

Head Coach
Coley Stickles

President
Dan Gipe



Lake Oswego Swim Club
“Building Champions In and Out of the Pool”

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Lanai Wolfe

September, 2009

Dear New and Returning LOSC Families,

2008-2009 was another remarkable year for LOSC and we'd like to thank our coaches, families and amazing athletes – both big and small - for being part of the continued progress we've made toward our mission, *“To have a nationally recognized, competitive swim program that provides swimmers the opportunity to achieve their highest potential as both a person and an athlete”*.

The results for LOSC this year were impressive both in and out of the pool. Our team moved forward as an organization with new additions to our coaching staff, new sponsors, and having achieved Silver Level status in USA Swimming's Club Recognition program (one of the top 100 teams in the US, and one of only two Silver level teams in Oregon; the highest level in the state).

In the pool, the improvement and dominance of LOSC athletes continues to foster recognition and respect in the swimming community. With another National Age Group record set in 2009 (that's an unprecedented total of 7 for LOSC!); numerous Oregon Swimming records; a medley relay team ranked 23rd in the world; and having been named as a “Nationally Recognized Club” by USA Swimming, an LOSC cap continues to be associated with excellence in swimming, not only in the Pacific Northwest, but across the United States. We are happy and proud of our successes, but are looking forward to being an even better team in the coming year.

If you're new to LOSC, thank you for your interest in our team! We're glad you've decide to join us in our quest for excellence. If you're returning, thank you for continuing to be a part of our team. We look forward to more excitement and fast swimming this year as LOSC continues to “build champions in and out of the pool”.

Best Regards,

The LOSC Board of Directors

Lake Oswego Swim Club
P.O. Box 1103
Lake Oswego, OR 97035
(503) 697-9428

Registration Instructions

1. Please fill out all required forms in this packet (these forms can also be printed from the website, under General Information/How To Join).
2. Attach a single check for the total of the yearly Administration Fee, one month's Training Fee (based on your swimmer's squad placement), USA Swimming Fee and one month's Aquatics Fee (Blue/Gold squads only) –OR- one month's Pool Pass Fee. Note: All swimmers who swim at the LO District pool year round must have a Pool Pass. Once your pool pass from Community School is expired, you must renew your pass through LOSC by filling out an LOSC Pool Pass form.
3. Return your completed Registration Packet with check attached to one of the scheduled Registration sessions in the back room at the Lake Oswego pool.
 - Tuesday, September 15 5:30-7:30pm
 - Thursday, September 17 5:30-7:30pm
4. **Welcome/Welcome Back to LOSC!**
 - Website/Team Wide Email – The main communication for our team is through our website (www.lakeoswegoswimclub.org) and email. The website is updated frequently with general information such as practice schedules, meet information, team events, important team news, plus resources for parents and swimmers. ***Please be sure to register on the website!*** This will provide you with access to 'members only' information, plus add the email address you specify to the distribution list for team-wide emails.
 - Folders – each family has a file folder at the LO pool (blue plastic boxes in front of the office) that information, ribbons from meets, etc. are regularly placed in. Please check your folder each day you come to practice!
 - Squad Parents - Each squad has a parent volunteer that coordinates information specific to that squad – the email address you specify on your Registration Form will be added to the squad email distribution list.
 - Newsletter - A team newsletter, The LOSC Connection, is published monthly and can be found on the website under 'Newsletter'. An email notification is sent when the latest issue is published.
 - Meetings – board meetings are held once a month and are open to all members. An annual team meeting is also held.
 - Bulletin Boards - at the Lake Oswego pool also contain some of the information that is found on the website (ie., meet information, meet results, practice schedules, social events, etc.)
5. Please be sure to scan the website and Team Handbook (available on the website) to familiarize yourself with our team.
 - Please review the list of volunteer opportunities and sign up to help in an area that interests you (no previous experience required!) LOSC requires 30 hours (15 for single-parent families) of volunteer time per year (un-served hours are charged at \$10/hr). Remember, it takes the participation of all our families to make this a great place for our kids to swim!
6. If you have any questions, please contact: Sarah Goehler
goehlerfam@comcast.net.