



# The Outside Lane

Lancaster Aquatic Club's newsletter



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

October 2019

## Board of Directors

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[Bob Sempsey](#), parent

### Vice President:

[Darrick Horner](#), parent

### Treasurer:

[Dana Taylor](#), parent

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### 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](#)  
[Kylie Turner](#)  
[Alianna Ovalle](#)  
[Amelia Dissinger](#)  
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## Follow Us



## Parents: Your Stress is Contagious

abbreviated from <https://swimswam.com/swim-parents/>

As a swim parent who wants the best for their swimmer you know that it can be very difficult walking the fine line between being too involved and being too aloof with your kiddo's performance.

For young swimmers who are get particularly excited or over-anxious it is helpful to understand that part of the reason they are feeling this way has to do with how anxious the parents are before competition.

As it turns out, the stress and anxiety we feel about our swimmer's performance trickles down into how stressed and anxious they are. In a recent study:

- Athletes who were the most stressed out and anxious (with anxiety measured in terms of worry, physical symptoms—tense muscles, and concentration disruption) **had parents who really wanted their kid to beat the competition**, or "to not lose to others."
- The age groupers experienced concentration disruption the most when their parents were more interested in seeing the athlete out-perform the competition **compared to achieving a personal best**.

Winning might be everything—as the quote goes, but the expectation of it doesn't help athletes get any closer to achieving it. Focusing exclusively on winning creates an environment where the young swimmer is physically less likely to make it happen.

Swim parenting is no joke. Between fundraising, the costs of a full season of training, driving to practice, marathon swim meets or dealing with injuries it can be tempting to begin to feel like the seemingly never-ending sacrifice should be considered an investment. As a result, you might feel yourself putting more emphasis on winning in order to see a return.

But if you want the best for your child, research continues to show that a relaxed, hands-off, let-the-kid-own-the-sport is best for creating an environment where they will not only have more fun, but also excel both in the short and long term.

## Get ready for the Swim-A-Thon!

The kickoff for our Swim-A-Thon will be on **Oct. 4th**. Our club goal this season is to raise \$18,000! Through this great fundraiser, we not only raise money for our team, but 5% of what we raise goes to the USA Swimming Foundation.

What does the USA Swimming Foundation do with this money?

- Provide Swim-a-Thon teams with prizes and incentives, including organizing the annual Swim-a-Thon contest.
- In 2018, provided \$120,000 in funds to help fund USA Swimming's Diversity Select Camps, National Age Group Coaches' Summit, the Women's Leadership Conference series, and Club President's Summit.
- Award grant funding money to our Make a Splash Local Partners to bring the lifesaving gift of swim lessons to children.
- Support National team athletes and coaches, allowing them to train full-time.

Let's do our part for the sport of swimming and reach our goal! If you are interested in helping out Special Events Committee with the Swim-A-Thon or any other events, please reach out to [Chrissy Ovalle](#).



## A Note from Hospitality

By Lorrie Henne

Before I volunteered for Hospitality, I had no idea what hospitality was at a meet or why it was important. If you are like me, here is a bit about Hospitality.

### What is Hospitality?

Hospitality provides coaches, officials and volunteers a place to relax and refuel during busy meet weekends. Our coaches and officials spend long hours at the pool each meet weekend. At LAC Hospitality, we strive to provide food and drink to keep them going. We also give them a place to sit and relax during the short breaks they have between sessions.

### What Can I Do to Help?

There are two primary ways to help. First, volunteer at Hospitality during meet weekends. Duties of Hospitality volunteers include: 1. setting up and restocking the meals and snacks provided, 2. restocking coolers of bottled water on deck, and 3. keeping the Hospitality area clean and organized. Bonus, you get prime meet viewing from the Hospitality area! Second, you can help by providing home cooked meals for our meets. As you can imagine, the officials and coaches get hungry and do not have time to seek out healthy and yummy food during meet weekends. LAC is known for its quality food in Hospitality, which is so appreciated by the coaches and officials, but we need you to help prepare the food. So, if you like you cook, please sign-up to prepare a meal or part for a meal. You do get volunteer credit for meal preparation! For most meets, you are reimbursed by Franklin & Marshall for your expenses related to Hospitality donations. When sign-ups are sent, it will be noted if expenses are not reimbursed. Seeking reimbursement is easy, just write your name on the receipt, stick it to the envelope, and you will be reimbursed.

Finally, I am asking for some feedback. Do you have a favorite meal that can easily feed 30 plus people and will keep in crock pots, chafing dishes or a heating plate? If so, please [email me](#) with your idea or suggestions. We are beginning to build meal menus for the Arena Classic (Dec. 13-15) and would love some new, fresh ideas.



## Steckiel: Scholastic All-American

USA Swimming recognized LAC's Emma Steckiel as one of 1,634 high school swimmers (nationally) who excel in the classroom and the pool. To earn the title of Scholastic All American, athletes must be in 9th-12th grade, maintain a minimum 3.5 grade point average during the application year and meet Winter Junior time standards in the pool. Congratulations Emma!

Selection criteria and information about the program can be found at [www.usaswimming.org](http://www.usaswimming.org).



*LAC's Emma Steckiel, USA Swimming Scholastic All-American*

## Club Finances... a Snapshot

by Dana Taylor

Bank balance (as of 9/27)-----	\$38,472.93
Payroll 9/16 (\$2476.32) and 10/1 (\$2966.78)---	\$5,443.10
Rent due 10/1 F&M-----	\$4,999.05
Rent due 10/1 SDoL-----	\$991.67
Projected income from 10/1 billing-----	\$20,473.00

Miscellaneous items paid in Sept.:

- team shirts -- \$1,215.50
- embroidery of coaches' apparel --\$288.00
- WSY meet entry fees -- \$1,390.00
- EST Sr. Invite meet entry fees -- \$365.00





## New "Safe Sport" Rules (continued from last month)

by Sean Mellinger

USA Swimming's [Minor Athlete Abuse Prevention Policy](#) (MAAPP) became effective June 23, 2019. MAAPP establishes new rules and protocol to protect swimmers. This is a continuation from [last month's article](#) on MAAPP's five pillars.

3. [Travel](#). The policy covers both team travel and carpooling and to/from practice. Basically, an [Applicable Adult](#) cannot be alone in a vehicle with an unrelated swimmer. There must be at least two minor athletes or another adult in the vehicle. When carpooling, the driver's own child should be the first in and last out of the car. As for traveling with the team, which is mainly for the older swimmers so far, any team managers or chaperones that travel with the club must be Non-Athlete Members of USA Swimming in good standing. Mainly the coaches and chaperones must use the "Observable and Interruptible" rule when dealing with the swimmers while away from home. If an Applicable Adult and only one (unrelated) swimmer are traveling together, there must be written permission from the minor athlete's parent or guardian allowing the travel. No non-related applicable adult will share a hotel room or other sleeping arrangement with a swimmer. If an adult athlete (18-year-old swimmer) and a minor athlete (17-year-old swimmer) are going to share a room together, there must be written permission from the minor athlete's parent or guardian.

4. [Locker Rooms and Changing Areas](#). The locker rooms must be used when changing into or out of a bathing suit, deck changing is not allowed. There is to be no use of **ANY** recording device inside the locker rooms or changing areas; this includes voice recording, still pictures or video. The prohibition on recording devices applies to both minor athletes and Applicable Adults. An unrelated Applicable Adults must not expose his or her breasts, buttocks, groin or genitals to a minor athlete under ANY circumstance nor ask a minor athlete to expose themselves to the applicable adult. At no time should an Applicable Adult be alone with a minor athlete in a locker room, changing area, or bathroom. LAC will be responsible for monitoring the entrances to the locker rooms and who goes in or out.

5. [Massages and Rubdowns](#). This is defined as any massage, rubdown, stretching, physical manipulation, injury rehab or electronic or instrument assisted modalities (stim treatment, cupping, etc.). Any massage conducted on an athlete must be performed in an open and interruptible location and **MUST** be performed by a [licensed massage therapist](#) or [certified professional](#). A coach cannot perform a massage or rubdown on an athlete under any circumstance. A parent or guardian must provide written consent for even the certified professional to perform the massage or rubdown and the parent or guardian must be allowed to observe the massage. Any massage or rubdown performed on a minor athlete must have another adult present.

Ok, so understandably this is a lot to be throwing out there. I tried to give the facts as we currently know them. As situations arise that are not clearly defined by MAAPP (i.e. "gray areas") we will forward the information to you and keep everyone apprised of the situation. Some of this may seem over the top to some of you, but rest assured, this is to keep your children, and mine, safe when at practice or a meet. If you have questions, feel free to reach out to [Bob Sempsey](#), [Coach Casey](#), [Sam Kieffer](#) or [me](#). We can certainly get answers to you.

## An Update from the Social Committee

by Chrissy Ovalle

We're excited about some upcoming events. Fri., Oct. 4<sup>th</sup> is the kickoff for the Swim-A-Thon! Join our Friday night celebration! But we're still looking for volunteers to help during the event itself. This event is where we raise the most funds to support our team from day to day. If you're interested in helping, please [contact me](#).

Thank you to Wendy Shonk for helping to organize a Corn Maze social outing for October 12<sup>th</sup> for the Senior 2 group.

We need a few more parents to help! Here's what we are looking for:

- 1 or 2 NOVICE group parents to organize a fundraiser for **NOVEMBER**.
- 1 or 2 AGE GROUP parents to organize a fundraiser for **DECEMBER**.
- 1 or 2 ADV. AGE GROUP parents to organize a fundraiser for **JANUARY**.
- 1 or 2 SENIOR PREP GROUP parents to organize a fundraiser for **FEBRUARY**.
- 1 or 2 SENIOR 2 parents to organize a fundraiser for **MARCH**
- 1 or 2 SENIOR 1 parents to organize a fundraiser for **APRIL**.

And we are still looking for help for long-term fundraiser planning (Sept. 2020 live/silent auction event). If you're a behind-the-scenes kind of person, this is the perfect opportunity for you! Again, if you're interested in helping, [contact me](#).



## YOUR SWIMMER NEEDS YOU to become a USA SWIM OFFICIAL



### LEARN

about how your child's sport works, and help make sure it's fair and fun for everyone.

### HELP

fulfill your volunteer duties in a way that's fun, but also strengthens our team culture.

### WATCH

your swimmer from the best spot in the pool. No more obstructed views!

### ENJOY

getting to know other swim parents and other teams. New pals await!

## Help our Team... Become an Official

Every swim meet needs volunteers and every volunteer job is important. Some positions require little or no training (timers, runners, etc.) others require not only training, but also certification. Becoming a Certified Official is a great way to learn the sport of swimming.

There are three types of entry-level officials: 1. **Stroke & Turn Official** (you observe swimmers in the water to ensure fair competition and correct strokes), 2. **Administrative Official** or "AO" (you manage operations at the scorer's table and deconflict times when touchpads, plungers and stopwatches are substantially different), and 3. **Operational Risk Director** or "ORD" (you ensure swimmers, coaches, officials and volunteers are not doing anything to compromise a safe environment).

The path to becoming a Certified Official is not difficult, but there are a few steps, including Registration with USA Swimming, a background check, an online clinic and apprenticing Certified Officials.

LAC and Middle Atlantic Swimming will reimburse your registration and background check fees after you complete the certification process. You don't need experience, training and mentorship is provided.

To learn more about officiating contact [Greg Spaulding](#), [Sean Mellinger](#) or [Sam Kieffer](#).

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## Wish things were different? Help!

Effective committees are critical to the operation of any successful organization. Committees involve members in the development and actualization of the club's mission, represent member opinion in decision-making, and help serve member needs through interaction. Committees are also a training ground for future leadership of our club. We have several committees that need the help of our general membership. Some of the committees of LAC include:

- Special Events/Social Committee
- Development/Fundraising Committee
- Volunteer Coordination Committee
- Meet Committee
- Hospitality Committee
- Brand/Marketing/Recruitment Committee

We are actively recruiting for our committees, but if you're interested, please reach out to our Board of Directors.

## Eat Wings... Support LAC

LAC has been selected to participate in Buffalo Wild Wings' 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 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.