

Hershey Aquatic Club

January 2007



The coaching staff would like to extend its' SEASON'S GREETINGS & BEST WISHES for the NEW YEAR.

It's a pleasure being able to work with so many families and swimmers from year to year. We are looking forward to bring much success in 2007.

Practice Information:

December 23	Saturday Practice Group	6:30-8:45 a.m.	
December 26-29	All Groups	Regular Practice Times	
December 30	Saturday Practice Group	6:30-8:45	
January 4	Silver, Diamond	Cancelled	Home High School meet (Cedar Crest)
January 6	Saturday Practice	Cancelled	Parkland A/BB/C
January 9	Silver Group	Dry land 3:20	Clinic 4:10-4:50
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)
January 23	Silver Group	Dry land 3:20	Clinic 4:10-4:50
January 30	Silver Group	Dry land 3:20	Clinic 4:10-4:50

Meet Entries: All meet and team results can be 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.

maswim.org

directathletics.org

usaswimming.org

<u>Meet Date</u>	<u>Meet Name</u>	<u>Entry Deadline</u>	<u>Meet Type</u>	<u># of Days</u>
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 8	USA Swimming	3 Day Meet
March 8-11	Sectionals @ Harvard	EMAIL Coach	USA Swimming	3 ½ Day Meet
March 15-18	Junior Olympics	TBA	USA Swimming	3 ½ Day Meet

• TYR Cup Results:

- **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:** The Entry Deadline for this meet has been bumped up to January 8th. This is due to the number of entries being received from other teams. This meet tends to fill rather quickly and I want to make all of the swimmers have the opportunity to swim. Meet information is not available.
- **Junior Olympics:**



- **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:

Katie Nolan



Age: 15
Group: Senior
Role Model: Alex Barsanti
Favorite Stroke: Fly
Favorite Event: 100 Fly
Favorite Swimmer: Tara Kirk

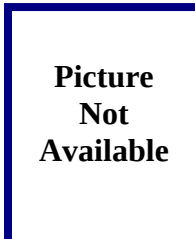
Future Goal: 2012 Olympics
Hobbies: Reading, music, swimming

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

Future Goal: Make the Olympics
Hobbies: Drawing, reading

Famous person you would like to meet: Brendan

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

Hansen

Hansen

Central
Penn
Aquatic
League

<u>Date</u>	<u>Meet</u>	<u>Warm Up</u>	<u>Start</u>
January 13	CPAL at York Y	All Groups 12:30	1:00 p.m.
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

- **WSY Dual Meet Results:**
- **Chambersburg Dual Meet Results:**

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.