

# SHARK TANK

## LANDER SWIM CLUB



VOLUME 3, ISSUE 1

SEPTEMBER 2015

### Welcome to the 2015-2016 Season

Lander Swim Club 2015-2016 season is off to a great start! It is good to see familiar faces back at the pool, and we are excited to meet new swimmers and their families. LSC swimmers and coaches are already working hard and having lots of fun.



### Fall Banquet

**What:** Potluck dinner and new season celebration

**When:** 5:30 pm on Thursday, Sept. 10  
(right after practice)

**Where:** Library in the building next to the pool

Please sign up to bring something yummy—

<http://www.signupgenius.com/go/10C0C44A4AE2EA7FD0-fall2>



### Save the Date

**September 10:** Fall banquet at 5:30 pm

**September 24:** No Practice— LVHS Home Meet— Timers Needed at 3:45 pm

**October 1:** No Practice— LVHS Home Meet— Timers Needed at 3:45 pm

**October 24 & 25:** Spook Splash Meet



## Coach's Corner

*"Just  
Keep  
Swimming!"*

On behalf of all our coaches, welcome back, Tiger Shark Family! And welcome to the club to all our new members! The Lander Swim Club has had two very successful seasons this past year. Competitively, we placed 3rd place in Division I at Wyoming Winter State with 6 new state records, and 3rd in Division II at Wyoming Summer State with 6 new state records and our largest team competing in the last 10 years. Then, two of our swimmers were part of the Wyoming Age-Group Zone team where they did extremely well and made us proud (see page 5). Our members experienced many personal bests, had a lot of fun, have shown our Tiger Shark pride in many ways, and our members exhibited the spirit, sportsmanship, and fantastic swims like world-class athletes.

Along with our many high moments, we also experienced a very low moment. Our founding coach, mentor, #1 supporter, and friend, Bruce Gresly passed away suddenly on June 28. He was the man who introduced many of us to this spectacular sport we love, taught us how to be awesome swimmers and coaches, recruited us to be die-hard volunteers and officials, and overall was the kind of person we all strive to be—kind, generous, patient, positive, and fun. This is our first season without Bruce casually observing from the deck, asking how up-and-coming swimmers are doing while eating pretzels in the office. We promise, Bruce, to make you very proud, and continue your legacy of excellence in swimming!

With that said, we attribute much of our success to 1) Consistent coaching; 2) Facility support; 3) Parent/volunteer support; 4) Our team culture. The Lander Swim Club has a rich history and close connections with our team members that lasts a lifetime. Remember to come to our Annual Banquet on September 10 at 5:30 pm at the Starrett Building to learn more about how you are part of this family! I'm so happy you're here! And remember—JUST KEEP SWIMMING!

-Coach Jennifer

**For a limited time,** Lander Swim Club is offering youth and adult *tech* shirts, sweatshirts, and stadium seats with the LSC logo. Items can be ordered up **until Sept. 17** and will be delivered to the pool before Spook Splash.

To order: <https://lswimclub.itemorder.com/sale>



## Expectations of Swimmers

***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 bleacher area or lobby during practice and stay off the pool 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— we can't do it without your help!

# 32nd Annual Spook Splash



Lander Swim Club is hosting the 32nd annual Spook Splash swim meet on October 24 and 25. This is one of the first meets of the season and a favorite of many Wyoming swimmers. If you are not sure if 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.

Watch your email for the meet sanction and entry form!



Follow LSC on Facebook—

<https://www.facebook.com/landerswimclub>

## Spook Splash is a primary fundraiser for Lander Swim Club...

...and successful because of parents, so please volunteer and donate food for concessions.

Fundraising at Spook Splash helps LSC keep dues down and continue to provide a quality program.

Parents of Learn to Swim, Lane 1, and non-competitive swimmers—we need your help too!

Watch your email for volunteer and donation online sign ups!

## 2015 Western Zone Age Group Championships



Ryan Brinda and Jonny Kulow competed at the 2015 Western Zone Age Group Championships in early August as part of the Wyoming team. The competition took place in a 50 meter outdoor pool in Kihei, Maui, Hawaii.

Ryan had tough competition in the 13-14 Boys division, but his hard work paid off. He competed in six events over four days, cut some time, and had his best race on the fourth day of competition. In the 50 Free, he swam a personal best with a time of 26.61, taking 25th place. Great job, Ryan.

Jonny swam well in Hawaii, breaking many of his own long course meters Wyoming state records in 9-10 Boys. Jonny also swam six events over four days. He took 1st in the 200 Free, 2nd in the 100 Back and 100 Free, 3rd in the 50 Fly, and 5th in the 50 Back and 50 Free. Way to go, Jonny!

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Lander Swim Club  
P.O. Box 27  
Lander, WY 82520



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[landerswimclub@gmail.com](mailto:landerswimclub@gmail.com)

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

## Frequently Used Swim Terms

### **Competitive Strokes—**

Butterfly, backstroke, breast stroke, and freestyle

**Lap—** Down and back (2 lengths) of the course.

**Length** —The extent of the competitive course from end to end.

### **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.

**Pull Buoy—** A flotation device used for pulling by swimmers in practice.

**Kick Board** —A flotation device used by swimmers during practice.

**Fins—** Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not competition.

**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.

**Dryland—** The exercises and various strength programs swimmers do out of the water.

**Entry Fees—** The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.

*Just  
Keep  
Swimming!*