

Hershey Aquatic Club

May News Brief

May 2006

Welcome to the Hershey Aquatic Club for the Summer of 2006 swim season. Practices are under way and running smoothly. Thank you all for your patience with the registration, level adjustments, and practice changes. A "news brief" will be sent via email at least once month with information regarding swim meets, practice changes, and other types of information. All information will also be placed on the HAC web site (hacswim.org).

I would like to welcome all new families to the Hershey Aquatic Club. An information packet will be placed in the communication folders located in the lobby of the Rec Center by next week. The packet contains an ample amount of information regarding the Aquatic Club and the world of competitive swimming. Please review it and direct any questions to Registrar Patti Santangelo or Head Coach Greg Fastrich.

New Members:

Jacy Dyer	17	Senior Group
Chris Stutzman	15	Senior Group
Brianne Wain	16	Senior Group
Victoria Wain	14	Senior Group
Katelyn Miller	13	Silver 1
Megan Miller	10	Silver 1
Barret Hoffer	14	Silver 2
Sebastian Skelly	11	Bronze Group
Andrew Wain	11	Bronze Group
Dana Zapranzi	10	Bronze Group
Kristina Zinnati	11	Bronze Group
Josh Hagan	9	Diamond 1
Sara Gensemer	9	Diamond 1
Gabriela McCarty	8	Diamond 1
Rachel Sheffey	9	Diamond 1
Jocelyn Skelly	8	Diamond 1
Alexandra Wain	8	Diamond 1
Patrick Blackall	6	Diamond 2
Kaitlyn Kern	7	Diamond 2
Kylee Peterson	7	Diamond 2
Rachel Smuts	7	Diamond 2
Claire Weaver	7	Diamond 2
Logan Weaver	6	Diamond 2
Jason Young	6	Diamond 2

Current members that would like to mentor any of the new families can contact Patti Santangelo. Remember your first season in competitive swimming? It's much easier to have a friend to turn to for questions.

Coach Erin Rosensteel will not be coaching this season due to career planning. However, she maybe on the pool deck helping out occasionally. Swim practice times and her full time job at the Vista School will not work out. All of Erin's help this past winter season was greatly appreciated and we wish her the best.

Apparel Fitting/Ordering

Wednesday, May 17 at the Recreation Center lobby from 6:00-8:00 p.m. Metro Swim Shop is the team vendor and will be handling all purchases of team attire and training equipment. The issues that came up through their service this past season have been addressed and resolved.

Team attire requirements: Team suit, cap, and T-shirt.

Senior Training Equipment: Fins, paddles, pull buoy, snorkel.

Silver 1 & 2: Fins, paddles, and pull buoy.

Bronze: Fins and pull buoy

Diamond 1 & 2: Fins.

All training equipment can be stored on the pool deck as long as the swimmers place their equipment in a training bag (mesh bag).

Swim A Thon for Children's Miracle Network

- Saturday, June 3 at the Penn State Harrisburg Pool starting at 8:00 and ending at noon.
- All information regarding the SAT 2006 have been placed in the communication folders. New members will receive this information with their HAC welcoming packet.
- Blue Vs Orange: the team has been split in two teams competing against each for one cause; Children's Miracle Network. Please email me each Wednesday of each week with your total raised funds. We have a fundraising board on the pool deck that I would like to update to show the progress of each team.
- Times for when the swimmers will swim their laps will come later this month. If you will not be available for the June 3rd swim, please notify me via email (fasty4@aol.com).

Inclement Weather

The summer weather brings the chance of thunderstorms in which we will cancel practices. Practice cancellations will be put on our web site and on the phone answering service (534-9113). We will do our best to observe the Doppler Radar and run practices if possible.

Parking Lot

Derry Township Police will be ticketing all illegally parked vehicles. Please park in the lower lot for pick up. Please obey the parking signs posted around the Recreation Center.

Awards Night

Wednesday, July 26 is the tentative date. More information will be available in June.

Participation Award: swimmers must compete in any 4 meets and a championship meet (MPSL Divisionals, JOs, Sr. Champs).

Most Improved: Male and Female swimmer of each age group that has the most improvement from the previous season.

Age Group High Point: Male and Female of each age group that has accumulated the most points in dual meets and MPSL championship meets.

Perfect Practice Attendance: Any individual that makes it through the season attending all practices offered.

Practice Updates

Monday, May 29 NO PRACTICE All Groups

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USA Swimming Meets (maswim.org)

Note: Please read all meet information before submitting entries. Swimmers may not be entered in the BCAT meets with not times (NT). Swimmers entered with out meeting the qualifying times have been deleted from those events. Swimmers achieving times for the June BCAT meet at the Trident meets will be able update their events, if the meet has not been filled. Please email Greg only additional events.

May 5-7 Trident May Maelstrom

- Warm up schedule is as follows:
Friday: 5:00-5:30
Saturday A.M.: 6:30-7:15
Saturday P.M.: 2:30-3:00
Sunday A.M.: 7:15-8:00
Sunday P.M.: 3:00-3:30
- First time Long Course swimmers have been entered in their short course yards times. The meet director has converted those times into LCM. This is how they will appear in the heat sheet.

May 20-21 BCAT May Classic

- Entries Closed
- Warm Ups: Saturday: 10:30 a.m.
800 Free: 9:15 a.m.
Sunday: 11:30 a.m.

June 8-11 Charlotte Ultra Swim

- Travel Itinerary will be sent to those entered.

June 8-10 Trident Summer Storm

- Entries have been CLOSED by the meet host May 1.
- Swimmers that have already submitted their entries are in the meet.
- This meet runs Wednesday thru Saturday.

June 25 EMAC River Swim

- Interested swimmers need to fill out entry form and send to Emmaus Aquatic Club

June 29-July 1 BCAT Swim Fest 2006

- **Entries Deadline May 10.** Morning session is filled. Swimmers will be able to add events after the May TSC meet by emailing additions to Greg.

July 7-9 LAC Ephrata Cloister Classic

- Meet information and entries not available yet.

July 12-15 MA Senior Championships

@ Bucknell University

July 20-23 Speedo Super Sectionals

Buffalo, NY

July 27-30 MA Junior Olympics

TBA

August 7-12 USA Junior Nationals

Irvine, CA

August 8-12 Eastern Zone All Stars

Buffalo, NY

Mid Penn Swim League (swimmpsl.org)

Dual Meet Participation: Swimmers are able to miss one of the practices offered the week of a meet. All swimmers are given 2 free absences in which a coach must be notified that those will be used.

Warm Up for Home Meets:

- Senior/Pre Senior 6:30 a.m. Lower Pool
- Pre Senior / Silver 1 6:30 a.m. Upper Pool
- Silver 2 / Bronze 7:00 a.m. Lower Pool
- Diamond 1 / Diamond 2 7:00 a.m. Upper Pool

Warm Up for Away Meets:

- TBA (usually thirty minutes before the start of the meet)

Dual Meet Schedule

June 17	Palmyra	Home	8:15
June 24	Annville	Home	8:15
July 1	Heatherfield	Home	8:15
July 8	Halifax	Away	TBA
July 15	Falcon	Away	TBA

Divisional Championship Meet

- Saturday, July 22 @ Palmyra
- Swimmers must compete in at least 3 dual meets in order to compete at the championships.

All Star Championships

- Sunday, July 23 @ Annville
- The fastest 2 heats (either 12 or 16) of swimmers of the 3 combined divisional championships meets.

Mid Cap Championships

- Saturday, July 29 @ Cumberland Valley HS
- The top 8 swimmers and top 4 relays from the MPSL and CASL All Star meets advance to compete at this meet.

Invitational Swim Meets

- Meet information will be placed in your folders along with an entry sheet that will need to be returned to the HAC mailbox.

- **June 25 WSY Cuda Classic (all age group)**
July 12 CV Hot Heats (10 & Under)

Web Sites

Hershey Aquatic Club:	hacswim.org
Mid Penn Swim League:	swimmpsl.org
Middle Atlantic Swimming:	maswim.org
Direct Athletics:	directathletics.com
USA Swimming:	usaswimming.org

Coaching Staff

Head Coach	Greg Fastrich	fasty4@aol.com
Age Group Coach	Jeff Fastrich	fasty3@aol.com
Developmental Coach	Jeanine Surfus	surfus56@comcast.net
Assistant Coach	Julie Tafuto	jtafuto@hersheys.com