

CONNECTIONS

The membership newsletter of the Lake Oswego Swim Club

May 2014

lakeoswegoswimclub.org

Events

Election of Officers

May 29 @ 6:30pm

Our annual officer election will be held at the LO Pool. This year we will be choosing Membership Director, Meet Director and Treasurer.

Annual Banquet

June 7 @ 5pm

Come and celebrate our success. Held at Club Sport, this year's banquet will not disappoint

MHA - HJM Invite "C"

June 14 - 15'14

This SCY meet is a great opportunity for swimmers to compete and see where they are against their goals. This meet is indoors - so you are guaranteed to be warm and dry!

MHA - HJM AG "A/B"

June 13 - 15'14

This meet will be a great opportunity for swimmers improve their times establishing new "PB"! Bring some sunscreen, an umbrella and a parka - you will need them all!!

MHA - HJM Sr.

June 20 - 22'14

The meet will be a focus meet for our Sr swimmers. They will be ready to book some fast times!!

LOSC Elections - May 29 @ 6:30

The Annual Election of Directors will be on Thursday May 29 at 6:30 . The election will be held in the multi-purpose room at the LO Pool.

Per our bylaws, this year we will must elect Members to fill the roles of Meet Director, Membership and Treasurer. Our Election Committee (Kelli Kang, Jin Cha and Camille McMurray) has approved the following Members for election to the Board of Directors:

Troy Tetsuka - Meet Director

Debbie Rumsey - Treasurer

Patte Hansen - Membership

Our Bylaws are available on our website if you would like to learn more about the Roles of Directors and the Election process.

LOSC Team Banquet - June 7, 2014

5:00 - 7:30, Club Sport (18120 SW Lower Boones Ferry Rd, Tigard, OR 97224)

The LOSC banquet is a fun evening for coaches and swim families come together to celebrate our great swimmers!

There will be a taco bar dinner plus dessert and awards - all for only \$15 per person. Watch your email for electronic ticket purchase instructions.

If you have questions, or if you would like to volunteer to help, please contact Laura Gustaff - the5staffs@comcast.net

Long Course Suits Us Just Fine.

The pool is longer - trust that continued hard work will carry you through!!

Hi LOSC,

We've kicked off the Long Course Season with a bang! Early in May we had roughly 60 athletes compete at the Thunderbolt Spring Open in Beaverton. This was our first long course meet and a great intro into swimming in the 50m pool. For some it was a first (remember a 100 is only 2 lengths!) and for others it was a reminder of what a long course race feels like! We saw over 70% best times from our team and gained valuable experience for the rest of the season.

This past weekend we took around 60 kids down to Corvallis for the CAT LC Open meet. We saw significant improvements by many of our athletes, even from the Thunderbolt meet just two weeks earlier! Our kids raced hard and I was especially impressed with the team spirit and support. I had several coaches come up to me and compliment our kids on the cheering and good sportsmanship from our athletes! Additionally, we had several highlighting swims including a new team record from Dylan Gustaff in the 200fr and the a new team record for the 10&U boys in the 200FR (Quinn Cooney, Anthony Wang, James Kang, Andrew Huang) and 200MR (Andrew Huang, Anthony Wang, Nick Simons, Quinn Cooney). Great job! Andrew Huang and Reem Alharithi both won High Point for their respective age groups while Mara Newman and Brenda Cha also were awarded for finishing in the top-5 for their age groups for point total (even more impressive when you consider they didn't swim all the events they were allowed!). Last, but certainly not least, LOSC took the overall team title for the meet--finishing almost 300 points ahead of the second place team from Bearcat Swim Club! Nice job swimmers!!

We get a short break from competition for a moment but we'll be back to racing before you know it! The next meet is the MHA Howard Jones Age Group AB and C Meets for our 12&U athletes with A/B times and our 18&U athletes with C times. The following weekend we'll have our A/B 13&O athletes back out at Mount Hood for the Howard Jones SR Meet for some fast racing. After that, we'll have the TEAM Eugene Open meet which is always loads of fun! (Not to mention a team favorite--Hawaiian Shaved Ice!). I encourage ALL our athletes to sign up for this meet! For those athletes without State Times, there is a limited opportunity to qualify in the summer (the season is significantly shorter than the SCY season) and its best to take all the opportunities to race! For those with State times, because the season is limited in duration, getting as much LCM racing under your belt is important too! Its what we call a win/win!

I've been impressed with everyone's racing thus far and I am excited to see what the rest of the season holds! We're off to an amazing start so lets keep working hard in practice, focusing on our goals, and swimming fast!

GO LOSC!

-Emily

Swimmers of the Month

Highlighting athletes who prove that hard work pays off!



Cloe Solbach

Cloe has been tearing it up both a practices and at swim meets. She has firm goals, and is working hard to reach them! Her passion and drive have already helped her start getting a few "B" times as she works towards her state cuts. Her coach adds that Cloe is a pleasure at practice, both hilarious and sweet. In the 4th grade at Our Lady of the Lake, Cloe loves swimming for her great LOSC friends and the competition at meets. Away from the pool Cloe enjoys art school, archery and playing with her dog Coco.

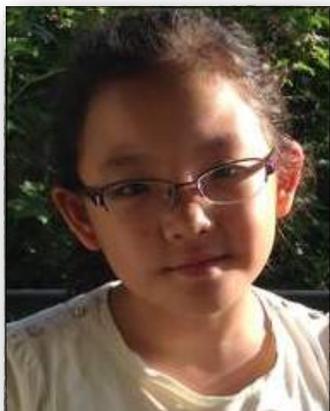
Hunter Jones

Since joining LOSC Hunter has helped elevate our Novice squad. He comes to practice ready to go, working hard as a leader in and out of the water. He has the highest attendance in the group and had significant time drops in the 25 free and 50 back at our last meet. He even earned his first OSI "B" time in the 50 back. Hunter is a 3rd grader at Lake Grove and likes swimming because it's exercising and learning new things. Out of the water Hunter likes Legos and playing outside.



Sophia Hwangbo

At the last LOSC home meet, Sophia earned her first OSI "A" time in the 50 back as well as a "B" time in the 25 free. Her coach says she is a great listener who is always ready to improve her stroke. Sophia has steadily progressed to leading her lane and often helps the less experienced swimmers in practice. A 2nd grader at Oak Creek, Sophia loves to swim because it makes her stronger and she loves the breaststroke. When not swimming, Sophia enjoys tennis with her dad and playing the piano.



Stroke and Turn Officials Training

Saturday June 7 @ 10am - LO Pool

Hello LOSC –

A special Stroke and Turn Clinic will be held, just for us, at the Lake Oswego Pool back room.

Lake Oswego Pool backroom

Saturday June 7, 2014 at 10am

This is a great way to serve your team and observe a competition. Frankly, we also need more volunteers to do stroke and turn officiating – otherwise we will not have the meet opportunities we have today. In addition, due to the lack of officials at our last two home meets, our athletes' recorded times almost didn't count. These meets are a major fund raiser, and if we can't run a sanctioned meet with the proper amount of officials – no teams will show up in the future.

LOSC has always been known to have a large officiating crew.

WE NEED YOUR HELP!

If you are curious about becoming an official, want an understanding of the different strokes and how our athletes are judged, or already planning to serve your team as an official – then please join us on Saturday, June 7th at 10am at the LO Pool in the backroom.

Contact me if you have any questions or comments.

Please RSVP to ttetsuka3@gmail.com

Thanks, Troy Tetsuka

503.807.0571

Yikes! - How do I get the rest of my volunteer hours logged?

Now that our home meets are over for the season, you may be wondering how to get your hours in. Here's where you are needed:

- LOSC's greatest need is stroke and turn judges. Our next clinic is offered Saturday, June 7, 2014 at 10am at the LOHS pool, back room. Attend the clinic and earn volunteer credits! At this free clinic, you will learn more about proper technique, and earn volunteer hours for officiating at home and away events.
- Our second biggest need is timers at away meets. LOSC is responsible to cover at least one lane at every away meet. If a lane goes "unprotected", swimmers will not get a time for their swim. To time, just go to the head timer and sign up to time, easy!

- Lastly, we need help with our banquet Saturday, June 7, Club Sport, 5-7:30 pm. Contact Laura at the5staffs@comcast.net if you are interested.
- Be sure to log in your hours by signing into the website, click on the volunteer tab, and click on "Submit your volunteer hours online HERE".

Questions? contact Sarah Sklar sarah_sklar@yahoo.com

May Birthdays.....

Kyle Vu, 16

Ryan Hwangbo, 10

Nathan Rumsey, 11

Nicholas Simons, 10

Martin Fallenstedt, 9

Sydney Noble, 9

Alexander Moreau, 12

Jade Ranasinghe, 15

Rowan Hauber, 18

Morgan Brown, 9

Clara Faucher, 11

Mara Newman, 14

Tylen Gustaff, 11

Riley Champion, 6

Ashby Caughey, 8

Divya Kumar, 13

Madeline Selby, 11

KIDS AND CAFFEINE DON'T MIX

Dan McCarthy/High Performance Consultant/USA Swimming National Team

You can walk into any store in America and find a selection of energy shots, gums and candy, all with added caffeine, but without a clear statement regarding the caffeine content, or if the product is appropriate for children. You may have even bought one for yourself, or maybe you bought one for your child or one of your athletes. Unfortunately, most people don't investigate the ingredients on the label or the claims by the manufacturer. If you knew how much caffeine was in one of these products or what pediatricians overwhelmingly think regarding kids and caffeine, would you give it to a child before a competition?

The most popular products in the "enhanced-energy" category are energy shots. Energy shots come in two or three-ounce servings and commonly have caffeine, B-vitamins, and taurine as their main ingredients. The shots are generally sugar free and contain more caffeine than an eight ounce cup of coffee. An independent study of 5-Hour Energy by ConsumerLab.com found one shot had 207 milligrams of caffeine, compared to 180 milligrams of caffeine in an eight-ounce cup of coffee from Starbucks. Coke's NOS Power Shot has 125 milligrams of caffeine; Rockstar Energy Shot has 200 milligrams, and a twelve-ounce can of Coke has 35 milligrams. Supplement manufacturers are also producing gum and candy with added caffeine. Extreme Sport Beans, which look and taste like Jelly Beans, contain 50 mg of caffeine in every 100 calorie package.

What about the other ingredients in the caffeine-enhanced products? According to experts, some are reason for concern, and others seem not to serve a legitimate purpose. Guarana, which is listed on the label of many shots, is a plant that produces caffeine. Obviously this is a concern in products that already list caffeine as an ingredient. B-vitamins, like B-12 and B-6 serve a purpose, but not as an energy boost, unless you have a Vitamin B deficiency.

Energy-enhanced products are a billion-dollar-a-year portion of the supplement industry; they are formulated for adults; and according to pediatricians, not intended for children. Not at home, in school or during an athletic competition. The risk of a seizure or heightened anxiety in a child should send a clear signal to parents and coaches; energy-enhanced products are only suitable for adults who are capable of understanding the risks and willing to accept the possible hazards associated with using such a product.

Message from the President

Our organization just continues to get better and better each month!! I realize that I must sound like a broken record, but I can't help but compliment our Coaches for their WONDERFUL work. I am sure we are all very proud of our swimmer's success in Corvallis last weekend. Winning is always great, but I think that the "how" of any achievement is always much more important than the "what". Our success does not come from the achievements of a few, but by contributions from all of our swimmers. I am very proud and supportive of the way our coaches focus on ALL of the swimmers. They work so hard to ensure that every child is motivated to do their best. As parents, isn't this exactly what we are looking for?

Next week's election will choose a replacement for our longtime Treasurer, Cliff Lyons. Cliff has served on the Board for over 9 years. Through his immeasurable contributions, Cliff has twice led our team back from the brink of disaster to the sustainable organization that we are today. I know I speak for all when I say - "We are in your debt."

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
 Sharon Richardson - 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

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