

Team Sponsor



VOLUME 3, ISSUE 5

SPRING 2016

SHARK TANK

2016 WY Winter State Championships



Twenty-nine Tiger Sharks traveled to Gillette to compete at the 2016 Wyoming Winter State Championships. Athletes performed well and took 2nd place overall in the meet. Several swimmers cut time to achieve their personal best for the season. Many swimmers qualified for finals and made it to the podium for awards.

Highlights of the weekend— Gage Hampton won the high-point award for 8 & Under boys and Jonny Kulow won for 11-12 Boys. Jonny even broke the state record in the 11-12 Boys 100 Free by swimming a 53.69.

Check out page 4 for pictures of the fun!

Save the Date

March 27: No Sunday Practice— Happy Easter!

March 28-31: Spring Break Practices

M/W- 6:00-7:30 pm Regular practice for Red/Blue/Green/Masters

T/TH- 4:00-5:00 pm Learn to Swim and Lane 1

4:00-5:30 pm White/Red/Blue/Green/Masters

May 23- June 5: Pool Closure

June 6: Summer Practices Start



Northwest Age Group Regionals



Just one week after Winter State, Ryan Brinda and Jonny Kulow headed to Federal Way, Washington to compete in the Northwest Age Group Regionals. This meet included swimmers from Hawaii, Oregon, Washington, Montana, Idaho, and Wyoming.

Ryan performed well in the 14 year old age group, taking 17th place in the 50 Free, 16th in the 100 Free, and 19th in the 200 Free. Way to go, Ryan!

In the 11-year-old group, Jonny continued to stand out with impressive races. He took 1st in the 100 Back with a time of 59.75, breaking the Wyoming State record for 11-12 Boys. He placed 1st in the 50 Free, 3rd in the 50 Fly, and 1st in the 100 Free with a time of 53.48, breaking his own WY State record set the previous week and setting a new Regional meet record. He then took 2nd in the 50 Breast and finished the three day meet by taking 1st in the 200 Free with a time of 1:57.79. Awesome swimming, Jonny!

Resources for Swim Parents

There is no doubt that Tiger Sharks enjoy swimming and work hard in the water, but parental support makes it all happen. USA Swimming has many great resources for parents, as they try to navigate life as a swim parent. Check out www.usaswimming.org for all your swimming information, tips, and swimming news!

Recent news stories include, [Why You Should Swim the 400IM](#).

New to swimming? Check out [Swimming 101](#) and [Education for Parents](#).

Trying to guide your swimmer in swimming and in life? USA Swimming has partnered with [Growing Champions For Life](#) to offer videos, webinars, and helpful articles. You can even sign up to receive free e-newsletters.



Just Keep Swimming...

Summer Practice Schedule

The pool will be closed May 23 until June 5 for annual maintenance. Summer practices will begin on Monday, June 6 and run through July 28. There is no practice in August.

If your swimmer is in Learn to Swim or Lane 1, please email landerswimclub@gmail.com to request Monday/Wednesday or Tuesday/Thursday practice. Space is limited in both groups, so please make your request as soon as you know your summer plans. If your swimmer will not swim in June and/or July, please email Club so the spots can be given to swimmers on the waiting list.

Lane swimmers (White, Red, Blue, Green, Masters) may swim any combination of days and times and do not need to request specific times and days. If your swimmer swims both sessions (4:00-6:00 pm), it will count as two practices. If you do not want to go over a particular number of practices each month, please plan accordingly.

Learn to Swim: 4:00-5:00 pm Monday/Wednesday or Tuesday/Thursday

Lane 1: 4:00-5:00 pm Monday/Wednesday or Tuesday/Thursday

White/Red/Blue/Green/Masters: 4:00-5:00, 5:00-6:00 or 4:00-6:00 pm on Monday, Tuesday, Wednesday, and/or Thursday

There will not be practice on Sundays during the summer session.

2016 U.S. Olympic Team Trials
– Swimming

Omaha, Nebraska
June 26 - July 3, 2016

The Olympic Games

Rio De Janeiro, Brazil
August 5-21, 2016

<http://www.rio2016.com/en>

Just a Reminder...

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

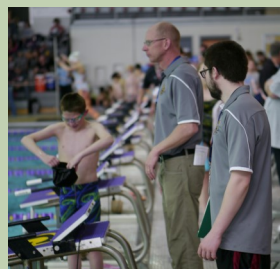
Take care of yourself by being prepared for practices and meets.

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.

2016 Winter State



Lander Swim Club
PO Box 27
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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.



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>

Schedule and Events

Calendar (Practices, Meets)

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

Events (Meet Information, Entry Forms)

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

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.

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.



Follow LSC on Facebook—

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