



Est. 1965

News & Current Events

Coach's Block

We have just wrapped up a successful Long Course season with top performances by our swimmers participating in the District and Long Course Championship meets.

For those swimmers who have been training all summer through daily changes in pool locations and an unusually wet summer, your hard work paid off this season with great swims. A few of our swimmers experienced their first effective taper due to their dedicated training. For the Platinum and Gold team we have been focusing on improving our core strength in dryland which has resulted in stronger underwater dolphin kicks off our walls and faster transitions in our IM (Individual Medley) events. Early summer placed a heavy emphasis on kick sets and repeat 125's and 75's with little rest between sets. These prepared us for preliminary and final swims at our Championship meet with stronger finishes throughout the weekend. Mid-summer training refined our strokes with drills and stroke technique corrections. Our final summer training focused on our taper where we were able to maintain our training heart rates with sprints and stroke corrections. Though our numbers

were small at times our performance was exceptionally strong, resulting in a fantastic end of season performance. Short course training begins with four weeks of stroke specific correction and core strengthening. We welcome several new swimmers to our groups and look forward to a great season.

The Bronze and Silver team have experienced a sudden growth in numbers with many of our swimmers in these groups advancing rapidly through the team. The beginning of summer was challenging for many in this group, as we moved to longer distance swims during training and at meets. They have risen to the challenge and worked hard to improve their strokes in all areas. For many of our swimmers, this is the first time they have been challenged with learning and refining all four competitive strokes using drills and specialized training equipment. The overall endurance in these groups has improved as well as the mechanics of their strokes. Streamline, head position and hand/arm position is something we will continue to work on throughout the short course season. Yardage is not something these two groups will be focusing on in the first



few weeks to come. The proper mechanics of the strokes in the coming months will be the greatest contributing factors in swimmers seeing improvements in their races.

I would like to gently remind parents that you wouldn't take your car to the dentist or have a mechanic clean your teeth. Your coaches are professionally trained at teaching the latest techniques. Please allow us to make those corrections and avoid, as a parent, making corrections to your child's strokes.

We are excited for the upcoming season and looking forward to watching your children grow as athletes and swimmers while developing a lifelong love of the sport.

Respectfully,
Coach Helen

President's Lane

Summer break has come to an end... but what a summer it was! Our team overcame pool maintenance obstacles, weather issues, fluctuating practice schedules and still came out on top. We sent several swimmers to Long Course District and Championships Meets in July, and their performances were awesome. Way to Swim Lancers!

August is going to be BUSY—but we are excited! Returning Families- we would like your help in recruiting new families! Get a jump start on your volunteer commitment for 2015-2016 by helping out at PAIR Day. We will also try to fit in a fundraiser during August. There are various other dates coming up in the near future so mark them on your calendars.

On the business side... please check your August invoices 1

and be aware of the fee increase. August is also the month that EVERYONE re-registers with FTLL and USA Swim; watch for specifics on this. We are still looking for volunteers for the upcoming season. We are looking to fill Publicity and want to put an Equipment Manager in place so be sure to let a Board member know if you can help out. Also, we would like to transition the status of our team from a 501(c)(7) to a 501(c)(3) non profit. This does not require a background in finance or economics, just organization skills. If you think you're interested in taking on this task for volunteer credit, let us know.

2015-2016 is going to be an AMAZING year! See you on the Deck

JAMIE

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
	Year round Swimmers break					8
9	10	11 Try-Outs Grant Pool 6:00pm	12 Try-Outs Grant Pool 6:00pm	13 Try-Outs Grant Pool 6:00pm	14 No Practice	15
	Year round Swimmers break					
16	17	18 Registration & Parent's Mtg Harney Gym 6:00pm	19	20 Registration Suspense	21 No Practice	22 Car Wash (tent)
23	24	25	26	27	28	29
30	31					

See Practice Schedule notes on Page 4 for full details

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Swim Suit Fitting & Team Party	4 No Practice	5
6	7 1st Practice at Harney Pool (tent.) *	8	9	10	11	12
13	14	15	16	17 Dinner at Freddy's (tent.)	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	2-4 OCT Splash Invitational Home Meet

*pending completion of Harney Pool Renovation

2015-2016 Lancers Short Course Meet Schedule

Oct 2-4 Splash Invitational	(Home meet)	Fort Leavenworth, KS
Oct 31-Nov 1 Monster Splash		Manhattan, KS
Nov 6-8 Eryn Baird meet		Gladstone, MO
Nov 21 Aquahawk Meet		Lawrence, KS
Dec 5-6 Winter Qualifier*	(This is a qualifying meet)	TBA
Dec 11-13 Winter Classic*	(This is a qualifying meet)	Lawrence, KS
Jan 8-9 All Stars*	(Selected swimmers will be notified)	Indiana
Jan 8-10 True Blue Igloo		Topeka, KS
Jan 29-31 50 Free Shootout	(Home meet)	Fort Leavenworth, KS
Feb 5 8 and Under Championship	(All 8U swimmers)	TBA
Feb 6-7 MAL Championship	(League Championship)	TBA
Feb 19-21 District Championship*	(This is a qualifying meet)	TBA
Feb 26-28 Short Course Championship*	(This is a qualifying meet)	TBA

This meet schedule is subject to change. We reserve the right to adjust the schedule to meet the needs of our swimmers and swim meets that fill quickly. All the meets that are TBA (To Be Announced) are in the greater Kansas City area. After the Missouri Valley Fall Meeting we will announce the location of all TBA meets.

100% team participation at Home Meets is required. The 8 and Under Championships as well as the MAL meet are highly encouraged as we compete for a team trophy and all swimmers personal best times count.

* Qualified swimmers will be announced prior to the meet entry deadline. Families are encouraged to sign up even if they are not sure if their swimmer has a qualifying time. You will not be charged if your swimmer does not qualify.

2015–2016 Practice Holidays

4 SEP—Labor Day	15 JAN—MLK Day
9 OCT—Columbus Day	12 FEB—President’s Day
11 NOV —Veteran’s Day	14-18 MAR—Spring Break
25-27 NOV—Thanksgiving	27 MAY—Last Day of School
24-25 DEC—Christmas	4 JUL—Independence Day
31 DEC—1 JAN—New Years	

* NOTE: These dates are subject to change based on MWR and/or Harney Gym scheduling

Mark Your Calendars!
Ft Leavenworth Lancers
Dates to Remember

Important

August Practice Schedule Information

Aug 3-14

ALL VETERAN LANCERS (those who have been training regularly throughout the summer): Should take these two weeks off for recovery.

Aug 3-7

ALL OTHER SWIMMERS

Platinum/Gold/Silver: 1 hour practice (Monday-Friday)

Bronze: 1 hour practice (Monday-Thursday)

Aug 10-14

Platinum/Gold: 1.5 hours practice (Monday-Thursday)

Bronze/Silver: 1 hour practice (Monday-Thursday)

Coaches: Re-Certification Training on Friday no swim practice or dry land

Aug 17-21

Platinum/Gold: 1.5 hours practice (Monday-Thursday)

Bronze/Silver: 1 hour practice (Monday-Thursday)

Coaches: Training on Friday no swim practice or dry land

Aug 24-28

Platinum/Gold: 2 hours practice (Monday-Friday)

Silver: 1.5 hours practice (Monday-Friday)

Bronze: 1 hour practice (Monday-Thursday)

Aug 31-Sept 4

RETURN TO REGULAR SCHEDULE

Platinum: 2.5 hours (Monday-Friday)

Gold: 2 hours (Monday-Friday)

Silver: 1.5 hours (Monday-Friday)

Bronze: 1 hour 15 minutes (Monday-Thursday)

Dryland

Platinum and Gold : Will run M/W/F for the month of Aug with the exception Friday of Aug 14th and Aug 21st.

Normally our team takes a two week break at the end of our long course schedule but this year we would like to take time to train all new swimmers joining the Lancers and those swimmers who have taken the summer off. Coaches will have rotating schedules during the month of August to allow them each 10 weekdays for the planning their 2015-2016 season. This will allow us to plan and train for a successful short course season.

*Happy Birthday Lancers!
August through September*



Weston M.

Hannah M.

Jeb M.

Cecilia S.

Kaidence S.

Arabella M.

Taryn E.

Swim Nutrition

3 NUTRIENTS YOUNG SWIMMERS SHOULDN'T MISS

10/14/2014

BY JILL CASTLE, MS, RDN

Nutrition plays a key role in performance and recovery. But for the young swimmer, it also supports growth and development. While there are important nutrients for swimming, such as carbohydrates and protein, there are also micronutrients that may be at risk for deficiency, like iron, calcium, and vitamin D.

Of course, any nutrient can fall short of needs if the diet is inadequate compared to the requirements. Deficiencies should always be addressed in the growing athlete.

Three nutrients – iron, calcium and vitamin D—stand out as high-risk nutrients for the young swimmer. One, because they are already known to be deficient in children and teens, in general, and two, because they may be harder for the growing athlete to get enough. Here's the lowdown on each nutrient, including recommended levels of intake, and food sources:

IRON

Iron carries and stores oxygen, which occurs at a higher level during periods of growth (read: childhood and adolescence). Female athletes, in particular, are at greater risk for this deficiency due to menses and exercise.

According to the 2010 Dietary Guidelines for Americans (DGA), 9% of 12-49 year-old women are iron-deficient. Swimmers who cut back on their eating or consume a vegetarian diet are at increased risk for iron deficiency.



Requirements:

4-8 year olds: 10 mg/day

9-13 year olds: 8 mg/day

14-18 year olds: 15 mg/day (females); 11 mg/day (males)

Iron comes from animal and plant sources, with animal sources being more efficiently absorbed in the body. The less efficient absorption of plant iron can be enhanced by vitamin C-containing foods like citrus fruit and juices.

Food Sources: beef, ground beef, dark meat turkey and chicken, canned light tuna in water, iron-fortified cereals, instant oatmeal, enriched bagels and breads, black beans, white beans, spinach and raisins

CALCIUM

Calcium is needed for normal bone development and strength, and is required for muscle contraction. All children and teens are at risk for calcium deficiency, but especially teens because they tend to eat and drink less dairy products as they age. Ironically, this is the time when they need calcium the most! Peak bone formation occurs in the teenage years and is completed in the early 20's.



Requirements:

4-8 year olds: 1000 mg/day

9-13 year olds: 1300 mg/day

14-18 year olds: 1300 mg/day

Food sources: ready-to-eat cereals, calcium-fortified orange juice, cow's milk, soymilk, yogurt, cheese, salmon, tofu, frozen yogurt, vanilla ice cream, cottage cheese, turnip greens, kale, Bok choy, broccoli, and white bread (calcium-fortified).

VITAMIN D

Vitamin D partners with calcium to build bones. It has also been identified in the prevention of cancer, heart disease, autoimmune disease and infectious disease. Sunlight activates vitamin D in the skin, but sunscreen, cloud cover, dark-colored skin, and other factors may limit its effectiveness as a source of vitamin D.



Requirements:

All kids and teens need 600 IU/day.

It's not easy to meet vitamin D requirements because there are few foods that are rich sources of this nutrient, and the obvious foods like dairy products aren't always consumed in the needed amounts (6 cups of milk equals 600 IU vitamin D). The combination of vitamin D-rich foods and sunshine are key to making sure the swimmer gets enough. For swimmers who practice indoors, getting adequate vitamin D from food (or a supplement) is critical.

Food sources: sockeye salmon, smoked salmon, canned tuna, vitamin D-fortified orange juice, milk, soymilk, rice drink, cooked pork, fortified ready-to-eat cereals, mushrooms, Canadian bacon, and eggs.

Iron, calcium and vitamin D are essential to the growing swimmer's health and wellness, not to mention his athletic performance. Keep these three nutrients top of mind and you may avoid some significant roadblocks to training along the way.

Jill Castle, MS, RDN is a childhood nutrition expert and co-author of Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School (www.fearlessfeeding.com). She is the creator of Just The Right Byte (www.justtherightbyte.com), and is working on her next book, entitled Eat Like a Champion: Performance Nutrition for Your Young Athlete. She lives with her husband and four children in New Canaan, CT.

INTERESTED IN LEARNING MORE ABOUT NUTRITION?

Download the [TrueSport Nutrition Guide: Optimal Dietary Intake...the Basics. For Sport. For Life](#), available from the USA and hosted on the USA Swimming Website at: <http://www.usada.org/resources/nutrition/>

Meet Your Coaches

This Month— Coach Paul (Dry Land and Age Group Coach)

Paul Lochow is originally from California where he began competitively swimming at the age of 6. Paul continued his swimming career and graduated from Fresno Pacific University in 2012 with a Pre-Med Degree; he swam on Fresno’s winning 2010 and 2011 National team and was awarded All American both years. He has developed a dry land training program to enhance and strengthen swimmers performance and prevent injuries. Paul moved to Kansas when he was 8 and began swimming for the Lancers. In 2014, Paul married his wife Melanie and they now call Kansas their home.



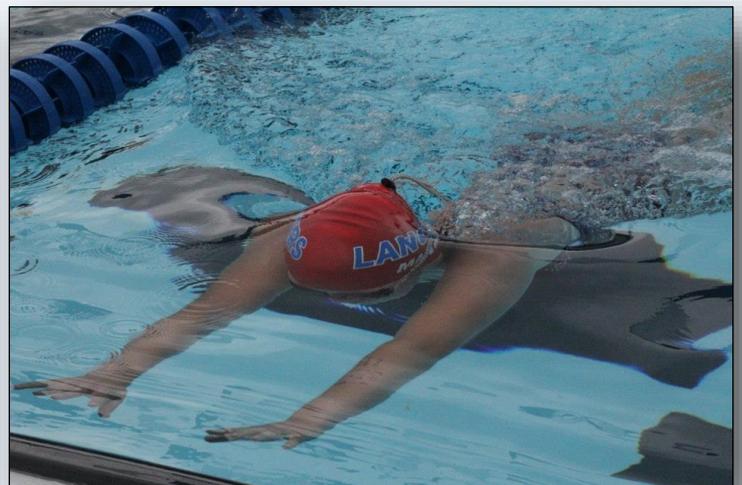
Zack C., 100 Free, Beach Bash



Elizabeth B., 100 Free, Beach Bash



Abra V., 100 Fly, Little Apple Invite



Darby M., 200 Breast, Little Apple Invite

5 Strategies to Make Sure Young Swimmers Get Enough Protein

1/13/2015

BY JILL CASTLE, MS, RDN

Protein is a nutrient everyone in the sports world talks about, from boosting it in the diet to eating the right types.

Protein certainly plays an important role in the young swimmer's diet. For one, it has a starring role in growth, supporting the building of new tissue.

Protein also lends a hand in muscle repair. During intensive exercise, muscles work hard and break down. Protein, and the amino acids that make up protein, help repair muscle damage and support muscle growth.

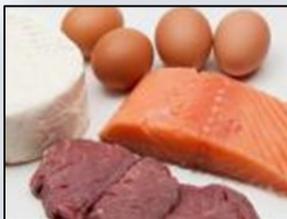
Most nutrition experts agree that getting protein from food is the ideal strategy for growing athletes. But some athletes (and their parents) worry that their swimmer isn't eating enough.

Rest assured, most young athletes get plenty of protein in their diet from the food they eat. In fact, studies show that most young athletes eat 2-3 times more protein than they need. However, swimmers who diet or follow a vegan diet may fall short on good protein sources.

Getting enough protein isn't the only issue for athletes, though. The timing of when protein is eaten matters also. For example, spacing protein evenly across the day is ideal for making sure protein is available to the body when needed. And, eating a source of protein within 45 minutes of a grueling workout is linked to improved muscle repair.

Here are some fail-proof strategies to ensure swimmers get enough protein, and at the right times:

Know your Protein: Food including meats like beef, lamb, chicken and other poultry sources; fish; beans and products made with beans like hummus and other bean-based dips; eggs; milk; soymilk; cheese; yogurt; and nuts and nut butters are all good sources of protein.



Space out Protein: Make sure you eat a quality protein source at each meal and include protein with most snacks. This effort will

make protein available to muscles and the rest of the body throughout the day.

Recover with a Protein-containing Snack: A source of protein eaten within 45 minutes of intensive exercise has been linked to muscle recovery and muscle mass gain. Studies have pointed to chocolate milk as a good recovery snack, as it contains protein (a casein- and whey-based type of protein) and carbohydrate, of which effectively repair muscle and supply glycogen (energy) to the muscle, respectively. Other sources of protein, like cheese or yogurt, combined with a carbs like crackers or fruit, likely provide similar benefits as chocolate milk.



Drink Milk or Soymilk Regularly: Drinking milk or soymilk with meals is one easy way to assure protein appears at mealtime. Of course, if the swimmer is eating other protein foods at that time, milk may not be needed. Milk and soymilk are also packed with other nutrients important for the swimmer like calcium and vitamin D.



Don't Overdo It with Extra Protein: Adding extra protein to shakes, or eating high protein bars or other supplements isn't necessary for the young athlete and may provide too much protein. Going overboard with protein can contribute to dehydration, stress the kidneys, and promote unwanted weight gain.

(Editor's Note: Along with the US Anti-Doping Agency (USADA), USA Swimming considers dietary supplements, such as some protein shakes and powders, as "take at your own risk," placing full responsibility for any effects and repercussions on the athlete. For more information on the USA Swimming policy on Dietary Supplements go to <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1814&Alias=Rainbow&Lang=en>).

Jill Castle, MS, RDN is a childhood nutrition expert and co-author of

Did you know???

When you order swim clothing and equipment from the Swim Outlet link on the Lancer's Team Unify Website, the team gets 15% back as store credit. We use that credit to buy new team equipment.

Just look for the link below on the website.



Thanks Swim Outlet!

Peanut Butter and Chocolate Overnight Oats

Peanut Butter and chocolate! These overnight oats are sure to add some excitement into your breakfast

December 19, 2013 by breakfastdramaqueen

You got chocolate in my peanut butter!

Sorry, couldn't resist that. I love the combination of chocolate and peanut butter so much – even more than PB & J, or the Elvis combination of peanut butter, banana and honey. But I do love those too! There are so many good things about the peanut butter and chocolate combination. It's sweet, it's salty, it's nutty, it's chocolaty – it's just wonderful.

This recipe came about when I was thinking of making a chocolate and vanilla marble overnight oatmeal. But then I thought, "Chocolate and vanilla is good – but chocolate and peanut butter? That's even better!"

When making these overnight oats, I always use my favorite vanilla-flavored yogurt. It's technically not Greek yogurt, but it has a similar thickness.

If you use plain yogurt, you may wish to increase the maple syrup in the chocolate layer (and add some to the peanut butter layer). And if your yogurt is quite runny/thin, then reduce the milk to 2 tablespoons per layer.

So, without further ramblings by me, here's the recipe

Peanut Butter and Chocolate Swirl Overnight Oats

Peanut butter and chocolate is a match made in heaven (according to me, anyway). Combine that classic combination with super-duper creamy overnight oats, and you've got yourself one exciting breakfast!

Serves: 1

Ingredients

For the Chocolate Layer:

- 2 teaspoons cocoa powder
- 2 teaspoons maple syrup, or to taste
- 3 tablespoons milk
- ¼ tsp vanilla extract
- ¼ cup vanilla-flavored yogurt
- ¼ cup rolled oats

For the Peanut Butter Layer:

- 1 - 2 tablespoons peanut butter
- 3 tablespoons milk
- ¼ cup vanilla-flavored yogurt
- ¼ cup rolled oats
- ⅛ tsp ground cinnamon

Instructions

For the chocolate layer: In small bowl or container, combine the cocoa powder, maple syrup, milk and vanilla extract. Mix in the yogurt and oats. If desired, add more maple syrup

For the peanut butter layer: In another bowl or container, mix together the peanut butter, milk, yogurt, oats and cinnamon.

Cover both of the bowls with plastic wrap (or put the lids on the containers) and leave in the fridge overnight.

In the morning, transfer the chocolate and peanut butter layers into a bowl (or glass). Using a knife, carefully swirl the two layers to create a marble effect. Enjoy!



Dried Fruit & Peanut Butter Breakfast Cookie

Serves: about 16 cookies

Ingredients

- ½ cup crunchy peanut butter
- ¼ cup warm coconut oil
- 1 large egg
- 3 tablespoons maple syrup
- 1 teaspoon vanilla paste or extract
- 2 cups gluten-free rolled oats
- 1 cup raisins
- ½ cup dried cranberries
- ½ cup chopped dried apricots
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt

Instructions

1. Preheat oven to 350°.
2. Combine first 5 ingredients in a large bowl.
3. Add remaining ingredients to peanut butter mixture; stir until well combined.
4. Press 2 tablespoons of mixture into a 2½-inch round cookie cutter onto a baking sheet lined with parchment paper.
Continue with remaining mixture.
5. Bake at 350° for 14-16 minutes, or until fragrant and golden. Cool on pan.

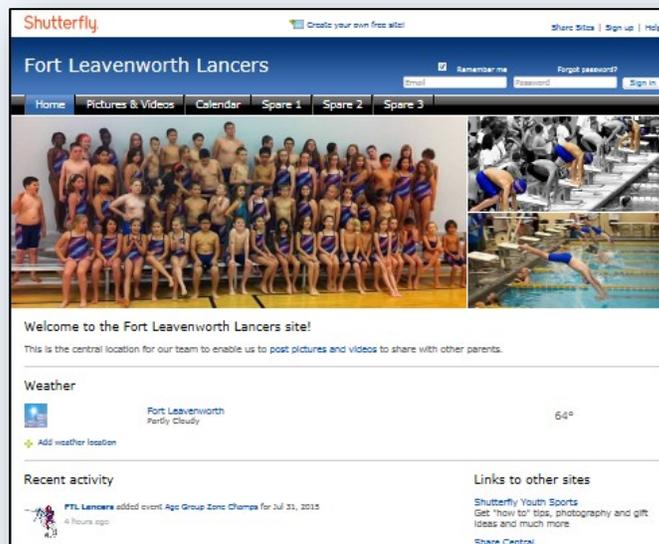


Did you know???

You can find photos from many of last year's events at our Fort Leavenworth Lancers Shutterfly website at:

<https://fortleavenworthlancers.shutterfly.com/>.

The password is "lancers"



Mental Toughness

Staying in the "NOW" for Very Fast Swims

BY DR. ALAN GOLDBERG

I bet you never knew that swimmers have a brake pedal that they unknowingly use at all the wrong times. Here you are in your big race with 50 to go and tough opponents on both sides of you. Time to step on the gas and what do you do instead? You jam your foot on the brake and slow yourself right down! Or it's your shave and taper meet and your one big chance to finally make the cut in your best event. What happens? Halfway through the race you hit the brakes again and fall way off your pace!

So what's this mysterious brake pedal I'm talking about that causes so many swimmers to slow down when what they really want to do is speed up? It's nothing more than a very common mental mistake that swimmers of all levels make called "time traveling." Time traveling involves losing your focus on what's important in the "here & now" and beginning to concentrate on something in the past or the future.

For example, a past focus might be thinking about your last race while you're standing behind the blocks for your next one, ("If my first race is bad the rest of my meet is usually bad!"), worrying that you didn't

train hard enough as you wait for the starter to begin the race, or focusing on how you always seem to swim poorly in this pool. A past focus right before and during your swims will always slow you down because it distracts you from concentrating on the things that help you go fast like your feel of the water, finishing your stroke, feeling long and smooth or kicking hard. Swimmers will know when they are mentally in the past because they use words and phrases like "here we go again", "I knew this was going to happen", "This always happens to me", "I can never break that time," etc.

Time traveling into the future involves mentally getting ahead of yourself. It's interesting to note that in too many 200's, the 3rd 50 is usually slower than the last 50. Why? Because during that 3rd 50 the swimmer starts to shift his or her focus into the future to the end of the race. Other examples of future focusing include, thinking about the time you want for this race, concentrating on needing to win, dreading how you'll feel at the end of the race if you're feeling this badly now and worrying about your next race before you've finished this one. A future focus is most often responsible for choking in

swimming and is why a lot of swimmers seem to fall apart under pressure. Like a past focus, concentrating on these future thoughts makes you uptight and distracts you from paying attention to the things that get you to go fast.

The trick to swimming fast when it counts the most is to keep your concentration in the "now" of the race. This is your "gas pedal" in the pool. This means that you have to focus on one race at a time, one lap at a time, and one stroke at a time while you swim. By staying in the "now" just before and during your swims, you will dramatically increase your chances of getting the times that you really want. Being in the "now" means that you usually focus on how the swim feels and nothing else.

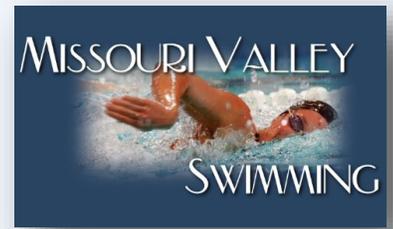
So if you want to go fast when it counts the most you have to train yourself to keep your focus of concentration in the "now" of the race. This means that if you begin to notice that you're starting to "time travel", quickly and gently return your focus to the task at hand right now. By quickly bringing yourself back to the "now" every time that you drift, you will increase your chances of getting that fast time.

As a sports psychology consultant, Dr. Alan Goldberg works with swimmers at every level. A presenter at the Olympic Training Center, swim coaches clinics and clubs around the country, Dr. G specializes in helping swimmers struggling with performance problems, get unstuck and swim fast when it counts the most. He works over Skype, providing one-on-one consultation with swimmers and other athletes around the world. Dr. G has written over 35 mental toughness training programs and books. In addition, he is a regular contributor to Splash Magazine.

For more FREE mental toughness tips and swim articles, go to Dr. Goldberg's website, www.competitivedge.com and click on "choose your sport" and then "swimming." You can also visit him on Facebook, follow him on Twitter and sign up for his free, monthly mental toughness newsletter.



IT'S NOT TOO LATE!



Do you have what it takes to be a member of the Missouri Valley Swimming All Academic Team?

Do you meet these qualifications?

1. Must have completed 9th Grade or higher;
2. Must be a current USA Swimming athlete member;
3. Must have participated in an individual event in one of the MVS Championship meets (Winter Classic, Districts, Championships) or higher such as Sectionals, Zones, 18 & Under National Championships...;
4. Must have participated in 3 additional USA Swimming sanctioned meets;
5. Must have a minimum 3.2 grade point average on a 4.0 scale;
6. Must submit an official Transcript or report card for the entire year.

If this sounds like you, you can submit an application form and your transcripts (or report card) to Missouri Valley Swimming. They must be received no later than August 15th. Late applications will NOT be accepted.

Go to the Missouri Valley Website at the address below for more information.

https://www.teamunify.com/SubTabGeneric.jsp?_stabilid_=123544&team=mvsisc

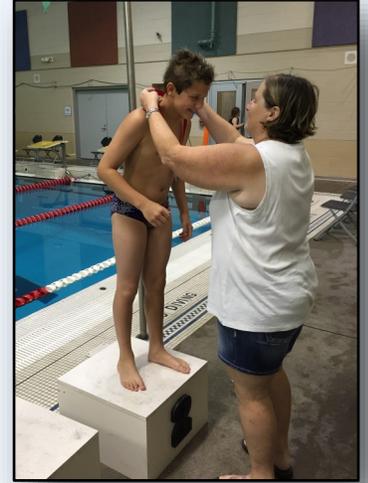
Lancers About Town



Elliott S., a future Lancer no doubt, working on his streamline at the Lawrence Wave the Wheat Swim Meet on July 11, 2015. Now if we can just get his goggles on right way up.



Four current and five former Lancers posing with Coach Wender, head coach of the West Point Swim Team, at Swim Camp, July 15, 2015



Jeb M. took 2nd Place overall in 11-12 200M Fly at the 2015 MV Long Course Championships in Lawrence on July 25, 2015.



2013



2015

It's always nice when former Lancers come back to visit, especially when they jump in the pool and do a practice! What a difference two years makes. Great to see you again Morgan and Weston G.!



Lots of new faces in Bronze and Silver as they complete practice at Grant Pool on July 27, 2015. Welcome all new Lancers!

More Notes from Coach!

Congratulations to our District and Championship qualifiers these last two weekends. The Lancers were well represented at our end of the Long Course season meets. Our Championship meet swimmers posted 98% personal best performances over all with several top 16 finishers and top 3 finishes.

Congratulations to Michael B (pictured here) . In addition to taking 2nd Place overall in both the 10 and Under 200M Free and the 400 Free, he made the 10 and Under Missouri Valley Zone Team. Michael represented Missouri Valley in Topeka at the Central Zone Championships July 31st through August 2nd. This meet encompassed the top swimmers in their age group from over an 11 state region. Michael swam the 400 FR, 200 FR and 200 IM. Congratulations from the coaches and your teammates Michael we are all proud of your accomplishments.



Congratulations Long Course 2015 Qualifiers!

DISTRICTS

Elizabeth B.	Darby M.	Abra V.
Michael B.	Jeb M.	John W.
Maya B.	Weston M.	Maxwell W.
Laith C.	Celia P.	August Z.
Zachary C.	Patrick S.	Elizabeth Z.
Ignacio D.	Ponce S.	Sarah Z.
Kato F.	Kaidence S.	
Trinity H.	Kimberly S.	

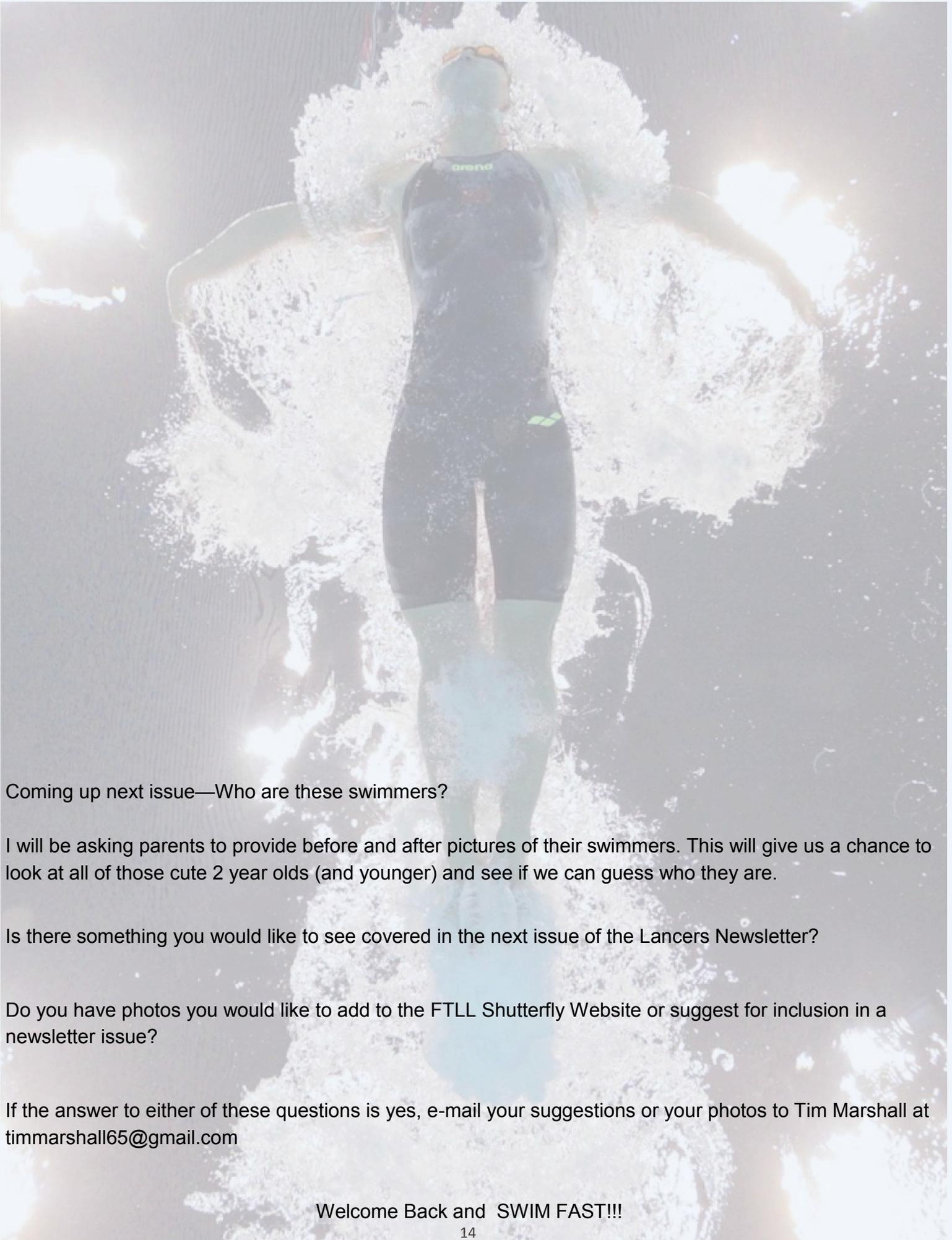
CHAMPIONSHIPS

Michael B.
Kato Fi.
Jeb M.
Kaidence S.
Cecilia S.
Maria S.
Abra V.

FLL "Swimmers of the Meet"

Voorheese/Maxfield	Abra V.
Rose Memorial	Trevor .
Beach Bash	Ignacio D.
Little Apple Invite	Kaidence S.
Wave the Wheat	Maya B.
District Championships	Kato F.
LC Championships	Michael B.

Well Done!



Coming up next issue—Who are these swimmers?

I will be asking parents to provide before and after pictures of their swimmers. This will give us a chance to look at all of those cute 2 year olds (and younger) and see if we can guess who they are.

Is there something you would like to see covered in the next issue of the Lancers Newsletter?

Do you have photos you would like to add to the FTLL Shutterfly Website or suggest for inclusion in a newsletter issue?

If the answer to either of these questions is yes, e-mail your suggestions or your photos to Tim Marshall at timmarshall65@gmail.com

Welcome Back and SWIM FAST!!!