

Streamline

Lone Star Aquatic Club | Newsletter

September 2010

Special Welcome Issue



Coaches Corner

First off, welcome to all new and returning swimmers! We hope you enjoyed your summer and were able to enjoy a little time off from the pool. The coaches can't wait to start our new season and are eager to start training.

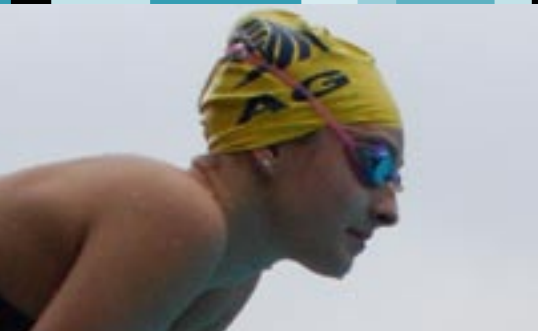
The summer season was a blast as Lone Star posted several outstanding swims and performed exceptionally at all Championship meets. Going into next season, we are looking to build on those performances. In order to do so, we are going to need 100% commitment from all swimmers and parents. Please attend all practices and give it your best each time you swim. The world is full of opportunity, so make the most of each practice and train hard!

Take it easy everybody and we will see you at the pool!

Coach Adam

Glossary

Lap Counter: The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card.



Communication and Frequently Asked Questions.

If you are new or a returning swimmer, here are the guidelines of how things work at Lone Star Aquatic Club.

By Caroline Mericas
Lone Star Bookkeeper

Team Website

Our webmaster, David Wang, does an awesome job keeping our web site up to date. Please check www.lonestaraquatics.com often.

Email Communications

The team uses a free Yahoo email group to facilitate communications. We use the Yahoo group LSAC_2010@yahoo.com. This is the easiest way to send out information about upcoming meets and practice announcements. We've already added your email addresses that you provided on your registration forms to the LSAC_2010 email group.

Newsletter

Delivered electronically via email in a monthly basis.

Facebook

If you are a member of Facebook, become a fan of Lone Star Aquatic Club (LSAC)!

Frequently Asked Questions

What equipment do I need?

Any kind of suit for practicing, goggles, fins, and a cap (if you want to keep your hair out of your eyes). For meets, you'll need a black Speedo suit, and a "Lone Star" cap, if you wear caps.

How do I get a team cap?

You will receive a free latex cap with registration. Silicone caps will be sold for \$10 each at the team party on October 2nd 2010.

When are my monthly coaching fees due?

By the first of the month. The team is responsible for renting the pool space from the Y and paying our excellent coaching staff. Please make your **monthly**

coaching fees on time, by the first of each month. A \$5 late fee will be added to accounts not paid on time.

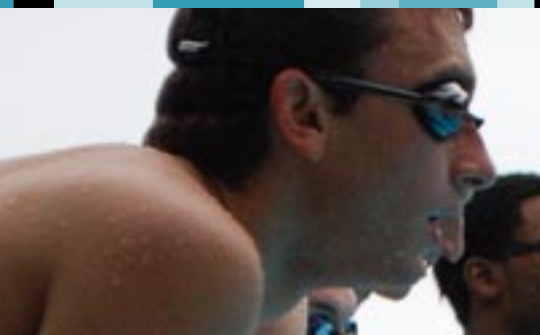
How much do I owe?

Starting for the October 1st payment, and at the end of each following month, you should receive an emailed statement from mericas@austin.rr.com. The first email address listed on your registration forms is the email address used for statement delivery. This statement will show all meets entered, monthly coaching fees due and payments received during the previous month.

How do I pay my monthly coaching fees?

There are a few ways you can pay your monthly coaching fees:

- You can bring a check to the Y, payable to "LSAC", and drop it in the "Treasurer" folder in our team file box.
- You can mail a check to: LSAC P.O. Box 851, Round Rock, TX 78680.
- If you have an online bill pay account with your bank, you



can schedule a payment and have it mailed to: LSAC P.O. Box 851, Round Rock, TX 78680.

- You can use PayPal online from www.lonestaraquatics.com to pay by credit card. Please add 2.9% to the total due if using PayPal.

Can I change my practice schedule?

Talk to your coach first to see if there is room in the time slot you'd prefer. If it's ok with the coach, then put a note in the "Treasurer" folder, or send an email to Caroline Mericas at mericas@austin.rr.com.

Do I have to attend meets?

No, though we do encourage swimmers to challenge themselves, strive for goals, and chart their progress through competition.

How often are the meets?

About once a month. In a few weeks, we should have a calendar of planned meets available on the website at www.lonestaraquatics.com.

How do I enter a meet?

First, you'll receive the meet information from the group email. You need to decide whether the

dates and times work for you and your family. You select the individual events your swimmer would like to swim within the allowable limits indicated in the meet information. The coaches decide who will swim in relays. Some meets toward the end of the season have minimum time requirements that your child must have achieved in a USA swim meet in order to participate. Your swimmer's coach can tell you if your swimmer is eligible for a particular meet.

If you decide you want to enter the meet, then complete a Meet Entry Form and attach your check payment to the form. Blank Meet Entry forms can be found on our web site, www.lonestaraquatics.com, or in the file box at the pool. **You must pay for each meet you enter at the time you enter the meet.** Place your meet entry form and your payment in the "Completed Meet Entries" folder at the pool. Fees for entering the meet are listed in the emailed meet information, and vary depending on who is hosting the meet. Please make your meet checks payable to: Lone Star Aquatic Club. Our team submits your entries along with a single team check about a week or so before the actual meet, so your prompt payment is appreciated. Sorry, no refunds are given.

What do I wear to the meets?

A black Speedo suit, and a "Lone Star" cap, if wearing a cap.

Will there be a ready bench and team parents at the meets like summer league?

No.

Can anybody attend a meet?

If you're not sure whether you are ready to compete in a meet, just ask your coach. Most of the meets early in the season are "unclassified", meaning that they are open to all USA registered swimmers. Towards the end of the season, the meets get more "specialized" and have certain entry time requirements. We try to attend meets of varying levels to accommodate all of our swimmers.

Can I take a month off of swimming?

Yes, but please put a note into the "Treasurer" folder at the pool, or send an email to Caroline Mericas at mericas@austin.rr.com

Swimming Tips

By Adam Depmore

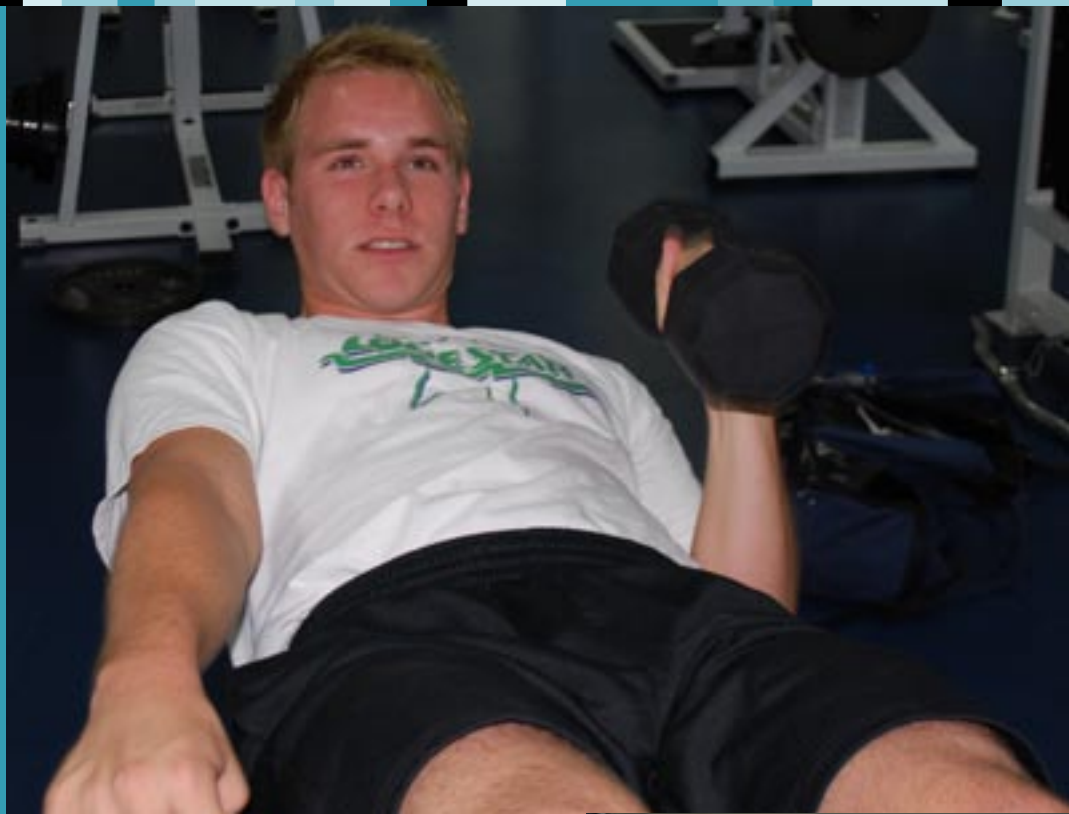
Setting a Foundation: Building your Core

Developing a strong core is probably one of the most simplistic, yet overlooked areas when it comes to swimming. Sure doing crunches and flutter kicks will help develop a stronger core, but is it enough? According to this month's featured athletes, Ben and Brendon Leach, it most certainly is not.

During the summer I sat down with these guys and laid out a plan that would not only give them the upper hand outside the pool, but give them a cutting edge inside the pool. The workouts we did were specific to their needs. We took a look at the strengths and weaknesses and honed in on them. The results, were outstanding, and both finished the season with a handful of best times.

Now that we are starting a new season, it's time to build that foundation again. It's the last year for both guys to swim for Lone Star as they both plan on swimming in college next year. However, nothing is guaranteed. College spots are only given out to the nations "Finest". Simply put, it's all about outworking the competition.

The following is a sample workout done on August 30, 2010



3 X 25 Sit-ups @ 30 degree decline.

3 X 20 Single arm decline press with 15-20-30 lb weight

10 min of Dynamax ball tossing

4 X 12 leg lift/ leg tuck combination

3 X 10 Pull-up with a 6lb Dynamax ball between the legs



Welcome to our New Lone Star Aquatic Club Board of Directors

President:
Rob Moser
rmoser28@hotmail.com

Vice President:
Mike Leach
mleach@austin.rr.com

Secretary:
Diana Marcotte
ddmt4@yahoo.com

Treasurer:
Tim Manry
manryt@prodigy.net

Special Events/Newsletter:
Malena Davidson
malena-davidson@sbcglobal.net

Parents Liason/Team Contact:
Lyn Hobbs
lynhobbs@btinternet.com

Bookkeeper:
Caroline Mericas
mericas@austin.rr.com

Webmaster:
David Wang
webmaster@lonestaraquatics.com

Head Coach:
Adam Depmore
LSACCOACH@hotmail.com

Practice Location

Rabb Family Natatorium
at the Chasco Family YMCA
1812 N. Mays St.
Round Rock, TX 78664
(512) 246.9622

Contact LSAC

P.O. BOX 851
Round Rock, TX 78680

For Parent Liason/Membership Questions:

Lyn Hobbs (512) 775.6169
lynhobbs@btinternet.com

For Coaching Questions:
Adam Depmore-Head Coach
(512) 560.8735
LSACCOACH@hotmail.com

Art Direction: Malena Davidson
malena-davidson@sbcglobal.net
Photography: Adam Depmore,
& Malena Davidson

Visit our website at
lonestaraquatics.com

Announcements

Sep 6th.
Labor Day
Pool Closed

Oct 2nd.
Splash Party
Mark your calendars



LONE STAR
aquatic club



LONE STAR
aquatic club

Meet Entry Form

Family Name: _____

Meet Name: _____

Swimmer Name	Event No.	Distance (Circle One)	Stroke (Circle One)
		25 50 100 200 400 500 1650	Back Breast Free Fly Medley
		25 50 100 200 400 500 1650	Back Breast Free Fly Medley
		25 50 100 200 400 500 1650	Back Breast Free Fly Medley
		25 50 100 200 400 500 1650	Back Breast Free Fly Medley
		25 50 100 200 400 500 1650	Back Breast Free Fly Medley
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New look for it soon!

_____ x _____ = \$ _____
 Number of Events Fee per Event

Coaching Fee \$6 per Swimmer + \$ _____

TOTAL DUE = \$ _____

Check Number

Make **check** payable to LSAC | **Attach check payment to this form**