

Lakeside Aquatic Club

November 2022 Newsletter



9 Reasons to Be Thankful for the Sport of Swimming

For many swimmers and their loved ones Thanksgiving means a day (perhaps even off from the pool?) of gorging, hanging out with family, and taking the opportunity to catch up on some well-deserved sleep. While stuffing your face full of, err, stuffing, take a moment to be thankful for being a [competitive swimmer](#) and all that it has to offer you over the course of your life. Here are just 9 of the reasons to be thankful for our sport:

1. The results are what they are.

Swimmers deal in seconds, in hundredths of a second, in concrete, measurable terms that can't be fudged or denied. Similarly, there are no flukes in swimming. You don't get a lucky bounce, or a last second hail mary that hits three players before landing in the offensive team's hands for a score.

The sport provides you an accurate and fib-proof manner in which to measure your performance. Those tenths and hundreds of a second that mark the difference between first and second are accumulated through tiny changes in technique, our swim starts, and our [flip turns](#).

2. Swimmer's body.

You don't hear too many other sports with this type of title: Football body, soccer body, or cricket body. The V-shaped back and shoulders are especially unique to swimmers. With that broad back comes boulder-shaped shoulders, and of course the countless number of laps and hours putting in work in the water gives us those lovely abdominals. If there is one thing our vanity has to be thankful for this year, [it's our swimmer's body](#).

3. It allows you to complete superhuman feats of eating.

[Michael Phelps](#), beyond all of his gold medals, was also notorious for how much food he ate (even though that initial [12,000 calorie diet was a bit of a myth](#)).

With the vast swaths of laps that we cut through, the hours upon hours of staring at the black line, and with exercising in cold water preventing the release of certain appetite-suppressing hormones, we can eat. *A lot*. Our friends never cease to be amazed, and our parents never cease to be exasperated at the grocery bill. See Also: [Nutrition for Swimmers: The Ultimate Guide to Better Eating and Faster Swimming](#)

4. The quietness of an empty pool.

There is nothing better than getting into a quiet pool when the world outside is stressing you out. The pool will always be a refuge from the stress of school and work, of relationship drama, of the pressures and annoyances of day-to-day life. For a few moments when you slip into the water the world and your problems fade away, leaving just you and the black line.

5. A personal best time.

The [swimmer's taper](#) is a bit of an anxious period of time—"How do I know it is really working?!" But the moment you hit it just right and crush one of your best times is one of the best experiences of the sport.

Finally all of your hard work and those [early mornings](#) crystallize into a swim that that has you swimming faster than you have ever gone in your whole life.

6. Swim parents.

As we sit around the Thanksgiving table this year we will be doing so with our parents. Beyond the duties of trying to raise us into being contributing members of society, they are also [swim parents](#), which means they have also acted as leader of the carpool, official, towel-dryer, food distributor, and their most important role in our swimming career, cheerleader.

7. No matter what pool you go to, it is home away from home.

No matter what facility you go to, on whichever corner of the globe, the moment you climb into the familiar feeling of a suit and goggles, and then hop into a chlorinated container of water, you can't help but feel like you are home. See Also: [Swim Goggles: Everything You Ever Wanted to Know](#)

8. The people we share the lane with every single day—our teammates.

Sure, there are times [that our fellow swimmers might drive us a little crazy](#), like when they don't follow the interval properly, or push off right after we do, or absent-mindedly swim down the middle of the lane. But they are also the ones with a spare set of goggles the moment yours break behind the blocks, the first to stand up and cheer for you, and the first to offer a shoulder after a disappointing swim.

9. Our swim coach.

Granted, the relationship with our swim coaches can be tumultuous at times. (Especially when they add an extra set at the very *end* of our [swim practice](#) when there is only, like, ten minutes left.) But there's no doubt that they have pushed us to be better, even if we resisted at times more than was necessary. They give us the opportunity to push ourselves and to see firsthand that we are more capable than we'd ever thought possible. They have also been there for us when we came up short on our goals, provided direction when we felt lost, and celebrated with us when we finally succeeded.

Coaches are Thankful for...

The LAC coaching staff is thankful for all the wonderful young people and their families that they work with. The coaches are blessed to work with the friendliest, most enthusiastic, and hardest-working swimmers. It is a pleasure to help these young athletes develop and grow. Thank you for giving us this opportunity and have a great Thanksgiving.



Lakeside Social Media and Websites

**Did you know that Lakeside Aquatic Club has an Instagram and Tiktok account?
YouTube and Facebook?** Find us on:

- Instagram (@lac_lakeside)
- TikTok (@lakesideAquatic)
- YouTube (Lakeside Aquatic Club)
- Facebook (LAC Lakeside Aquatic Club)

[USA Swimming](#)

Families will register and renew swimmers and non-athletes through a parent account with USA Swimming. **If you are a returning swimmer to LAC and have not renewed your USA Swimming membership. Please complete the registration by clicking [HERE](#)** (should only be completed by swimmers who are not yet registered through 2023). Here is a good resource for how to complete the registration correctly [Help Videos](#)

USA Swimming is also now available as an App through Apple and Google play. *The app is replacing Deck Pass, Deck Pass plus and will not support log-in credentials for those apps.* You can also find a swimmer's best times, educational materials and much more.

Lakeside Aquatic Club Web-site ([LINK](#)) has lots of information from meets, to volunteering, swim gear and team policies. Below are just a few of the website pages to help guide you through your Lakeside journey.

Meet Registration Page ([Link](#))

Time Standards Page ([Link](#))

Team Records ([Link](#))

Volunteering Obligation Page ([Link](#))

Meet Volunteering Jobs ([Link](#))

Team Outfitting (Practice & Meets) ([Link](#))

LAC Spirit Wear ([Link](#))

Guideline and Policies ([Link](#))



Holiday Eating for Athletes

By LAC Coach Kara Guenther

Holiday season is upon us! This is a time full of great food, family, travel, and mid-season swim meets. However, it is also the time when many people are getting sick. Eating the right food, staying hydrated, and taking time to rest are going to be key this holiday season.

Stay full of good sources of protein and high fiber foods. Add fruit and vegetables to every meal to get the proper vitamins and minerals to keep your immune system functioning at its highest capacity.

Colder months have everyone eating lots of carbohydrates and proteins. Make sure to focus on whole grains and different sources of protein. Mix up your meals! Instead of pasta for dinner one night, try a dish with farro and mix in your favorite chicken recipe. Farro is an excellent source of whole grain with a chewy texture and nutty flavor.

Here is a great recipe for the fall!



<https://www.thisgalcooks.com/skillet-farro-and-turkey-sausage-casserole/>

For more information on what swimmers eat, please read this [article](#) written by LAC coach Kara Guenther and posted on the LAC website under the parent tab with Newsletters/Articles



The Benefits of Optimism and Gratitude for Age Group Swimmers

By LAC coach [Jasmine Haas](#)

This month is all about optimism and gratitude. With Thanksgiving coming up, what a perfect opportunity to focus on what is going well for us? So, what is the benefit of being optimistic or showing gratitude?

Research shows it makes you healthier, happier, and even faster in the water!

Physical Health

Being optimistic helps get your heart into coherence. What this means is the things we say to ourselves can impact our heart rhythm, and how well our heart is syncing up with our brain. Having a heart in coherence can boost your immune system, decrease your cholesterol levels, and cause you to experience less stress! Optimism increases our life expectancy, and optimists are found to be sick less often as well.

Mental Performance

Optimism helps make you more resilient. This is a huge benefit in swimming: if you have a race that goes poorly, you are able to recover from this setback more quickly and move on to your next event. This is also a benefit in practice-if a set doesn't go your way or you find something really difficult, you are able to keep going instead of letting this weigh you down! Optimism also helps you be happier more often, and it

helps us connect more and feel closer bonds to those around us. So if we find ourselves struggling to connect to our teammates or coaches, or maybe even our friends at school, this could be a great place to start!

Swimming Performance

Being optimistic has been shown to literally make you a faster swimmer! A study was done at the University of Pennsylvania where swimmers were asked to swim a race as fast as they could. They were then given a false time which was significantly slower than the time they had actually achieved. After this, they were given a chance to swim this race again, and guess what? The researchers found that the swimmers who were optimistic used the negative feedback from the first race to fuel an even faster time in their second try! However, the athletes who were not very optimistic swam much slower the second time around. This shows that optimism can make a huge difference in meet performance!

What Can We Do to Become More Optimistic?

We used to think that our brains were not changeable: what we were born with was what we got. We now know this is not true at all, and the way we use our brains shapes the structure of our brain and how we experience the world as a result! It used to be beneficial to human survival to see and remember negative things more often: we needed to know what was a danger! Now we are much safer as a species, and this tendency to look for the negative results in a lot of unnecessary stress for us. Therefore, we have to reshape our brains by deliberately focusing on the good things that come to us!

This is no easy task, and it takes deliberate work over time to achieve. So what can you do? Make this a task as a family, or a team! Research shows that spending 5 minutes a day can make all the difference: all you need to do is make it a habit to

find one good thing that happened that day. Think of something or someone you are grateful for, or just one thing that went right in your day, and share it with one person! This won't always be easy, sometimes it is really hard to think of anything good in a situation or day. However, the more you can practice this, the easier it will become over time!

Thank you for reading this article and I hope this encourages you to find some time for gratitude in your day!



LAC Starter Pack shirts are always available to order through the LAC Website

LAC T Shirt Grey-Red-Black pack of 3: \$52 billed to your LAC account

LAC Tshirt individual: \$20 billed to your LAC account

All information can be found on our website. You must be logged in and it is under the tab [Spirit Wear](#).



New Junior Swim League is off and running for Bronze and Silver Level Swimmers

LAC is proud of our Junior Swim League this year. We have done a great job of making improvements to each meet and learning from mistakes from the past meets. **This coming JSL meet on November 19, we will need help from parents to volunteer for this meet, due to 2 major high school meets happening that weekend.** Please look out for the volunteer sign ups for this meet. Even though we need parents to volunteer, we cannot give out volunteer points for any JSL meets. We will have some swimmers helping us out, but we will need your help to time and make this meet go off without a problem.

Finally, we will cancel our December 2 and 3rd JSL meets due to our coaching staff having to work other meets this weekend. **In place of the JSL meet, all Bronze and Silver swimmers should attend the Jingle Bell meet at the Lewisville WAC on December 9th through the 11.** Families can go to the LAC register for the meet now. If you are unsure on what events to select, please talk to your coach about events to swim at Jingle Bell.

Thank you for all your help and support! Go Lakeside!

Jason Walter
Head Coach
Lakeside Aquatic Club

<u>Date</u>	<u>West Side Site</u>	<u>East Side Site</u>
Saturday, October 29 th	Northwest ISD	The Colony
Saturday, November 19 th	Northwest ISD	The Colony
Friday, December 2nd	Northwest ISD	The Colony
Saturday, December 3rd	Northwest ISD	The Colony
December 9 to 11 Jingle Bell Meet Westside Aquatic Center in Flower Mound		
<i>*Times from The Jingle Bell meet will count as Official USA Swimming Times.</i>		
Saturday, January 28 th	Keller ISD	The Colony
Friday, February 10 th		The Colony
Saturday, February 11 th	Northwest ISD	

