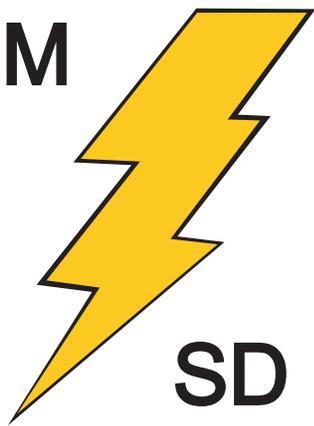


LM



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OCTOBER, 2016

LANE LINES

Lower Moreland Swimming & Diving Since 1993

Our vision is to consistently offer a quality year-round swim program to the entire community, which remains competitive locally, regionally and nationally and guides every individual swimmer to achieve proper growth and development - in and out of the pool.

CONSISTENCY By Coach McNear

Most of us strive for perfection but quickly learn that it is an unrealistic and unattainable goal. Having said that, showing up and actively engaging in something CAN often be GOOD ENOUGH. Our year round sport at times is incredibly grueling - the day to day, month to month, and year to year grind long and cumbersome. Every set of every practice can't always be performed with exactitude. We all have good and bad days, great moments and, well, some not so remarkable ones. Throughout this the key to success is consistency. Consistency is vital to proper development, preventing injury, and successful performance. Consistent dedication to something, especially swimming, can lead to progress and improvement. While performing optimally at each and every practice would bring about tremendous gains in the pool, more realistically having a dedication to, at least, staying consistent will move you forward in the right direction. As Eric Holtzclaw from Inc.com notes, consistency allows for measurement, creates accountability, establishes your reputation, and makes you relevant. Having talent and a strong work ethic are phenomenal traits to have in swimming. However, without consistency these gifts become less useful. Tony Robbins said it best, "It's not what we do once in a while that shapes our lives. It's what we do consistently."

ONGOING SWIMMER ANALYSIS AND PLACEMENT

The coaching staff strongly believes, to ensure proper development, prevent injury, and to promote optimal performance, that select swimmers need to be moved into the correct group. Groups are currently based on qualifying times, repeat practice times, commitment, age, level of development and ability. Swimmer analysis and placement is continually ongoing and may be adjusted throughout the year.

REMIND101

This year LMSD is using Remind101 (in addition to email, website, Facebook, Instagram, postings, etc.) to send updates about important team information. To sign up for Lightning Swimming notifications, please visit: <https://www.remind.com/join/75d740>

ATTENDANCE By Coach Kerry

I always tell people that the main reason I made it through College was that I showed up for class (when a lot of my friends didn't). **Consistent attendance is one of the most important things swimmers can do to improve their performance in the water.** While Coach McNear maintains detailed attendance records for our Black II Swimmers, Coach Chris and I have been working to officially track attendance for all groups in our TeamUnify system. Attendance records for Black I and Gold II should, as of Oct.1st, be accurate. However, we are just beginning to populate attendance records for the Gold I and White Groups. Please take a look at your attendance in TeamUnify and let me know if you see a mistake. We want this to be as accurate as possible so you can reference it in conjunction with your goals and training progress.

CLOSED PRACTICES

Reminder that starting on Monday, September 26, ALL practices are closed to spectators. This Team Policy is for safety and liability purposes.

ACCELERATE YOUR RECOVERY IN SWIMMING

From SwimSwam.com

Training is at the top of your priority, and your recovery is essential to getting through the next few weeks of high intensity workouts. For the 19-20 hours in the day that you spend off the pool deck, you have complete control over your recovery and how well you treat your body. Let's take a look at five specific changes you can make to your daily routine that will help you recover faster!

1. SLEEP MORE

Being disciplined about your bedtime can make a huge impact on your training. Instead of going through the motions in morning practices, you can wake up feeling more restored from the previous day's training and ready to hit the ground running. Go to bed one hour earlier than you usually do. See how you feel. Sleep is a key time for the body to undergo protein synthesis so catch some more shut-eye and let your body develop muscle tissue while you're at it.

2. EAT PROTEIN PRE- AND POST-WORKOUT

Swimmers need a combination of protein and carbs to get through lengthy pre-season workouts. Consuming protein before workout can supply the necessary amino acids to stimulate muscle protein synthesis in the muscles that will be engaged during resistance training¹. This protein synthesis can carry on long after workout has ended if the athlete chooses to refuel properly with more protein after practice. Always remember to balance your protein intake with other necessary nutrients. Your main form of energy is carbohydrate, so try to have both pre- and post-workout.

3. TRY COMPRESSION GARMENTS

Some athletes opt for compression pants to help accelerate the recovery process. Recent research shows that these tight garments can accelerate lactate clearance from the muscle tissue and reduce heart rate following high-intensity exercise². These garments can be handy during competition season as well, when quick recovery between morning and evening sessions of a meet is critical.

4. GET ON THE FOAM ROLLER

Your muscles may feel exceptionally tight the day after a strength training session in pre-season. You may not have lifted in awhile, and therefore may feel more broken down. A lot of this tightness can be attributed to tangled muscle and fascia tissue. Rolling out on a foam roller can apply pressure to knotted areas and help release the muscle from the layer of fascia, thereby boosting circulation and helping you get your range of motion back.

5. TRY A POWER NAP

Research suggests that taking a quick 10-20 minute nap can leave you feeling more energized and alert than a nap lasting 1-2 hours³. Between morning and afternoon practice, find 20 minutes to close your eyes. You'll be able to find an extra gear during afternoon practice and feel an improvement in your mood as well. Remember to set an alarm!

OUT & ABOUT



Congrats to **Quincey Kilbride (Gold II)** for completing the 1 mile Open Water Challenge in Sunset Lake (Wildwood Crest, NJ) on September 24th!

Are you **OUT & ABOUT** doing something cool with your swimming skills? Let us know!

DID YOU KNOW?

In the swimming pool, how do swimmers know how fast to swim to get the desired training result? This depends on what result you want emphasized - anaerobic or aerobic metabolism. All swimming has some element of each, with aerobic work's contribution increasing as the distance increases. What kind of swim test can swimmers perform to find their aerobic swimming paces?

Several different methods are available to determine a swimmer's aerobic pace, threshold (EN2) pace. Among them our Black II & I training groups use the T-30 Test Set, a non-stop swim that takes 30 minutes to complete.

SWIMMER OF THE MONTH

Ben Aust - Black II



Full Name:

Benjamin Thomas Aust

Date & Place of Birth:

January 10, 2000
Port Jefferson, NY

Favorite Swim Set:

Sprint sets of 25's and 50's

Favorite movie:

Grown Ups 2

Favorite song:

Pursuit of happiness by Kid Cudi
or LSD by A\$AP

Favorite meal:

Steak

Favorite role models:

My Mom, Dad, Ryan Murphy,
and Michael Phelps

Favorite quote:

"If you're walking down the right path and
you're willing to keep walking, eventually you
will make progress" -Barack Obama

Gabby Celona - Black I



Full Name:

Gabby Celona

Date & Place of Birth:

May 22, 2003
Philadelphia, PA

Favorite Swim Set:

3 x 500 on 8 minute intervals &
anything involving distance

Favorite movie:

Finding Nemo ('Just keep swimming')

Favorite song:

Fairly Local by Twenty-one Pilots

Favorite meal:

Almost any kind of pizza

Favorite role models:

Katie Ledecky (swim), Allyson Felix (track)
& Leonardo Da Vinci
(artist, inventor & mathematician)

Favorite quote:

"The meaning of life is the meaning that
you give it!" -Unknown author

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Starting in October we will begin featuring **Swimmer of the Month** from our **Gold II, Gold I and White groups**. Want a chance to be profiled? Step up your attendance, listening and overall effort at practice. We're looking for **commitment, focused attention and down right hard work** from our nominees.



Coach Chris and Q with Gold II



Tomorrow Begins Today

FOR THE BLEACHERS

Backstroke - Building a Continuous Kick

By GoSwim Video of the Week/From USA Swimming

Using a continuous kick is a staple in great backstroke swimming.

Why do it:

Avoiding any delay or pause in backstroke kick will help swimmers understand there really are NO dead spots in backstroke, with the arms OR legs.

How to do it:

1 - Start with standard streamline kick on your back. Make sure the body line is parallel to the surface.

2 - Move from streamline kick to position-11 kick. This puts the arms into a more backstroke like position.

3 - Slowly start to add the arm motion, but keeping the focus on the continuous kick.

How to do it really well (the fine points):

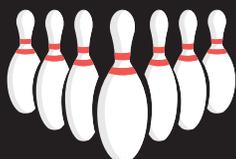
Sometimes swimmers need a little reminder, like tying a string around your finger to remember something. Try using a band that goes around your thighs to not only remind the swimmer to keep kicking, but to also remind them to keep the kick narrow... And consistent.



Thank you to all of our Color Run participants! We loved how you supported your team, supporting the cause.

LMSD Team Fundraiser

B O W L I N G



Buy your \$30 ticket
at the door

Includes light
dinner and dessert

Saturday, October 8th
9pm - midnight

Sun	Mon	Tue	Wed	Thu	Fri	Sat
OCTOBER						1
2	3	4	5	6	7	8 LM1SD Bowling Fundraiser
9	10	11	12	13	14 USA UDAC Rockober Fest A/BB/C	15 USA
16 Rockober Fest cont. USA	17	18	19	20	21	22 LM1SD LMSD Black & Gold Meet (Intrasquad)
23	24	25	26	27	28	29 USA CBST Autumn Festival A/BB/C
30 USA CBST Autumn Festival A/BB/C	31 Gold II, Gold I, & White - No Practice 					