

# CONNECTIONS

*The membership newsletter of the Lake Oswego Swim Club*

November 2014

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

## Events

### Husky Invite

*December 5 - 7'14*

Qualified Sr. swimmers will be traveling to Federal Way for this top level meet. You know they will be swimming fast!!

### USA Winter Jr. Nationals

*December 11 - 14'14*

**Mara Newman** will be representing our Club at the BIGGEST MEET of the season, the USA Swimming Winter Jr. Nationals. WE WILL ALL BE CHEERING FOR YOU MARA!!

### Hillsboro Winter Invite

*December 13 - 14'14*

You know that our younger swimmers will come ready to swim. They have done the work and are sure to be rewarded with personal bests!!

### Hillsboro Jubilee Invite

*December 12 - 14'14*

Age group and Sr. swimmers will be focused on best times! This prelim / finals format meet is always a great celebration of their hard work!

### CAT Open

*January 9 - 11'14*

Our 15&O swimmers will be traveling to Corvallis to compete. Try the Spinach & Gorgonzola pizza - it is guaranteed to help you swim fast!

## Guaranteeing A Colorful Holiday

### *Another LOSC Record!!!!*

This year's LOSC Poinsettia Fundraiser was a huge success. We managed to sell more Poinsettias and make more money for LOSC than ever before! We stepped it up and sold 469 poinsettias. With help from our terrific LOSC members, we made a grand total of more than \$3000 for our club through this fundraiser – WAY TO GO LOSC!! This fundraiser is important as it helps pay for our coaches and for general operations of the club.

Special thanks go to the Mahoney Family for chairing this successful fundraiser. Also, big thanks to Michaela Pulaski, Katherine Ferruzzi, Angelia Compton and T Norris for helping distribute and carry plants to cars on pick up day. We wouldn't have this success without our great volunteers.

The big winners of the Fundraiser are:

- **Alyssa and Dylan Gustaff** tie in selling the most plants. They each win a movie ticket. They sold 35 poinsettias each!
- **Age Group Development** wins the pizza party for the squad to sell the most plants. AGD sold 26% of the total poinsettias sold by LOSC – 120 poinsettias!

Great Job LOSC!

## Would You Like to Become An Official?

*Next training session on January 3rd @ 10am - email Troy: [ttetsuka3@gmail.com](mailto:ttetsuka3@gmail.com)*

# Deciding When to Compete is Key....

*Sometimes It's planning that gets you to "the right place at the right time"*

Hi LOSC,

You may have noticed that there are a few changes with our meet schedule this season. They are very small, but perhaps significant to a few. First off, we didn't have our usual Canby Mile (as it changed format). While it was disappointing to miss our yearly "mile only" meet, the other meet didn't fit into our racing schedule as well. Secondly, this season, due to the number of meets in January, we're having our 14&Us race the Thunderbolt Round Robin and Home meets whereas our 15&Os will race the CAT meet and the Home meet.

The reasoning behind this is that, the Thunderbolt meet is at 14&U meet only (as is the Hillsboro meet in December), which limits the opportunities for our 15&O athletes (especially those that don't qualify for Husky or JR Nationals). In order to get adequate racing in for those athletes, the CAT meet makes sense, training and racing-wise.

Our 14&U athletes have a lot of racing opportunities. Last year our home meet was in March (not January), so we raced both CAT and Thunderbolt for our younger swimmers, but this season, with our home meet in January, we're limiting the racing. With 14&U athletes especially (but also including athletes of all ages), we want to avoid over-racing. It can lead to fatigue as well as emotional exhaustion. It can often be hard to improve times if you race over and over again which is why we vary the events as well as space out our racing. Last

season our athletes swam LIGHTS OUT at Thunderbolt. The unique format allows for a lot of racing in weekend as well as finals opportunities so we kept this on the schedule. The close proximity keeps the travel costs down for many of you as shortly thereafter, we head into Championship meet season.

Following Thunderbolt, we'll bring our entire team together for the home meet and finish out January with a BANG! While there is probably no perfect meet schedule, we put together one that ensures ample opportunity to race fast and varied competition as well as one that targets swimming fast when it counts! We'll be staffing all our meets accordingly with coaches based on the athletes attending and I am excited to continue to see fast racing!

As we head into the December meets (Husky, Hillsboro, and JR Nationals) as well as the holidays, I wanted to take a moment to let you all know how thankful I am for all of you! I think its a nice thing to reflect on all the things we're thankful for in our lives, and I can't tell you all how fortunate and grateful I am to have a team full of amazing swimmers and members! Even though we don't have practice on Thanksgiving day (and hopefully everyone is spending it with their loved ones and family!), I know I will be thinking of our LOSC family!

GO LOSC!

-Emily

## November Birthdays.....

Madeline Eller, 14

Alyssa Gustaff, 14

Anderson Brunner, 7

Mahek Arora, 6

Lauren Wright, 14

Emily McMurray, 11

Jackson Calvery, 15

Cascade Stensland, 11

# Swimmers of the Month

*Highlighting athletes who prove that hard work pays off!*



**Jovie Chen**

Jovie has been having a breakout season. At the first home meet of the season she had several impressive time drops in her 50 and 100 butterfly events. She followed that performance up with winning the 100 breaststroke at the McSwimville swim meet. Her coach adds that Jovie is staying focused in practice and starting to become a team leader. In the 5th grade at Oak Creek Elementary, Jovie loves that swimming is so fun and active. Her favorite stroke is the 100 breaststroke and she enjoys practices with her LOSC friends. Outside of the pool, Jovie likes to dance and play violin.

**Madeline Eller**

Having a great short course season thus far, Madeline recently swam best times in all her events at the McSwimville swim meet, including significant time drops in her primary events: the 100 and 200 breaststroke. Her coach comments that Madeline comes to practice with a good attitude and helps her teammates stay on track with the sets! An 8th grader at LOJHS, Madeline has loved swimming for LOSC since kindergarten. Her favorite event is the 200 breaststroke and she loves rocking out to music and hanging with her close friends at swim practice. Away from the pool, Madeline enjoys playing with her younger brother, baking and practicing her clarinet.



**Maggie Arora**

Maggie has started this season with two awesome meets! Recently she achieved three best times at McSwimville including a 15 second drop in the 50 backstroke. Each day she comes to practice with a go to attitude ready to learn new strokes and techniques. Maggie just turned six this month and is in kindergarten at Oak Creek Elementary. She likes swimming because she thinks it is fun to play in water and learn new strokes. Away from the pool she loves to go to gymnastics and watch her favorite TV shows – Caillou and Little Pony.

# 10 WAYS SWIMMERS CAN GET MORE SLEEP

BY MIKE GUSTAFSON, CORRESPONDENT - USA SWIMMING

If dogs are man's best friend, then sleep is a swimmer's best friend. Perhaps because we want what we can't have. Early morning practices. Early Saturday preliminaries. Holidays spent at the pool, slogging up and down mile after mile inside a concrete grave while the rest of your non-swimming friends sleep in. Swimmers are constantly chasing sleep. We crave it, we need it, we demand it.

And yet, I've never met a swimmer who has ever said, "I get too much sleep." Never happened. And perhaps that sentence has never been uttered by a swimmer, ever, in human history. I would believe it.

How can swimmers get more sleep? More of this necessary component to recovery that this very website said was one of the most important "supplements" and vital for fast swimming?

Here are 10 ways swimmers can get more sleep:

## 1. Carpool.

Carpool to practice. Carpool to meets. I'd guess that 98% of swimmers drive to the pool, which means 49% of swimmers could squeeze in a few more minutes of sleep if a teammate drove them to practice. Carpooling saves gas, saves money, and saves emotional exhaustion.

## 2. Consistent sleep schedule.

Set a time – 10:45pm, 11:15pm, 12:15am. Then stick to that time. That time is the point of no return. That time is when you drop everything and say, "My day is done," and you retreat to the bed. Staying on a consistent sleep schedule allows your body to "know" when to expect sleep, allowing you to fall asleep faster and deeper, sooner. Don't stay out until 2am one night, because you'll spend a week trying to "get back on schedule."

## 3. Do (some) homework in the morning.

Some swimmers have a break between morning practice and the beginning of class. Try doing homework in the morning, as opposed to at 1am at night. Your body rests the best between 10pm-2am. So if you're staring at an hour of homework and it's already 10pm, try going to bed then, and then waking up an hour earlier. You might find that you study better, are more focused, and better rested.

## 4. Study groups.

In college, study groups always helped me. When you're in a group, you stay on task and studying is a bit more efficient than on your own. You have other people to ask questions, and many times you can be better prepared quicker when studying in a group. This will free up time for sweet, sweet sleep.

## 5. Self-imposed curfews.

This goes back to point #2, the "consistent sleep schedule" thing. Most swimmers stay on task during the week, and then (at least older swimmers out there) will stay up late on weekends. If you want more sleep, try utilizing a self-

imposed curfew. "Sorry, but I have to be in bed by midnight or I turn into a sleep-deprived swim zombie."

## 6. Bring an inflatable raft to meets.

When I was an age grouper, I brought a raft to morning prelims, found a nice, quiet corner of the natatorium or in a secluded part of the pool deck somewhere, and took a 30 or 45-minute power nap during the 500 freestyle heats. Many preliminary sessions are 4 or more hours long, and yet many swimmers only compete a minute or two. While you always want to cheer for teammates, at the same time, many swimmers just end up playing euchre or texting during prelims anyway. Why not get a little bit of sleep? Put out a little inflatable raft (mattress) and throw a towel over your head and grab 15 minutes of sleep.

## 7. Carry around earplugs and an eye mask.

Okay, you'll look weird toting around earplugs and an eye mask wherever you go, but you never know when the need for an impromptu nap could arise.

## 8. No "Breaking Bad" before bed.

Don't watch a crazy intense TV show before bed. That's insane. You enter a world of action and adventure and intense graphics, then try to fall asleep? Even if you do sleep, your brain is still processing all that violence. Read a book. Draw. Turn off your phone and just put yourself in a quiet state. You'll sleep better.

## 9. Just Say No.

All swimmers say no sometimes. No to social functions, no to nights out with friends. When I was a swimmer, some Friday nights, I just said, "Guys, sorry, but I need to sleep tonight." And that's okay. It's okay to say no sometimes.

## 10. Coaches, let your swimmers have an occasional morning off.

I've never been a huge fan of morning practices anyway. Sleep keeps you happier, healthier, and more mentally refreshed. But if you do slog through morning practices, coaches, it's sometimes great to give swimmers a morning off here or there. Use it as a reward after a successful meet. There's nothing worse than spending 20-30 hours at a pool over a weekend, then reporting to morning practice at 6am.

# Do You Know Where Your Volunteer Hours Are?

*Hours to submit from our last home meet? Questions about the volunteer program?*

If you are new to LOSC or just have questions about the volunteer program, you can get your questions answered by checking out the Volunteer tab after you log into your account. This tab is only accessible when you are logged into your account.

To access the LOSC's volunteer information, including how to submit your hours,

1. Log into your account first on Lake Oswego Swim Club.
2. Click on the Volunteer tab at the top of the home page.

You will find helpful information about submitting hours, volunteering and other questions.

The LOSC is 100% volunteer run. THANK-YOU LOSC Members for your service to the club!

## Billing / Treasury FAQ Posted

*Do you have questions about your account? Check our new FAQ for answers.....*

Have you ever had a question on your bill but haven't known who to ask? Have you wondered what the projected balance on your account means or what fees are included in the meet fees? We have created LOSC Billing FAQs to help answer these questions for you.

Our new Billing FAQ is posted under Team Info on the LOSC website (you must be logged in to see it): [Billing FAQ](#)

Take a couple of minutes to review the FAQs so that you know what information is available and know where to go the next time you have a question. We hope you find this a helpful resource!

## Message from the President

It's hard to believe that the holiday season is already here. We all have so many things to be thankful for; our health, security, opportunity, freedom and most of all our children!

This swim team is for our children. I see that by working together our membership and staff are creating a positive, inclusive and safe opportunity for them to learn some of life's most important lessons. Most of all they are learning that hard work is rewarded, commitment leads to success and that personal sacrifice leads to growth. By balancing swim practice with school and their other interests they are learning important time management skills. The high attendance and bright smiles suggests that they are having fun too! We owe it to them to keep building our momentum.

Looking ahead, we will be preparing for our next two home meets. Our January home has been named The Clent Richardson Memorial Open. Clent was a Member who influenced many. We are looking for members who are willing to take on three key leadership roles. Please call me if you are interested (503-780-5643).

Lastly, I would like to thank Sharon Richardson for her service as Ways & Means Director. Sharon has been a very effective Board Member who developed and implemented many positive improvements for our club. Although she has decided to withdraw from the Board, she has promised to continue her high level of support. I am very grateful to her for her dedication, initiative, hard work and significant contributions.

Enjoy the holidays and THANK YOU!

GO LOSC!!

## Contact Us

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

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

## Mailing Address

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 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](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)*