



Alyson O'Connor

Astoria swimmers practice and simulate swimming at CMH Field.

Swimmers: ‘Most of the pools are closed’

Continued from Page A1

The Astoria swim team recently spent over a month practicing without a place to swim. For new head coach Alyson O'Connor, having to lead a team with no pool is one obstacle she was not expecting.

Because of precautions for COVID-19 and funding issues, the Astoria Aquatic Center has been closed since March.

In November through mid-December, Astoria swimmers were allowed to practice — per guidelines set by the Oregon School Activities Association — just not in a pool.

So, the Fishermen took to the next best place and held workouts at CMH Field. They were all “dryland” workouts, meaning workouts swimmers completed outside of the pool.

“Our pool wasn’t open,” O'Connor said. “We kicked around the idea of using Seaside (Sunset Empire Park and Recreation District’s Sunset Pool), but we could only have 10 kids at a time, plus a coach,” and just 30 minutes per practice.

“So Howard (Rub, Astoria athletic director) suggested, ‘I could get you a gym,’ but since we had more than 10 kids coming in, we decided on CMH,” she said. “And the kids had fun out on the football field. When does a swimmer get to be on the football field?”

The OSAA’s winter sports season of basketball, swimming and wrestling is slated to start the second week of May and run through late June.

‘I TOLD OUR SWIMMERS, ‘JUST ROLL WITH THE PUNCHES. I KNOW THE OSAA IS DOING THIS TO KEEP EVERYBODY SAFE.’

Alyson O'Connor

O'Connor and her swimmers are hoping to have their home pool back by then, in the hopes of salvaging some sort of season.

“I told our swimmers, ‘just roll with the punches,’” said O'Connor, who replaced Kathryn Zacher as the Astoria coach over the summer. “I know the OSAA is doing this to keep everybody safe.”

If winter sports athletes do have a season, “it’s going to be a condensed season,” she said.

And the days of big swim meets, such as the Andrew Nygaard Invitational, Cowapa League, districts and state championship, may not take place until next school year.

“There will be no state meet this year,” O'Connor said. “Some of my swimmers, especially the seniors, have been swimming since they were 6 or 8 years old. We watched them grow up through the club team, and I really want to give them something.”

“So I was excited when Howard told us we could do dryland workouts, so at least they have something.”

And how does a swim team practice outside of a pool?

“There’s more running, and a lot of strength and conditioning,” O'Connor said. “Working on getting the shoulders and hips

strong. We implemented dryland workouts last year, and we saw huge improvements in the swimmers, who developed more strength, and we had less injuries to the shoulders.”

So, in their practices in November and December, the swimmers hit CMH Field. To simulate swimming, they balanced themselves on benches to practice strokes.

Working out at CMH Field on cold winter nights wasn’t too inviting, so O'Connor said she “tried to throw some fun into it, because they’ve just been stuck at home. They got to play kickball and goof off a little. They were still working hard, but it’s just not the same when you’re not in the water.”

In swimming, “if you’re not in the water doing it, you lose a lot physically,” O'Connor said. “I tried to get them to high cardio with the running and sprints and plyometrics. With my sprinters and my long-distance swimmers, I was pushing them out of their comfort zone, making them run the perimeter of the field for seven minutes. Some of them were having a hard time, but the endurance kids were loving it.”

The Fishermen had a handful of swimmers who were still able to work out at the Seaside pool.

“About 10 swimmers were going to Seaside to

swim Monday, Wednesday and Friday with the Seaside rec team,” O'Connor said. “...When they are there, they can only swim for maybe 30 minutes, because you can only be in the building for 45 minutes. It’s better than nothing.”

Most swimmers in the state are in the same boat as the Fishermen.

“Most of the pools are closed,” O'Connor said.

As in all activities, it will come down to giving the athletes their only spring fling with sports for this school year.

“Hopefully when the pool opens, the North Coast (Swim Club) teams can start back up,” she said. “A good number of my swimmers are on that.”

She added, “I’m trying to make the most of it and giving the seniors the best that we can. They were breaking records last year and the year before, so I’m hoping to give them something to work for.”

O'Connor estimates that there are 30 to 35 swimmers on this year’s team, a group that includes talented returners Tori Smith and Grace Peeler.

“And we have Jacob Peeler, Daniel Emerson-Palmer, Lily Reed, Brooke O'Connor, Trevor Newman, Phelan Dopp and Tyler Schaueremann.

“Our boys’ relay team is looking good,” O'Connor said. “Our girls are looking strong, with Tori and Grace, and freshman Hannah Daniels. And with Constance Rouda, we could have some strong relay teams. It could still be exciting. I guess you take what you can get and make the best of it.”

Virus: 1,708 deaths statewide as of Wednesday morning

Continued from Page A1

second death as a 62-year-old man who tested positive on Nov. 29 and died on Dec. 7 at Columbia Memorial Hospital in Astoria.

The health authority said both men had underlying conditions.

The health authority described the third death as a 55-year-old man. He tested positive on Dec. 17 and died on Dec. 23 at Providence Seaside Hospital.

He reportedly had no underlying conditions.

On Tuesday, the county reported 20 new cases.

The cases include a man and a woman in their 50s living in the southern part of the county.

The others live in the northern part of the county and include two males and a female under 10, a female between 10 and 19,

two women in their 20s, two women in their 30s, five men and two women in their 40s, a man and a woman in their 50s and a woman in her 60s.

All 20 were recovering at home.

On Wednesday, the county reported three new cases.

The cases include a female between 10 and 19 living in the northern part of the county, and a man in his 40s and man in his 50s living in the southern part of the county.

All three were recovering at home.

The county has recorded 660 virus cases since March. According to the county, 11 were hospitalized and four have died.

The Oregon Health Authority reported 129,109 cases and 1,708 deaths from the virus statewide as of Wednesday morning.

Consult a PROFESSIONAL

LEO FINZI

Astoria's Best

MAC MINI (2018)
BIG SUR OS, 8 GB RAM
\$499.99

Mon-Fri 10-6, Sat/Sun Closed
77 11th Street, Suite H
Astoria, OR • 503-325-2300
AstoriasBest.com

If your Mac won't start up

1. Hold the power button down for 10 seconds, until your Mac turns off.
2. **Hold down the Shift key and the up arrow (⬆):** This will start up your Mac in safe mode. Safe mode is a less enhanced version of your regular operating system. Now back up your data. Starting up in safe mode can fix errors.
3. Disconnect all external devices. Hold down the **D** key during start up. This will start up your Mac to Apple Diagnostics and check for hardware problems.

ASTORIA CHIROPRACTIC

Alicia M. Smith, DC
Owner

503-325-3311
1490 Marine Dr., Suite 202
Astoria, Oregon

Q: Does Medicare cover chiropractic care?

A: Yes, it does! Medicare covers chiropractic services. If you have secondary insurance, that can help as well! Call us today for more information or to schedule your appointment.

JEFFREY M. LEINASSAR DMD, FAGD

503/325-0310
1414 MARINE DRIVE, ASTORIA
www.smileastoria.com

Q: What are dental sealants, who should get them and how long do they last?

A: Dental sealants are clear coatings placed in the deep grooves of teeth, protecting them from food and bacteria that can be hard to remove with brushing. We recommend having your child's permanent molars sealed as soon as they are fully erupted. You can expect sealants to last upwards of 10-15 years and are a safe, inexpensive way to help ensure your child's oral health. Call us today to make your appointment.

Market: ‘There’s not another Italian market on the coast’

Continued from Page A1

“We did some research, and there’s not another Italian market on the coast,” Rachel Gaetano said.

The deli and market appealed to the family, focusing on to-go items that wouldn’t be affected by dining shutdowns because of the coronavirus and would provide locals an easy dinner to take home and heat up.

The family looked around at local restaurants for the

right mix of floor space and a kitchen to turn out their to-go meals. They landed on the Allen Building, which developer Ted Osborn sold in 2018 to Lake Oswego couple Daniel Kaiser and Yvonne Troutman.

Next door to Gaetano’s is Caring for the Coast, an in-home elderly care company. On the 10th Street storefront of the Allen Building is Sacrificious Beauty, a bath, body and skin care company.

Gaetano’s will replace

Bellissima Salon & Spa, which closed temporarily beginning in August. Lauren Ryan, the owner of Bellissima, said she plans to reopen the salon in a smaller location.

“We have looked into a few places downtown but

are focused on a small place that can serve the salon and our new Babe Cave Clothing Co. boutique, as well as be a safe haven for the homeless at night with heat lamps and a daily food and clothing drop-off,” Ryan said.

WANTED

Alder and Maple Saw Logs & Standing Timber

Northwest Hardwoods • Longview, WA

Contact: John Anderson • 360-269-2500

Lisa Cadonau

Advertising Representative

the Astorian

503-325-3211
www.dailyastorian.com
949 Exchange St., Astoria, OR

Q: What is the best way to get results from my limited advertising dollar?

A: The combination of a print and online audience is recession proof. We have an excellent print and online special for this time of year. Give your sales representative a call today to hear more about it!