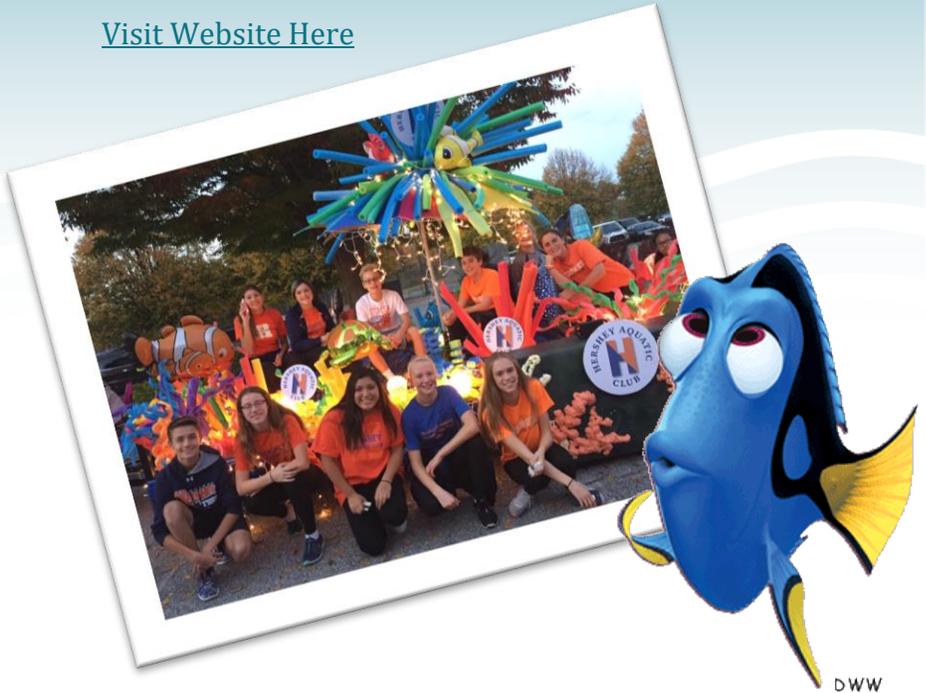


OCTOBER 2016

Hershey Aquatic Club

[Visit Website Here](#)



Rocktoberfest Review

Sixty swimmers competed at the Rocktoberfest at Upper Dublin High School October 14 through 16. Thirty-one percent of performances were best times! More importantly than the individual event outcomes, swimmers had the opportunity to learn to race better and build relationships with each other and other teams.

Parents, thank you so much for investing your time and energy into your swimmers! There's nothing like a good meet to build up confidence and motivation to continue training.

Breaststroke for Breast Cancer Fundraising Reveal Friday, October 28!

Come to the Rec Center at 4:15 p.m. to see how much the club fundraised this year for the Pennsylvania Breast Cancer Coalition!

HAC 8th Graders Win Large Float Category

Every year HAC's 8th grade class designs and submits a float in Hershey's Halloween Parade. Any members of the club are welcome to walk along with the float to hand out candy through the town! This year's theme was "Finding Dory." The 8th graders cleverly used pool noodles to design coral and included fish balloons in the "anemone." Great team work, 8th graders!

Upcoming Dates to Note

Parent Meeting 10/26/2016

At the Rec Center from 6:30-7:30, learn about positively parenting your swimmers and club information.

Trick-or-Treat 10/27/2016

Modified schedule! Senior A and B train from 3-4:30 and Silver 1 and Silver 2 train from 4:30-5:45 p.m.

Sheila Taorima 10/30/2016

The first woman to qualify for the Olympics in three different sports will speak at the HS Auditorium at 6:30.

Take Care of Yourself

We're nearing the end of the first quarter in school and ramping up yardage in the pool. Here are some tips to encourage healthy habits.

Sleep

"The most simple and effective recovery tool and injury-preventing technique that athletes can implement is getting eight or more hours of sleep every night," Dan McCarthy, High Performance Consultant at USA Swimming, said in article [Sleep More and Prevent Injuries](#). Swimmers, prioritize your sleep!

Nourish

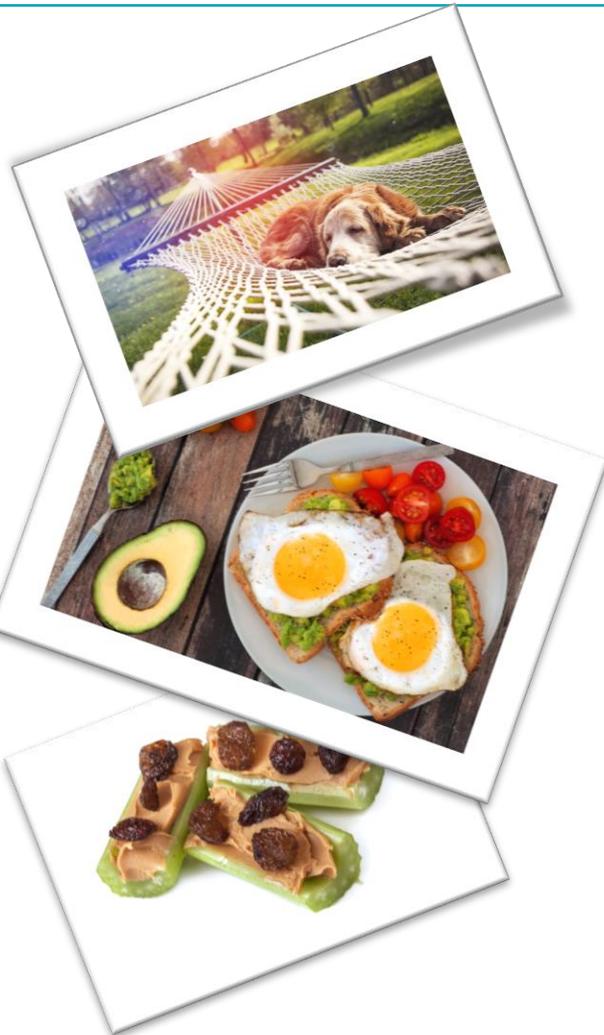
As Angie Dye mentioned in her talk on nutrition in September, our bodies are the most efficient machines on the planet. Make sure you're fueling your body wisely with the right food and frequency through the day. Check out USA Swimming's [Nutrition Center](#) for more information.

Time Management

The older you get, the more responsibilities you have. It's important to organize those responsibilities so that you can complete what needs to be completed. Write a list of all the items you will need to complete during the week, such as homework assignments and chores, and prioritize which items go in what day. Put these items on your calendar. Here are [21 more tips](#) to manage your time wisely.

Have Fun!

Remember to plan fun into your schedule. Between sleeping, homework, chores, and training, you'll need some time for release! If you like to be with your friends, plan a taco night with them over the weekend. If you would rather re-energize by having alone time, set aside a few hours to read, journal, or meditate. Your body and mind will thank you!





Notes from the Coaches

Season Status: About a month and a half into the season, we are doing well at practice, and we had a couple great meets. The first three weeks were focused on technique and introduction of new drills into the practices. Since then we've been moving into training with increased yardage, while still focusing on technique.

Goals for Swimmers: Something we'd really like to see from the swimmers this year is initiative to encourage each other during practice and during meets. We as coaches are able to build them up, but the encouragement within the

team needs to come from the swimmers themselves.

Goals for Coaching Staff: While we each have individual goals, it is an overall goal of the staff to ensure the swimmers feel safe to talk to at least one coach on the pool deck. It's also our goal to make practice fun in some way every day. Yes, we have to work hard to become better. But we love that the current team has chosen to be part of this program and we want to do everything we can to make swimming a positive experience for both the swimmers and families involved. Thank you all so much for choosing to be part of the HAC family!

Questions for You!

1. What would you recommend the coaches do to help you initiate encouragement amongst each other?

2. Do you have any "Take Care of Yourself" tips you'd like to share with the team?

Email Coach Katie your ideas.

DSC Fall Developmental Meet

Ten and under HAC swimmers raced at the DSC Meet Sunday, October 2 and did a phenomenal job. Forty-one percent of swims resulted in best times. "We saw some great swims at this meet," Coach Donna said. "Moving forward we need to pay attention to when it's our time to swim. Make sure you check with the timer, tell him or her your name to make sure it's your time to swim."



September Perfect Practice Attendance

Sammy Andrews, Silver 2

Skylar Black, Bronze

Colton Brace, Diamond 2

Shane Brace, Diamond 2

Carly Carrasco, Senior A

Kara Donaghue, 456 Novice

Makannah Fickett, Silver 1

Colin Lehan, Diamond 1

Taryn Maloy, Senior A

Miles McCall, 456 Novice

Ben Musante, Silver 1

Tommy Paul, Silver 1

Gavin Tran, Bronze

Allison Weller, Silver 1

Jason Weller, Silver 2

Andreas Wingert, Silver 1

Erik Wingert, Diamond 2

Markus Wingert, Bronze

Stephen Wingert, Silver 2

Angela Woronko, Silver 1

Congratulations everyone! Keep up the great work!