

LOSC Monthly



First newsletter and we're filling it up with some GREAT stuff! We had a great spring! We enjoyed an awesome Annual Banquet where we awarded and recognized our amazing athletes for their achievements and hard work over the past year!

Novice

Most Dedicated: Parisa Azarbal
Most Improved: Nora Lin
Most Valuable: Lincoln O'Gorman

Pre-Performance

Most Dedicated: Teo Dickens
Most Improved: Kennedy Schull
Most Valuable: Alfie Mobbs, Edi Cass

Development 1

Most Dedicated: Pete Ilchev
Most Improved: Lucy Reynolds
Most Valuable: Liam Lawson

Performance 1

Most Dedicated: James Neice, Aadya Kamidi
Most Improved: Aarya Tenginakai, Benjamin Herbreteau
Most Valuable: Darian Lee, Aiden Lavigne

Performance 2

Most Dedicated: Helene Goddard
Most Improved: Ameeta Behere, Levi Farkas-Knab
Most Valuable: Vincent Cote, Samantha Koch, Annabelle Nance

Development 2

Most Dedicated: Joel Kirkwood
Most Improved: Anna Kim
Most Valuable: Thia Kirkpatrick

Age Group Development

Most Dedicated: Arya Brixey
Most Improved: Minoh Bae, Ryder Hayward
Most Valuable: Jacob Fantz

Senior 2

Most Dedicated: Josh Bollinger
Most Improved: Emma Lee, Zach Beach
Most Valuable: Anthony Cote

Senior 1

Most Dedicated: Avery Contreras, Sean Neirynck, Cassey Koch
Most Improved: Jacob Kim, Lauren Sexton, Eugene Fedutinov
Most Valuable: Annemarie Vlaic, Tenzin Wangpo



We also recognized our amazing graduating seniors and heard inspiring words how swimming impacted their lives. This is always a highlight of our banquet!

Cate Coffield - Western Colorado university

Opal Derr - Occidental

Danika Lambert - Western Colorado western university

Leo Neirynck - University of Rochester

Sean Neirynck - Swarthmore

Cassidy Schneider - Pomona

Annemarie Vlaic - SMU

Tenzin Wangpo - Carnegie Mellon

As we head into summer and the temperature rises, please be mindful of hydrating and taking care of yourself. Sunscreen is critical and should be worn all the time (NOT just when it's 90° and scorching!). 7-8 hours of sleep is ideal and will assist in your ability to recover.

I am excited for what this season has already brought and even more excited for what is to come! GO LOSC! -Coach Emily M

Upcoming June Meets

US Nationals/World
Championship Trials
June 3rd to 7th

THSC June Invite
June 6th to 8th

Howard Jones
June 27th to 29th

Upcoming Meet Deadlines

Seth Dawson Open
June 7th

WZ Senior Sectionals
June 18th

OSI 10 & Under Long
Course
Championships
June 19th

OSI 11 & Over Long
Course
Championships
June 19th

Meet deadlines are subject to
change based on entry
requirements.

Swimmer of The Month



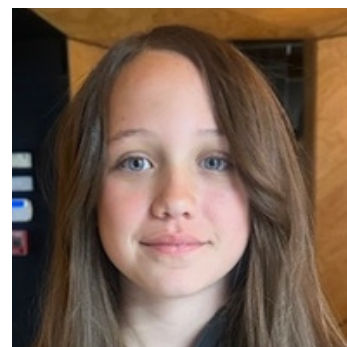
Novice - Luca Moyes. He went to the Hood River Meet and achieved 3 new state qualifiers and was very close to a fourth. He is officially in pre-performance starting in June. -Coach Keith

Development 1 - Paloma King. Paloma has improved so much since joining the team and has become such a great leader in the squad. She always knows her intervals, leads her lane, and has served as a demonstrator for certain skills. -Coach Emily O



Pre-Performance - Teo Dickens. He consistently shows leadership with his hard work and great team sportsmanship attitude. -Coach Keith

Development 2 - Bella Clooney. This last month she swam lights out at the HRSVT Spring Sprinter, going 4 for 4 on best times. She is one of the lane leaders in D2 and continues to push the group with her leadership and questions. -Coach Patrick



Performance 1 - Abby Jane Stover and Benjamin Herbreteau. Both of these swimmers are moving (Abby Jane to North Carolina and Benjamin to France). Both these young athletes bring a positive spirit, good sportsmanship, and determination to each practice and will be greatly missed. LOSC will be cheering you on in your next swimming endeavor! -Coach Emily O





Lake Oswego Swim Club

Swimmer of The Month

Age Group Development- Ryder Hayward. The last month Ryder had a lights our first Long course meet. He crushed his entry times and is knocking on the door of some OSI Championship qualifying times. -Coach Patrick



Preformance 2 - Karina Liu. Karina joined LOSC last fall when her family moved from the Bay Area. Since moving to Oregon Karina has made a big impact on the team having her best meet so far at the Cactus Classic Meet! Karina qualified for LC Champs in three additional events and went 6/7 in best times. -Coach Emily O

Senior 2 - Mac Andrews. Mac has swam lighs out this month. He had a great first long course meet and followed it up with crushing his best times in the Senior Intersquad meet. He has one of the highest attedances in SR2 and is always pushing his lane mates to get better. -Coach Patrick



Senior I -Yifan Qiu. Yifan recently qualified for Futures in the 100 breaststroke after missing the cut several times by less than .10! Congrats Yifan! -Coach Emily M

Group Thoughts

Novice

We have been going week by week breaking down each stroke and working on technique, starts, turns, underwaters and streamlines.

Development I

The Development One squad has been hard at work this past month. The group has implemented a new rule where we hold our streamlines for three seconds off each wall. The swimmers have been working hard on their intervals and have learned the 1:00, 1:30, 1:20, 1:10, :55, and :50 intervals so far this season! Most recently we just had our challenge set of 10x50 flutter kick @1:30 interval and over half the group was successful in completing the challenge!

Pre-Performance

Like novice we have been working on stroke development. We have been focusing heavily on underwaters, breakouts and turns. We have set a goal for some of the group to achieve a legal 200 IM at Howard Jones.

Development 2

D2 has been spending each week working on a specific stroke and move through all 4 strokes during the month of May. We have been specifically working on consistent streamlines and under water kicking.

Performance I

The Performance One group has been working hard and having fun. Many will say the best part of practice is the post practice belly flops and cannon ball contest. PI had a great first long course meet at Tualatin Hills and we are getting ready for our next meet of the season. PI has been focusing on their streamline dolphin kicks and butterfly endurance.



Group Thoughts

Age Group Development

AGD has been continuing stroke development on each of the 4 strokes. The group works on one stroke per week before moving on to the next. A big emphasis this month has been streamlines off all our walls and utilizing our underwater kick. The group has also started to increase our swim distances to better prepare for the long course season.

Performance 2

P2 is returning from Scottsdale, AZ where they competed in the Cactus Classic meet. We had 16 swimmers travel to compete and had some fast swims. Vincent Cote set a new team record in the 800 Meter Free and we had several first place finishes. P2 also had a lakeside pizza party on Saturday 5/31 for fundraising over \$5,000 for the Swim-A-Thon and being the top fundraising squad. Thank you to the Brixey family for hosting the team and creating a fun experience for the kids!

Senior 2

SR2 has started of the long course season with two great meets, THSC Spring Invite and Cactus Classic. We also had a intersquad meet where many swimmers went best times. The group is progressing well with training and transitioning into a busy month of racing in June. We will also transition to a more intense training block and it is really important more than ever to attend practice.

Senior 1

SRI has had a great spring with some great performances at the THSC Spring Invite, Mel Zajac, and Cactus Classic. We also had an intersquad meet with some great results!! While we have kicked up our competition schedule, it's important to remember that this next block of training is one of the most important. Please do not wait until you are "out of school" to commit to the season. Plan ahead, prioritize the things you need to get done each day, and communicate with me about any potential conflicts with plenty of notice--this way we can ensure success for the summer season. School is important and I know finals can be stressful; start planning now and getting a jump on your studying etc.

