



The Outside Lane

Lancaster Aquatic Club's newsletter



www.lancasteraquaticclub.com

April 2020

Coaching Staff

Head Coach:

[P. Casey Coble](#)

Senior Groups, All Groups

Coach & 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

Secretary:

[Jeff Eby](#), parent

Directors at Large:

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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A Strange, New "Normal"

One month ago, we were gearing up for Championship Meets, and excited about the rapidly approaching team banquet. But all that changed in an effort to keep our families and community healthy. The global COVID-19 pandemic changed everyday life, and is keeping our talented swimmers of all ages out of the water. Times like these remind us how much we miss the LAC family. We look forward to getting back in the water for the Long Course season.

2020 LAC Banquet Cancelled

Like many other social functions, LAC's Annual Awards Banquet (scheduled for Thursday, April 9th) has been cancelled because of COVID-19 concerns. The coaching staff and Board of Directors are discussing options to celebrate the season and the many accomplishments of our swimmers after life returns to some form of normal. Stay tuned.

All-American Classic Cancelled, Still Hosting 2 More Meets

The current guidance from USA Swimming and Middle Atlantic Swimming regarding efforts to mitigate the spread of COVID-19 extends through April 30. The first Long Course meet that we were supposed to host was scheduled to begin Friday, May 8th. LAC's coaches and Board felt that it was irresponsible to host a Long Course meet on May 8th, knowing that swimmer *may* have practiced for only a few days after a nearly two month break from the water. LAC is still scheduled to host two remaining Long-Course Meets, the LAC Arena Classic (July 2-3) and Long Course Junior Olympics (July 23-26).

What Happens to Family Volunteer Commitments?

Because the LAC-hosted Short Course Senior Champs (March 26-29) and Long Course All-American Classic were cancelled, the Board has is crediting those families who volunteered for the two cancelled meets, as if the sessions actually occurred. **Any slots that parents previously signed up for (during either Senior Champs or All-American Classic) will be credited towards your volunteer requirements.**

At the beginning of the season, families agreed to completing seven (7) sessions of volunteering at LAC-hosted meets. Two LAC-hosted meets remain for families to meet the volunteer commitment. If you are unwilling or unable to fulfill your volunteer commitment, your account will be billed \$50 per session for each incomplete session. **But we don't want your money, we'd rather have your help during the remaining meets.**

Senior Swimmer Recognition

Because we won't get to recognize the Senior Swimmers at the banquet, we are recognizing them through this newsletter. Congratulations, seniors on your LAC careers. We are proud of your accomplishments and look forward to seeing what the future holds.

Club Finances... a Snapshot

by Dana Taylor, Treasurer

as of 3/27/2020

Bank Balance	\$38,719.88
F&M Rent (partial rent, facility unavailable 3 weeks)	\$1,249.76
Payroll	\$5,771.91
Liabilities	\$3,262.24

Finances for this month are a bit odd because of facility closures, cancelled swim meets and limited practices. F&M owes LAC our portion from the December Holiday Cup proceeds and a refund from the facility deposit for Senior Champs. But, like most businesses, college staff are working remotely and we don't anticipate a quick turnaround on this revenue.



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Recognizing LAC's Senior Swimmers: Tyler Besnoff

Tyler has been competitively swimming since he was 8 years old on various swim teams including LAC for the last three years. He is a four-year varsity letter winner for high school swimming and medaled the last two years at LL Leagues.

Tyler has been on Honor Roll all four years of high school. He has participated in the Technology Student Association, Odyssey of the Mind, and played the trumpet in band from fifth grade through freshman year of high school. Tyler put together a walk to raise funds and awareness for Cyclic Vomiting Syndrome as a 7th grader in support of his brother. He raised over \$6,000.

He will be continuing his swimming career at Pace University in New York and majoring in Computer Science.

Thank you, LAC for a wonderful swim experience.





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Recognizing LAC's Senior Swimmers: Catherine Horner

Catherine has been swimming competitively since the age of 5, years old, and is a member of the L-S High School Swim Team and the LSYMCA Otters. She has been swimming with LAC for the past 4 years. This year, Catherine was the Lancaster-Lebanon league champion in both the 100 freestyle and 100 backstroke. She was a medal winner in 100 backstroke at districts and qualified for States the last 2 seasons. Catherine will be swimming for Seton Hall University next year and majoring in Sports Management.

In school, Catherine was a member of the Chick Fil A Leadership Academy and Interact Club as well as the Varsity Club. She is also an honor roll student. Catherine is also a member of St. Philip the Apostle Church where she is an alter server. This fall, Sarah plans on continuing her education and swimming career in college. Her current plan is to major in physical therapy and later focus on aqua therapy.





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Recognizing LAC's Senior Swimmers: Sarah Marston

Sarah started swimming for the CV Aquabucks at age 8; this summer will be her 10th year on the team. She was a member of the Conestoga Valley High School swim team for all four years. This past season, she was a team captain and earned her fourth varsity letter. She ended her season with medal finishes in the 100 and 200 free at leagues and placed 8th in the 200 free at the district meet.

Sarah plays flute in the CVHS concert band and violin for the orchestra. Sarah is also involved in two Scout groups. She is a founding member of BSA Troop 82, the first all-girl troop in the PA Dutch Council. She is also a member of Crew 82, a high-adventure group. Sarah is on track to earn her Eagle award next January and wants to earn the Summit award as well. She was in the Technology Student Association from grades 8-11 and qualified for the state conference every year.

This fall, Sarah plans on continuing her education and swimming career in college. Her current plan is to major in physical therapy and later focus on aqua therapy.





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Recognizing LAC's Senior Swimmers: Savannah Snyder

Savanah had a brief introduction to swimming before beginning her high school journey. She started swimming competitively when she was 12 years old at Albright Aquatic Club until the program was shut down in 2016. She then began swimming for her high school until introduced to LAC in her junior year.

Savanah has been a part of the Wilson High School swim team for the past 4 years. For 3 of her 4 high school years she competed at States. Last year, she was honored All-Berks, All-League, and All-State with an honorable mention in the 100 back. Savanah is excited about continuing to swim in college and study marketing.

Savanah is deeply grateful for all of the friendships she created in such a short time at LAC. Road trips were enjoyed. She appreciates the time and investment in helping her by Coach Casey. She will miss everyone deeply.





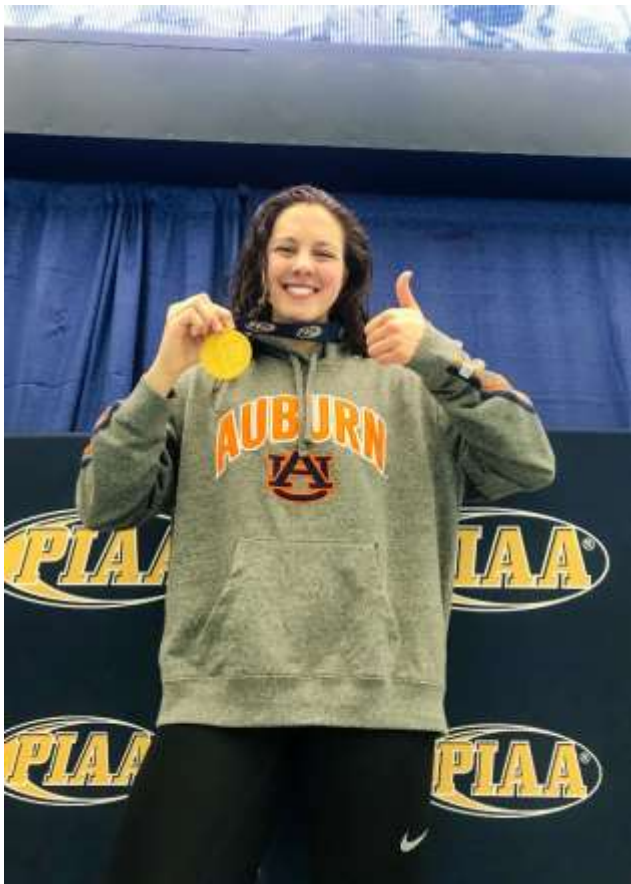
Recognizing LAC's Senior Swimmers: Emma Steckiel

Emma started swimming when she was 9 years old with our school age group program where her love for the sport was developed by great coaches.

Emma is a member of the National Honor Society, USA Scholastic All American as well as NISCA All American. Emma swam for Gov Mifflin High School, winning States with her schools 200 free relay in back to back years. After winning the silver in the 50 free her sophomore year she won the gold her senior year to finish off her high school career.

Emma came to LAC her junior year to train with Coach Casey and welcomed the new challenges. She has many great memories with her LAC team!

Emma will be continuing her swimming and academic career at Auburn University in the fall.





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Recognizing LAC's Senior Swimmers: Jackson Prevost

Jackson is a 4-year honor roll student at Manheim Township who enjoys volunteering to coach and assist youth in swimming and other endeavors. He earned his varsity letter all four years, culminating with being named the winner of this year's Herr Memorial Award as the team's most valuable member. Jackson participated on multiple state relay teams over the past 2 seasons. In addition, Jackson won the 2020 LL 200 Freestyle and 500 Freestyle, placing 19th at States in the 200 Freestyle. Jackson will attend Penn State University next year.





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Recognizing LAC's Senior Swimmers: Sam Risser

Sam is a member of the National Honors Society and has been on the honor roll every semester of high school. He is also a member of the Ephrata Link Crew Mentoring program. He will be attending college for engineering in the fall.

Sam has been swimming since he was 12 years old. His favorite events are freestyle distance events. This season he was a member of the Section 2 champion Ephrata High School Team and was a medalist at League Championships in the 500 Free.





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Recognizing LAC's Senior Swimmers: Lexi Wagner

Lexi is a member of the National Honor Society. Lexi has also served as Student Council Co-Treasurer, a member of Varsity Club, captain of the HS Swim Team, and a HS Hero at Lampeter Strasburg HS. She is also a recipient of the DAR Good Citizens Award. Lexi has been an honor roll recipient all four years of high school.

Lexi started swimming when she was six years old with the LS Otters. This year, Lexi helped the Lampeter Strasburg HS team win a Section II title, and Lexi swam to 8th place in the 100-meter breaststroke at the Lancaster Lebanon League Meet. She was also a District 3 medalist in previous years in 200 Medley Relay. This fall, Lexi will attend college and study elementary education, and swim on their club team. Thank you to Coach Casey and her LAC Family for all the years of swim discipline and the fun memories.





The Process is What Shapes You as a Swimmer

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

For a great deal many of us, swimming is on indefinite hiatus. Practices are canceled. Trials are postponed. Senior year championship meets are toast.

And during these uncertain times, where we step back to be there for the greater good, there's a simple thing I hope you hold onto. The process is the big 'W'.

By now, you have likely had the "process is what matters" pep talk from your coach. They told you that the work you did was the victory. That the investment of time and energy wasn't in vain. That the things you learned about yourself during the season can never fully be explained in a medal, placing, or time.

If you've read more than a handful of my newsletters, blog posts, or own either of my books, you know that I bang on the process like a drum on a six-pack of Red Bull. And I hope you listened. The process, ultimately, is what shapes you as a person and as a swimmer.

The early mornings, the threshold sets, the training camps, the attention to detail, the focus under fatigue, the doing extra when no one is looking—these are things that make you a champion. And I know—without that big meet, the shave-and-taper, the opportunity to see what you could *really* do, the process feels incomplete. The work you did feels unresolved. The time, energy, hard work... The self-identity you created during the long stretches of the season feels incomplete.

And I know it's hard to value the process when it feels incomplete without that result, and when emotions are running high. You are feeling frustrated, and things feel super unfair. And I *want* you to feel angry. Feel the frustration. Grieve. It's okay. These feelings are normal and to be expected.

And when you are ready, I'd love for you to consider the story of an Olympic champion who had some solid stuff to say about the importance of the journey. Of *your* journey.

It's **was** an Olympic year, and for a lot of swimmers across the planet, their Olympic dreams are in disarray.

Back in 1980, the Olympic dreams of a generation of athletes were dashed when the Americans, and many Western countries, boycotted the Olympics to be held in Moscow later that year. The boycott was devastating for 21-year old American freestyle specialist Rowdy Gaines. He was as close to a sure bet as there was for gold in the 100m and 200m freestyles. Two relay medals lay in wait as well. "I felt physically at my peak in 1980," Gaines said years later. "It was tough, really tough. I had a chance for four golds."

The decision to boycott wasn't made overnight. There was months of uncertainty leading up to it. The idea had initially gained serious traction in December of 1979. Ultimatums were laid down by the West in January. The Russians ignored them through February. The boycott was in place by late February.

No American athletes would be going to the Games.

In the ensuing months, there were several attempts at salvaging the Games. All the while, athletes kept training, hoping that they would get a chance to put their process to work on the biggest stage. In April 1980, the US Olympic Committee informed the International Olympic Committee (IOC) that the US could still send a team of athletes to the Olympics if there were a "spectacular change in the international situation." There wasn't.

In May, the IOC met with the Russian General Secretary Brezhnev and US President Carter to try and find a way to have the Games go on. Both sides dug in. The Moscow-hosted Games went on, while American athletes (and athletes from 65 other countries) stayed home.

Four years later, it would be the Russians turn to boycott the Olympics, this time held in Los Angeles, California.

During that four-year span, Gaines, once the dominant freestyler on the planet, struggled with doubt and uncertainty. After the 1983 Pan Am Games, where he failed to win the 200m freestyle, an event he held the world record in, his confidence was at an all-time low.

Was it worth it to keep going? Had his Olympic dream passed him by?

"For the first time, I felt old. I had doubts. I sat down with my parents, my coaches, and my friends, all of whom really helped me. And in the end, I decided to go for it -- win, lose, or draw -- because otherwise I would never know," Gaines said.

A year later, at the Los Angeles Olympics, Gaines would have his Olympic moment. Two, in fact. He would win the 100m freestyle and take another gold as part of the 4x100m freestyle relay.

Years later, Gaines reflected on the adversity and uncertainty that had come about as a result of the 1980 boycott. In many ways, the boycott had steeled him and prepared him for tougher things ahead. And a much more meaningful victory. "It was a blessing in disguise."

Uncertainty, setbacks, adversity—they present opportunities and doorways to something greater. And I know that it's hard to see the better things ahead when we are enveloped in fear and frustration. We can't always see what it is, or where it will take us, but making the best of a bad situation guarantees that the path is one that you can be proud of.

At the end of the day, all you can really do is focus on your process. On being the best swimmer you can be each day, whether or not that means you have access to a pool.

