



# The Outside Lane

Lancaster Aquatic Club's newsletter



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

February 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

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P. Casey Coble, Head Coach

Ben Delia, F&M Rep.

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## Registration Soon Open for Spring/Summer Season

It's hard to believe, but there are about 60 days remaining in the Fall/Winter season. Time flies when you're swimming fast! Sometime in April, F&M's pool will transform from 25-yards to 50-meters. But wait there's more... Phoenix Academy's 25-yard pool will still be available for practice for Novice and Age Group swimmers who choose the stay-in-touch program, with Wednesday night practices..

Registration for LAC's Long Course season (and stay-in-touch program) will open on or around February 15, 2020. Additional details will be sent via email, stay tuned.

As always, if you have any questions about your swimmer(s), their progress and/or their participation in the Spring/Summer season, please contact the coaching staff.

## Six Reasons to Swim the Long Course Season

*edited from [swimmingworldmagazine.com](http://swimmingworldmagazine.com)*

If your swimmer isn't sure about the daunting 50-meter pool, check out these reasons they should accept the challenge.

**1. Short and Sweet.** After the lengthy Short Course season that takes up the winter months, the Long Course season offers a shorter, faster training period. The Long Course season is typically much shorter than Short Course. This shorter season can create a more fun, fast atmosphere than is sometimes seen in the long winter months. Hopefully, this change of pace will leave swimmers feeling excited and refreshed as they finish up the summer months and transition back to the Short Course season.

**2. Shaking it Up.** Change is good. Every swimmer reaches a point where they get a little stuck, and switching up the training routine is a great way to get out of a rut. Long Course training is inherently different. It offers swimmers a chance to approach practices and races with a different mindset, which can help erase feelings of burnout and foster a recommitment to training.

**3. Creating Endurance.** While Short Course often centers itself around turns, Long Course is known more for the consistent building of speed through each lap. Swimmers must learn to hold their stroke for more than twice the length of a 25-yard pool before hitting a wall. This type of training and racing builds a different type of endurance that is beneficial. For swimmers who spend time training in meters, the transition back to a 25-yard pool will leave them feeling like the pool is suddenly significantly shorter than they remembered.

**4. Building Toughness.** While every swimmer develops their mental and physical toughness no matter the length of the pool they are training in, there is something special about racing certain events in a Long Course pool. The 400 IM and 200 fly take on totally different meanings when the amount of walls per race is cut in half. Getting through a 400 IM in the early period of the Long Course season can spur a confidence boost that transcends seasons.

**5. Working the Details.** Long Course means fewer walls, which can actually be a good thing. If your swimmer struggles with walls, having less to work with can actually help them get better. When they only have so many chances to hit the turn, the importance of walls takes on a totally different meaning. Committing to turns and other details in Long Course will help their season, and hopefully translate into Short Course training success as well.

**6. The Olympic Dream.** Let's face it, very few athletes have a shot at making it to the Olympics. Swimming and training in 50 meters gives everyone a little taste of the Olympic spirit. The Olympics offer a rare chance for swimming to take the spotlight, whether it is in the form of an Olympian singing their national anthem with the whole world watching, or a tiny age grouper pointing to the television and saying "I can swim that too!"

## 15 Questions with Coach Amelia

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



Q: Do you have any strange phobias?

A: BUGS! Spiders, thousand-leggers, literally any creepy crawly insect.

Q: What is the worst pet you have ever had?

A: My sheep, well actually all three of them.

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

A: Work night shift at Women's and Babies hospital, workout and school.

Q: How would your high school swim teammates describe you?

A: Very loud.

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

A: By the ocean no doubt. Watching the sunrise over the ocean is something that I would never get tired of doing.

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

A: The entrance at Firefly music festival. Literally sat in my car for 5-6 hours waiting to get through security.

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

A: Pretzels, mustard and pepper jack cheese.

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

A: A lawyer (and my parents still try and tell me to go to law school instead of medical school)

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

A: Strawberries!

Q: What's your most used emoji?

A: The laughing crying emoji.

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

A: Night owl, only because I work night shift.

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

A: The Dunkin' Donuts app, Snapchat, and Amazon.

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

A: The weirdest food I ever ate was guinea pig when I was in Peru.

Q: Which season is your favorite?

A: Summer because I hate being cold and I love being tan and the beach.

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

A: Buy a house!

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## Club Finances... a Snapshot

by Dana Taylor, Treasurer

as of 1/27/2020

<b>Bank Balance</b> _____	<b>\$53,568.61</b>
Rent, F&M_____	\$4,999.05
Rent, Phoenix_____	\$991.67
F&M After Hours in December_____	\$100.00
Payroll_____	\$7,178.22
Liabilities_____	\$3,091.76
Worker's Comp (installment 2 of 5)_____	\$475.00
Entry fees for John Apple_____	\$3,055.00
Entry Fees CYA Mini_____	\$80.00
Entry Fees SSC Mini_____	\$95.00
Training fee income on 1/1_____	\$16,385.40
Meet entry fee charges to members_____	\$4,710.00
<b>Total Expenses for Jan.</b> _____	<b>\$19,087.48</b>
<b>Total Income for Jan.</b> _____	<b>\$21,095.40</b>



## Championship Potluck Dinner

Our annual Championship Potluck Dinner will take place Wednesday, February 5<sup>th</sup>, beginning at 6:30 p.m., at 454 New Holland Avenue, Lancaster (3<sup>rd</sup> floor above the Science Factory). Parking is available behind the building... enter on the side by the pillars. Please bring food/beverage to share.

## Next Hosted Meet: New Volunteer Roles

Senior Champs, March 26-29, 2020, is our next hosted meet at F&M. This is a championship meet for the older swimmers in the entire Middle Atlantic LSC (LSC stands for Local Swimming Committee). It's the regional swimming organization between USA Swimming and a club like LAC. Middle Atlantic covers Eastern Pennsylvania, Delaware and Southern New Jersey). This meet has fast qualifying times and the best swimmers in the tristate area will be swimming in Lancaster this weekend.

Please note that additional volunteer positions were recently added to the Job Signup on the team webpage. LAC has co-hosted this meet for several years, but in 2020 LAC's volunteers will be taking on additional responsibilities in meet planning and management. As always, we appreciate the tremendous efforts of parent/family volunteers to make our meets successful.

## Mark Your Calendars: Team Banquet

LAC's annual Awards Banquet is scheduled for April 9, 2020 at the Eden Resort. This is a great opportunity for our swimmers to dress up, socialize and celebrate each other's accomplishments. Watch your email for additional details.

Our Social Committee Chair, Chrissy Ovalle, is looking for some help to plan and prepare for the banquet, please [email her](#) if you are willing to lend a hand.

## Swimmer Myth: Quick Energy

by Keith B. Wheeler, Ph.D. and Angeline M. Cameron

**QUESTION:** Many young swimmers eat powdered Jello at swim meets. Will this give an athlete "quick energy" for the meet and improve performance? Are there any true sources of quick energy that can be taken just before a meet?

**ANSWER:** No, ingesting powdered sugar (i.e. Jello) immediately before a swim meet will not supply the body with a quick source of energy and will not improve performance. In fact, it may reduce performance. The best way for swimmers to nutritionally prepare for a meet, is to eat a meal or snack that is high in complex carbohydrate, 4 hours before the competition begins. This meal will help ensure that energy stores in the body, especially those in the liver and circulating blood, are adequate. Consuming too much simple sugar 15 to 30 minutes before a swim competition may cause blood sugar levels to be reduced, thus reducing performance.

There is no such thing as a quick energy source that can be taken immediately before a swim competition. Athletes and parents should be careful about using food sources or products that make this claim.

## Notes from the Hospitality Committee

by Lorrie Berg-Henne, Hospitality Committee Chair

Senior Champs, our next hosted meet, is quickly approaching, and we wanted to share some updates on the Hospitality volunteer positions; volunteer slots and meal donations.

First, the feedback to provide an e-mail prior to sending the meal donation sign-up was heard, and we will be implementing this idea. So, a few days prior to the Sign-Up Genius link being sent, look for an e-mail announcing the date and time when the e-mail with the link will be sent. Additionally, based on feedback, the link will be sent during the evening hours to accommodate those who do not have access to e-mail during their work hours. We expect for the sign-ups to be sent mid-to-late February. We will not be limiting the amount of slots that a family can sign-up for during a sign-up.

As you have seen in a previous e-mail, we are introducing a new volunteer spot in Hospitality. Moving forward, for each shift, there will be one Shift Supervisor position as well as one general volunteer role available. In order to sign-up for the Shift Supervisor, you must have been trained (and we use that term loosely) prior to volunteering. This is to ensure that we always have an experienced individual on shift to handle the nuances of running hospitality. If you are interested in this role, a meeting is being held on Tuesday, February 25<sup>th</sup> from either 6-6:45pm or 7-7:45pm at F&M to review the few extra requirements expected during the shift for our leads. Please see [click here](#) to sign-up.

Finally, menu planning for Senior Champs has begun. We are looking for new, healthy and tasty ideas for meals. If you have something that you have successfully prepared for a group, please [email me](#) your idea, and we can discuss how to get it on the upcoming menu.



Go to [www.shopwithscrip.com](http://www.shopwithscrip.com), enter code F36546D965869

## 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](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.



## Unofficial/Official Results via Meet Mobile

by Adrienne Mellinger, Administrative Official & Meet Director

There is often a discrepancy or concern shortly after a race is swum or even after the event is over about the uploaded times on Meet Mobile. I know as parents (and even swimmers) you want to see the results INSTANTLY. And in a perfect world that would be ideal. However, instant and accurate results are not practical. Many factors go in to the correct results and times. There are a few electronic devices as well as backup methods that are used to ensure accurate results and times: touch pads (the devices inside the water that when touched will produce a time), buttons (which the timers have to press when the swimmer hits the wall to finish), and stop watches (the timers have to start and stop their stop watch at the appropriate time).

The most common reason inaccurate results and times are uploaded (this generally occurs directly after the swim) is because the swimmer does not properly hit the pad at the finish of their race. The pad then takes the last "registered" pad time which is most commonly a split time. Pad times are often what is uploaded to Meet Mobile prior to OFFICIAL results. The reason it is so important to realize that the results are not official until the event is posted, scored and complete is because Administrative Officials go through every heat and have to correct any "errors" or discrepancies between the different times (between the pad and button). The reason it may take longer to see results and times for certain events could be because of the amount of adjustments needed in one heat or the entire event. The administrative official wants to ensure that all swimmers receive a fair and accurate time! Once every heat has been looked through to ensure accurate results, as well as obtaining DQ's from the Deck Referee, then the event is then "SCORED" and posted. Those results are then the official results and times for the swimmers.

If you have any questions or concerns you may [email me](#) or call (717.572.6430). Swim fast LAC! (and remember to HIT that pad!)

## 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.

## Body Language Never Lies

from [growingchampionsforlife.com](#) by David Benzel

As parents, we're communicating every single second of every single day. Mouth open or mouth closed, the message is getting out. Your attitude about your child and her play, your sense of admiration or not, and what you think about her efforts are transmitted in subtle ways for her and everyone else to read. **Approximately 55% of all communication is transmitted by body language.**

I'm amazed at how many parents continue to behave as if they are invisible, or as if their children can't see them at the soccer field or from the tennis court! The dad who drops his head after each strikeout; the mom who looks away after each unforced error; and the shuffling walk of disappointment after a missed kick are seen, interpreted as personal, and noted by your child. The fact that you are not disappointed in them, but actually *for* them, does not come through as you intend.

Let's think about the possible ways your child may interpret body language messages being sent from the bleachers.

- You blew it again.
- Your performance is embarrassing me.
- I'm disappointed in you.
- You're not good enough.
- You're not trying hard enough to please me.
- I don't want to be here.

The reason your body language is of such importance to your child is this: **The opinion that matters most to your children is what they think you think of them** - that includes during a competition.

For your athlete to perform up to his or her natural potential there must be a consistent assumption in place: unconditional love and total acceptance no matter how the game goes. Children are free to be their best when the fear of disappointing their parents is not even remotely on their mind. When parents maintain supportive in word, tone, and posture 100% of the time regardless of performance ups and downs children have one less critic to worry about. The internal critic is already giving them a hard enough time as it is!

We can accomplish this by monitoring our responses to the ebb and flow of the game or match. Conscientiously check yourself during the five seconds that follow any play or error. Those are the most crucial five seconds of the game! Remember, you are a supporter, all the time, not an evaluator! While it's true your child should not be looking at you during a game anyway if they are looking perhaps it's because they've grown accustomed to receiving Dad's play-by-play feedback of thumbs-up or thumbs-down• after every play. Take yourself out of the role of evaluator and your child will always assume the best about your opinion of her.