



# The Outside Lane

Lancaster Aquatic Club's newsletter



[www.lancasteraquaticclub.com](http://www.lancasteraquaticclub.com)

September 2019

## Board of Directors

### President:

[Bob Sempsey](#), parent

### Vice President:

[Darrick Horner](#), parent

### Treasurer:

[Dana Taylor](#), parent

### Secretary:

[Jeff Eby](#), parent

### Directors at Large:

Drew Emmerling, parent

Sam Kieffer, parent

Kelly Martin, parent

Chrissy Ovalle, parent

Mandy Shirey, parent

Greg Spaulding, parent

### Ex-Officio:

P. Casey Coble, Head Coach

Ben Delia, F&M Rep.

## Coaching Staff

### Head Coach:

[P. Casey Coble](#)

### Coach & Director of Staff

#### Development:

[Margaret Kieffer](#)

### Assistant Coaches:

[Scott Troy](#)

[Hope Weber](#)

[Cat Wilson](#)

[Kylie Turner](#)

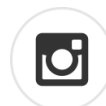
[Alianna Ovalle](#)

[Amelia Dissinger](#)

[Jordyn Yerger](#)

[Becca Kase](#)

## Follow Us



## From the Board President

by Bob Sempsey

Welcome to the 2019-20 Season!

The coaching staff is looking forward to the start of a new swim season. Practice will be starting in September. Within the first couple of weeks of the season, the Board and coaching staff will be providing lots of information about the season. Most of this information is already available on the website.

The [2019-20 tentative Meet Schedule](#) is already posted to the website so you can start making plans for swim meet weekends. Some meet announcements and event files are already posted, so log on to the website and commit. The rest will get posted as they become available from meet hosts. If you are unsure of what events to enter, please ask your child's coach.

Make sure to download the [OnDeck App](#). You can commit to meets and sign up for volunteer jobs on the app. It is also one of the ways we are able to quickly communicate with the team. Also take some time to join and follow our Twitter, Instagram, and Facebook pages (see links below).

You'll also receive an email from me with a link to be able to upload any pictures you might want to share with the team. We use these pictures for our website, social media, advertising, and for an awesome slideshow at our end of year banquet.

Volunteerism is a big part of any USA Swim team but LAC has a great history of commitment from our volunteers. The team runs around 7 meets per season in addition to attending other swim meets that the team does not run. It takes approximately 40 volunteers (parents and officials) to run a swim meet session. Most of our meets are 2-3 sessions per day so if you do the math, we need a lot of volunteers. We are counting on all of you to uphold our tradition of hosting great swim meets because we have great volunteers!

Besides volunteering at swim meets, one of the most important ways to help the team is to become a member of our Board of Directors or one of our committees. If you're interested in getting more involved, please reach out to one of our Board Members.

See you around the pool soon!

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## First Day of Practice

Our official start date for all groups will be on Monday, September 9<sup>th</sup>. Practice schedules are posted on the website, [here](#).

## Parent Meetings to be Announced

Please keep an eye on your email, as we'll soon be announcing the "beginning of season" parent meetings. These meetings are important. You'll get to meet and hear from the coaching staff and interact with LAC Board members.

## Still time to Register

Registration is still open! If you haven't yet registered for the 2019-20 season, [register here](#) now.



## New "Safe Sport" Rules

USA Swimming's top priority continues to be keeping our athletes safe. As a part of a continued commitment to safeguarding our athletes, USA Swimming has enacted enhancements to our Safe Sport policy and education requirements. LAC is subject to these policies and is committed to implementing and enforcing them.

Whether your family is new to the sport, or if you've been part of the LAC family for years, please take some time to understand new national-level policies that are in place to protect our athletes.

The new policies apply to "[Applicable Adults](#)", defined as:

- USA Swimming non-athlete members (coaches and officials) and, in some situations, swimmers over 18;
- On deck volunteers (e.g. meet marshals, meet computer operators, timers, etc.);
- Board members; and
- Any other adult with regular contact and authority over minor athletes.

[The Minor Athlete Abuse Protection Policy](#) (MAAPP) has five parts, this article covers the first two:

1. [One-on-One Interactions with Athletes](#). Any interaction between an Applicable Adult and a swimmer, must be both observable and interruptible by another adult. Coaches, Board Members and Officials must ensure any one-on-one interactions with (non-family member) swimmers are both observable and interruptible. Adults volunteering on-deck (timing, computer operator, etc.) must also ensure interactions with swimmers are observable and interruptible.

2. [Social Media and Electronic Communications](#). Any communications between an Applicable Adult and a minor athlete should be open, transparent. Additionally, electronic communications between an Applicable Adult and a minor athlete must involve the minor's legal guardian and take place during reasonable hours (between 8 a.m. and 8 p.m.).

Coaches, Board Members and Officials are not permitted to engage in email, phone or text message communication directly with swimmers unless the swimmer's parent/guardian is included in the conversation. As a general rule of thumb, please have your swimmers refrain from email or texting coaches.

Coaches, Board Members and Officials are not permitted to "follow", "friend" or otherwise connect with athletes on Social Media. Similarly, swimmers are not permitted to "follow", "friend" or otherwise connect with Coaches, Board Members or Officials on Social Media. Existing social media connections must be removed.

If you have any questions, please contact [Bob Sempsey](#), [Coach Casey](#) or [Coach Margaret](#).

## Upcoming Meets

### Sept. 29 – LAC Intrasquad Meet, Lancaster PA

Held at Franklin & Marshall, this is a fully sanctioned meet only for LAC swimmers. We will offer each stroke and an IM event to get some times as we start the season. This meet also offers a great opportunity for parents to learn the jobs that go into running a meet. [Details here](#).

### Oct. 5 – EST 13 & Over Invite, Owings Mills, MD

For Senior and Senior Prep swimmers, this one-day meet is a quick and fun event, with only four or five other teams and no qualifying times. [Details here](#).

### Oct. 5-6 – WSY October Invite, Mechanicsburg, PA

For swimmers not attending the EST meet, this is West Shore YMCA hosted meet is held at Cumberland Valley High School. Caution... spectator seating is limited to 375 and is strictly enforced. This is an early season meet with no qualifying times. [Details here](#).

### Oct. 20 – Dual Meet w/ HAC, Lancaster, PA

Held at Franklin & Marshall, this is a dual meet with Hershey Aquatic Club. Every LAC swimmer (from 5 to 18 years old) is welcome at this meet. This meet has no qualifying times. [Details here](#).

### Nov. 2 – SSC Musical Mini-Meet, Newtown Square, PA

A fun, no pressure meet for 8 & under swimmers with no qualifying times at Suburban Swim Club. Details to follow.

### Nov. 8-10 – Thanksgiving Invite, Mechanicsburg, PA

For swimmers 9 years and over, this is West Shore YMCA hosted meet is held at Cumberland Valley High School. Caution... spectator seating is limited to 375 and is strictly enforced. This meet has no qualifying times. [Details here](#).

### Nov. 16 – Tri Meet w/ HAC and CYA, York, PA

Held at Central York, this is a tri-meet with Hershey Aquatic Club and Central York Aquatics. With a focus on ages 5 through 14, this meet has no qualifying times. [Details here](#).

### Dec. 6-8 – NLAC Winter Splash, University Park, PA

Held at Penn State by the Nittany Lion Aquatic Club, this meet is recommended for 9 & over swimmers who are not likely to meet qualifying times for the LAC co-hosted Arena Holiday Cup. This meet has no qualifying times. [Details here](#).

### Dec. 7-8 – NLAC Winter Mini Meet, University Park, PA

Held at Penn State by the Nittany Lion Aquatic Club, in conjunction with the above meet, this is a good experience for 8 & under swimmers in a larger format meet. This meet has no qualifying times. [Details here](#).

### Dec. 13-15 – LAC Arena Holiday Cup, Lancaster, PA

This meet has very fast qualifying times. LAC co-hosts this premier meet with Franklin & Marshall College. But LAC parent volunteers are still needed to help out on deck and in hospitality. [Details here](#).



## LAC's Most Critical Volunteer Need: Operational Risk Director (ORD)

Our team, like any swim team, runs on volunteers. Many volunteer jobs require little or no training. Some others require an extensive certification process. Operational Risk Director (ORD) is one that requires a background check and a process for certification. We currently have three ORDs, but we need at least three more.

We need an ORD present on deck for every session of every swim meet. The ORD's job is to ensure a safe environment and assist the Meet Referee/Meet Director in making sure swimmers, coaches, officials and volunteers are not doing anything to compromise the safety of athletes.

The certification process is not difficult, simply:

1. Let [Greg Spaulding](#) or [Sam Kieffer](#) know you're interested in becoming an ORD.
2. Register for non-athlete membership for the 2020 season (the club will reimburse after certification).
3. Participate in an on-line clinic
4. Take and Pass the online test
5. Pass Background Check (the club will reimburse after certification)
6. Complete Athlete Protection Training (online)
7. Apprentice 4 sessions under a certified ORD
8. Submit completed Apprentice Form to Middle Atlantic for certification

### Upcoming ORD Clinic Dates & Sign-up

Wednesday 9/18/19 [Sign-up here](#)

Thursday 10/10/19 [Sign-up here](#)

Tuesday 11/19/19 [Sign-up here](#)

Thursday 12/5/19 [Sign-up here](#)

Monday 1/6/20/19 [Sign-up here](#)

Wednesday 2/12/20 [Sign-up here](#)

## An Update from our Social Committee

by Chrissy Ovalle

Are you a behind the scenes kind of person? Do you like to help but don't know who to ask? Do you want to get to know some of the families at LAC better? I have some good news! We are looking for help on the social committee. We could use help for each of the events listed below. If you are willing to help with one or all year please [email me](#) or call (717.203.6659).

Also we would like to ramp up our fundraising efforts in order to better support our team. We are looking for one family from each swim group. We are looking for someone who can bring together your swimmers group and think of a fundraiser that the whole team can participate in. (for example it can be as simple as a restaurant fundraiser, or a bake sale, or finding a deal on groceries)

### Some Important Dates:

October 4, 2019 – Swim-A-Thon

December 26 or 27, 2019 (TBD) – Christmas Social

February 5, 2020 – Championship Potluck

April 9, 2020 – Team Awards Banquet

Also, we are in the process of planning a silent auction/ live auction for September 2020. If you're interested in helping, please [contact me](#).

## Club Finances... a Snapshot

by Dana Taylor

Bank balance (8/29/19) .....	\$33,290.40
August rent payment to F&M .....	\$4,999.05
August rent payment to SDoL .....	\$991.67
August payroll .....	\$5,211.90
Income for August is solely registration fees.....	\$6,930.00
Credit card processing (income).....	\$189.23 (cost charged to members)
Credit card processing fee (expense).....	\$214.42 (cost club has to pay to credit card company)

**Summary:** Credit card processing is basically a wash (a difference of \$25). We brought in \$6,930.00 from registrations and we have paid out \$11,202.62 between rent and payroll.



## Team Suits, Caps & Arena Apparel

Team suits, caps and Arena apparel (w/ LAC logo) are sold through T&T Swimming ([Order Form and Pricing](#)). **Order deadline is September 16, 2019.**

The Arena Carbonics suit has been selected for the 2019-20 season, the suit comes in both back styles, jammers and briefs. In addition to the Carbonics suit, the Arena Madison style suit has also been selected for female swimmers. The Madison suit comes in a solid color with a higher neck line and thicker straps. You are not required to purchase both the Carbonics suit and the Madison suit for female swimmers.

Tech suits will be ordered on a separate date in October, that date and time will be released at a later date. Swimmers under 10 years of age should not order Tech Suits.

If you miss the team store or the team suit order, we will be offering additional order dates in October. You WILL NOT be able to order caps with the October order.

### ORDERING OPTIONS

1. Call T&T directly and place your order via phone.
2. Feel free to go to T&T Swimming to place your order in person.
3. There will be a suit try on day at F&M. Dates and times are still being worked out, a follow up email will be when dates and times are selected.

Email [Abby Leibfried](#) with any questions.



## LAC Spirit Wear Deadline Approaching

Show your LAC Pride with shirts, sweats and jackets from H&L Team Sales.

Click here for the online [Spirit Wear Store](#). Orders will be completed on line. Your LAC account will be billed.

**Place your orders by September 9, 2019**, after that date the store will be closed. The site will reopen again in October for additional orders.



## Eat Wings... Support LAC Swimming

LAC has been selected to participate in our Home Team Advantage Program for the entire 2019-20 Short Course Season. Show this card (or tell them you're with team "L") at the Buffalo Wild Wings restaurant on Fruitville Pike in Lancaster, and the restaurant will donate 10% of the total bill back to LAC.

This fundraiser runs from September 1, 2019 through April 1, 2020. Other locations (near some of our other meet locations) might be available for this fundraiser too, additional details will follow.



**HOME TEAM ADVANTAGE™**  
**TEAMMATE CARD**

10% of your total sales at your sponsoring Buffalo Wild Wings will be donated back to your team at the end of the season.\*\*

**Lancaster Aquatic Club**  
**Team L // Expires: 04/01/20**  
Valid Only at: **2065 Fruitville Pike, Lancaster, PA**

\*\*Must present card on mobile device or via printed copy with payment. Not valid with any other offer. Card is non-transferable. No cash value. Does not include tax or gratuity. Not valid toward other promotional discounts.