

Lake Central Barracuda News

May Edition - May 6 2021

Upcoming Events

- May 6: Switch to 50 M pool
- May 14-16: LCB Making Waves Invite (Home Meet)
- May 28-30: MSC Memorial Day Invite (Away Meet)
- June 11-13: LCB Summer Sizzle (Home Meet)

News You Could Use

- The Making Waves meet will be live-streamed; only parent volunteers will be allowed for the meet - no spectators.
- We want to know what you think! Please complete the Parent Survey.

Silver Spotlight

Hi Silver Families!

Everyone did a great job at the intrasquad! Just a few friendly reminders for the Making Waves meet coming up: it's always a good idea to pack 2 of everything for each day of swim. Two towels, 2 masks, 2 ziploc baggies, 2 jammers/suits, 2 goggles, 2 caps. Even the most experienced swimmers forget gear from time to time! Don't forget healthy snacks and lots of water, as there will be no concessions available. I've attached a link to the recent 12U approved tech suit guidelines. Best of luck to all of those competing. Please don't hesitate to contact me with any questions or concerns!

<https://www.usaswimming.org/news/2020/08/24/tech-suit-restriction-for-12-and-under-swimmers>

Bronze Business

Bronze is usually the group where some of your kiddos may start paying attention to their times at meets. They may be close to hitting a Divisional or a State time. If you have a swimmer who is working towards a time in their best/favorite event, take a peek on our website to see how close they are. Go to the LCB website, look under "Info for Parents" and then click on "Championship Times." It's really exciting to see how close your swimmer is! It's also fun to keep track of times at each of their meets when they are working towards their own goals.

Copper Corner

Having never swam myself, a friend shared this article when I was a newer swim parent and I found it very helpful. Hopefully, you can take something away from it as well.

<https://www.yourswimlog.com/swim-meet-nutrition/>



Coaches Quips

Congratulations to our swimmers on a successful Intrasquad meet on May 4th. As a team we achieved 40% lifetime best swims. In addition, 41 swimmers swam a new event for the first time. That's important, because as a young swimmer you need to step out of your comfort zone occasionally and try new events. You will never know how good you can be if you don't give other events a chance.

If you're not sure what events your swimmer is ready to compete in, have your swimmer ask their coach, or send a note with your swimmer and we as coaches will respond.

A good motivational tool for athletes is how they rank with their peers. The website to check their ranking is "Indiana Swimming Age Group Rankings". Perhaps you can keep a chart where your swimmer ranks and then update it after the meets when they drop time so they can see how they are advancing up the ladder.

Let's continue working hard at practice and we will be looking forward to a successful summer season.

Note from the Treasurer

I am so excited to be working with all the swim families this season. Just a couple of helpful reminders. Please note that monthly membership payments are collected in the rears, for example, if you were charged on May 1, that payment is for April training. If you need to leave the club, please send an email to the President and Treasurer. We require a 30-day written notice for billing purposes. For any questions, about meet fees, payments or other financial matters, contact the treasurer via email at: treasurer@lcbsswim.com.

Final Thoughts

We are well underway into a great swim season. It is great to see all the flourishing friendships on the deck, to see how well the kids did at the intrasquad, to see the variety of facial expressions that came along with the long course configuration and to see all the fantastic things that the rest of the season will bring.

As always, please do not hesitate to reach out to any questions and we are happy to assist.

