

Lakeside Aquatic Club

October 2022 Newsletter



Lakeside Social Media and Related Apps 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)

Web-sites that LAC families use or may want to look at

[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.

[Age Group Motivational Time Standards](#) - pages 5 and 6 are the time standards used for 25 yard pool competitions.

[North Texas Swimming](#)

Local Governing site for USA Swimming in the greater DFW area. Meet information and results get posted here plus more.

[Texas Swim Association](#)

Governing body of Texas Age Group Championships (TAGS) and related events.

[SwimSwam](#)

Informational news site about all areas of competitive swimming

Apps that LAC families download and use

- USA Swimming App - See above for information
- Meet Mobile - used to upload heat sheets, unofficial meet results for almost all USA Swimming meets. Some meets stay more current than others.
- OnDeck-a Team Unify app that families can access their team account.





Hydration for Athletes

By LAC Coach Kara Guenther

Many swimmers ask themselves the same question: “Do I sweat when I swim?” The answer is: “yes, absolutely.” Swimmers, just as any other athlete, sweat as they are working out. Staying hydrated while swimming is very important.

Without proper hydration, athletes may experience cramping, tiredness, and joint pain. Water is always the go-to hydration source, but there are other ways to hydrate without drinking water or sugary beverages.

Here are some helpful tips and different products to promote hydration:

Try to limit regular Gatorade and fruit juice cocktail for the sugar content

Swap out for water, coconut water, or low sugar electrolyte drinks

Hydration is important for joint health, delivering nutrients to cells and improves sleep

For more information on hydration and 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



Mental Training for Age Group Swimmers

By LAC coach [Jasmine Haas](#)

Why is mental training needed for younger swimmers?

Swimming especially is a very mentally challenging sport, as athletes have tons of time underwater with nothing but your thoughts to keep you company. Yet, we spend so much time preparing ourselves physically to meet the demands of the sport, but we don't stop to consider the mental demands of sport!. At times, the mental demands of the sport are greater than the physical demands. Therefore, we need to develop a strong and resilient mentality to help us handle these challenges.

So for each newsletter, the LAC coaching will address a common mental challenge and how to best handle the situation. The coaching staff hope these little articles will help your swimmer's performances.

The Topic of October: **Dealing with Fears and Chaotic Thinking in the Pool**

Chaotic thinking is a pattern of thinking that is driven by emotion. It is distracting, and often difficult to escape or control. There are many different types of chaotic thought patterns, and they can appear in different ways in different individuals, but everyone has these, and it takes a lot of practice to learn to move past them effectively!

For example, has anyone ever told you they have something important to tell you-and then they disappear for a few hours and leave you wondering? Chances are, at this moment, you turn to chaotic thinking! Irrational thoughts and fears race through your mind. You rarely think the important things could be positive or not near as

important as you made it out to be. Preparing for a swim event, with an unknown outcome, can result in the same fears and irrational thoughts.

What can you do as parents when your swimmer starts experiencing chaotic thinking before a practice or a meet?

Use SET communication! This is an acronym that stands for **Support, Empathize, and Truth**. Show them you are Supportive with a statement that conveys you care. Empathize with them by telling them you can see they are distressed or not feeling good. Then give them a piece of Truth by giving them objective, undeniable facts grounded in evidence.

For example, say your swimmer is really nervous to race at a meet. They *know* they aren't going to do well, to the point you can't even get them out of the car to go into the pool once you arrive. Using SET communication might look like this: **Support** - "I'm encouraging you to go even though you're nervous because I know swimming is important to you and I want you to reach your goals". **Empathize** - "I can see you're really nervous, and you probably want to give up and go home right now". **Truth** - "The facts are that you've put a lot of hard work in at practice for many weeks to prepare for this. Your coach let you sign up for this meet and they've seen you swim, they know you're ready for this. I will be there and your coaches will be there to help you if anything goes wrong, and if you make mistakes, you can learn from them and be even more prepared next time."

Provide a distraction! Instead of ruminating on the fear and worry, jolt them out of this state by generating positive emotions somehow! Talk about something interesting, tell a dad joke, do a fun activity, or listen to an upbeat song!

When in doubt, ask them to look at the evidence for the conclusion they've drawn. Is there evidence to support their conclusion? Are they dismissing or overlooking any relevant information? Oftentimes, it can be hard to be rational when we are in the depths of our emotions, and having an outside perspective can help us course correct!

Thank you for reading this article and I hope this helps the next time your swimmer develops chaotic thinking patterns.



LAC T Shirts, they are in, sorted and ready for distribution.

An email was sent out with each site's delivery information. This is the first time since 2018 that we ordered and distributed gear in this manner. If there is a mistake with what we packed in your order OR if you accidently ordered the wrong quantity or sizes--please reach out to Coach Chrissy and we will work to correct it.

Fall Spirit wear sale will be available for on-line ordering soon. Be on the lookout for the email.

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](#).

LAC PERSONALIZED CAPS will go on sale on Thursday, October 20th through [the Xtreme Website](#).. Must be logged in under LAC portal to order personalized caps.



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

Our first meet to kick off the JSI season went very well! The meets started slow but once the meet got rolling the kids had a blast! The swimmers competed in five events: a 200 Free Relay, 50 Free, 50 Back, 50 Breast and 25 Fly streamline kick on your Back! The top 3 swimmers from each heat stood on an awards stand and got their picture taken! The swimmers really enjoyed the awards presentation! It was a great start to the inaugural season of the JSL. The coaching staff has lots of great ideas to make the next meet even better. Thank you to all that attended.

Thank you to all of the older LAC swimmers that timed, gave awards and officiated. It meant a lot to the younger swimmers to see their older teammates come out and support them! These meets are excellent ways for older swimmers to earn community service hours for their school or other activities. Below is the schedule for the rest of the meets. When the meets get closer be on the lookout for the volunteer registration email.

Coach Frank and GO LAC!!

<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 2 nd		The Colony
Saturday, December 3 rd	Northwest ISD	The Colony
Saturday, January 28 th	Keller ISD	The Colony
Friday, February 10 th		The Colony
Saturday, February 11 th	Northwest ISD	

***These meets are designed for fun and learning. These are not USA swimming meets and cannot be used to enter USA Swimming meets.**