

Team Sponsor



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SEPTEMBER 2016

SHARK TANK

Welcome to the 2016-2017 Season

The Lander Swim Club 2016-2017 season is about to start! We are excited to see familiar faces back in the pool and meet new swimmers and their families. Plan to attend the fall banquet— you can hang out with swim friends, hear what is going on with Lander Swim Club, and enjoy some delicious food.

Fall Banquet

What: Potluck dinner and new season celebration

When: 5:30 p.m. on Tuesday, September 13 (right after practice)

Where: Library in the school district administration building
(next door to the pool)

Please sign up to bring something yummy—

<http://www.signupgenius.com/go/10c0c44a4ae2ea7fd0-fall1>

Save the Date

September 6- Lander Swim Club Season Starts

September 13—Fall Banquet at 5:30 p.m.

September 23- LVHS Girls Home Meet— Timers Needed

September 30— LVHS Girls Home Meet— Timers Needed

October 20— NO PRACTICE— LVHS Girls Home Meet— Timers Needed

October 22-23- Spook Splash

November 4-6- Riverton Meet



Summer State Championships

Several Tiger Sharks headed to Gillette to compete at the 2016 Wyoming Summer Long Course State Championships in July. They swam fast and had fun!

Congrats to Katelynn Brinda, Ryan Brinda, Lily Gose, McKenzie Lilygren, Brit Richards, Finn Richards, and Lara Robertson for competing at such a challenging meet in a 50 meter pool.

Great job, Tiger Sharks!

Ryan Brinda at Senior Zones

There were 33 swimmers who made up the Wyoming Swimming All Stars at the 2016 Western Zone Senior Championships in Clovis, CA held Aug 2-6, 2016.

Ryan Brinda achieved challenging qualifying times in order to compete at this elite meet! He swam strong at Zones, where he cut time, set three new personal records, and met his goals.

Way to go, Ryan!



Jonny Kulow on Swim Swam Website

Back in March, Jonny Kulow made the Weekly Wonders of Age Group Swimming list on the Swim Swam website. We missed it then, but wanted to share the news once we found out. Check it out—

<https://swimswam.com/agonswim-weekly-wonders-age-group-swimming-3162016/>

Very cool, Jonny!

Expectations of Swimmers

*A TIGER SHARK'S HOME IS THE POOL...*so please take care of it!

Take care of yourself by being prepared for practices and meets.

Take care of your teammates, support each other, and behave 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. Anyone who is late may not be able to practice, at the discretion of the coach.

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!

Altered Practice Schedule

When the LVHS and LMS teams overlap practice schedules, the Lander Swim Club will follow an altered practice schedule. We will have access to the pool from 7– 8:30 p.m. Monday-Thursday, during two weeks in October and again for two week at the end of November/early December. Sunday 4 p.m. practices for Red, Blue, Green, and Masters Groups will be unaffected.

We understand this is late for our young swimmers in Learn to Swim, Lane 1, and White Group, so we are offering early options on some Sundays in October, November, and December. These early options paired with many practices at regular times should ensure that young swimmers get lots of time in the pool! Swimmers in the Red, Blue, Green, and Masters Groups will have lots of practices at regular times each month, plus they can practice at 7 p.m. when LSC follows the altered practice schedule. If 8:30 p.m. is too late for swimmers in the Red, Blue, Green, or even Masters Groups, they may leave at 8 p.m.– we understand!

Sundays with 12-1 p.m. practice for Learn to Swim, Lane 1, and White Group

October— 10/2, 10/9, 10/16, 10/30

November— 11/20

December— 12/4, 12/11

Please look at the LSC calendar too! www.landerswimclub.org/calendar



When swimmers are not practicing in the pool, they can be found running races on the 4th of July!

Become an Official

If you have considered becoming a official, now is the time! This is a great way to volunteer for Lander Swim Club, get the best view at the pool, and enjoy delicious food in the hospitality room— all for free!

If you are interested in becoming an official, email landerswimclub@gmail.com for more information.

Lander Swim Club
PO Box 27
Lander, WY 82520

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



landerswimclub@gmail.com

www.landersistimclub.org

Taking a Break

If your swimmer is going to take a break, email landerswimclub@gmail.com before the month of the break. If your swimmer does not swim in a month and LSC was not notified, you are responsible for dues. LSC must be notified by the 20th of the month before the break.

Paying at the Pool

If you pay at the pool, dues must be received by the 20th of the month before the month of swimming. If you pay with auto-pay, dues will process on the 1st. Your swimmer will not be allowed to swim until payment is received.

New Credit Card?

If you receive a new credit card, please go to www.landersistimclub.org, log in, and update your payment information— even if the expiration date is the only change. This will ensure payment processes for dues and/or meet entry fees. When auto-payments fail, LSC must pay a fee, so please keep your electronic payment current, we appreciate it!

Meet Results and Individual Times

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

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



When you shop at Swim Outlet, through the Lander Swim Club link, 8% of your sale goes to LSC.

Now featuring LSC custom gear too!

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

Swimming Vocabulary

Whether you are new to the swimming world or have been around awhile, there are a lot of swimming terms that can be confusing. Check out this resource from USA Swimming—

[Swimming Glossary of Terms](#)

Schedule and Events

LSC Calendar (Practices, Meets)
<http://www.landersistimclub.org/Calendar>

LSC Events (Meets, Club Events)
<http://www.landersistimclub.org/Events>

State-Wide Meets and Events
www.wyomingswimming.org



Follow LSC on Facebook—

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