

Hershey Aquatic Club

November 20, 2006

Halloween Parade: Thank you 8th grade swimmers, parents, and Coach Jeff for doing a great job putting together the Hershey Aquatic Club Halloween float. The weather was great for a walk around downtown Hershey. I hope you all enjoyed the experience.



What are the Diamond Swimmers Up to? The diamond swimmers are off to a great start this season. D2 swimmers are learning how to swim breaststroke and working on the fundamentals of freestyle, backstroke, and diving. We are happy with their progress! Please remind your young swimmers that they are coming to practice to learn new skills and they need to have good listening ears. One of the goals for this group is to have all these swimmers swim all four strokes legally this season in a meet. D1 swimmers just completed their first T200 of the season. We are happy to report that every single swimmer has improved his/her time from last season! We have been working on all of the strokes and they are learning how to swim legal IM's with proper turns. One of the goals for this group is to have all these swimmers swim a legal IM this season in a meet with proper turns. With our first dual meet less than a month away, these swimmers will be working hard to be ready to race. Coaches Jeanine, Jenna, and Pam

Practice Information:

November 24	Silver, Bronze, Diamond	Cancelled	HHS Alumni Meet (4-6:30)
December 9	Saturday Practice	Cancelled	TYR Cup
December 14	Silver, Diamond	Cancelled	Home High School meet (Schuylkill Valley)
December 26-29	All Groups	Regular Practice Times	
January 4	Silver, Diamond	Cancelled	Home High School meet (Cedar Crest)
January 6	Saturday Practice	Cancelled	Parkland A/BB/C
January 11	Silver, Diamond	Cancelled	Home High School meet (Cumberland Valley)
January 13	Saturday Practice	Cancelled	CPAL Dual Meet @ York
January 16	Silver, Bronze	Cancelled	Home High School meet (Susquehanna)

Silver 1&2: Due to Hershey High School away meets, there have been changes to the practice schedule. The time the high school uses the pool will be utilized for clinic for the Silver 1&2 groups. The intentions for the changes are to allow more time for stroke work, starts and turns, and answer any questions regarding race strategy or any other swimming related questions the swimmers may have. Early dry land and swimming are not mandatory. However, early dry land must be attended in order to swim early. Those that choose not to take advantage or can not make the earlier time will still have dry land at the normal time. Below are the dates of the clinics.

Early Dry Land 3:20-4:00 **Clinic** 4:10-4:50 **December** 5, 12, 19, & 21 and **January** 9, 23, 30

Practice Observation: All practices can be observed through the gym as long as there are not activities taking place. Parents of the Diamond swimmers may sit on the gym side of the pool, so long as they are not disruptive to the swimmers. Any siblings with the parents must remain with them in the bleachers. Disruptive parents or siblings will be asked to leave the pool deck.

Meet Entries: All meet and team results can found on the HAC web site (hacswim.org). Click on On-Line Team Database. Scroll down until you find Hershey Aquatic Club. Then click on either entries or results on the top portion of the screen. You can use this to find out entries for dual meets on the Friday before each meet. We try to get the entries up by then.





<u>Meet Date</u>	<u>Meet Name</u>	<u>Entry Deadline</u>	<u>Meet Type</u>	<u># of Days</u>
December 8-10	TYR Cup Holiday Meet	Closed	USA Swimming	3 Day Meet
January 5-7	PAAC A/BB/C	Closed	USA Swimming	3 Day Meet
January 7	GAAC 1650 Meet	Closed	USA Swimming	1 Day Meet
January 10-14	Jr. Pan Pacific Champs	USA Swimming Invite	USA Swimming	5 Day Meet
January 19-21	MA Elite Meet	Sunday, January 7	USA Swimming	3 Day Meet
February 3-4	WSY A/BB/C	Monday, January 8	USA Swimming	2 Day Meet
February 23-25	BCAT A/BB/C Mini	Monday, January 22	USA Swimming	3 Day Meet

- **BCAT A/BB/C Results:** Hershey swimmers continued to improve at their second USA Meet. Leading the way with personal bests times was Peter DeLuce (12) with seven. Others achieving PBs in at least six events were Mitchell Kirman (11), Ben Ruddle (14), Samantha Surfus (11), Vivian Tafuto (9), and Arian Waitkavicz (11). DeLuce also had five swims that were time standard improvements. The following had at least three TS improvements: Nikki Fistrovic (9), Tim Maurer (14), Rylie Rhoads (9), Trevor Ruddle (10), Samantha Surfus (11), and Arian Waitkavicz (11). Team records were set by Leah Sevco (12) in the 200 Fly, Jacy Dyer (18) in the 200 Free, Katie Nolan (15) in the 200 Back and 100 Fly, Zach Luttrell (10) in the 500 Free, and David Nolan (13) in the 100 & 200 Fly.
- **TYR Cup:** All entries have been submitted in a timely fashion. There will be several relays during this meet. The relays have been put together based on the swimmers that will be attending that particular session. All relays will be swum in the preliminary sessions. Warm up times will be sent out at a later date.
- **Parkland A/BB/C Meet:** All entries have been submitted. Again, we will be putting relays together for this meet based on the swimmers in each session. If a conflict comes up and you are not able to attend please notify a coach, so we can make appropriate adjustments.
- **MA Elite:** We encourage all swimmers that have qualified to attend this meet. This is a very competitive meet with a prelim/finals format. The Parkland meet is the last opportunity to qualify for this meet. If your swimmers will be swimming more than 3 events, please do not enter them in the WSY A/BB/C meet.
- **WSY A/BB/C:** Meet information is now available on the MA web site and Direct Athletics is now open for entries.
- **BCAT A/BB/C Mini:** Meet information is not available.
- **Eastern Zone All Stars:** Applications for the 2007 Eastern Zone All Star meet are available on the Middle Atlantic web site. You must submit an application to be eligible for this meet. MA takes the top two swimmers in each event by age group to form the MA Team. There are typically 8-12 swimmers per age group selected. Event rankings can be found at the USA Swimming web site under Times/Time Standards. Specify LSC, event, and age group.
- **IMX:** The following swimmers have completed their IMX swims for the 2006-2007 season:
Leah Sevco (12) Paula Ferrara (12) Samantha Surfus (11)

Athlete Focus: A swimmer will be recognized for various accomplishments each month and you will learn a little more about these swimmers. We will do our best to get a photo of the swimmers. Katie Nolan recently attended the USA Junior Team camp held in at the Olympic Training Center in Colorado Springs. She trained with 22 other Junior Team members in preparation for the Pan Pacific Junior Championships being held in Maui early January. At the BCAT meet she set team records in the 200 back and 100 Fly. Peter DeLuce recently achieved seven personal best times at the BCAT meet. Five of his swims were time standard improvements with AAs in the 50, 100, & 200 Breaststrokes.

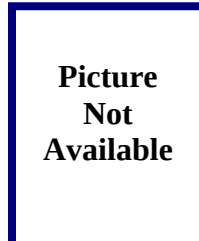
Katie Nolan



Age: 15
Group: Senior
Role Model: Alex Barsanti
Favorite Stroke: Fly
Favorite Event: 100 Fly
Favorite Swimmer: Tara Kirk
Future Goal: 2012 Olympics
Hobbies: Reading, music, swimming

Famous person you would like to meet: Schwarzenegger
Favorite Book: "The Giver" by Lois Lowry
Favorite Food: Ice Cream
When I grow up I want to be: Marine Biologist
If I could change one thing it would be:
 Peoples' attitude to be positive.

Peter DeLuce



Age: 12
Group: Silver 1
Role Model: My Parents
Favorite Stroke: Breast
Favorite Event: 200 Breast
Favorite Swimmer: Brendan Hansen
Future Goal: Make the Olympics
Hobbies: Drawing, reading

Famous person you would like to meet: Brendan Hansen
Favorite Book: Harry Potter 6
Favorite Movie: Harry Potter 4
When I grow up I want to be: a graphic designer
If I could change one thing it would be: World Peace

<u>Date</u>	<u>Meet</u>	<u>Warm Up</u>	<u>Start</u>
December 2	CPAL West Shore YMCA	Sen, S-1 S-2, Brz, D-1&2	6:30 7:00
December 16	CPAL Chambersburg	Sen, S-1 S-2, Brz, D-1&2	7:00 7:30
January 13	CPAL at York Y	All Groups	12:30
January 27	CPAL at Cumberland Valley	TBA	
February 11	WSY Valentine Invite (10&U)	TBA	
February 17	CPAL Divisional at York Y	TBA	
February 18	CPAL All Stars at CVHS	TBA	

League Web Site: swimcpal.org

Dual Meet Guidelines

- Declaration of dual meet absence need to be emailed to the coaches by the Wednesday prior to the meet.
- Swimmers may miss 1 practice of their practices offered the week of a meet.
- Each swimmer has 2 free passes to use the week of a meet anytime during the season.
- Coaching staff will determine the 3 events each swimmer will swim. If the swimmer can not swim an event legally during practice, they will not be entered into the meet.
- Swimmers must attend at least 3 dual meets to participate in the CPAL Divisional Championships.
- **HEAT AND LANE ASSIGNMENTS:** Swimmers events will be posted on the HAC web site or on a wall located at the swimming venue. Heat and lane assignments will be posted on the wall during our warm up session. If you have questions on how to acquire these, find an available coach or veteran swimmers/parents.
- **8&Unders and 9-10s:** We will have parents of these age groups line them up prior to their event. Please have them stay with the team throughout the meet so the swimmers do not need to be tracked down. This may result in a missed swim.

What should my child eat before practice? At meets?

The best pre-practice, or pre-meet meal should contain primarily carbohydrates. Carbohydrate-rich foods like pasta, breads and cereal are easily digested and absorbed. Rule of thumb: 0.5 - 2.0 grams of carbohydrate per pound of body weight one to four hours prior to exercise.

Meals that provide 100 grams of carbohydrates

- 1 bagel with peanut butter and 2/3 cup of raisins
- 1 cup of low-fat yogurt, 1 banana and 1 cup of orange juice
- 1 turkey sandwich with 1 cup of applesauce
- 2 cups of spaghetti with meat sauce and 1 piece of garlic bread
- 8 oz. of skim milk, 1 apple, 1 orange, 2 slices of bread and 3 pancakes
- 1 serving of GatorLode and 1 bagel

Fluid Replacement Tips

- Weigh in before and after training and drink at least 2 cups of fluid for every pound of weight lost.
- Keep a fluid bottle by the side of the pool when working out and drink between repeats and sets.
- Choose sports drinks like Gatorade that taste good, stimulate fluid absorption in the body maintain proper fluid balance in the body, and provide energy to working muscles.
- Avoid carbonated drinks, which can cause stomach bloating and may reduce fluid intake.
- Avoid caffeine-filled beverages. They are diuretics and contribute to fluid loss.
- Check the color of your urine. Dark-colored urine may indicate you are dehydrated and need to drink fluids.

This is provided by USA Swimming. More information can be found on nutrition at usaswimming.org under the PARENTS

