

# CONNECTIONS

*The membership newsletter of the Lake Oswego Swim Club*

July / Aug 2015

[lakeoswegoswimclub.org](http://lakeoswegoswimclub.org)

## Events

### Annual Registration

*Sept 14 - 28'15*

Please take the time to ensure your account information is current & that all contact and medical information is correct.

### MHA Pentathlon

*Sept 26'15*

EVERYONE should attend & start the short course season with a BANG! One day, five races - weather is guaranteed!

### LOSC Fall Open.

*Oct 16 - 18'15*

Our first Home Meet of the year is a great place to start your competitive swimming career! We will need ALL hands on deck to ensure the success of this important fundraiser!

### MHA Fall Invite

*Nov 6 - 8'15*

Our Team is so strong that we are going to divide to concur! P2 & Sr squads will attend this meet.

### McSwimville Invite

*Nov 6 - 8'15*

Our younger squads will be traveling to one of the best venues & best run meets of the season.... Our Novice, D1, D2, AG1 & P1 swimmers will surely rule!

## Annual Registration

*Simple, fast and easy*

For our family, September means two things - back to school & LOSC registration.....

Registration is mostly housekeeping. Mid-month you will receive an email to open and read. By opening this email you will be accepting the Terms of Membership and will be asked to review your on-line account information, updating it with any changes (the email will explain each step!).

You will see two fees in your future bills. September's invoice will have a \$45 for our Annual Administration Fee, while October's invoice will include the \$64 USA Swimming Membership Fee.

## July Birthdays.....

Samuel Liechty, 15  
Zoe Chen, 7  
James Kang, 11  
Kennady Hottel, 8  
Ellie Walton, 17

Jiyu Yang, 10  
Cloe Solbach, 11  
Emma Hanna, 11  
Lili Haldeman, 8  
Taejeong Kim, 16

Eleanor Jew, 14  
Rishab Iyer, 8  
Henry Slatore, 14  
Evan Morris, 7

# Your Break is Over.....

*Take stock & think about what you want to achieve, set goals & get to work!!*

Hi LOSC,

I hope everyone had a great break away from the pool after another amazing season...but that we're all roaring to go on Monday and eager to get back into the pool!

As we head back into another short course season, I'd love for everyone to think about what they'd like to achieve this season. Goal setting is an important tool for athletes to continue to improve and stay motivated throughout a long season. On days when you're not excited to attend practice or you're feeling especially sore and tired, it's incredibly helpful to look towards your goals to help get you through the tough times. Knowing that each practice is one step closer to your goals, makes each step more manageable! I suggest writing them out on paper and keeping them for reference and reminders. Great swimmers have been known to put them on their bathroom mirrors, in their school lockers, on their kickboards, or even sending themselves daily reminders on their phones. Take a page out of their books and do something that works for you! Additionally, it's very helpful to share your goals with your coach (and even get their help coming up with goals if necessary). Your coach can tell you if your goals are realistic or need to be more challenging or specific; additionally, they can help remind you of your goals when you're frustrated or having trouble finding motivation.

I'd also encourage EVERYONE to sign up for as many meets as they can this season--regardless of age/squad.

Meets are one of the most fun way to interact with your teammates as well as a great way to track your progress. I realize that not everyone on our team is ultra-competitive, but even those swimming for fitness or social reasons, can get benefits from competing. The tentative meet schedule is online for advanced planning. Please note that some changes may be made to the schedule due to meets being changed/ unforeseeable circumstances so you might want to check our online events tab occasionally. I'd also recommend committing to as many meets ahead of time as possible to avoid missing the deadline inadvertently. With all the meets, mistakes occasionally occur so double check your online commitment and please (PLEASE) read the emails with the tentative entries attached to check and see your swimmer is committed. This will help avoid a lot of confusion and prevent your swimmer from missing out on a meet that they want to swim in!

This past summer we had more kids than ever qualify for state and sectionals and I know we're headed for an even better season this year! We had our first qualifier for the 2016 Olympic Trials (and hopefully we can get a few more before the meet next year!) and had multiple kids become State Champions! I'm excited to begin this next season with all of you on our amazing team and I know it will just keep getting better!

GO LOSC!

-Emily

# August Birthdays.....

Allison Korkola, 8  
Reem Alharithi, 12  
Cooper Jordan, 10  
Vittoria Corvelli, 11  
Sullivan Kirtz, 8

Garbiela Smith, 10  
Dylan Gustaff, 10  
Maya Tetsuka, 11  
Miles Campion, 12  
Maeve DeYoung, 9

Andrew Morris, 10  
Tristin Robbins, 14  
Jacqueline Loverin, 13

# Cheer Your Swimmer On.....

*Place an encouraging add in our Fall Open Heat Sheet!!*

Cheer your swimmer on during the LOSC Fall Open by placing an ad in the heat sheet! Purchase an ad for just \$30 - You provide us with a photo and the text you want included - and we'll design it for you!

Business Card Ad (3.95x2.45) = \$30

To purchase an ad, email your photo, text (up to 20 words) and child's name to; [diana@event-group.net](mailto:diana@event-group.net)

You may also submit your own design by emailing it to Diana.

**Deadline to purchase an ad is October 9th** and the charge will be included in your November 1st invoice.



## Who is Keeping Track of All Those Records?

*Kim Simons & Coach Emily - thats who.....*

What a successful year it has been! The kids are swimming faster than EVER BEFORE - sometimes it seems like every Facebook post is celebrating another outstanding effort!

A big part of celebrating a record swim is documenting the achievement on the website and our records board at the LO pool. We are so fortunate to have Kim Simons leading these important activities! Documenting, ordering & posting stickers - Kim does it all.

Early next week, Kim will be posting 27 new stickers for records broken from short sectionals and long course championships, which will bring the **total number of record updates posted to 161!!**

Kim has really stuck with it, leading this initiative for the past two and a half years, having not only posted the 161 new records, but with Emily's help they corrected several record "mistakes" as well.

In case you are keeping track;

2009-2013: 91 new records

2013-14: 27 new records

2014-15: 44 new records

WOW!!

Next time you're at the pool, look up and celebrate our swimmer's success & please take the time to thank Kim for her ongoing effort and leadership!

Did you know you can see our records online? Just click this link to search the database: [LOSC Records](#)

## Have Membership Billing Questions?

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

# LOSC is Going Electronic!!!

*Enter your payment information now! - here's how.....*

Lake Oswego Swim Club is changing our payment options. Beginning October 1, we will **only** accept payments via ACH or credit card. Not only will this provide a service many of you have asked for, it will also streamline our payment processing. The move to ACH and credit card processing is fairly simple. All you have to do is go to the Team Unify LOSC website, login and click:

- ➔ My Account
  - ➔ Set Up Auto Pay
  - ➔ Current Payment Method Drop Down (select one of);
    - ➔ Automatically charge Bank Account or
    - ➔ Automatically charge Credit Card

The selection will prompt you to enter the credit card or bank information. This information is stored in a separate secure site, and you will not have access to the information to update; you will have to completely reenter the information. LOSC will not have visibility to the account information; only the payment choice that you made.

Your payment option (bank account or credit card) will be automatically charged on the 1st of each month. Because our payments have been historically due on the 20th, this may cause a change in how you have previously operated. Please make sure your account is ready for the charge on the 1st of the month. We will send emails reminding you to update your account. In addition, please keep in mind that your bank account and credit card information needs to be kept current, and the information should be updated with any cancellations or changes to your account.

There will be no additional charges for those choosing ACH transactions. However, there will be a monthly charge for credit card transactions in the amount of \$6.00/month. This covers the transaction fee that is charged to LOSC.

Please note that after October 1, we will no longer be accepting checks for payment of monthly dues. Everything else will remain the same. You can begin entering your information into Team Unify / LOSC website now. As an incentive to input your information early, we will not be charging credit card transaction fees for the month of September (for the Sept 1 billing). Credit card transaction fees will be charged on / and after October 1, 2015.

Thank you in advance for enrolling for electronic payment as it will be a great time saver and help the club operate more efficiently.

There will be no changes to how billing questions are answered, please continue to send your questions to [loscbilling@gmail.com](mailto:loscbilling@gmail.com)

## Thank you Sponsors!!

*We appreciate your support and generosity*



# Swimmer of the Month

*Recognizing an athlete who proves that hard work pays off!*

## Coaches comments:

**Mara Newman** qualified for the 2016 Olympic Trials in the 100bk at the 2015 Speedo LC SR Sectionals out at MHCC in Gresham, OR. After placing 4th in the individual event and narrowly missing the cut, she led off the 400MR the following day and went under the time standard by .4 with an scorching 1:02.99! At only 15, Mara broke the 15-16 OSI Record in the 100bk that had stood for 24 years and she still has another year to improve on that! Currently Mara is ranked second for all 15 year olds in the nation and made the top-100 all time list for 15-16 year olds. She also qualified for summer JRs in the 200bk at the same meet placing 5th. Mara remained focused and continued to work on her weaknesses to achieve her goals, making sacrifices that many aren't willing to make, and her coach couldn't be more proud of her progress and accomplishments this season. She has made great strides this year and has only begun to see what she is capable of! 2016 should be an amazing year! -Emily



**Mara Newman**

## *A Few Fast Facts About Mara*

*Grade and school:* 10th grade, Lakeridge High School

*Favorite subject:* math and ceramics

*Your role models:* my cousin Grace and Nathan Adrian

*Favorite stroke:* backstroke

*Favorite race:* 100 back (I guess)

*Future goals:* National Junior Team and National Select Camp

*Famous person you would like to meet:* Nathan Adrian

*Favorite movie:* ?? Always changes

*Favorite song:* Hall of Fame by The Script

*Favorite vacation:* California or Hawaii

*Other hobbies:* eating and Netflix

*Favorite food:* everything

*When I grow up I want to be:* I don't know, still figuring that out

*If I could change one thing it would be:* That everyone could have the education in any field they needed/wanted

# 5 THINGS TO NEVER SAY TO AN OFF-SEASON SWIMMER

BY MIKE GUSTAFSON//CORRESPONDENT

There's a misinformed, yet widespread belief in the swimming community that the term, "swimmer's off-season," is an oxymoron -- that there is no off-season for swimmers, that swimming is 24/7 and 365 days a year, and that swimming is just never-ending, like *The Song That Never Ends*, or the Energizer Bunny... It goes on and on

Nay! There is an off-season. But rather than this months-long discontinuation of all things active, a swimmer's off-season is like that really great dream you once had but can't quite remember. You know it was there. You know it happened. Yet you just can't quite place it.

For those wondering, the swimmer's "off-season" takes place for anywhere between 3-14 days immediately following a championship meet. My experience with off-season was like a continuation of taper, without the tapering: It became this horrid, wonderful cessation of all and any activity, much what I imagine a human version of Jabba The Hutt would do: Laying on the couch all day and night, never moving from said couch, eating constantly, living in this wonderful world of one-heart-beat per minute, sleeping whenever I darn well felt like it. You learn to appreciate the little things during the off-season, like waking up when normal people wake up, or going a full 24-hours without experiencing a raging 170 heart rate. You know. The little things.

A Swimmer's Off-Season is a time to briefly see Non-Swimmer Friends and remind them of your existence ("I'm Mike, remember? We were friends once?") Each off-season day feels like several days, like some romantic comedy movie where the protagonist isn't some beautiful person of the opposite sex but instead a beautiful left-over piece of bacon-wrapped stuffed jalapenos eaten just after 11:15am, right after you've woken up. Time slows during a swimmer's off-season. Typical moods are elation and euphoria, followed by unstoppable weight gain, followed by hilarity at weight gain, followed by indifference to weight gain because you've never really experienced weight gain before. The elation part comes usually when it's 7am and you wake up utterly terrified because you're missing swim practice and you're late and you leap out of bed and run to grab your swim bag, until you realize, "Wait a second, it's the off-season," and you gleefully get back into bed for a few hours. Instead of being these sleep-deprived, hunger-starved zombies, off-season swimmers magically morph into Real People with Energy and Attention Spans and Hair That Doesn't Resemble Bellatrix LeStrange. The swimmer's off-season is what summer must feel like to people living in Alaska: Seven-to-fourteen days of glorious bliss.

So, here's a memo to non-swimmers out there, parents and friends and teachers and strangers: Don't mess with a swimmer's off-season. Messing with a swimmer's off-season is on par with other social no-no's, like waking someone up from a nap. It can be dangerous: Keep your hands and feet away from the napping, eternally hungry Jabba The Hutt-esque off-season swimmer.

**Here are 5 things you should never say to an off-season swimmer:**

1. "When does swimming start up again?"

You might as well ask, "When are you going to wake up at 5am and puke from 400 IM repeat sets again? Is that tomorrow? Thursday? Did you say you're returning to doing that on Thursday?" Kidding, kind of. We swimmers all understand that dialogue between non-swimmers and swimmers often resorts to questions like, "Do you know Michael Phelps" and/or "When will you win the Olympics?" but please, let's talk about something else besides swimming during our seven-to-fourteen days off.

2. "Want to go to the pool?"

No. No I do not want to go to a pool. You see a pool and see a world of games and diving boards and watery fun. I see 200 butterfly repeat sets.

3. "Have you not showered in a few days?"

Okay, so, let's get real: Aren't those four hours in the chemically-treated chlorinated pool just one gigantic shower? Swimmers are the cleanest athletes in the world. So, if we don't want to shower for a few days, it's fine. No one has to know.

4. "Wow, when you're not swimming, you actually look like a real person!"

Yeah, we get it: The goggle rings and flushed cheeks and dead-appearing hair and constant wearing of sweatpants and swim parkas and flip-flops.... We understand that during the swim season, most of us are not exactly the James Bond of fashion and apparel. Let us enjoy this off-season where we don't have to explain bloodshot eyes and mysterious ice packs sticking up beneath our t-shirts making us resemble some futuristic version of a robotic warrior. For a few days we can wear normal clothes and have non-goggle-ring eyes and maybe even wear something other than sweatpants for a few days. Let's pretend that we're normal people, okay?

5. "I thought swimmers didn't have an off-season?"

(Long stare, followed by guilty panic.) I have to swim. Later.

# Become A Swim Official!!!

*Next Training Date: Saturday September 19th, 10 - 12:00am, LOHS Pool*

Swim officials are a very important part of our organization. Having our own officials guarantees the success of our home meets & makes us an attractive team for other teams to invite to their home meets!

If you are interested in becoming an official - GREAT, come to the meeting. If you are not sure that you are ready to become an official, please come and check it out anyway. There is an obligation and it is the best way to learn the rules of the sport.

Please contact Troy Tetsuka ([ttetsuka3@gmail.com](mailto:ttetsuka3@gmail.com)) to secure your spot & get your questions answered.

## Message from the President

Everything is falling into place for another successful swim season! We are so fortunate to have all of our coaches returning. I can't say enough about their commitment to our children, their professionalism, dependability and maturity. Although they each had some time away from the pool, I know that they spent at least some of their vacation time working on their plans to make our team even better!! Thank you coaches and welcome back!

Our board has continued to meet and thanks to our increased membership we have been able to develop a budget which allows for our continued growth and a few strategic purchases as well..... without increasing training fees. We haven't heard of any pool pass increases from the LO Community School, so keep your fingers crossed that the School Board is not planning to increase our costs again this year.

This fall we will transition to **ALL** electronic payment. We need to have all members converted by October 1st. You will be able to choose between ACH (without charge) or credit card payment (\$6 per month). This is a VERY important step forward as the current manual collection & posting of so many checks is no longer tenable. The transition to electronic payment allows us to take advantage of fully electronic registration, which will reduce the time and effort required to register new families. Signing up is easy, so please do it now.

I am sorry to say that Debbie Rumsey will be leaving the Board. I am so very grateful for her MANY SIGNIFICANT contributions. As Treasurer, not only did Debbie manage our accounts, but she prepared our taxes, ensured our non-profit status, managed billing, created the budget - literally helping with every Club initiative and activity. The Rumsey family is very special and I am so glad that I have gotten to know them all. Although Debbie will no longer be a serving Board member, I know the Rumsey's will remain one of our most engaged families!!

We have a great team - providing a wonderful experience for our children, but unfortunately we rely too heavily on too few. We really need more help from more members to maintain our momentum. Please watch for ways to contribute!

- GO LOSC!!

## Contact Us

[www.lakeoswegoswimclub.org](http://www.lakeoswegoswimclub.org)

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

## Mailing Address

Lake Oswego Swim Club  
 PO Box 1103  
 Lake Oswego, Oregon 97035

# NEED LOSC APPAREL?

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

# 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)*