



The Outside Lane

Lancaster Aquatic Club's newsletter



www.lancasteraquaticclub.com

March 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

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[Bob Sempsey](#), parent

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Treasurer:

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Secretary:

[Jeff Eby](#), parent

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Sam Kieffer, parent

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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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New Season, New Structure

by Bob Sempsey, President

I want to bring everyone up to speed on something that the Board has been working on since December. We have been working with F&M on a more efficient way to host swim meets. As you may recall from our parent meetings at the beginning of the season, during our season (both Short Course and Long Course) we either host or co-host meets at F&M. While most meets that are hosted at F&M are under the LAC name, there are currently 3 different scenarios in which we are involved in the meets that are held at our home pool: LAC as Full Host, LAC/F&M Co-hosting, F&M contracting LAC for the use of our name and some volunteers. Each of these scenarios came with different volunteer requirements and different revenue for LAC, but we found that for most meets, we had a lack of control over how our team and brand was represented.

After conversations with key people at F&M, they were finding that they were putting too many resources toward meets from an administrative standpoint and we both decided we needed to find a better way to do things. Starting with the Senior Championship meet in March, LAC will be providing the Meet Director for all meets that LAC's name is attached to. F&M will provide support for setting up the facility, technical support for the pool, parking, custodial, and a discount on the facility.

What this means for LAC

- We have full control over how meets run and how our team name/brand is represented.
- We will be responsible for providing all volunteers for all meets. For most meets this means the addition of Colorado and Computer jobs.
- Our Meet Directors will be working really hard to make sure everyone that comes to our meets have a great time!
- We will be splitting profits 50/50 with F&M on all meets. There are some trade-offs to this. We will make less at the Arena Classic, but will make more at most other meets. In the end it will be a net positive for the team.

Other meet items we are working on

- We are working with Middle Atlantic to find a better way to accomplish admissions at meets. We are not 100% sure how this could look, but we are hoping to find a way to make it a more efficient process that will eliminate some of the chaos and complaining at the admissions table.
- We are working with F&M on a better way to live stream the event and put more seating in the court area. We are hoping this will help clear out the viewing gallery during the highest attended times. It may also give a way to view the event remotely.
- We are looking at finding a better time for the Arena Classic so it doesn't run up against the 4th of July. This is tricky because of the availability of the facility, summer swimming, the pre-set schedule of USA Swimming Long Course Championship Meets, and family vacations, but we are working on some ideas.

There will be some growing pains as we go through the first meet or two with this new structure, but overall this is a great step for our team as we will be in control of the outcome of all the meets, and because of all of you, I know we run great meets! If you have any questions, please feel free to reach out.

See you all around the pool!



15 Questions with Coach Alianna

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



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

A: I work full time as an auto salesperson for my dad. Most of my other time is spent with my family, fiancé, or friends.

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

A: I am a huge night owl. I stay up late almost every night. It's usually when I'm most motivated.

Q: What was your childhood nickname?

A: Everyone in my early childhood would call me Anna. As I've grown up, I've been called other like Allama and Alibaba. Also, to note some of my swimmers elected in the first week of practice that I should be called Alligator.

Q: What has surprised you most about coaching?

A: For me, the biggest surprise is the amount of energy kids have. I'm always impressed by the amount of energy they always bring to each and every practice. I also love being able to watch them grow not only as a swimmer but as a person.

Q: What's your go to midnight snack?

A: I absolutely LOVE, ice-cream. I've come to eat it more than much else. Other than that, I enjoy apples and peanut butter.

Q: Have you ever had a poem or song written about you?

A: I have had a song written about me. My fiancé, who's a music producer, wrote me a song for our upcoming wedding in August. It was probably the best gift. :)

Q: What was your favorite TV show growing up?

A: One of my very first favorite TV shows was Bob the Builder.

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

A: I would live by the ocean, for sure. While I do love the mountains and woods, I'm very much a mermaid at heart.

Q: What's one thing - big or small- that you're really bad at?

A: I'm terrible at spelling. Thank goodness for auto correct and spell check!

Q: What was your best all-time Halloween costume?

A: I dressed up as Elsa from Frozen a year after it came out and I was really proud of my costume because I made it all myself and it looked almost identical to her outfit in the movie. It was awesome!

Q: Have you ever been on the radio or TV?

A: I have been on the radio! Back when I went to college I ran the radio there and was on air almost every day! It was super fun and I loved the experience!

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

A: The one thing I'll always want to change about swimming is the way that breaststroke is swam. It was always difficult for me and I always didn't like doing it in practice.

Q: What are you currently trying to make a habit?

A: I really loved to journal as a younger teen and I fell out of the habit. Plus, I've always loved writing!

Q: What's your first memory of LAC?

A: The first day I came to practice, we all did dry land. Margaret was my coach and had us introduce ourselves and do ice breakers. I was the oldest in the group and incredibly shy, but I remember everyone being so kind and Margaret being really inviting. It was one of the first things that made me love LAC.

Q: What's the nerdiest thing you do in your free time?

A: I am a HUGE Star Wars fan and so my family and I love to watch the movies. But I also am a huge book nerd, and so I read a lot.


Eat/Drink at **IRON HILL** BREWERY & RESTAURANT and Help LAC

One more fundraiser has been organized to help off-set travel costs for the Sectionals meet in March. Iron Hill will donate 20% of your food bill if you bring the below flyer on **March 16, 18 or 20**. Please consider walking over to Iron Hill for appetizers or dinner while your child is swimming on any (or all!) of the three designated dates in March. [Click here to download/print the flyer](#). And please forward the flyer to family and friends who might be interested in an evening out while supporting LAC.

Eat Wings... Support LAC

Eat at the Buffalo Wild Wings restaurant on Fruitville Pike in Lancaster, and the restaurant will donate 10% of the total bill back to LAC. Be sure to tell them you're with **"Team L"**. This fundraiser runs through April 1, 2020.

ONE FOR THE TEAM



Show your team spirit by joining us for a fundraiser to support Lancaster Aquatic Club. Come in to the Chipotle at **2081 Fruitville Pike** in Lancaster on **Sunday, March 8th** between **5:00pm and 9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to Lancaster Aquatic Club.

A (Really Useful) Parents' Guide to Swim Meets

from swimmingworldmagazine.com

Mary Dowling, Head Age Group Coach at Nations Capital Swim Club, on what parents need to know when it comes to knowing what their children want from them at a swim meet: "Love me and support me and my teammates – and that is it."

Recently I asked my swimmers what they wanted their parents to do at a swim meet. Although they said it in many different ways, here is the consensus of their simple but honest responses:

1. I want my parents to cheer for me and my friends, but not too loud.
2. I don't want my parents to ask me if I am nervous because that makes me nervous.
3. I want my parents to time (volunteer).
4. I want my parents to pack good snacks.

What struck me about this list was that your kids think your job as a parent at a swim meet is easy. Help out on deck, pack good snacks and just enjoy watching him/her do something he/she loves.

- None of the kids asked to be videotaped by their parents.
- No swimmer asked for their parents to check in on them before or after their swims.
- No kids asked for their parents to give them tips or instructions for their races.

These kids were sending a message loud and clear: **"Love me and support me and my teammates – and that is it."**

As a coach, I know that parents want the best for their swimmer. They want to provide the shoulder when things don't go well and the loudest applause when things do. But the truth is, most parents go overboard and forget that when a bad swim happens, and it will happen, many times, all they need to do is say: **"Too bad, what did your coach say for next time?"**

Parents can be disappointed for their swimmer but should never be disappointed in their swimmer.

Trust me as a former swimmer and longtime coach, your swimmer is disappointed enough for the both you. Let the coach handle the, "what next?" Let them talk to your swimmer about what they could do differently next time and/or every day in practice. You just always respond with, "Great job", "Too bad" or "I'm sorry"... but always follow that with: "What did your coach say?"

I know that this message is a tough one because every parent wants to shield their child from disappointment but it is one that will allow your swimmer to take ownership of his/her swimming and leave the disappointments at the pool each day.

I once heard John Leonard (just-retired Executive Director of the American Swim Coaches Association) talk about asking his swim parents what made them who they are. His point was that most people would admit that they are who they are because of

some disappointment or hardship along the way. He asks his swimmer's parents: "Why would a parent take those "lessons" away from their child?"

Disappointments happen in sports and in life and our job as parents and as coaches is to help kids to grow up strong enough and with the right armor to get through those times.

When parents mix parenting with coaching they often walk a fine line because the two jobs require a different eye.

- **A parent** must love and support their children while guiding them to make good decisions and develop strong values.
- **A coach** must teach children the skills they will need to reach their highest potential as an athlete and to handle the ups and downs of the sport.
- **As a team**, the parent and the coach can work together to help the child to grow up to be a confident, capable, curious, kind and productive person.

Coaches and parents can be important people in a child's life and in the end isn't that what kids need, people they can count on unconditionally as well as people they can look up to for guidance and support?

As a coach when I talk about a swimmer who is "the total package" I consider that package as:

1. Talent
2. Work ethic/commitment
3. Leadership ability – either through words and/or actions
4. Family dynamics – are the parents supportive but not interfering

I feel that if a swimmer is missing a part of the package then his/her chances of surviving what can be a grueling, sometimes solitary and always time-consuming sport is hampered.

So parents, show up, make sure your child knows that you are proud of him/her, let him/her hear you brag about his/her accomplishments or hard work, be there for him/her in good times and in bad as a cheer leader.

We, coaches will be grateful to you. We will use you as an example of what we look for in a swim team parent.

Your child will be grateful too and most likely, he/she will thrive.

RSVP for LAC's Annual Banquet

[Click here](#) to RSVP for LAC's Awards Banquet: 6pm, April 9, 2020 at the Eden Resort. Join us as our swimmers dress up, socialize and celebrate each other's accomplishments.





Club Finances... a Snapshot

by Dana Taylor, Treasurer
as of 2/26/2020

Bank Balance	\$46,904.74
F&M Rent	\$4,999.05
F&M After Hours fees (Jan.)	\$60.00
Phoenix Rent	\$991.67
Payroll	approx. \$6,600.00
Liabilities	\$3,262.24
Entry fees for WSY Presidents Day Invite	\$1,760.00
Entry fees for Junior Olympics	\$1,024.00
Elite Coach-bus for Sectionals	\$5,650.00
Training fee income on 2/1	\$15,809.40
Meet entry fee charges to members John Apple, CYA Mini, SSC Mini, Five Star Cup	\$6,307.00
Total Expenses Feb	\$24,346.96
Total Income for Feb	\$22,116.40



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.

Swim Officials Want You to Know...

edited and adapted from swimswam.com

1 – We don’t like raising our arms. No official enjoys disqualifying a swimmer. We hate it more than you do. We don’t like to make swimmers cry; and we don’t want to ruin the drive home. But it’s not fair to the kid who swam legally to have to compete against someone who didn’t. It’s just that simple – the integrity of the sport. At every single officials’ briefing we hear the Referee say “The swimmer gets the benefit of the doubt” and “We are observers, not inspectors.” If we raise our arm over our head, it’s because we saw something illegal and we’re trying to make your swimmer better.

2 – We are volunteers. We don’t get paid for doing this. Almost every official is a Swim Mom or Dad. A few are “former swim parents” with their kids aged up and on to other things. We officiate so we can give back to the sport we love, not for any other reason.

3 – We must be there. USA Swimming rules require officials on-deck. If we’re not there, the swim doesn’t count. It won’t be a JO/Silver/Bronze qualifying time without us.

4 – Timers, we need to see the finish too. At the Start/Finish end of the pool, officials stand to observe the finishing touch. The official must see the finish (except for freestyle). Please don’t block our view. If you’re off by a tenth of a second due to sight-lines, no worries – hopefully they nailed the pad.

5 – We DQ our own kids. Rules are rules, and we apply them to our own children in the pool. If anything, we hold our own kids more accountable than others, because we know many people think our children get a free pass... they don’t.

6 – Thank an official you don’t know. As much as we love it, it’s not all sunshine and roses. We stand on wet ceramic tiles for hours. Our knees hurt, we slip and fall, we agonize over calls we’ve made and those we didn’t. Every now and then, pat someone in a white shirt on the back, especially one you don’t know, and say “Thanks for helping this meet go off this weekend. My child couldn’t have swum without you.” We rely on officials from other teams for every meet... your kind words and hospitable approach will keep them coming back.

7 – That said, we love our job! Officiating ensures the best seat in the house... every heat, every event, every session. We get (free) heat sheets, don’t pay admission fees or stand in long lines just to get in. We know qualifying standards, seed times and when everyone from our club will be in the water. We can’t take photos or cheer while working, but we can see the meet in a way those sitting in the stands never will. This alone is worth the training, certification process, tests and the 4-hour blocks standing on concrete. We wouldn’t trade officiating for anything... we count it as a privilege.

