



THE LAC SWIM-A-THON IS
SATURDAY, APRIL 9, 2022
@ THE KELLER ISD NATATORIUM

SWIM-A-THON AWARDS

\$40 RAISED GETS YOU INTO THE FESTIVITIES ON
APRIL 9TH

\$200 RAISED GETS YOU INTO THE SWIM-A-THON
SWIM CLINIC WITH OLYMPIAN DREW KIBLER

OTHER PRIZES INCLUDE (BASED ON AMOUNT RAISED)

- \$250 – LAC Swim-A-Thon T-Shirt
- \$500 – Arena Hoodie
- \$750 – Arena Team Back Pack
- \$1000 – ARENA PARKA

THE PRACTICE GROUP WHO RAISES THE MOST MONEY
PER SWIMMER WILL HAVE A TEAM FUNDED PARTY AT
MAIN EVENT! AND FOR THE GRAND PRIZE,

THE TOP 2 OVERALL FUNDRAISERS WILL BE AWARD-
ED A BRAND-NEW ARENA CARBON AIR TECH SUIT!

TO PARTICIPATE LOG-IN TO THE LAC WEBSITE THEN
CLICK ON THE DONATE HERE LOGO ON THE SWIM-A-
THON BANNER.

INSIDE THIS ISSUE

Nutrition Tips2
 Upcoming Events3
 Team Suit Policy.....4
 Summer Meet Schedule 5

Upcoming Dates

April 2nd—LAC Novice
Season Opening

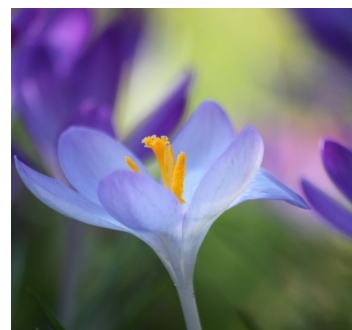
April 8—Achievement
Awards

April 9—Swim-A-Thon

April 22 to 24—LAC In-
trasquad—”BB” times or
better

May 5-6 -NTN B/C Meet

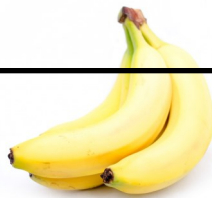
May 13-15—Kobukai Me-
morial Swim Meet



Sample Training Plates for Swimmers

Easy Training Plate Examples

	Breakfast	Snack Lunch
Meal 1:	3 egg omelet + 1 banana + 1 slice toast	Turkey sandwich + 1 cup salad
Meal 2:	6 oz. Greek yogurt + 1/2 cup fruit + 1/4 cup granola	3/4 cup pesto pasta + mixed vegetables + 3-4 oz. grilled chicken



Medium Training Plate Examples

	Breakfast	Snack Lunch
Meal 1:	1/2 cup oatmeal + 1 cup berries + 1/4 cup granola + 2 cup milk	Large turkey sandwich + granola bar + carrot sticks
Meal 2:	3 scrambled eggs + 2 slices sourdough toast + 1 fruit	3-4oz. Teriyaki chicken + 1 cup steamed carrots + 1 cup rice



Hard Training Plate Examples

	Breakfast	Snack Lunch
Meal 1:	1 cup oatmeal + banana 3 Scrambled Eggs + mixed veggies + 2 slices of toast	1 1/2 cups pasta with ground beef + tomato sauce + 1/2 cup roasted veggies
Meal 2:	3 medium pancakes + syrup + 3 hard boiled eggs + 12 oz. milk	1 Baked potato + 3-4oz. meat/fish + 1/2 cup baked beans + salad

2022 LAC ACHIEVEMENT AWARDS

DATE: April, 8th, 2022

TIME: 6:00 pm - 9:30 pm

LOCATION: Flower Mound HS Auditorium

COST: \$5 per person or \$10 per household

PRE-REGISTER BY: Friday, April 1st

The LAC Achievement Awards is our annual event every Spring where we recognize new records, top point scorers and all of our graduating seniors. It's a fun, semi-formal, evening where our club can celebrate those who have excelled under the LAC banner.

The special evening is open to all members and is an opportunity to see our top swimmers be recognized for their accomplishments of the past year.

Family and friends are welcome!

LAC is proudly sponsored by Arena, and Xtreme Swim is the exclusive team retailer!

For a list of equipment required for your specific practice group [CLICK HERE](#).

Swim Meet participants are required to wear a red LAC cap and a black Arena suit with LAC Logo.

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

By Phone at 888-946-9873



LAC TEAM UNIFORM AND SUIT STANDARDS

It is the goal of the LAC staff to have a presence at practice and meets as “ONE TEAM”. To achieve this, our swimmers, staff, and parents are asked to adhere to the following standards.

Team Branding

All competitive team outfitting to consist exclusively of Arena products unless Arena does not carry a comparable product. Team gear is available for purchase at a discount at our retailer, Xtreme Swim.

Practice

All swimmers in competitive team (Bronze & Up) are expected to wear an LAC Team Cap, Arena practice suit and goggles to practice. Practice suit can be any color but if you plan to use for swim meets as well, purchase in black.

Regular Season Meets

LAC will designate specific Arena suit(s) in black to be worn during meets. Team Suits must include the LAC logo. Swimmers must wear LAC Team Cap in red and team shirt in designated color for that day.

- Thursday - any LAC shirt
- Friday - Grey LAC Team Shirt
- Saturday - Red LAC Team Shirt
- Sunday - Black LAC Team Shirt

Parents are also encouraged to wear the same colors each day as the swimmers and coaches!

High school swimmers cannot wear any item that represents their high school to avoid breaking any UIL rules.

Championship Meets

Once a swimmer obtains an individual time standard (not a bonus cut) from a qualifying meet, they earn meet gear at that specific level. Each swimmer will receive gear for their highest qualifying meet, not the meet they attend. See full list on team website.

As with regular season meets, swimmers will wear Arena Team or Tech Suit, red LAC Team Cap and Team/ Meet T-shirts. Swimmers may wear a technical suit for a specific take-out event or meet, while others may not. This decision is at the coach's discretion. We recommend tech suits have LAC logo, but it is not required.

Updated 2/28/22

2022 LAC LONG COURSE MEET SCHEDULE

Date	Location	Meet Name	Time Standard	Meet Notes
March 30 - April 3	San Antonio	TYR Pro Swim Series - San Antonio	TBD	Parent Travel
April 2	Keller ISD	Short Course B/C Season Opener	B/C Time Standards	Short Course
April 22-24	Northwest ISD	Spring Intrasquad Meet	BB and Faster	Long Course
April 26-30	Greensboro, NC	Phillips 66 International Team Trials	National Time Standards	Team Travel
May 6-7	Southlake	Mother's Day Meet	B/C Time Standards	No Sunday Sessions
May 13-15	Mansfield ISD	MAC Senior Meet	15-16 AA	Long Course Meet
May 13-15	Lewisville WAC	Hiroto Kobukai Memorial Meet	No time Standard	Long Course
June 2-5	Midland, TX	Frost Band West Texas Invitational	B and faster Time Standard	Parent Travel
June 3-5	Mansfield ISD	MAC A/BB	BB and faster	Long Course
June 16-18	Lewisville WAC	Bill Nixon Meet	A Time standard	Prelim/ Finals - Long Meet
June 16-19	Sarasota, FL	Sarasota Shark Open	LAC Team Selection Process	Selection of top 40-60 11-14 year olds
June 23-26	Texas A&M	TX Senior Circuit #3	Sectional Time Standards	Long Course Meet
June 25-26	Keller	LAC Fun in the Sun	No Time Standard	Long Course Meet
July 8-10	Northwest ISD	Summer Meet	No time Standard	Long Course - 15 and over
July 7-10	Mansfield	14 and Under North Texas Championships	A Times and faster	Prelim/Final - Long Course
July 15	Southlake	Long Course Time Trial	Coach Invitation	Long Course
July 16-17	Southlake	BB and Under Champs	BB and slower	Short Course Meet
July 20-24	Arlington	Summer TAGS	TAGS Times	Prelim/Final - Long Course
July 26-30	Irvine, CA	Phillips 66 National Championships	National Time Standards	Team Travel
July 26-30	Arlington	Southern Zone Age Group Championships	NT Swim Selection Meet	North Texas Team Travel and Selection Process
July 26-30	Morgantown, WV	Southern Zone Senior Group Championships	15-16 Time Standards	Team Travel
July 27-30	College Station, TX	USA Swimming Futures Championships	Futures Time Standards	Parent Travel
August 1-5	Irvine, CA	Speedo Junior National Championships	Speedo Junior National Time Standards	Team Travel
July 30 - 31	Mansfield ISD	MAC Short Course Un-classified Meet	Open	Short Course