



**Lakeside Aquatic Club**  
Teaching Commitment, Building Character, Training Champions

# Press Release

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## **LAKESIDE AQUATICS CLUB'S ALEX SELLERS COMPETES AT USA SWIMMING JUNIOR NATIONALS**

FLOWER MOUND, TX (12/16/10) – The country's fastest 18 and under swimmers recently traveled to the campus of Georgia Tech University in Atlanta to compete at the USA Swimming Short Course Junior National Championships. Lakeside Aquatic Club was represented at the meet by Alexandra Sellers, 15, of Flower Mound. USA Swimming is the national governing body for the sport of swimming in the United States, and is responsible for selecting and training teams for international competition including the Olympic Games.

Sellers competed in the 50 Yard Freestyle, 100 Yard Freestyle and 200 Yard Freestyle events, setting new team records for both the 100 Yard and 200 Yard Freestyles. She also participated in a time trial for the 200 Yard Individual Medley, swimming a qualifying time for the NCSA Junior Nationals meet in March with a drop of 5 seconds from her previous best time.

“The USA Swimming Short Course National and Junior National Championship meets are a showcase for the top swimmers in the country,” said Head Coach Mike Yearwood. “The top

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swimmers here are swimmers you will see competing for US Olympic Team spots in 2012. Alex swam very well, establishing personal best times, at a meet that is only midway through our season.”

Lakeside swimmers will conclude the first half of the short course season swimming at the Chesapeake Elite Pro-Am meet December 16 to December 20 in Oklahoma City.

“I am very pleased with the progress of our swimmers during the first half of the season,” said Yearwood. “Based on our training and first half results, I am expecting some fast swims at the season end Championship meets.”

#### **ABOUT LAKESIDE AQUATIC CLUB**

Lakeside Aquatic Club is a year-round USA Swimming affiliated team whose goals are to teach commitment, build character and train champions. It includes over 600 North Texas athletes ranging from novice to national meet qualifiers who train at facilities in Flower Mound, Keller, and The Colony. For more information on Lakeside Aquatic Club visit [www.swimlac.org](http://www.swimlac.org).

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