



Est. 1965

December 2015 — January 2016

# News & Current Events



## President's Lane

We have had an amazing start to the Short Course Season, haven't we?? Most of our swimmers have attended their first away meet- aren't they fun?? The Lancers have been posting great results at these meets already! It is so cool to look around the stands and see so many Lancer shirts. Even though we have just started, can you believe we are already half way through the season??

High five, parents, for keeping up with your swimmers last month! Bring Your Parent to Swim nights were well attended (and all of the parents survived!). Swim-a-thon was so much fun! Did you hear that our swimmers totaled more than 183 miles in just one night?? That is nearly half way across Kansas! Donations are due now so stay tuned to see who raised the most in donations.

And the holidays... everyone has stuffed themselves with turkey so now it's time to hit the malls and wrap those gifts, right?? While many of our families will hit the road during Christmas Break to visit family afar, we will hold practice for those who will remain in the area. Check the calendar for NO PRACTICE days, but there are not many. Before everyone leaves, we will hold our Lancers Team Holiday Party! Mark your calendars for Thursday, December 17 @ 6pm. We will be bowling and chowing together; watch for more details in your email.

Since we will not publish the next newsletter until February, I want to wish everyone a Merry Christmas, Happy New Year and Blessing to All!

-Jamie

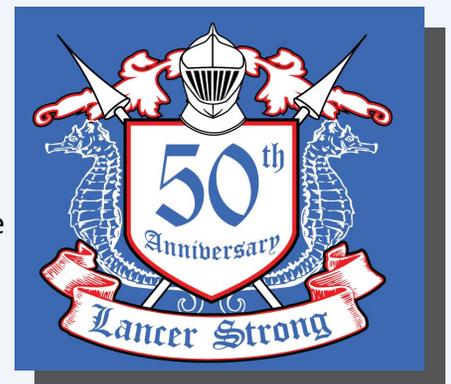
## Editor's Entry

What a busy two months we've had! As I sat down preparing to begin this edition of the newsletter, my mind ran through all the things that have happened over the past two months. Wow! Here are just some of the things we've done since the last edition: the Splash Invitational Home Meet, the FTLL Painting Party, the Freddy's FUNdraiser Check Presentation, the Eryn Baird Invitational Swim Meet, the Bring your Parents to Practice nights, the Team Pictures, the Frosty Frolic Swim Meet and of course the Swim-a-thon.

As a result, this edition might be heavy on pictures because I want to capture all of our fun. Please indulge me this.

As we bring our the Lancer's 50th Anniversary year to a close, I just wanted to thank everyone for all of their support throughout the past year. I wish everyone a safe and joyful Holiday Season, and let's have a great 2016!

Tim



# Coaches' Corner

## Swim suit 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 races. These suits are not to be worn during warm up only for 12 and older 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. 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 prohibitive for most families. USA swimming has new rules regarding these suits for age group swimmer that will be in effect starting January 1<sup>st</sup>.

**No tech suits for swimmers 12 and under at any meet except sectionals**

**No tech suits for non-championship swim meets**

### Limit of tech swim suit performance

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

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 a small part of an acritical from John Leonard from USA swimming and a hyper link to the full article.

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? Uhoh., well, honey, get him another one....we can't have Joe Jones's son Pete beat him in the 200 free tomorrow. 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. Let's 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?

[http://www.teamunify.com/stslca/doc/LCA Website Policies 1.pdf](http://www.teamunify.com/stslca/doc/LCA%20Website%20Policies%201.pdf)

## Swim-a-Thon

What a great evening that was! Thanks for all of the parents and volunteers that pulled off a great event, but an even bigger thanks to our fantastic swimmers!

We had 76 swimmers participate and they logged over 183 miles! Many of our swimmers swam more than five miles in the two hours allowed. Well done.

We are still tallying donations, but it looks likely that we will meet our fund-raising goal for this event.

Congratulations to Elizabeth Bert who swam the farthest for the evening finishing 139 laps.

Thanks again for all of the fantastic effort.



### MARK YOUR CALENDARS

**WHAT: Lancers' Holiday Party**

**WHERE: Strike Zone Bowling Center (next to Harney Gym)**

**WHEN: Thurs, Dec 17th, 6:00pm**

**COST: \$6 per participant**

**Includes:**

- 2 Slices of pizza**
- 1 Refillable Soda**
- 1 Pair of Shoes**
- 2 Games of Bowling**
- Tons of Fun!**



# 2015-2016 Lancers Short Course Meet Schedule

Dec 5-6 Winter Qualifier*		Lawrence, KS
Dec 11-13 Winter Classic*	(This is a qualifying meet)	Lawrence, KS
Jan 8-9 All Stars*	(Selected swimmers will be notified)	Indiana
Jan 8-10 True Blue Igloo		Topeka, KS
<b>Jan 29-31 50 Free Shootout</b>	<b>(Home meet)</b>	<b>Fort Leavenworth, KS</b>
Feb 5 8 and Under Championship	(All 8U swimmers)	TBA
Feb 6-7 MAL Championship	(League Championship)	TBA
Feb 19-21 District Championship*	(This is a qualifying meet)	TBA
Feb 26-28 Short Course Championship*	(This is a qualifying meet)	TBA

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. After the Missouri Valley Fall Meeting we will announce the location of all TBA meets.

100% team participation at Home Meets is required. The 8 and Under Championships as well as the MAL meet are highly encouraged as we compete for a team trophy and all swimmers personal best times count.

\* 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.

## 2015–2016 Practice Holidays

*Please note that dates in **RED** are changes from the last edition.*

*24-25 DEC—Christmas*

*31 DEC—1 JAN—New Years*

*15 JAN—MLK Day*

*15 FEB—President's Day*

*14-18 MAR—Spring Break*

*30 MAY—Last Day of School*

*4 JUL—Independence Day*

### NOTE:

- **These dates are subject to change based on MWR and/or Harney Gym scheduling**

**Mark Your Calendars!**  
**Ft Leavenworth Lancers**  
**Dates to Remember**

# December 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> 2015 Winter Qualifier
<b>6</b> 2015 Winter Qualifier	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Midwest Winter Classic
<b>13</b> Midwest Winter Classic	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> FTLL Christmas Party 6:00pm	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> No Practice	<b>25</b> No Practice	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> No Practice		

# January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> No Practice	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> True Blue Igloo
<b>10</b> True Blue Igloo	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> Martin Luther King B-Day No Practice	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> 50 Free Shoot Out Home Meet
<b>31</b> 50 Free Shootout						

# Swim Nutrition



## 16 BREAKFAST IDEAS FOR THE YOUNG SWIMMER

12/18/2014

BY JILL CASTLE, MS, RDN

To eat, or not to eat, breakfast? This is the question young swimmers may struggle with as they scurry out the door to make morning practice or catch the bus and get to school on time.

For growing kids and teens, starting the day with breakfast has its benefits. Breakfast consumption has been linked to better nutrient intake, mental function and academic performance. Skipping breakfast has its drawbacks. A 2010 National Health and Nutrition Examination Survey (NHANES 1999-2006) survey of children aged 9-18 looked at self-reported breakfast eating patterns and the types of breakfast foods eaten. Researchers found that 20% of children and 35% of teens skipped breakfast, 36% children and 25% teens ate cereal, and the rest ate a variety of different breakfast foods. Interestingly, breakfast skippers had higher body mass indices (BMIs) and a higher prevalence of obesity, while cereal eaters had the most favorable nutrient intakes and weight scores.



We have less data for young athletes and their breakfast consumption patterns, particularly about what constitutes the perfect breakfast amount, and composition. However, it is known that carbohydrate-based foods are needed as fuel for athletic performance, and protein sources help build and repair muscle tissue. So it makes sense that young athletes may benefit from the healthy habit of a daily, balanced breakfast. To make getting breakfast on board for your young swimmer easier, check out these breakfast ideas categorized by preparation method:

### REFRIGERATE OVERNIGHT

1. **Peanut Butter and Chocolate Swirl Overnight Oats** (see August & September Newsletter for recipe)
2. **Greek Yogurt Parfait:** Layer vanilla Greek yogurt, fruit, and granola in a glass or Mason jar.

### GRAB-N-GO

3. **Peanut Butter sandwich on whole grain bread:** Make this the night before. Add jelly if you like.
4. **Trail mix:** Use a commercial trail mix or make your own with nuts and dried fruit.
5. **Nut Butter and fresh fruit:** Can you say banana or apple and peanut butter? Vary your nut butters with almond, cashew and try sunflower seed butter too. There are many small convenient packets of nut butter available.
6. **Gorp:** Mix dry cereal, nuts, raisins/other dried fruit, carob or chocolate chips together in a baggie.
7. **String cheese and whole grain crackers**
8. **Hard-boiled eggs**

### PREP IN 5 MINUTES...

9. **Smoothie:** ½ cup 100% juice or nectar; ½ cup milk; 1 cup frozen fruit; ¼- ½ cup Greek yogurt
10. **Bagel sandwich:** Layer ham and cheese on a bagel. Zap in the microwave for 30 seconds to warm.
11. **Egg and cheese on an English muffin:** fry an egg; toast the muffin; assemble with a slice of cheese into a sandwich.

**12. Breakfast burrito:** Take a whole grain tortilla, fill it with scrambled egg or tofu, add cheese, avocado, leftover veggies and salsa, and roll it up.

**13. Walking waffle:** Toast two whole grain waffles, spread with nut butter or cream cheese, top with fresh fruit or jam, and assemble as a sandwich.

**14. Instant oatmeal:** Mix hot water and oats in a to-go coffee cup; top with walnuts and blueberries. Don't forget the spoon!

#### FREEZE AHEAD

**15. Egg and veggie cups** (see October & November newsletter for recipe): Make these over the weekend and freeze them. Heat them in the microwave in the morning and grab a piece of fruit as a side.

**16. Breakfast cookies:** Try *Pumpkin breakfast cookies* (see recipe below) or *dried fruit and peanut butter cookies* (see August & September newsletter for recipe). Toss in a milk box or 100% juice alongside.

*Jill Castle, MS, RDN is a childhood nutrition expert and co-author of Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School ([www.fearlessfeeding.com](http://www.fearlessfeeding.com)) and author of Eat Like a Champion: Performance Nutrition for Your Young Athlete (July 2015). She is the creator of Just The Right Byte ([www.justtherightbyte.com](http://www.justtherightbyte.com)), and lives with her husband and four children in New Canaan, CT.*



## PUMPKIN BREAKFAST COOKIES



### Prep time

10 mins

### Cook time

15 mins

### Total time

25 mins

These pumpkin flavored healthy cookies make a great seasonal grab-and-go breakfast. With hearty wholegrain oats, cranberries and pumpkin seeds

Yield: Makes about 12 cookies

### Ingredients

- ¼ cup coconut oil, melted
- ¼ cup honey
- 1 cup rolled oats
- 1 cup quick cooking oats
- ⅔ cup dried cranberries
- ⅔ cup pumpkin seeds
- ¼ cup ground flax
- 1 teaspoon pumpkin pie spice
- ½ teaspoon salt
- ½ cup pumpkin puree
- 2 eggs, beaten

### Instructions

Preheat oven to 325 F. Line a baking sheet.

In a small bowl warm coconut oil and honey (either microwave, inside pre-heating oven or on the stove top).

In a large bowl combine both kinds of oats, cranberries, pumpkin seeds, ground flax, pumpkin pie spice and salt. Add pumpkin puree, eggs and warmed coconut oil and honey. Stir until fully combined.

Drop about ¼ cup sized scoops of the mixture onto a cookie sheet and flatten (cookies won't spread while baking). Bake for about 15-20 minutes until edges are lightly browned.

Let cookies cool on baking sheet before moving to an airtight storage container.

Recipe by LeelaLicious at <http://leelalicious.com/pumpkin-breakfast-cookies/>



  
**Merry Christmas**



## Training is gearing up — so should your calorie consumption!

By: Coach Helen Lochow

Many of you were probably surprised at how much your swimmers could swim during the swim-a-thon. Well now imagine them doing this every day? For the Gold and Platinum swimmers that is pretty much a regular day for them. Bronze and Silver swimmers are swimming close the same number of yards they completed in the swim-a-thon daily as well. Last month we had a large number of swimmers out sick with the flu and upper respiratory infections. While it is a normal time of year for these minor illnesses there are a few things to do at home to help insure your athlete stays healthy and continues to be successful in their sport.

1. **Nutrition:** Are they getting enough to eat? If you're not sure, have them keep a food journal for a week. You may be surprised on how poorly they are eating. Are they eating school lunches and making good choices? Salads, while fine for most of us adults, do not provide enough protein for your athlete. Sodas and junk food are empty calories and should not be part of their regular daily diet. Do they eat a small meal before practice and a snack after school? Their young bodies need fuel during practice and an apple after school is not enough. Baked potatoes/ PB& J sandwiches/crackers & cheese with a piece of fruit are

good choices. Granola bars take longer to get into their system and will not provide them with enough of what they need during a hard practice.

2. **Send a snack to practice, something easy and quick to eat. (Platinum and Gold Swimmers only)**
3. Last recovery for practice the next day. Many of your children are showing up to practice tired and struggling to finish a warm up. USA Swimming and Nutritionists specializing in athlete performance all say the same thing. Plain old chocolate milk made from 2% milk or whole milk and powered chocolate mix. Not chocolate syrup but Nesli quick milk or a generic brand. This should be drank within 30 to 60 minutes after a workout.
4. They don't need supplements just a plain old Flintstones vitamin or a Centrum vitamin. These are the only supplements approved by USA Swimming. Avoid products from GNC. Years ago they sold me a product that said it was safe for kids, and when I looked it up at home it had human growth hormone in it.
5. Remember keep them hydrated. Water /Gatorade and smart water are all good drinks for training and swim meets.

If you have questions regarding what your child should be eating ask your coach they have had specialized training in sports nutrition and they love to share their knowledge.

### INTERESTED IN LEARNING MORE ABOUT YOUNG ATHLETE NUTRITION?

Download the [TrueSport Nutrition Guide: Optimal Dietary Intake...the Basics. For Sport. For Life](#), available from the USADA and hosted on the USA Swimming Website at: <http://www.usada.org/resources/nutrition/>

# Do you recognize these swimmers?

Here's a hint, look at page 18 for the answers.



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



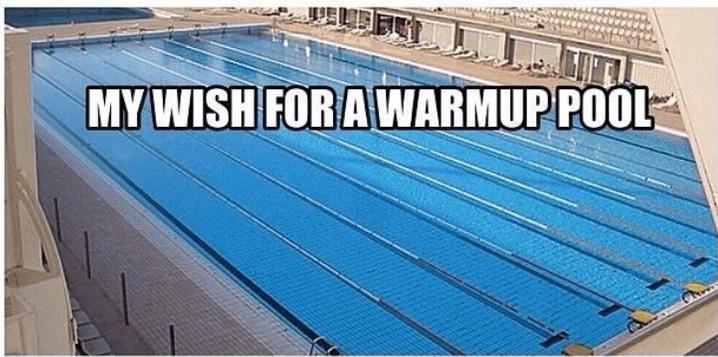
18



19



20



*Happy Birthday Lancers!  
December through January*



<b>Michael B.</b>	<b>DEC</b>	<b>Kristin M.</b>	<b>DEC</b>		
<b>Haley L.</b>	<b>DEC</b>	<b>Jeffery J.</b>	<b>DEC</b>	<b>Alexander S.</b>	<b>DEC</b>
<b>Caitlyn M.</b>	<b>DEC</b>	<b>Tyler M.</b>	<b>DEC</b>	<b>Kate R</b>	<b>JAN</b>
<b>Isabelle E.</b>	<b>DEC</b>	<b>Greyson W.</b>	<b>DEC</b>	<b>Madeline W.</b>	<b>JAN</b>
<b>Genevieve S.</b>	<b>DEC</b>	<b>Maria S.</b>	<b>DEC</b>	<b>David S.</b>	<b>JAN</b>

## 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.



This quarter the team made \$118.37. This money goes back into the team for the purchase of new team equipment. Look out for new hand paddles coming soon!



*Thanks Swim Outlet!*

# Mental Toughness

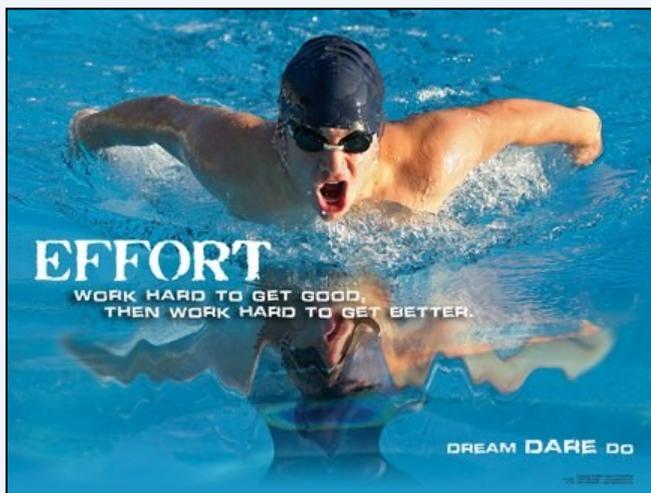
## STAYING TOUGH DURING THE MID-SEASON DOL-DRUMS

1/20/2015 BY DR. ALAN GOLDBERG//COMPETITIVEEDGE.COM

### THE PROBLEM – A MOTIVATIONAL CRISIS

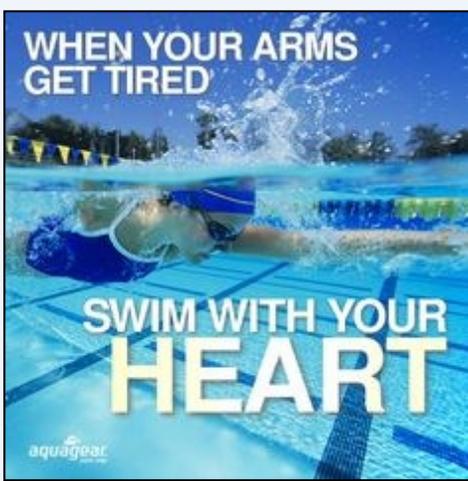
The days are so much shorter now. It gets dark so early, and, if you're living in certain places around the country, like I am, it's also gotten pretty darn cold. Burrrr!

The thought of having to drag yourself out of a nice warm bed to go and freeze your butt off while training seems so painfully unappealing. This is the time of the season when it feels like you've been pushing yourself forever. You're tired, broken down and your motivation has done a disappearing act. You get up early, train, then go to school, train, then go to bed and then you have to turn around and do it all over again. Is this fun or what? It just seems so difficult to keep yourself focused, excited and working



hard, set after set, practice after practice under these circumstances.

So what can you do to make the most out of these "dog days" of winter training when you are so tired and far-removed from the excitement of the taper meet? How can you keep yourself pushing forward and maintain a high quality of training when there is such a



strong gravitational pull to quietly do just the opposite, to mentally slide into an unconscious, just-going-through-the-motions state?

### THE SOLUTION

Understand that while this time of year presents the greatest motivational challenges for most swimmers, staying excited and focused enough to consistently work hard, it also can potentially present you with the **GREATEST OPPORTUNITY**, a chance to truly separate yourself from the



competition. What am I talking about?

Well, while you're seriously struggling with staying motivated, guess who else is? That's right! **Everyone else who you have to compete against!** You are not the only swimmer in the pool who's tired and having trouble maintaining your enthusiasm at this time of the season. Just about everyone around you is also struggling with the very same thing. If you can keep this fact in mind, then you can use it to energize your own motivation and training.

**The swimmer who can mentally handle these tough weeks in mid-season the best, that is, the athlete who can stay focused and personally invested in their training every day, is the swimmer who will eventually get much more out of their training and eventually come out on top at taper time!**

### HOW DO YOU STAY FOCUSED AND PERSONALLY INVESTED?

Keep in mind that it is not simply enough for you to just show up **physically** to train. That is, **just putting the time** in the pool won't get you to where you want to go and won't generate any excitement or motivation. **The key here**

# Mental Toughness (cont.)

**is what you put into the time!** If you have BIG dreams in this sport, you can't successfully reach them without being mentally and emotionally invested in the training. You have to have a personal purpose or BIG ENOUGH WHY to push yourself! This is something that **YOU REALLY WANT TO ACCOMPLISH!** You have to keep that BIG goal of yours in mind whenever you train, each and every day. You have to be able to connect what you're doing right now, in this set when you're tired and

worn down, with where you want to go come taper time or beyond.

By keeping your dream for this season or that **BIG ENOUGH WHY** close to you whenever you train, by continually asking yourself, "How is what I'm doing right now going to help me get to my goals?," then you will have a much better chance of maintaining a high quality of focus and excitement in this prac-

tice and the next. If you do that every day, which is NOT an easy task,

then you will begin to distance yourself from the competition.

So when you go to train, think about all the other

swimmers who are doing the very same thing that day. Can you make your training more important to you? Can you connect your swimming right now to where you want to go in this sport? Can you

remind yourself today, especially if you're feeling tired and de-motivated, that you have an unbelievable opportunity to begin to leave the competition in the dust if you do the right things? And all you have to do is to make this practice and this set important to you! Put your mind and heart into what you're doing every day and you will soon find that those winter doldrums quickly disappear and that your training will go to the next level.

Don't worry about the other guy.

Focus on what

**YOU'RE**

doing.



## The 50 Free Shoot Out

Our second home meet this season is just around the corner, 29-31 January 2016.

If you are interested in taking a more active role in the running of the meet, please see or contact Jamie Sampsel at [president@fortleavenworthlancers.org](mailto:president@fortleavenworthlancers.org) or Marlee Marshall at [marleemarshall67@gmail.com](mailto:marleemarshall67@gmail.com).

Keep an eye out for more information soon!

# Congratulations to all of the Lancer First Place Finishers from the Splash Invitational!

Elizabeth Bert (Female, 13-14): 200 FREE

Michael Bert (Male, 10 and Under): 50 Free, 50 Breast, 100 Fly, 200 Free, 200 IM

Ignacio Dieguez (Male, 13-14): 50 Free, 100 Free, 100 Breast, 100 Fly, 200 Breast, 400 IM

Kato Fischer (Male, 13-14): 100 Back, 200 Fly

Trinity Hall (Female, 13-14): 100 Back

Weston Marshall (Male, Open): 200 Fly

Eli Radio (Male, 8 and Under): 25 Free, 25 Back, 25 Fly

Patrick Saltysiak (Male, 8 and Under): 25 Breast

Cecilia Saltysiak (Female, 10 and Under): 100 Free, 100 Back, 100 IM, 200 Free, 200 IM

Abra Verzola (Female, 13-14): 100 Breast, 200 Breast, 200 IM

**Relay Teams: 9 Lancer Relay Teams finished in First Place!**

**Well done everyone!**

## Lancers About Town

### What a Busy Two Months It's Been!



**Freddy's donated \$474.25  
to the FTL following our  
FUNdraiser there. Thanks  
Freddy's!**



**Eryn Baird Swim Meet at  
Gladstone**



**Lancer's Painting Party**



**Bring Your Parent to Practice**





# Splash Invitational



# Swim-A-Thon!





**Dryland Continues**



**Celebrating Coach LeeAnne and Woody's Anniversary**





1. Arabella M



2. Jordyn M



3. Darby M



4. Cora F



5. Justin M



6. Ellie E



7. Jeb M



8. Stephen M



9. Kaidence S



10. Gabi M



11. Hannah M



12. Alexa B



13. Isabelle E



14. Saltysiak Family



15. Madeline E



16. Weston M



17. Jackson E



18. Elizabeth B



19. Abra V



20. Michael B



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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 add to the FTLL Shutterfly Website or suggest for inclusion 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](mailto:timmarshall65@gmail.com)

**SWIM FAST!!!**