



The Outside Lane

Lancaster Aquatic Club's newsletter



www.lancasteraquaticclub.com

January 2020

Coaching Staff

Head Coach:

[P. Casey Coble](#)

Senior Groups, All Groups

Coch & Director of Staff Development:

[Margaret Kieffer](#)

All Groups

Assistant Coaches:

[Scott Troy](#)

Advanced Age Group

[Kylie Turner](#)

Senior Prep Group

[Hope Weber](#)

Age Group

[Alianna Ovalle](#)

Novice Group

[Amelia Dissinger](#)

Age Group

Samantha Smith

Age Group

Board of Directors

President:

[Bob Sempsey](#), parent

Vice President:

[Darrick Horner](#), parent

Treasurer:

[Dana Taylor](#), parent

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[Jeff Eby](#), parent

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Drew Emmerling, parent

Sam Kieffer, parent

Kelly Martin, parent

Chrissy Ovalle, parent

Matt Reber, parent

Mandy Shirey, parent

Greg Spaulding, parent

Ex-Officio:

P. Casey Coble, Head Coach

Ben Delia, F&M Rep.

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John Apple... and Why a Swim Meet Bears his Name

For close to 50 years John Apple was the ultimate Lancaster County authority on swimming. He passed away January 22, 2013.

John Apple first established himself in the world of competitive swimming as a high school athlete who was named the Lancaster YMCA's Most Valuable Swimmer. He continued his swimming success as a member of McCaskey's district, regional, and state championship 200 freestyle relay team, setting many records along the way. Closing out his competitive career at West Chester University and Penn State, Apple went on to serve Lancaster County swimming as a summer coach at Woodridge, East Petersburg, Manheim, Millersville, and Skyline pools. He also coached at Lancaster Aquatic Club, the Lancaster YMCA, and Five Star Swim Club.

In 1966 and 1977 he was elected president of the Lancaster County Summer Swim League, and from 1974 to 1982, he served as the Lancaster County chair of the "save-a-life-swim-for-cancer" program, which raised thousands of dollars for the fight against cancer. His contributions to Lancaster County swimming were recognized with awards from the American Cancer Society, the American Red Cross, and the Lancaster YMCA.

In 1964 Apple was hired by Millersville State College as an instructor and head swim coach. In his years at Millersville he taught 16 different courses, 8 of which he developed and introduced. During Apple's tenure as Millersville's head coach, he produced 7 PSAC champions and 7 swimmers who qualified for Nationals.

The [John Apple Swim Fund](#) hopes to keep his legacy alive by encouraging local competitive swimmers to excel in both sport and academics as they pursue their dreams with Apple's energy and enthusiasm. Some of the money raised at the John Apple Memorial Meet is donated by Five Star Swim Club to the John Apple Swim Fund.

New Rule Bans Tech Suits for Swimmers 12 & Under

USA Swimming has adopted a new rule that will prohibit "tech suits" for swimmers 12 years of age and younger. The new rule will take effect September 1, 2020. Swimmers age 10 & under are already prohibited from wearing these style suits during competition.

For a thorough explanation of the rule, [check out this video](#) and accompanying information on USA Swimming's website.

Gift Cards for Normal Purchases Help LAC

LAC has the SCRIP e-gift card fundraiser going on through the end of the season (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, 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.

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.



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.

15 Questions with Coach Kylie

We're asking our coaches 15 questions so you can get to know more about them.



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

A: We did not have cable or more than 3 channels until I was in middle school, can you believe that?! So once we finally did Hannah Montana came out and my sister and I were obsessed. We would sing and dance, buy the clothes, CDs, wigs and more to be just like Hannah Montana.

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

A: 1) Skydiving; 2) Go to Spain, France, Italy, Greece & England all in one trip; 3) Drive cross country

Q: If you could have any one superpower, which would you choose?

A: Fly, that way I can travel more!

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

A: When I am not coaching, I am either teaching Health and Physical Education, traveling, working out, spending time with family and my dog.

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

A: This summer I learned to surf and already love paddle boarding and kayaking so I would love to live by the ocean. Specifically, in South Carolina!

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

A: The coast of Hawaii, surfing!

Q: Who did you first see live in concert?

A: Growing up I loved the group called Jump5. They were a Christian/pop band and I got to see them twice. Best concert as a kid, will never forget it!

Q: What's the one thing you've waited in line the longest for?

A: Every year we go black Friday shopping so all lines are long!

Q: When you were a kid, what did you want to be when you grew up?

A: I wanted to be a veterinarian. My love for animals still remains, but I'll stick to just adopting them, especially dogs.

Q: Who should play you in a movie about your life?

A: The Olympic gold medalist Shawn Johnson, since she stepped foot in the scene in 2008 she has been one of my role models.

Q: If you could only eat one item for every meal for the rest of your life, what would it be?

A: Sushi!

Q: Are you an early bird or a night owl?

A: I am totally a night owl, I love to stay up late and sleep in!

Q: If you could only have three apps on your smartphone, which would you pick?

A: 1) The Bible, 2) Nike Training Center, and 3) Instagram

Q: What's your most hated household chore?

A: All! I do not like cleaning at all and would rather pay someone to clean my house. I don't do that, but have to be in the right mindset to clean, especially since I have a dog.

Q: What's the weirdest food you've ever eaten?

A: Squid in Mexico and chicken bone soup in Costa Rica.

1. Go to: smile.amazon.com
2. Enter "Lancaster Aquatic Club" as the charitable organization
3. Login with your personal amazon.com account information
4. Shop... and support LAC with your normal purchases

Club Finances... a Snapshot by Dana Taylor, Treasurer

Bank Balance	\$57,095.43
Rent F&M	\$4,999.05
Rent Phoenix	\$991.67
Payroll	\$10,222.28
<i>3 pay periods due to New Year's Day pushing pay to Dec 31</i>	
Liabilities	\$3,064.05
Swim-A-Thon fee to USA Swimming	\$376.70
Accounting charges (tax preparation)	\$435.00
Directors/Officers Insurance for 2020	\$950.00
Coaches travel expenses	\$1,030.01
Entry fees for NLAC mini	\$200.00
Entry fees for Holiday Cup	\$1,510.00
Entry fees for CYA Winter Invite	\$3,200.00
Training fee income on 12/1	\$16,285.50
Meet entry fee charges to members	\$1,661.00
Total Income Dec	\$17,946.50
Expenses for Dec	\$26,978.85



20 Swim Parent New Year's Resolutions

From swimswam.com by Elizabeth Wickham

As a swim parent, I've made my share of mistakes. Through the years, I've evolved and hopefully improved. For example, I am not the same swim parent today that I was 10 years ago. I still get nervous at meets, but I no longer compare my kids to other swimmers. I enjoy each moment as a swim parent, knowing that I won't be in this role forever.

The New Year provides a golden opportunity to reflect on our swim parenting skills. Are we adding to the swim experience—or detracting from it? Here's my list of 21 New Year's Resolutions for all swim parents:

1. I will get my swimmer to practice consistently and on time.
2. I will talk positively about the coach and team to other swim parents.
3. I will sign up to volunteer at meets early and often.
4. I will not compare my child's times with other swimmers.
5. I will not show frustration when my swimmer has a bad swim.
6. I will cheer, not coach my child.
7. I will reach out to newer swim parents and be a positive role model.
8. I won't rehash swim performances on the drive home from a meet.
9. I will let my kids mature and take charge of their lives.
10. I promise to not helicopter and hover at practices/meets.
11. I will praise my swimmer for good sportsmanship.
12. I will provide healthy food at meets and at home.
13. I will let my swimmers find their own heats and lanes.
14. I will cheer for other swimmers on our team.
15. I will not use bribery to motivate my child.
16. I will encourage my child's effort and not focus on performance.
17. I will not engage in gossip on the pool deck.
18. I will not automatically take my child's side if there's an issue with the coach or teammates.
19. I will not stand behind the blocks while my child races.
20. I will not impose my goals on my swimmer.

Thank You Arena Holiday Cup Volunteers

It takes a lot of volunteers to run a three-day swim meet. Below are a few numbers describing LAC's contribution to the success of the Arena Holiday Cup, co-hosted with F&M. Thank you for your tireless efforts, you are very much appreciated!

- 81 families volunteered and/or donated meals
- 49 meal donations
- 44 credits earned by Officials & trainees
- 26 credits earned by Safety Monitors
- 18 credits earned in Hospitality
- 17 credits earned at Admissions
- 15 credits earned by Operational Risk Directors & trainees
- 9 credits earned by Volunteer Coordinators
- 5 credits earned by Announcers
- 4 credits earned in Awards
- 3 credits earned as Ready Room Attendant

What Does A/BB/C Mean?

Some swim meets are identified as A/BB/C meets. But what do these letters mean, and how is this different than other meet formats? In short, the letters identify time standards (also called "cuts"), established by USA Swimming, to group swimmers together according to their age, gender and times for specific events.

Here are some definitions to cut through the jargon:

A (A Cut) – This standard means your swimmer is ranked in the top 15% of swimmers their age-group, their same gender, in that stroke and distance.

BB (BB Cut) – This standard means your swimmer is ranked in the top 35% of swimmers their age-group, their same gender, in that stroke and distance.

B (B Cut) – This standard means your swimmer is ranked in the top 55% of swimmers their age-group, their same gender, in that stroke and distance.

C (C Cut) – This standard is for all swimmers with times below the "B" standard. Everything from No Time (NT) up to the "B" standard is a "C" time.

But what does all this mean? Time standards are great for goal setting and should be used to motivate your swimmer, but while improvement is desired it should not be required. Be patient and let your athlete improve at their own pace. And, never compare your swimmer's success to another swimmer. All swimmers are individuals with unique abilities and each will develop at their own rate.

It is very normal for swimmers to have different time standards for different strokes. They may even have different standards for the same stroke but different distances. And just because a swimmer has "A" times as a 9-10 year old does not mean that same swimmer will get "A" times as a 13-14 year old. There are several reasons for this, including differing maturation rates, changing interests, and even injuries.

So, what is an A/BB/C meet?

A/BB/C Meet – Swim meet that offers separate competition – and recognition – for A swimmers, B swimmers and C swimmers (three different divisions). This type of meet includes every ability level of swimmer from new to the sport to the very experienced. Swimmers compete in separate brackets against other swimmers of similar ability. Scoring and awards are usually done separately for each division.

And in case you're interested, there are time standards faster than "A" Cuts:

AA (AA Cut)– top 8% of swimmers their age-group, their same gender, in that stroke and distance.

AAA (AAA Cut)– top 6% of swimmers their age-group, their same gender, in that stroke and distance.

AAAA (AAAA Cut)– top 2% of swimmers their age-group, their same gender, in that stroke and distance.