

Team Sponsor



LANDER SWIM CLUB



VOLUME 3, ISSUE 2

NOVEMBER 2015

SHARK TANK

2015 Spook Splash



Save the Date

- November 7: 10:00 am LMS Home Meet— Timers Needed
- November 7 & 8: Laramie Fall Harvest Classic Meet
- November 14: Top 5 Banquet
- November 21 & 22: Jackson Fall in the Hole Invitational Meet
- November 28: MOO Swim Clinic with Michael Andrew & Josh Davis
- December 12 & 13: Worland Meet
- January 2: Lander Happy New Year Meet



Coach's Corner



"Just
Keep
Swimming!"

Every year, the Lander Swim Club takes a moment during practice to talk about goal setting. This year, it was one of the best sessions for the athletes and the coaches. The athletes better understood how to set goals and already had some in mind. The coaches had fun helping athletes make their ideas into goals that are specific and measureable, attainable, realistic, timely, exciting, and recorded (SMARTER). Many athletes made goals for everyday practices, many made goals for Spook Splash, and several athletes achieved their goals at Spook Splash. CONGRATULATIONS! You're on your way!

The next step is to celebrate achieving our goals, thinking about what the next one should be, and how we're going to work together to get there. There are multiple opportunities to learn from the best swimmers in the world. The Fitter 'n Faster Tour in Casper, and of course, our own BreakOut! Swim Clinic are huge investments in inspiration, motivation, as well as learning and practicing new skills.

Lastly, nothing beats competitive experience. As athletes attend more and more meets, they learn more about what they're capable of doing as well as learning how to achieve, how to win, how to lose, and how to refocus. Not to mention how much fun we have as a team when we go to meets together! So let's plan to spend some time together in the water! -Coach Jennifer



Spook Splash

The Lander Swim Club hosted 239 swimmers for this two-day home meet on October 24 and 25, 2015. LSC was represented by 78 Tiger Sharks!! Athletes swam well— some swimmers competed in their first meet, while other achieved personal records!

Parents, thank you so much for volunteering to make the meet great for swimmers. A special thank you goes out to the announcer, meet marshal, officials, coaches, members of the LSC Board, and Norma and Dave Dufek— the meet could not have happened without them. Be sure to thank them when you see them!

Many local businesses sponsored Spook Splash— take a look at your program and visit local businesses that support Lander Swim Club.

At Spook Splash, many swimmers already achieved qualifying times for 2016 Winter State: Emily Anderson, Katy Anderson, Katelyn Brinda, Ryan Brinda, Hezekiah Dolence, Olivia Fowler, Lily Gose, Lilly Hamilton, Gage Hampton, Avery Hopkin, Grady Hopkin, Caleb Huelskamp, Dylan Huelskamp, Luka Kramer, Benny Kulow, Jonny Kulow, Nick Kulow, Noah Larson, Abby Lehmkuhler, Makayla McPherson, Li Platz, Finn Richards, Lara Robertson, Gavin Roy, Jacob Rudd, Charlotte Schell, Bennett Washburn, and Gilly Wheeler.

Go Tiger Sharks!

MUTUAL OF OMAHA **BREAKout!** SWIM CLINIC

DREAM it. BELIEVE it. BREAKout!

Sign up for the Mutual of Omaha **BREAKout!** Swim Clinic *Hosted by:*
Lander Swim Club

A total-person approach to swimming, a **BREAKout!** Swim Clinic can help you **bust bad habits**, **build new skills** and **uncover hidden talent**.

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- ✗ Understands how the body, mind and heart affect swimming
- ✗ Trains with the world's top swimmers
- ✗ Asks questions, gets an autograph and photo
- ✗ Receives a **BREAKout!** T-shirt, poster, DVDs and other souvenirs

For details, visit breakoutswimclinic.com.

Parents and coaches can watch!

Event Information

Saturday, Nov 28th, 2015 @ Lander Pool

Session 1: 11 & Under: 9:00- 11:00 am \$25

Session 2: 10 & Over: 12:00- 3:00 pm \$35

Session 1 check-in begins at 8:30 am

Session 2 check-in begins at 11:30 am

Will cover Technique, Dryland, Nutrition, Mental Toughness

Info: landerswimclub@gmail.com



Featuring



Gold Medalist **Josh Davis**



Michael Andrew, age 16

Lander Swim Club is hosting a Mutual of Omaha **BREAKout!** Swim Clinic on **Saturday, November 28**. This clinic will feature Olympic Gold Medalist, Josh Davis and World Junior Champion, Michael Andrew.

Michael, age 16, has broken more National Age Group records (long course meters and short course yards combined) than any other American swimmer. He won the gold medal in the 50 meter backstroke at the 2015 FINA World Junior Swimming Championships in Singapore, breaking the Championships record in both the heats and the final. He turned professional in 2013 at the age of 14, becoming the youngest American swimmer to do so.

At the 1996 Summer Olympics, Josh won gold medals in the 4x100-meter freestyle relay and 4x200-meter freestyle relay. He earned a third gold medal by swimming for the first-place U.S. team in the preliminary heats of the 4x100-meter medley relay. At the 2000 Summer Olympics, he served as the captain of the U.S. swimming team, and he won silver medals swimming for the second-place U.S. teams in the preliminary heats of the 4x100-meter freestyle relay, and the final of the 4x200-meter freestyle relay.

LSC is offering this amazing clinic and a discounted rate, so please take advantage of this opportunity, right here in Lander.

To register online: <http://www.active.com/swimming-team/lander-wy/lander-moo-clinic-2015>

Top 5



Each year, Wyoming Swimming, Inc. honors swimmers and their achievements. Lander Swim Club is proud to announce that seventeen Tiger Sharks achieved Top 5 times during the 2014-2015 season. This means they swam one of the five fastest times in at least one event for their age and gender. Emily Anderson, Chase Bolding, Ryan Brinda, Brayden Brown, Ryan Crawford, Morgan Gramlich, Caleb Huelskamp, Dylan Huelskamp, Lucas Hulme, Colin Kinney, Benny Kulow, Jonny Kulow, Maria Kulow, Nick Kulow, Griffin Leemon, Finn Richards, and Tucker Russell will be honored at a banquet in Casper on Saturday, November 14, 2015. We will share more information after the event.



Follow LSC on Facebook—

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

Meet Results and Individual Times

Go to, www.landswimclub.org and click on "Login".

Sign in and click on "View Meets" to see you swimmer's results.

Lander Swim Club Schedule and Events

Calendar (Practices, Meets)

<http://www.landswimclub.org/Calendar>

Events (Meet Information, Entry Forms)

<http://www.landswimclub.org/Events>

Parents—

Spook Splash was a huge success, thanks to parent support!

Thank you so much, we could not have done it without your help!

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<http://www.swimoutlet.com/landerswimclub>

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The Lander Swim Club—empowering athletes of all ages to grow and achieve their personal best through excellence in swimming.

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www.landersistimclub.org

Frequently Used Swim Terms

False Start— When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.

House of Delegates— The ruling body of an LSC composed of the designated representative of each club plus the board of directors (BOD) of the LSC. One vote per club and board member.

LSC—Local Swim Committee. The local level administrative division of the corporation (USA-S) with supervisory responsibilities within certain geographic boundaries designated by the Corporation.

Officials— The certified, adult volunteers, who operate the many facets of a swim competition.

Psych Sheet— An entry sheet showing all swimmers entered into each individual event.

Qualifying Times (Q-times)—Published times necessary to enter certain meets.

Scratch— To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events.

State Qualifier— A swimmer who has made the necessary cut off times to enter the State meet.

Warm-up—The practice and "loosing" up session a swimmer does before the meet or their event.

Yardage— The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.

*Just
Keep
Swimming!*