

HERSHEY AQUATIC CLUB

February 2007

CPAL 5A DIVISION CHAMPIONS

Congratulations swimmers on capturing the league championship title. You all swam some great meets against some tough competition from West Shore Y, Chambersburg, York Y, and Cumberland Valley. Keep up the racing as we approach the championship part of the season. Lets have some great swims at Divisionals and advance as many swims as we can to All Stars! Again, great job and keep it up!

Hershey Vs WSY 688-378
Hershey Vs York Y 478-419

Hershey Vs CHY 716-381
Hershey Vs CVAC 706-419

10 and Unders Excel at York Dual Meet

Hershey swam against its toughest competition and defeated York Y 478-419. The meet was rolling coaster with there strong 8&unders, our strong 10&Unders and our equally matched 11-12 year olds. The team won the meet but their many over achievers swimming to personal bests in all three swims. Eight & unders Taylor Surfus, Mason Benovy, Matt Ceneviva, Emily Croxall, Kaitlyn Kern, Alex Mitrovic; 9-10 year olds Niki Fistrovic, Saira Kothari, Vivan Tafuto, Sara Gensemer, Isaiah Duck, Madelyn Vieth, and CJ Zachary. Over all the team improved 46% of all swims.

Team Finishes 9th at Middle Atlantic Elite Meet

The Elite meet provides some of the best competition in the Middle Atlantic and surrounding LSCs. Hershey finished 9th out of 50 teams. We had 17 of 32 swimmers medal in the top 8 in their respective events. Leah Sevco led the way with five events. Her highest place came in the 200 Fly by finishing 3rd. Austin Doss, Ian Sherwood, and Tim Maurer each had three final swims. The lone Elite Champion for Hershey was David Nolan in the 200 Backstroke. He also set a 13-14 team record in the 100 Fly (54.97). Also setting team records were Leah Sevco (13-14 200 Back), Katie Nolan (15&O 200 IM), and Kiersten Cooley (15&O 1000 Free).

Nolan Competes at Jr. Pan Pacific Championships



Katie Nolan competed in her first international competition representing Team USA. Junior Pan Pacific Championships took place January 10th through the 14th in Maui, HI. The competition pulled together some of the best 18 and under swimmers representing Australia, New Zealand, China, Japan, Canada, Costa Rica, and Mexico. Nolan swam a full set of events for the week starting with the 100 meter backstroke, which made it back to finals and finished 16th. Her other night swim came in the 100 meter butterfly where she finished 10th. She achieved best times in 4 of 6 events. Many of the swimmers from Team USA attempted the 10K open water swim, but only 4 finished the grueling race. Katie enjoyed the competition and the experience of swimming for Team USA.

She enjoyed meeting and talking with other swimmers from various countries during their nightly dining. Complete meet results can be found on the Middle Atlantic web site.

HERSHEY RANKED 186TH IN THE COUNTRY

The Hershey Aquatic Club is currently ranked 186th out of 2000+ teams in the USA Swimming Virtual club Championships. Each team is able to have two swimmers per event and age in which each swim is awarded points ranging from 1-1500. A Swimmer may only be represented in a maximum of 4 events. We climbed the team rankings after filling open events and some great swims during the Parkland A/BB/C meet. Within the Middle Atlantic we rank 13th. Current listings can be found on the USA Swimming web site under Swim Clubs.



Practice Schedule Information



February 1	All Groups	NO PRACTICE	Home High School meet
February 3	Saturday Practice	6:30-8:45 a.m.	Only those not attending WSY A/BB/C
February 13	All Groups	NO PRACTICE	Home High School meet
February 15	All Groups	NO PRACTICE	Home High School meet
February 17	Saturday Practice	6:30-8:45 a.m.	Only those not attending CPAL Divisional
February 19	Modified Practice Schedule Begins		Listed Below
February 24	Saturday Practice	6:30-8:45 a.m.	Only those not attending BCAT A/BB/C
March 2	Senior	4:50-6:30	Those not swimming at HS Districts
March 15	Senior	4:50-6:30	Those not swimming at HS States
March 16	All Groups	NO PRACTICE	

Modified Practice Schedule after Divisional and All Star Meets

- Diamond 2 February 14th Last Day of practice
- Diamond 1 February 16th Last Day of practice (swimmers attending USA Meets will swim with Bronze Group)
- Modified Practice Schedule is below.

This is different from what is listed on the master schedule from the start of the season.

February 19-23

	Monday	Tuesday	Wednesday	Thursday	Friday
Senior	2:50-4:50	2:50-4:50	2:50-4:50	2:50-4:50	2:50-4:30
Silver 1	5:50-7:30	4:50-6:30	5:50-7:30	4:50-6:30	4:30-5:45
Silver 2	4:50-5:50	4:50-6:30	4:50-5:50	4:50-6:30	4:30-5:45
Bronze	4:50-5:50	6:30-7:30	4:50-5:50	OFF	5:45-6:45

February 26 to March 16

	Monday	Tuesday	Wednesday	Thursday	Friday
Senior	2:50-4:50	2:50-4:50	2:50-4:50	2:50-4:50	2:50-4:30
Silver 1	5:50-7:30	4:50-6:30	4:50-6:30	4:50-6:30	4:30-5:45
Silver 2	4:50-5:50	4:50-6:30	4:50-6:30	4:50-6:30	4:30-5:45
Bronze	4:50-5:50	4:50-6:30	4:50-6:30	4:50-6:30	4:30-5:45

March 19-30

	Monday	Tuesday	Wednesday	Thursday	Friday
Senior	3:30-4:45	3:30-4:45	3:30-4:45	3:30-4:45	3:30-4:45
Silver 1	3:30-4:45	3:30-4:45	3:30-4:45	3:30-4:45	3:30-4:45
Silver 2	3:30-4:45	3:30-4:45	3:30-4:45	3:30-4:45	3:30-4:45
Bronze	3:30-4:45	3:30-4:45	3:30-4:45	3:30-4:45	3:30-4:45

Winter/ Spring Pre Competitive Program

Registration for the Winter/Spring Pre Competitive Program are now being accepted. The first session runs February 27th through March 15th from 6:30-7:15 - Tues-Thurs. The second session is March 20th through April 5th from 5:00-5:40 & 5:50-6:30 - Tues-Thurs. Registration forms can be found at hacswim.org

Summer/Spring Team Registration

Registration materials will be placed on the HAC web site by the end of February. If you will not be returning for the spring/summer season, please let Patti Santangelo or Greg Fastrich know. This will help us with practice groupings. The season begins for Senior, Silver, and Bronze swimmers April 16th and Diamond will begin April 30th.



USA Swim Meet Information



<u>Meet Date</u>	<u>Meet Name</u>	<u>Entry Deadline</u>	<u># of Days</u>
February 3-4	WSY A/BB/C	Closed	2 Day Meet
February 23-25	BCAT A/BB/C Mini	Closed	2 Day Meet
March 8-11	Sectionals @ Harvard	EMAIL Coach	3 ½ Day Meet
March 15-18	Junior Olympics	February 28 th	3 ½ Day Meet
March 20-24	NCSA Jr. Nationals @ Orlando, FL	TBA	4 Day Meet
March 29-31	Eastern Zone All Stars	March 1 st (MA Application)	
March 30-Apr 1	West Regionals @ LeSalle	February 28 th	2 Day meet

WSY A/BB/C: Saturday Warm up 4:00 Start: 5:10
 Sunday AM. Warm up 7:00 a.m. Start: 8:10 Sunday PM Warm up: 12:00 Start: 1:00

BCAT A/BB/C Mini: There have been several changes made to this meet. Please follow the warm up and start times below. Arrive twenty minutes prior to the start of warm ups. Warm ups for the 400 IM and 500 Frees will be in the 25 meter pool. If you are only swimming those events, arrive one and half hours before the start of the session.

Saturday	Session 1 – 13&Over	Warm up 7:30	Meet Start 8:30
	Session 1a – 13&Over 400 IM		Event Start 12:00
	Session 2 – 12&Under	Warm up 1:30	Meet Start 2:15
	Session 3 – 13&Over	Warm up 7:30	Meet Start 8:30
Sunday	Session 3a – 13&Over 500 Free		Event Start 12:00
	Session 4 – 12&Under	Warm up 1:30	Meet Start 2:15

Junior Olympics: Information is currently available on the MA web site. Entries will be due by February 28th. All USA meets and the WSY and CHY dual meet times are usable. Swimmers are able to enter a maximum of 3 events per day. We would like all swimmers that qualify to attend. High School aged swimmers not competing at the PIAA State Championship should attend. If you are unsure if you will qualify for the state meet, enter JOs. HS swimmers competing at the AA State Championship should enter JOs for Saturday and Sunday. HS Swimmers competing at the AAA State Championships can swim Sunday (200 back, 100 free, 200 fly, 1650).

- **Lodging:** There are eight rooms reserved at the Residence Inn (Deptford, NJ) for \$133.00 per night. These are all suites with a king bed in one room and a pullout couch in the common area. Each room has a mini kitchen with fridge, microwave, and sink. If you would like to reserve a room, call **1-856-686-9188** and reserve room under Jeanine Surfus.
- **Junior Olympic T-Shirts:** Elaine Mancuso will be putting T-shirt order forms in you folders once we have a good idea of who will be attending. Championship caps will be 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.

West Regionals: This meet is directed to swimmers that have times lower than the JO qualifying times. It's an opportunity to gain faster times for the summer meets that require qualifying times. One meet in particular is the BCAT meet in late June. Swimmers are able to swim up to 5 events per day, but I highly recommend that you do not swim more than 4 per day.



Several more swimmers have accomplished the IMX Extreme challenge. Listed below are swimmers, current points, and Middle Atlantic Ranking. IMX scores are part of the selection process for many of your USA Swimming, Zone, and LSC select camps. Most of these camps use the Long Course season for the qualifying swims.

Nikki Fistrovic	(9)	2589	4 th	Rylie Rhoades	(9)	664	22 nd
Samantha Surfus	(11)	3125	5 th	Arian Waitkavicz	(11)	2334	15 th
Austin Doss	(12)	2559	8 th	Leah Sevco	(12)	3355	4 th
Paula Ferrara	(12)	2841	14 th	Emma Santangelo	(12)	2758	16 th
Caitlin Ross	(13)	2757	17 th	Skyler Doss	(14)	3104	5 th
John Winter	(17)	2374	18 th				

maswim.org

directathletics.org

usaswimming.org

ncsa-usa.org

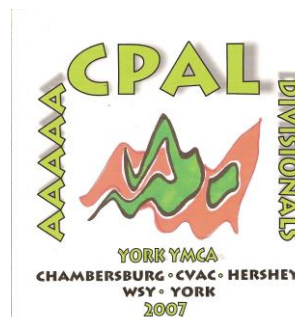
CPAL Meet Information

<u>Meet Date</u>	<u>Meet Name</u>	<u>Location</u>	<u>Entry Deadline</u>
February 11	WSY Valentine 9&Under Invite	Cumberland Valley	Closed
February 17	CPAL Division 5A Champs	York YMCA	February 8 th
February 18	CPAL All Star Championships	Cumberland Valley	Must Qualify

WSY Valentine 9&Under Meet: All entries have been received. Warm up start at 10:00 a.m. and the meet start time is 11:10. Again, all swimmers will be seated on deck and the parent's will be seated in the stands.

CPAL Divisional Championships: This is the end of the year league championship meet. All five teams in our division come together for one last competition in an attempt to qualify for the CPAL All Star Competition. All meet information can be found at swimcpal.org. The following is important information regarding this meet

- In order to compete, you must have competed in at least **three league dual meets**. Invitational meets do not count toward the three meets. All times entered will be from league dual meets and invitational meets.
- A swimmer may swim a maximum of three events. These events will either be 2 individual and one relay or three individuals. Each team may enter up to two relays per event. All age groups have the Medley and Free Relays.
- This meet will be two sessions. 10 & Under will start at 9:00 a.m. and 11&Over will start 1:00 p.m. Warm up times will be distributed the week of the meet.
- Entry forms will be sent out via email. List the events by priority. Swimmers placed on relays will be taken out of their third event listed.
- **Entries Deadline: Wednesday, February 8th.**
- **All Star Advancement:** The five divisional championship meets will be combined. The top 12 individuals and top 6 relays will advance to the All Star meet. This will be available on the CPAL web site under the All Star heading.



CPAL All Stars Championships: All Star information will be available on the CPAL web site. This will be run as the same two sessions as Divisionals. Information regarding the warm up times will be distributed once they are finalized.



How do I know if I qualified? Check the CPAL web site under the All Star information. The psych sheet for All Stars will be posted Saturday evening around 7:00 p.m. Top 12 individuals and top 6 relays swim.

Divisional & All Star T-Shirt Orders: Dan Duck (dduck@psu.edu) will be in charge of the T-shirt and Sweatshirt orders for the upcoming Divisional and All Start Championship meets. Information will be going into the communication folders shortly. The above designs will be on the T-Shirts and Sweat Shirts.

League Web Site: swimcpal.org

HERSHEY AQUATIC CLUB AWARDS NIGHT

The seasonal awards night will be taking place April 15th from 2:30 to 5:00. This will be held at Hershey Middle School in the LGI room. Light snack will be provided. This will be great time to take a break from number crunching for all you procrastinating tax filers.