



Newsletter



Coach Mike

Short course season recap...

The team had a great short course season. 23 team records were broken, 19 on the girls' side and 4 on the boys' side. Keely Radloff, Madison Jean, Haille Bogumil, Camille Getty, Max Morris, and Michael Troubeev were the swimmers rewriting the books. Nine LRSA swimmers qualified for FLAGs in March: Haille Bogumil, Camille Getty, Hannah Grant, Madison Jean, Emily Loefgren, Quinn Lynch, Max Morris, Keely Radloff, and Michael Troubeev. Keely, Emily, Max, and Madison scored points for the team at the meet by finishing in the top 16 in their age group events. Keely finished in the top 8 (including a Bronze Medal) in five of six events. With two individual qualifiers in the girls 13-14 and 9-10 age groups, the team was able to enter 2 relays at FLAGs. Relay swimmers were

Anna Stock, Bailey Lynch, and Monroe Hulbert. The 9-10 girls finished 13th in the 200 medley relay adding to the team's point total, and the 13-14 girls finished 17th, just one place out of the points. Keely Radloff finished the short course season on the Florida top 10 times list in 5 events for 10&under girls. On the Senior side Lincoln Hulbert and Luke Morris qualified for Senior Champs in Orlando. Unfortunately Luke was unable to attend due to an injury but Lincoln made the trip to represent the Lightning at the meet. The team added lots of new swimmers over the course of the season and they have wasted no time jumping into the meet schedule. The long course season is already underway and looks to be just as fun and just as fast.

Welcome Assistant Coach Samantha Lindfors

Samantha is from Sarasota Florida. She is a graduate of Southeast School, where she was on the swim team and is currently the Head Swim Coach. Samantha will be a senior this fall at USF-St. Petersburg with a double major in Elementary Education and Exceptional Student Education.



Important Dates

Summer practice information coming soon.

7/30 - 8/11 - No swim practice

8/13 - Swim practice resumes

8/17-8/19 Tentative Date for Banquet

PARENT REMINDERS

- ⚡ Please do not sit in the chairs on the deck.
- ⚡ All swimmers are encouraged to purchase a team swimsuit for meets from Total Team Wares.
- ⚡ Check out the "news" tab on the website for updated parent information.

- ⚡ Check out the apparel section to get your lightning apparel for meets.
- ⚡ We are looking for a banquet facility for our end of the swim season banquet (8/17-8/19). If you know of a location that can accommodate 100-150 please let us know.



BY JILL CASTLE, MS, RD, LDN

What do you pack to eat on race day? What's your nutrition prescription?

Everybody has a different approach when it comes to eating on race day. Having a strategy and an execution plan can remove doubt and worry about hunger, energy levels, digestive problems, and keep you focused on the race at hand.

Here are a few guidelines for smart eating and packing up the cooler:

- Don't DQ your day. Breakfast at home or on the road is the metabolism boost every swimmer needs. Instant oatmeal made with skim or low fat milk, toast with nut butter, dry cereal, yogurt and fruit are all light options that rev up the body. If you are competing in the morning, be sure to keep it light. Opt for a heavier breakfast if competition is in the afternoon.
- Pack variety. A few options of fruit, vegetables, grain and high quality protein sources should cover the variable appetite and tummy tolerance you may experience on race day. It's better to have more food options than a large quantity of only two or three foods. Don't make the mistake of relying on a single food or energy bars to get you through the day. While they can do the job of fueling your body, they may not rate in appetite satisfaction. Having a variety of food sources increases the odds of proper fueling and healthy eating.

[Click here to read more...](#)



Upcoming Meets

5/18 - 5/20 - SYS

6/1-6/3 Location TBA

6/15-6/17 GCST

7/6-7/8 - SPA

7/19 - 7/22 - FLAGS (GSC)

7/26-7/29 - SR Champs (SYS)

7/27-7/29 - Area 3/5 Champs (SPA)

Meet weekend reminder:
No practice on Friday night
Instructional moves to Thursday.

Lightning Apparel

We have several options for getting your Lightning Swim Team Apparel:

1. In Stock and Available:

Magnets

Tee Shirts (limited sizes)

Flip Flops

2. Fit2Run

Dri-Fit Shirts custom ordered \$21. Try on your style and size.

3. Total Team Wares

www.totalteamwares.com

1-800-888-8843

Logo parkas, bags, etc.

Support your swimmer at meets with Lightning Apparel.