

HERSHEY AQUATIC CLUB

January 2006



Meet Entry Deadlines

January 2, 2006	CVAC A/BB/C (No Mini)	USA Swimming
January 9, 2006	MA Elite Meet @ GCIT	USA Swimming
January 26, 2006	BCAT A/BB/C Mini Closed by BCAT 12/26	USA Swimming
January 26, 2006	WSY Valentine Invitational (9&Under)	CPAL
March 7, 2006	MA Zone Team Application Due	USA Swimming

Upcoming Meets/Events

January 6-8	PAAC	USA Swimming
January 14	Palmyra	CPAL
January 21	CVAC/WSY Tri Meet (14&Under)	CPAL
January 27-29	MA Elite Meet @ GCIT	USA Swimming
February 4-5	CVAC A/BB/C	USA Swimming
February 12	Valentine Invite (9&Under)	CPAL

Practice Changes

January 10	No Practice ~ Home HS Meet	Milton Hershey
January 17	No Practice ~ Home HS Meet	Susquahanna
January 19	No Practice ~ Home HS Meet	Central Dauphin
January 31	No Practice ~ Home HS Meet	Palmyra
February 2	No practice ~ Home HS Meet	Cedar Crest ~ Senior Night

www.hacswim.org



TYR CUP Results: This turned out to be one of the fastest holiday meets on the east coast. Hershey age groupers shined with the best. The following qualified and placed in finals. Tim Maurer led the way with a pair of 1st place finishes in the 11-12 50 Back (team record), 100 IM and a 2nd in the 100 Breast. Samantha Surfus placed 3rd in the 9-10 100 Fly and finishing 8th in 200 Fr, 50 Bk, 100 IM and 200 IM. Meaghan Raab finished 3rd in the 9-10 50 Fly, 6th in the 100 Fly, and 8th in the 50 Breast and 100 Free. Kyle Ruddle finished 4th in the 11-12 50 Breast and 100 Free and finished 5th in the 50 Free. Overall the team had 40 personal best times.

PAAC A/BB/C: DUE to an overwhelming response and in order to accommodate as many swimmers as possible the meet director has moved the 9-10 200 Freestyle events to the Friday night session. All PM session relays will also be scratched. Please notify Jeff if you are unable to attend the Friday Session.

Junior Olympics: The date for Junior Olympics is now March 9-12 at Franklin and Marshall College. Qualifying times and meet information are posted on the MA website. Below are current qualifiers and the number of events in which they qualify. Times used as of January 1, 2005 including Long Coarse Times.

<u>10 & Under</u>	<u>11-12</u>	<u>13-14</u>	<u>15-19</u>	<u>15-19 con't</u>
Carly DeLiberty - 1	Brittany Liedholm - 4	Fiona Mancuso - 8	Alex Barsanti - 11	Corinne McCabe - 5
Meaghan Raab - 9	Emma Santangelo - 8	Katie Marrero - 6	Jenna Clugh - 13	Erica Rapp - 4
Arian Waitkavicz - 3	Kara Van Blargan - 2	Katie Nolan - 10	Kiersten Cooley - 12	
		Caitlin Ross - 1	Megan Cooney - 5	Andrew Amato - 5
Vinny Tafuto - 7	Philip Mancuso - 1		Natazia Fistrovic - 11	Ed Felty - 3
	Kyle Ruddle - 9	Tim Maurer - 4	Jackie Gerhardt - 5	Kyle King - 8
	Ian Sherwood - 4	David Nolan - 7	Jessica Jacoby - 7	Rob Maurer - 1
			Susan Lang - 5	Nick Pawlush - 5
			Molly Leushner - 6	Mike Pennock - 2
			Jordan Liedholm - 1	John Winter - 2

High School swimmers that qualify for the District III Championships need to consult with Greg as whether to enter and what events to enter.

All Star Zones: Swimmers interested in making the Mid Atlantic All Star Zone can now fill out and send in the application. These must be filled out and sent in to MA by **March 7, 2006**. Zone information can be found on the MA web site under Short Coarse Zone Team.

www.usaswimming.org

www.maswim.org



York YMCA: The dual meet season opened with a strong win over York YMCA 495-374. All the swimmers stepped up to the challenge and succeeded by swimming to 245 personal best times. Triple wins were turned in by Joe Chubb, Jimmy Kane, Fiona Mancuso, Tim Maurer, David Nolan (11-12), and Samantha Surfus (9-10). Tim Muarer broke the pool and team record in the 11-12 50 back.

Elizabethtown: Nice win over Elizabethtown 679-375. Swimmers continue to improve having over 60% personal best times.

Palmyra Vs Hershey: Final home meet. Any swimmers that are unable to attend need to email Jeff (fasty3@aol.com) before Wednesday, January 12. Warm ups are as follows:

Gold/Silver:	6:30-6:55
Bronze/Diamond:	6:55-7:20

WSY/CVAC Vs Hershey: Reminder that this will be a 14 & Under meet. The logistics regarding how many swimmers will score and warm up times are still being finalized.

WSY Valentine Invite: Information will be placed in Communication folders by January 6.

CPAL Meet Times Accepted for USA Swimming: Home meets and the WSY/CVAC meets will “accepted meets for qualifying for MA Elite Meet and JOs. They are NOT usable for Zone All Stars, Sectionals, Nationals, or Select Camps.

www.swimcpal.org

Before the Big Time

By Bob Schaller
Special Correspondent
Splash Magazine: May-June 2005

Most Olympians didn’t start out with gold stars on their foreheads. In fact, many of them were just like you when they were younger, working hard at practices and having fun in the pool.

So just because you might not be at the top of the heap right now doesn’t mean you should give up your hopes and dreams. That next big swim could be just around the corner.

All you have to do is hang in there and stick with it, and you’ll accomplish great things.

You can find the rest of the article at: USA Swimming – Swimmers – [Interesting Stuff](#)