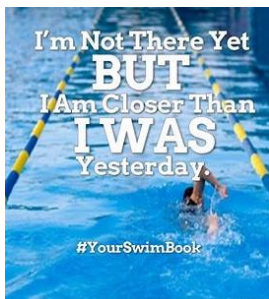


October 2019



# LANCER NEWS

Fort Leavenworth Lancers Newsletter



## It's October, Lancers!!!



Our short course season is off to a fantastic start. Our swimmers are working hard, building endurance, practicing and perfecting technique, and, most importantly, having a ton of fun as we continue to prepare for our first home meet, the Ironman Invitational!

### Important Upcoming Dates

October 15th: Swim Parent 101 6:15pm

October 24th: Mock Meet during practice

October 25, 26, 27th: Ironman Invitational – Our Home Swim Meet!!!

November 5th: Team pictures

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**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. Thank you 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.

Please make sure your swimmer brings a water bottle to practice. Hydration is super important!

\*\*Our Swim Parent 101 will take place on October 15th, starting at 6:15 (our swimmers will be practicing). The purpose of Swim Parent 101 is to inform NEW SWIM PARENTS how to prepare for, and what to expect, during a swim meet. Topics included will be: what to bring, layout of a swim venue, how to read a heat sheet, how to read time standards, how to mark your swimmers, and commonly used swim lingo. This information will help your swimmer to succeed, not only at the Ironman Invitational, but at every meet for the rest of the short course season.\*\*

### **Coaches' Contact Information:**

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

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

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

Miriam (Bronze Coach): [miriamtesta@me.com](mailto:miriamtesta@me.com)

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

*Congratulations to all of our swimmers who participated in the NLU Sprint Decathlon meet! Our Lancers achieved many personal best times! WAY TO GO!!!*

From our Parent Handbook:

Fort Leavenworth Lancers Volunteer Service Agreement:

The success of Fort Leavenworth Lancer Swim Meets and functions depends on the support of our parents. As a full-time, year-round swim team; each Lancer family agrees to support the team by working 36 service hours per year. Having sufficient staff at home swim meets is our top priority so Sixteen (16) of the 36 hours must be fulfilled by physically volunteering to fill positions at home swim meets. Fortunately, there are more than enough home swim meets and team events for each family to easily fulfill their required hours. Volunteer hours may be earned in many ways and it is a great way to support the team, grow the sport and socialize with fellow swim families. Some common Volunteer activities include:

- Working at the two home swim meets and/or team-sponsored events
- Working as a timer or official at swim meets hosted by other swim teams
- Volunteering for one of the numerous tasks that arise throughout the year
- Bringing in a paid sponsor (each \$10 donation = 1 hour volunteer hour)
- Donating food/items or equipment for the meet.
- Serving on the Board

If you have additional skills you feel may benefit the club, contact our President to discuss further options. While we encourage all families to fulfill their service hour obligation by volunteering with the many team activities and events, we understand that family schedules and dynamics differ and some may find it easier to “purchase” their volunteer hours. At the end of the swim year (July 31st ) or when a family leaves the team, unfulfilled service hours will be invoiced at the rate of \$10.00 per unfulfilled hour. (Service hours accrue at a rate of 3 service hours per month)

**Sign-ups for volunteer opportunities for our home meet will be coming soon!**



**A HUGE thank you to the parents who have already stepped up to lead: Erin J and Joni B, our Concessions leads; Faith L and Adam G, our Hospitality leads; and Lori K, our Awards lead.**



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!!!**