

Important Dates and Upcoming Meet Deadlines

- October 22** - Deadline to sign up for
Lancaster Invitational
- Oct 23-25** - Dayton Raiders (USA)
- Oct. 31** - Team Pictures and home
high school meet (vs
HURY and Mt Vernon)
- Nov 7-8** - LYST Invitational



The Lancaster Invitational November 7 and 8

Extended sign-up deadline: Thursday 10/22.

Coaches would like all swimmers NOT attending
Mason Invite to go to this invitational.

This meet is split by age:
Saturday is 11& older.
Sunday is 10 & under.

The Lancaster team is hosting a food drive during
this event. Please see attached flyer for more
info.

FOOTBALL PARKING FUNDRAISER

**... TO DATE WE HAVE RAISED \$760 THROUGH
THIS FUNDRAISER! OUR SWIMMERS BENEFIT
GREATLY FROM THE FUNDS RAISED BY YOUR EFFORTS!**

**THANKS TO THE FOLLOWING FAMILIES WHO HAVE
WORKED (OR WILL WORK) THIS FUNDRAISER:** Baughn,
Bell, Brown, Chapman, Esh, Fenimore, Fouts, Hercenberg,
Mestemaker, Pintz, Reid, Rush, Bowers, Holmes and King

THERE IS ONE FINAL OPENING THAT NEEDS TO BE FILLED...

**We need someone to work with the
King family at the 10/23 game**

**IF YOU ARE ABLE TO HELP WITH THIS GAME, PLEASE SIGN-IN TO YOUR
ACCOUNT, GO TO THE "MEETS AND EVENTS PAGE", AND CLICK ON "
JOB SIGN-UP" NOW! DETAILS OF THE JOB REQUIREMENTS ARE AVAIL-
ABLE BY CLICKING ON THE NAME OF THE EVENT FROM THE "MEETS &
EVENTS" PAGE.**

Attn USA swimmers...

The hotel block for the Mason Invite expires this
Friday 10/23.

Dayton Raiders Meet info (including psych sheet,
warm up times and lanes, etc...) is available on
their website (www.daytonraiders.com).

Sportswear

Thanks for all of your enthusiastic responses to the sportswear sale. What fun it will be to see coaches, parents and swimmers alike taking pride in their team by wearing their LCFY team sportswear! **Sportswear orders are expected to be delivered on team picture day, October 31st.** We have a dozen or two samples left to sell and are offering them at reduced pricing. See the team website under SPORTSWEAR for a list of what is available.

Thank you to Jen Bunstine for her photographs and web page design. They really helped the ordering process by visually simplifying the items and showcasing them in a professional manner. Thanks to Joni King and Cathy Untied for helping to select the items offered for sale. Also thanks to Jen Bunstine, Cathy Untied, Amy Stahl, and Jill Esh for helping to sell the sportswear. **Go SHARKS!**

INVITATIONAL UPDATE...

The LCFY Sharks hosted their annual invitational on Sunday, October 18, 2009. The invitational was once again well attended as ten teams from the SEOWV YMCA league competed in the meet. This year 421 athletes were registered for our invitational, 265 female and 156 male.

A summary of the financial side of the meet will follow once all numbers are compiled.

THANK YOU!!!

The meet was a great success due to the planning, help and hard work of all the parents who contributed both monetary and physical assets towards this goal.

The invitational committee would like to thank all parents and swimmers who helped throughout the weekend for their tireless efforts in support of the LCFY Sharks swim team.

The Invitational ran beautifully, and our swimmers looked fantastic in the water. Stay tuned for a recap on the success of our swimmers.

The Parent Club wants to say THANK YOU to Karen Schroeder for organizing the sportswear sale. Karen put much thought into the decisions, chose quality products, kept the prices reasonable, and dedicated many hours of her personal time to

this fundraiser

And a special THANK YOU to Pat McGonagle for heading up the Invitational Planning Committee.



Don't Forget...Picture Day and Pizza Party!

Saturday Oct 31

The morning will run like this:

9:15am-10:15am	12 & Under Individual Pictures
10:30am	Team Photo
11:00am-11:45am	13 & Over Individual Pictures

STAY FOR LUNCH... Pizza and soda will be provided after the pictures are taken, and the high schoolers have a home meet in the afternoon.

If you have swimmers in both age groups, you are welcome to bring them at the same time. *Even if you do not plan on getting individual pictures, please be at the pool by 10:15 for the team photo* - all of your friends and coaches want to see you in the team photo! Order forms will be distributed to your mailbox the week of October 19th; please fill those out and have your swimmer bring them back on picture day. If you have any questions, please contact Jen Bunstine @ bunstinephotography@columbus.rr.com or 740-975-7766.

Wear your team suit!!

PLEASE RSVP (on the web page) so we know how much pizza to order! You can do this on our website on the Meet and Events page. Scroll down to Oct 31 Team Picture Day and Pizza Party and click Attend This Event. It will be a fun time for all of our swimmers to socialize and celebrate the new season.

Attention Parents!!!! Please make it a point to check the website often and read the newsletter weekly so that everyone is on the same page. We try to minimize the number of emails we send, but there's a ton of important info that you really NEED to know regarding meets, practice schedule changes, upcoming events, etc.

Practice schedule changes for Oct 23-26

Due to the Weekend Dayton Raiders meet, practices for Friday 10/23-Monday 10/26 have been adjusted as follows:

Dayton Raiders Swimmers:

Friday, 10/23: 4:15-5:15pm Warm-up only practice for ALL Dayton Raiders swimmers still in town

Monday, 10/26: NO practice ... this is a recovery day

Swimmers NOT attending Dayton Raiders Meet:

Friday, 10/23:

Silver and Bronze: 4:15-5:15pm (Dry Land is cancelled for Bronze)

Great Whites: 5:15-6:45pm

Tiger Sharks: 5:15-6:15pm

Hammerheads and Bull Sharks: Regular Practice Schedule

Saturday, 10/24

Gold & Silver: 9:15-10:45am

All Other Groups: Regular Practice Schedule

Monday, 10/26

Gold & Silver: NO Swim Practice or Dry Land Practice

All Other Groups: Regular Practice Schedule

Practice Schedule changes during the High School Season:

Because we share our Swimming Facilities with several local High School Swim Teams, we will need to make practice time adjustments on several Friday evenings during the High School Season, when there will be High School meets in our pool.

Practice times for the following Fridays:

December 4, 11, 18

January 8, 15, 29

February 5

Will be as follows:

Tiger Sharks: 4:30-5:30pm

Great White: 4:00-5:30pm

Bronze: Practice moved to the Monday of that same week 7:15-8:15

Bronze: Dry Land practices on these Fridays is canceled. Bronze swimmers may attend the Monday Silver Group dry land from 6-6:45pm in place of this canceled Friday training.

Silver: Practice moved to the Wednesday of that same week 4:45-6:15

[On-line practice calendars](#) have been updated to reflect these changes for these specific days.

Practice schedule changes for the week of Halloween

Thursday, 10/29

· **Great Whites 2:** NO practice

· **All Other Groups:** Regular Practice Schedule

Friday, 10/30

· **Great Whites 2, Great Whites, Tiger Sharks, Hammerheads, Bull Sharks and Pre-swim team:** **Halloween Celebration** practice 5:45-7:15

More details to come from the coaches ... watch the website!

· **All Other Groups:** Regular Practice Schedule

Saturday, 10/31

· **Bronze, Silver & Gold:** 7:45-9:15am

All Other Groups: No Swim or Dry Land practice due to [Team Picture Day](#)

1st Annual LYST Stingray



As your team is packing their bags with suits, towels, caps
and goggles.....

remind them to throw in a non-perishable food item!!!

**This year the LYST Stingrays are adding one more event to their
Invitational!**

There is going to be a competition between teams to see who can provide the most non-perishable food items over this 2-day event. The winning team will be presented with a plaque at the conclusion of the Invitational!

The food items will be used by the Lancaster YMCA youth programs and will also be distributed to food pantries and shelters in Fairfield County.



Please bring your items on November 7th and 8th and place them in the area designated for your team...we will have volunteers to help you find your spot!

Please encourage your team to help support this event...especially during this upcoming Holiday season! As members of the SEO/WV Swim League, we can all TEAM-UP and help those in need! We are looking forward to a GREAT Invitational and a great supply of food to share with the community!

For more information, please contact Lancaster YMCA Aquatics Director, Stacy McQuery at (740) 654-0616 ext. 239 or smcquery@ymclancaster.org.