



# The Outside Lane

Lancaster Aquatic Club's newsletter



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

December 2019

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[P. Casey Coble](#)

Senior Groups, All Groups

### Coch & Director of Staff Development:

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All Groups

### Assistant Coaches:

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[Kylie Turner](#)

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## The Best Advice I've Ever Heard a Swim Parent Give Their Kid

By Olivier Poirier-Leroy. Join his weekly motivational newsletter for swimmers, coaches and swim parents by [clicking here](#).

Having been in and around the pool deck for almost my entire life I have seen all manner of swim parent. You got the red-faced screamer. The parent who thinks he is the coach. The bubble-wrap optimist. The scoreboard whisperer. And everything else in between. What do they all have in common? They are trying to do right by their kid.

They are trying to give their young swimmer the best chance possible at making the most of their talent and ability, while also developing them into someone of character and who is resilient.

### The best 10, err, 11 words a parent can tell their athlete

I was strolling into the pool last week for a casual little swim workout when an SUV rolled up to the curb. The door swung open, and inside were the familiar frantic movements of a young athlete—running late—and his parent trying to gather the yard sale in the back seat into his swim bag.

"Are you late?" asked the parent, a handful of swim towel in one hand. "Nope, I should be able to get on deck in time," said the young swimmer, probably no older than 10. The swim bag was double checked—everything looks like it is there—and the swimmer leaned out.

"*Be the hardest worker and the one having the most fun,*" came the parting words of the parent.

"Sounds good!" The truck door closed, and the swimmer scurried indoors, swim bag bouncing wildly off his back.

The parent's statement stopped me dead in my tracks, if not physically, then definitely mentally.

After all, this wonderful piece of advice was comprehensively powerful and gave exactly the right message: You can work hard, and have fun at the same time. And really, isn't that all we want?

For our young swimmers to challenge themselves, to learn proactive strategies for improving and developing themselves, while also feeling the satisfaction and pride that comes along with it?

[Recent research on elite athletes](#) has shown a set of consistent traits among the highest performers. A proactive and positive approach to challenges. And parents who were not only supportive but generally hands-off. This situation helped to foster a situation of accountability and ownership where the athlete looked inwards for motivation (the familiar intrinsic motivation).

The statement that the parent gave that day exemplified this perfectly. Work the hardest. And have all the fun. As coaches and parents, that's all we could ask for or really want.

## Swimmers, Holidays and Practice

by Coach Margaret

As coaches, we understand swimmers are involved in other things and have families who care enough about each other to get together and celebrate. Coaches will always say that regular attendance at practice is important, but we also want our swimmers to be successful out of the water too. As the holiday craziness ensues, all the coaches ask for is open and direct communication about swimmers' other commitments at school or with other activities and how that will impact their practice regimen. Just keep us in the loop.



## What You Need to Know: the Holiday Cup

The upcoming LAC Arena Holiday Cup is a large, three day meet. This is one of the meets that LAC co-hosts with Franklin & Marshall College.

What does co-hosting a meet mean? In short, F&M manages the meet (they provide the Meet Director, accept meet entries, coordinate with other teams, set-up the events/heats and ensure all required paperwork if filed). Part of LAC's agreement with F&M to rent the pool year-round is a commitment to help F&M during these meets by providing hospitality and volunteers. In return, LAC parents are reimbursed for the cost of food items in hospitality and the team is modestly compensated for the efforts of our volunteers.

This is a fast meet. While it is not a "championship" meet like those we'll be experiencing in March, this is a meet that does have qualifying times. This is also a "prelim/finals" meet... meaning that swimmers 11 & over will swim in the "preliminary" session and the top swimmers in each event are invited to swim in the "finals" that same evening (the number invited to swim finals differs for event, distance and age). Swimmers ages 9 & 10 are not involved in the "finals" session each evening. Instead, their "prelim" times are also recorded as "finals" times.

LAC swimmers who meet qualifying times will get to swim against swimmers from teams against whom we do not normally compete. Even if you don't have swimmers competing this meet, it's a great opportunity learn more about the sport and see some good, competitive swimming. This meet is also a great way to showcase LAC, so teams will consider returning when we host the Arena Classic in July... a meet we host ourselves and is our biggest fundraiser.

## Swimmer Mailboxes

Every LAC family has a mailbox. All awards from meets will be placed into your folder so your swimmer(s) can pick them up after a practice. They are kind of hidden at F&M so here's a general description of where you can find them... When you walk into the F&M lobby, to the right is an alcove with some vending machines. There is a rolling cart with our swimmers' folders beside the last vending machine. Take a look the next time you are at the pool.

## 5 Traps Swim Parents Should Avoid

from [swimswam.com](http://swimswam.com)

Has your child ever ignored or withdrawn when you talked to them after a race? We think our kids understand that our advice comes from a good place. In reality, they may be interpreting our words and body language entirely differently than how we intended.

In a webinar by David Benzel called "5 Powerful Strategies for Sports Parents Success," he describes five traps we fall into, their consequences and then gives a prescription for better results. Benzel founded "[Growing Champions for Life](http://GrowingChampionsforLife.com)" and offers monthly webinars and works with organizations like USA Swimming to help parents and athletes.

Here are five traps Benzel described along with consequences and what we can do to turn the situation around:

### #1

**Trap:** Making our children's sport the center of our universe.  
**Consequence:** Pressure to win replaces the joy of the journey.  
**Rx:** Focus on family core values and the large character issues that lead to a life well lived. Core values may include integrity, honesty, hard work, etc.

### #2

**Trap:** Strong urge to "tell" rather than "ask."  
**Consequence:** Children clam up, shut down and stop sharing information.  
**Rx:** Be curious, listen first and wait to be invited into the conversation. Be ready to say, "Tell me more."

### #3

**Trap:** Trying to light a fire under your child.  
**Consequence:** Child fails to take responsibility for finding their own motivation.  
**Rx:** Demonstrate an inspiring example with your own life and create an inspiring environment that rewards effort at home.

### #4

**Trap:** Over analyzing technique and critiquing performance outcomes.  
**Consequence:** Resentment and defensiveness as your child fears disappointing you.  
**Rx:** Allow performance to belong to your child. Provide unconditional love regardless of performance levels.

### #5

**Trap:** Showing disappointment with your body language during competitions.  
**Consequence:** Interpretation by children is "I'm not good enough" and reduced confidence.  
**Rx:** Restrain our emotional responses from being too high or too low. In other words, try to get off the emotional roller coaster.

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## 20 Questions with Coach Hope

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



*Q: What was your favorite TV show when growing up?*

A: When I was REALLY little... "The Big Comfy Couch". But in middle school and high school I loved "One Tree Hill." I recently re-watched all the episodes again!

*Q: What was your favorite toy as a kid?*

A: Either my American girl dolls... or my stuffed animal "Baloo". The jungle book was my favorite Disney movie!

*Q: What might swimmers be surprised to know about you?*

A: My favorite events in college were the 200 fly and the 400IM. I always swam these two events at conference championships!

*Q: What is the nerdiest thing you do in your spare time?*

A: I get an orthopedics journal delivered to my house... have to stay up to date on all the new research.

*Q: What's your first memory of LAC?*

A: It's not my first memory, but one memory I do have is our "overnight practice" at golden meadows! The whole senior team was together. We swam, watched *Karate Kid*, slept, then woke up, did some dryland and swam again at 2am!

*Q: What was your childhood nickname?*

A: My family and friends all call me "Hopey".

*Q: Do you have any strange phobias?*

A: I am terrified of spiders!... all bugs actually!

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

A: Besides working... I love spending time with my dog, Baloo! He's a Portuguese Water Dog! He loves to go on runs and snuggle on the couch!

*Q: Have you personally met any celebrities? Who?*

A: Snoop Dogg! My roommate and I won VIP tickets in college!

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

A: Ever since I was in high school I wanted to be a physician assistant (PA). Swimming helped me stay on track and kept me focused throughout high school and college! Now I've been working as a PA for 4 years!

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

A: By the ocean definitely! I want to live right on the water some day!

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

A: My favorite place is Sea Isle City, NJ. This is my family's vacation spot every year! But, anywhere with a beach and sun is perfect for me!

*Q: Who did you first see live in concert?*

A: N\*SYNC! I was in the 3<sup>rd</sup> row at Hershey Stadium! Shout out to the best DAD ever!

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

A: How amazing our swimmers are! Swimming is hard... mentally, physically and emotionally! Year round our swimmers never cease to amaze me with their love and dedication to the sport!

*Q: What's your most used emoji?*

A: The crying laughing emoji!

*Q: What's your most hated household chore?*

A: Yard work... especially mowing the grass! I think I would rather clean the bathrooms!

*Q: Which season is your favorite?*

A: Summer definitely! I love going to the beach and going to concerts!

*Q: What's your go-to midnight snack?*

A: Chocolate! That's something I'm always craving!

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

A: Orthopedics! I love my job, but there's so much to learn! I'm always learning new things every day!

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

A: My responsible answer would be to pay off my student loans, but that's no fun! I would share some with my parents, and then build my dream house!

## Club Finances... a Snapshot

by Dana Taylor, Treasurer

Bank balance	\$50,076.80
Rent F&M	\$4,999.05
F&M after hours (Oct)	\$220.00
Rent Phoenix	\$991.67
Payroll (Nov)	\$6,682.63
Liabilities	\$2,084.97
Coaches' certifications	\$328.00
Coaches' travel expenses	\$445.44
Entry fees (WSY meet)	\$3,185.00
Entry fees (NLAC meet)	\$1,120.00
Training fee income on 11/1	\$17,224.25
Entry fees charges to members (WSY October)	\$1,426.00

**Total November Income** \$18,650.25

**Total November Expenses** \$20,056.76



## An Official's Explanation: the False Start

by Sean Mellinger, Deck Referee

I get asked a lot about calls made by the officials during a meet. So, I thought I would start going through some of the rules we use, and explain them so everyone knows what they are all about. As always, if there are specific rules or regulations anyone would like to hear about, ask an official and we will explain them as best as we can. I'm going to start with one of the most debated calls in swimming, even the officials have trouble agreeing on this one... the False Start.

Let's start with the rule, as it's written in the [USA Swimming Rulebook](#), "any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred." As you can see, that leaves room for interpretation.

The general idea is that if a swimmer, after the "take your mark" command, gets into the set position, then moves forward before the time of the starter signal, they are called for a False Start. Sounds easy enough, right? What if the swimmer in lane 3 starts to lean back, in preparation to "launch" when the buzzer sounds? It's not forward motion, but it is a starting motion. What about the swimmer who gets down in the "set" position, then loses their balance and falls in the pool? Similarly, some swimmers make that little "jump" after they are set... then while trying to recover either fall in the water or manage to return to the starting position before the buzzer. Again, the rule itself is broad and allows much room for interpretation by the individuals in the white shirts.

One way the Rulebook makes up for the large margin for interpretation is the way a False Start is called. A False Start requires independent and dual confirmation. The Starter and the Referee each have their own heat sheet. If the Starter sees what he/she thinks is a False Start, they circle that swimmer's lane number on their copy of the heat sheet. The Referee does the same on his/her heat sheet. If the Starter marked a lane for a False Start, she simply turns his clipboard to the Referee, the Referee then turns his clipboard to the Starter, if both clipboards have the same lane circled, it is now a False Start. It is a silent process, dual confirmed and completely independent from two sources. If one circles lane 2 and the other doesn't, there is no disqualification. As per the rule, a False Start must be **independently observed** and **dual confirmed**.

I could go on for pages explaining all the different nuances of what is, and isn't, a False Start and why, but I don't want to use up all the room in the newsletter. I hope this was useful, and if you have any scenarios you would like clarification on for any rules or procedures on deck, feel free to reach out to me. I'm at most AAG practices. You can also text/call at 717-725-6099, or [email me](#). And you can email [Sam Kieffer](#) or call/text him at 717-497-4645.



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## Giving Gift Cards this Season?

LAC has the SCRIP e-gift card fundraiser going on through the end of the season (great ideas for teachers and coaches plus it gives back to our team). You can use this to give gifts or for your normal family purchases. Watch [this video](#) to learn more.

To start shopping - and helping LAC with rebates on every purchase - go to [www.shopwithscrip.com](http://www.shopwithscrip.com), click "Join a Program" and enter enrollment code **F36546D965869** to link your account to LAC. You can shop online or via an app you can download onto your smartphone.

## December Brunch Social

LAC will have a holiday brunch at F&M - on deck - Thursday, December 26<sup>th</sup> after practice. Watch your email for details and a sign-up. Come join the fun!

## Eat Wings... Support LAC

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.



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