

Tiger Shark Rules:

A tiger shark's home is the pool – TAKE CARE OF IT

1. Take care of yourself
– Be prepared for practice and meets.
Be responsible for your gear.
2. Take care of your teammates
3. Listen to and respect your coaches and lifeguards.
4. Care for the pool- put away equipment, behave in locker rooms.

Be on time!

Tardy teammates will do pushups. Anyone who is more than 15 minutes late will not be allowed to swim at the discretion of the head coach on deck.

Know and follow the team Code of Conduct.

26th Annual Spook Splash

The Lander Swim Club hosts one of the very first meets of the winter season and it is approaching fast. The meet provides us all with many opportunities:

- a chance for swimmers to experience their first meet at home
- a chance for parents to share in the excitement
- a chance to see old friends and make new ones from all Wyoming
- our biggest fund raiser for the year!

We need your help! Volunteers are still needed for various tasks.

Please sign up for timing, concession stand, or other jobs at the Lander Swim Club bulletin board at the pool.

When athletes arrive we will put their event, heat, and lane numbers on their arms in indelible ink so they know when they swim. The baby pool will be drained to make our team area. It's important for swimmers to stay in the team area as much as possible.

Saturday – Arrive at 8:30, warm ups will be at 9:30; Team picture after warm ups.

Sunday – Arrive at 7:30, warm ups will be at 8:00

Wondering what your athlete should pack for the meet? Here's a helpful checklist:

- Suit, goggles, cap
- 2-3 towels
- Extra warm clothes to wear in between events
- Snacks or money for concessions
 - o (Pasta for lunch on Sat; Pancakes for breakfast on Sun.)
- Books/homework
- Games, cards, Legos



Scheduling & Dues

Scheduling: Thank you so much for your patience during our first month with all the schedule changes. We appreciate your participation very much and know changes to the schedule can be challenging. On the last page of this newsletter is our practice schedule for the month of October. Special notices are

highlighted and described on the far right side. We have a lot of things going on this month!

Green – LVHS or jr. high meets

Orange – special practices or Lander meets

Yellow – make-up practices or notices of due dates

Please send questions about the schedule to lsc@wyoming.com.

Dues: Your club dues are determined by practices your athlete attended. Therefore, when practices are cancelled and a swimmer cannot attend make-up sessions, your bill is based on our attendance sheets.

Please send questions regarding dues to Norma at ddufek@wyoming.com



Making a Plan - Goal Setting

It can be a challenge for athletes to set their sights on Winter State because it can seem so far away. Goals can help swimmers attend practices because they have something specific they are working to achieve. Meets and competition teach athletes concepts they will use their whole lives like how to handle nervousness,
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UPCOMING MEETS & EVENTS:	
October 12	Lander Mock Meet
October 14	Entries due for Spook Splash
October 19	SJHS Girls Swimming begins
October 22	LVHS Girls Home Meet @ 4pm – TIMERS NEEDED!
October 24-25	TEAM MEET - 26th Annual Spook Splash
October 29	Entries due for November meets
October 29-31	LVHS Girls at 3A State Championships
October 31	Registration postmarked for Fitter-Faster Tour
November 7	Fitter & Faster Tour, Top 5 Banquet, HOD
November 14	SJHS Girls Home Meet at 11am – TIMERS NEEDED!
November 14-15	TEAM MEET - Fall in the Hole Meet, Jackson
November 14-15	Veteran's Day Meet, Sheridan
November 14-15	Fall Harvest Meet, Laramie
November 21	Polar Bear Pentathlon, Cheyenne
November 21-22	Turkey Thrash, Worland (tentative)
December 4-6	Candy Cane Meet, Gillette
December 12	SJHS Girls Home Meet/LVHS Boys Home Meet TIMERS NEEDED!
December 12-13	TEAM MEET - Reindeer Dash, Riverton

Save the Date

MARCH 5th – 7th Wyoming Winter State Championships, Gillette

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how to psych themselves up, how to focus on both the process of working for something, making new friends, how to handle both winning and disappointment, etc. Please help your athletes make their goals by showing them what they have done in the past and being supportive of what they want to do in the future. USA Swimming has an excellent times database found at www.usaswimming.org and click on Times/Time Standards in the frame on the left. You can also find qualifying times for Wyoming on the WSI website: www.wyomingswimming.org , click on Time Standards, then Winter 2010 Q Times. Remember, athletes can set several goals, daily goals for practice, time goals for meets, seasonal goals like qualifying for state or zones, attitude goals, etc. Most of you know how to make smart goals. The following is guide to making goals SMARTER:

S- Specific	(stroke, distance, meet)
M- Measurable	(time, time standard, time to cut)
A- Attainable	(it should be challenging but not too much)
R- Realistic	(help contain the excitement or wild expectations)
T- Timely	(date to achieve, meet schedule)
E- Exciting	(you have to be passionate about it!)
R- Recorded	(write it down, decorate it, put it somewhere you see it every day.)

THE FITTER & FASTER TOUR
NOVEMBER 7, 2009
Kelly Walsh Pool Casper, WY
1st Session – 9:00-11:30 am
2nd Session – 1:00 – 3:30 pm
Cost \$30.00

Come swim with **Olympic medalists Misty Hyman and Ben Wildman-Tobriner** in this very special clinic. Watch a video taped in Chicago about the tour at <http://swimchampions.com/gallery/videos/events/38/>
Registration forms are at the pool. Register today to secure your spot in a session – registrations must be postmarked by October 31st.

YOU MUST SEND YOUR FORM TO:
Wyoming Swimming, Inc.
PO Box 1964
Laramie, WY 82073

Parents- we need your help at practices:

1. Stay off the deck – it is a violation of health codes and you are not covered to be on deck by USA Swimming.
2. Please speak to coaches before or after practice, not during.
3. Please pick up your athlete promptly. Help supervise the locker rooms.

2009 OCTOBER PRACTICE AND EVENT SCHEDULE

Date	Day	Time	Groups				Other Events
10/05/09	MON	3:30-4:30	LTS	White	Green		
		4:30-5:30	LTS	Red	Green	Master	
10/06/09	TUE	6:00-7:30		Blue	Green	Master	
10/07/09	WED	6:00-7:30		Red	Green	Master	
10/08/09	THU	3:30-4:30	LTS	White	Green		
		4:30-5:30	LTS	Blue	Green	Master	
10/09/09	FRI	4:00	LVHS Meet Home Meet			Timers Needed!	
10/10/09	SAT	11:00	LVHS Meet Home Meet			Timers Needed!	
10/12/09	MON	3:30-4:30	LTS	White	Green		MOCK MEET - all athletes thinking of competing invited
		4:30-5:30	LTS	Red	Green	Master	
10/13/09	TUE	6:00-7:30		Blue	Green	Master	
10/14/09	WED	6:00-7:30		Red	Green	Master	Entries due for Spook Splash
10/15/09	THU	3:30-4:30	LTS	White	Green		
		4:30-5:30	LTS	Blue	Green	Master	
10/16/09	FRI	3:30-4:30	LTS	White	Green		Make up practice for Oct 1st
		4:30-5:30	LTS	Blue	Green	Master	
10/17/09	SAT	10:00-					
		12:00	Red	Blue	Green	Master	
10/19/09	MON	3:30-4:30	LTS	White	Green		SJHS Girls Swimming begins
		4:30-5:30	LTS	Red	Green	Master	
10/20/09	TUE	6:00-7:30		Blue	Green	Master	
10/21/09	WED	6:00-7:30		Red	Green	Master	
10/22/09	THU	No Practices					
		4:00	LVHS Meet Home Meet			Timers Needed!	
10/23/09	FRI	1:00-2:00	LTS	White	Green		No School Make up practice for Oct 22nd
		2:00-3:00	LTS	Blue	Green	Master	
10/24/09	SAT	26th Annual Spook Splash					
10/25/09	SUN	26th Annual Spook Splash					
10/26/09	MON	3:30-4:30	LTS	White	Green		
		4:30-5:30	LTS	Red	Green	Master	
10/27/09	TUE	6:00-7:30		Blue	Green	Master	
10/28/09	WED	6:00-7:30	FREE DAY!			For All Competitive Groups	
10/29/09	THU	3:30-4:30	LTS	White	Green		Entries due for November meets. (4 available)
		4:30-5:30	LTS	Blue	Green	Master	
10/30/09	FRI	No Practices					
10/31/09	SAT	No Practices				Entries postmarked for Fitter Faster Tour Send directly to Wyoming Swimming	