

Hershey Aquatic Club

June News Brief

June 2006

SWIM A THON 2006 FOR CHILDREN'S MIRACLE NETWORK SATURDAY, JUNE 3

- Final week to obtain sponsors for your swim this coming Saturday
- Schedule for each group:

8:00-9:30 a.m.	Senior, Pre Senior, Silver 1	Distance Goal: 5000 Yards (200 Laps)
9:45-10:45 a.m.	Silver 2, Bronze	Distance Goal: 2500 or more (100 Laps +)
11:00-12:00 a.m.	Diamond 1 & 2	Distance Goal: Swim for full Hour
- Swimmers may swim any of the four strokes during their swim
- **Make Up Swims** will take Monday, June 5 during the swimmers regular practice times. Swimmers will need to notify the coaches if the raised money and need to perform their swims.

Practice Schedule Update

Monday, May 29	NO PRACTICE All Groups
Friday, June 2	Last day for Weight Training
Monday, June 12	Summer Schedule Begins

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.

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.

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

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USA Swimming

Hershey swimmers ranked Top 25. Three swimmers are currently ranked in their respective age groups for long course meters. The rankings are from September 1, 2005 through May 22, 2006. Meaghan Raab is ranked 4th in the 10&Under girls 50 Butterfly, Katie Nolan is ranked 6th in the 13-14 girls 100 Butterfly, and Alex Barsanti is ranked 24th in the 17-18 100 Breaststroke. Event and individual rankings can be found on the USA Swimming web site.

Where does Hershey rank in the Virtual Club Championships? USA Swimming is currently ranking teams based on their top 2 swimmers in each event with a maximum of 4 events per swimmer. Each swimmer's time receives points and all points are accumulated for total score. Check it out on the USA swimming web site under Virtual Club Championships.

Trident May Maelstrom: The first meet of the season has passed with some good results from first time long course swimmers. Of the 162 swims, 124 of which were first times, 28 were personal best from the veteran swimmers. Meaghan Raab swam to a National Ranking and team record in the 50 Fly, Alex Barsanti swim to 5 time standard improvements along with Peter DeLuce & Felix Nguyen improved in 3 events, and Philip Mancuso, Ian Sherwood, and Mitchell Veith all improved in one event.

Charlotte Ultra Swim June 8-11

- Follow real time results on the MA web site.

Trident Summer Storm June 8-11

- Psych sheets are posted on the MA web site.
- Warm up times will be posted the week of the meet.

EMAC River Swim June 25

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

BCAT Swim Fest 2006 June 29-July 1

- All entries have been accepted into the meet.
- Swimmers entered that will not be able to attend need to contact Greg. This will allow the meet host to fill vacant swims for those that were not able to get in the meet.

LAC Ephrata Cloister Classic July 7-9

- Entry Deadline: Monday, June 5
- Last chance to obtain Junior Olympic Times.

MA Senior Championships July 12-15

@ Bucknell University

- Entry Deadline: Wednesday, July 5.
- Meet information is available on the MA web site.
- Swimmers may use Short Course yards times to enter. Look over qualifying time standards prior to submitting entries on

direct athletics. Qualified swimmer may enter 2 bonus events that are 200 meters or less.

- Rooms are currently blocked at the Comfort Inn New Columbia. More information will be available regarding how to obtain a room.
- Swimmers intending to swim need to email Greg.

Speedo Super Sectionals July 20-23

Buffalo, NY

MA Junior Olympics July 27-30

@ Golden Meadows, Lancaster, PA

USA Junior Nationals August 7-12

Irvine, CA

Eastern Zone All Stars August 12-13

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

Mid Penn Swim League

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

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
July 22	Divisional Championship Meet		
July 23	All Star Championships		
July 26	Mid Cap Championships		

Invitational Swim Meets

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