

M A R C H 2 0 1 7

Hershey Aquatic Club

CPSA Championships

As the season leads up to the biggest championship meets of the year, the CPSA Championship Meet at Central York was a perfect stepping stone to qualifying for Junior Olympics (JOs), Senior Champs, and Silver Champs.

Compared to the other teams who competed, HAC had the highest percentage of improved times. Not only were the times great, but the prizes were as well! The top eight swimmers for each event received a medal. "Seeing those kids' faces when I put the medal around their neck reminded me why I coach and why I enjoy it so much," Coach Matt said. "They did amazing! So many time drops and happy faces as they walked up to me."

See full article and results [here](#).



Upcoming Meets

Junior Olympics

March 2-5

17 swimmers
competing at
Graham Aquatic
Center in York!

Silver Champs

March 24-26

66 swimmers
competing at F&M
in Lancaster!

Senior Champs

March 30-April 2

Six competing at
Graham Aquatic
Center in York!

ISCA Jr. Nats.

March 21-25

Five competing in
Clearwater, Fla.!

February's Top Five Coaching Comments

Over the last month we've seen huge time drops and we're making great headway in practice. Read more for ways we continue to thrive and where we can improve in the future.

You're rocking at...!

Future Focus

Coach Greg

Racing at championship meets!

We need to work on discipline for dolphin kicks in butterfly and backstroke

Coach Jeff

I saw improvements in test sets, which translated into fast swimming in meets. I also saw an improvement in racing strategy.

We could improve in leveraging basic fundamentals such as avoiding breathing in and out of the turns and finishes.

Coach Donna

The high practice attendance and focus this month was awesome!

Let's maintain this attitude through the whole season!

Coach Matt

We dropped lots of time this year!

Leaving the wall properly, doing your dolphin kicks and tight streamline

Coach Katie

I love seeing the team cheer for each other at practice and meets!

When you don't understand why we are doing a drill or set, ask!



Mental Reset: Ideas for Rejuvenation

With the biggest meets of the year upon us, it's vital to invest time in rejuvenating our minds as our bodies taper. One sports adage says practice is 90 percent physical, 10 percent mental, while competition is 90 percent mental and only 10 percent physical. With that much of the game being mental, it's important for you to spend time relaxing it leading up to your event. Here are a few ways to relax and calm your mind on your big championship day.

Breathe. Focusing in on your breathing is a great way to calm your mind. You can learn how your body is feeling by focusing a few minutes on your breathing. To practice deep

breathing, sit comfortably with your back straight, breathe in through your nose and exhale through your mouth. Do this for a designated number of breaths until you feel your body is under control.

Stretch. Take time to stretch out any areas of your body that feel tight or sore. It will feel good to contract and relax the muscles as blood flows through them. Practice deep breathing as you stretch.

Have fun! Dr. Alan Goldberg says, "Fun is the secret ingredient to staying calm and doing your best when the heat of competition is turned up high." Embrace the challenge!



Oatmeal Protein Energy Balls

For quick energy and a filling snack, try this recipe!

2/3 cup shredded toasted coconut, unsweetened
1 cup whole rolled oats
½ cup natural nut butter
3 T flaxseed, ground
½ cup dried cranberries
½ cup sunflower seeds
¼ cup honey
¾ t vanilla extract
2 T water (optional)

*Combine all ingredients except for the water in a large mixing bowl. Cover and let sit in refrigerator for about half an hour. Check the dough and if the mixture seems dry, add the water. You want the mixture to stick together and not be too crumbly. Roll into 22 small, equal-sized balls. Bring to your meets and enjoy!
See full recipe [here](#)*

Perfect Practice Attendance

Kaley Buchanan, Senior A
 Charlie Fackler, Senior A
 Taryn Maloy, Senior A
 Caylene Rippon, Senior A
 Olivia Eichman, Senior A
 Katie Fackler, Senior A
 Maggie Hagan, Senior A
 Brooke Geyer, Senior A
 Brianna Kratz, Senior B
 Ella Pedersen, Senior B
 Makayla Tarkenton, Senior B
 Michelle Yun, Senior B
 Alex Blacker, Silver 1

Ellie Buchanan, Silver 1
 Tommy Paul, Silver 1
 Bella Rippon, Silver 1
 Claire Ryland, Silver 1
 Angela Woronko, Silver 1
 Maggie Tarkenton, Silver 2
 Erik Wingert, Diamond 2
 Emily Colman, Diamond 2
 Austin Fastrich, Diamond 1
 William Chappell, Diamond 1
 Marcus Wingert, Bronze
 Gavin Tran, Bronze
 Sidney Stasz, Bronze
 Charlie Griffith, Novice 456



March Calendar



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

Thanks for Reading!

I'll be on my honeymoon from the end of March through the beginning of April, so I will not be writing a newsletter in April. If you have any thoughts, comments, or suggestions for future issues, please do not hesitate to let me know! I love receiving feedback!

Coach Katie

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