

HERSHEY AQUATIC CLUB

November 2005



Meet Entry Deadlines

November 7	TYR Cup Holiday Meet	USA Swimming
November 14	TYR Cup Holiday Meet (Updates Only)	
November 14	ATAC Holiday Meet	USA Swimming
November 21	PAAC A/BB/C	USA Swimming

Upcoming Meets/Events

November 7	WSY Kick Off Mini	(8&Unders)
November 11-13	BCAT A/BB/C Mini	USA Swimming
November 19	12 & Under Roller Skating Social	3:00-5:00
December 3-4	ATAC Holiday Meet (Prelims/Finals)	USA Swimming
December 3	Hershey Vs York Y (14&Under)	CPAL
December 9-11	TYR Cup Holiday Meet (Prelims/Finals)	USA Swimming
December 17	Hershey Vs Elizabethtown	CPAL

Practice Changes

November 24	No Practice ~ Thanksgiving	
November 25-28	Regular Practice Schedule	(Gold Weights @ 9:00)
December 20	No Practice ~ Home HS Meet	
December 22	No Practice ~ Home HS Meet	
December 23-30	Regular Practice Schedule	(Gold Weights TBA)

www.hacswim.org



BCAT A/BB/C Changes: Friday's Warm up session has been moved to 5:00 p.m. with a meet start of 6:00. The meet format will be as follows. The top 4 heats of the 500 Free and 400 IM will swim first. The remaining heats of the 500 Free will follow the 400 IMs. The psych sheets are posted at www.maswim.org. Swimmers in the 500 that are seeded 30th and above can show up for the first warm up or arrive by 6:30 and warm up in the 25 meter pool.

ATAC Holiday Meet (Prelims/Finals) @ Lehigh University: This meet is available for Gold Level Swimmers. Swimmers that do not qualify for the TYR Holiday meet should attend. Hershey HS TYR Holiday meet qualifiers should attend this meet on Saturday. There is a HS school conflict the Saturday of the TYR meet. We will be swimming in the Finals Session only on Saturday. NOT Sunday. Get your entries in ASAP.

TYR Holiday Meet (Prelims/Finals) @ F&M College: Entries are due on Monday, November 7. Only swimmers entered by November 7 and newly qualified swimmers will be able to update their entries after the BCAT meet. Updated entries are due Monday, November 14.

Junior Olympics: The date for Junior Olympics is now March 9-12 at Franklin and Marshall College.

www.usaswimming.org

www.maswim.org

CPAL

WSY Mini Kick Off Classic: Swimmers and Parents need to arrive by 11:40. All swimmers will be seated in the gymnasium during the swim meet. Check in with Coach Jeanine when you arrive. Coaches Julie and Erin will also be attending. Parents, please remind your swimmers to see a coach after they swim to receive some feedback. If you need to leave the meet earlier than expected, make the coaches aware. Good Luck.

CPAL Meet Times Accepted for USA Swimming: All home meets, WSY/CVAC meet, Divisionals, and All Stars will be "accepted meets" for Mid Atlantic competition. These times may be used for MA qualifying meets and Junior Olympics. They are NOT usable for Zone All Stars, Sectionals, Nationals, or Select Camps.

CPAL League Schedule: The CPAL Meet schedule can be found on at www.hacswim.org. Warm up times and start times will be posted shortly.

www.swimcpal.org



Pre Meet Preparation: Competition readiness starts the week of the competition. Make sure you are caught up and ahead with your **academics**. Make it a point to get extra **rest** for those that stay up past 10:00. **Carbo-load** your meals by eating pasta or foods containing high carbs three out of the five nights. Stay **hydrated** through out the week. Set **goals** for the events you'll be swimming. The focus of you goals can be based on times, time standards, or even race strategy. **Focus** on specifics during workouts leading upto the competition.

Pre Race Preparation: Make sure you get a good warm up in prior to the start of the meet. Take notice of the pools bottom, the walls, and most importantly the backstroke flags so you can perform fast and efficient turns. Get behind the blocks 3-4 heats prior to race to focus on your races such as technique, turns, and strategy. Socializing is not preparing for your race. You have between events to do this. Most importantly RELAX and RACE.

Roller Skating Party: The 12 & under Roller Skating Social is set for Saturday, November 19 from 3:00-5:00 at Docs Roller Rink (944-7866 Charlie). Cost is \$3.00 per person which includes skates and \$1.25 or Hot Dog or Pizza and Soda. Please Email Coach Julie Tafuto (jtafuto@hersheys.com) by November 11 if you plan to attend. We need to get an estimated head count for pizza and hot dogs.