

F E B R U A R Y 2 0 1 7

Hershey Aquatic Club

[Visit Website Here](#)

Events for the Swimmers and Building the Committee

Orange vs. Blue

HAC hosted an intersquad meet Saturday, January 7 where Coach Greg split the club into two teams: Orange and Blue. Team Blue ended up winning the meet, but not without a fight to the end with Team Orange. Part of the win can be attributed to 46 percent of improved times, while the Orange team had 44 percent improved times. The Orange team also had a higher amount of disqualifications than the Blue team. "Seeing the teammates' excitement was the highlight of the meet," Coach Matt said. "This meet created a team atmosphere because no matter if it was the little kids swimming or older, everyone cheered." See full meet results [here](#).

"If everyone is moving forward together, then success takes care of itself." – Henry Ford

Team building activities are extremely important for the success of any team. Thanks to the parents of Silver 1 girls, the group went to the Escape Room in Annville January 21 and solved the Murder for Hire puzzle. The Communications Committee is seeking parents interested in helping plan team activities to promote camaraderie amongst the swimmers at both a training group level and whole team level. If you're interested in helping in any capacity, please do not hesitate to contact Coach Katie. We will be looking for volunteers to help plan events February through May!

ESCAPE LEVEL 6



Spring Pre-Competitive Swim Lessons

We need high schoolers!

HAC will be holding pre-competitive swim lessons for children between March 20 and June 2 in three sessions. We'd love for our high schoolers to help teach the kids the beginning stages of swimming, but more importantly, how to love the water and be on a team! There are a few reasons teaching lessons to this age group is so beneficial. For one, you build lasting relationships with the kids. Once they are on the team, you get to cheer for them at swim meets and help their families get acclimated to the life of swimming. Teaching lessons also helps you gain leadership skills. Finally, you get paid! Please let Coach Greg or Coach Katie know if you'd like to help coach these kids.

"My favorite part of coaching these kids is seeing when they catch on to what you are trying to teach them." – Greg Fastrich

Parents, please spread the word!

Parents, we'd love to get more kids in the community exposed to swimming. If you know of any families interested in getting their younger kids involved in the team, please let them know we will be hosting this program. We can't wait to build our team and introduce more children to this life-long sport! Thank you for your support and let us know if you have any questions or any families interested in learning more about the program.

Program Dates and Times

March 20 – April 6	4:30-5:15	Hershey Recreation Center	24-36 Participants
April 10 – May 4	6:45-7:30	Hershey VISTA School	16-24 Participants
May 8 – June 2	6:45-7:30	Hershey VISTA School	16-24 Participants

Choose one of three options for each session:

Option 1:	Monday & Wednesday	6 Total Classes
Option 2:	Tuesday & Thursday	6 Total Classes
Option 3:	Monday-Thursday	12 Total Classes

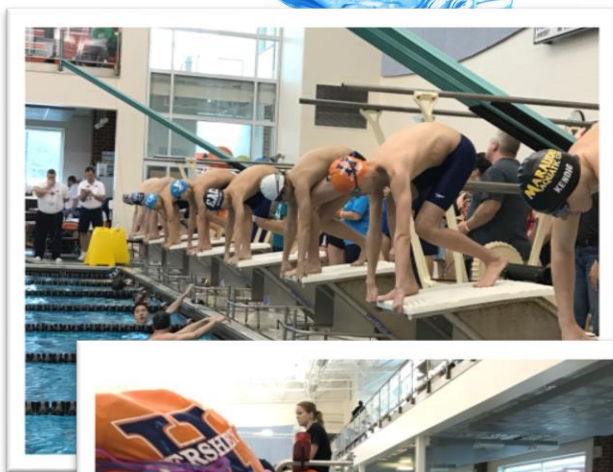
MA Winter Classic

Over the January 13-15 weekend, HAC swimmers competed at the Middle Atlantic Winter Classic hosted by West Shore Y at Cumberland Valley High School. The meet was prelims-finals structure, which allowed the young athletes many opportunities to race local peers. This meet resulted in a total of 51 percent best times as team. In addition, HAC placed second out of 16 teams. Top finals scorers were Magill Zagaceta with 177 points, Shane Brace with 131 points, and Claire Ryland with 105 points. See full meet results [here](#).



CYA Winter Classic

HAC had an exciting weekend of best times and smart racing across all ages January 27-29 at Central York Aquatics, where CPSA Championships will be held. We reached an overall improved times percentage of 53 percent; the girls had 49 percent improved times while the boys hit 56 percent. Magill Zagaceta also broke the 100 back and 100 free records. The 100 back record was held by Josh Hagan with a 1:09.64, and Magill broke the record with a 1:08.92. David Nolan was the prior record holder in the 100 free with a 1:01.06 and Magill broke the record with a 1:00.25. Congrats to all swimmers who not only swam best times, but also learned something new about themselves and how to race! See full meet results [here](#).





Officials Meet-n-Greet Pizza Night at Vista



Come enjoy a slice of pizza and conversation with our team's officials! The parents who work as officials at meets enjoy officiating for a number of reasons, including waived admission fees and being on deck with their kids. Please come to the Vista school one of the following evenings to learn more!

Monday, February 13
5:45-7:00 p.m.

Tuesday, February 21
5:45-7:00 p.m.

How Tough Are You?

[Take this quiz](#) to see how mentally tough you are with your swimming. The results will help you get a better understanding of what you need to work on to improve your mental game.

Pressur

How are you under pressure? Athletes underachieve when they let the pressure take control.

Confidence

High confidence enhances training and performance. How confident are you in your abilities?

Concentration Ability

Are you able to concentrate on the task at hand?

Reboundability

How good are you at leaving your mistakes and failures behind you?

Motivation

What is your motivation level? Motivation drives your training and racing.

How to Swim the Mile by Cole Luttrell and Charlie Fackler

The Hershey Love the Mile meet is quickly approaching! Whether you're swimming the mile for the first time February 12, or if you're an experienced miler, these tips from Sophomore Charlie Fackler and Junior Cole Luttrell should help you learn to approach the race with confidence.



How would you recommend preparing for and executing the mile, Cole?

1. Drink a lot of water leading up to the race.
2. Stretch out in warm up, do some hard pulling.
3. Separate the race into three to four groups. The first two 500s are about control. The last 500 is going to be the most physically and mentally draining.
4. Every turn, imagine you're jumping really far and do two dolphin kicks. It helps so much.
5. Warm down at least 10 minutes.

What are the three most important things you should do to prepare for your mile, Charlie?

1. Set up your pace and hold it during warm up.
2. Work on your technique. If your technique is bad, your entire mile will be bad.
3. Communicate with your counter. Tell them to shake the lap counter if you are swimming slower than your goal pace.

You heard it from the best. Now go have some fun with your teammates and enjoy the learning process of how to swim the mile!



For more tips on how to race the mile, and many other useful resources, visit USA Swimming's website.

Perfect Practice Attendance

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

Carly Carrasco, Senior A	Cole Luttrell, Senior A	Shane Brace, Silver 1
Hank Carrera, Senior B	Taryn Maloy, Senior A	Noah Drexler, Silver 1
Olivia Eichman, Senior A	Dan Marengo, Senior A	Bella Rippon, Silver 1
Charlie Fackler, Senior A	Tomomi Nakano, Senior A	Claire Ryland, Silver 1
Katie Fackler, Senior A	Caylene Rippon, Senior A	Ally Weller, Silver 1
Brooke Geyer, Senior A	Jillian Ruddell, Senior B	Stephen Wingert, Silver 2
Grant Geyer, Senior A	Sarah Snavelly, Senior A	Lily Moore, Bronze
Zach Hagan, Senior A	Makayla Tarkenton, Senior B	Gavin Tran, Bronze
Lizzy Jones, Senior A	Jason Young, Senior A	Anna Gao, Novice 456
Breanna Kratz, Senior B	Alex Blacker, Silver 1	Miles McCall, Novice 456



February Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Matthew Mailman	2	3	4
5	6	7 Ani Sethi	8	9	10	11 Jack Paterno
12 Laurel Fleszar 10&U Invite Love the Mile	13 Julian Sharp	14 Valentine's Day!	15	16	17 Breanna Kratz	18
19	20 Presidents' Day!	21	22 Nicole Andrews	23	24 CPSA Championship	25 Colin Lehan Jason Bu
26 CPSA Championship	27	28 Katie Ceneviva				



March Calendar

Championship Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Olivia Eichman	2	3 MA Junior Olympics	4 MA Jos Kate Luft
5 MA Jos Caleb & Luke Tinsley	6	7 Grant Hollerbach	8	9 Coach Jeff's Bday!	10	11
12 Katrina Kulasinsky Justin Mills	13	14	15	16	17 St. Patrick's Day!	18 Lilly Wieler- Timmins
19 Brianna Ayers	20	21 ISCA Junior Nats	22 Junior Nats	23 MA Silver Champs Junior Nats	24 Silver Champs Junior Nats	25 Silver Champs Junior Nats
26 Silver Champs	27	28 Elena Chappell	29	30 MA Senior Champs Maya Darowish	31 Senior Champs Shane Brace Kayla Nguyen	April 1 Senior Champs

What would you like to see?

Hi everyone!

Please let me know if there is specific content you'd like to see. I love getting feedback and ideas from you! Thank you all who continue to send ideas and encouragement!

Coach Katie

Thank you!

