

November 2019



LANCER NEWS

Fort Leavenworth Lancers Newsletter



Way to go, Lancers!!!

Our first 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, especially those who competed for the Ironman awards!

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. Now it's time to start planning the next one!!!

Important Upcoming Dates

November 5th: Team pictures

November 11th: Veteran's Day, no practice

November ??- 50 Free Shootout Planning Meeting

November 27-29- Thanksgiving Break

December 16- Holiday Bowling party (tentative)

There is a new file under our "Documents" tab titled "Swim Meet Venues". It has info about many of our common "away" meet locations. Please take the time to check it out, and reference it when you are getting ready for a meet! Thanks to Faith L. for putting this together, and thanks to all of the Lancer families who contributed their vast swim knowledge!!!

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!

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.

Coaches' Contact Information:

Helen (Head Coach/
Platinum): helenlochow@fortleavenworthlancers.org

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

Paul (Silver Coach): paullochow@gmail.com

Miriam (Bronze Coach): miriamtesta@me.com

Kirstin (Bronze Coach): kirstinmorgan@me.com

With the success of the Ironman Invitational not far behind us, it is time to begin planning our second home meet!!!

The 50 Free Shootout will take place Jan.31st-Feb. 2nd, 2020.

Along with the normal swim events, this meet features a tournament-style 50 freestyle series of races!

This meet is loads of fun, and participation from other teams has been growing each year. We are anticipating a great turnout this year, and we need your help to start planning!!!

We will have our initial planning meeting soon, please keep your eye on your email for the date/time!!!

Please read the job descriptions below!!!

FULL MEET KEY POSITIONS

Meet Director- Must be a USA Swim Association Member and have passed the USA Swim Background check. (FULL reimburses all fees.) Oversees the meet through the planning, execution and after action phases. They are the key person on the ground coordinating and running the meet. This position leads each key position ensuring the meet runs smoothly. Works closely with Head Referee before and during the meet.

Administrative Assistant- Helps with all of the administrative paperwork relating to the officials, and works alongside our statistician and head AO. If possible, Jeff would like for the admin assistant to be the same person for the entire meet, so if you are looking to get a bunch of volunteer hours in all at once, this is the job for you.

Announcer- Announces events and heats, makes announcements, as directed by Head Referee or Meet Director to keep all participants informed of the meets proceedings, and to announce heats, 1st call, 2nd call, and in the water. They will use a basic script. Additionally, the Announcer must be proficient in operating the portable PA system supplied by MWR, ensure they have a version of the National Anthem on their phone to play prior to each session, and an acceptable playlist of music for before the meet, during warm ups and during the distance events. Announcer works closely with a runner, who conveys information to the crash area.

Hospitality Chair- Coordinates the Hospitality Room for coaches, officials and key meet volunteers. The HR provides a light meal on Friday, breakfast and lunch on Saturday & Sunday, and drinks and snacks throughout the weekend. Happy coaches and officials mean a smooth running meet. Also, makes it easy for a coach to decide to bring their team again in the future. Creativity is key! The space is small. Utilize the team volunteers for food. Stay away from pizza and fast food. Hospitality also provide small water bottles for the timers during the session. In addition, drinks for the officials during the session.

Concession Chair- Determines what we sell at the concessions stand, what items are needed, helps determine prices, submits a donation list to the volunteer coordinator, sets up the concession area by 3:30 on Friday of meet, at close of meet inventories remaining non-perishables and paper goods for next event. Concessions and Hospitality should work together.

Awards Chair- Inventories ribbons, orders ribbons and other awards. Sets up Awards room, overseas volunteers to label awards and post official results.

Setup/Tear down Chair- Coordinates/oversees the setup and tear down of the facility. Ensures proper set-up and tear down of crash area, deck, bleachers, etc.

Timing console operator- Operates timing console during meet, on deck. Training is provided.