

HAPPY New Year



Lightning News



IMPORTANT DATES

Please remember to check your email for practice updates during the high school swim season.

1/11-1/12	John Apple Meet @ Lititz Rec
1/12	Randy Keinard Meet @ Reading YMCA
1/17-1/19	Winterfest @ University of Maryland
1/31-2/2	John deBarbadillo Meet @ GAC

Alumni Spotlight

Tenra Adams

[Washington & Lee University](#)

Lilly Farmer

[Indiana University of Pennsylvania](#)

Brian Nguyen

[Penn State Altoona](#)

Zara Paisley

[Clarion University](#)

Luke Roettger

[Shippensburg University](#)

Caroline Schweigert

[Shippensburg University](#)

Will Russell

[Messiah University](#)

Championship Meets

All Lightning swimmers who participated in three YMCA season meets are expected to swim at the Championships. There are still several opportunities to swim in meets before our championships. Last year, we proudly took home the 3rd place trophy, and we look forward to seeing the results of our swimmers' hard work throughout the season.

Swimmers who qualify for districts and states are expected to attend these meets. Competing at these elite levels is an important part of the swim experience. Many Lightning swimmers have secured district qualifying times, showcasing their dedication and talent.

Let's continue to support our swimmers as they strive for excellence. Go Lightning!

Prepping for Big Races with the Pros



[USA Swimming Athlete Videos](#)

VERY MERRY TEAM BUILDING



YMCA National Qualifiers!

Addy and Grace qualified for the YMCA Short Course National meet held in Greensboro, NC during the Lightning Holiday Classic in December. We can't wait to cheer them on this spring!



Addy Bushnell, 100 & 200 breaststroke

Grace Wagner, 100 freestyle

HOLIDAY SWIM CHALLENGE

(Deadline extended to **January 17th**)

Please complete the name in the form so you can be entered into the drawing

[LINK](#)