



LANDER SWIM CLUB



VOLUME 2, ISSUE 3

JANUARY/FEBRUARY 2015

Happy New Year!!

Movie/Game Night ~ January 3rd, 2015



SHARK TANK

Save the Date!!

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

- January 30th- Make-up Practice 3:30 pm and 4:30 pm
- January 31st- LVHS Meet at 11 am— Timers Needed
- February 4th- 6:00 pm Parent Meeting for Winter State— At the Pool
- February 13th- LVHS Meet at 12 pm— Timers Needed
- February 14th- LVHS Meet at 10 am— Timers Needed
- February 21st & 22nd- Team Meet—Big Horn Basin Conference Meet— Riverton
- February 21st & 22nd- "B" State— Casper
- March 6th, 7th, and 8th- Wyoming Winter State Championships— Laramie

Big Horn Basin Conference



The February team meet will be the Big Horn Basin Conference Swim Meet in Riverton on February 21st and 22nd. This is a closed meet, meaning only the teams in our conference are allowed to participate. These teams include Powell, Cody, Riverton, Worland, Big Horn Basin Blue Dolphins, Lovell, and Lander.

The team with the most overall points will win the traveling team trophy. Every point counts, so all Lander swimmers can help LSC earn points. Lander currently has the trophy, so please plan to participate and help LSC keep the trophy!

Entries and payment are due by 5:30 pm on Monday, February 9th.



Coach's Corner



The coaches would like to recognize some athletes who have gone above and beyond in their efforts to achieve their goals during practices and meets. These athletes have exhibited the qualities we hope all our swimmers will recognize in themselves and continue to help us all grow and succeed as a team.

MOST IMPROVED—Sierra Selley, Red Group, nominated by Coach Erik. She took a break in the fall and when she came back, she was very focused and worked hard in practice, cutting time in all her events she swam at the HNY Meet!

MOST IMPROVED—Cyrus Foutz, LTS, nominated by Coach Kelsey. Cyrus was very apprehensive at first. Now he is the first to get in the water!

LEADERSHIP—Gus Childers, Lane 1, nominated by Coach Candice. Gus leads by example. He follows direc-

tions and make every effort to do things correctly, and demonstrates drills and activities for his peers.

LEADERHIP—Rachel Kauffman, Green Group, nominated by Coach Richard. Rachel is currently competing in both high school basketball and swimming. Her winning attitude and dedication show others how to balance a full schedule and achieve goals.

PERSEVERANCE—Gage Hampton, Red Group, nominated by Coach Mike. Gage often swims with older athletes. He pushes himself to keep up and when he is not the first one in the lane, he always gives his full effort.

PERSEVERANCE—Claire Francom, LTS, nominated by Coach Chance. Claire is very focused, will try new things, and works hard to improve her skills every practice.

TEAM SPIRIT—Li Platz, Blue Group, nominated by Coach Erik. Li is so cheerful! Even after she has swum an event and left all of her effort in the pool, she still gets her teammates to cheer for each other and leads team cheers at the meets.

SPORTSMANSHIP—Finn Richards, Red Group, nominated by Coach Jennifer. During a highly competitive practice, Finn high-fived and complimented his teammates and encouraged them when sets got tough. He helps other swimmers during club meets, high school meets, and practices.



Mutual of Omaha BREAKOUT! Swim Clinic



On December 20th, Lander Swim Club hosted a Mutual of Omaha BREAKOUT! Swim Clinic, featuring Olympians, Ian Crocker and Ariana Kukors. Lander athletes and other swimmers from around the state were fortunate to meet and learn from these two USA champions. Ian and Ariana demonstrated strokes and turns, gave advice, and shared their best tips.

Thanks to the LSC Board of Directors for making this opportunity a reality for Lander swimmers!!

"A" State and "B" State

WY Winter "A" State will be in Laramie on March 6th, 7th, and 8th. In order to compete at "A" State, swimmers must achieve qualifying times (Q-times). If they only have one or two Q-times, they may be able to swim in "bonus" events. They cannot swim in events they have never swum before.

WY Winter "B" State will be in Casper on February 21st and 22nd. If a swimmer has achieved a Q-time in an event, they cannot swim that event at "B" State. They cannot swim in events they have never swum before. If a swimmer achieves a Q-time at "B" State, they must contact LSC immediately if they want to swim that event at "A" State.

6:00 pm, Wednesday, February 4th— Winter State parent meeting at the pool.

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.

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Frequently Used Swim Terms

NS (No Swim) - In results, NS indicates that the swimmer did not compete in the event.

NT (No Time) - If a swimmer's seed time is listed as NT, it often indicates that this is their first time swimming the event in a meet.

Seeding - The process of assigning swimmers entered in an event to a heat and lane.

Split - The time for a portion of an event. In longer events, splits are usually available each time a swimmer turns at the start end of the pool.

Fly Over Starts - A forward start of heat performed before the swimmers from the previous heat have exited the pool. Fly Over Starts allow swimmers to catch their breath before they exit the pool and allow better management of the meet timeline.

Prelims-Finals - A meet with two sessions. The preliminary heats are usually held in the morning or early afternoon. The fastest swimmers return in the evening to swim the event again in Finals.

Positive Check In - This is the requirement that a swimmer indicate their intention to swim a specific event by marking their name on a list. The Meet Sanction indicates which events require Positive Check In and what time check in closes. After swimmers have been checked in, the event is Deck Seeded and heat and lane assignments are posted. Any swimmers that have not checked in by the Positive Check In deadline are scratched from the event.

