopped walnuts

It wasn't always easy, as David said sometimes he just wasn't hungry, and it was hard to reach the higher calorie level. But, improving nutrition paid off and now he is on a quest to improve his standing at his state meet. Last year he finished 25th in the 100 and 200 free and the top 24 finishers move on... This year I think he will one of the swimmers moving on.

Chris Rosenbloom is the sports nutrition consultant for Georgia State University Athletics and is the editor of the Academy of Nutrition and Dietetics Sports Nutrition Manual, 5th edition, 2012. She welcomes questions from swimmers, parents and coaches. Email her at chrisrosenbloom@gmail.com.

Volunteer Opportunities

Thank you for helping..... Now's the time to log your contributions

What a great meet we had last weekend! We could not have made it happen without our wonderful families who volunteered, donated, officiated and supported all the swimmers. Thank you to everyone!

While it is fresh in your mind, please make sure to log your volunteer hours. There are two ways to do this:

1. Paper submission. Volunteer sheets are available at the pool. Please put the completed form in the "Volunteer Hours" folder. Attach receipts where appropriate.
2. Online Submission.
 - Sign in to the team website at: <http://www.teamunify.com/orlosc/> or www.lakeoswegoswimclub.org.
 - Once you are signed in, go to "team info" and then choose "volunteer hours".
 - Fill out the online form and it will be submitted.
 - If you need to submit a receipt, you can drop it at the pool anytime to the "Volunteer Hours" folder, just write your name on the receipt.

If you signed up for a job online, it's possible that your hours were already logged. However, please double check as we don't know everyone.....yet!

To follow is how to check on your volunteer hours balance:

- Sign in to the team website at: <http://www.teamunify.com/orlosc/> or www.lakeoswegoswimclub.org
- From the left-hand column, choose "My Account", then click on "\$My Invoice/Payment".
- Choose the "Service Hours" tab.

Again, thank you for your volunteerism! It's what makes our Club great.....

Kim Jordan
Membership

Message from the Board of Directors

We can confidently say we are off to a GREAT START! We have completed our annual registration, hosted two orientation sessions, met for our Annual Membership Meeting, enjoyed the sun at our Fall Social, provided Stroke & Turn Officials Training and successfully hosted a swim meet. WOW!

All of this activity could not have been accomplished without the significant contributions of our membership. Your effort, enthusiasm and "get it done" attitude are providing a positive experience for our swimmers.

Last weekend's Home Meet was a huge success. It was wonderful to see so many smiles and fast swims! The level of volunteerism was WONDERFUL - with most of the volunteer positions filled before the meet started. The few vacancies were quickly filled by Members who were willing to do a "little more". Thank you volunteers. I hope that everyone had a good time and that you are eager to contribute again in the future!

There is one critical problem that needs to be addressed. We have a shortage of Swim Officials. Please contact Troy Tetsuka (ttetsuka3@gmail.com) if you are interested in learning more about this important role.

We can feel the momentum increasing as we press forward to a VERY successful swim season for our children!!!

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
Nerissa Swaim - Accounts Payable
John Dakin - Meet Director
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