

HERSHEY AQUATIC CLUB

October 2007 Information

- **Milton Hershey Catherine Hall:** The conflict with the Milton Hershey School that caused last weeks practice schedule change has been resolved. The practice schedule that was to start October 1st will begin Monday, October 8th. This practice schedule is attached to this email.
Directions to Catherine Hall (School across from Hershey Park): From Hershey Park Drive, turn on to Hotel Drive. Turn left at the first entrance that goes to the front of the school. Continue around to the side of the building to the circle. Swimmers are to enter through the front doors. Turn left and go down the stairs on your left. Pool locker rooms should be on the left. The parking garage is in the rear of the building. Exit the same way you entered and turn left on Hotel Drive and then left at the rear entrance. I am unsure where or if practices can be observed at this time. **Behavior:** Please remind your swimmers that it's a privilege to use this facility to treat it with utmost respect. There will be a zero tolerance for misbehavior. Swimmers are to be out of the locker rooms 15 minutes after practice. A Coach must stay until all swimmers have been picked up. Please pick your swimmers up on time.
- **The Winner's Workshop – How Sport Psychology Can Make You A Champion:** Hershey Athletic Director Sam Elias has scheduled speaker Brain Cain to run a workshop for the Derry Township Coaching Staff, Parents and Athletes on Monday, October 8th. Mr. Cain is a performance enhancement consultant who helps coaches and athletes achieve consistent optimal performance through physical and mental training. The staff will meet throughout the day. Parents and Athletes will have an opportunity to attend a workshop in the evening from 7:00-8:30 in the High School Auditorium.
- **Parent Meeting for New Families:** Will cover the ins and outs of our program and answer any questions you may have. This will take place at the recreation lobby on **Tuesday, October 9 from 6:30-7:00.**
- **USA Swimming "Master Coach" to visit October 10-13:** Coach Bob Steele provides coaches and swimmers with sound/practical ideas that improve; skill, fitness, and motivation. He has coached coaches and swimmers (AG to Olympian) in a 45 year career and his Games and Gimmicks book is the center of a philosophy that makes swimming FUN and MOTIVATING. He had 16 swimmers World Ranked in 37 events with two American Record Holders. His teams won 5 NCAA II and 6 NIC Championships. Presently he serves USA Swimming in the new USA-S Master Coach Program, having visited over 45 teams with World Ranked H.S. swimmers. He is ready to share with you the things learned from great coaches he has visited.

Coach Steele will be working with each group by the following schedule: Wednesday and Thursday: Senior and Silver 1&2; Friday: Senior, Bronze 1&2, and Diamond.

"Be The Best You Can Be" power point presentation will take place Friday from 7:15-8:45 in the High School LGI room. Power point 130 slide show: presenting skill, fitness, and motivation as an essentials for swimming success with many stories about Olympians. Followed by Build a Sunday Contest with Olympic mesh bags to the most creative boys and girls as judged by the coaches. At this time there will be a parent session on What Coaches and Parents Want from Swimming and each other.

Please email me (fasty4@aol.com) if you plan to attend this Friday evening event.

- **Derry Township Halloween Parade:** The float planning is underway directed by Todd Ruddle and the 8th graders. The parade takes place Tuesday, October 30th starting at 7:00. All swimmers are invited to walk in the parade and hand out candy. Please wear clothing related Hershey Aquatic Club.

HERSHEY AQUATIC CLUB

October 2007 Information

•

Important Dates:

- October 8 Practice Canceled: Senior Group – Morning Workout
- October 8 7:00-8:30 @ High School Auditorium:
How Sport Psychology Can Make You A Champion
- October 9 New Parent Meeting 6:30-7:00 @ Recreation Center
- October 10-13 Bob Steele Visit
- October 14 Meet: WSY Kick Off Classic Invitational
- October 27-28 Meet: Mid Atlantic Fall Classic
- October 30 Practice Canceled: Silver 1&2, Bronze 1&2, Diamond 1&2
7:00 DT Halloween Parade