

YOUTH SPORTS

Lakeside Aquatics trains at Olympic Center



PHOTO COURTESY OF PAMELA GUY

Lakeside Aquatics, a swim club that serves the Metroplex with facilities in Flower Mound, The Colony and Keller, was recently honored by having several swimmers invited to train at the Olympic Training Center in Colorado Springs, Co. The OTC provides high-level athletes with a state of the art facility in which to focus solely on training. The LAC swimmers trained in the pool twice a day, were filmed, used the weight room, and learned about nutrition, ethics and doping. In all, 33 swimmers from ages 12-18 were invited, along with four of LAC's coaches. "This is a fantastic honor for these hard working swimmers," said Mike Yearwood, LAC head coach. "It is an opportunity to inspire and motivate these talented kids and helps them further their swimming careers."

Football

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