

COACH TO PARENT NEWSLETTER



LAC IS A GOLD MEDAL CLUB

Becoming a Gold Medal Team is the highest accomplishment in USA Swimming's Club Excellence Program. A Gold Medal team means your club is producing high level swimmers who are performing on the National level. A Gold Medal team needs a minimum of 25 Summer Junior National performances by swimmers 18 years old and younger to be considered. However, each swimmer can only produce 4 swims towards your teams total. So you not only need fast swimmers, but you need a minimum of 7 swimmers with 3-4 swims each to reach these times to qualify. LAC had 12 swimmers make the 2021 Summer Junior National performances. These swimmers made one of these qualifying swims between September 2020 and August 2021. Check out where they are now and how many swims these swimmers qualified for our team.

- Noah Beladi - Currently a freshman at Texas A&M - 3 swims
- Wyatt Blair - Purdue University Commit - 3 swims
- Riley Francis - University of Michigan Commit - 3 swims
- Andrew Guzic - Currently a freshman at Notre Dame - 1 swim
- Lindsey Hosch - University of Texas Commit - 2 swims
- Cooper Lucas - High School Sophomore - 4 swims
- Conor McKenna - Princeton University Commit - 2 swims
- Seanna Muhitch - High School Sophomore - 1 swim
- Antonio Romero - Currently a freshman at Georgia Tech - 4 swims
- Sienna Schellenger - University of Texas Commit - 2 swims
- Julia Wozniak - University of Arizona Commit - 2 swims
- Andrew Zettle - University of Texas Commit - 1 swim

Not only do you need 25 or more swims, you need someone on your team to reach a Gold Medal time. A Gold Medal time is a top 150 time in the world for females or a top 200 time in the world as a male. This year both Conor McKenna and Cooper Lucas reached that threshold by making two Gold Medal times.

- Conor McKenna - 200 Fly
- Cooper Lucas - 400 IM, 200 Fly, 200 Free

LAC Becomes A Gold Medal Team for the 3rd Time

Congratulations to Coach Tom Cyprus, Coach Steve Mateer, and Head Coach Jason Walter for all their hard work and guidance with these swimmers. There are over 3,000 swim clubs in the USA Swimming. Based on Club excellence points, LAC scored 24,564 points. Fantastic job Team!

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SPECIAL POINTS OF INTEREST

- Practice Questions answered for all 3 levels of swimming
- Nutrition Zoom meeting and more
- New Time Standards are posted





NOVICE PRACTICE QUESTIONS BY LESLIE WYATT

Q: How many practices does my swimmer need to attend per week?

I typically suggest swimmers attend 50% of practices at minimum. This allows them to still keep up with skills we are working on, and maintain their endurance. Coaches understand that starting out, swimmers may have other activities that conflict with practice times, that is okay!

The more swimmers attend practice, the more opportunities they

have to reinforce the skills we are developing, and build muscle memory. Every swimmer is different, and as long as they are focused and working hard when they are at practice, they can still continue developing their overall swimming.

Q: What do I do before, during, and after practices?

If you need to speak to your swimmer's coach, or if your swimmer might need to leave early, email is the best way to relay this to the

"We sitting in here -- I'm supposed to be the franchise player, and we in here talking about practice. I mean, listen: We talking about practice. Not a game." – Allen Iverson, NBA basketball player.

BB/B/C MEET SCHEDULE

November 12 to 14
NTN BB/B/C Invite
Carroll ISD

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

January 17
LAC Distance Meet
Keller ISD

February 18-20
BB/B/C Champs
WAC

coaches. In many cases, our facilities do not allow parents on deck, and coaches need to stay focused on the pool during practice time, so scheduling a time that coaches are available is the way to go.

Each facility's policies are different, as far as parent protocols. If parents can and choose to stay and watch practices, coaches ask that you please do just that, watch. Any kind of motioning or signaling to kids to go faster or do certain things on their strokes can be confusing and distracting to swimmers during practice. Let swimmers stay focused on practice, and work on the focus points of the sets they are doing.

After practices, please be prompt in picking up your swimmers. The drive home is a great time to ask swimmers what they worked on in practice. It may take a little bit before the answer is just "freestyle" or "diving", but this is a good way for swimmers to continue thinking about what the focus of practice was, and retain it for future practices. Being able to explain what they were working on, and the reason, helps swimmers continue building their knowledge of the sport.

Q: Do swimmers practice over holi-

day breaks?

Yes, we typically have practices around holidays. This may vary from your swimmer's normal schedule based on facility hours and coaching coverage during holiday times. Coaches may take some time to see their families as well during the holidays. We will have practices covered for swimmers who are in town.

Q: Do they have to come? What if we are on vacation?

If your swimmers are around during the holidays and can attend, we'd love to have them at practices! Coaches understand some families will travel during the holidays, and that is completely fine. Swimmers will not fall way behind in taking some time for family over holiday times. Swimmers and parents should keep in mind that there may be some time in coming back to practices where swimmers are building their endurance back up. Swimmers may find practices harder in returning from time off, which is normal. If you plan to see family, or go on vacation during the holidays, please do so!



AGE GROUP PRACTICE QUESTIONS—SORT OF ANSWERED BY COACH BILL CHRISTENSEN

How much should my swimmer practice? – A swimmer should practice enough to stay aerobically fit and maintain a feel for the water. Competitive swimming is an aerobic sport like cross country. Your body needs consistent exercise to maintain fitness. The more advanced groups need more fitness thus more practices. They should practice enough to continue to learn and improve that is consistent with others in the group. Now think of swimming as cross country running with 4 different types of running styles with different rules. There is lots of technique and practice that goes into perfecting all of it with a large fitness component. Swimmers should attend practice enough to create friendships and to feel a team atmosphere. Swim practices are social activities too. Friendships are made at swim practices. Friendships make swimming more fun.

What do they do in practice? There is a fitness element and a technique element to each practice. The percentage of fitness work and technique work involved depends on who is swimming, when are they swimming and what meets are soon. For instance, National 2 group in the beginning of the season will swim with 60% -40% technique to training. In December, they will be 30%-70% technique to training. However, a swimmer in the Silver group might go 70% -30% technique to training almost all year round due to amount of learning required and the slow build-up of swimming fitness.

What about other sports? Studies have shown athletes, that participate in a variety of sports at a younger age, develop better motor coordination skills and adapt better to changes later in their sporting years. So younger swimmers should participate in other sports, it increases their chances of continuing improving in swimming when they get older.

What if they do not want to come to practice? This depends on why they don't want to come to practice; just want a night off? Stressful day? Want to play video games instead? Don't like to swim anymore? The reason for missing is more important than missing. From a coach perspective, we like swimmers to be at practice, but we also understand there will be valid reasons to miss. Parents need to decide based on the circumstances. A missed practice can be better than a forced practice with little or no participation.

Let me know if you have any questions at bill.christensen@swimlac.org

NEW TIME STANDARDS ARE NOW POSTED

The 2022 TAGS Time Standards are now posted on the LAC Web-Site, along with other time standards.

Time Standards are located in a drop down box under Events. Press on the drop down Time Standard box and the time standards will appear.

TAGS (Texas Age Group Champs) - the season ending championship meet for the top 14 & Under swimmers in the State. Usually times are "AA" or "AAA" national level times.

"A" "BB" "B" time standards are called USA Swimming Motivational time standards. Please use the short course yards time standards for the meets this season.

Futures Championship Meet—the first level of National level swimming for the older swimmers

Junior Nationals— the next level of National level swimming. Winter Juniors are in December and have slower time standards. Summer Juniors are in August and are faster.

The link to time standards is—<https://www.teamunify.com/team/ntlac/page/events/time-standards>.

You will probably need to be logged-in to see the time

NUTRITION ZOOM MEETING

LAC will be hosting a nutrition Zoom meeting with the Nutriworks Staff on Monday, November 15 at 7:30 pm. This Zoom meeting will go over some basic information on nutrition for swimming.

LAC has been working with Eve Pearson and the Nutriworks staff for over 10 years. Eve has done a great job getting our athletes eating healthy and correctly during a normal day and at meets. Maria Martinez from the Nutriworks staff will be running this Zoom meeting. I highly recommend doing your best to be a part of one of these meetings. The Nutriworks staff have helped many of our athletes learn how to eat right and eat the best type of foods to give them energy during the day and before events at a swim meet.

Please understand this is an informational meeting where they will talk about some nutrition information and their basic services they can provide to your family. I know many parents have a hard time getting athletes to listen to them about their nutrition. Eve and Maria have done a great job communicating with athletes what they need to be doing with their nutrition and how this can help their swimming.

- Jason Walter is inviting you to a scheduled Zoom meeting.
- Topic: Nutriworks - Age Group Nutrition Talk
- Time: Nov 15, 2021 07:30 PM Central Time (US and Canada)
- Join Zoom Meeting
- <https://zoom.us/j/92411450675?pwd=V1lwSk9GWm53M0>

National Level Articles

My swimmer is exhausted between club and high school practices and meets. What do we do?

By Coach Tom Cyprus

The month of October is the starting point of a real increase in training volume and physical demand on each swimmer. While August and September were more focused on technique and getting back in shape, the newness and excitement of the season seem to fade during this time. Most senior level swimmers who are dealing

with both club and high school swimming, now have the added stress of early morning workouts, a full day of school and then the afternoon double. So how should they cope with the demands?

As coaches, we ask for a huge commitment from the swimmers. To be successful in this sport, they need to spend a lot of time in the water. In order to meet this de-



mand, most swimmers find themselves making sacrifices that most other HS students don't necessarily have to make. The average HS student doesn't wake up at 4:15am to go workout for an hour and a half, then spend all day at school just to return to the pool in the afternoon. Because of the time commitment needed, swimmers really need to be able to prioritize their tasks throughout the day. What do I mean by that?

The sport of swimming can teach you so many things if you allow it to do so. One of the most important concepts, I believe, is that of time management. Being able to have the self-discipline to say "I need to get my schoolwork done now," instead of "I need to be on social media with my friends" or "I need to go see my friends" is where most swimmers will either succeed or fail. Those who "take care of business" first will allow themselves the luxury of

less stress, organization and the ability to go to sleep earlier during the week. Obviously, the high physical demand of this sport means that the athletes need to give their bodies the opportunity for recovery and repair whenever possible. Two major components of that are sleep and nutrition. We all know how much better we feel when given the chance to get a full night's sleep. That, combined with proper nutrition, will aide in recovery to the fullest extent for the swimmer. This will also help the swimmer to be able to train at a higher level each day.

Swimmers who do a better job with time management, as it relates to schoolwork, will give themselves the opportunity to go to sleep earlier each night, feel better the next day and be better prepared for the training workload.

What should our commitment level be over the holiday break for the National Level swimmer?

By Coach Tom Cyprus

During the two or three weeks of break from school, the training volume increases dramatically for the senior swimmers. This is to help them be prepared for the energy drain which is about to happen. The last month of the season is typically filled with meet after meet after meet. Energy is constantly being drained from the body and there is simply not enough time replenish that.

Think of the body as a gas tank. Every time a swimmer attends a meet and races hard, gas is drained from the tank. Unlike going to your local gas station and refiling your tank in less than five minutes, it takes much longer to get back to "full" for the human body. This is why it is so important to have that tank as full as possible prior to the start of this process. So the commitment level over break time should be as high as possible to give the swimmer the best chance for success at the end of the season.



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LAC MEET CALENDAR FOR "A" AND SENIOR LEVELS

"A" Level and above

November 5 to 7	MAC BB and Above Meet	MISD
November 21 st	LAC Distance Meet	Keller ISD
December 3 to 5	COR Classic	Garland ISD
December 10 to 12	Jingle Bell	WAC – No Time Standards
January 7 to 9	Ice Breaker	WAC – BB and Above
January 17	LAC Distance Meet	Keller ISD
Feb 11 to 13	"A" Champs	TBD
Feb 18 to 20	BB/B/C Champs	WAC
March 3 to 6	TAGS	Northwest ISD

Senior Level

November 5 to 7	LAC Fall Classic	WAC
November 21 st	LAC Distance Meet	Keller ISD
December 3 to 5 ISD	MAC Senior Meet	Mansfield
December 8 to 11	Junior Nationals	Austin, TX
January 12 to 15	TYR Pro-Series Meet	Tennessee
January 17	LAC Distance Meet	Keller ISD
February 25 to 27	NT Senior Champs	TBD

