

The

LA Times

Thursday, October 31

Issue No. 1



Head Coach's Report

Welcome to the re-introduction of the LASC newsletter! With the bulk of our club communication being from the website and email we have not utilized a club newsletter for at least a couple of years, but we think it will be good monthly wrap-up of club news and reminder of upcoming events to enhance communication to the membership.

Our team is off to a great start to 2013-14 with an increased membership in the competitive program (over 70 swimmers) and a full capacity I Can Swim program (80 swimmers). As with any organization, growth offers both opportunity and challenge. The opportunities for LASC swimmers in the future are truly boundless; our club has a strong history and has had many successes over the past 75 years, but we have not yet tested our potential. We have a great facility and relationship with the University of Lethbridge and Pronghorn swimming program. We live in a vibrant small city with a family focus. We have a very strong coaching staff and supportive group of club parents. Most importantly we have a group of swimmers that want to be better! I believe we have all the ingredients to make LASC the best club of its size in Canada.

Our challenges are to continue to grow and improve as an organization, to retain and continue the education of our coaching staff, to involve more parents in the volunteer aspects of the club, to continue to raise the expectations for our swimmers, and to stay a close-knit supportive TEAM. It is easy in an individual sport like swimming to lose track of how important the team aspect is. For young swimmers, TEAM is about having a coach that encourages them and teammates around them that makes swim practice a fun part of their day. We try to build on this as the kids progress; the encouragement from their coach will begin to include a push to reach new levels and the friends around them add a challenge to their training environment. Our best individual performances will only be as strong as the TEAM environment that supports them. Swimmers, Coaches and Parents – all of us together are LASC.

We have a great coaching staff with most returning from last year and a couple new faces. If you have not had a chance to meet face to face with your swimmer's coach, please take the time to say hi before or after practice or contact them by email (all contact emails for competitive coaches are on the website).

Our first team event this year was the Thursday Night at the Races (TNATR)

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on October 17th and we had a record turnout of almost 100 swimmers! Despite an unexpected early finish our swimmers raced well and had a fun time at the pool. After a lot of years on the pool deck it easy to forget how special it is the first time someone swims 25 or 50 metres without stopping. Well done to all of our new swimmers! Our next TNATR is November 28th.

This past weekend was the first of five swim meets that LASC will be hosting this year, and we got off to a very good start. Thanks to everyone for their help with Meet Management, Officiating and Hospitality. The meet format was a little different with some unusual relays, which made for some challenges in running the meet, but it also made for a ton of fun for the swimmers who showed some great racing and team spirit.

Our next home event is the Wacky T-Shirt Junior Circuit Meet on November 17th. This meet is for our younger, novice swimmers, primarily in the OW and JP groups, although swimmers in the Provincial group that do not have their MQT's (check the Time Standards page on our website) can compete as well. JSC meets are shorter than most at 4 hours, but we will still need a full complement of officials. The Pronghorn swimmers will also be helping out with timing at this meet. Swimmers in the Provincial, JRN and NAT groups will be participating in the Medicine Hat meet on the 16/17 weekend. Good luck to our swimmers at the Cascade meet this weekend and keep an eye on the website for news and results.

Swim Fast & Have Fun!
Coach Peter

Did You Know?

The first passenger ship to have a swimming pool was the RMS Adriatic of the White Star Line, first sailed in 1907.

I Can Swim Coach Reports

I Can Swim 1

Hi! For the first few weeks the Level 1's worked on getting comfortable in the water-blowing bubbles, floating, and kicking with a board. Recently we have been working on the basics of front crawl and backstroke. They have improved incredibly in a month in a half! In September many kids had trouble keeping their head out of the water but now can swim a full length by themselves! We were very impressed with how well they all did at the mini meet. We look forward to more improvements over the rest of the semester. If you have any questions feel free to approach any of us! Your Mon/Wed coaches are Mackenzie, Kiara and Megan, and Tues/Thurs are Mackenzie, Kiara, Natalie and Alex (Thurs). See you at the pool!

Coach Mackenzie

I Can Swim 2

Now heading into the winter Stage Two continues to move forward in its pursuit of swimming fundamentals. Starting with just the basics of flutter kick on the back and front, Stage Two has progressed into swimming full backstroke and freestyle and continues to hone their skills in pursuit of a long, smooth stroke. Competing in the first mini meet of the year, many of Stage Two's swimmers got a chance to race for the first time; swimming both the 25m freestyle and the 25m backstroke, our athletes got to put their skills to the test and they did brilliantly! In the coming weeks Stage Two will continue to work on backstroke and freestyle while simultaneously introducing flip turns and dives. Hopefully after that the athletes will get a chance to try a whole new stroke when they are introduced the basics of breaststroke!

Coach Roger

I Can Swim 3

Stage 3's have been working hard these first couple of months. We have been focusing on polishing up our freestyle and backstroke and I have to say it is coming along very nicely.

These next couple of months we will be shifting our focus towards butterfly and breaststroke. These are the hardest of the four strokes and it will take some time to get the basics down, but I have confidence that the groups will catch on quickly. The mini meet was a huge success for my swimmers and I look forward to seeing how much we can progress at the next mini meet. If you have any questions do not hesitate to ask me on deck, and I will try my best to answer them for you.

Coach Spencer

Competitive Coach Reports

Olympic Way

Olympic Way has been working very hard back in the pool! We have started using the white board with written sets as well as pace times, which involves using the clock and reading sets. The swimmers have been succeeding at this, and are doing such an incredible job! New to the Olympic way group is swimming Saturday mornings, and the numbers grow every week, which Roger and I are so happy to see!

We have also been working on Individual Medley (I.M.) which includes the order of the strokes and the different turns that go with the different strokes. OW is also building on doing bigger sets, while maintaining technique (such as perfect streamline, and beautiful swimming). Although we only got to do one race at the Thursday Night races the swimmers did an amazing job and had lots of fun!

LASC just hosted its first competition of the season, and OW swam a lot! With relays and individual races the group persevered to the end. For most of the swimmers it was their first meet and swam events for the first time. The swimmers learned a lot and worked very hard!

Coach Jessie

Junior Provincial

The Jr. Provincial swimmers have been training hard in the pool these past two months, and all their hard work has been paying off! The swimmers have worked on improving all four strokes and turns. The swimmers have spent lots of time mastering their world class finishes in freestyle. A world-class finish is when a swimmer doesn't breathe between the flags and the wall on their freestyle finish. All of their practice was evident at the LASC Challenge swim meet, where the JP swimmers had excellent, fast finishes, and managed to out touch their opponents at the wall! The Jr. Provincial swimmers had nearly 100% best times. Many swimmers competed in their very first meet, and swam fabulously! In the next months we are going to continue to focus on stroke improvement, dives and underwater streamline. I can't wait to see the swimmers perform at the Jr. Circuit meet in November!

Coach Kristi

Provincial and Junior National

This group has been working extremely hard. Their dedication in practice over the last two months has really paid off, as we had numerous personal best times at the swim meet. Leading the way in time improvement was Spencer Park, Taryn Bach and Rori Ryan. Way to go ladies! In addition, Apollo Hess achieved his Alberta 'A' Time in the 50m breaststroke. This allows him to compete at the Alberta Provincial Championships which will be held later in the New Year.

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Over the next few months our group will continue to improve on our kick stamina, stroke and turn technique, and overall fitness.

Coach Kristy

National

Welcome back to the National group swimmers to another great year of swimming with LASC. This year we have put some positive changes into the training schedule that allow for the top LASC swimmers to train with some of the Horns swimmers, and have enhanced our dry-land program as well. To date, I am happy with the training environment and level of swimming demonstrated. As you know we have a long journey ahead with some exciting stops along the way. The first segment will lead us into the end of cycle meets with the Pronghorn Classic, Kamloops and JP Fiset meets.

These will be the focus of this training cycle and set us up for the Championship season in February & March.

For the most part I see us packing well for the journey ahead; identifying and incorporating technical changes, increasing expectations in training by focusing on the relationship to racing rather than just training to train, and getting stronger in and out of the pool. This past weekend we had our season-starting Sprint and Relay Challenge and did a lot of racing: some good, some average. For the most part I think we need to work not letting the perceived level of importance of a competition dictate the intensity of the effort. Swimming fast takes practice and every racing opportunity offers a chance to learn and improve.

I have had the chance to have some individual meetings with National group parents and am happy to do this if you have questions about anything. Please be in touch and we can arrange to meet.

Peter

WHAT TO BRING TO A SWIM MEET

New to swimming? Not sure what your child needs in order to have a great meet? Here are some tried-and-true recommendations for your aspiring champion.



A racing suit and an extra suit



Caps and goggles (extra are always good!)



An LASC t-shirt, and other warm clothes (including shoes!)



At least two towels, and shampoo/conditioner for after the meet



Healthy snacks like fruit, juice boxes, cheese and crackers, and granola bars



Entertainment like a Nintendo DS, PSP, iPod, or something to read

Upcoming Events

AMAC Marlin Marquee Invitational

Where: Medicine Hat

Who: Provincial, Junior National, and National Swimmers

When: November 16-17

RSVP Deadline: November 3

LASC Wacky T-Shirt Junior Swim Circuit

Where: Lethbridge

Who: Olympic Way, Junior Provincial, Provincial

When: November 17

RSVP Deadline: November 6

LASC Awards Banquet

Where: Luigi's Steakhouse (1119 Mayor Magrath Drive S)

Who: All Competitive Groups (tickets \$20 each)

When: November 21, starts at 6:30 PM

RSVP Deadline: November 16



THURSDAY NIGHT RACES

THURSDAY, NOVEMBER 28 4:30 - 6:30

ALL SWIMMERS WELCOME

swimmers of the month



Josiah Edwards: I Can Swim 1

Josiah is a little fish in the water and always eager to swim! He listens well to directions and attempts to follow the swimming tips we give him. He is a speedy little guy with a competitive edge. Great backstroke! We look forward to seeing more improvements!

Max Kroker: Junior Provincial

In just two months of swimming this season, Max has already made tremendous improvements. Max always comes to workout with a smile on his face and a positive attitude. He is willing to work hard, and is always up for a challenge! Max never hesitates to ask questions when he is unsure about what we are working on. This extra effort has lead to technical improvements in all four of his strokes, his turns and underwater. Max attends all workouts- even the ones on Friday evenings and Saturday mornings. Max competed in his very first meet this past weekend where he swam 5 individual best times, and participated in several relays. Great job Max! Keep up the excellent work!



Congratulations to our October Swimmers of the Month! Each month two swimmers, one from the I Can Swim program and one from the Competitive program, will be nominated by their coaches for working hard, trying new skills, and bringing a good attitude to the pool. Next month it could be you!

Ask a Swim Parent



Dear Swim Parent:

I am new to the club and don't know what my child should be eating before practice and during a meet. What would be some good snacks?

Hungry for Knowledge

Dear Hungry,

Congratulations and welcome to the club! Swimming is a lot of fun for young athletes but it is also a demanding sport, and proper nutrition is crucial for practices and races. Before practice and at a swim meet, swimmers should be consuming lots of healthy carbohydrates, such as fruit, vegetables, granola bars and juice boxes. Protein takes longer to digest than carbs, and so should be consumed several hours before the athlete is swimming. Protein like meat or cheese becomes more important in aiding recovery after practice or a meet session, and should be eaten along with more healthy carbs. Fast food, junk food, and other processed foods aren't good sources of fuel for swimmers who are working hard, and can take a long time to digest due to high fat content. The LASC website has more information on good carbs and good protein on its Nutrition page in the Member Zone.

*Regards,
Swim Parent*

Dear Swim Parent:

I saw a lot of kids at the LASC swim meet wearing fancy-looking suits, and they seemed to be swimming pretty fast. When does my child need a better racing suit?

Stylish and Speedy

Dear Stylish,

The suits you saw the swimmers wearing are high performance suits, and they are designed to provide compression and reduce drag to increase a swimmer's speed. Generally a swimmer doesn't need a performance suit until he or she is making finals at the Provincial level or higher. Performance suits are expensive and, like any other suit, wear out the more they are worn. When a swimmer is competing at a level where all the other swimmers are racing in performance suits, that's when you and your swimmer should consider investing in one.

*Regards,
Swim Parent*

Have a question? Submit your inquiry through the website's contact form and address it to Swim Parent.