



News & Current Events

Coaches' Block

Summer is a busy time for many families but for those dedicated few swimmers that have been training hard with double day practices the reward is great. The world trains and swims in meters and it is the only time we get a chance to train without the added stress of school. The highest levels of meets occur during the summer (Zones/Sectionials/Jr & Sr Nationals/Olympics). We have been fortunate to have pool time twice a day this summer helping to raise the level of competitiveness for our swimmers. This year we have had a higher number of Gold swimmers participating in Double Day practices and it really shows in their performances with record performances and several Championship qualifiers. Platinum swimmers' dedication and overall performance at Districts was impressive with the highest personal best times this summer.



Lancers at the Boulevard Drive In on June 30, 2017

stroke in our IM (Individual Medley), Breakout Strokes and our underwater dolphin kicks. Pace work, sprints and distance events are all seeing improvement. We have also been reviewing basics for our experienced, intermediate, and novice swimmers in the following areas. Head position on the freestyle moving to a more neutral position with eyes down. Breaking our first stroke with the down side arm and not entering by our head but extending our hand entry from our shoulder not in front of our face are just a

couple of items. If these seem different from how you learned in the past please know swimming mechanics are evolving and perfecting with each year.

Some of the items we have been perfecting this summer are our transitions between

Breaststroke and Butterfly are new concepts for many of our Bronze swimmer and they are excited to learn and we are progressing in all four strokes. Remember it's not about the yardage it's about perfecting the strokes to make them more efficient in the water which in time will make them faster.

Respectfully,
Helen Lochow
FTLL Head Coach



Welcome new and returning swimmers! It has been a great summer with long course and we are excited to get short course started! I want to thank our returning swimmers for electing me to be the Parent Board President for yet another year. This is a wonderful team that isn't just practice 4-5 days a week, but it's a second family!

I am proud to be a part of such a wonderful group of athletes and

their parents plus some top notch coaches to be the icing on the cake! I hope to meet those I have not and get to know you all as the Lancer Family! Lancer Strong! See you on deck!

Thula Stenerson
President
Fort Leavenworth Lancers



Happy Birthday Lancers!



August through September

August

September

Taylor M.

Elijah R.

Amy F.

Jeb M.

Roslyn V.

Amia P.

Ryley B.

Weston M.

Landon S.

Audrey G.

Elizabeth G.

Congratulations to our District and Championship Qualifiers!!!

Girls

Sofia B. *
Maya B.
Ryley B.
Allison C.
Trinity H.*
Shyann K.*
Celia P.
Alyssa S.*
Chloe T.*
Miriam T.
Abra V.
Avila V.

Boys

Zach C.
Judah H.
Derek L.*
Jeb M.
Weston M.
Zach M.*
Curtis S.
Max W.*
John W.

* means swimmer had both District and Championship qualifying times.

Great Job!!!



A summer dryland session outside Harney Gym!



Hanging out at District Championships!

10 REASONS WHY SWIMMERS ARE THE BEST KIDS...

Courtesy of Elizabeth Wickham

Swimming teaches our children so many life lessons on a daily basis. They learn time management, perseverance, discipline, goal setting, plus develop character and grit. Through the process of a tough schedule with heavy physical demands, our children expand their accomplishments and possibilities. Someday their swim careers will be over, but they'll take wonderful memories of best times, fun with teammates, plus all the life skills swimming has given them.

Here are ten reasons why swimmers are the best kids:

ONE

They are too tired to get into trouble. They'd rather be tucked into bed watching Netflix than going out late at night.

TWO

They have unbelievable appetites and are open to trying new things. In fact, they'll eat pretty much whatever you put in front of them.

THREE

They are clean. They get a daily rinse in chlorine as well as take long showers.

FOUR

They are good students. They know they won't have time—or will be too tired to do homework later—so they work ahead and try to get homework done before practice.



FIVE

They're comfortable around adults. They communicate with coaches, other swim parents and officials regularly.

SIX

They've experienced failure and know it's not the end of the world. They understand that there's another chance and with hard work, they can do better.

SEVEN

They're strong and fit. Working out is something their bodies crave and they're in better shape than most of their classmates.

EIGHT

They are there for their teammates and friends. If someone is upset or has a problem, they're more than willing to listen and help out. They also have fun with their friends and can make hours at a meet pass by with silliness and laughter.



NINE

They are confident. They put in long hours and hard work to reach their goals. With each improvement along the way, they build self-confidence.

TEN

We know their swim friends and their families—and that they are good kids we want our children to hang out with.

Why do you think swimmers are the best kids?



Mark Your Calendars!

August 19, 2017	PAIR Day
August 21 & 22, 2017	FTHL Try Outs
August 24—31, 2017	Summer Break (Week 1)
September 1-5, 2017	Summer Break (Week 2)
September 6, 2017	Parent's Meeting
September 7, 2017	Splash Invitational IPR
September 13, 2017	Swim Suit Fitting
September 25, 2017	Swim Parent's 101
September 28, 2017	Mock Meet
Sep 29—1 Oct, 2017	Splash Invitational Swim Meet

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
						Pair Day
20	21	22	23	24	25	26
	Try Outs 6:00pm	Try Outs 6:00pm		Summer Break		
27	28	29	30	31		
	Summer Break					



September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Summer Break	2
3	4 Summer Break	5	6 Parent Meeting 6:15-7:15	7	8	9
10	11	12	13 Suit Fitting 6:00-8:30	14	15	16
17	18	19	20	21	22	23
24	25 Swim Parent 101 6:00-7:15	26	27	28 Mock Meet 6:00-8:00	29	30

Swimsuit Guidance and Rule Changes

By: Coach Helen Lochow

Does my child need to be swimming in a high end tech suit to give them an advantage in swimming? That is a question most coaches get asked several times during a season. First, nothing replaces hard work, and a tech suit will only give a slight advantage to an elite swimmer. Below is a chart that shows the amount of swims these tech suits are effective for (please note this is not the amount of meets but the number of individual races). These suits are not to be worn during warm ups; and are only for 12 and older swimmers at Championship meets. Novice, intermediate age group swimmers will not receive an advantage from these suits. I recommend tech suits for swimmers that have Sectional times or Championship times that are close to a Sectional time or Zone cut.. For the suits to be effective, a swimmer must be performing at an elite level and the high cost of these suits and their limited life expectancy make them cost prohibitive for most families.

Limit of tech swim suit performance

Fast skin	6-10 races only	average cost \$100
FSII	10-12 races only	average cost \$320
Pro	12-15 races only	average cost \$340
LZR	6 races only	average cost \$500 to \$550

Knockoff suits from Korea/Japan/China/Russia are banned in this country and not allowed. Some Australian suits are also on the list of banned suits.

As you can see, the cost of these suits is extremely high and while you may get them on sale from time to time, keep in mind if you are an elite swimmer your team can probably get you a reduced cost tech suit through their team representative.

I have included below and excerpt from an article titled "For Swim Parents—"The Big Deal About Swim Suits," by John Leonard, Executive Director of the American Swimming Coaches Association.

How does this translate down to the local pool?

Pretty simple. The manufacturers don't make any money by selling suits to the elite athlete. They give the suits away to them. They count on age group swimmers watching the "big guys" and wanting the same suits and equipment.

And lo and behold, the same miraculous benefits accrue to 12 year old Sam and Samantha when they put on the "magic suits" in their local championships. The time drops are miraculous, the smiles are, literally, "priceless" and child, mom and dad are all happy.

Wait a second. That suit just ripped. wow. How did that happen? How much did it cost? Wow! You paid \$500 for a suit that Sam just put his foot through, rendering it a \$500 broken garbage bag? Uh oh., well, honey, get him another one....we can't have Joe Jones's son Pete beat him in the 200 free to-

morrow. Teeth Grit. This is a kids sport? We now have \$1000 in suits so far.

And of course, all those magic benefits only last 7-15 swims, so good for maybe 2-3 meets, unless its a championship and your child swims 6 events and makes finals in all events...in which case its \$500 a meet.

Lets see, \$500 a meet, we go to 2 meets a month, 10 months of the year....Honey, its gonna cost us \$10,000 Just for Samantha's suits this year!

Well, the solution is simple...just wear the suits for the championship meet and wear your regular suit the rest of the time. OK. Good.

But, Samantha's 58.5 100 free with the magic suit on, just became a 1:02 100 free with the old suit on. Smiles gone. Gone. From Samantha, from Mom. From Dad.

Oh well. And of course, there are some other objections as well.

First, the magic suit deal is like paying for your child to have instant improvement. Is that what you want your child to learn from the sport? Or do you want them to learn to persevere, EARN improvement with hard work, attention to detail, paying attention to the coach and, shall we say it again..."Working Hard". Or do you want them to learn that you can always "pay your way" with cash to what you want?

"Earn it, or buy it". Which do you want to teach? Answer carefully, parents.

Find the whole article at the following link:

http://www.teamunify.com/stslca/__doc__/_LCA_Website_Policies_1.pdf



7 Things Swimming Will Teach You About Life

By Olivier Poirier-Leroy

Swimming isn't just about bad tan lines, having raccoon eyes and early mornings. And it's not just about records, gold medals and best times.

Although there are plenty of those.

Swimming, and sport in general, provide a proving ground for some of the most fundamental and critical things that you will carry with you for the rest of your life.

Whether in your career, in personal relationships, or even different sports, swimming will teach you the importance of hard work, of being humble, and of being a team player.

Here are 7 things swimming will teach you about life:

1. You have to work hard for the things you want.

Nothing worth having in the pool or in life comes without effort. (Despite what I am about to tell you in the next point.) Accomplishing cool stuff will always require giving what sometimes may seem like unnatural levels of effort.

Make working hard your talent and you will never go without success in the pool and in life.

2. Sometimes it's just not fair.

You know the swimmer—shows up to practice once or twice a week, but because they have been gifted with plates for hands and the height and gangliness of an LA Laker they still crush you anytime you step up on the blocks.

In the long run a work ethic will always take you more places than natural talent and physical gifts without effort. Always.

It's just hard to remember that when you are getting destroyed by two body lengths in a 50 by the guy who never goes to practice.

3. You learn how to cope with failure and setbacks.

It's not always going to be fair. And things won't always go our way.

There will be times where no matter how hard we work the results don't match

our effort in practice. Or there will moments where you get flustered as you get up on the blocks and totally choke.

These moments sting, they hurt, and they take us down a peg. But they also teach you how to be mentally tough. To overcome. And to be humble.

4. Being a team makes everyone better (including you).

Ever wonder why so many swimmers seem to have superhuman speed when it comes to relay legs?

I've seen it so many times, from my own swimming, dropping nearly a second on my best 50m freestyle best time, to Jason Lezak and his otherworldly 46.0 at the Beijing Olympics—there is something that happens when you race for something besides just yourself.

I get the temptation to want to do it on your own. To be able to say that you did it with no help. But when you can corral the effort and the will of the group for a common goal incredible things start to happen.

I've said it before, and I will say it again: One swimmer chasing greatness is powerful, but a group chasing greatness is unstoppable.

5. It's a process.

Somewhere along the way swimming will teach you a profoundly important lesson. And that is that wanting something is not the same thing as accomplishing something.

In order to be successful, in order to crush that personal best time you have to do more than just dream endlessly about it. More than writing it out. And more than telling people about it.

You need to adopt the daily routines and habits that will get you there. You must, in other words, learn to love the process of becoming the swimmer you want to be.

Swimming shows you first-hand that when you master the process you master the goal.

6. You learn to discipline yourself.

As you progress through your swimming career you will learn to become more reliant on your own devices to stay on top of your training.

For some the moment they turn 16 and get a driver's license is a breaking point—gone is the forced wake-up call in the morning from the parents. (Or the cold glass of water over-the-head my old man got me with a couple times.)

This is when discipline really rises to the surface, the moment where it's just you and that alarm clock. Where the tug of the warmth of the sheets conflicts with the goals and commitment you have made for yourself.

Conquering that alarm clock is tough, and once you do it, everything else that comes your way will seem easy in comparison.

7. How you lose is as important as how you win.

Winning is great, and losing stinks. We can both agree to that. But I believe that how we do both matters more than the outcome.

You will lose many times over the course of your swimming career. You don't have to like it, but being able to lean across the lane line and shake the winner's hand means that even though you didn't conquer the competition you conquered yourself.

Similarly, there will be triumphs and highs during your time in the pool. Being a champion is more than just being the first swimmer to the wall—it's being humble in victory, congratulatory to others, and setting an example for those to come.

Olivier Poirier-Leroy has been involved in competitive swimming for most of his life. These days he writes for SwimSwam on the history of our glorious sport, keeping good habits in the pool, and "hacking" the mental side of the sport. When not writing, or managing his day-to-day business you can find him torturing local lap swimmers, picking heavy things up and putting them back down, and making the most of the lovely outdoors that the Pacific west coast has to offer.

Tips for Successful Swim Parenting

Competitive swimming at first glance by most new swim parents can seem to be as simple as other sports. After your first meet you start to realize this sport is not like any other you have encountered. This can be exciting at first but also a bit overwhelming. You and your child are full of questions about this new sport and are excited to want to show improvement and succeed in this strange new sport. As a parent and coach I have learned a few things along the way often by trial and error.



First, is that you as a parent want what is best for your child and let me assure you that your coach wants the same thing. How best to accomplish this is through

good communication and equal respect for all parties. Parents often offer advice to their swimmer on how that can improve their swimming after watching teammates or other swimmers in practice or at meets. Sometimes this advice is good advice but more often than not it is a counter to what they are being instructed to do by their swim coach. Swimming has come a long way in the past 20-30 years and technique, form and structure of all strokes have advanced. In my father's day the breaststroke

kick was interchangeable with dolphin kick in the butterfly stroke. Head position and hand entry are just a few of the differences in Freestyle from 10 years ago and Breaststroke has been evolving almost yearly. Well-meaning parents are offering advice that is outdated and often counter to what your swimmer is being coached on daily.

Your coach has been professionally trained on the latest techniques and children become confused and frustrated when they are given two sets of instructions. Remember you wouldn't take your car to the Dentist or have a Mechanic fill a cavity: you pay for a professional coach, so why not follow their advice. Recruiting an experienced swim parent for advice in the stands at a meet or at practice falls under the same well intended, but ill-advised category.

Offering praise and comfort are the job of a parent and only you can fill that role for your child. As



a parent/coach I have a unique role and if my child had a bad swim or I saw ways he could improve I would send them to their coach for correction. If you find yourself disgusted with your child's performance you need to take a step back and see your action from your child's point of view. Studies show that in sports a child relates their parent's correction and disappointment as a loss of love and that you are angry with them. Remember they see your frowns and head shaking even when you think they aren't looking. Children are always seeking our approval and generally want to please us. Your behavior can determine their success in developing a love of sports.

Swimming is a great sport it can teach children about setting goals, hard work having its own reward, failing with grace and winning with humility. I believe swimming is more than a survival skill and I hope you will share my enthusiasm for this wonderful sport.

Whether you are veteran swimmer parent or novice, welcome to the Lancers swim team.

Helen Lochow
Lancers Head Coach

Swim parent are beautiful people when?

- You drive carpools that would make a NY city cab driver dizzy in order to get people to practice or meets on time.
- You ask your swimmer after a race "what did your coach say"
- You applaud everyone's efforts and comfort those that need it
- You officiate a swim meet, and have to DQ your own child
- You realize that no one swim is all that important - It's the process that counts
- You appreciate your coach with a cup of coffee at the early AM workout or meet
- You support your child's swimming by helping support the organization that bring your child the opportunity.



And now the Ugly attitude list:

- When you think every swim should be a best time and first place
- When you say "you didn't try"
- When you bring a stopwatch to practice or a meet
- When you use the team as a gossip machine
- When you are a bigger "show" at the swim meet than the athletes
- When you offer advice to your child on who to swim a race
- When you get to warm-up late for a meet, because, "who cares if you miss part of the warm-up?"

