



LAC ACHIEVEMENT
AWARDS &
SWIM-A-THON 2022

ACHIEVEMENT AWARDS FRIDAY, APRIL 8,
2022

@ FLOWER MOUND HIGH SCHOOL

SWIM-A-THON SATURDAY, APRIL 9, 2022
@ KELLER ISD NATATORIUM

SPECIAL GUEST IS OLYMPIAN AND
NCAA CHAMPION DREW KIBLER

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Upcoming Dates

Feb 25—Swim-A-Thon
Fundraising can start

Feb. 28—NT Diversity
Camp nominations due

March 6—Applications for
Sarasota Trip due

March 11 to 20—LAC
Spring Break—No practices

April 8—Achievement
Awards

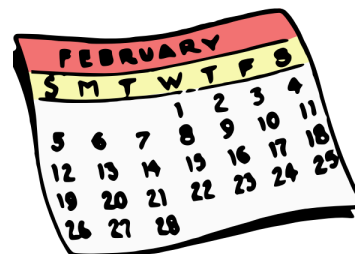
April 9—Swim-A-THon

May 26—Secure team hotel
at Midland Invite

SPRING BREAK
LAC

Friday, March 11th
Through
Sunday, March 20th

*Coaches and Swimmers will be on a much
deserved vacation. There will be no prac-
tices during this time.*



Fueling on Competition Day

Encourage the athlete to eat/drink something small in the morning

- 30 minutes – 1 hour before competition
- Bar, banana + 1tbsp peanut butter, bagel, Gatorade, vanilla yogurt, etc.



Between swims/race

- ♦ If >3-4 hours: turkey sandwich or chicken + rice & starchy vegetable, or PB&J sandwich
- ♦ • If ~ 30min-1hr: see above box



After competition:

- ♦ If multiple races or long duration race = 1/2 plate starches/grains
- ♦ • If moderate day = 1/3 plate
- ♦ • If easy = 1/4 plate



UPCOMING EVENT FOR
LAKESIDE AQUATIC CLUB PARENTS AND ATHLETES

March 23rd – Nutritionist Speaker at the WAC (5 pm) and EAC (7 pm)

Open to Parents and Swimmers from National, National Prep, Senior and AGS practice groups.

April 8 – LAC Achievement Awards at Flower Mound High School

Awards for Team Records, IMX scores and team performances

April 9 – Swim-A-Thon Saturday at Keller ISD Aquatic Center

Practice, clinic and breakfast with Olympian Drew Kibler for top fundraisers.
Prizes and fun during the swim-a-thon for all fundraisers.

April 9 – Diversity Camp at Arlington ISD Aquatic Center

For 14 to 16 year olds with at least one “AA” 15-16 motivational time
Here is the [nomination/application process](#) and who is qualified to apply.
Deadline is Monday, February 28th. [More Information](#)

**LAC is proudly sponsored by Arena,
and Xtreme Swim is the exclusive team
retailer!**

**For a list of equipment required for your specific
practice group [CLICK HERE](#).**

**Swim Meet participants are required to wear a
red LAC cap and a black Arena suit with LAC
Logo.**

*Members receive discounted pricing on Arena
products when purchased through our exclusive
retailer, Xtreme Swim.*

By Phone at 888-946-9873



LAC AGE SUMMER TRAVEL TRIPS

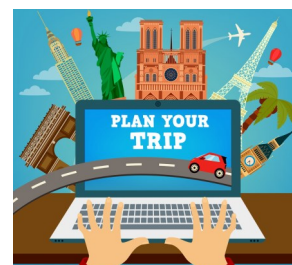
The Long Course Meet schedule is posted on Page 5. It includes all meets for all groups. The schedule is subject to change but this will help with your planning for this summer. The coaching staff would like to point out the two travel meets for Age Group swimmers this summer. A description of them are below. More information will be sent out later as we get closer.

June 16 to 19—Sarasota Shark Open

- ◆ This meet is a team travel trip to Sarasota Florida.
- ◆ The top 60 LAC swimmers, from ages 11 to 14 will be invited.
- ◆ Age of the swimmer on the 1st day of the meet will determine the age of the swimmer.
- ◆ A swimmer's best times from LAC attended meets and observed High School meets will be considered in the selection process. Times from September 21st, 2021 and March 6th, 2022 will be considered. Selection Process will be posted soon (it is the same as the last 2 travel meets).
- ◆ Team will fly out on June 14th. Team will stay at a Hotel TBD. Practices and team activities will be scheduled for June 14th and 15th. June 16 to 19 is the Prelim/Final meet. June 20th is a short beach day and flight home.
- ◆ Details of Trip are still being finalized. Please stay alert to emails regarding this trip.

June 3 to 5—City of Midland Invitational

- ◆ This meet is parent travel trip to Midland , Texas
- ◆ LAC will hold a block of rooms but lodging and food are family decisions.
- ◆ **The meet is open to all LAC swimmers with “B” times or better.**
- ◆ The meet is a prelim/final meet.
- ◆ LAC will do relays.
- ◆ The host team does a great job of making this a fun environment for all.
- ◆ Meet Information will be out soon.



Updated 2/28/22

2022 LAC LONG COURSE MEET SCHEDULE

Date	Location	Meet Name	Time Standard	Meet Notes
March 30 - April 3	San Antonio	TYR Pro Swim Series - San Antonio	TBD	Parent Travel
April 2	Keller ISD	Short Course B/C Season Opener	B/C Time Standards	Short Course
April 22-24	Northwest ISD	Spring Intrasquad Meet	BB and Faster	Long Course
April 26-30	Greensboro, NC	Phillips 66 International Team Trials	National Time Standards	Team Travel
May 6-7	Southlake	Mother's Day Meet	B/C Time Standards	No Sunday Sessions
May 13-15	Mansfield ISD	MAC Senior Meet	15-16 AA	Long Course Meet
May 13-15	Lewisville WAC	Hiroto Kobukai Memorial Meet	No time Standard	Long Course
June 2-5	Midland, TX	Frost Band West Texas Invitational	B and faster Time Standard	Parent Travel
June 3-5	Mansfield ISD	MAC A/BB	BB and faster	Long Course
June 16-18	Lewisville WAC	Bill Nixon Meet	A Time standard	Prelim/ Finals - Long Meet
June 16-19	Sarasota, FL	Sarasota Shark Open	LAC Team Selection Process	Selection of top 40-60 11-14 year olds
June 23-26	Texas A&M	TX Senior Circuit #3	Sectional Time Standards	Long Course Meet
June 25-26	Keller	LAC Fun in the Sun	No Time Standard	Long Course Meet
July 8-10	Northwest ISD	Summer Meet	No time Standard	Long Course - 15 and over
July 7-10	Mansfield	14 and Under North Texas Championships	A Times and faster	Prelim/Final - Long Course
July 15	Southlake	Long Course Time Trial	Coach Invitation	Long Course
July 16-17	Southlake	BB and Under Champs	BB and slower	Short Course Meet
July 20-24	Arlington	Summer TAGS	TAGS Times	Prelim/Final - Long Course
July 26-30	Irvine, CA	Phillips 66 National Championships	National Time Standards	Team Travel
July 26-30	Arlington	Southern Zone Age Group Championships	NT Swim Selection Meet	North Texas Team Travel and Selection Process
July 26-30	Morgantown, WV	Southern Zone Senior Group Championships	15-16 Time Standards	Team Travel
July 27-30	College Station, TX	USA Swimming Futures Championships	Futures Time Standards	Parent Travel
August 1-5	Irvine, CA	Speedo Junior National Championships	Speedo Junior National Time Standards	Team Travel
July 30 - 31	Mansfield ISD	MAC Short Course Un-classified Meet	Open	Short Course