

Hi Everyone:

PLEASE scroll all the way down!!

Thank you all for your cooperation and patience this past week. We had what I believe was a fairly smooth transition into not only our new facility—Lower Merion High School, but also a very good first week training at two separate pools. I do apologize for the confusion at O'Pake this afternoon and Gold practice starting a bit late.

I would like to make sure that everyone who needs to be getting these weekly updates is receiving them. ***If you would like me to add anyone (another family member or your swimmer) to my email distribution list please contact me and give me the address you would like to add.*** I am happy to include anyone!

What is our TRAINING FOCUS THIS WEEK??

1. **Bronze** will continue to develop freestyle and backstroke.
2. **Silver** will start the week on Tuesday finishing the freestyle pull and move into backstroke work on Thursday and Friday evenings and Sunday afternoon.
3. **Gold & Juniors** will spend the bulk of the week working on breaststroke and each practice will conclude with a small training set geared toward building endurance.
4. **Seniors** have completed all four strokes and will work on starts, turns and underwater push offs each night for the first half of practice. The second half of practice will be dedicated to building your aerobic base.

What is DUE THIS WEEK??

1. **LMAC Equipment, Spirit Wear, Team Suit Orders—*Tomorrow (Monday) at LMHS is the absolute deadline to drop off forms to Coach Kathryn. Forms will not be accepted at Maguire.***
2. **Goal Sheets for Senior and Junior Group Swimmers—Past Due; Please turn in immediately!**

The Following Documents are Attached:

1. LMAC Equipment, Spirit Wear, Suit Order Form—No orders will be accepted after Monday-- ***must be given directly to Coach Kathryn!***
2. Junior and Senior Group Goal Sheets
3. Team Effort USA Swimming Invitational (GAAC Patriot Classic) Meet Information
4. GAAC Patriot Classic Entry Form—due Saturday, October 15th

A Message from the LMAC Team Reps

- ***LMAC Needs Your Help at Meets!!***
- Please consider being a starter/referee or a stroke/turn judge at meets

- The following classes are being offered by Middle Atlantic Swimming and will qualify you to officiate at both SAL dual meets and USA Swimming Invitational Meets
 - ® Thursday, October 6th @ 6:00pm @ Suburban Swim Center in Newtown Square, PA
 - ® Sunday, October 9th @ 12:30pm @ Malvern Prep in Malvern, PA
 - ® Sunday, October 9th @ 1:00pm @ Jersey Wahoos Pool in Mount Laurel, NJ
 - ® Saturday, October 22nd @ 9:00am @ West Shore Y in Camp Hill, PA
 - ® If you are interested in any of these dates please contact Pam McKeon or you can sign up yourself at www.maswim.org.

- Practice Schedule, Week of September 26th:

- Bronze:
 - Monday 6:00-7:00 @ Maguire
 - Wednesday 5:00-6:00 @ Maguire
 - Friday 6:00-7:00 @ Maguire
- Silver:
 - Tuesday 6:00-7:00 @ LMHS
 - Thursday 6:00-7:00 @ LMHS
 - Friday 6:00-7:00 @ LMHS
 - Sunday 1:30-2:30 @ O'Pake
- Gold:
 - Monday 6:00-7:30 @ LMHS
 - Wednesday 6:00-7:15 @ LMHS
 - Friday 7:00-8:00 @ LMHS
 - Sunday 12:00-1:30 @ O'Pake
- Junior:
 - Monday 7:00-8:30 @ Maguire
 - Tuesday 6:30-8:00 @ Maguire
 - Thursday **MORNING** 6:00-7:00am @ Maguire
 - Thursday 6:00-8:00 @ Maguire; **Dry Land included—Wear sneakers!**
 - Saturday 10:00am-12:00pm @ O'Pake
 - Sunday 1:00-3:00pm @ LMHS
- Senior:
 - Monday 6:45-9:00pm @ LMHS; **Dry Land included—Wear sneakers!**
 - **Tuesday MORNING** 5:30-7:00am @ Maguire
 - Tuesday 7:00-9:00pm @ LMHS
 - Wednesday 6:30-9:00 @ LMHS
 - **Thursday MORNING** 5:30-7:00am @ Maguire
 - Thursday 7:00-9:00pm @ LMHS
 - Saturday 9:00-11:15am @ O'Pake; **Dry Land included—Bring sneakers!**
 - Sunday 2:00-5:00pm @ LMHS
- Mighty Mites:
 - Monday & Wednesday 6:30-7:15 @ LMHS
- Diving:
 - Wednesday 7:15-8:30pm @ LMHS
 - Sunday 1:30 – 3:30pm @ O'Pake

- USA Swimming Second Team Effort Invitational Meet

® GAAC Patriot Classic, December 11 (Sunday Only—we have a dual meet on Saturday)

® LMAC Deadline Saturday, October 15th

- This event is hosted by Germantown Academy Aquatic Club at Germantown Academy (340 Morris Road, Fort Washington, PA 19034).
 - The LMAC registration form for this meet is attached. ***Please return the form to Coach Kathryn by Saturday, October 15th.***
 - Meet information (including a schedule of events) is attached.
 - The cost is \$4.00 per individual event
 - *The coaches highly recommend USA Swimming for swimmers 9 years and older who are interested in swimming as their sport of choice or even their possible sport of choice.*
- LMHS Entrance/Parking Directions:
 - These are the directions provided to us by the school district:
Enter the parking lot on School House Lane side and drive to the back of the building. Park in the rear lot and use the Natatorium Entrance enter for the locker rooms and seating. The word Natatorium is above the door on the outside of the building.
If you are on Montgomery Avenue and the High School is on your right hand side, School House Lane is just past the High School.

Thanks very much and have a great week!

GO PIRANHAS!!!

kathryn