

Hi Everyone:

Information regarding Champs and LMAC Developmental Mini Meet, please read entire email, it is for YOUR BENEFIT!!!

- **Dual Meet Season Completed:**

- ***Congratulations to the LMAC girls on their overall winning season***, we ended up with a combined regular season and post season record of 4-3!! The girls have not had a chance to swim at home very often this year, and they made the most of it yesterday. Our girls posted several personal best times in individual and relay events. There was more team spirit than ever, special thanks to our senior girls leading the way with cheering!!

- ***The LMAC boys finished just shy of a winning season*** with a record of 3-4. Yesterday was a very, very, very close meet with Pennsbury Aquatic Club. We were outscored by just 10 points. There were several close races and our boys swam hard, winning several of those close races. I was very impressed with our starts, turns and finishes compared to last week. Thanks to all swimmers for listening at practice this week and executing so nicely at the meet.

- ***Meet results are attached.*** In the column all the way to the right hand side of the results, there are numbers either with a “-“ sign next to them or no sign at all. For example, you would see either “-1.56” or “1.56”. Seeing the minus sign means your swimmer dropped that many seconds from their personal best time. If there is no minus sign, your swimmer went added this many seconds compared to their personal best. ***Please email me if you need help reading the results.***

- **WEST DIVISION CHAMPS Information:** West Division Champs is run like an invitational. Swimmers are heated by time and there are multiple heats of each event (the events run in the exact same order as a dual meet). ***ALL SWIMMERS on our roster who participated in at least one of our regular season dual***

meets are eligible to compete in this meet. There are NO QUALIFYING TIMES. Currently there are very few details available, as soon as details come out, I will send out a formal sign up process. For right now, here is what I know.

- **Eligibility:** All LMAC swimmers (regardless of age or time) who competed in at least one regular season dual meet.

- **Choosing Events:** Swimmers choose their own events for this meet. You may pick up to three (3) individual events for this meet and you will be entered in up to two (2) relays. Coaches choose relays, you will be asked to say whether or not you wish to participate in relays (yes or no answer). If you are on an “A” Champs relay, you will not swim in a West Division Champs relay. You can swim up to five (5) events in both meets. All 5 of your events can be swum at “A” Champs (have to qualify for “A” Champs by having one of the top 18 times in the league in an event), all 5 of your events can be swum at Division Champs, or there can be a combination of meets. The relays LMAC will be sending to “A” Champs will be emailed out tomorrow evening.

- **Cost:** There is no cost to individual swimmers to attend either championship meet, LMAC pays the entry fees.

- **Sign Up Process:** ***There will be parent representatives in the balcony at Maguire later this week and next week to take entries in person. The reps will have a list of swimmers and all possible events, you will need to provide them with your swimmers name, the individual events they wish to compete in and you will need to say if they want to be included in relays or not.*** I will outline specific times that reps will be in the balcony taking entries once we have meet details (currently all I have is day and location, no warm up times). ***In person sign up in the balcony at Maguire is the ONLY way to register for this meet. A deadline and schedule of registration times will be sent out as soon as possible.***

- **Boys Meet:** Is being held at Perkiomen Valley High School (approximately one hour away). Warm Up/Start times are unknown.

- **Girls Meet:** Is being held at Radnor High School. Warm Up/

Start times are unknown.

• **UMAC LAST CHANCE INVITATIONAL SATURDAY**

1-22-2011: Several LMAC swimmers are signed up for the Last Chance meet at Upper Merion High School. **Swimmers 10 years and younger warm up at 7:15am/Meet Start 8:30am; swimmers 11 & Over Warm up at 12:45pm/Meet Start 2:00pm.** Volunteer requests and specific LMAC warm up times have not come out yet. As soon as I have more detailed information regarding the specific warm up time given to LMAC and the number of timers UMAC expects us to provide for each session I will send out an email. Any questions please contact me via email or see me at practice.

• **ATTENTION MIGHTY MITES/PIRANHAS**

(DEVELOPMENTAL): *LMAC is hosting and end of season mini meet/cake party for our developmental swimmers at Maguire Pool.* Meet details and sign up instructions are as follows:

- **Date:** Sunday, January 30th
- **Time:** 12:00pm (will last 2-2.5 hours)
- **Location:** Maguire Pool (where practice takes place)
- **How to Sign Up:**

§ **Email Coach Kathryn** at Lepster04@verizon.net

§ **In the subject line** put your "SWIMMER'S NAME" and "WILL ATTEND 1/30 MINI MEET"

§ **Sign Up deadline is** **Sunday, January 23rd at 3:00pm**

• **Practice Schedule, week of January 17rd:**

- **Developmental:** Tuesday, Wednesday & Friday 5:30-6:15
- **Diving:** Monday 5:30-6:50; Sunday 4:00- 5:00
- **Silver:** Tuesday 6:15-7:15, Thursday 5:30-6:30, Friday 6:15-7:15, Sunday 12:00-1:00
- **Gold:** Mon 7:00-8:30, Wed 6:15-7:30, Friday 7:15-8:30, Sunday 1:00-2:00
- **Senior White:** Mon 5:30-7:10, Tues 7:00-9:00, Wed 7:15-9:00, Thurs 6:30-8:30, Sun 2:00-4:00
- **Senior Blue:** Mon 5:30-7:10, Tues 7:00-9:00, Wed 7:15-9:00, Thurs 6:30-8:30, Sun 2:00-5:00
- **Dry Land:** Monday 7:20-8:10, **NO Wednesday Dry Land**

• **Last Day of Practice for Age Groupers in the SAL ONLY program** is Friday, January 28th. All high schoolers and USA Swimmers, a new practice schedule will start beginning Monday, January 31st. It will be emailed out shortly.

• **Upcoming Dates:**

- **Saturday, January 22nd:** Last Chance Invitational at Upper Merion High School
- **Friday, January 28th:** Last day of practice for SAL only swimmers (unless in "A" Champs)
- **Saturday, January 29th:** West Division Champs, Boys and Girls separate, Locations up in the air
- **Sunday, January 30th:** Mini Meet for Mighty Mites/Piranhas (Developmental) 12:00pm @ Maguire

- **Saturday, February 5th:** Girls “A” Champs at LaSalle University (doors open at 7:30am)
- **Sunday, February 6th:** Boys “A” Champs at LaSalle University (doors open at 7:30am)
- **Sat/Sun, February 12/13:** UDAC USA Swimming Invitational

Thanks very much and have a great week...

GO PIRANHAS!!!

kathryn