



# LANDER SWIM CLUB



VOLUME 1, ISSUE 5

SPRING 2014

## 2014 SPRING BANQUET



# SHARK TANK

### Save the Date!!

LSC Calendar: <http://www.landersistimclub.org/Calendar.htm>

- April 17th-** No Practice; 4:00 pm LMS Home Meet—Timers Needed!
- April 18th-** Make-up Practice; 3:30-4:30 pm or 4:30-5:30 pm
- April 20th-** No Sunday Practice— Happy Easter!
- April 24th-** No Practice; 4:00 pm LMS Home Meet—Timers Needed!
- April 25th-** Make-up Practice; 3:30-4:30 pm or 4:30-5:30 pm
- May 18th & 19th-** Team Meet—Rock Springs
- May 19th-30th-** Pool Closed— No Practice
- June 2nd-** Summer Sessions Begins—See Page 4
- June 20th-22nd-** Team Meet—Gillette Summer Spectacular
- July 18th-20th-** Team Meet—Summer State in Gillette
- August-** No Practice

## Conference Champions

In February, many LSC swimmers swam hard to take **1st place** in the Big Horn Basin Conference Meet in Powell.

If you have not checked out the traveling trophy, take a peek in the trophy case in the pool lobby.

Great job swimmers and coaches!!



Between events, LSC swimmers could be found signing pillowcases!!

## Coach's Corner

Spring and summer in Wyoming begins a time of reflection and good weather. We often think back on the winter season of all the practice and meet participation we've accomplished and plan for the next step. Often, swimmers take a break from swimming competitively to participate in other sports and activities, to travel, and enjoy the great outdoors. Here are some things to remember when away from structured practices.

1. Play! Go to Rec Swim or make a family trip of visiting Thermopolis. Our Tiger Sharks love showing parents and friends what they can do in the water without it being a

competition.

2. Stay Active! Exploring other sports and activities helps build muscle and bone, and develop balance and strength in different ways. Remember to save some time for swim practice, too.
3. Keep Meets in Mind! We have identified Team Meets for the spring and summer. These meets are small and fun! Attach the meet to other great things to do in the towns that are hosting them, like water parks, trail rides, fishing, etc.
4. Consider trying a triathlon. There are kid divisions and team triathlons all over

Wyoming.

5. Visit and practice with a team while on vacation. See how you measure up while on vacation.
6. Sign up for swim camps! There are many in the Rocky Mountain Area including UW, UofUtah, BYU, CSU. We're getting emails from North Dakota, Wisconsin, Missouri. Contact Coach Jennifer for more information.
7. Elite Meets- Remember it's okay to take a break, just not too long if you're going to Senior or Age Group Zones!

HAPPY SWIMMING!!!



# 2014 WY Winter State Championships



## Kulow Breaks Two Wyoming State Records!

Jonny Kulow, age 9, recently traveled to Federal Way, Washington to compete in the Northwest Age Group Regionals. In the 10&U 50 Fly, Jonny took 2nd place, with a time of 30.03, setting a new Wyoming state record! He went on to take 4th in the 10&U 100 Fly, with a time of 1:10.06, setting another new WY record.

Congratulations Jonny!



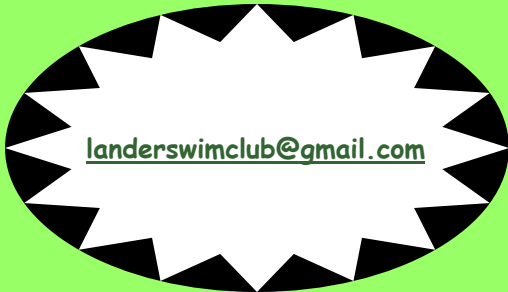


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[www.coachlantien.blogspot.com/](http://www.coachlantien.blogspot.com/)

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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[www.landersistimclub.org](http://www.landersistimclub.org)

## SUMMER SCHEDULE

Lander Swim Club's summer practice schedule will run June 2nd through July 31st.

### **Learn To Swim and Lane 1**

Monday/Wednesday 4:00-5:00 pm

Tuesday/Thursday 4:00-5:00 pm

### **White Group, Red Group, Blue Group, Green Group, and Masters: Any Combination**

Monday 4:00-5:00 pm or 5:00-6:00 pm

Tuesday 4:00-5:00 pm or 5:00-6:00 pm

Wednesday 4:00-5:00 pm or 5:00-6:00 pm

Thursday 4:00-5:00 pm or 5:00-6:00 pm

\*There will be no Sunday practices during the summer.

\*There is no practice in August.