



The Outside Lane

Lancaster Aquatic Club's newsletter



www.lancasteraquaticclub.com

May 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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No USA Swimming Meets Through May

In an effort to ensure the competitive swimming community continues to play a positive role in the nationwide public health effort, and to ensure an even and level playing field across the nation, the USA Swimming Board of Directors has made the decision to revoke all existing USA Swimming sanctions and suspend granting sanctions through May 31, 2020. Prior to the end of May 2020, the Board will evaluate whether to extend the suspension period. This will be continuously reassessed based on health and governmental authorities' information.

Update on LAC's July Meets at F&M

Franklin & Marshall College moved all of their summer classes online. Additionally, F&M decided to cancel all remaining on-campus events and conferences over the summer. This includes the Arena Classic Swim Meet July 2 - 3, 2020 as well as the Junior Olympics Swim Meet July 23 - 26, 2020.

Board President Bob Sempsey, Treasurer Dana Taylor, Coach Casey and Coach Margaret continue to engage with F&M to figure out a way that the team can begin practicing at F&M when state restrictions are eased, and in a manner that is consistent with the guidelines recently put forward by USA Swimming (see page 2). Additional conversations about dual and virtual swim meets are happening. But, regrettably, there are still too many uncertainties to make any concrete announcements at the moment. More information to come.

LAC Applied for – and Received – SBA Payroll Protection Loan

On April 18th, LAC got word from our bank that we were approved for the federal Small Business Administration (SBA) loan and the money was deposited into our account. We were approved for \$23,000, all of which should be eligible for forgiveness since it will be used to pay coaches for the next 2½ to 3 months. As such, we are paying all coaches again. As you may have heard on the news, this program funding did not last long. LAC was very fortunate.

Coaches Needed... Even Parents Who Swam

LAC is looking for additional coaches to help keep swimmers and coaches safe and healthy... **and we need your help in recruiting coaches.** In addition to complying with USA Swimming's new practice guidelines, our current coaching staff wants to break down the groups into smaller divisions to give the athletes even more attention and instruction.

We are asking everyone (parents, swimmers and coaches) to post on social media about LAC looking for good, strong and experienced coaches and to pass along any recommendations to [Coach Casey](#) or [Coach Margaret](#).

In addition, any parents who have coached previously, or are former swimmers... we could use your help. And don't worry, you won't need to develop practice sets, our coaching staff already has that taken care of. But wait, there's more... LAC has a policy of reduced fees for coaches' children. Now is **the right time** to on-board coaches to start with us in the fall. All this quarantine down time will enable everyone to get paperwork done, tests completed, etc.

LAC Rises in Virtual Club Championships

What a season! Coach Casey looked-up LAC's Short-Course season data in USA Swimming's [Virtual Club Championships](#) (VCC) and shares the results below. We already knew LAC was awesome, but here's some data to prove it! Congratulations, swimmers!

Season	Points	National Rank	Eastern Zone Rank	Middle Atlantic Rank
2019-20	145,292	251 st	75 th	11 th
2018-19	131,847	368 th	107 th	19 th
2017-18	103,117	548 th	151 st	27 th
2016-17	91,007	664 th	181 st	32 nd

USA Swimming Sets Reopening Guidelines For Clubs; Establishes Pool Formats

from SwimmingWorldMagazine.com

USA Swimming has released a set of guidelines for re-opening facilities and planning for the next steps as swimmers and teams begin to ease back into the water on the heels of the COVID-19 pandemic.

The guidelines stress that everything must comply with local, state and federal public health guidelines, but outlines several things to think about when re-opening facilities.

[Check out the full guidelines here.](#)

The first recommendation is each club designating a COVID-10 liaison who will be responsible for staying up to date on the community and state recommendations and any changes.

Building considerations need to be planned for as far as what parts of the facility are safe to use and in what ways.

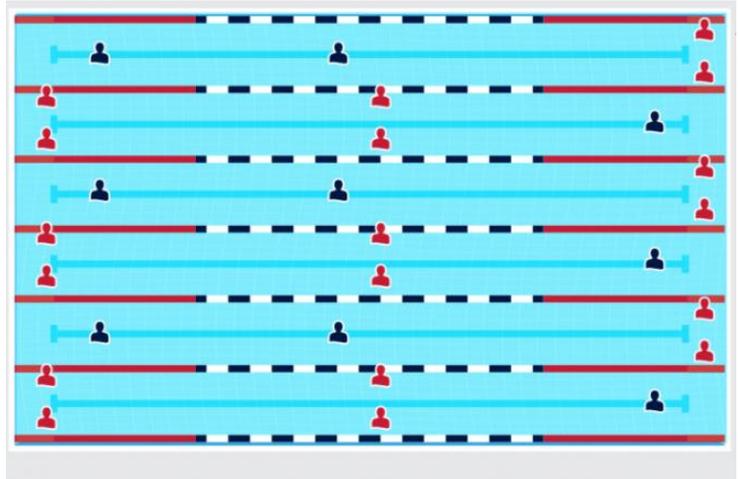
As far as athlete participation is concerned, USA Swimming coaches should be in communication with everyone about their health each day and know what staff plan will help control the flow of athletes in specific spaces.

“A coach or staff member should ask athletes, as they come to practice, if they feel ill in any way, specifically listing certain symptoms, and send home those athletes reporting feeling ill or experiencing symptoms,” the guidelines state.

Symptoms include mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the Center for Disease Control (CDC). It is recommended that athletes change clothes and shower at home.

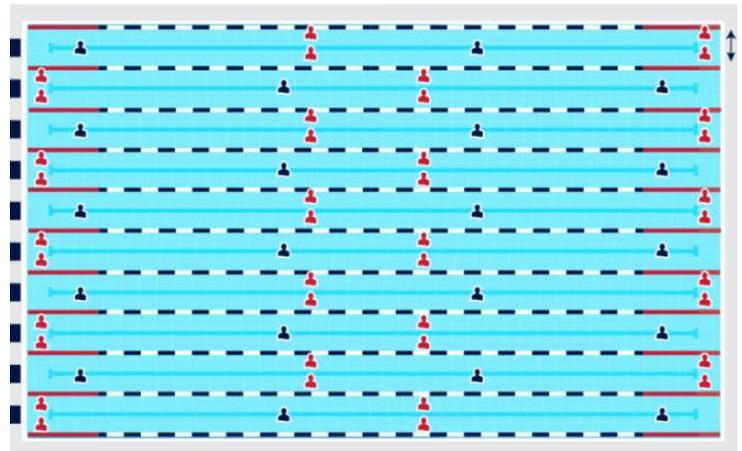
“Make it clear that there is no penalty for missing practice and that if an athlete, or any member of their family does not feel well, they should stay home,” the guidelines read.

Social distancing should be practiced in all areas and the USA Swimming guidelines indicate how many swimmers can achieve this in different lanes with several visual aids. The visual aids are shown below for situations with different numbers of lanes and different numbers of swimmers.

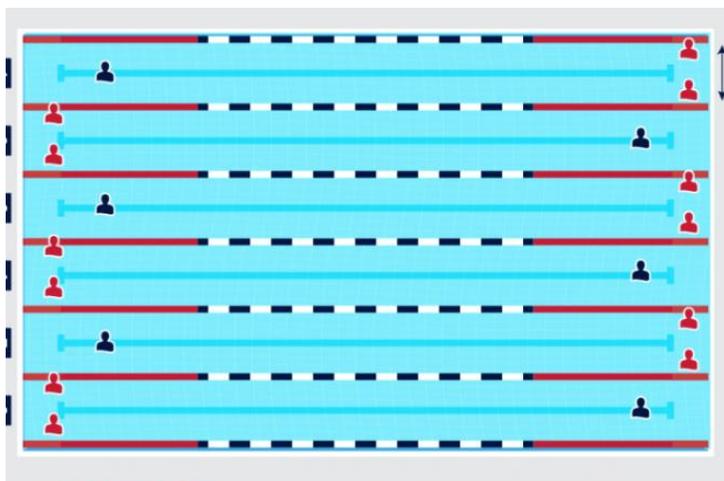


27 SWIMMERS

50-METER, 10-LANE POOL



60 SWIMMERS



18 SWIMMERS

SOCIAL DISTANCING PRACTICE LAYOUT

25-YARD, ON-DECK, SIT DOWN SLIDE SETS IN CIRCLES

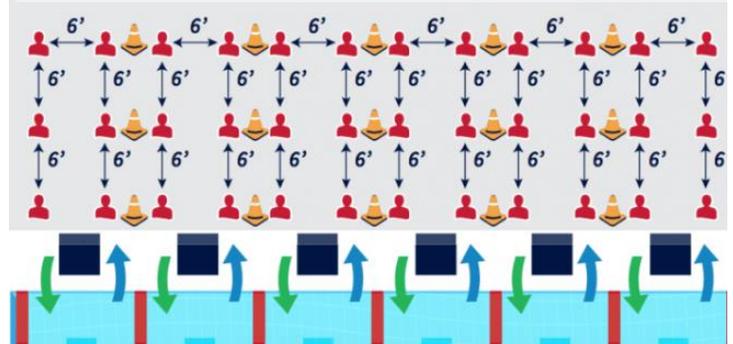
Swimmers maintain 6 feet apart. Mark deck with 2-inch wide colored duct tape.

End of set climb out and go to assigned spot.

Use cones or other barriers to help with separation – deck needs to be wide enough to accommodate 6' of social distance.

Sit down/slide in to enter water.

The more "eyes" on deck the better.





7 Tips for How Swimmers Can Get Through Tough Times

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

When was the last time you had a perfect season? Conquered every swim practice? Felt great in the water, every meter, of every day? Precision-drilled your races, swimming a best time and world record every time out?

Sounds goofy when you read it aloud, right? And yet, that is the expectation many of us have. That things will go well, all the time. But that sure isn't reality, is it?

We misjudge a flip-turn and break our foot heel-striking a cement pool gutter. We get pneumonia two weeks before the biggest meet of the year. We have a bad night of sleep, eat a past-best-date burrito and have a lousy workout.

Oh, and then a worldwide pandemic streaks across the planet like a wildfire in a hurricane.

But if you have learned anything from your time in the water, it's that adversity, discomfort, and outright failure happen. I know... It feels unfair. But the way you weather the storm can lead to your greatest victories. It's the swimmer who can find the silver linings, motivation, and new routines in the face of adversity who **reap the benefits of the storm**. I am not talking about sugar-coating the seriousness of what you are experiencing. Or pretending like everything is perfectly fine when it clearly is not. This is about having a clear mind and a full heart so that you can tackle the struggle like J.J. Watt without undue stress and anxiety.

Here are some ideas for how swimmers can work their way through tough times.

1. Lean on your support system.

Your friends, family, coaches—they are there to provide unconditional love, psychological safety, and to remind you that you were made for this. They are the sounding board to your fears, the backstop to your goals, and a voice of reason during turbulent times. Talk out how you are feeling. Voice your concerns. Put together a battle plan with your coach to emerge from this stronger. You don't need to go at this alone. There is a lot of good that can come from one person chasing greatness, but when a group of people chase it together, excellence is inevitable.

2. Be there for others in tough times.

Ever notice that you can give great advice to a teammate—*Don't give up! Focus on your technique! Try not pulling on the lane rope so much!*—but have difficulty heeding that advice in your own life? Instead of getting caught up in the endless cycle of dwelling of how your season is toast, or how your swimming has suffered, be strong for the people in your life. Be a great teammate. Encourage, mentor and support younger swimmers. Be a good friend. Be the rock, be the reason someone else's day got better, even if you feel like the waves are close to coming over your head.

3. Journal out how you are feeling.

It's not a classified secret that I am a big fan of journaling. Both in terms of evaluating past performances and for future journaling as a tool to mitigate stress and anxiety. On days where you are feeling frustrated and helpless, journal out the whirlpool of fearful thoughts. Barf out your anxieties and fears through the tip of a ballpoint pen. Putting your feelings and emotions into words and seeing them on paper helps you work through them.

Often the act of just seeing how you are feeling written out gives the perspective you need to calm those fears.

4. Routines are your friend.

It's easy to lose track of our routines and good habits when the results don't pan out, or injury, illness, or a worldwide pandemic up-ends them. Because we aren't in our "regular" schedule our worst impulses quickly take over: *Can't train in the pool? Welp, better throw down on pizza pockets, doughnuts, and video games for the rest of the summer!* Even though we may complain about the early mornings and the long workouts, there is a great deal of comfort in the routine of these things. Without them we can feel unmoored, latching on to new, less productive habits and routines. **Goals change, but your routines don't have to.** Set a routine or process for yourself that you can build on each day. Simple things, like going for a walk, waking up at a specific time, or making your bed won't magically make tough times go away, but they will provide small anchors from which you can inflict positive change.

5. Emphasize gratitude.

Gratitude is a proven way to decrease anxiety and lend perspective to the turmoil in your life. Yes, the outside world is scary, you worry for your parents, you are frustrated over your lost season—but you are healthy, you are able to spend more time on hobbies, and so on. Keeping a daily gratitude journal isn't about papering over the bad things in the world or dunking your head in the sand; **it's acknowledging the good in your life so that you have a clear perspective when it comes to dealing with the challenges ahead.**

6. Focus on the things you control.

Be real about the things you control, and the things you don't. When you find yourself drifting into the arena of things you don't control, stress, anxiety and frustration go up. Can you make the pool reopen? Can you make the season come back on-line tomorrow? No. But you can exercise in your basement. You can eat healthy. You can make the most of the time spent with your family. You can log off social media.

7. This moment is your chance to rise.

In the story of every great athlete there are moments that defined them.

- An injury that side-lined them for three months (and they bounced back stronger).
- Burning out and retiring (and coming back a decade later and swimming faster than ever).
- Goggles filling up with water during the final at the Olympics (and leaning on their stroke count to finish the race in world record time).

These are the character-defining moments where they were tested and rose to the occasion. When you feel frustrated, or doubt is climbing the back of your throat, sit down with a pen and paper and write the answer to this simple question, "How can I make this the best thing to ever happen to me?"

This is the beginning of a new chapter of your life and your journey in the water. Decide where the story will take you.



Club Finances... a Snapshot

by Dana Taylor, Treasurer
as of 4/27/2020

Bank Balance	\$73,710.16
<i>Expenses</i>	
F&M Rent	\$0.00
F&M After Hours fees (Mar.)	\$72.00
Phoenix Rent	\$0.00
Payroll	\$6,555.10
Liabilities	\$1,943.82
Team Unify CC fees	\$99.95
Sports Engine CC fees	\$44.95
Officials USAS Registration Reimbursement	\$225.00
SBA Loan Legal Fees	\$500.00
State Workers Ins. Fund	\$475.00
<i>Revenue</i>	
SBA PPP Loan	\$23,004.52
April Invoices	\$2,237.30
Senior Champs Facility Deposit Refund	\$1,200.00
Elite Coach Refund	\$5,085.00
Total April Expenses	\$9,915.82
Total April Revenue (not including SBA Loan)	\$8,522.30



Go to 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, 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.

Support LAC by using
amazonsmile
You shop. Amazon gives.

Choose Lancaster Aquatic Club as your Charity

1

Go to
smile.amazon.com

2

Login to your Account

3

Select/Search
Lancaster Aquatic Club

Four New LAC Officials Certified

Congratulations to the following LAC parents who recently completed their training, background checks, and required apprenticeship sessions to become Certified Officials.

- **Eric Anderson** – Stroke & Turn Official
- **Inga Ivanchikov** – Stroke & Turn Official
- **Danielle O’Shea** – Stroke & Turn Official
- **Lyndell Sahd** – Operational Risk Director

Each Middle Atlantic Swimming sanctioned/approved swim meet requires a minimum number of trained officials. Middle Atlantic Swimming is the governing body for USA Swimming in our area and covers the Eastern half of Pennsylvania, the southern half of New Jersey and Delaware.

LAC is always looking for volunteers interested in becoming entry-level officials: **Stroke & Turn Official** (you observe swimmers in the water to ensure fair competition and correct strokes), **Administrative Official** or “AO” (you manage operations at the scorer’s table and deconflict times when touchpads, plungers and stopwatches are substantially different), and **Operational Risk Director** or “ORD” (you ensure swimmers, coaches, officials and volunteers are not doing anything to compromise a safe environment).

Parents, guardians, grandparents and supporters of LAC swimmers are welcome to start the process of becoming an official. LAC and Middle Atlantic Swimming will reimburse your registration and background check fees after you complete the certification process. You don’t need experience, training and mentorship is provided.

To learn more about officiating contact [Greg Spaulding](#), [Sean Mellinger](#) or [Sam Kieffer](#).

Wish things were different? Help!

Effective committees are critical to the operation of any successful organization. Committees involve members in the development and actualization of the club’s mission, represent member opinion in decision-making, and help serve member needs through interaction. Committees are also a training ground for future leadership of our club. We have several committees that need the help of our general membership. Some of the committees of LAC include:

- Special Events/Social Committee
- Development/Fundraising Committee
- Volunteer Coordination Committee
- Meet Committee
- Hospitality Committee
- Brand/Marketing/Recruitment Committee

We are actively recruiting for our committees, but if you’re interested, please reach out to our Board of Directors.