

Hershey Aquatic Club

September/October 2007

Welcome to the Hershey Aquatic Club for the 2007-2008 winter swim season. Practices are under way and running smoothly. Thank you all for your patience with the registration, level adjustments, and practice changes. A "news brief" will be sent via email at least once month with information regarding swim meets, practice changes, and other various information. All information will also be placed on the HAC web site (hacswim.org).

I would like to welcome all new families and swimmers to the Hershey Aquatic Club. Current members that would like to mentor any of the new families can contact Patti Santangelo. Remember your first season in competitive swimming? It's much easier to have a friend to turn to for questions.

There will be a New Member meeting Wednesday, October 3 at 7:00 in the Recreation Center Lobby.

<u>Swimmer</u>	<u>Age</u>	<u>Group</u>	<u>Parent(s)</u>
Rachel Clippinger	12	Silver 1	Barry & Paula
Abby Hess	9	Bronze 2	Jim & Cindy
Reney Hess	12	Silver 2	
Kate Hess	9	Bronze 2	
Jason Kiessling	17	Senior	James & Patti
Carlty Kiessling	9	Bronze 2	
Joli Kiessling	9	Bronze 2	
Austin Schwartz	10	Bronze 1	Ed & Stacey
Chris Obrian	16	Senior	Wendy Scarborough
James Waters	11	Bronze 1	James & Connie
Evan Weber	12	Bronze 1	Dean & Cheri

Apparrel Fitting

- All swimmers must have a team suit and swim cap for all meets.
- **Thursday, October 27 from 5:00-7:30** at the Recreation Center
- Team Suits and training equipment can be ordered / purchased at this time.
- **Required Equipment:**

All equipment is used in the training groups at various times. Swimmers are to have the following:

Senior:	Water Bottle, Fins, Pull Buoy, Ankle Locks, Hand Paddles, Finis Snorkel, Equipment Bag
Silver:	Water Bottle, Fins, Pull Buoy, Hand Paddles, Equipment Bag
Bronze:	Water Bottle, Fins, Pull Buoy, Equipment Bag
Diamond:	Water Bottle, Fins
Optional:	Kick Board

Practice Information

- **Practice Schedule**

Practice schedule and times change on the following dates. Please refer to your practice schedule to check times your swimmers have practice.

September 10 Senior, Silver 1&2, Bronze 1&2 begin practices

September 11 Fall Pre Competitive Program begins

October 1 Second Practice Schedules begins.

June 11 Diamond 3 begins / Morning practice schedule starts.

July 20 Last Day of Practice

July 23 Mid Cap, National, Zone, Junior Olympic swimmers modified schedule

- **Practice Observation**

The gym may be used to observe practices. However, when an activity is taking place, you must leave and wait in the lobby. If you become a distraction to the swimmers or staff, you will be asked to leave the pool deck. At the conclusion of each practice, all swimmers and parents must leave the pool facility.

- **Parking Lot**

Derry Township Police will be ticketing all illegally parked vehicles. Please park in the lower lot for pick up. Please obey the parking signs posted around the Recreation Center. Swimmers may also be picked up at the side pool entrance.

- **Practice Cancellations**

May 28 Memorial Day All Practices Cancelled

Meet Information

USA Swimming (maswim.org and usaswimming.org)

May 4-6	Trident May Maelstrom	
	• Warm Up Times:	Friday P.M. 4:30-5:00 Saturday A.M. 7:15-8:00 P.M. 3:30-4:00 Sunday A.M. 6:30-7:15 P.M. 3:00-3:30
May 18-20	RAC Abby Seeger Memorial	@ UMBC Baltimore, MD
	• Entries Closed • Blocked Rooms @ La Quinta Inn & Suites 410-859-2333; Under Hershey Aquatic Club	
June 7-9	Trident Summer Storm	@ F&M Lancaster, PA
	• Entries Closed	
June 7-10	Charlotte Ultra Swim	@ Charlotte, NC
June 28-July 1	BCAT Swim Fest	@ Penn State
	• Entry Deadline: May 21, 2007 • Qualifying times achieved at both Trident meets will be updated and accepted so long as the meet host has not closed the meet.	
July 11-14	Middle Atlantic Senior Champs	@ Bucknell University
	• Entry Deadline: July 1, 2007	
July 18-22	Eastern Zone Super Sectionals	@ St. Mary's College, MD
July 26-29	Middle Atlantic Junior Olympics	@ Golden Meadows Lancaster, PA
July 30-Aug 4	USA National Championships	@ IUPUI Indianapolis, IN
August 6-10	USA Junior National Championships	@ IUPUI Indianapolis, IN
August 9-10	Age Group Eastern Zone Champs	@ Buffalo, NY

Mid Penn Swim League (swimmpls.org)

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.

Meet Entries: Swimmer's events will be chosen by the coaching staff for all dual meets. Swimmers will pick their events for invitational and championship meets. All entries will be posted by Friday evening of the dual meet on the HAC website under ONLINE DATABASE.

Meet Results: Complete meet results will be available on the Mid Penn Swim League web site. swimmpls.org

Warm Up for Home Meets:

- National/Senior/Pre Senior 6:30 a.m. Lower Pool
- Silver 1/ Silver 2 6:30 a.m. Upper Pool
- Bronze 7:00 a.m. Lower Pool
- Diamond 1, 2, 3 7:00 a.m. Upper Pool

Warm Up for Away Meets:

- TBA (usually thirty minutes before the start of the meet)

MPSL Meet Schedule

June 16	Heatherfield	@ Heatherfield (SCM)
June 23	Halifax	@ Hershey (SCY)
June 24	WSY Cuda Classic Invitational	@ Cumberland Valley HS (SCM)
June 30	Hummelstown Swim Club	@ Hershey (SCY)
July 7	Palmyra	@ Palmyra (SCM)
July 12	WSY Hot Heats Invite	@ Cumberland Valley HS (SCM)
July 14	Annaville Cleona	@ Annville (SCM)
July 21	MPSL A Division Championship	@ Palmyra (SCM)
July 22	MPSL All Star Championship	@ Annville Cleona (SCM)
July 28	Mid Cap Championship	@ Hershey (SCY)

SCY = Short Course Yards

SCM = Short Course Meters

Invitational Swim Meets

- Meet information will be placed in your folders along with an entry sheet that will need to be returned to the HAC mailbox.

Divisional Championship Meet

- Swimmers must compete in at least 3 dual meets in order to compete at the championships.

All Star Championships

- The fastest 2 heats (either 12 or 16) of swimmers of the 3 combined divisional championships meets.

Mid Cap Championships

- The top 8 swimmers and top 4 relays from the MPSL and CASL All Star meets advance to compete at this meet.

Season Awards

Participation Award:

Swimmers must compete in any 4 meets and a championship meet (MPSL Divisionals, JOs, Sr. Champs).

Time Drop Award:

The male and female swimmer of each age group that has dropped the most time from the previous season.

Age Group High Point:

The 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.

IMX Certificate

Swimmers who achieve an IMX score by the end of each season.

Team Record Certificate

Swimmers achieving new team records by the end of the season.

Friendly Rivalries

This week's Speedo Tip of the Week comes from Lenny Wiersma, a PhD in sport psychology and a member of USA Swimming's High Performance Network. Wiersma offers some advice on friendly rivalries in the pool.

To find a sport psychologist in your area, visit USA Swimming's [Sports Medicine Database](#).



Wiersma's Tip:

A lot of people have misconceptions about competition, and sometimes believe that a rival competitor must be an enemy or something. The essence of competition is cooperation: the better your competitor, the better you must become. So the harder and smarter you have to train. And the better you become, the harder and smarter she has to train. Do you see what happens? You both become better athletes by pushing each other.

Despite what some people believe, you can be friends and competitors at the same time, and you should be. Some of the biggest rivals in sports are very good friends. True competitors respect each other and support each other. So do true friends. You should look forward to training together, competing with each other and growing stronger as

friends. Someday, when your swimming career is over, you'll probably remember the best times you had outside of the pool much more than you'll remember your best times in the pool.

Early-Season Technique Tips

This week's Speedo Tip of the Week comes from Russell Mark, USA Swimming's biomechanics coordinator. Mark offers some advice on technique to concentrate on early in the season.

Mark's Tip:

If you're like most swimmers at the beginning of the season, the first few weeks of practice is probably spent getting back into swimming condition. You'll have the chance to improve on technique and get rid of some bad habits, but what are the most important things you can think about to help you improve?

Body position

- Body position means that your entire body should be as high in the water as possible.
- It's easy to have your head and shoulders at the surface, so it's most important to work on having your hips and legs riding at the surface of the water, too. The lower your hips and legs are below the surface – even if it's just a little bit – the harder it is for your body to move through the water quickly.

Your head

- You might not feel it, but if you lift your head too much, your legs and hips will sink. Picking up your head even a little bit can affect your body position.
- When swimming freestyle, try to look towards the bottom of the pool without burying your head. (You can still peek a little so you don't crash into the wall.)

Breathing technique

- If you pick your head up too much or turn it too much when you breathe, it could change your body position.
- When you breathe, think about not moving your head up or sideways more than you have to. Keep it low.

Websites		Coaching Staff Email	
Hershey Aquatic Club:	hacswim.org	Greg Fastrich	fasty4@aol.com
Mid Penn Swim League:	swimmpsl.org	Jeff Fastrich	fasty3@aol.com
Middle Atlantic Swimming:	maswim.org	Jeanine Surfus	surfus56@comcast.net
Direct Athletics:	directathletics.com	Jenna Clugh	Calibchbabe06@aol.com
USA Swimming:	usaswimming.org	Pam Young	sjypiy@aol.com