



# LIGHTNING NEWSLETTER

**WE WISH YOU THE HAPPIEST HOLIDAY SEASON**



## Holiday Challenge Details

[Challenge Participation Form](#)

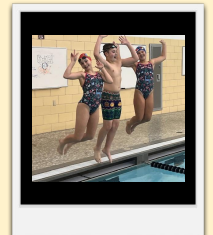
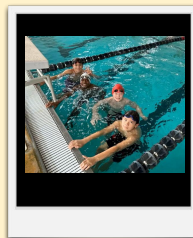
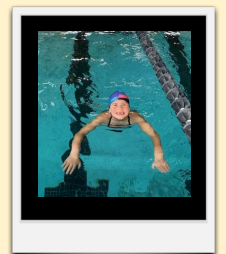
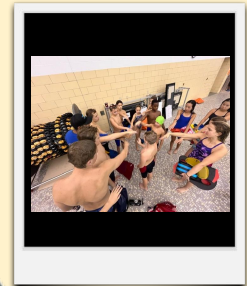
1	Best time at a December meet
2	Attend Practices during December
3	<b>2-3 Weekly</b> <i>Novice, Advanced, Adv Plus</i>
4	<b>4 Weekly</b> <i>Junior, Junior Plus</i>
5	<b>5 Weekly</b> <i>Seniors</i>  <b>*Track each week of December</b>
6	Choose <b>2</b> practices to focus on streamlines
7	Choose <b>2</b> practices to focus in turns
8	Cheer for a teammate at a meet
9	Choose a stroke other than your best during a practice set
10	Encourage a teammate during practice
11	Thank a parent for transportation to practice
12	Be on time challenge

## 12 DAYS OF HOLIDAY TRAINING

All swimmers are invited to participate in our **12 Days of Holiday Training Challenge!** We know that Lightning families have lots to celebrate and many activities planned over the holidays, but we want to encourage consistent training during this time to stay on track.

Please check out the **challenge itinerary** and the **Google form** to participate. At the conclusion of the challenge, a **prize** will be awarded to one lucky participant!

Let's make this holiday season both festive and productive in the pool!  
**Please Complete the [Challenge Form](#) by January 5th!**



## COACH'S CORNER

### Practice Reminders:



- Swimmers should keep their bags on or close to the bleachers during practice at Millersville.
- Practices will begin at opposite ends of the pool to avoid congestion.
- Swimmers should keep their voices down so practicing swimmers can hear the coaches.
- Please wait until your scheduled practice time to speak with the coaches.

### Meet Reminders:

- Swimmers should sit in the designated team area during the meet.
- Parents should refrain from visiting swimmers while they are at the meet. Swimmers may meet their parents in designated areas when not swimming.
- Everyone should clean up their area after their session. We are guests of the hosting teams and should be respectful of the facilities.
- Parents, please remind swimmers to pack activities to stay busy during the meet. Coaches will be focused on the races.
- Swimmers should not be running, climbing, or chasing on deck.
- Swimmers aged 12 and under should not use warm-up pools without the coach's permission.

Thank you for your cooperation!!!

### Holiday Info

- Check your email for holiday practice changes.
-  No practice Dec 24 & 25
- [Volunteering for Holiday Classic](#)
- All families are expected to volunteer! See email for details.
- [Vote for the Lightning Christmas tree at Clipper Stadium!](#)
- Admission to vote inside the stadium is free!
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### Upcoming Meets

12/13-12/15	Lightning Holiday Classic (YMCA)
1/5	Carlisle Dual Meet (YMCA)
1/11-1/12	John Apple Invitational (USA)
1/12	Randy Keinard (YMCA 10U)
1/17-1/19	Winterfest (YMCA)

### Meet the Coach



Jayden Corrigan



Coach Jayden Corrigan coaches Junior and Advanced teams. He brings a lot of experience to the Lightning program. Jayden graduated from Susquehanna University in 2023. He was a 6-time school record holder in the 500, 1000, and 1650 Freestyle, 400 IM, 400 Free Relay, and 800 Free Relay.

#### Where have you seen the most improvement in Lightning Swimmers this season?

"I am incredibly impressed by how the Lightning swimmers have consistently pushed themselves in the water day after day, even when fatigue sets in. Since the start of the season, there has been a remarkable shift in their effort and determination. The athletes are learning to step outside their comfort zones, and I am excited to see how all their hard work pays off in their races at the end of the year."

#### What is your advice to stay motivated throughout the season?

"As the season progresses, my advice is to prioritize staying healthy, taking care of your body, and giving your best effort in the water every day at practice. If you stay consistent, you'll see the results you strive for when championship season arrives."

### HELPFUL WEBSITES

- [PIAA Swimming and Diving](#)  
High School Schedule/Championship Information
- [Lancaster Lebanon League](#)  
[Boys Swimming Schedule](#)  
[Girls Swimming Schedule](#)
- [USA Swimming](#)  
Training & Technique, Wellness, Nutrition, SafeSports Information
- [Swimming World Magazine](#)  
Swimmer highlights, Training, Wellness, Product Information
- [SwimCloud](#)  
Worldwide, USA, PA Swimming Results

### SWIM COMMUNITY HIGHLIGHTS

#### Congratulations to these outstanding Lightning Swimmers!

- **Linus Whittington** for being named **Student of the Week** at Landisville Middle School!
- A big shout out to **Brooklyn Adams** and **Carson Rutledge** for being selected to play in the **District 7 Youth Honors Band!**
- Way to go, **Zachary Capoferri**, for winning the **Lampeter Strasburg Middle School Lineman Award** during the 2024 football season!

**Keep up the amazing work—you're all doing great things!**

