

Swim club: It's gearing up for its 'long course season'

Continued from Page 1A

The club is gearing up for its summer season, which Reed calls the "long course season" since it includes meets on 50-meter, Olympic-sized pools. The first meet of the season was May 1-2 in Longview, Wash. The swimmers are in Gresham this weekend for their second meet.

Swimmers, 13 and up who qualify, will return to Gresham in July for state championships. Qualified swimmers, 12 and under, will compete at the state level in July in Albany.

To prepare the swimmers, Reed — a former high school swimmer with the Gig Harbor Peninsula Swim Club and coach at New Mexico State University — focuses on increasing endurance and cardio before perfecting techniques.

"He knows what he is doing," said Taylor Christie, an Astoria High School junior. "He starts off with getting us in shape and working on our endurance."

Set goals, be dedicated

Christie, a North Coast Swim Club member for the past 11 years, reached the highest level in the region in March when she qualified for Senior Sectionals at the end of the winter season.

Senior Sectionals is the level before Junior Nationals, where the fastest 18-and-under swimmers compete across the country.

Christie, who competes in freestyle and butterfly, traveled to Federal Way, Wash., to compete against the other top swimmers in the West.

"She got to go up and compete against the best swimmers in the Western states," Reed said.

Christie's goal is to make it back to Senior Sectionals for the summer season and again this winter season. Club swimmers have short breaks between summer and winter seasons, but usually train year-round.

Once she makes it back to Senior Sectionals, Christie said, her goal is qualifying for



Tired swimmers take a short break between swimming lengths of the pool.

JOSHUA BESSEX — The Daily Astorian



JOSHUA BESSEX — The Daily Astorian

Coach Alex Reed calls out times as each swimmer swims the length of the pool.

Junior Nationals, which is in San Antonio July 29 to Aug. 2 this summer season.

"You get to the Junior National level and you are getting full-ride scholarships," Reed said. "She has been

working hard. She is focused. She is ready to go."

To compete at a high level, Christie said, it takes focus and dedication.

"You have to set goals and be dedicated to the sport," she



JOSHUA BESSEX — The Daily Astorian

North Coast Swim Club Coach Alex Reed times swimmers as they do single-length swimming drills at the Astoria Aquatic Center.

said. "You have to be willing to push yourself to your limits."

'Like a family'

Unlike other swim clubs that have to travel hours to the nearest pool, Reed said,

the North Coast Swim Club is blessed to have the Astoria Aquatic Center.

Each year, the local swim club hosts two to three meets in Astoria. The meets usually bring at least 100 swimmers

and their families to town for the weekend.

When Reed joined as coach in 2013, he saw the potential the club had with annual meets at the Aquatic Center. Now, he wants to see the club continue to grow.

"It's come a long way and I feel like we have a long way to go," he said.

During practices, Reed — always carrying his stopwatch — keeps the energy high as he encourages the swimmers to shave seconds off of their lap times.

Although swimming is an individual sport, Reed creates a team atmosphere where the swimmers share their lanes and push each other to get faster.

"It's really fun when you are with friends," Christie said. "We are all like a family."



Daily Astorian file

The former Waldorf Hotel sits between City Hall and the Astoria Public Library

Remodeling: Price tag for previous library renovation plan was about \$4.6 million

Continued from Page 1A

"I would really like to see the original library — the current library — as an option on the table," Price said. "And leave it at that."

Price said the city should indicate it is looking at Heritage Square and the existing library and let developers pitch ideas, including, potentially, projects that involve the Waldorf.

"I think that we have a better ability to make a decision about the best choice if there is a choice," she said.

Some developers have said privately what City Councilor Russ Warr cautioned publicly this week: a Heritage Square project might be too expensive.

The price tag for the previous library renovation plan was about \$4.6 million. The city expects to produce a cost estimate for Heritage Square during the upcoming review.

The pivot to Heritage Square came after the City Council backed away from a decision

from last year to expand the existing library into the Waldorf and demolish the decaying hotel.

Preservationists, including Osborn, had appealed to the city to spare the Waldorf, a 1920s-era hotel formerly known as the Merwyn that is an example of Late Commercial with Renaissance detailing style. Some preservationists have also sought to preserve the existing library as a sample of the Brutalist style of the 1960s.

Mayor Arline LaMear and city staff had met privately with the developers working with Ho and with Osborn before the City Council moved toward Heritage Square.

LaMear questions whether a library renovation into the privately owned Waldorf would work as an option if Heritage Square does not pencil out. The mayor said a more likely alternative could be to remodel the library by using space in the library's basement, an option the city has avoided in the past be-

cause of concerns about expanding the library's staff.

"My feeling is, however, that if we decide that Heritage Square doesn't work, then we may go back to looking at the basement in the library rather than looking at the Merwyn at all," she said. "Because if we've got to go down into the basement, we may as well use the basement of the facility that we already have and make sure that all the funding goes to the library and not to renovating the Merwyn."

Osborn believes that between the basement of the existing library and the basement and first floor of the Waldorf there is ample room for a renovated library that would meet the city's needs. Housing could go on the upper floors of the hotel.

Osborn has shared his ideas with Price and remains interested in a project, both personally or as an advocate for another developer. "I think we can get people interested because it's the right thing to do," he said.



Supporting you for a
Lifetime of Health

WomenHeart
of North Oregon Coast
community support connection

Meetings:

3rd Wednesday of the month, 6:30 pm
CMH Health & Wellness Pavilion
3rd Floor Conference Room
2165 Exchange Street
Astoria, OR

May 20: Martha Pine, yoga instructor
June 17: Dr. Diana Rinkevich, cardiologist

Join your local chapter of WomenHeart, an organization for women living with or at risk of heart disease. This chapter is sponsored by Columbia Memorial Hospital.

Contact Michele Abrahams
for more information at
WH-NorthOregonCoast@
womenheart.org.



WomenHeart is the only national organization dedicated to advancing women's heart health through advocacy, community education and patient support. As the leading voice for the 42 million American women living with or at risk of heart disease, WomenHeart advocates for equal access to quality care and provides information and resources to help women take charge of their heart health.

2111 Exchange St., Astoria, Oregon • (503) 325-4321
www.columbiamemorial.org • A Planetree-Designated Hospital