

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

February 2016

lakeoswegoswimclub.org

Events

Coast Range Qualifier

Feb 5 - 7, Forest Grove

One of the SC season's last chances to achieve your best! Be confident, relax and swim your best.

Thunderbolt Last Chance

Feb 14, Tualatin

Can't think of a better way to celebrate Valentine's day! Last chance for 11 - 14 swimmers to qualify for the State Championship

10&U State Champs

Feb 20 - 21, Springfield

CONGRATULATIONS to our qualified swimmers. Celebrate your achievement by having fun - GOOD LUCK!

11-14 State Champs

Feb 25 - 28, Beaverton

CONGRATULATIONS to our qualified swimmers. You know that you are ready to swim FAST - GOOD LUCK!!

Sr. State Champs

March 3 - 5, Gresham

CONGRATULATIONS to our qualified swimmers. Draw on your experience to bring out your BEST - GOOD LUCK!!!

Ahh... It Feels So Good To Be Home!!

The structural failure at the LO District Pool has been repaired! The newly reinforced ceiling looks very strong and should last for many - many years.

Doesn't it feel great to be back in our Home pool? To spread out and have a little more time for practice?

Repairing the roof was a VERY big project. First, a structural engineer had to design a fix, then his solution needed to be approved by City inspectors. Next the pool was drained & three stages of 40 ft scaffolding were erected to allow safe access to the broken beams. Carpenters worked very quickly,

installing the new beams in just two days!

I know that we are all very grateful to the LOSD for authorizing the repairs - and especially Brent Paul who lead the project.



I'm So Glad January is Behind Us....

But, the challenges made us much stronger!!!

Hi LOSC,

We've had a great January, despite things being a little unusual for us. As you all know, we've had to get creative with our scheduling as the LOHS Pool closed right after the New Year. I first want to thank everyone for your patience during this time. I know changing locations and schedules can be challenging at times, and I'm grateful that everyone has made it work to keep our kids swimming fast! I also want to thank the coaches for being flexible; we've all had to adjust to different practice times/lane space and its definitely made us all have to work a little harder at times to ensure that our groups and swimmers get what they need, but all our coaches have stepped up and done a fantastic job! We made a transition from one coach to another and the kids have adjusted amazingly. Coach Courtney is still helping us out as a sub and Coach Alex has our kids swimming great despite being thrown into a unique scheduling situation! Now that we're back to our regular schedule, I hope things will be more consistent from here on out!

The results speak for themselves with LOSC taking third overall at the Round Robin swim meet, our Senior Women placing 7th overall at the Washington Open, and with only three swimmers (and not swimming one of the competition days), top 20 at Husky!

I also want to congratulate Coach Mike on the new member of his family, baby Luka was born Sunday the 24th of January at 11:44pm!

We've got several amazing meets on the horizon! Coast Range Qualifier in Forest Grove, the Thunderbolt Last Chance, and then a series of State meets (10&U, 11-14, and SR State)! I am incredibly excited to see how amazingly we swim!

GO LOSC!!

-emily

January Birthdays.....

Caroline Diamond, 16
Maya Clydesdale, 15
Andrew Liu, 15
Clay Barbee, 14
Daniel Oh, 14
Aiden Tiffany, 13
Macy Montgomery, 13

Meg Zenke, 13
Shraeya Iyer, 12
Jovie Chen, 12
Steven Niu, 12
Emmett Espinosa, 11
Claire Tansey, 11
Darren Sze, 10

Grace McDaniel, 10
Vani Gupta, 9
Navya Jha, 7
Sungkook Kim, 7
Gino Yang, 7

NEED LOSC APPAREL?

[Press this link go to to LOSC apparel page](#)

Swimmer of the Month

Recognizing an athlete who proves that hard work pays off!

Coach Patrick's Comments:

Oscar Shi swam lights out at the Round Robin earning his first ever State time in the 200 Butterfly. Oscar has a strong dedication to swimming and a tremendous work ethic. He not only works hard to reach his swimming goals but pushes his teammates to reach theirs as well. The coaches are very excited to watch the rest of Oscar's season unfold! Congratulations!



Oscar Shi

A few fast facts about Oscar:

Grade and School: 7th - Lakeridge Junior High,

Favorite subject: Math and PE, with math coming before PE

Role-models: My friends and my parents

Favorite stroke: Butterfly

Favorite race: 100 fly SCY, 200 fly SCY

Future goals: Attend a good college, and to probably get better times for swimming...

Famous person I'd like to meet: Albert Einstein, but he is already long gone

Favorite movie: Harry Potter and the Prisoner of Azkaban (I don't watch movies very often, and my memories are all faded, except for that one...)

Favorite song: Demons by Imagine Dragons

Favorite vacation: Last year's visit to my birth city in China, Qingdao

Hobbies: Gaming, reading, folding paper

Favorite food: California roll sushi/Orange chicken

When I grow up I want to be: Civil engineer or nurse anesthetist

If I could change one thing it would be: To end the world of drugs

TOP TIPS FOR FUELING A TEENAGE SWIMMER

CHRIS ROSENBLOOM, PHD, RDN, CSSD

Many parents ask how they can help their teen swimmer optimize training when practicing two hours a day, six days a week. They want to know how a teen swimmer can keep his or her energy level up while making sure to get needed nutrients. Here are some tips to get 2016 off to a good start.

A good nutrition plan starts with an assessment. Set aside a few minutes with your teen swimmer and ask these questions. You might think you know the answers, but you might be surprised.

1. What are your favorite foods, the ones you just couldn't live without?
2. What foods will you absolutely not eat?
3. What food tasks are you willing to take on to help fuel your swimming? (Finding new recipes to try? Preparing a shopping list? Shopping for groceries? Cooking? Packing school lunch or snacks?)
4. Will you try a fitness/nutrition app (like My Fitness Pal) to track your food intake?

When you have the answers, narrow it down to food groups. Each day, a growing, active teen needs at a minimum:

- 6 ounces of grains (with half the grains being whole grains)
- 2 ½ cups of vegetables (choose a variety of colorful veggies)
- 2 cups of fruit
- 3 cups of dairy (it doesn't have to be milk, try other forms of dairy like cottage cheese, yogurt, soups or hot chocolate make with milk)
- 5-6 ounces of protein
- 5-6 teaspoons of healthy fats (choose olive or canola oil, vegetable oil-based spreads, nuts and seeds)

Here is what this might look like in a food plan:

Early morning pre-swim: 2 tablespoons peanut butter on slice of whole grain toast.

Post-Swim Breakfast: Scrambled egg with 1-ounce of lean ham, ½ cup diced bell pepper cooked in 1 teaspoon of vegetable-based spread, like I Can't Believe It's Not Butter, rolled in a flour tortilla and 1 cup of calcium-fortified orange juice.

Lunch: Cheese, tomato and greens (try arugula, kale or Romaine lettuce) sandwich on whole grain bagel thins or pita pockets, 2 small tangerines and 6-ounces of yogurt.

Snack: Small sandwich bag with ½ cup trail mix containing dried fruit, nuts and whole grain cereal and 8 ounces 100% fruit juice.

Post-swimming snack: 8 ounces low-fat chocolate milk or milk-or soy-based fruit smoothie.

Dinner: 3-4 ounces grilled salmon or almond-crusted baked cod, medium baked potato with Greek yogurt and sprinkled with cheese, 2 cups roasted broccoli and cauliflower, small serving of ice cream topped with frozen berries.

Evening snack: Bowl of cereal (skip the sugary kind) and milk.

Aim for mini-meals throughout the day. As swimmer Nick Thoman (@Nick_Thoman) tweeted, "Wake up. Eat. Swim, Eat. Nap. Eat. Swim. Eat. Chill. Sleep. Rinse and repeat." That is a good summation of a swimmer's life!

There are many excellent sources of information on food choices and meal planning tips at choosemyplate.gov.

Thanks to all those parents who believe that good nutrition plays a crucial role in a swimmer's success and their child's good health. Happy New Year!

Chris Rosenbloom is a professor emerita of nutrition at Georgia State University and a registered dietitian. She provides sports nutrition consulting services to sports teams, athletes and coaches.

February Birthdays.....

Emily Melina, -?-

Patrick Beasley, XXVII

Christopher La Fond, 16

Meredith Lawson, 15

William Chun, 15

Amy Wang, 14

Alexandria Quan, 14

OhSun Kang, 13

Olivia Anderson, 12

Dohyun Kim, 12

Lincoln Buckner, 12

Jacob Rubenstein, 11

Minsong Kim, 10

Cara-Lee Biggs, 9

Anna Hubbs, 8

Daniel Duran, 16

Save These Dates for Upcoming LOSC Events!

April 23; Swim-a-Thon Fundraiser & LOSC Team Photos (LO Pool).

May 7; Annual LOSC Banquet @ Club Sport.

April 14 - 16: LOSC Home Meet (Watch for Volunteer Lists & Find Ways to Help!!)

Message from the President

I am sure that you shared my sense of relief on February 2nd when practices resumed at the LOSD pool! January was VERY difficult for all, the change of venue, the changing swim times, the limited training time, the crowded lanes..... The January pool closure was one experience that I hope I won't have to relive, but it wasn't all bad. The LO pool's closure showed that our sport has strong supporters. I am grateful to the leaders of the LO Community School & LOSD who organized and funded the immediate repairs to the facility and to Lewis & Clark's Athletic Department for making their pool time available to us. The pool's closure helped us make contacts and build relationships with other pool operators which may serve us well in the future.

Throughout the month, I was continually impressed by the flexibility, compassion and strength of our membership. Everyone shared the burden of the outage. Thank you for understanding that it was out of our control and trusting that the BOD and Coaching Staff were doing all that could be done to minimize the impact on our swimmers.

We are fortunate to have such a wonderful coaching staff! They created a fair and effective plan focused on moving kids forward - shouldering ALL of the burden without complaint! THANK YOU EMILY, MIKE, PATRICK & ALEX.

Tonight the Lake Oswego School Board will decide if they will accept one of the proposals from their Long-Range Facilities Planning Committee. The Committee was supportive of a District Swimming Facility. I am hopeful that the Board will provide its endorsement to the LRFPC's proposal. You can learn more by following this link; [LOSD LRFPC](#)

The SC Championship Season is just ahead of us. This is a busy time for our coaching staff as they work extra-hard to ensure their swimmers are prepared. Please be compassionate and understanding as they will be working MANY - MANY extra hours attending meets and covering for each other's travel to ensure that ALL of our athletes continue to progress.

- GO LOSC!!

Contact Us

www.lakeoswegoswimclub.org

Emily Melina - Head Coach
 Mark Cranch - President
 Sarah Sklar - Vice President
 Debbie Rumsey - Treasurer
 Cathy Newman - Secretary
 Patte Hansen - Membership
 Christy Haddock - Ways & Means
 Troy Tetsuka - Meet Director
 Nerissa Swaim - Accounts Payable
 Laura Gustaff - Communications

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Have Membership Billing Questions?

[Press this link to go to our Billing FAQ](#)

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.

See your suggestion here...

Do you have an idea that would benefit the Team? Send your suggestion to membership@lakeoswegoswimclub.org

Thank you Sponsors!!

We appreciate your support and generosity



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