



COACH TO PARENT NEWSLETTER

WHAT ARE THE COACHES THANKFUL FOR?

Justin Site

Coach Jeff is thankful for the LAC coaching staff for being so welcoming and supportive to him and Beth coming on board.

Coach Beth is thankful for her wonderful family and extended LAC swim family

Coach Cherish is thankful for the opportunities she is given, the chances to experience new things, and to be surrounded by creative minds. She is thankful to get to spend time with her husband, family, friends and cat. ;).

The Colony Site

Coach Steve is thankful that he can wear Hawaiian shirts and shorts to work, and that someone created pecan pie.

Coach Andrew is thankful for all his great swimmers and small kittens.

Coach Sue is thankful for family and campfires with smores.

Coach Jasmine is thankful to get to work alongside and learn from so many great coaches as she joined the team this season.

Coach Julie is thankful for the support of her family.

Flower Mound/Lewisville Site

Coach Tom is thankful for my family and their good health, the freedoms that we have in this country.

Coach Jonathan is thankful for friends and family who support me and my wonderful fiancé for putting up with me. I'm also thankful to be able to spend time doing what I love and call it a career.

Coach Chrissy is thankful for all types of family: immediate, extended and co-workers.

Coach Jay is thankful for all the people who helped him in life and work, so that he could adapt to everything in the United States so quickly.

Coach Leslie is thankful for her health and immediate family, and to have a job that she enjoys immensely.

Coach Connor is thankful for family, great swimmers and big dogs.

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SPECIAL POINTS OF INTEREST

- Articles for all 3 levels of swimming
- Links to several swimming web-sites
- Volunteer News



NOVICE PRACTICE GROUP QUESTIONS

BY BILL CHRISTENSEN



What else should my swimmer have or do for swim practice?

Having hundreds of age group swimmers walk past me daily, I have some ideas on what age group swimmers might also want to bring to practice besides a swimsuit, goggles, and a towel. These are not requirements, but best practices type of activities:

1) A pair of crocs or flip-flops – Swimmers go to the bathroom a lot, there is lots of activity on the pool deck. Having something easily to put on their feet to get around on deck or in the bathroom is a great idea.

"Having something easily to put on their feet to get around on deck or in the bathroom is a great idea."

BB/B/C MEET SCHEDULE

November 21st
LAC Distance Meet
Keller ISD

December 10 to 12

LAC Jingle Bell

Invite - WAC

No Time standards

January 14 to 16
NTN BB/B/C

Invite - Carroll ISD

February 18-20
BB/B/C Champs
WAC

- 2) Something warm that absorbs water to put on after drying off. Especially in winter, the pool deck and outside air will be very cold. Those little unicorn and dinosaur robes are awesome.
- 3) Check your swimmer's suit and goggles for functionality. Suits should not absorb water nor be transparent. Goggles should have the small parts and straps in good working order. It is a good idea to have an extra pair or two of swimsuits and goggles.
- 4) If your swimmer's group requires a mesh bag, get a bag that the swimmer can easily and quickly open during practice.



LAC is proudly sponsored by Arena, and Xtreme Swim is the exclusive team retailer!

For a list of equipment required for your specific practice group [CLICK HERE](#).

Swim Meet participants are required to wear a red LAC cap and a black Arena suit with LAC Logo.

Members receive discounted pricing on Arena products when purchased through our exclusive retailer, Xtreme Swim.

By Phone at 888-946-9873

WHAT ARE THE COACHES THANKFUL FOR? (CONT.)

Keller Site

Coach Jason is thankful to be able to compete and train this season in our great facilities across all LAC sites. He is also thankful for an amazing coaching staff at LAC whose focus is helping our athletes be the best version of themselves.

Coach Sarah is thankful for water. It keeps us all alive and it makes a fun playground!

Coach Shelley is thankful to live in a house full of happy, healthy, and extremely energetic kids and pets. She is double thankful to work at a pool full of happy, healthy, and extremely energetic swimmers. Being surrounded by giggles, school day stories and silliness keeps the joy in her every-day "adulting". "Thank you to our LAC families for sharing your kids with me", says Shelley.

Coach Bailey This season she is most thankful for family. She has appreciated all of the time they get to spend with each other- especially when they're all laughing.

Coach Donovan is thankful for the wonderful swimmers he works with and that he can grow a mustache.

PRACTICE DOES NOT GUARANTEE SUCCESS

No swimmer has linear success. No swimmer gets a best time at every single meet, even future Olympians. Even if your swimmer never misses practices, eats correctly, and has the best coach, they cannot escape having bad swims and meets. So, why do coaches preach attendance so much if there is no guarantee of success at the next swim meet? Because attendance is a habit of all great athletes.

#1 – Attendance is the 1st step to success. Like school, you don't get straight A's for just showing up. You have to listen, do your homework, and participate in class. In swimming, you do the same thing. You can't expect to do well on a test if you don't show up or prepare.

#2- Swimming is an aerobic activity. Improvement is partly based on maximizing how your lungs help transport energy to muscles. It takes years to fully develop a swimmer's aerobic development. This development is not always visible. A swimmer may not get best times at every meet, but the body is still getting stronger and improving its ability to handle faster swimming later.

#3- Perfect or near perfect attendance helps protect against injuries, illness, and other setbacks that can potentially end a swimmer's season. It is okay to miss practice occasionally. Everyone misses practice sometimes. However, swimmers with the best attendance, suffer the least amount of drop-off in performance when there are unforeseen injuries and illnesses. Swimmers with minimum attendance are hurt the most from unavoidable issues that arise.

Coaches want swimmers at practice as much as appropriate for the stage of development for each athlete. Practice attendance starts the building of good habits, aerobic capability and ensures against unforeseen future setbacks.

SWIMMING WEBSITES AND APPS

1 -USA Swimming

[https://
www.usaswimming.org/](https://www.usaswimming.org/)

2 - SWIMS Data Base

[https://
www.usaswimming.org/
times/individual-times-
search](https://www.usaswimming.org/times/individual-times-search)

3- North Texas Swimming

[https://
www.teamunify.com/
team/ntslsc/page/home](https://www.teamunify.com/team/ntslsc/page/home)

4- Texas Swim Association

(TAGS Info)

[https://
www.teamunify.com/
Home.jsp?team=tsa](https://www.teamunify.com/Home.jsp?team=tsa)

5- Texas Senior Circuit

[https://
www.teamunify.com/
Home.jsp?team=txtscs](https://www.teamunify.com/Home.jsp?team=txtscs)

6-SwimSwam (Swimming newsite)

[https://
swimswam.com/](https://swimswam.com/)

7-Swim Cloud

[https://
www.swimcloud.com/](https://www.swimcloud.com/)

8-Xtreme Swim Shop

[https://
www.xtremeswim.com/](https://www.xtremeswim.com/)

APPS for Swimming

1-OnDeck

2-Meet Mobile

National Level Article **Preparation “E”**

Successful competitive swimmers are “excellent” at being ready to perform, thus they have the most Preparation “E.” Successful swimmers prepare well at practice and at swim meets. The correlation between preparation and success is very high. Here are some habits of successful swimmers.

⇒ Successful swimmers have a mesh training bag and a water bottle ready before the start of practice. Before practice starts, they know they have working goggles, swim caps, and their swimsuits are tied. They also have back-ups for their equipment.



⇒ Successful swimmers are mentally prepared. They create plans on how to improve in practice. They don't just swim mindless laps or spend time chatting with their friends. They know practice will be challenging but they are determined to do it well. Successful swimmers get something accomplished at each practice.

⇒ Swimmers with great preparation “E” set goals to accomplish something at each swim meet. They have a plan to swim fast; not just to “swim fast.” The plan may be a racing or technique related strategy.

⇒ Well prepared swimmers also come prepared to swim meets with extra goggles, caps, towels, snacks, warm clothes. They warm-up and down properly no matter what obstacles confront them, such as cold water, crowded lanes, or they are upset with past swim.

Successful swimmers have lots of Preparation “E.” Learning to be prepared is a process, and it takes time to develop. But they can all learn to improve their preparation.

What should you eat before practice? After practice?

Before a swim workout, make sure to constantly eat small amounts of carbohydrates. Try whole grain carbohydrates or some fruits and vegetables. These foods will provide you with the energy to keep your arms and legs moving in the water and are also very nutritious. You should avoid fatty foods as much as possible, because they are harder to digest. Instead of pizza or burgers before a swim, why not opt for healthier foods that will make you feel good throughout your workout?

- 1) Whole grain pasta
- 2) Bagels
- 3) Bananas

It is important to help your body recover after a hard swim, which makes your food choices all the more important after swimming. These foods for to satisfy your post-swim cravings should provide you with proteins and nutrients to help your body recover for your next workout. Proteins will help repair your muscles and refuel your body, while fresh fruits and vegetables will keep you hydrated and replenish lost nutrients.

- 1) Lean Chicken
- 2) Eggs
- 3) Low-Fat Yogurt
- 4) Protein Bars



VOLUNTEER NEWS

<u>Date</u>	<u>Meet</u>	<u>Jobs Open</u>
1) <i>Sunday, November 21st</i>	<i>LAC Distance Meet at Keller ISD</i>	<i>Sunday, November 14th</i>
2) <i>December 10 to 12</i>	<i>LAC Jingle Bell Invite at WAC</i>	<i>Sunday, December 5th</i>
3) <i>January 7 to 9</i>	<i>LAC Ice Breaker at NWISD</i>	<i>Sunday, January 2nd</i>

Volunteers are needed at all LAC swim meets (plus other activities). Volunteers are most needed as timers, marshals, and hospitality workers. These are easy, low learning curve, jobs. If you are new to competitive swimming, these are the easiest. You can work meets that your swimmers participate in as well as other meets. The more volunteers the easier everyone's job becomes. If you want more information on the jobs available, visit the LAC website and they are listed under Parent Info.

The biggest benefit volunteering at meets is providing our swimmers a positive, organized, competitive experience. Volunteering also helps parents learn more about the sport and meet other swim parents. Some of the positions also allow you better viewing of your own swimmers experience.

The coaching staff appreciates all the time and effort put in by the parents to make LAC meets a success. Thank you for your time and dedication. ***If you have any questions, please email candices.saffle@swimlac.org.***