

Hershey Aquatic Club

February 6, 2008

Congratulations goes out to all the swimmers that helped Hershey capture another 5A Divisions Championship. With out all the swimmers hard work and dedication, it couldn't have been done. Continue the fast swimming into the Championship Season.

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

Summer Registration materials will be available after March 10th. Please check the HAC web site. There will not be many group adjustments made. Swimmers being moved up or down will be notified. For now, make plans according to your child's current group.

Practice Updates

February 5	NO Practice at the Plaza	--	Home HS Meet (Trinity)
February 8	NO Senior Weights	--	Conference Championships
February 9	NO Saturday Practice	--	Meets
February 14	NO Practice at the Plaza	--	Home HS Meet (State College)
February 15	Last Day of Regular Schedule	--	Those not swimming in USA meets are finished with season.
February 16	Saturday Practice 6:30-9:00	--	Those not attending CPAL Divisional
February 18	Modified Practice Schedule Begins		Practice for those attending USA swimming competitions.
February 23	Saturday Practice 6:30-9:30	--	Those not attending BCAT meet.
February 25	Practice schedules change for Silver and Bronze levels. This will be sent out later this month.		
	Pre Competitive Program Begins		
March 14	No Practice	--	Junior Olympics / HS State Meet
March 20-21	No Practice	--	Zone Swimmers will have practice but TBA.

February 18 to March 15 (All Practices @ Recreation Center)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	2:50-5:00	2:50-5:00	2:50-5:00	2:50-5:00	2:50-4:30	6:30-9:00 AM
Silver USA	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	4:30-6:00	
Bronze USA	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	OFF	
PC Program Feb. 25-Mar. 12	6:30-7:15	6:30-7:15	6:30-7:15	PC Program Begins the week of February 25		

- Swimmers not attending the BCAT A/BB/C or MA Junior Olympics are finished after the CPAL All Star Meet.

March 17 – April 11 (All Practices @ Recreation Center)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior USA	2:50-4:45	2:50-4:45	2:50-4:45	2:50-4:45	2:50-4:45	6:30-9:00 AM
Silver USA	3:30-4:45	3:30-4:45	3:30-4:45	3:30-4:45	3:30-4:45	
PC Program Mar. 17-Apr 2	5:00-5:40	5:00-5:40	5:00-5:40			
PC Program Mar. 17-Apr 2	5:50-6:30	5:50-6:30	5:50-6:30			

- **Senior USA:** This is for swimmers that will be attending MA Senior Champs, NCSA Juniors, Zones, or the Ohio State Grand Prix Meet.
- **Silver USA:** This is for swimmers that will be attending the Eastern Zone Championships.
- ❖ If you are not attending any of the above meets, your season is over after your last competition.

April 7 to June 8 Tentative Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Team	6:00-7:00 Wghts 2:50-5:00	6:00-7:00 DL-HS 2:50-5:00	6:00-7:00 Wghts 2:50-5:00	6:00-7:00 DL-HS 2:50-5:00	6:00-7:00 Wghts 2:50-4:45	6:30-9:00 @ Rec Center
Senior	6:00-7:00 Wghts 2:50-5:00	2:50-5:00	6:00-7:00 Wghts 2:50-5:00	2:50-5:00	6:00-7:00 Wghts 2:50-4:45	6:30-9:00 @ Rec Center
Silver	5:15-7:00 @ Spartan Center	5:15-7:00 @ Spartan Center	5:15-7:00 @ Spartan Center	5:15-7:00 @ Spartan Center	5:15-7:00 @ Spartan Center	6:30-9:00 @ Rec Center

April 10 to June 8 Tentative Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	4:45-5:45	
Diamond 1	6:00-6:45	6:00-7:00	6:00-6:45	OFF	5:45-6:45	
Diamond 2	6:45-7:30	OFF	6:45-7:30	6:00-7:00	5:45-6:45	
Diamond 3		6:00-6:30	6:45-7:30	6:00-6:30	OFF	

- April 10th Start Date: This is a Thursday start date. PC Program will be finishing up this week.

Central Penn Aquatic League

Below are the dates for the CPAL swim meet schedule.

December 15	Chambersburg YMCA	Win	631-426
January 12	York YMCA	Win	462-399
January 12	CV Snow Flake Invite		
January 19	West Shore Y	Win	641-244
January 26	Cumberland Valley	Win	602-529
February 10	WSY 9&Under Valentine Invitational		

- Warm UP: 10:00 A.M. Meet Start: 11:10 A.M.
- Coaches: Jeanine, Jenna, Rebecca

February 16 Divisional Championships @ Cumberland Valley

- [Meet Web Site](#) [Meet Information](#)
- **Warm Up:** 8&U and 9-10 8:10
11-12, 13-14, & 15&O 12:10
- Top 12 individuals and Top 6 relays from all combined divisional results (5 meets total) advance to the All Start Championships.
- All Star qualifiers/psych sheet will be available in the Saturday evening at www.swimcpal.org.

February 17 All Star Championships @ Cumberland Valley

- [Meet Web Site](#) [Meet Information](#)
- **Warm up:** 8&U and 9-10 7:40
11-12, 13-14, 15&O 12:35

CPAL Top 16



USA Swimming

MA Elite Meet

- Congratulations to all the swimmers that competed at the MA Elite Meet. Hershey finished 7th out of 59 teams.
- Champions:

Tim Maurer	13-14	100 Breast, 100 Back, 200 Back (Team Record), 200 IM
Josh Hagan	9-10	50 Back & 100 Back (Team Record)
Vivian Tafuto	9-10	50 Breast & 100 Breast (Team Record)
Will Drexler	9-10	200 Free (Team Record)
Ariana Waitkavicz	11-12	200 Fly
Erica Rapp	15&O	100 Back (Team Record)
- Swimmers placing top 8: Jackie Gerhardt, Ben Bauchwitz, Vinny Tafuto, Kyle Ruddle, Meghan Miller, Katelyn Miller, and Carlyn McCarty

EMAC A/BB/C Meet

February 8-10, 2008

- Warm UP:

Friday	5:00 (5:30 positive check in deadline)	No Coach
Saturday AM	7:00 AM	Saturday PM 12:00 Coach Surfus
Sunday AM	7:00 AM	Sunday PM 12:00 Coach Jeff or Greg

BCAT A/BB/C Mini

February 23-24, 2008

- Warm UP:

Saturday AM	7:30 AM	Saturday PM 1:30	Coach Jeff & Jeanine
Sunday AM	7:30 AM	Sunday PM 1:30	Coach Greg & Jeanine

MA JUNIOR OLYMPIC

March 13-16

@ GCIT

- [Meet information](#) [Qualifying Times](#) [Bonus Event QT](#)
- **Entry Deadline:** Sunday, March 2, 2008
- 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.
- This year MA will be allowing Bonus swims if meeting the qualifying time. One Event = 1 Bonus; Two Events = 2 Bonus; Three Events = 1 Bonus; Four or more events = 0 Bonus.
- **Swimmers making Finals must swim. Anyone that scratches finals on Sunday will not be entered into any prelim/finals meet the following season. Illness is excusable.**

MA SENIOR CHAMPS

March 20-22 (Thursday-Saturday)

@ Penn State

- [Meet Information](#) [Qualifying Times](#)
- **Entry Deadline:** Sunday, March 2, 2008
- Bonus swims will be used for this meet. One event = 2 bonus; Two events = 2 bonus; Three events = 1 bonus;
- **Swimmers making Finals must swim. Anyone that scratches finals on Sunday will not be entered into any prelim/finals meet the following season. Illness is excusable.**

NCSA JUNIOR NAT'LS**March 18-22** (Tuesday-Saturday)**@ Orlando YMCA**

- [Meet Information](#) [Qualifying Times](#)
- **Commitment Deadline:** Sunday, March 2, 2008 via direct athletics.
- **Current Qualifiers:** Katie Nolan Erica Rapp David Nolan Chris Stutzman
- **Last Minute Qualifiers:** Swimmers achieving times at the PIAA State Championships will be able to attend. I need a commitment if you plan to attend, even if you do not yet qualify.
- **Hotel reservations** have already been made for Hershey.
- **Transportation:** Flying out of Harrisburg is the primary and out of BWI will be secondary.
- **Travel Reimbursement:** MA will reimburse athletes between \$50 and \$350 depending on the number of MA athletes that swim at this competition.

EASTERN ZONES**April 3-5** (Thursday-Saturday)**@ Buffalo, NY**

- [Swimmer Application](#) [MA Zone Web Site](#)
- **Deadline for Application:** Saturday, March 1. Please read the application, rules, and guidelines thoroughly before submitting.
- **Qualifying:** The top 2 swimmers in each event per age group qualify. Once a swimmer is selected for the maximum number events, the 3rd, 4th, or even 5th person is then selected. The MA Zone Coach of each age group selects his team based on submitted applications.

Toyota Grand Prix Series (LCM)**April 4-6, 2008** (Friday-Sunday)**@ THE Ohio State University**

- [Meet Information](#) [Time Standards](#) [Meet Web Site](#)
- **Commitment Deadline:** Sunday, March 2, 2008
- **Current Qualifiers:**

Doss, Skyler	Gerhardt, Jackie	Mancuso, Fiona
Nolan, Katie	Rapp, Erica	Rapp, Samantha
Grier, Sean	Maurer, Tim	Nolan, David
Pawlush, Nick	Stutzman, Chris	



- This will be an excellent meet to compete at LCM at the end of a long winter season. I feel there will be some great swims come off the swimmers SCY competitions. Swimmers qualified in 2 events or fewer will have an opportunity to time trial on each of the three days.
- **Transportation:** Depending on the number and swimmers and interest, I may take a van out rather than having everyone fly out. Or everyone will be responsible for their own transportation.

Mutual of Omaha Swimvite (LCM)**June 5-8** (Thursday-Sunday)**@ Qwest Center Omaha, NE**

- [Meet Information & Qualifying Times](#)
- **Commitment Deadline:** Sunday, April 6
- **Current Qualifiers:** Katie Nolan David Nolan
- This is the site of the 2008 Olympic Trials and will be run in accordance with the Olympic Trials.

**2008 Olympic Trials (LCM)****June 29-July 6****@ Qwest Center Omaha, NE**

- [Event Order](#) [Time Standards](#)
- [Meet Information](#) [Ticket Information](#)
- **Current Qualifiers:** Katie Nolan – 100 Fly & 200 Fly

IMX Scores to Date:

	<u>Age</u>	<u>Score</u>	<u>Nat'l Rank</u>	<u>Zone Rank</u>	<u>LSC Rank</u>
Katie Nolan	16	4304	28	8	4
Katie Marrero	16	2736	310	100	21
David Nolan	15	4612	7	4	2
David Nolan	14	4745	7	2	2
Samantha Surfus	13	3362	237	63	18
Samantha Surfus	12	3076	107	27	4
Austin Doss	12	2973	110	19	2
Ariana Waitkavicz	12	2800	341	83	13
Will Drexler	10	2973	135	23	8
Vivian Tafuto	10	2785	249	51	9

Virtual Club Championships

Hershey Aquatic Club	115,231 points
National Rank	174 th
LSC Rank	9 th