



LANDER SWIM CLUB



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SPRING 2015

SHARK TANK

2015 Winter State Championships

Lander Swim Club (LSC) was well represented with 39 athletes competing at the 2015 Wyoming Winter State Championships in March. LSC took 3rd place overall for the second year in a row, just behind Laramie and ahead of Rock Springs. LSC 13-14 Boys broke two state relay records. Friday night, Colin Kinney, Nick Kulow, Chase Bolding, and Ryan Brinda swam a 4:02.84 to break the previous state record of 4:12.55 in the 13-14 Boys 400 Medley Relay. Saturday night, Chase Bolding, Caleb Huelskamp, Ryan Brinda, and Colin Kinney swam a 3:31.39 in the 13-14 Boys 400 Free Relay, breaking the previous record of 3:43.21. Jonny Kulow shined at this year's Championships in the 10 & Under Boys, breaking a total of four state records, bringing his total to 6 records. He took first overall in the 10 & Under Boys, winning the high point award. It was a nail-biter to see who would take 1st overall in the 13-14 Boys division. Going into the last event, Chase Bolding was ahead by only two points. He took 2nd place in the 100 fly, securing enough points to win the high point award.

The 2015 LSC State team included: Emily Anderson, Katy Anderson, Ross Anderson, Chase Bolding, Ryan Brinda, Katelyn Brinda, Braydon Brown, Ryan Crawford, Olivia Fowler, Lily Gose, Morgan Gramlich, Lilly Hamilton, Gage Hampton, Avery Hopkin, Grady Hopkin, Caleb Huelskamp, Dylan Huelskamp, Brookelyn Keel, Colin Kinney, Nick Krassin, Benny Kulow, Jonny Kulow, Nick Kulow, Noah Larson, Reid Leemon, Kenzie Lilygren, Tyler Marchetti, Makalya McPherson, Chance Nelson, Riley Patterson, Ellis Peterson, Finn Richards, Caeden Robertson, Lara Robertson, Gavin Roy, Jacob Rudd, Tucker Russell, Isa Schneider, Gilly Wheeler, Head Coach Jennifer Hudson Schaff, Coach Richard Cook, Coach Erik DeClue, and Coach Greg Anderson.



Save the Date!! <http://www.landersistimclub.org/Calendar.htm>

- May 2nd-** LMS Meet at 10 am— Timers Needed
- May 7th-** Fighting with Brianna Meet in Riverton
- May 16th-17th-** Team Meet: Flaming Gorge Open in Green River
- May 18th-31st-** No Practice: Pool Closed
- June 1st-** Summer Session Begins
- June 19th-21st-** Gillette Summer Spectacular
- July 17th-19th-** Summer State Championships in Gillette



Summer Meets— Long Course Meters

Tiger Sharks had a great winter season competing in short course yards. Now it is time for a new challenge— long course meters (LCM). During summer competitions, swimmers will have the opportunity to swim long course meter events— this means swimming in a 50 meter pool! Summers are busy for everyone, but if you have the opportunity to join LSC teammates at a summer meet, please plan to attend. Many of our swimmers love long course meter competitions.

Upcoming LCM Events:

June 19th-21st: Gillette Summer Spectacular

July 17th-19th: 2015 Summer State Championships

www.landersistimclub.org/Events

Northwest Age Group Regionals— Federal Way, WA

Just two weeks after Winter State, seven LSC athletes headed to Federal Way, Washington to compete in the Northwest Age Group Regionals (NWAGS). They swam hard and represented LSC in the pool. Jonny Kulow broke more Wyoming state records and even broke a Northwest Age Group Regionals record in the 9-10 Boys 100 Back with a time of 1:04.58. One of the LSC 13-14 Boys relay teams (Kinney, Kulow, Bolding, Brinda) broke their own Wyoming state record in the 400 Medley Relay with a time of 4:00.79.

LSC athletes who attended NWAG Regionals included: Chase Bolding, Ryan Brinda, Caleb Huelskamp, Dylan Huelskamp, Colin Kinney, Jonny Kulow, and Nick Kulow.

Coach's Corner

SWIMMING SAFETY—Summer is fast approaching and many Wyomingites take a break from swim clubs and swim lessons to take advantage of outdoor sports and other water activities. Parents sometimes say, "I'm so glad my child knows how to swim so I don't worry as much about them at the lake." **BE AWARE!** Safety in and around the water is just as important for accomplished swimmers as it is for non-swimmers.

The CDC lists two general groups of people who are most at risk for drowning. The first general group is children ages 4 and younger. Young children are naturally attracted to water, may not be aware of the dangers associated with water, and can drown in small amounts of water such as toilet bowls or buckets. The second general group of people who are most at risk for drowning are **MALES OF ALL AGES!** Between 2005 and 2009 almost 80% of the people who died from drowning were male. Approximately 10 people drown per day in the United States, (non-boating related incidents) and over half of those people are minorities. Another 347 people drown per year in boating-related incidents.

REDUCING RISK

Improve your Swimming Skills and Safety Awareness- research shows that people who have better swimming skills have a better idea of what is safe in and around water. Attendance at practice during the summer will help younger swimmers maintain and improve their skills as well.

Learn CPR—Seconds count! According to the CDC, people who receive CPR quickly after a drowning incident have a better chance for survival, better physiological outcomes, and less recovery time in the hospital.

Wear Your Jacket! - Like Longfellow's Whales Tales state, "Don't just pack it, wear your jacket!" Wearing a personal floatation device (PFD) can help reduce risk by 50%. No matter the distance traveled by boat nor the swimmer's ability, all passengers should wear a PFD.

Be Observant of People—it's your turn to be the lifeguard. Keep an eye on people in and around the water. Use the buddy system when swimming in natural bodies of water. Watch the weather—temperatures can fluctuate and the weather and water can become dangerous quickly which can lead to other environmental illnesses.

Other tips—air filled or foam toys like water wings and inner tubes are **NOT** a substitution for proper supervision or PFD's! Avoid alcohol, and use barriers (like fences) around home pools.



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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

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www.landerswimclub.org

Summer Practice Schedule

June 1st- July 31st
Mondays through Thursdays, 4:00-6:00 pm

Learn to Swim and Lane 1
Mondays/Wednesdays 4:00-5:00 pm or Tuesdays/Thursdays 4:00-5:00 pm

Space is limited for LTS and Lane 1. Please email landerswimclub@gmail.com to let us know which practice session you prefer for your Learn to Swim and/or Lane 1 swimmer.

Lanes (White, Red, Blue, Green, Masters)
Mondays, Tuesdays, Wednesdays, and/or Thursdays
4:00-5:00 pm, 5:00- 6:00 pm, or 4:00-6:00 pm

Lane swimmers may come any combination of days and times. Please note, if your swimmer swims both sessions (4:00- 6:00 pm) it will count as two practices.