

September 2024

Welcome to the 2024-25 Lightning Swim Season



COMMUNITY EVENTS

10/4	L-S Parents' Night Out
10/19	City Trunk or Treat
10/26	L-S Trunk or Treat



Coaching Lineup

Gwyn Atkinson
Head Coach

Everett Barry
Novice, Advance, Junior

Sara Benson
Novice, Advance, Junior

Jayden Corrigan
Novice, Advance, Junior

Tiffany Farmer
Junior, Senior

Katie Faulke
Preteam

Jennifer Gustafson
Preteam, Novice, Advance, Junior

Annibal Hernandez
Full-time assistant coach

Leslie Stimeling
Preteam

Conner Rugenstein
Novice, Advance, Junior

Claire Weaver
Novice, Advance

This is going to be a great swim season! I am very excited about what I'm seeing so far. Swimmers are coming to practice excited to swim and ready to work hard!

All of our training groups are focusing on proper stroke technique and good practice habits. The Novice and Advanced groups will do the same, or almost the same, practice on Monday/Tuesday and on Wednesday/Thursday. The Junior & Senior groups have also started to build yardage and intensity. If you have any questions or concerns about your swimmer's practice, please reach out to me.

I am very lucky to have amazing coaches and supportive parents. Thank you in advance for all your effort to make this the best season ever!

GO LIGHTNING!

Coach Gwyn

New this season

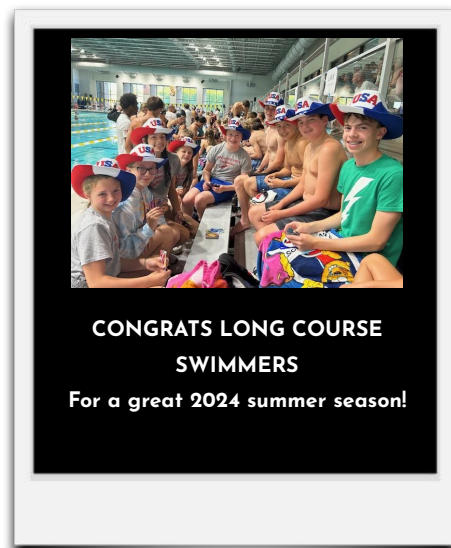
We will be introducing a weekly rewards program in each of our practice groups. Swimmers will be recognized each week for the following

- ★ The swimmer on  will wear a yellow cap for exceptional work ethic and participation.



The swimmer excelling at sprinting during practice or meets will wear a green cap.

- ★ The swimmer demonstrating sportsmanship will wear a pink cap.



Find us online at www.swimlany.com

- Meet and community events schedule
- Meet requirements
- Team documents
- Practice group requirements and schedule
- Equipment information
- Team records



We would like to celebrate our swimmers accomplishments in our upcoming newsletters. Please email Coach Jen at jenabenson@hotmail.com if you would like to share an academic, or "outside the pool" related accomplishment.

IMPORTANT PRACTICE EXPECTATIONS

COACH NOTES

Please make sure your swimmer is ready to enter the water at their scheduled practice time. Swimmers bags should be in appropriate deck space so coaches can easily transition between practice groups. Swimmers should bring appropriate equipment for their practice group. Remind your swimmer to listen to coaches instructions throughout the practice. It is helpful to have these conversations with your swimmer throughout the season.

Parents are welcome to watch practices in the appropriate facility spectator areas. Parents should be respectful of coaches and swimmers while practice is in session. Any questions about practice changes and swimmer availability should be directed to Head Coach, Gwyn Atkinson.

Where to find Qualifying Times

*(times/qualifications are subject to change
for 2024-25 season)*

- PA YMCA Districts
[District QT](#)
- Junior Champs
[Junior Champs QT](#)
- PA YMCA NATIONALS
[National QT](#)
- Lightning Holiday Meet
[Holiday Meet 2023 QT](#)
- WINTERFEST
[2024 Winterfest QT](#)

COACH HIGHLIGHT

Claire Weaver

- Claire is a Millersville University student and swimmer.
- You can find Coach Claire on deck at Millersville novice and advanced practices.
- You will also see her name on the records board at Millersville University.
- Don't forget to welcome Coach Claire back to Lightning and wish her a great swim season!



Find out more about
our coaches at
www.swimlany.com



UPCOMING MEET SCHEDULE

10/12 - 10/13	Short Course Chargers Challenge
10/4	Bill Schmidt Invitational <i>(Distance swimmers only)</i>
10/26	Marguerite Newkirk Pentathlon <i>(13+ swimmers only)</i>
10/27	YMCA Spooky Splash
11/23 - 11/24	York YMCA Tournament of the Champions



HOW CAN I HELP MY SWIMMER PREP FOR MEETS?

Swimmers will be on deck throughout the swim meet. Parents who are not volunteering will not be permitted on deck.

[Some helpful hints](#)

Check your email for any last minute updates.

Pack healthy snacks. Protein, healthy carbs, fruits, veggies and water are all good options.

Swimmers should be wearing team shirts and apparel when possible. All swimmers should be wearing TYR swimsuits.

Swimmers should stay warm. We will be ordering Lightning apparel soon. There will be options for team sweatshirts and parkas.

Pack games swimmers can play together while waiting for events. Cards, handheld games, appropriate fidget toys are good options.

Remind your swimmer of team behavior expectations before the meet.