

Lakeside Aquatic Club

September 2022 Newsletter

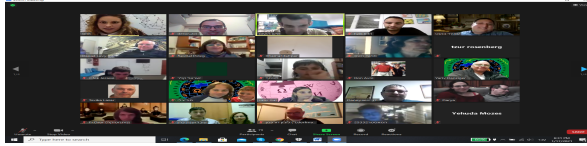


USA SWIMMER REGISTRATION PROCESS CHANGES

USA Swimming has launched SWIMS 3.0. It is meant to streamline the registration process (plus much more and an app).. With SWIMS, families will register and renew swimmers and non-athletes through a parent account with USA Swimming. LAC (or any club) will no longer be involved in the USA Swimming registration process. The App is now available through Apple and Google play. The app is replacing Deck Pass, Deck Pass plus and will not support log-in credentials for those apps. *You must create a new account with USA Swimming ([link](#)).*
Instructional videos are below the log-in information.

Starting in October, USA Swimming athlete registration will open. LAC will share a link with all families to start the process of registering your athlete (s). Athletes must re-register with USA Swimming yearly to participate in USA Swimming sanctioned meets, and to practice with LAC groups Bronze and up. The cost is \$88 per swimmer. LAC used to charge this to families in November and pass it onto USA Swimming. So this year, LAC will not be charging families a USA swimming registration fee, USA Swimming will

LAC used to re-register all of our athletes in November for the following year. This season, families will register their own athletes.. You will register through the link we will send out next month. Once you receive the link, please set up an account and follow the instructions to add your swimmer (s).. Once you have created an account and renewed your swimmer's membership for 2023, you will have access to the portal, to see your swimmer time, update contact information, etc. Also when swimmers register for the 2023 year,, they will be assigned a new USA Swimming ID. Your swimmer's old USA Swimming ID is no longer valid.



ZOOM MEETINGS THIS SATURDAY

Bronze and Silver Groups - 1:15-2:15 pm - Lead by Assistant Head Coach Chrissy Gentry and Head Coach Jason Walter. We will discuss the transition from stroke to competitive team. Our coaching staff philosophy for our age group and senior level programs. How to navigate the new LAC Junior Swim League (JSL) and USA Swimming meets. How to be prepared for your first USA Swimming meet.

Zoom Information: Topic: Bronze and Silver Parent Meeting

Time: Sep 17, 2022 01:15 PM Join Zoom Meeting

<https://zoom.us/j/94969391993?pwd=bDhabi8xN29laVZEZWI3V2liblc0Zz09>

Meeting ID: 949 6939 1993 Passcode: LAC

Gold to National Prep - noon - 1 pm - lead by Keller Site Supervisor Bill Christensen and Assistant Head Coach Chrissy Gentry. We will talk about athletes progressing through our program as an age group swimmer 9-14 years old. Our coaching staff goals and focuses at each level. We will discuss how swimmers develop in our program and how parents can best support their children while on LAC. Lastly, we will go over our meet schedule and team outfitting.

Zoom Information: Topic: Gold to National Prep Parent Meeting

Time: Sep 17, 2022 12:00 PM Join Zoom Meeting

<https://zoom.us/j/92718225171?pwd=bU1BSW44WS95RGhtcjRoQnd0K0lLdz09>

Meeting ID: 927 1822 5171 Passcode: LAC

National and Senior Groups - 10 am - 11:00 am - lead by Head Coach Jason Walter. We will be discussing senior level swimming and the coaching philosophy our staff uses for high school aged swimmers. We will talk about how club and high school swimming works together. We will go over traveling to higher level meets such as Senior Zones, Futures, Junior Nationals and our upcoming Southern Premier meet. We will briefly discuss college swimming and college recruiting.

Zoom Information: Topic: National and Senior Groups Parent Meeting

Time: Sep 17, 2022 10:00 AM Join Zoom Meeting

<https://zoom.us/j/96298354794?pwd=UUc1R3k4aEx1SIB2Z0lTUzA3SUFFZz09>

Meeting ID: 962 9835 4794 Passcode: LAC



OPEN HOUSE FOR LAC FAMILIES

Save the date for our LAC Open House this fall! This fall we will have an Open House where swimmers and parents can learn more about LAC, as well as buy LAC and Arena practice and meet gear.

Save the following dates:

Keller - September 22 - 5:30-7:30 pm

Justin - September 23 - 5:00-7:00 pm

Flower Mound and The Colony - September 24 @ WAC - 2-4 pm. There will be practices for the Colony and Flower Mound that afternoon since both sites are shut down multiple times that week.

We are planning on this event to be a one stop shop for everything LAC! Our Arena rep will be there to answer all questions for parents about tech suits and practice suits.

Xtreme Swim will be there with sizing kits so everyone can purchase meet and practice gear at their own location!

We will have our Nutritionist doing nutrition talks!

We will have meetings and information on volunteering for LAC!

Interested in being an official? We will be talking about how to become an official!



LAC will be selling spirit wear differently this year.

LAC Tshirt Packs will be available year round and can be ordered through our website. LAC Gray-Red-Black t-shirt packs are worn by both swimmers and parents/spectators. Our team has specific days where we wear each color shirt. Friday is gray, Saturday is red and Sunday is black. Therefore it is popular to purchase as a shirt pack of three. The shirts are also being sold as individuals if needed.

Orders will close on the 20th of every month and will be delivered approximately by the 10th of the following month to your child's pool for distribution.

LAC T Shirt Grey-Red-Black pack of 3: \$52 billed to your LAC account

LAC Tshirt individual: \$20 billed to your LAC account

All information can be found on our website. You must be logged in and it is under the tab [Spirit Wear](#).

There will be a full Fall Spiritwear sale with a dozen items available in the next few weeks.



Volunteer Opportunities

If you are interested in learning about LAC's volunteer opportunities to fulfill your volunteer requirements by working at swim meets, here is a link to the jobs available and a short description. [LINK](#).



New Junior Swim League for Bronze and Silver Level 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.

<u>Date</u>	<u>West Side Site</u>	<u>East Side Site</u>
Saturday, October 8 th	Keller ISD	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 Freestyle

50 Breaststroke

50 Back

50 Butterfly

50 Free

100 IM (25 Butterfly, 25 Backstroke, 25 Breaststroke, 25 Freestyle)

200 Free Relay

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

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.

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

MeetingTime: Sep 17, 2022 01:15 PM

Join Zoom Meeting

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

Meeting ID: 726 7248 1187 Passcode: LAC