

Lightning Newsletter



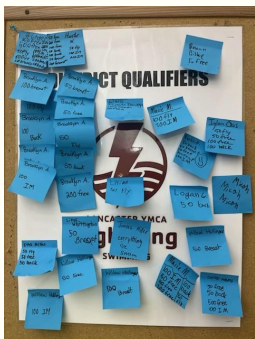
IMPORTANT DATES

2/8	Lebanon YMCA Dual Meet
3/1 - 3/2	YSCAP League Champs
3/7 - 3/9	District Championships
3/21 - 3/23	PA State Championships
3/31 - 4/4	YMCA Nationals
4/13	Lightning Banquet

PA Central Districts 2025

The meet will be held on **March 7-9** at the **Graham Aquatic Center in York**. Qualifiers will receive a **Championship Team T-shirt!** This is a fun meet and a celebration of our efforts, both individually and as a team. Please continue to add your names and events to our team poster at Pucillo Pool.

Swimmers can continue to qualify through our **Championship Meet**. Keep pushing, and let's finish strong!



January Meets

We had great swims at the John Apple Meet on January 11-12. Congrats Swimmers!

Click the link to learn more about the host, [John Apple Swim Foundation](#), including community events and high school scholarship opportunities.



Winterfest

Shoutout to 10U Hunter Wolfe for an amazing 1st place finish in the 50 Back at Winterfest! Way to go, Hunter—keep up the hard work!



Randy Keinard

Fueling for Competition

There are many resources available for fueling athletes and keeping them healthy. It is never too soon, or too late to develop healthy habits that will have impact on training and competition. Here is a link to [USA swimming current health and nutrition information](#). We encourage swimmers choose healthy foods while on deck at meets. There are great options out there and one of the best resources is fellow parents!

Coach and Swimmer Favorite on Deck Treats

- Coach Gwyn Peanut Butter and Jelly
- Coach Tiff Mango Slices
- Coach Jen Almond Butter Rice Krispies
- Coach Anibol Banana and Peanut Butter
- Coach Everett Granola
- Coach Jayden Pasta Salad
- 10U Girls PICKLES!



Just for fun! See what Olympian Ryan Murphy eats while training for his 9 practices a week!

For those looking for more information on nutrition topics:

- [Teen Nutrition Blog](#) – Covers essential topics like female athlete nutrition, vitamin D, and other key nutrients.
- [StudentAthleteNutrition.com](#) – Provides insights on protein, protein powders, and overall sports nutrition.
- [Children's Health](#) – Focuses on hydration and nutrition for young athletes to keep them performing at their best.