

Hershey Aquatic Club

June, 25 2006

KEEPING UP IN THE NEWS

July 4th Practice: The practice schedule for the 4th of July practice will be modified. Senior, Pre Senior, and Silver will practice Long Course 9:30-10:45. This practice is optional and will not count towards practice requirements for the July 8th dual meet. Practice from 10:45-11:45 will be for the entire team, which will consist of fun activities. Again, this practice is optional.

June 8-11, 2006

Charlotte Ultra Swim Grand Prix Meet (Long Course Meters): Alex Barsanti, Jacy Dyer, Katie Nolan, and Erica Rapp competed at the Charlotte Ultra Swim Grand Prix Meet that consisted of 16 former Olympians and 26 USA Swimming National Team members. Nolan finished 4th in the 100 Fly behind three former Olympians going 1:02.46, which was just off the Olympic Trial qualifying time of 1:02.39. Barsanti was the only other Hershey swimmer making it back to Finals. She finished 12th in the 100 Breast and 15th in the 200 Breast. The 400 Medley Relay team of Rapp, Barsanti, Nolan, and Dyer finished 14th achieving the Junior National Qualifying Time. Though not all the swims made it back to finals, eleven team records were broken. Nolan (13-14): 100 Fly, 200 Fly ~ 2:23.06, 100 Free ~ 1:01.55, 100 Back ~ 1:08.34, Rapp (15&Over): 50 Free ~ 28.75, Dyer (15&Over): 100 Free ~ 1:01.76, 200 Free ~ 2:13.00, 400 Free ~ 4:34.75, 1500 Free ~ 18:14.39, and the 15&Over 400 Free Relay ~ 4:07.84 and 400 Medley Relay 4:32.68.

June 8-10, 2006

Trident Summer Storm (Long Course Meters): Hershey attended its second A/BB/C meet of the long course season with good results. Samantha Surfus's 11:05.14 established a new 11-12 800 Free team record and Ian Sherwood's 1:17.77 bettered the 11-12 100 Back team record (Pawlusush 2003). Peter Deluce, Nikki Fistrovic, Meaghan Miller, Caitlin Ross, Emma Santangelo, Chirs Stutzman, and Samantha Surfus were all Time Standard over achievers. Of the 30 swimmers that attended, 17 achieved PBs in multiple swims.

June 17, 2006

MPSL Palmyra (Short Course Yards): The team opened the season with a very impressive meet winning fifty-two of sixty-five events defeating Palmyra 713-286. The following swimmers each achieved three personal best times (PBs) of the 139 accumulated by the team: Nick Ceneviva, Meghan Epler, Colin Gruin, Ben Hagan, Chris Halbert, Cassandra Hoffer, Michelle Hoffer, Emily Nolan, Patrick O'Leary, Kacey Stachelek, and Sara Spicer. Katie Nolan established a new pool record in the 13-14 50 Fly with a time of 26.34 (Sara Fisher WSY 26.76).

June 24, 2006

MPSL Annville-Cleona (Short Course Yards): Hershey finished its second dual meet defeating Annville-Cleona 666-360. The following swimmers won all three of their events: Kyle King, Meaghan Raab, Kyle Ruddle, Emma Santangelo, and Ian Sherwood. Swimmers continued dropping time achieving PB in 130 swims. The following swimmers achieved PBs in three events: Matt Ceneviva Emily Croxall Cara Kirman Rob Maurer Tim Maurer Felix Nguyen Erin Vrana Meaghan Raab Sara Spicer Caroline Vrana Logan Wilfong Nazar Tkachenko Ariana Waitkavicz Several records were set by the following individuals.

Tim Raab:	8&Under	25 free	14.13	Team Record	(Rob Felty	14.28	1994)
Meaghan Raab:	10&Under	50 Fly	30.01	Team & Pool Record	(Katie Nolan	30.27	2002)
Unlimited Girls 200 Free Relay of Dyer, Jacoby, Rapp, Barsanti:					1:41.79	Team Record	(1:43.20 1993)
Unlimited Boys 200 Free Relay of Stutzman, Pawlush, Amato, King:					1:31.79	Team Record	(1:31.93 1995)

June 25, 2006

WSY Cuda Classic Invite (Short Course Meters): Twenty seven swimmers participate in the WSY Cuda Classic Invite achieving PBs in 35 events and bettered six team records. Alex Barsanti: 15&Over Girls 200 IM ~ 2:29.60 (Aber 1995) and 100 Breast ~ 1:14.91 (Barsanti 2004), Erica Rapp: 15&Over Girls 50 Free ~ 27.94 (Rosensteel 1998), Tim Maurer 13-14 Boys 100 Back ~ 1:05.57 (Rollins 1999), Kyle King 15&Over Boys 100 Back ~ 1:01.73 (McDaniels 1997), and Jeff Young: 13-14 Boys 400 Free ~ 5:37.03. High point winners were Peter DeLuce for 10-11 Boys and Kyle King for 14&Over Boys.

June 25, 2006

EMAC River Swim: Samantha Surfus was the lone Hershey swimmers challenging the Lehigh River Mile Swim finishing third over all and first in the 11-12 girls age group.

Practice Schedule Update

July 3	Tuesday	Senior, Pre Senior, Silver	9:30-10:45	All Groups	10:45-11:45
July 14&15	Thurs & Fri	Senior and Pre Senior	8:15-9:45		

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). The phone chain will also be put into affect. We will do our best to observe the Doppler Radar and run practices if possible.

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Age Group Swimming in the Capital Region of Pennsylvania

MPSL Top 16

Meet Schedule

		<u>Warm Up</u>	<u>Start</u>	<u>Score</u>	
June 17	Palmyra	6:30-7:30	8:15	713-286	Win
June 24	Annvile	6:30-7:30	8:15	666-360	Win
July 1	Heatherfield	6:30-7:30	8:15		
July 8	@Halifax	8:00	8:30		
July 12	CV Hot Heats (10 & Under)	<u>Entry Due Monday, July 3</u>			
July 15	@Falcon (Cedar Crest HS)	8:30	9:00		
July 22	Divisional Championship Meet	@ Palmyra			
July 23	All Star Championships	@ Annville			
July 26	Mid Cap Championships	@ Cumberland Valley HS			

<http://midcap.wsyswim.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:

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

USA SWIMMING

June 29-July 1 BCAT Swim Fest 2006

- [Psych Sheet](#) Posted
- The swim club has reserved a portion of 15x15 tent. Please bring chairs or sleeping bags to sit on.
- Please arrive 15 minutes prior to the start of warm ups.

July 7-9 LAC Ephrata Cloister Classic

July 12-15 MA Senior Championships @ Bucknell University

[Meet Home Page](#)

- Entry Deadline: Wednesday, July 5.
- Entries should be submitted through **Direct Athletics**.
- Rooms are currently blocked at the Comfort Inn New Columbia. Swimmers that would like to go up in Vans (must be going into High School) need to email Greg ASAP.

July 20-23 Speedo Super Sectionals Buffalo, NY

July 27-30 MA Junior Olympics Golden Meadows, Lancaster, PA

- Entry Deadline: July 12
- Meet information is now available on the MA web site. Please review this information. Swimmers qualifying for MID CAPS can attend this meet Thursday, Friday, and Sunday. If unsure of qualifying for MID CAPS, enter all days with qualifying swims.
- Bonus events will be as follows: Qualify in 1 event = 1 bonus event, qualify in 2 or more = 2 bonus events.

August 7-12 USA Junior Nationals Irvine, CA

- Qualifiers: Alex Barsanti Katie Nolan

August 8-12 Eastern Zone All Stars Buffalo, NY

- Zone information is now posted on the MA web site.
- Swimmers planning to attend need to email Jeff regarding any questions.
- Eligible Swimmers (Not exceeding Jr. National Times)

Meaghan Raab Jacy Dyer Erica Rapp Natazia Fistrovic Ian Sherwood Chris Stutzman

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 meets (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.

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Calendar

June 30-July 1	BCAT Swim Fest
July 1	Heatherfield
July 3	<u>Hot Heats Invite Entries Deadline</u>
July 4	Ammended Practice Schedule
July 5	<u>MA Senior Champ Entry Deadline</u>
July 7-9	LAC A/BB/C Cloister Classic
July 8	@Halifax
July 12	CV Hot Heats (10 & Under)
July 12	<u>Junior Olympic Entry Deadline</u>
July 14&15	Ammended Practice Schedule
July 12-15	MA Senior Championships
July 15	@Falcon (Cedar Crest HS)
July 22	Divisional Championship Meet
July 23	All Star Championships
July 24-28	Ammended Practice Schedule
July 26	Awards Night
July 27-30	MA Junior Olympics
July 26	Mid Cap Championships
August 7-11	USA Junior Nationals
August 8-12	Eastern Zone All Star Championships

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	Stephanie Vender	jtafuto@hersheys.com