



LANDER SWIM CLUB



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November/December 2014

SHARK TANK

Top 5 Achievements



Pictured: Chase Bolding, Jonny Kulow, Dylan Huelskamp, Colin Kinney, Benny Kulow, Morgan Gramlich, Caleb Huelskamp, Nick Kulow, and Ryan Brinda. Not pictured: Ryan Crawford, Katie Forton, Drew Gramlich, Griffin Leemon, and Tucker Russell.

Fourteen Lander Swim Club athletes achieved Top 5 times for the 2013-2014 season. Each of them swam one of the five fastest times in one or more events for their age group and gender in all of Wyoming. On Saturday, November 15th, swimmers attended a

banquet where they and other Wyoming swimmers were recognized for their achievements. Three-time Olympic freestyler, Klete Keller, was the featured speaker.

Morgan Gramlich earned Top 5 times in two age

groups and Jonny Kulow was recognized for breaking two Wyoming state records. Three LSC athletes had the number one fastest time in a least one event.

Go Tiger Sharks!!

Save the Date

- November 27th- No Practice—Happy Thanksgiving!
- December 13th & 14th- Worland Sugar Beet Dash Meet; No Sunday Practice
- December 20th- 10:00 am LVHS Boys Home Meet—Timers Needed!
- December 20th- 2:00 pm Mutual of Omaha BREAKOUT! Swim Clinic
- December 21st- Regular 4:00-6:00 pm practice for Red, Blue, Green, Masters
- December 22nd & 23rd- Learn to Swim 6:00-7:00 pm; Lanes 6:00-7:30 pm
- December 28th-Regular 4:00-6:00 pm practice for Red, Blue, Green, Masters
- December 29th & 30th-Learn to Swim 6:00-7:00 pm; Lanes 6:00-7:30 pm
- January 3rd- Happy New Year's Meet in Lander
- January 3rd- Team Movie/Game Night @ the Fire Hall 6:00-10:00 pm
- January 4th-Regular 4:00-6:00 pm practice for Red, Blue, Green, Masters
- January 17th & 18th- Powell Meet; No Sunday Practice
- January 29th- No Practice—LVHS Home Meet—Timers Needed!
- February 21st & 22nd- Big Horn Basin Conference Meet in Riverton
- March 6th, 7th & 8th- Wyoming Winter State Championships in Laramie

Spook Splash 2014



Always remember, whatever the goal--keep your eye on it.



Spook Splash 2014 was a huge success! Lander Swim Club had 75 athletes who cheered loudly, swam hard, and cut time.

Local businesses showed incredible support for Lander Swim Club, so please use our local sponsors~ check your program!!!

Spook Splash would not have been possible without volunteers. It took over 80 parents to make Spook Splash run smoothly and be such a great experience for the kids.

LSC raised over \$8200—This is a significant increase from last

year. This money will help LSC continue to offer excellent opportunities for Tiger Sharks.

LSC swimmers, coaches, and parents rock!!

Thanks to Everyone Who Helped Make Spook Splash Such a Success

- LSC Board of Directors
- Norma and Dave Dufek
- Officials & Referees
- Head Timer and Timers
- Clerk of Course
- Meet Director
- LSC Coaches
- Concession Volunteers
- Awards
- T-shirt & Program Sales
- Concession Donations
- Pool Staff-Set up & Clean up
- Safety Officer
- T-shirt Design & Ordering
- Lifeguards
- Clock Operator
- Video Display
- Program Creation & Sponsorship
- Hospitality
- Announcer
- Tattoo Application

Coach's Corner—Top 10 Reasons to Swim with your Swimmer Over the Holidays

Families who swim together...well, both stay together, and stay healthy together. Over the holidays, take a moment to swim with your athlete. There is a wealth of research studies that show that swimming has huge benefits to cardiovascular health. There are some social benefits to playing in the water with family members, or racing your athlete in an environment they know they can succeed. Here are just a few of them:

1. Younger athletes are often very excited to show their family members what they can do in the water, which helps them practice their skills
2. Athletes are more likely to try new skills if they are showing what they learned to their parents
3. Playing in the water increases an athlete's proprioception, or how their body moves in the environment they are in
4. Racing parents can help build their self-confidence in the water. "I BEAT YOU!"
5. Teaching a swimming skill to parents and/or other family members helps cement their own foundational skills in their own swimming
6. Playing in the water, without having a structured workout, helps swimmers discover the "feel" of the water and achieve other milestones, like breath-control
7. Swimming helps build trust in both the swimmer and the other family member - "I didn't know you could do that!"
8. You can invent all kinds of games in the water, my son and I played a lot of TAG - "You're IT!" ...which helped develop racing skills in short distances.
9. When the family all participates in swimming, athletes, parents, even siblings who don't swim are more knowledgeable about competitive swimming. They are more likely to participate and achieve at higher levels.
10. Swimming takes four times the effort of running, so hopefully everyone is really hungry (and make healthy food choices), and really, REALLY tired when they're done.

Mutual of Omaha BREAKOUT! Swim Clinic

Lander Swim Club is hosting a Mutual of Omaha BREAKOUT! Swim Clinic, featuring two Olympic athletes, Ian Crocker & Ariana Kukors at 2:00 pm on **Saturday, December 20th** at the Lander pool.

Ariana Kukors currently holds the world record in the 200-meter individual medley (long course). Kukors has won a total of seven medals in major international competition, two golds, three silvers, and two bronze spanning the World and the Pan Pacific Championships. She placed fifth in the 200-meter individual medley event at the 2012 Summer Olympics.

Ian Crocker is five-time Olympic medalist, and former world record-holder. During his career, he set world records in the 50- and 100-meter butterfly (long course and short course) and the 100-meter freestyle (short course). He has won a total of twenty-one medals in major international competition, spanning the Olympics, the FINA World Aquatics Championships, and the Pan Pacific Swimming Championships.

Become An Official—LSC Tiger Sharks Need YOU!!

Lander Swim Club was able to hold Spook Splash, because many officials from other teams volunteered. We only have two LSC officials right now. For such a large team, LSC should really have at least four to six officials.

Many WY teams are not able to host meets, simply because they do not have enough officials.

To ensure that we are able to continue to host meets for our LSC Tiger Sharks, Lander Swim Club is looking for people willing to become officials.

The process involves some paperwork, a couple tests, and observation on deck during a meet.

All certified LSC officials will receive a \$25 stipend for each session (usually

one day) they officiate at any Wyoming meet. So if you become an official and represent LSC at a meet, you can complete a voucher and receive \$25 per day.

Officiate at a meet and you could cover meet fees for your swimmer!!

For more information, please email landerswimclub@gmail.com.



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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.

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Frequently Used Swim Terms

Championship Meet

The meet held at the end of a season. Qualification times are usually necessary to enter meet.

Circle Seeding: A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes.

Prelim: Slang for preliminaries, also called heats - those races in which swimmers qualify for the championship finals in an event.

Final: The championship heat of an event in which the top six or eight swimmers from the preliminaries compete for awards, depending on the number of lanes in the pool.

Psych Sheet

An entry sheet showing all swimmers entered into each individual event. Sometimes referred to as a "Heat Sheet" or meet program. However, a "heat sheet" would show not only every swimmer in an event, but also what heat and lane they are swimming in.

Time Trial: A practice race which is not part of a regular competition. Time trials may be sanctioned and used to qualify or specific meets.

Swim-off: In a prelims/finals type competition a race after the scheduled event to break a tie. The only circumstance that warrants a swim-off is to determine which swimmer makes finals or which swimmer makes finals or an alternate, otherwise the tie stands.

