



The Outside Lane

Lancaster Aquatic Club's newsletter



www.lancasteraquaticclub.com

November 2019

Coaching Staff

Head Coach:

[P. Casey Coble](#)

Senior Groups, All Groups

Coach & Director of Staff Development:

[Margaret Kieffer](#)

All Groups

Assistant Coaches:

[Kylie Turner](#)

Senior Prep Group

[Scott Troy](#)

Advanced Age Group

[Hope Weber](#)

Age Group

[Amelia Dissinger](#)

Age Group

[Alianna Ovalle](#)

Novice Group

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.

Follow Us



What Should I Pack for All-Day Swim Meets?

Swim meets start early and many last all day, so it is smart to have everything ready in advance. You not only need your swim essentials but you need food and some things to keep you busy when you are waiting for an event. Some meets have a snack bar so you may want to bring money as well.

Fuel:

- Healthy snacks like fruit, energy bars, yogurt, orange slices, grapes, fruit bars, carrots, goldfish, crackers, cheese sticks
 - Please avoid peanuts, peanut butter, tree nuts and nut based spreads due to food allergy concerns.
 - *Unfortunately, some venues prohibit food on deck. Coaches will be sure to communicate if this is the case for a specific meet.*
- Lots of water or sports drinks to keep hydrated

Gear:

- 2 swim suits: one for the meet plus a spare
- 2 pair of goggles (be prepared for one to break)
- 2 LAC team caps in plastic bag with baby powder (be prepared for one to tear)
- 2 or more towels – they'll get wet quickly
- Warm socks, shoes or flip flops (think about leaving the pool in cold weather)
- Extra appropriate clothing to keep warm after warmups and between races.... bring sweatpants, sweatshirt and/or t-shirts, with LAC logo
- Toiletries and change of clothes for when competition is over... include hair bands, brush, shampoo, conditioner, and deodorant
- Prescription medication, if required
- Wet gear bag to hold wet items

Miscellaneous:

- Games, cards, books, homework or drawing supplies for something to do while waiting
- Maybe some cash for snack bar or to replace broken gear
- Leave the electronics at home, LAC's coaches do not want electronic devices on deck

LAC Has 13 Alumni Swimming in the NCAA

LAC's goal is to promote the sport of swimming in a healthy and positive atmosphere while offering swimmers the opportunity to succeed at the highest level of competition... athletically, academically and personally. We're proud of our current swimmers and their daily efforts to become better athletes, students and people. We're also proud of our past swimmers who continue their journey of daily incremental improvements, both in the water and out.

Colin Anderson (Jr) (Loyola): [2019-2020 Schedule/Results](#)

Brooke Bollinger (So) (Towson): [2019-2020 Schedule/Results](#)

Nate Elzer (Jr) (Pittsburgh): [2019-2020 Schedule/Results](#)

Kyle Emmerling (Fr) (Rochester Institute of Technology): [2019-2020 Schedule/Results](#)

Luke Emmerling (So) (Indiana of PA): [2019-2020 Schedule/Results](#)

Matt Feryo (Jr) (Lehigh): [2019-2020 Schedule/Results](#)

Andre Fissella (Fr) (Susquehanna): [2019-2020 Schedule/Results](#)

Miguel Jacome (So) (Princeton): [2019-2020 Schedule/Results](#)

Nick Lynam (Fr) (Lehigh): [2019-2020 Schedule/Results](#)

Arthur Markley (Jr) (Princeton): [2019-2020 Schedule/Results](#)

Joe Moll (So) (Dartmouth): [2019-2020 Schedule/Results](#)

Anna Sugra (Fr) (Bloomsburg): [2019-2020 Schedule/Results](#)

Todd Wilson (Sr) (U.S. Naval Academy): [2019-2020 Schedule/Results](#)



The Outside Lane

Lancaster Aquatic Club's newsletter



20 Questions with Coach Casey

We're asking our coaches 20 questions so you can get to know more about them.

Q: What was your favorite toy as a kid?

A: I remember loving my Transformers toys, any sports ball, and my original Nintendo.

Q: What's your first memory of LAC?

A: Practicing in the old Golden Meadows indoor pool and being scared to death of then-Head Coach Bob Herlinger's ridiculously loud whistle that echoed through that building.

Q: What is your favorite cereal?

A: Probably either Cinnamon Toast Crunch or Reece's Puffs.

Q: Have you personally met any celebrities? Who?

A: Dean Smith, Michael Phelps and Margaret Kieffer.

Q: What are three things still left on your bucket list?

A: I just want to travel more in general. I'd love to visit Europe, the National Parks, and New Zealand. Most of my travel has been different swim meets.

Q: If you could change one thing about swimming, what would it be?

A: Eliminate the rule that says you are allowed an underwater dolphin kick during your breaststroke pullout. I also think the non-continuous back stroke turn is dumb.

Q: What do you do when you aren't coaching?

A: Golfing and watching any Tar Heel sport that comes on TV.

Q: What's the one thing you are most proud of?

A: The amount of success LAC swimmers have had in their lives after moving from LAC. We've had a lot of kids attend incredible academic institutions and get great jobs. I'd like to think that the values taught by LAC coaches have played some sort of factor into their success.

Q: Where would you choose to live: by the ocean, in the mountains or in the woods?

A: I love being by the water but I'd much rather be in the mountains/woods. So, I would definitely live in the mountains/woods on a lake.

Q: If you could close your eyes and be anywhere when they opened, where would you be?

A: I would say in a football stadium watching the Tar Heels play for a Football National Championships (but I know that's more of a fantasy than reality).

Q: Who did you first see live in concert?

A: Jethro Tull.

Q: What do you wish other people knew about LAC?

A: I would say the amount of lifelong incredible friendships LAC swimmers tend to make.

Q: If you could splurge on one item, what would it be?

A: A new set of golf clubs.

Q: Do you have any strange phobias?

A: Not sure if this is strange, but spiders really creep me out.

Q: What's your most used emoji?

A: The thumbs-up (or another certain finger that needs to get sent to some friends fairly often).

Q: Have you ever been on radio or TV?

A: I've been on WGAL for their athlete of the week, and a few other features for LAC swimmers.

Q: If you could snap your fingers and become an expert in something, what would it be?

A: Teaching the back to breast crossover turn.

Q: What's something, big or small, that you're really good at?

A: Remembering swimming times.

Q: What is the oldest thing in your refrigerator?

A: I don't know, and I'm not sure I want to dig to find out.

Q: If you won the lottery, what is the first thing you would do?

A: Build LAC a brand-new aquatics facility and donating a money to help eliminate cancer.

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.





How to Be an Awesome Swim Parent

from <https://swimswam.com/awesome-swim-parent/>

The swim parent lifestyle is a soggy, herculean and often thankless one. There are all of the early morning practices, the weekend-long swim meets, fundraising, helping with the board, chaperoning, the fees, carpooling, and the food, OMG... all the food. And most importantly, there is the most fundamental and irreplaceable role you have as a swim parent: cheerleader and support staff to your athlete.

I get a lot of emails from parents who want the best from their swimmers, for them to enjoy the process of improving, but are often unsure what to do. It's an awkward two-step of wanting to encourage their kids to be better, but to be better without having to be necessarily pushed. Some recent research on elite athletes has shown that top performers have parents (and coaches) who are supportive, but who still allow the young athletes to own their sport and subsequent performances.

With that in mind, here are some ideas on how to be an awesome swim parent:

1. Encourage accountability

At the end of the day you want swimming to be your swimmer's sport. Their thing. Let them take ownership of the sport by letting them have their own goals, and encourage them to evaluate and track their workouts to further instill a sense of control of their swimming. If they have their own reasons for swimming and showing up every day to work hard they are going to be more intrinsically motivated to stay (and succeed) in the sport.

2. Avoid over-identifying with your swimmer's performance

How they swim isn't a reflection of you. Don't fall down the over-identification trap where your child's swim performance is a reflection of you, leading you to ignore how they feel about the sport and focusing on your feelings. Taking the burden for their swimming also removes accountability on your swimmer's part. The more likely it's their thing, the more likely they are to be successful.

3. It's the process

If they are getting better, and learning the process of mastering something they are learning and benefiting far more than just having a win-at-all-costs attitude. It's what they do every day—mastering the process of becoming a better swimmer—that matters more than what they do at meet-time. A swimmer who is able to master the grind will always outperform an athlete who magically shows up at meet time.

4. Set the standard for how they should react

I cringe when I see a parent who lacks emotional control at swim meets. You can see the discomfort of those nearby as well, as in, "Jeez buddy, it's just a swim race." These parents not only tend to end up bumping and spitting all over nearby parents and swimmers, but also provide a classic example of poor sportsmanship and set a low standard of self-control for their own swimmer to emulate. It is contradictory and confusing for children to be told to have self-control, to stay calm and focused in moments of high pressure when their parent is screaming at the coach and losing their chlorinated mind from the stands. At the end of the day you are your swimmer's strongest role model. Not the swimmer on the Wheaties box.

5. Don't mistake sacrifice for investment

Swim parents are absolutely unbelievable in terms of sacrifice. They spend a metric ton of time, energy and money in helping the sport go round. From all of the time spent organizing fundraisers, driving back and forth to the pool, countless swim meets, hotel rooms and more... we sacrifice a lot for our swimmers. And so, it's tempting to have this sacrifice sometimes blur into a sense of investment, causing parents to expect measurable dividends of some sort (college scholarships, etc.). Swimming (and sport in general) isn't something that can and should be measured in terms of dollars and cents. The time spent in the pool now shouldn't come with a balance sheet later. The gold medals they don't win today still translate into healthy lifestyle choices they carry with them for life.

6. When issues come up with coach, address them privately and directly

There will be times where, as a swim parent, we have questions or concerns regarding our kid's swimming. Over the course of a swim career this is unavoidable. Maybe your swimmer hasn't improved at all in a couple months and we'd like to know more about why this is. Or perhaps, she is being held back a group. Or you have questions about the plan for the team. Too often when a parent has an issue with a coach they will sit in the stands gossiping and complaining to other parents, which does nothing but create a divisive environment for all involved. Set a time to meet with the coach so that you can talk distraction-free (blindsiding them on the way to their car after practice doesn't count). Undermining the coach, whether it's giving contradictory technique and training instruction out of the water, only serves to confuse and put your swimmer in a place where they have to choose between listening to you or the coach when they are at practice. In ideal situations, parents parent, and coaches coach.

...continued on next page



How to Be an Awesome Swim Parent

...continued from previous page

7. Let them unplug outside of the pool

Swimming isn't and shouldn't be the only thing in anybody's life. Once they leave the aquatic center in the morning or at night-time they should be able to leave it behind. Constantly having to rehash practice or meets in the car, at home, and over the dinner table is mentally exhausting. Have some perspective about where swimming truly ranks in the scheme of things. Being a great swimmer is cool, but being a young person with enough perspective to realize that its just a race or just one practice is even better.

8. The facilities don't make the athlete

It's natural to want the absolute best for our swimmers. The best coaches, the best facilities, the best of everything. But removing all obstacles in their talent development ends up having an unintended consequence: an inability to deal with adversity later on in their careers. After all, having been robbed of the lessons, humility and resiliency that comes from adversity means that when it does finally happen these athletes have a hard time adjusting. Being on a star-studded team doesn't guarantee success. Just like how training out of a dark, cramped 22-yard pool doesn't promote failure. The lessons and skills can be and are picked up in different environments and if anything, the "less than" athlete is going to be at an advantage when it comes to dealing with hardship.

9. Just be there for them

More than anything, your swimmer just wants you to be there for them. To be a shoulder to cry on and to provide a moment of levity when they add time to their PB. To whisper words of encouragement when they are injured. To share the moment when they finally do succeed. Win or lose, all they really want to know is that their swimming, and by extension their identity, isn't a prerequisite for you being there for them. Don't make your love conditional on how they swim. All they want to know and feel is that first or last, whether they are world record holder or local sharks-and-minnows champ, that you will love 'em.



Club Finances... a Snapshot

by Dana Taylor

| | |
|---|--------------------|
| Bank balance | \$44,214.61 |
| Rent (F&M) | \$4,999.05 |
| F&M after-hours fee (Sept) | \$50.00 |
| Rent (Phoenix) | \$991.67 |
| Payroll (Oct) | \$6,639.97 |
| Liabilities | \$835.06 |
| Workers Comp | \$620.00 |
| 3rd QTR taxes | \$396.61 |
| Coaches certifications & travel expenses | \$542.18 |
| Fees paid to Middle Atlantic for Sept & Oct meets | \$1168.00 |
| Commission from H&L Sept apparel sale | \$134.00 |
| Training fee income on 10/1 | \$17,569.27 |
| Total Income Oct | \$17,703.27 |
| Expenses for Oct | \$16,242.54 |



Volunteers Fuel LAC

Sure, we ask for volunteers at every swim meet, but as a non-profit, parent-run team, we're looking for some extra help away from the pool too.

We have several committees that need the help of our general membership. No matter if you're a stay-at-home parent or you work several jobs, there are ways for everyone to help LAC be a better place for our swimmers and families.

Agreeing to help with a team committee is not a life-sentence, nor is it a full-time job. We're simply asking you to help where you can... to support your swimmer(s) and his/her friends.

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

If you have ideas on how you can help, or you have expertise/special talents in any of the above areas, please chat with any board member, Coach Casey or Coach Margaret.