



Est. 1965

News & Current Events

President's Lane

Wow! Things have been going swimmingly (hee hee!), haven't they?? I want to start off by saying THANK YOU ALL for being so willing to volunteer for everything we have thrown at our families in such a short time. It's nice to get complaints about not having enough volunteer slots for everyone! With that being said, we are only at the start of the Short Course season and we have a long way to go... keep up the great work!

We are in the final stage of planning for our October Home Meet. Job sign-ups are open, and there are plenty to go around. This is the first big opportunity to fulfill those volunteer hours. Donations are a major part of our swim meet but the meet cannot happen without volunteers on deck. I suggest doing a little of both. Ultimately, we will always be in need of Safety Marshalls and Timers; the meet cannot even start without these positions filled. The bonus side of these positions is you get the best seat in the house to watch your swimmer- right on deck! And do not stress, you will get instructions on how to do timing so that is no longer an excuse. Also, remember that this is a MANDATORY swim meet; if your

swimmer is unable to attend there will be a buy-out charged to your account, per swimmer. Be sure to log in and update your swimmer's commitment.

Moving into the next few months, needs within the team will slow down as competition opportunities pick up. Most of the swim meets we attend are within the range of an hour drive. They are usually early mornings for the younger groups and late days for the older groups. It is humid in the pool areas, the drives are long, and it's hard work for the swimmers. DO NOT let that scare you away!! I personally encourage each swimmer (and family) to attend every swim meet they can. These kids practice so hard every day, and competing is where they see the fruit of their labor. You would not practice at soccer every day but never play a game; why would you never attend a swim meet if you practice every day?? It truly is a fun sport to watch and be involved in. Take a look at the meet schedule and add them to your calendar

JAMIE

Freddy's FUNdraiser

Thank you to all who participated. I think it is safe to say that a great time was had by all!



October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
					Splash Invitational Home Meet	
4	5	6	7	8	9	10
Splash Invitational Home Meet					No Practice Optional Paint Party 6:00pm	
11	12	13	14	15	16	17
	No Practice					
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						Monster Splash Manhattan, KS

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6	7	
					Eryn Baird Meet Gladstone, MO		
8	9	10	11	12	13	14	
Eryn Baird Meet Gladstone, MO			No Practice				
15	16	17	18	19	20	21	
			Swim-a-thon			Aquahawk Meet Lawrence, KS	
22	23	24	25	26	27	28	
				Thanksgiving			
			No Practice				
29	30						

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. 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

9 OCT—Coach Training Day	15 JAN—MLK Day
12 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	

NOTES:

- **These dates are subject to change based on MWR and/or Harney Gym scheduling**
- **12 OCT has been added as a Training Holiday since last newsletter**

Mark Your Calendars!
Ft Leavenworth Lancers
Dates to Remember

Swim Nutrition

6 Healthy Foods that Fool Young Swimmers



7/21/2015

By Jill Castle, MS, RDN

Jake was drinking a sports drink at lunch. Shelley ate 5 or 6 handfuls of nuts for her after-school snack. Graham guzzled OJ in the morning. What do these young swimmers have in common? They all thought they were healthy eaters.

Being a healthy eater means knowing which foods promote health and how much to eat. Some foods have the appearance of being healthy, but when you look at the ingredients and analyze their nutrition, they fall into the unhealthy zone. Other foods may be truly healthy items, but eating large amounts pushes them to the unhealthy side.

Many consumers are fooled by the food they eat. These 6 foods may be fooling your young swimmer, and here's why:

Yogurt. Yogurt certainly has a variety of health benefits, but being the vehicle for added sugar is not one of them. Yogurt with candy stir-ins (located on the top or side of the package) isn't the best bet when it comes to choosing a health-enhancing food. Those types of yogurt are the highest in sugar content. Instead, look for yogurt, either regular or Greek, that is plain or flavored, as these will have less added sugar. Yogurt with fruit on the bottom or blended into the yogurt is your next best bet.



Granola Bars. The lure of oats, honey, nuts and seeds is tempting because the promise of health seems to radiate from them. When they're in isolation, yes, these ingredients are healthy, but packaged together and dipped in chocolate (or vanilla, peanut or other creamy, sugary coating), they aren't. If you take a moment to scan the nutrition facts panel, you'll find the percentage of fat and sugar can be off the charts! Be careful with these products—some granola bars resemble candy when their nutritional parameters are analyzed. If you can't resist granola bars, you can always make your own or keep a cap on the fat, sugar



and calories by limiting them to less than 5 grams per serving, less than 10 grams per serving and less than 180 calories per serving, respectively, in the packaged versions.

Cereal. Swimmers can go either way with cereal, which is another category of food that ranges from the uber healthy (high fiber, low sugar and low fat) to the surprisingly unhealthy (sugar-, fat-, and artificial color-filled). The good news about cereal is that it is often fortified with nutrients the young athlete can use more of, such as calcium, vitamin D, vitamin C, folate and fiber. The bad news: if cereal is loaded with unhealthy ingredients, its benefit to athletic performance and health is questionable. Use these guidelines when purchasing cereal: keep sugar content less than 10 grams per serving (under 5 grams is even better), fiber content more than 3 gram per serving, and avoid artificial flavors, colors, and preservatives.



Sports Drinks. A sports drink can be a lifesaver for the swimmer, especially during those long, intensive workouts. Not only do they help prevent dehydration, they can be a source of energy for the swimmer. But, when misused, such as a routine drink with meals or consumed when not exercising, sports drinks can pose a threat to the young swimmers health. One 2014 study published in Obesity found that a serving of sports drink a day was more detrimental to kids' weight than the same amount of soda daily.



100% Fruit Juice. Yes, it's a natural food. Yes, it counts as a fruit. And, yes it's full of vitamin C. But, when consumed in large volumes (more than 8-12 ounces per day), 100% fruit juice may contribute too much sugar to an athlete's diet.



(Continued on page 5)

Nuts. Full of fiber, fat and protein, as well as nutrients, such as omega-3 fatty acids and vitamin E that help the brain and heart, nuts have long been touted as a health food. And they are healthy! However, because they provide a concentrated source of fat, nuts can level a powerful calorie punch. An ounce of nuts (roughly 23 almonds; 18 cashews; 35 peanuts; or 14 walnut halves) offers between 160-200 calories. If the young swimmer is tossing handfuls into his mouth, he may be getting too many calories.



Don't be fooled by food—knowing what and how much the young swimmer should be eating will keep food as a friend, not a foe.

Jill Castle, MS, RDN is a childhood nutrition expert and author of [Eat Like a Champion: Performance Nutrition for Your Young Athlete](#). She lives with her husband and four children in New Canaan, CT. For more about Jill, go to www.JillCastle.com.

INTERESTED IN LEARNING MORE ABOUT YOUNG ATHLETE NUTRITION?

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

Egg Muffins with Sausage, Spinach, and Cheese

Mini frittatas made in muffin tins, with eggs, turkey sausage, spinach, and cheddar cheese. You can reheat these egg muffins in the microwave. A great breakfast on the go!

INGREDIENTS:

- 3 lean breakfast turkey sausage links
- 5 egg whites
- 2 whole eggs
- 1/4 cup skim milk
- Salt and pepper, to taste
- 1/4 cup fresh chopped spinach
- 1/4 cup shredded sharp Cheddar cheese



DIRECTIONS:

Preheat the oven to 350 degrees F. In a medium skillet, brown the turkey sausage links on medium-high heat. Cook until sausage is brown all the way through. Cut sausage into 1/2 inch pieces. Set aside.

In a large mixing bowl, whisk together egg whites and eggs. Whisk in skim milk and season with salt and pepper, to taste. Stir in the chopped spinach.

Grease 6 muffin tin cups with cooking spray or line cups with paper liners. Pour egg mixture evenly into the muffin cups.

Distribute cheese and sausage equally between each muffin cup.

Bake egg muffins for 20 minutes, or until the muffins are firm in the center. Remove from oven and gently go round each egg with a butter knife. Serve warm.

Note-you can store the egg muffins in the fridge for 3-4 days and reheat them in the microwave.



Requested Recipes from Jamie



Flourless Peanut Butter Choc Chip Blender Muffins

Ingredients:

1 medium ripe banana, peeled
1 large egg
1 heaping 1/2 cup creamy peanut butter (I recommend using classic store bought peanut butter, and not natural or homemade)
3 tablespoons honey (agave or maple syrup may be substituted)
1 tablespoon vanilla extract
1/4 teaspoon baking soda
pinch of salt, optional and to taste
1 heaping 1/2 cup mini semi-sweet chocolate chips

Directions:

Preheat oven to 400F. Prepare mini muffin pans by spraying very well with floured cooking spray, or grease and flour the pans; set aside. If keeping gluten-free for health reasons, simply use cooking spray or grease the pan.

To the canister of a blender, add first 7 ingredients, through optional salt, and blend on high speed until smooth and creamy, about 1 minute.

1. Add chocolate chips and stir in by hand; don't use the blender because it will pulverize them.
2. Using a tablespoon or small cookie scoop that's been sprayed with cooking spray (helps batter slide off spoon or scoop easily), form rounded 1 tablespoon mounds and place mounds into prepared pans. Each cavity should be filled to a solid 3/4 full.

Bake for 8 to 9 minutes, or until the tops are set, domed, springy to the touch, and a toothpick inserted into the center comes out clean, or with a few moist crumbs, but no batter. Due to their small size and oven variance, make sure to watch your muffins closely, and bake until done. Allow muffins to cool in pans for about 10 minutes, or until they've firmed up and are cool enough to handle. Muffins are best fresh, but will keep airtight at room temperature for up to 5 days, or in the freezer for up to 4 months.

Cream Cheese Pancakes

Ingredients:

2 oz cream cheese
2 eggs
1 packet stevia (or any) sweetener
1/2 tsp cinnamon

Directions:

1. Put all ingredients in a blender or magic bullet. Blend until smooth. Let rest for 2 minutes so the bubbles can settle.
2. Pour 1/4 of the batter into a hot pan greased with butter or pam spray. Cook for 2 minutes until golden, flip and cook 1 minute on the other side. Repeat with the rest of the batter.

Top 10 Reasons Why I am a distance swimmer !



10. I get more swim for my money.
9. During the race I have more time to sing songs to MYSELF!!
8. Distance swimmers can count higher.
7. Lap counters get down on their knees for me!
6. You've got plenty of time to go to the bathroom before you're heat is up.
5. I can name all the swimmers in my event.
4. People cheer for me longer!
3. It's the only race you can win in after doing a cannonball for a dive.
2. I actually get to breath as I swim.
1. If my ship ever sinks, I have the best chance

SWIMMING

The only sport that does more...

KICKS than a **SOCCER PLAYER**

URNS than a **DANCER**

LAPS than a **RUNNER**

FLIPS than a **CHEERLEADER**

SETS than **VOLLEYBALL PLAYER**

YARDS than a **FOOTBALL PLAYER**

DIVES than a **BASEBALL PLAYER**

Happy Birthday Lancers! October through November



Alexandrea H.	OCT	Ignacio D.	NOV		
Elisabeth H.	OCT	Natalie N.	NOV		
Angel M.	OCT	Elizabeth B.	NOV	Ponce S.	NOV
Tyler M.	OCT	Addison P.	NOV	Abra V.	NOV
Kimberly S.	OCT	Anna T.	NOV	Celia P.	NOV

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!

Mental Toughness

Getting Started

BY DR. ALAN GOLDBERG

Did you know that "races are won and lost before the start?" We know that this is certainly true training-wise. If you goof off, cut corners and don't put much into your training, then you'll never develop a good enough training base to swim fast when it counts the most. What might not be so obvious to you, however, is that many races are won and lost because of what goes on between your ears. That is, what you think about and focus on before and during your races, what I call your "mental mechanics", will determine whether you experience the thrill of victory or suffer through the agony of defeat.

This is why so many swimmers go faster in practice than they do in big meets. It's why so many swimmers go faster in their off events than their best ones. This is also why strong, well-conditioned swimmers will mysteriously "die" just 100 yards into their first race of a meet when there's no physical reason for this. Your mind is that powerful! Here's how it works.

Your pre-race thoughts like, "What if I get DQ'ed", "What if I swim slow", "She/he (opponent) is so much faster than me", "This is my last chance to qualify", "I don't feel good/fast today," or "I never swim well in this meet" make you

nervous. When you get nervous, three critical changes happen in your body. Your muscles begin to tighten, your breathing gets faster and shallower and your hands and feet get cold.

These physical changes will, in turn, slow your swimming right down. How?

First, tight muscles will shorten your stroke and ruin your stroke mechanics. Tight muscles will kill your timing on your start and turns. When your muscles are too tense you'll tire much quicker because tight muscles are inefficient. They just don't work well. Finally, tight muscles will be much more painful during your race.

Second, if you're breathing too fast and shallow before and during your race, you'll tend to take too many breaths, which will add precious seconds to your time. Furthermore, your rhythm will be thrown off and your muscles will tighten even more. Finally, too shallow breathing will completely wipe you out endurance-wise and make you feel like you are in the worst shape of your life.

Third, if your hands get cold you will lose that all important feel of the water. Swimming fast is about being able to feel what you're doing. What am I saying in simple English? G.I.G.O.

Garbage in, garbage out! If you feed yourself mental garbage before or during a race, (What if, I can't, she's faster than me, etc.) you'll feel and perform like garbage! Negative thoughts kill your confidence, distract your concentration and slow you right down.

So what does all this mean for you? If you want to develop mental toughness and consistently swim fast under pressure, then you have to learn to develop an awareness of your thoughts, self-talk or what I call the dialogue of your "inner coach." If you are not on top of your pre- and during race self-talk, then you'll always end up frustrated with your times. Awareness is the key.

What can you do to begin to train your "inner coach" to work for you? First, review 2-3 of your very best races. Think back to these events and try to remember what you thought before and during the race. Write this down. Now review 2-3 really bad races in the very same way. What were you thinking about before and during these events. Next, compare the differences in your self-talk before your good and bad races.

After you do this, begin to keep a training and race journal. In it, keep a record of your thoughts and self-talk during practice and at

meets. For example, what were you thinking about before and during that tough set? After you failed to make the interval while another teammate did? After a disappointing race? Write your thoughts down at night, after practice or the meet. Keeping track of your self-talk in this way will help you begin to get control over it. By becoming aware of how negative you are, you can learn to change it in a positive way. Remember, races are won and lost before the start.

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. 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.

Lancers About Town

What a Busy Two Months It's Been!



*PAIR DAY
2015*



Swim Try-Outs



Parent's Meeting



Dryland



Team Party



Lots of new swimmers and smiles



Swim Suit Fitting



What's the best thing about Saturday practice?



*Final Practice at Grant Pool
under
"FRIDAY NIGHT LIGHTS"
Thanks for a great Summer!*



Breakfast at the Depot of course!

Hopefully Helpful Hints & Reminders

- ◇ If you lost, broke, or just want a spare Lancers Swim Cap, see the Team Treasurer, Julie Howell, on deck. The cost is \$4.
- ◇ Please look over your billing summaries each month for accuracy, but especially this month since all the swimsuit, clothing, and cap orders are on it.
- ◇ As a reminder, swim meets billed 1 month behind so the October meets will be on the November invoice.
- ◇ The second order for Lancer Spirit Wear is coming soon. The order form will be available on the website, and the deadline for turning them in will be October 8. You can turn orders into Jamie (or any Board member if need be). There is usually two week turn around.
- ◇ As of the publishing date of this newsletter, there are still tons of volunteer opportunities available for the upcoming home meet. Please go to the team unify site and see where you can help the team with your TIME and TALENTS. There are still many donations available, but we also have vacancies in the areas of announcers, marshals, timers, and set-up crew. Without an adequate number of marshals and timers and an announcer, we will not be able to start the meet. Please see where you can best help.
- ◇ If you haven't already done so, please to the team unify site and declare your child's participation in the meet. If you need to leave any notes for the coaches, you can do so in the comments section, but remember, the coaches will sign your swimmers up for their specific events.

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

SWIM FAST!!!