

HERSHEY AQUATIC CLUB

December 2005



Meet Entry Deadlines

December 12	GAAC 1650	USA Swimming
TBA	MA Elite Meet @ GCIT	USA Swimming
January 26	BCAT A/BB/C Mini	USA Swimming

Upcoming Meets/Events

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
January 6-8	PAAC	USA Swimming

Practice Changes

December 20	No Practice ~ Home HS Meet	
December 22	No Practice ~ Home HS Meet	
December 23-30	Regular Practice Schedule	(Gold Weights TBA)
January 10	No Practice ~ Home HS Meet	

www.hacswim.org



Hershey Swimmers Ranked Nationally: Congratulations to Kyle King and Katie Nolan on being recognized as National Top 16 Finalist. Kyle finished 6th in both the 13-14 Boys 50 (60th All Time) and 100 Meter Freestyles. Katie finished 16th in the 13-14 Girls 100 Meter Fly. [USA Swimming - Top 16 Ranking](http://usaswimming.org) (usaswimming.org under Times/Time Standards).

Team Records Set at BCAT: The following swimmers bettered team records while competing up in State College: David Nolan (11-12 200 Back, 100 & 200 Fly), Tim Maurer (11-12 50 Back), and Vivian Tafuto (8&U 50 Breast).

ATAC Holiday Meet: Warm ups for the morning session will be at 6:45 and the afternoon session will start at 11:30. Finals warm ups will begin at 5:00. Reminder that swimmers will not be swimming finals on Sunday. Swimmers that would like to deck enter this meet in morning session may do so. The fee is \$6.00 per event. The psych sheet for this meet is posted on the MA website.

TYR Holiday Cup: Psych sheets are posted on MA website. Warm up times will be posted on the HAC website later this week. Swimmers qualifying for finals will need to find out from a coach what time to come back for warm ups. Looks to be a very fast and exciting meet.

PAAC A/BB/C: Swimmers that missed the entry deadline may email Jeff (fasty3@aol.com) by Friday, December 2 indication what they would like to swim.

MA Elite Meet: Meet information is now available on the Mid Atlantic Website. However, entries for this meet are not ready on Direct Athletics. When I receive the proper information to set this up, you'll be informed on the entry deadline.

Junior Olympics: The date for Junior Olympics is now March 9-12 at Franklin and Marshall College. Qualifying times are posted on the MA website.

www.usaswimming.org

www.maswim.org



WSY Mini Kick Off Classic: A pair of meet records were set by Hershey swimmers. Allison Raab set the 5&Under 25 Free on her way to winning all 4 of her events. The relay team of Tim Raab, Zach Ceneviva, Will Drexler, and Caleb Walters bettered the 8&U 100 Free Relay record. The team swam to 40 personal best times.

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 Meet Entry Procedures and Information: The first dual meet is this coming weekend. Please email the coaches by Wednesday if you CANNOT attend. Coaches will be entering swimmers in 3 events. If a swimmer can not swim a stroke legally in practice, they will not swim that event. This will mainly affect swimmers in the Diamond Group. Relays will be put together by the coaches as well. Entries will be posted by Friday evening on hacswim.org located under TMONLINE. Remember to wear your team suit and caps and also to wear your team attire. Please arrive to the facility 15 minutes prior to the start of warm ups. Swimmers that are 10&under or new need to check in with their coach when they arrive. **Swimmers that are not present 15 minutes prior to the start of the meet will be scratched (taken out of) from the meet.** Coaches can not make changes to the line up after this time. If a swimmer needs to leave the meet before they have completed their events, notify one of the coaches before leaving.

York YMCA Vs Hershey: This meet will be scored as a 14&Under meet. There may be some 15&Over swimmers swimming as exhibition in the 13-14 events.

Warm Up 1:	Silver and Bronze 2	6:30-7:00
Warm Up 2:	Bronze 1 and Diamond 1&2	7:00-7:25

Elizabethtown Vs Hershey:

Warm Up 1:	Gold, Silver, and Bronze 2	6:30-7:00
Warm Up 2:	Bronze 1 and Diamond 1&2	7:00-7:25

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 your goals can be based on times, time standards, or even race strategy. **Focus** on specifics during workouts leading up to 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.

Parent Education

Swim Parent Tip of the Month Provide Support for Your Swimmer Provided by USA Swimming (11/1/2005)

One resounding theme coming from kids is that parents increase the fun in swimming by providing unconditional encouragement and support. A physical presence at meets and interest in what the child is doing both go a long way toward enhancing swimming enjoyment. Kids enjoy swimming when they feel their parents support them regardless of the performance outcome. Your main job is to feed, shelter and transport your swimmer while showing love and support!

You may be wondering what are some things to say to your child after practice or a meet that show support and interest without pressure?

Here is a partial list of appropriate questions to ask your child:

- Did you have fun?
- Did you swim better this week?
- What did you learn today?
- What do you need to work on in the future?
- Did you talk to the coach? What did she emphasize?
- Were you a good sport?
- What was your favorite part of the race/meet/practice?
- Were you nervous? If so, why?
- Was there anything that you didn't like?
- Is there anything I can do to help you?