



COMMUNITY EVENTS

10/19 CITY Trunk or Treat

10/26 L-S Trunk or Treat



UPCOMING MEETS

10/12 - 10/13	Short Course Chargers Challenge
10/26	Marguerite Newkirk Pentathlon (13+ swimmers only)
10/27	YMCA Spooky Splash
11/3	Tri-Meet
11/23 - 11/24	York YMCA Tournament of the Champions

Hotel Information for WINTERFEST emailed 10/5



Helpful Resources

- [TYR Swim](#)
Team Code: 12115 for new registration
- [Lightning Website](#)
- [Time Conversion Tool](#)

Coach Highlight



CONNOR RUGENSTEIN

When he is not poolside you will find Coach Connor at the PA STEAM Academy in his role as 5th grade Success Coach.

Connor's favorite event to watch and coach is the 200 IM. He says it is a dynamic event that combines nearly every skill we learn at practice. Nothing beats the excitement of a time drop or win in the 200 IM because it means swimmers are mastering the sport!

TEAM APPAREL

ORDERS DUE OCTOBER 10th

LINK : [LANCASTER LIGHTNING APPAREL](#)



Swimmers will receive 2 team t-shirts with our new logo.



PRACTICE GROUP STAND OUTS



ADVANCE
Hunter Wolfe
Karlie Harver
Julia Maiorino



JUNIOR
Avery Fitzgerald
Carson Rubin
Jesse Grubb



SENIOR
Dante Tumalo
Grace Wagner
Thomas Russell

What can sports families do to build healthy athletes?

at [USASWIMMING.ORG](#)



Some highlights from the article to help build healthy athletes at home:

- Ask what your child wants from the sport.
- Put your sport interests aside.
- Examine your own motives.
- Don't take advocacy to a negative place.
- Let kids experience play.
- Help your athlete fall in love with the sport.