


# Oregon City swimmers making waves

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The Oregon City Swim Team (OCST) is cultivating some young swimmers to keep an eye on at this year's USA Swimming 2013 Summer Junior National Championships, being contested this week (Aug. 5-9) in Irvine, Calif. Three members of the OCST Elite squad are competing in the event.

It's the first time in over a decade that OCST has been represented at Junior Nationals. Qualifying for this elite swimming competition requires extreme discipline and dedication to very rigorous practice schedules, including up to 20 hours of training in and out of the water every week.

Lainey Visscher, 14, is swimming in the 100-meter backstroke, 200-meter backstroke, and 100-meter butterfly.

Visscher has been competing with OCST since she was 8 years old. Emerging at the upper echelon of age-group swimming with multiple state championships as a 13-year-old, she cemented her dominance this spring at Speedo's Western Region Section Championship by achieving her first Junior National Qualifying time, breaking the state record in the 200-yard backstroke by over 1.5 seconds, with a time of 1:57.00.

Robin Pinger, 15, has qualified to compete in the 100-meter breaststroke. She has been training with OCST since last summer, when she moved to Oregon from Germany. Her time of 1:13.13, swum at the Mt. Hood Aquatics Howard Jones Senior Open, is the fastest time in the 100-meter breaststroke by a female Oregon athlete this year.

A third OCST swimmer, 15-year-old Laura Laderoute, will swim the 100-meter backstroke in Irvine. She has been competing with OCST since she was 9 and started winning state championship events at the age of 13. Her time of 1:04.73 was a personal best by over two seconds and is the fourth fastest time in Oregon this year.

During the 2013 high school swimming season, Laderoute and Pinger were an integral part of the West Linn High School swim team, which nearly upset the powerhouse Jesuit High team at the State High School Swimming Championships.



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