



Est. 1965

News & Current Events

President's Lane

Parents and Swimmers,

The summer is gone and the new season is here! Welcome to the 2016-17 Lancers Swim Team! I am Thula, your new President. A little about me: I have a bronze swimmer and another Lancer in the making taking swim lessons; I became President because I believe in our coaches and love the family feel the team brings with the board, coaches, swimmers and parents; I love swimming myself; I was formally a Lifeguard and Swim Instructor; I also am super excited to begin this swim year! I am always available so do not hesitate to contact me! See you on Deck!

Thula

Editor's Entry

You may not know this about me, but this is my favorite time of the swim year. I love standing out at the table at PAIR Day (sorry I couldn't be there this year) and talking to potential Lancers and new swim families about our team. I love seeing many of those same families a few days later at try-outs, and then again at our Parents Meeting and Swim Parent 101. It's my favorite time of year because I love seeing the love of swimming blossom in these young swimmers. I love watching parents that, up until now, had only watched their children play on an occasional MWR sports team, relish as they watch their children grow, mature, and become part of a Team, and part of a Family. This is Chapter One of the annual lifecycle of the Fort Leavenworth Lancers. Sadly, at the end of the year we say goodbye to

many of these families, but I am strengthened by knowing three things. First, we have made good friends. Second, our team is stronger for having had them for the time they were with us. And finally, I know that many, if not most, will take their new found love for the sport of swimming and continue by joining a swim team at their new posting. Heck, they may even get to swim with former Lancers (we're everywhere you know!). And then, as we finish saying goodbye to all of our friends, we get to begin the lifecycle again. Yes. This is my favorite time of the year. It's a new beginning and it's exciting. Welcome to all of our new Lancers.

Tim

Congratulations to our District and Championship Qualifiers!!!

Maya B	Zack C	Kato F	Trinity H	Taryn F
Darby M	Weston M	Abra V	Celia P	Ponce S
Shyann K*	Maria S*	Patrick S*	Cecilia S**	

* QUALIFIED FOR BOTH DISTRICT & CHAMPIONSHIPS

** QUALIFIED FOR ZONES

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2	3	4	5	6	
	No Practice						
7	8	9	10	11	12	13	
	No Practice					PAIR Day	
14	15	16	17	18	19	20	
	First Day Back in the Pool	Try Outs—Grant Pool 5:45pm Each Night					
21	22	23	24	25	26	27	
28	29	30	31				

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				Parent's Meeting 6:15pm		
4	5	6	7	8	9	10
			Swim Parent 101 6:15pm			
11	12	13	14	15	16	17
		Suit Fitting & Cookout 6:15pm				
18	19	20	21	22	23	24
25	26	27	28	29	30	
					Splash Invitational! Home Meet	

2016-2017 Lancers Short Course Meet Schedule

Coming Soon

Short Course Schedule

Keep an eye out in our next newsletter

This meet schedule is subject to change. Coaches reserve the right to adjust the schedule to meet the needs of our swimmers and swim meets that fill quickly.

Qualified swimmers will be announced prior to the meet entry deadline. Families are encouraged to sign up even if they are not sure if their swimmer has a qualifying time. You will not be charged if your swimmer does not qualify.

1-12 August	No Practice
13 August	PAIR Day
17—19 August	Try Outs 5:45 nightly
1 September	Parents' Meeting 6:15—7:15 pm
7 September	Swim Parent 101 6:15—7:15 pm
13 September	Suit Fitting & Cookout 6:15 –8:00pm
30 Sep—2 Oct	SPLASH INVITATIONAL HOME MEET
October TBD	Team Photos

Mark Your Calendars!
Fort Leavenworth Lancers
Dates to Remember

How to Be an Awesome Swim Parent!!!

by Olivier Poirier-Leroy. This post originally appeared over at YourSwimBook.com.

The swim parent lifestyle is a soggy, herculean and often thankless one.

There are all of the early morning practices, the weekend-long swim meets, the fundraising, helping with the board, chaperoning, the fees, the carpooling, and the food, *ohmagod*, all the food.

And most importantly, there is the most fundamental and irreplaceable role you have as a swim parent: cheerleader and support staff to your little athlete.

I get a lot of emails from parents who want the best from their swimmers, for them to enjoy the process of improving, but are often unsure what to do. It's an awkward two-step of wanting to encourage their kids to be better, but to be better without having to be necessarily pushed.



Some recent research on elite athletes have shown that top performers have parents (and coaches) who are supportive, but who still allow the young athletes to own their sport and subsequent performances.

With that in mind, here are some ideas on **how to be an awesome swim parent**:

1. Encourage Accountability.

At the end of the day you want swimming to be your swimmer's sport. *Their* thing.

Let them take ownership of the sport by letting them have their own goals, and encourage them to evaluate and track their workouts to further instill a sense of control of their swimming.

If they have their own reasons for swimming and showing up every day to work hard they are going to be more intrinsically motivated to stay (and succeed) in the sport.

2. Avoid Over-Identifying with Your Swimmers' Performance.

How they swim isn't a reflection of you.

Don't fall down the over-identification trap where your

child's swim performance is a reflection of you, leading you to ignore how they feel about the sport and focusing on your feelings. Taking the burden for their swimming also removes accountability on your swimmer's part.

The more likely it's their thing, the more likely they are to be successful.

3. It's the process.

If they are getting better, and learning the process of mastering something they are learning and benefiting far more than just having a win-at-all-costs attitude.

It's what they do every day—mastering the process of becoming a better swimmer—that matters more than what they do at meet-time.



A swimmer who is able to master the grind will always outperform an athlete who magically shows up at meet time.

4. Set the standard for how they should react.

I cringe when I see a parent who lacks emotional control at swim meets. You can see the discomfort of those nearby as well, as in, "*Jeez buddy, it's just a swim race.*"



These parents not only tend to end up bumping and spitting all over nearby parents and swimmers, but also provide a classic example of poor sportsmanship and set a low standard of self-control for their own swimmer to emulate.



It is contradictory and confusing for children to be told to have self-control, to stay calm and focused in moments of high pressure when their parent is screaming at the coach and losing their chlorinated mind from the stands.

At the end of the day you are your swimmer's strongest role model. Not the swimmer on the Wheaties box.

5. Don't mistake sacrifice for investment.

Swim parents are absolutely *unbelievable* in terms of sacrifice.

They spend a metric ton of time, energy and money in helping the sport go round. From all of the time spent organizing fundraisers, driving back and forth to the kajillion swim workouts, countless swim meets, hotel rooms, and more we sacrifice a lot for our swimmers.

And so it's tempting to have this sacrifice sometimes blur into a sense of investment, causing parents to expect measurable dividends of some sort (college scholarship, sponsorships, etc).

Swimming (and sport in general) isn't something that can and should be measured in terms of dollars and cents. The time spent in the pool now shouldn't come with a balance sheet later. The gold medals they don't win today still translate into healthy lifestyle choices they carry with them for life.

6. When issues come up with coach, address them privately and directly.

There will be times where as a swim parent we have questions or concerns regarding our kid's swimming. Over the course of a swim career this is unavoidable.

Maybe your swimmer hasn't improved at all in a couple months and we'd like to know more about why this is. Or perhaps she is being held back a group. Or you have questions about the plan for the team.

Too often when a parent has an issue with coach they will sit in the stands gossiping and complaining to other parents, which does nothing but create a divisive environment for all

involved.

Set a time to meet with the coach that you can talk distraction-free (blindsiding them on the way to their car after practice doesn't count).

Undermining the coach, whether it's giving contradictory technique and training instruction out of the water, only serves to confuse and put your little swimmer in a place where they have to choose between listening to you or coach when they are at practice. In ideal situations, parents parent, and coaches coach.

7. Let them unplug outside of the pool.

Swimming isn't and shouldn't be the only thing in anybody's life.

Once they leave the aquatic center in the morning or at night-time they should be able to leave it behind.

Constantly having to rehash practice or meets in the car, at home, and over the dinner table is mentally exhausting.

Have some perspective about where swimming truly ranks in the scheme of things. Being a great swimmer is cool, but being a young person with enough perspective to realize that its just a race or just one practice is even better.

8. The facilities don't make the athlete.

It's natural to want the absolute best for our swimmers. The best coaches, the best facilities, the best of everything.

But removing all obstacles in their talent development ends up having an unintended consequence: an inability

to deal with adversity later on in their careers.

After all, having been robbed of the lessons, humility and resiliency that comes from adversity means that when it does finally happen these athletes have a hard time adjusting.

Being on a star-studded team doesn't guarantee success. Just like how training out of a dark, cramped 22-yard pool doesn't promote failure. The lessons and skills can be and are picked up in different environments and if anything, the "less than" athlete is going to be at an advantage when it comes to dealing with hardship.

9. Just be there for them.

More than anything, your little swimmer just wants you to be there for them.

To be a shoulder to cry on and to provide a moment of levity when they add time to their PB. To whisper words of encouragement when they are injured. To share the moment when they finally do succeed.

Win or lose, all they really want to know is that their swimming, and by extension their identity, isn't a prerequisite for you being there for them. Don't make your love conditional on how they swim. All they want to know and feel is that first or last, whether they are world record holder or local sharks-and-minnows champ, that you will love 'em.



Fort Leavenworth Lancer's First Morning Practice of the Summer of 2016!

The Lancers had to say goodbye to some good friends this summer, but they went out “*Lancer Style*”! Here are just a few.





Saying Goodbye—At the pool and at the airport. Lancers say goodbye to the Saltysiak family and their **FIVE** Lancer Swimmers.



Some of the Lancers' senior swimmers enjoyed a night out at "Locked In Kansas". What a lot of fun! Thank you Coach Helen for planning the event!!!



Swim Nutrition



5 STRATEGIES TO HELP PICKY SWIMMERS EAT BETTER

5/17/2016

BY JILL CASTLE, MS, RDN

Samantha had a disdain for many protein foods, and it was becoming a problem. She had to take “her food” to travel meets, had a short list of restaurants where she could eat, and sometimes skipped lunch at school because she “didn’t like it.” She also didn’t care for most fruits and vegetables, and somehow got everyone around her to meet her picky eating requirements.

Let’s face it, picky swimmers are a challenge to feed and fuel.

While picky eating has been traditionally associated with toddlers, more recently, a growing number of older kids are demonstrating picky eating that may hamper their health.

For the swimmer, picky eating can interfere with getting enough calories, protein and key vitamins and minerals in the diet, which may hinder their athletic performance and slow their growth and development.

So what can be done? Of course, the goal is to help the picky swimmer branch out with a variety of food and ensure his nutrient needs are met, no matter how picky he or she is.

Here are 5 strategies that may help:

1. Provide balanced meals and snacks, including as many food groups as possible.

Food groups ensure important nutrients, such as iron, vitamin D, and B vitamins are in sufficient supply

from the diet. If the swimmer is eliminating a food group, such as vegetables or dairy, consider a multivitamin supplement providing 100% of the RDA to bridge the nutrient gaps.

Did you know? While macronutrients (i.e., carbs, protein) fuel performance, micronutrients (vitamins and minerals) are key factors in normal metabolism, immunity, growth, and more. All nutrients are essential to the success of a swimmer.

2. Keep offering a variety of foods, even though the swimmer may not eat everything.

Picky swimmers don’t learn to become “un-picky” unless they are provided with opportunities to experience and explore a variety of foods. Offer a blend of familiar and novel foods at mealtime to help encourage the swimmer to try new options.

Did you know? Research tells us that it may take up to 15 or more exposures – seeing, smelling, tasting, and eating new food – before kids develop a liking or preference for it. Unfortunately, parents typically give up offering new food after four rejections.

3. Drop the pressure to eat.

Nagging or reminding the swimmer to eat, whether it’s to eat more food or healthier foods, may be interpreted as undue pressure, especially if the swimmer is a picky eater. Picky eaters do best with low pressure when it comes to food; high pressure (nagging, bribing, constant



reminding, etc.) can be a turn-off and curtail progress.

Did you know? While reminding and encouraging your swimmer to eat better may seem effective, research tells us that when it comes to picky eaters, it may backfire, causing less interest in food, reduced appetite, and more pickiness.

4. Don’t cater to food preferences.

It’s common to want to provide the picky swimmer with the foods he will eat. After all, training is grueling and swimmers need to eat. Negotiating the menu in the older child is necessary to define acceptable, balanced meals that not only nourish and satisfy the swimmer, but also expand his food repertoire.

Did you know? Narrowing the menu to what the swimmer will eat shortchanges nutrition and doesn’t help the swimmer grow out of picky eating. Plus, short-order cooking is a lot of work for parents.

5. Consider outside help.

Swimmers who want to do their best should eat a variety of food and strive to meet their nutritional needs. All swimmers can benefit from an understanding of food,

nutrition and sport, which may motivate them to work harder on eating a nutritious diet, while other swimmers may need more support. If a swimmer is clearly missing nutrients in his diet, is underweight, or demonstrates sensitivity to certain aspects of food (texture, flavor, smell), meeting with a nutrition professional can be helpful.

Did you know? Picky eating which impairs overall health and growth does not typically resolve on its own.

Swimmers like Samantha can overcome picky eating. It takes nutrition education and a strategic plan for progressively introducing new foods without compromising the training diet. Include some positive reinforcement and the picky swimmer may be molded into an adventurous eater.

Jill Castle, MS, RDN is a registered dietitian, childhood nutritionist, and youth sports nutrition expert. She is the author of Eat Like a Champion: Performance Nutrition for Your Young Athlete. Learn more about Jill at www.JillCastle.com and check out her free list of 70 Awesome Pre-Workout Snacks for Kids here.

10 Things You Learn Becoming a Swim Parent

The swimmer and swim parent lifestyle is no joke. Week-long competitions, full days at the pool, and a season that never truly ends. From fashion to lingo being a swim parent is just as much about adopting the world of swimming as your kid. Here are 10 of the things you learn on your way to becoming a swim parent:

1. The world is more than 2/3's covered with water. Otherwise how to explain the never ending pile of damp towels? The wet suits hanging off every door in the house? The soggy butt marks on the car seat, the couch, and even on the dog? Your whole world is wet. All. The. Time.

2. If you close your eyes for just a few moments you miss your kid's race. Only swim parents can understand the frustration of going to a day-long swim meet and missing the only 30 seconds your swimmer actually competed.

3. You learn a whole new language. "Heat sheets" aren't a term for blankets. "IM" isn't something you do online. And you know that touching with two hands and not picking your head up at the finish is very important.

4. Your grocery bills explode. It's shocking how much food kids can rabidly throw back. Which makes sense—they are growing and need the food things to help sustain growth. But throw in two-a-day distance workouts, plus the hyper-activity that comes with being a kid, and you find that Costco visits are becoming appallingly frequent.

5. The smell of Chlorine No. 5 is

mostly dead to you. Everyone has a signature scent that they wear or develop that they barely notice it themselves. For swimmers and their parents it's Chlorine No. 5. Fashionable in all seasons, it's the scent that never goes out of style.

6. Getting up super early in the AM never gets easier. Some things you learn to accept in adulthood. Things like responsibility. Capitalizing letters. Eating your vegetables. But getting up at 4:45am to pull car-pool duty? Never gets easier.

7. Swimming is more complicated than it looks. The assumption is that swimming is a simple sport. Put on a bathing suit, swim to the other side of the pool as fast as you can. Boom. Done. But there is a ton of stuff going on behind the scenes, from the legions of officials, to the very technical aspects of technique and form.

8. You get into the "swimming is a real sport!" argument with non-swimmer parents. When The Joneses kids don't swim, and they give you a raised eyebrow and ask if "swimming is even a real sport," it ignites a deep, incensed reaction. If only they saw the daily struggle.

9. You'll wear many hats. From cheerleader, to pump-up artist, to shoulder to cry on, to everything in between, your little athlete will lean on you for support between races and practices. All they ask from you is that you are there for them on the days where they swim great, and the days where they swim not-so-great.

10. The sport wouldn't exist without you. Medals aren't handed out for putting on a swim meet. Or volunteering for the whole meet when your own kid only swam one day. But there should be. Swimming, and the joys and fun and pains and dampness that comes along with it wouldn't be possible without you.

So thank you.

Olivier Poirier-Leroy has been involved in competitive swimming for most of his life. Starting off at the age of 6 he was thrown in the water at the local pool for swim lessons and since then has never wanted to get out. A nationally top ranked age grouper as both a 12 year and 14 year old, he experienced success on the national scene when he and three other 16-year olds teamed up to final at Senior Nationals and break the NAG for the 4x100m medley relay (twice). He helped lead McMaster University to an OUA title in 2002, while also finaling in several individual events at Senior Nationals before life led him away from the pool.

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.

Your 2016—2017 Fort Leavenworth Lancers Board

President:	Thula Stenerson	Volunteer Coordinator:	Laura Hammond
Vice President:	Vacant	Publicity:	Vacant
Secretary:	Tim Marshall	Head Statistician:	Jeff Lochow
Head Coach:	Helen Lochow	Book Keeper:	Barbara Clowser
Treasurer:	Julie Howell	Equipment Manager:	Vacant
Fund Raising:	Marlee Marshall		

Want to get involved? Wondering how you can help? We still have four board positions open. For more information about these positions, contact any of the board members for details.

Happy Birthday Lancers!

Summer Birthdays June - August



JUNE

Grace G	Andrew F	Jeff L	Trinity H	Tatiana S
Brenna M	Lily T	Thomas K	Gavin M	Elizabeth Z
Helen L	Penelope P	Kato F	Miriam T	Abigail B

JULY

Darby M	Laith C	Zachary C	Sianeleez C	Shyann K
Judah H				

AUGUST

Weston M	Edith P
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Did you know???

When you order swim clothing and equipment from the Swim Outlet link on the Lancer's Team Unify Website, the team gets 15% back as store credit. We use that credit to buy new team equipment.

Just look for the link below on the website.



Thanks Swim Outlet!

WE ARE

AMERICA'S SWIM TEAM

BOUND TOGETHER
BY GOGGLE MARKS, DRY SKIN
AND WEBBED FEET

WE SEE THE SWIMMER IN THE NEXT LANE AS
OUR BIGGEST COMPETITION
AND OUR CLOSEST FRIEND

WE POSSESS
SUPERHUMAN POWERS

SUPERHUMAN LUNGS
SUPERHUMAN STRENGTH

WE LEAP FROM THE BLOCKS
LIKE THEY'RE A MILLION DEGREES
BUT WE'RE THE ONES

ON FIRE

WE LEARN OUR LIMITS
AND THEN
EXCEED THEM

TO US EVERY RACE
IS THE STATE MEET
THE NATIONAL CHAMPIONSHIPS
THE RACE FOR
BRAGGING RIGHTS

ON LAND, YOU DON'T GET US
IN THE WATER,
YOU CAN'T CATCH US

AND WE LOVE THAT

HOURS AFTER THE CHLORINE
WEARS OFF

AND THE WATER
DRAINS FROM OUR EARS

WE ARE STILL



AMERICA'S
SWIM TEAM.



Swim Nutrition



10 Protein-Based Breakfasts Your Swimmer Will Love

6/22/2016

by Jill Castle, MS, RDN

It can be challenging to get swimmers to eat breakfast, especially as they get older and busier. They say no. They run out the door. They have no time for a meal. They aren't hungry.

The excuses go on and on.

However, all swimmers may benefit from a routine that includes eating a healthy breakfast.

The positive impact on growing children and teens have been touted for years and include: improved attention and focus in school, better academic scores, an ability to regulate eating, blood sugar control throughout the day, a healthy body weight, and for the athlete, the availability of energy and nutrients for exercise.

Researchers highlight protein as a powerful influence on blood sugar and weight control, particularly when it shows up in the earlier part of the day.

In fact, University of Missouri researchers suggest teens eat a high protein breakfast (containing around 30 grams of protein) to improve blood sugar control after eating, temper fat gain, and encourage a healthy body weight.

In young athletes, research further emphasizes the importance of evenly distrib-

uting protein throughout the day as a key to building, repairing, and maintaining muscle.

Making sure the swimmer gets a protein-based breakfast clearly helps in many areas.

Swimmers can get a variety of quality protein at breakfast by using foods such as milk, soy milk, Greek yogurt, regular yogurt, eggs, cheese, cottage cheese, tofu, beef, poultry, fish, beans, lentils, soybeans, nuts and nut butters.

Try these 10 protein-based breakfast ideas. (They are simple and easy for the swimmer to make independently!):

Easy Egg Sandwich

Almost like a fast food option, this egg sandwich is ready in no time. Scramble the egg with a bit of water, place in a microwave-safe bowl and cook for one mi-



nute. Place the disc-shaped egg on an English muffin and add ham or Canadian bacon, and a slice of cheese. If you want to bump up the protein even more, double the egg, cheese or ham.

Breakfast Bento Box

Pack one or two large hard-boiled eggs, 1/4 cup almonds, 1/2 cup low-fat cottage cheese topped with 1/2 cup berries, and 4 to 6 whole-grain crackers in a bento box or other re-sealable container. Apple Walnut Oatmeal

Cook 3/4 cups of dry oatmeal with 1 1/4 cup of skim milk. Top with 1/4 cup of chopped walnuts and 1 chopped apple. Sprinkle with cinnamon and drizzle with honey.

Nut & Berry Parfait

Layer 1 cup of vanilla or plain Greek yogurt, 1/2 cup raspberries and blueberries, and 1/4 cup chopped pecans in a tall glass or Mason jar.

Peanut Butter Toast

Swipe two hearty, whole grain slices of toast with 1 tablespoon of peanut butter each. Serve with a 12-ounce glass of milk or non-dairy milk substitute.

Overnight Oatmeal (made with milk)

Mix 1/2 cup of oats with 1 cup of low fat milk or soy milk. Stir in 1 tablespoon of peanut butter, and top with 2 tablespoons of chopped peanuts and 1 small banana. Refrigerate overnight.

Cottage Cheese and Blueberry Bowl

In a bowl, place a cup of low-fat cottage cheese next to 1/2 cup of blueberries and 1/2 cup high-protein granola. Sprinkle

with chia seeds or flax meal.

Egg, Ham & Cheese Bagel

Akin to the local bagel shop fare, toast a bagel and top it with an egg or two (scrambled or fried) and top with a slice of cheese. On-the-go tip: Wrap the bagel sandwich in tin foil immediately after assembly. The sandwich stays warm and the cheese melts nicely.

Breakfast Egg Wrap

In a flour or whole grain tortilla, layer scrambled eggs, cheese, and fresh spinach. Wrap in tin foil. Or, sauté onions, mushrooms and chopped green peppers or any other veggies on hand and add to the eggs; top with cheese and wrap.

Avocado Toast with an Egg

Toast a piece of crusty, whole grain bread. Smash 1/2 of an avocado on top of the toast. Fry an egg and lay it on top. Sprinkle with salt and pepper, or a mix of spices such as cumin, paprika and chili.

Jill Castle, MS, RDN is a registered dietitian, childhood nutritionist, and youth sports nutrition expert. She is the author of [Eat Like a Champion: Performance Nutrition for Your Young Athlete](#).

Learn more about Jill at www.JillCastle.com and check out her free list of [70 Awesome Pre-Workout Snacks for Kids](#).



Is there something you would like to see covered in the next issue of the Lancers Newsletter?

Do you have photos you would like to see included in a newsletter issue?

If the answer to either of these questions is yes, e-mail your suggestions or your photos to Tim Marshall at timmarshall65@gmail.com

SWIM FAST!!!