

LIGHTNING NEWS




UPCOMING MEETS / PRACTICE CHANGES



Save the date and check team emails for registration deadlines and changes.

11/15	Modified Practice Schedule Begins
12/8	Candy Cane Classic (YMCA) All ages
12/13- 12/15	Lightning Holiday Classic (YMCA) All ages/Qualifying
1/4	Carlisle YMCA Dual Meet (YMCA) All ages
1/11- 1/12	John Apple (USA) 9&up
1/12	Randy Keinard (YMCA) 10&under
1/17- 1/19	Winterfest (YMCA) 9&up/qualifying



Community Events

Date	Event
11/17	Laps for Lightning
11/28	York YMCA Turkey Trot
11/28	Millersville Turkey Trot
12/7	Cookies with Santa/Center City YMCA



Laps for Lightning

Our annual Laps for Lightning event will be held at the City Center from **7:00-10:00 am on Sunday, November 17th**. All 6 lanes will be available for our swimmers to complete their laps. We will have snacks and prizes! Swimmers who aren't able to swim at that time may swim anytime during lap swim at the City Center or L-S pool.

Families are expected to raise \$100. This event is held in conjunction with the ExtraGive. We will share our fundraising page and additional details about the event next week.



Senior and Junior Plus swimmers participate in their school music programs.

Swimmers in the Community

Let us know if your swimmer is participating in community or school events this winter. Please send pics and info to Coach Jen at jenabenson@hotmail.com



Volunteer Requirements

- ❖ Families are **expected to work 4 hours at our YMCA meets** and/or other team events throughout the year. This includes helping with Laps for Lightning, Holiday Parties, and the Banquet.
- ❖ **Families are also expected to work two sessions at our December Holiday meet** or pay the \$100 non-participation fee.

Volunteering is a great way to meet new families and play a vital role at our events. Your commitment means a great deal to our athletes!



Meet Coach Anibal Hernandez

Coach Anibal joined Lancaster Lightning during the 2023-24 swim season. Anibal works with all practice groups. He brings a wealth of swim knowledge to the Lightning community. He loves sharing that knowledge with the swimmers and watching them succeed.

When asked about his favorite event to coach, Anibal said any of the 200 yard events. He believes it shows an athlete's fitness and knowledge of the stroke. He said, "200s can also make for some really intense races." Of all the 200s, the 200 fly is his absolute favorite. Maybe that will encourage some swimmers to sign-up for butterfly events at upcoming meets!



Thanksgiving

Practice Schedule

Wednesday, November 27th

SENIORS

Morning practice only

ALL GROUPS-NO EVENING PRACTICE

Friday, November 28th

JUNIOR PLUS/SENIOR

11:00am- 12:30pm (Millersville)

ADVANCED PLUS/JUNIOR

12:30pm-2:00pm (Millersville)

NOVICE/ADVANCED

2:00pm-3:00pm (Millersville)

Saturday, November 29th

ALL GROUPS - NORMAL PRACTICE

HELPFUL RESOURCES

- [Lightning Team Site](#)
Schedule, meet, coach and other team info can be found here.
- [TYR Team Site](#)
- [SwimOutlet Tech Suit Care](#)
Please remember all competition gear, including tech suits should be TYR
- [YMCA PA REGIONAL WEBSITE](#)
- [PA YMCA Top Times](#)

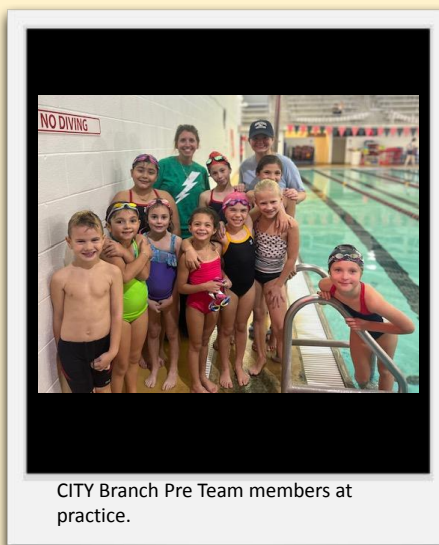
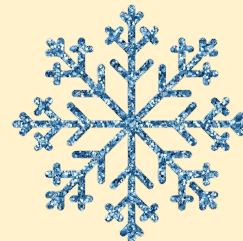
★ Qualifying Times

- [District Qualifying Times](#)
(2024)
- [Junior Champs Qualifying Times](#)
(2024)
- [National Qualifying Times](#)
(2025)
- [Lightning Holiday Classic Qualifying Times](#)
- [National Age Group Time Standards](#)
(2024)

LANCASTER LIGHTNING HOLIDAY CLASSIC

[T-SHIRT ORDER FORM](#)

Store Closes Nov 30th



CITY Branch Pre Team members at practice.

STRETCHING BEFORE AND AFTER PRACTICE CAN HAVE BIG IMPACT!

Article can be found at [SwimSwam.com](#)

[8 Essential Stretches for Swimmers](#)

1. Arm swings to increase mobility
2. Leg swings
3. Ankle circles
4. Quadruped T-Spine rotation
5. Kneeling hip flexor stretch
6. Doorway Pec stretch
7. Trunk Rotation with leg crossover
8. Lat Stretch

*Read the article for specific technique and diagrams. There are many stretches that can help swimmers prepare and recover from a workout. Stretching should be a consistent and comfortable practice. Technique and safety are key.

