

## Important Dates and Upcoming Meet Deadlines

- Oct. 31 - Team Pictures and home high school meet (vs HURY and Mt Vernon)
- Nov 2 - Sign-up deadline for Makos (USA meet)
- Nov 7-8 - LYST Invitational
- Nov 11 - Deadline for Makos hotel reservations block rate
- Nov 13-15 - Mason Invitational
- Nov 23 - Sign-up deadline for LCFY Intersquad meet (**Pre-team included**)
- Dec 5 - LCFY Intersquad meet (more info to come)



## The Lancaster Invitational November 7 and 8

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.

## Practice schedule changes for 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

Bronze: practice as usual

Gold/Silver combo practice 4-5:45pm

Saturday, 10/31

All Groups: No Swim or Dry Land practice due to Team Picture Day

## Next weekend; A couple more practice changes...

**Friday, 11/6: Gold/Silver combo practice 4-5:45pm**

**Saturday, 11/7: Gold/Silver/Bronze practices cancelled ... some will be swimming the LYST Invitational this weekend and others will be prepping for a great Mason Meet!**

**Saturday, 11/7: Pre Swim Team practice moved to 9-9:45am**

## WE NEED CANDY!

Parents of Great Whites 2, Great Whites, Tiger Sharks, Hammerheads, Bull Sharks and Pre-swim team: please bring a bag of candy to Friday's "Halloween Fun practice"

**Attn: ALL TEAM MEMBERS*****THIS is SATURDAY!!!!*****Picture Day & 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 our high school swimmers 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 have been distributed to your mailbox; 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](mailto: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.

## Sportswear

Sportswear orders are expected to be delivered on team picture day, October 31st. There are still a few samples left and we are offering them at reduced pricing. See the team website under SPORTSWEAR for a list of what is available. The samples will be available for purchase at the pool Saturday during pictures and the pizza party.

LCFY SHARKS TIME RECORDS have been updated and can be found on the website under the "Meets and Events" tab.



**GOOD LUCK TO ALL OUR SWIMMERS** who will be swimming in the meet on Saturday 10/31!

PARENTS OF SWIMMERS IN THIS MEET: **we still have jobs to fill for this meet.** Find the meet on the "upcoming events" page and click on "job sign-up."

*Swimmers—warm-ups are at 12:00 noon*

**USA SWIMMERS...**

**Take Note of the Makos sign-up deadline...it is LESS THAN A WEEK AWAY!**

**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.**

**The Kroger Fundraiser is up and running! Be on the look out for more information!**

**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 will be as follows:

December 4, 11, 18

January 8, 15, 29

February 5

**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. 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, plus all other practice changes as they are announced.**

**Just in time for the holidays!**

We will have a **Pampered Chef** fundraiser **Oct 31 through Nov 14th.**

Gwen King (who's son, Anthony King is a new Shark this year) has been kind enough to donate ALL of her profits from this sale back to the team...15% will go to the general team fund and the other 10% will go into your personal escrow account! Plus, every family that submits \$250 in sales will get a \$10-gift card!

You can start now, and remember to include your family and friends in the sale! They can order online and have the products shipped directly to them. Please go to "[pamperedchef.biz/gwenkingcooks](http://pamperedchef.biz/gwenkingcooks)" and click on "go shopping" and enter "SHARKS". Have fun shopping and let Gwen know that you have placed an order. Orders should be in by THANKSGIVING!

**Gwen will be setting up a mini booth Friday night so you can check out some of the product and will be available for question this Saturday at 11:30.** Plus, guests receive 20% off the Simple Additions line in November only!

Questions? You can call Gwen at 323-5813 or e-mail [gwencooks@windstream.net](mailto:gwencooks@windstream.net)

**Packets are in your mailbox at the pool and Gwen asks that those packets be returned with your orders. Please make sure that your name and phone number are on the order form!**

# 1<sup>st</sup> 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 7<sup>th</sup> and 8<sup>th</sup> 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](mailto:smcquery@ymclancaster.org).*