

Hershey Aquatic Club

January 11, 2008

THANK YOU to all the families for your kind gifts that were received by the coaching staff over the Holidays. We all look forward to a great 2008 year.

HAC Clothing ordered and not picked up will be available for pickup during the York YMCA dual meet. Please see Jennifer Schwartz at the concessions.

HAC Awards Night will be April 13, 2008 in the Hershey Middle School Auditorium. More information will be available at a later date.

Practice Updates

January 12	NO Saturday Practice	--	Home CPAL Meet
January 15	NO Practice at the Plaza	--	Home HS Meet (Susquehanna)
January 17	NO Practice at the Plaza	--	Home HS Meet (Milton Hersey)
January 19	Saturday Practice 6:30-9:00	--	WSY Dual Meet in the afternoon.
January 18	Senior Weights 9:00-10:00	--	No School this day
January 21	Senior Weights 9:00-10:00	--	No School this day
January 22	NO Practice at the Plaza	--	Home HS Meet (Palmyra)
January 26	NO Saturday Practice	--	Away CPAL Meet / MA Elite Meet
January 29	NO Practice at the Plaza	--	Home HS Meet (Red Land)
February 1	Senior Weights 9:00-10:00	--	No School
February 2	Saturday Practice 6:30-9:00		
February 5	NO Practice at the Plaza	--	Home HS Meet (Trinity)
February 8	NO Senior Weights	--	Conference Championships
February 14	NO Practice at the Plaza	--	Home HS Meet (State College)
February 16	Saturday Practice 6:30-9:00	--	Those not attending CPAL Divisional
February 23	Saturday Practice 6:30-9:30	--	
February 25	Practice schedules change for Silver and Bronze levels. This will be sent out later this month. Pre Competitive Program Begins		

Central Penn Aquatic League

Below are the dates for the CPAL swim meet schedule. Please email Coach Jeff (fasty3@aol.com) by the Wednesday prior to the week of the meet.

December 15	Chambersburg YMCA	Win	631-426	
January 12	York YMCA	8:00 Start	@ Hershey	
		Warm Up:	6:30-7:00	Senior & Silver Groups
			7:00-7:25	Bronze & Diamond Groups
January 12	CV Snow Flake Invite	9:00 Start	1:15 est. finish	
		Warm Up:	8:20-8:45	
		• Please arrive by 7:45 so we can have a good place to sit on the pool deck. • Parents are not to be on the pool deck unless they are timing.		
January 19	West Shore Y	1:00 Start	@ Northern York HS (Dillsburg)	
		Warm Up:	12:30	All Groups
January 26	Cumberland Valley	8:30 Start	@ Cumberland Valley	
		Warm Up:	8:00	
		• HAC will be designated as the Home Team. • HAC will be responsible for organization of Timers, Officials, and the Score Table • HAC will NOT be running the Concessions for this meet.		
February 10	WSY 9&Under Valentine Invitational			
		• Information will be distributed the week of January 14.		
February 16	Divisional Championships	@	Cumberland Valley	
February 17	All Star Championships	@	Cumberland Valley	

CPAL Top 16

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USA Swimming

National Top 16 for the 2007 LCM swim season has been released by USA Swimming. Complete listings can be found by clicking on the following: **Boys** [LCM](#) [SCY](#) **Girls** [LCM](#) [SCY](#). Hershey had two swimmers make the final Top 16 in multiple events.

Katie Nolan	15-16	LCM	100 Fly 3 rd	SCY	100 Fly 3 rd
David Nolan	13-14	LCM	200 IM 1 st	400 IM 1 st	100 Fly 8 th
			200 Breast 13 th	100 Back 5 th	200 Back 15 th

SC National Championships

This was a great competition all around. Several American Records were broken by Olympians such as Natalie Coughlin and Ryan Lochte. Katie Nolan made back to the C finals in the 100 fly swimming to a personal best finishing 15th overall.

TYR Cup

Hershey had a very strong showing finishing 3rd overall. This was the highest the team has ever finished at this mid season major meet. Team scores were Empire 34075, York YMCA 1675, Hershey 1365, and Golden Ram 1335 to round out the top 4 team. Katie Nolan led Hershey with two individual wins. Tim Maurer and Austin Doss had one individual win. Swimmers finishing in the Top 8 were:

Austin Doss (8)	Josh Hagan (4)	Stefanie Maurer (2)
David Nolan (6)	Will Drexler (3)	Leah Sevco (1)
Tim Maurer (5)	Erica Rapp (2)	Kara VanBlargan (1)
Samantha Surfus (5)	Zach Ceneviva (2)	Vivian Tafuto (1)
Katie Nolan (5)	Rachel Clippinger (2)	Ariana Waitkavicz (1)

Victorian State Championships

Katie Nolan traveled to the down under representing the National Junior Team at the Victorian State Championships held in Melbourne, Australia. Team USA brought 66 Jr. Team members representing the youth of USA swimming that would take on some of Australia's best. Although it took Katie three extra days to get there, she was able to practice for two days before the competition began. With in those training days she was able to be known enough to be named the Women's Junior Team Captain. Katie's best performance individually came in the 100 Fly (LCM) where she finished 18th. She was also a member of the 400 Medley Relay B Team that finished 4th. [Complete Results](#)

CBST Inaugural

January 19-0, 2008

Saturday	A.M.	NO Attendees	Distance	W.U. No earlier than 12:30	P.M. No earlier than 2:30
Sunday	A.M.	W.U. 7:30	IMS	W.U. No earlier than 12:30	P.M. No earlier than 2:30

MA Elite Meet

January 25-27, 2008

Entries have closed.

WSY A/BB/C Meet

February 2-3

Canceled. Meet host could not secure a facility to host this competition.

EMAC A/BB/C Meet

February 8-10, 2008

- This meet will be taking the place of the WSY A/BB/C meet that was canceled.
- I will only be accepting entries for Saturday and Sunday sessions. Will not be attending Friday evening.
- **Entry Deadline January 13, 2008**

BCAT A/BB/C Mini

February 23-24, 2008

- **High School Swimmers:** Swimmers that will be qualifying for HS Districts should NOT enter this meet. It will be your responsibility to email me if you want to be removed from this meet.
- **Last chance** to achieve qualifying times for Junior Olympics and Senior Champs.

Junior Olympics

March 13-16

- This will only be a 14 & Under Championships. If you are High School swimmer that will be swimming at the PIAA State Championships, you should not attend this meet. Instead attend MA Senior Championships.
- Meet information not available to date.

MA Senior Champs

March 20-22 (Thursday-Saturday)

@ Penn State

NCSA Junior Nationals

March 18-22

@ Orlando YMCA

- Meet information and qualifying times can found at ncsa-usa.org
- Hotel reservations have already been made for Hershey.

Toyota Grand Prix Series

April 3-6, 2008

@ THE Ohio State University

- Meet information not available.

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IMX Scores to Date:

		<u>Age</u>	<u>Score</u>	<u>Nat'l Rank</u>	<u>Zone Rank</u>	<u>LSC Rank</u>
David Nolan	14	4745	6	2	2	
David Nolan	15	4612	6	4	2	
Katie Nolan	16	4304	23	8	4	
Samantha Surfus	13	3253	197	59	17	
Samantha Surfus	12	3076	107	27	4	
Austin Doss	12	2973	110	19	2	
Arian Waitkavicz	12	2764	262	59	9	
Will Drexler	10	2687	161	28	9	
Vivian Tafuto	10	2547	281	53	12	

Virtual Club Championships

Hershey Aquatic Club	109,672 points
National Rank	171 st
LSC Rank	9 th