

Hershey Aquatic Club

March , 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

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

[CPAL Top 16](#)

Season Rap Up:



USA Swimming

MA Elite Meet

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

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
***Have entered through direct athletics and committed to attend.**
- **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	



***Have entered through direct athletics and committed to attend.**

- 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](#)
- [Meet Information](#)
- [Time Standards](#)
- [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	4373	26	7	3
Katie Marrero	16	2790	384	120	25
David Nolan	15	4612	9	4	2
Skyler Doss	15	3494	182	45	9
David Nolan	14	4745	8	2	2
Carolyn McCarty	14	2337	794	211	29
Samantha Surfus	13	3596	175	45	17
Laura Rhoads	13	1554	1189	315	51
Samantha Surfus	12	3076	202	41	6
Austin Doss	12	2973	180	35	4
Miller, Meaghan	12	2902	328	76	11
Ariana Waitkavicz	12	2813	400	94	15
Zach Luttrell	12	1862	952	243	20
Vivian Tafuto	11	2261	819	210	30
Will Drexler	10	2973	161	29	9
Vivian Tafuto	10	2785	306	58	11
Mark Pandelios	10	2486	374	72	15
Rylie Rhoads	10	1316	1818	445	56

Virtual Club Championships

Hershey Aquatic Club	127,120 points
National Rank	150 th
LSC Rank	8 th