



Welcome to the 2014-2015 Season

The Lander Swim Club 2014-2015 season is off to a great start! LSC swimmers and coaches are working hard, while parents watch proudly from the bleachers. It is good to see everyone back at the pool.

The new practice schedule is going well—remember, your swimmer may only attend practices included in their registered group. If your swimmer is not going to swim in a given month, make sure you notify us one month in

advance, so billing can be paused and their spot can be made available for other swimmers.



Lander Swim Club is a not-for-profit organization with a volunteer board of directors, who oversee Club business. We are fortunate to have such a

wonderful group of people working hard to make Lander Swim Club possible.

Board members for the 2014-2015 season include: Joan Kulow, Tim Hampton, Ellen Brinda, Susan Gose, Mike Lilygren, Shana Tarter, and Mark Roy. If you see them at the pool, be sure to thank them for all of their hard work. If you ever have any questions about Lander Swim Club, feel free to ask a board member.

Save the Date

October 3rd—Team Suit Orders Due

October 5th—Mock Meet & Spook Splash Parent Meeting 4:00-6:00 pm

October 14th—Spook Splash Entries Due

October 23rd—NO PRACTICE—LVHS Home Meet—Timers Needed!

October 25th & 26th—31st Annual Spook Splash Meet in Lander

November 14th—Casper Pentathlon

November 15th—Swimposium and Top 5 Banquet in Casper

November 22nd-23rd—Riverton Gizzard Blizzard Swim Meet

December 13th-14th—Worland Meet

December 20th—Swim Clinic with Olympians in Lander

Lander Swim Club Rules

A Tiger Shark's Home is the Pool so take care of it!

- Take care of yourself by being prepared for practices and meets.
- Take care of your teammates, supporting each other, and behaving appropriately in locker rooms and bathrooms.
- Take care of the pool by following pool rules, lifeguard and coach instructions, using equipment properly, and putting it away.

Be on time for practice and meets.

- Anyone who is late may not be able to practice, at the discretion of the coach.

All athletes and parents/guardians must know and adhere to the Lander Swim Club Code of Conduct



Expectations of Parents

Please remain in the spectator area or lobby during practice.

Stay off the deck.

Please speak to coaches before or after practice, not during.

Drop off your kids for practice no sooner than 15 minutes before practice.

Pick up your athlete promptly when practice ends.

Help supervise the locker rooms.

Volunteer!



*"Don't
count the
laps, make
the laps
count."*

31st Annual Spook Splash

Lander Swim Club is hosting the 31st annual Spook Splash on October 25th and 26th. This is one of the first meets of the season and a favorite of many Wyoming swimmers. Spook Splash is a primary fundraising event for Lander Swim Club, so please volunteer and help support LSC.

If you are not sure your swimmer is ready to compete in this meet or don't know which events they should enter, please talk to the coaches after practice.

Wondering what your athlete should pack for the meet? They should bring their suit,



goggles, swim cap (and extras, just in case), 2-3 towels, and warm non-cotton clothes to wear in between events. Be sure to bring healthy snacks and/or money for concessions, and something to keep them busy between races...but nothing so distracting that they miss a race!

Make sure to mark names on belongings!!

Swimmer can learn more about what the meet will be like by attending the mock meet on Sunday, Oct. 5th at 4pm. During the mock meet, parents should plan to attend the Spook Splash parent meeting.

Spook Splash is successful because of parent volunteers. Please plan to volunteer and donate food for the concession stand. Fundraising at Spook Splash help LSC keep dues down and continue to provide a quality program. Watch your email for online sign ups!

Parents: Swimming 101

Spook Splash is one of the first swim meets of the season and the very first swim meet for many of our swimmers. A great way to make sure you understand what to expect and how to prepare for the meet is to become more familiar with competitive swimming.

The USA Swimming website is full of information for swimmers and parents. If you want to learn more about the four competitive strokes, competition rules, and swim meet basics, go to www.usaswimming.org, and check out [Swimming 101](#) for more information.

Leave the coaching to the coaches, but learn the lingo, so you can help your swimmer prepare for competition.

www.usaswimming.org



*"Chlorine:
the
breakfast
of
champions!"*



Nutrition at a Meet



Who doesn't love to try new foods? However, it is probably not a good idea for your swimmer to try new things while they are competing. Many swimmers get nervous stomachs while competing or just don't swim as well when they are too full. Make sure your swimmer eats a healthy, balanced breakfast before the meet.

During the meet, make sure your swimmer has healthy, familiar snacks available to keep them fueled for the entire meet. Good options include, low fiber fruit, eggs, and low fiber snacks. Hydration is key, and water is really the best choice.

After the meet, make sure your swimmer recovers with more water, chocolate milk, almond milk, fruits, vegetables, almonds, and/or lean meat.

Coach's Corner

When athletes achieve their personal goals, it is a fantastic way for them to increase self-confidence and self-awareness, as well as learning how to work toward something over a period of time. Currently, the competitive groups are tracking their times when we have timed sets during practice. Each swimmer has their own worksheet to keep track so they can see how they progress over time. However, there are ways for athletes to set goals and track their progress without tracking times. It is important to focus on both the process

as well as the result.

For Learn-to-Swim and White Group, help your athlete set skill-based goals, like being able to retrieve objects from the bottom of the pool. Or, athletes could set attendance goals, like making it to all the practices they signed up for in a month.

For competitive swimmers, the easiest way to view progress is through timed sets, and cutting time in competition. However, athletes can easily become discouraged if they do not cut time. It is important for competitive swimmers to

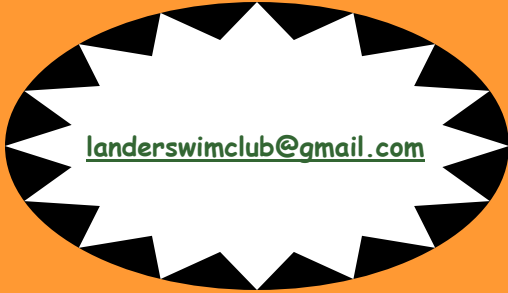
also focus on achieving or improving their skills, even if they add a little time to the event. Overall, a swimmer who has an efficient swim will be more successful over their swimming career than a fast swim today. For example, learning to streamline after a flip turn will help the swimmer develop good habits today that will turn into fast habits as they grow and strengthen.

Coaches love to help swimmers with their individual goals. Let us know what your athlete is working on!

-Coach Jennifer



Lander Swim Club
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The Lander Swim Club—Home of the Tiger Sharks—is a not-for-profit organization empowering athletes of all ages to grow and achieve their personal best through excellence in swimming.

Frequently Used Swim Terms

Competitive Strokes—

Butterfly, backstroke, breast stroke, and freestyle

Individual Medley (IM)—

An event comprised of all four of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle.

Short Course— The length of the pool is either 25 yards (SCY) or 25 meters (SCM).

Blocks— The starting platforms located behind each lane.

Heats— A division of an event when there are too many swimmers to compete at the same time. The results are compiled after all heats of the event are completed.



Disqualified (DQ)—A swimmer's performance is not counted because of a rule infraction. A disqualification is shown by an official raising one arm with open hand above their head.

Deck— The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an "authorized" USA Swimming member may be on the deck during a swim competition.

