

February 2020



# LANCER NEWS

Fort Leavenworth Lancers Newsletter



## Way to go, Lancers!!!

Our second home meet was a success! All of our swimmers swam their hearts out! They were brave, strong, confident, and they were so, so fast!!! Congratulations to everyone, including those who competed in the 50 Free Shootout Events, and especially to Piper K. and Schaffer G., our 50 Free Shootout Champions!

Thank you to every parent, swimmer, sibling, and Lancer friend who volunteered at our meet. We could not have done it without each and every one of you! I would also like to thank our Parent Board, our coaches, our team statistician, all the officials, and our volunteer committee chairs.

### Important Upcoming Dates

Feb. 21-23: District Champs- West

Feb. 27– Mar.1: Short Course Championships

Mar. 11: Swim-A-Thon \*save the date

Mar.12-15: Sectional Championships

Mar. 16-22: Spring Break

April 26 (tentative): End of Season Banquet

Just a reminder about the change in our **FRIDAY** practice times!

Platinum and Gold practice will be from 4:30-6:00pm. There will be no dryland.

Silver practice will be from 5:00-6:00 pm. There is no Bronze practice on Fridays.

**Parents, please remember that all swimmers under the age of 16 MUST be walked into and out of Harney by an adult. Please sign your swimmer in at the desk and make sure a coach is on deck before leaving your swimmer. Parents are not allowed on deck during practice. Please pick your swimmer up on time. Thanks for your cooperation!**

### Coaches' Contact Information:

Helen (Head Coach/  
Platinum): [coachhelen@fortleavenworthlancers.org](mailto:coachhelen@fortleavenworthlancers.org)

LeeAnne (Gold Coach): Call/Text 913-481-3069

Paul (Silver Coach): [paullochow@gmail.com](mailto:paullochow@gmail.com)

Sarah (Bronze Coach): [lilcrow1978@yahoo.com](mailto:lilcrow1978@yahoo.com)

Kirstin (Bronze Coach): [kirstinmorgan@me.com](mailto:kirstinmorgan@me.com)

**More information on our Swim-A-Thon will be out shortly.**

**Also, we are looking to put together a Banquet planning committee. If you are interested, please reach out to the Parent Board.**

All Lancer parents should be familiar with the following websites and apps.

**Lancers Team Unify site:** [www.fortleavenworthlancers.org](http://www.fortleavenworthlancers.org)

Please take the time to become familiar with the Lancer's website. Here, you can view your swimmer's information, including meet results. You can keep an eye on your billing statements. You can also declare your commitment to meets, and leave notes for the coaches regarding the days/events your swimmer can attend. Please keep an eye on our calendar and event pages. You can also view time standards and refresh yourself on the policies in our Parent Handbook.

**Missouri Valley Swimming LSC:** [www.missourivalleyswimming.com](http://www.missourivalleyswimming.com)

Missouri Valley is our Local Swimming Committee (LSC). Each LSC is a separate entity, with each being an individual member of USA Swimming, and acts on behalf of USA Swimming on the local level. If you look at their Short Course calendar, you can often find meet sheets and meet results there. Time standards for districts and champs are also on this page.

**USA Swimming:** [www.usaswimming.org](http://www.usaswimming.org)

USA swimming is your link for all news/ articles/ pretty much everything you ever wanted to know about swimming but didn't think to ask. When you register with our team, you also registered with USA swimming. This means I can go into their time search, type in my son's name, and pull up every time from every official meet he has ever swam. You can create a sign-in for you or your swimmer, and they get a "deck-pass" page, which tracks their best times, personal goals, and rewards that are called "patches". Deck Pass is also available as an app!

**Swim Outlet:** \*please follow the link from our Lancers webpage; if you shop through our link, we get 15% store credit which we can use to buy new team equipment\*

Swim Outlet is a great place to order swim equipment!

**Apps:**

**OnDeck:** On Deck is Team Unify's cell phone app. Your sign-in should be the same as your Team Unify sign-in. On this app, you can check your account status, declare your swimmer for meets, track their times, and receive our team emergency alerts. Please download this app, as it is an extra means of communication for our team!

**Meet Mobile:** Meet Mobile is a swim meet app that provides real-time results for your swimmer and our team. Most of the meets we attend use the Meet Mobile app to post results. There is a subscription fee of about \$6 I believe. (Meet results are also posted physically at all meets, and will appear later on the MV page and USA Swim page,) Sometimes, psyche sheets are up before the meet starts, or you may be able to purchase the heat sheet on the app (it depends on the meet host). This app is just a convenience, but it is really nice to have sometimes.

**Swim Counts:** Swim Counts is a simple app that allows you to find your favorite swimmer's times, meets, and rankings right at your fingertips by pulling info from USA Swimming.

**Deck Pass:** Deck pass is USA Swimming's app (see above in the USA Swimming website description)

If you know of a great swim app or website, let me know and I can include it in the next newsletter!!!

**SWIM FAST AND**

**HAVE FUN, LANCERS!!!**