



Lakeside Aquatic Club August Newsletter



Welcome New and Returning Swimmers!



LAC is the 2022 LC TAGS Team Champions!

Welcome back parents and swimmers to another exciting season of competitive swimming. Last season was full of great Team Success'. LAC won LC TAGS, Senior Zones, LAC finished 4th in Southern Futures meet and 18th overall at USA Swimming's Junior National championships. The coaching staff looks forward to building upon this success. This season can be better. LAC is committed to adapting and improving our program to ensure further success

Practices will start on Monday, August 29th with Camp LAC. In September LAC will be hosting Zoom Parent meetings and Site Open houses for Parents. More information is in this newsletter and will be included with other communications.

LAC Practices start on Monday, August 29th

CAMP LAC and Coaches Clinic

The 1st two weeks of Practices

Camp LAC

Starts on Monday, August 29th

The 1st week of practices for LAC is called “Camp LAC.” It is called Camp LAC because the coaching staff spends the 1st week going over team rules, policies and procedures, correct dryland and swim technique. Videos, handouts and classroom discussions will be used to educate and inform all our swimmers about LAC. Each Pool will develop their Camp schedule. Be on the lookout for your pool’s schedule.



Coaches Education Clinic

Starts on Tuesday, September 6th

During the second week of practice, the LAC coaching staff will attend the annual ASCA World Clinic coach's convention. The clinic runs from Tuesday September 6th to Saturday, September 10th. Our coaches will hear from experts in competitive swimming from around the US and the world. Talks will cover training, biomechanics, dryland, and other swimmer related topics. During the week of September 6th there will be no LAC practices with coaches gone to the convention.

LAC OPEN HOUSES

In September



Open House at each site

LAC will be running Open Houses at 3 out of our 4 sites. This season LAC will host an open house for parents and swimmers.

- We will have Xtreme (our Team Vendor) out for anyone to order and try on any practice gear or meet gear.
- Our Arena rep will be in attendance to educate parents on meet suits, Tech suits and practice gear for swimmers.
- We will have our Nutritionist give a nutrition talk to parents and swimmers.
- Our coaches will also be running informational meetings as well as parents can learn different ways to volunteer and get involved such as learning how to become an official.

Sites and Dates

- Keller - Thursday, September 22 from 5:30-7:30 pm
- Justin - Friday, September 23 from 5:00-7:00 pm
- Flower Mound WAC - Saturday, September 24 from 2-4 pm
[This will be for both Flower Mound and Colony training groups. The Colony pool is closed that weekend for a swim meet. The Colony will join the Flower Mound groups to have practice at the Flower Mound WAC.]
- Please be on the lookout for information regarding practice times that day.

Zoom Parent Meetings

Saturday, September 17th

Prior to the LAC Open House, the coaching staff will be hosting Zoom Parent Meetings. These meetings will be divided into 3 categories of families. LAC will host a zoom meeting for Bronze and Silver parents. This meeting will go over the basics of how to sign-up for meets, parent expectations, and practice requirements. The 2nd meeting will be for Gold, AGS and National prep swimmers. This meeting will review seasonal plans, meet schedule and practice requirements. The last meeting will be for Senior and National level swimmers. It will review the seasonal plan, balancing high school and club swimming, and other information important to the older swimmer.

Be on the lookout for specific times and days for these meetings

Junior Swim League

New this Fall

Short Fast Meets for Bronze and Silver Swimmers

This season, LAC has created its own swim meets for the bronze and silver group swimmers. LAC is calling it the “Junior Swim League.” The goal of these meets is to positively introduce swim meets to newer swimmers and families. The meets will be short, quick, and fun meets on Saturday. Meets will be held at your training site or a facility close to yours. The meets are designed to last no more than 1 ½ hours in total. The cost to attend these meets is \$20 and there are no meet sign-ups. All swimmers will automatically be entered in the meet. Swimmers will only need to scratch if they cannot attend.

Below is the schedule as of now. Swimmers from The Colony and Flower Mound will follow the east schedule. While swimmers from Keller and Northwest will follow the west schedule.

Date

Saturday, October 8th

West Side Site

Keller ISD

East Side Site

The Colony

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	

Each Meet will have the same events so swimmers will have a variety of events. Below are the formats for each meet.

- 200 Medley Relay (50 Backstroke, 50 Breaststroke, 50 Butterfly, 50 Freestyle)
- 100 FR
- 50 BR
- 50 BK
- 50 Fly
- 50 Fr
- 100 IM (25 Butterfly, 25 Backstroke, 25 Breaststroke, 25 Freestyle)
- 200 FR Relay

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

Awards will be handed out at all Junior Swim League (JSL) meets. Swimmers will compete against other swimmers of similar age.

Meets will be run in a 2-team dual meet format. At the beginning of the season, swimmers will be divided into the Red (Red Raiders) Team and the Grey (Greyhounds) Team. They will remain on these teams for the duration of the season to help foster friendly competition.

As the season goes along, the coaching staff might make small changes to the meets and schedule. Please feel free to read more about the Junior Swim League on our website - [click here](#).

Our coaching staff will have a Zoom Meeting for all Bronze and Silver parents on September 17 from 1:15-2:15 pm to discuss the two groups and Junior Swim League. Please do your best to attend and there will be a recording of the event for those who cannot attend the meeting. The recording will be sent out to all parents on Monday, September 19.

Topic: Bronze and Silver Group Parent Meeting

Time: Sep 17, 2022 01:15 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us04web.zoom.us/j/72672481187?pwd=rfQuSVwEvJJsEyr183uiafrbr-cHKw.1>

Meeting ID: 726 7248 1187

Passcode: LAC

Bronze and Silver swimmers will still be able to attend USA swimming meets. These meets are designed to give them a better chance for success at the USA Swimming meets.

Here are is the meet USA Swimming meet schedule for each group:

Bronze Groups - USA Swimming Meet Schedule

- December 10-12 LAC Jingle Bell @ Lewisville WAC
- January 7-9 LAC Ice Breaker @ Northwest ISD
- February 18-20 LAC Heart Racer @ Lewisville WAC

Silver Groups - USA Swimming Meet Schedule

- October 28-30 Haunted Hat @ Loos
- November 13-14 B/C Meet @ TBD
- December 10-12 LAC Jingle Bell @ Lewisville WAC
- January 7-9 LAC Ice Breaker @ Northwest ISD
- February 18-20 LAC Heart Racer @ Lewisville WAC



LAC is proudly sponsored by Arena, and [Xtreme Swim](#) is the exclusive team retailer! LAC swimmers should purchase Arena practice suits, goggles, and practice gear when re-stocking for the fall.

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

By Phone at 888-946-9873

For more information on LAC, please visit our [website](#). For some information, you may be required to sign-in.

