

J A N U A R Y 2 0 1 6

Hershey Aquatic Club

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HAC vs. Marauder

Despite the icy rain, HAC hosted a meet against the Marauder Aquatic Club on Saturday, December 17. Overall, 60 percent of events swam were time drops. In addition, 26 percent of swims broke a record. "We had some great swims at the meet, but I was most impressed by the attitude of swimmers who didn't do well. They were still positive and encouraging to their teammates," Coach Katie said. "Remember, swimming is fun! Be confident in your abilities, even if you don't hit the times you want. We're always learning how to get better, and patience is key with learning." We're proud of you all!

"The best preparation for tomorrow is doing your best today." – H. Jackson Brown, Jr.

Salvation Army Giving Tree Reaches 75 Children

Thank you families who contributed to providing presents for 75 children this year through the Salvation Army! High school senior Sarah Snavelly has been heading the coordination for the Salvation Army Giving Tree program over the last few years. She collects a number of tags from the Salvation Army representing kids in the Harrisburg area, and tapes them in a tree shape on Coach Greg's office door. Each tag has the name, age, interests, and clothing sizes of the child. Families are asked to select



Donations for 75 children going to the Salvation Army

a tag and purchase a warm clothing item and a toy to donate that matches the child's sizes and interests. "I would like to thank all of the generous HAC members who spread holiday cheer this season. My last year coordinating was awesome. Next year Morgan Brett will be taking over to continue the tradition."



How to Set Yourself Up for Success in 2017

Whether you need to re-focus in the pool, in school, at work or in your relationships, here are some great exercises you can do to explore and execute your goals. The following roadmap is taken from Passion Planner.

Make a Wishlist and Prioritize

For five minutes, take time thinking of a wish list describing your ideal life. Ask yourself “If I could be anything, do anything, or have anything, what would it be?” Write everything that comes to your mind. As you write, organize your dreams in to Lifetime, Three Years, One Year, and Three Months. After your five minutes is up, prioritize within each category by selecting the goal that would make the MOST positive impact on your life.

The Plan and Specifics

Now you have your top four goals. Take five minutes per goal and write down the steps you think would be necessary for you to complete in order to get to the goal. Be as detailed as possible. Then, assign due dates for each task, and create a timeline. Organize the tasks based on which ones need to be completed first.

Find a Partner

Reaching for a goal is hard on its own, but doing it by yourself adds another level of intensity you don't need. Find an accountability partner to help you keep on task for the week. Celebrate and encourage each other for the small and big wins alike.

Want a goal-setting worksheet?

Now that you've read the exercise on how to make goals this year, ask Coach Katie for a copy of the goal sheet she has from her Passion Planner. Or, you can [purchase a Passion Planner](#) for yourself. She'd love to brainstorm with you and help you figure out ways to achieve your goals.



Seeking Parents to Assist as Officials at Meets

The men and women at swim meets wearing white-collared t-shirts standing on the pool deck are not only officials, they're parents of swimmers on the team.

HAC is seeking parents to step up and serve as officials at our swim meets. Officials are a key component to any meet. They have the opportunity to learn the rules and regulations of swimming, they get to watch every part of the meet, and, here at Hershey, they get to work with a great team of parents!

"My favorite part of being an official is just being down there on the deck with the kids and coaches, helping run a great meet. It's a fun

group and it's great to be a part of the action," Dan Clough said. "We love it when parents join our ranks. We try to add two to three every year to make up for parents of graduating swimmers."

The more USA-S certified parents we have on our team, the more opportunity we provide for our swimmers to compete at meets.

If you're interested in becoming an official, or you just want to learn more about the requirements, please contact Dan Clough for more information. We really appreciate how our families serve the team!

Food Feature with Chef Jeff

Not only is Jeff a great coach, he's a great chef! Check out some fun recipes he makes for his family.

Bacon-Wrapped Turkey Meatloaf

When asked what he thinks of bacon-wrapped turkey meatloaf, Diamond 1 swimmer Owen Fastrich responded, "Turkey is a good choice and who doesn't like pork fat!" Coach Jeff is also a chef in his household, along with his wife, Paula. Together they cook meals with robust flavor to have over the week for their family of four. One of the Fastrich's favorite meals is bacon-wrapped turkey meatloaf with mashed potatoes and green beans.

If you want the recipe for this meal, or if you want to share one of your favorite recipes in the next newsletter, email Coach Katie at kmnolan.unc@gmail.com



DSC Speedo Holiday Classic



HAC competed at the DSC Holiday Classic December 9 through 11. This was our first prelims and finals meet of the season. Twenty two swimmers competed during the meet, and 82 percent made finals for at least one event. Out of the 98 swims, 57 percent were improved times. In addition, the following records were broken: 100 fly by Caylene Rippon (54:68); 50 breaststroke (35.40), 50 fly (29.60), 100 IM (1:07.80), 200 free (2:12.34), and 200 IM (2:28.06) by Magill Zagaceta. "The swimmers stepped up their races and achieved many good times," Coach Greg said. "It was one of our best Holiday meets in the past five years. More importantly, it looked like all the swimmers were having a good time mingling with each other." Keep up the great teamwork!

Perfect Practice Attendance

Congratulations to the following swimmers for making every single practice in December!

Carly Carrasco, Senior A	Dan Marengo, Senior A	Kevin Zachary, Senior A
Ben Chappell, Senior B	Tomami Nikano, Senior A	Miles McCall, Novice 456
Charlie Fackler, Senior A	Brendan O'Connell, Senior A	Samantha Andrews, Silver 2
Brook Geyer, Senior A	Ella Pedersen, Senior B	Shane Brace, Silver 1
Grant Geyer, Senior A	Caylene Rippon, Senior A	Andy Cramer, Silver 1
Breanna Kratz, Senior B	Jason Young, Senior A	Ben Musante, Silver 1
Cole Luttrell, Senior A		

Get ready for the Perfect Practice Pizza Party Tuesday, January 10!



January Calendar

Swim Meets and Birthdays



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Max Hullays	2 Stephen Wingert	3	4	5 Maya Madden	6 Alessia Bova	7 Hershey CPSA Meet
8	9	10 Dominic Carricato	11	12	13 MA Gold Mid-Winter Classic	14 Madison Ebert Grayson Oyerly →
15 →	16	17 Mason Dillon	18 Bella Correll	19	20 Noah Chetlen	21
22 Gavin Tran	23	24	25	26	27 CYA Winter Classic	28 →
29 Kaylee Hollenbach →	30	31				

What do you want to see?

Parents, swimmers, and coaches, if you have anything you'd like to see covered in the February newsletter, please let me know! I'm always looking for new ideas and I know our team has a wealth of knowledge to share.

Coach Katie

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Thank you!

