Serving Lower Moreland, Northeast Philadelphia and Beyond

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.

WE TRULY APPRECIATE
THE LOWER MORELAND TOWNSHIP SCHOOL DISTRICT
SCHOOL BOARD
FOR ALLOWING US TO USE
THE LOWER MORELAND HIGH SCHOOL NATATORIUM
DURING THIS PANDEMIC.

WE TRULY APPRECIATE EACH OF YOU
FOR SWIMMING WITH US-
ESPECIALLY DURING THIS PANDEMIC!
COACHES CORNER – We strive to maximize every swimmer’s potential in a safe and encouraging environment.

Coach McNear (krmcnear@gmail.com) – SENIOR “National/Senior/Black II”

You Are What You Practice

We are thankfully in the 11th week of training DURING A PANDEMIC and we are constantly reminded that we are what we practice. We see it and we hopefully try to correct it in each stroke, set, practice, meet and season. This is why we always encourage improvement by “swimming with a purpose, or there’s no purpose in swimming” and ownership, learning and understanding your weaknesses and then tirelessly correcting each of them to the very best of your ability. Most of us strive for perfection but quickly learn that it is an unrealistic and unattainable goal. The 10,000 hour principle believes that it will take the average individual 10,000 hours of DELIBERATE PRACTICE to emerge towards the top. Having said this, 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 can prove to be 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 tremendous gains in the pool, more realistically having a dedication to at least, consistently showing up 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.”

Coach Jake (jakeharner3@gmail.com) – JUNIOR “Black I”

Black I has been doing a great job adapting to the new protocols and procedures during these uncertain times. The training has been about stroke work and getting back in shape over the month of September and their endurance has built up fast. The swimmers are really excited to get up and race during time trials in October! And we look forward to continue training and improving for time trials until meets begin again!

Coach Alyse (Alyse.gleason@gmail.com) – COMPETITIVE “Gold II”

In Gold II we have been working on increasing our endurance and bettering our stroke technique. We are making good headway and the newcomers are adapting very well to the increased difficulty level. We are really looking forward to time trials and are hoping for some big time drops!

Coach Jess (ilrios324@gmail.com) – DEVELOPMENTAL “Gold I”

Coach Elizabeth (elizbonnell@gmail.com) – BEGINNER “White”

Swimmers in our White Training Group are working hard and going over the basics of the four strokes and continue to refine their strokes, with emphasis on starts and turns.

To keep swimmers and parents better informed during Covid-19 restrictions, coaches in our Senior (“National”, “Senior” and “Black II”), Junior (“Black I”), Competitive (“Gold II”) and Developmental (“Gold I”) have created a link on our website (www.lmswim.com) called “2020-2021 (Weeks 1-52) Practice Results”

"We are what we repeatedly do. Excellence, therefore, is not an act but a habit." –Aristotle
MAKING WAVES

LMOR SWIMMER OF THE MEET: 10TH Time Trials

SENIOR
Kristina Kitsul
Andrew Horton

JUNIOR
Samantha Horsnall
Brendan Mo

COMPETITIVE
Darlene Aseroma
Brendan Carey

BEGINNER
Allison Reardon
Chase Gelman

DEVELOPMENTAL/BEGINNER

LMOR SWIMMER OF THE MONTH September 2020:
White- Nicholas Polis, Gold I- Shawn Everman, Gold II- Gabriella Deeley
Black I- Elan Zharsky, National/Senior/Black II- Ryan McHugh

2020 LMOR FALL CAPTAINS:
Girl's- Sam Becker
Boy's- Noah Ferker

COLLEGE SWIMMING

“College is going really well. I’ve been super busy between doing doubles and classes. We have our first meet against the University of Kentucky on October 16th!”

-Gina Cantoral (’20)
Fr. Marshall University

CLASS of 2021
Sam Becker
Teresa Fernandes
Grace Brown
Emma Volokhonsky
Brigid Hayes
Noah Ferker
Jaden Feldman
Greg Landis

Congratulations Brigid Hayes & Grace Brown on committing to swim in college!
NEWS

2019-2020 Coaching Staff

Director/Head Coach McNear-
Primary Group(s): National, Senior, Black II (USAS & Head SAL Boys)

Assistant Coach Jake-
Primary Group(s): Black I (USAS & Head SAL Girls)

Age Group Coach Alyse-
Primary Group(s): Gold II (SAL Boys)

Age Group Coach Jess-
Primary Group(s): Gold I (USAS & SAL Girls)

Age Group Coach Elizabeth-
Primary Group(s): White (USAS & SAL Girls)

Coach Horton-
Volunteer Coach

Coach Rachel-
Dive Coach

“Lead by example.” –Summer Sanders

NORMAL FALL PRACTICE SCHEDULE (TENTATIVE/SUBJECT TO CHANGE)

Fall (August 30-October 31, Weeks 7-15) Normal Practice Schedule, Tentative/Subject to Change

SENIOR

National/Senior/Black II
M-F, 5:30-7:00am (starting 9/8, T & Th only)
T & Th, 3:30-5:10pm
M/W/F, 3:30-5:45pm
S, 6:30-8:30am

White Training Group
T & Th, 6:30-7:30pm
S, 1:00-2:00pm

Diving
S, 2:10-3:00pm

JUNIOR TRAINING GROUP

Black I
M-F, 7:40-9:00pm
S, 8:40-10:30am

COMPETITIVE TRAINING GROUP

Gold II
M-F, 5:20-6:20pm
S, 10:40-11:40am

Gold I Training Group
M/W/F, 6:30-7:30pm
S, 11:50am-12:50pm

High School Training Group ?COVID-19?
TBD

Lessons ?COVID-19?
TBD

Masters ?COVID-19?
TBD

Water Polo ?COVID-19?
TBD

BASIC COVID REMINDERS:

1. All LMOR athletes must wear a mask on the LMHS campus at all times. Drivers should not leave until they see that their athlete has been allowed into the L MN after his/her Covid screening.
2. There is no locker room use, except to use the bathroom (one at a time).
3. No parents/guardians are allowed into LMHS, the LMN, around the LMN backdoors and/or walking around the LMHS campus.
NORMAL WINTER "HIGH SCHOOL SEASON"
November 2-March 20 (Due to LMHS Swim & Dive Season)
Normal Practice Schedule, Tentative/Subject to Change: To Be Determined (TBD)


“A journey of a thousand miles must begin with a single step." -Lao Tzu

Lower Moreland Swimming (LMOR) trains and competes year round

LMOR’s year (September - August) is divided into two seasons:

1. Short Course Season
(training & competition usually in 25 yard or 25 meter pools)
   September (mid-August) – March
   &

2. Long Course Season
(training & competition usually in 50 meter pools)
   April – August

LMOR payments are broken down by three seasons:

Fall/Winter (early September through March)
   &

Spring (April to mid June)
   *1 week off in April (April 1-7, 2019)
   &

Summer (mid June through August)
   *1 week off in August (August 5-11, 2019)

NOTES

LMOR Training Groups Criteria - *All group placements or group moves are the sole decision/responsibility of the LMOR Coaching Staff*

Beginner (“White”): @8 & Under who swim butterfly, backstroke, breaststroke, and freestyle legally. Commitment expectation: attend, in full, at least 2 out of 3 practices offered per week. This group designed to introduce the basics of competitive swimming in a fun learning environment [Fall-Winter-Spring: 3 Hours Per Week, Summer: 4 Hours Per Week]

Developmental (“Gold I”): @10 & Under. Commitment expectation: attend, in full, at least 3 out of 4 practices offered per week. Developmental Group is structured to prepare swimmers for competition participation and will continue to develop skills in all four strokes; increase in endurance training; daily stroke work; introduction to primary racing skills and situations; being a teammate; team pride; introduction to dryland training. [Fall-Winter-Spring-Summer: 4 Hours Per Week]

Competitive (“Gold II”): @10 & Over, with (or have the immediate potential to earn) Junior Olympic qualifying times. Commitment expectation: Attend, in full, at least 4 out of 6 practices offered per week. It is highly encouraged to be a current registered swimmer in USA Swimming. Swimmers will be introduced to endurance training with a strong focus on proper stroke technique and skills. Competitive Group swimmers build increased endurance with the ongoing stroke work shared equally
in practice time; continuation of learning how to race; self-responsibility; being a great teammate; sportsmanship and increased dryland. Athletes should strive to participate in at least one meet every other month of each swim season. [Fall-Winter-Spring-Summer: 6 Hours Per Week]

**Junior (“Black I”): @13 & Over.** Commitment expectation: attend, in full, at least 5 out of 6 practices offered per week. It is highly encouraged to be a current registered swimmer in USA Swimming. Entrance into this group requires a level of commitment in attendance, attitude and work ethic above what the athlete has done previously. Tougher level training both in the water and dryland begins. Proper technique and skills are a must. Entrance requires a high level of year-round commitment for age group swimming. The responsibility for one's swimming is now shifting to the athlete's responsibility at this stage/level of swimming; continued focus on the aerobic side of workouts with increased intensity and duration; continuation of developing race skills and strategies; being a team player; self-responsibility; sportsmanship; importance of nutrition and the increased importance of dryland in the weekly schedule. Athletes should strive to participate in at least one meet every month of each swim season. [Fall-Winter-Spring-Summer: 9 Hours Per Week]

**High School:** Swimmers in 9th, 10th, 11th & 12th grades. This training group is for high school swimmers who want to improve their stroke technique and/or their conditioning level, but desire a more flexible training environment with less focus on the required time commitments of Black I or Black II. The group’s main goal is to teach proper stroke technique and train on a higher level than one can achieve on their own and to prepare swimmers to compete for their area high school teams. This group offers another step for swimmers ultimately interested in progressing to the Black II Training Group. This group practices during/with BI or BII+ practices and is only offered during Fall I. [Fall I: 11.5 Hours Per Week]

**Senior (“Black II”): @14 & Over/high school with Senior Champ qualifying times and have the immediate potential to earn a Sectionals qualifying time.** Commitment expectation: attend, in full, at least 7 out of 9 practices offered per week and be a current registered swimmer in USA Swimming. Entrance into the Senior Group requires a special commitment aimed at success on the Regional level; ability to handle strenuous aerobic workouts; and proven workout attendance record. Purpose of the Senior Group is to provide athletes in the Lower Moreland Swimming program who possess the talent & dedication, and desire, and opportunity to pursue success at a higher level of competitive swimming. Individuals must have proven team spirit, positive attitude, attendance commitment and leadership qualities. Goal of 90% practice attendance. [Fall-Winter-Spring-Summer: @16.5 Hours Per Week]

**National:** @15 & Over/high school with Sectionals qualifying times and have the immediate potential to earn a Junior National Cup qualifying time. Commitment expectation: attend, in full, at least 10 out of 12 practices offered per week and be a current registered swimmer in USA Swimming. Entrance into the National Group requires a very special commitment aimed at success on the National level; ability to handle strenuous aerobic workouts; and proven workout attendance record. Purpose of the National Group is to provide athletes in the Lower Moreland Swimming program who possess the talent & dedication, and desire, and opportunity to pursue success at the elite levels of competitive swimming. Long course training and competing has a high priority. Individuals must have proven team spirit, positive attitude, attendance commitment and leadership qualities. Goal of 100% practice attendance. [Fall-Winter-Spring: @22.5 Hours Per Week, Summer: @27.5 Hours Per Week]

Consistent year round attendance only with Lower Moreland Swimming is vital to proper development, prevention of injury, and successful performance. IT IS HIGHLY RECOMMENDED for recreational swimming (CYSL, CYO, SAL, High School, Summer League) swimmers to only train with one swim team to prevent overtraining and injury, promote optimal performance, prevent conflicts in coaching and schedules, etc.. Lower Moreland Swimming trains and competes year round & supports local recreational swim teams.

**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.

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**CLOSED PRACTICES/NO SPECATATORS ON DECK**

Parents being allowed on deck or locker rooms during practice time is a liability and safety issue. The policy is in place to prevent distractions for the coach(es) as well as the athletes.

- **Tech Suits** ("knee skins") are ONLY for 13 & Over swimmers, should only be worn per the coach's decision, and ONLY to be worn 1 to 2 times per season at sanctioned championship meets.

- **Shaving down** is ONLY for 14 & Over (High School aged) swimmers, should only be done per the coach's decision, and ONLY to be done 1 to 2 times per season at sanctioned championship meets

- **Tapering** is ONLY for 14 & Over (High School aged) swimmers, should only be done per the coach's decision, and ONLY to be done 1 to 2 times per season at sanctioned championship meets

**Parents: don’t focus on the athletic success of your child.**

**Instead, focus on their work ethic and ability to be coachable and respectful.**

**LMOR MISSION**

We empower swimmers of all levels and abilities to be successful both in and out of the water.

**LMOR VISION**

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

Provide a first class swim team program with excellent coaching for all participants.
Provide a safe, people friendly environment.
Promote our total team role in maintaining a clean, orderly and safe environment.
Create a positive, excellence based environment.
Provide appropriate and effective instructional, training and racing opportunities so each swimmer maximizes his/her potential.

Design sound practice and racing opportunities that match and suitably challenge the emotional and technical skill development of each swimmer to allow him/her to accept challenges and confidently progress to the highest level possible.

Create an environment through positive thinking and advocacy and secure the resources needed to allow the program and each athlete to reach the highest possible levels of swimming.

Support, encourage and praise personal improvement for every participant.

Create and maintain a positive environment in which every participant feels valued as a person, teammate and athlete.

Use enthusiasm, positive thinking and creativity to make swimming and athletic achievement an enjoyable process.

Promote a respect and appreciation for life long exercise and a healthy lifestyle.

Use the swim team experience to teach about goal setting, dedication, cooperation, competition, positive expectations, winning and losing, joy and disappointment, risk taking and stress management, and healthy and productive decision making.

Create an environment which promotes and reinforces good sportsmanship, appropriate behavior, and personal responsibility.

Use positive reinforcement liberally.

Use praise and constructive instruction to strengthen the confidence of every participant.

Seize every opportunity to say thank you and well done.

Seize every opportunity to recognize excellence.

Create an environment for elite level swimming.

Build team closeness and identity by functioning as a unit: teach each other; push each other; value each other; support each other – during successful moments and when people are struggling; sit together at swim meets; cheer for each other in practice and at meets; wear identifiable team attire at all team functions.

A general guide to college swimming-
https://www.teamunify.com/SubTabGeneric.jsp?team=malmsd&stabid_=163358

UPCOMING LMOR EVENTS

WEEK 11: 11th Time Trials  Oct 3, 2020
WEEK 16: High School Season  Nov 2, 2020

Training and competition may never again be exactly what we once knew but our love of swimming never ceases. This is why we’re holding time trials this week, around every 5 to 7 weeks and until we can return to entering and competing in sanctioned meets. Our next time trials will be on Saturday, November 21 and further details (delay due to restrictions) will be made available as soon as possible. Covid-19 restrictions limit our current meet procedures but time trials are a vital part of this sport/swimmer development and our coaches and swimmers have been embracing the opportunity.

“Swimming is honest. It reveals everything.” – Coach McNear
EXCELLENCE IS EVERYTHING  By Olivier Leroy
“"My attitude was any time I had an opportunity to practice a start or do a dive into the water, I did it as well as I could... In training doing turns, you do a thousand turns in a practice. Well, you might as well do a thousand of them very well, rather than get lazy and get into bad habits.” --Tracy Caulkins

In the course of every swim practice there are things don’t quite tickle your chlorinated fancy:

- A set that isn’t your main stroke
- A drill that you think is “useless”
- A breathing pattern that you struggle with
- Doing a kick set when you consider yourself a lousy kicker
- An aerobic set when you are a fast twitch sprint type

But the way you do these things... the things that don’t “matter”...

Welp, they do matter.

**Excellence in everything**

There is no such thing as a meaningless detail in the water.

Because swimmers are battling against resistance that is nearly 800 times denser than air, those small details quickly begin to compound.

A streamline that isn’t tight?

(Now, let’s not take this to the extreme and assign everything equal importance... of course, certain sets take priority, but with each set, each length, there is something to be focused on and “excelled” at, whether it’s swimming with slow, perfect technique, or blasting away an effort 200 off the blocks.)

- Warming up? Warm up with excellence.
- Doing a drill set? Drill with excellence.
- Sprint set? Sprint with... well, you know.

You have two options (and outcomes) with the time and effort you *choose* to put forward in the water.

You can do everything to the best of your ability, whether it’s something you don’t feel like doing or if it’s something you “like,” or you can drop half-an-effort, and get half-a-result.

**Excellence in everything = excellence is the default.**

This kind of attitude isn’t about winning everything (aka sprinting warm-up and warm-down), but rather, doing everything to the best of your ability.

Whether it’s your main stroke or not.

Whether you like the set or not.

Whether you are fully motivated or not.

And let’s not kid ourselves here...

Excellence in everything gives you a MASSIVE competitive advantage...

Because **excellence becomes the default.**
You don’t need to “try” on race day…

You don’t need to force yourself to pull out a performance from you that only exists in the best circumstances…

You can just lean on your training habits to carry you to faster swimming then ever.

You don’t need to “try” to be at your best…

Because excellence is just the thing you do.

Whether it’s your start, your turns, your race strategy—when the default is excellence you get to skip past the overthinking and uncertainty that cripples swimmers in competition.

Whatever the workout is, whatever stroke you are asked to use on the main set, whatever comes your way…

Choose excellence.

See you in the water,

Olivier

PS: This type of “excellence in everything” mindset sounds exhausting.

Like you have to be “on” all the time.

But when you use the right skills, and allow yourself the time for excellence to become habitual, the transition to full-time excellence isn’t that tough.

(And you will find yourself having a lot more fun and enjoyment along the way, too)

Giving you the tools and skills is what Conquer the Pool: The Swimmer’s Ultimate Guide to a High-Performance Mindset is all about.

You will lean visualization (and how it can help you persevere during hard sets), focusing skills (to help you stay dialed in under stress), proper goal setting (so that you aren’t getting disheartened by unrealistic goals), and much more.

“Sounds great… but mental training won’t work for me.”

I hear this often from swimmers.

And I get it.

There is still a lot of stigma around mental skills and mental training.

Working your mindset doesn’t mean you are broken or that you need fixin’.

The opposite actually…

Mental skills help you enhance what you already have, so that you can swim your best more often.

Countless Olympic gold medalists, NCAA-winning teams, and aspiring age groupers rely on Conquer the Pool to help them bring a mindset of excellence to the pool each day.

Isn’t it time you did the same?
Lower Moreland Swimming (LMOR) uses Bloomz to send team-wide updates about important team information. To sign up for LMOR notifications, please text @UUSDR4 to 18582566691 or visit bloomz.com and enter UU5DR4