

Hershey Aquatic Club

May 7, 2008

The Recreation Center has a concern with the students being unsupervised after school or being dropped off well in advanced of practice times. The students are running all over the recreation facility grounds, Cocoa Castle, and inside the building. Their concern is that someone could get hurt. The Recreation Center and the Hershey Aquatic Club are not responsible for supervising your children nor are we responsible for anything that could potentially happen to them. Please advise your swimmers they are to behave themselves while at the recreation center.

Swim Suit Fitting with T&T Swimming will take place Monday May 12th from 4:30 pm to 7:00 pm in the recreation center gym. Team suits and practice equipment will be available for purchase or order. Team apparel will be available to order shortly but not on May 12th.

Senior: Snorkel, Fins, Pull Buoy, Ankle Locks, Hand Paddles (Optional: Kick Board)
 Silver: Fins, Pull Buoy, Hand Paddles (Optional: Ankle Locks, Snorkel, Kick Board)
 Bronze/Diamond: Fins (optional: pull bouy)

Team Picture will take place Wednesday, May 21st at 4:30 on the pool deck. Individual pictures will be taken after the team picture. Please have swimmers wear a Navy Blue suit.

Practice Updates

May 24 Saturday Practice Group 6:30-9:00
 May 26 All Groups Practices Cancelled
 May 31 Saturday Practice Group 6:30-9:00
 June 2-5 Senior Group Weights & Dry Land Cancelled
June 9 Summer Practice Schedule Begins

June 9 to July 18 Practice Schedule (outdoors lower pool)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Team	6:15-8:15 LCM 8:25-9:00 Dry Land	6:15-8:15 LCM 6:15-7:45 SCY	6:15-8:15 LCM 8:25-9:00 Dry Land 6:15-7:45 SCY	6:15-8:15 LCM 6:15-7:45 SCY	6:15-8:15 LCM	6:30-8:00 During home meets only.
National Team members are responsible for the daily fee to enter the Derry Township Pool in the evenings.						
Senior	6:15-8:15 LCM 8:25-9:00 Dry Land	6:15-8:15 LCM	6:15-8:15 LCM 8:25-9:00 Dry Land	6:15-8:15 LCM	6:15-8:15 a.m.	
Silver	8:15-9:45 LCM	8:15-9:45 LCM	8:15-9:45 LCM	8:15-9:45 LCM	8:15-9:45 LCM	
Bronze USA	Swimmers in this group attending USA meets will practice Long Course Meters.		8:15-9:45 LCM			
Bronze	10:00-11:00 a.m.	10:00-11:00 a.m.	10:00-11:00 a.m.	10:00-11:00 a.m.	10:00-11:00 a.m.	
Diamond 1	11:00-11:45 a.m.	OFF	10:00-11:00 a.m.	10:00-11:45 a.m.	11:00-11:45 a.m.	
Diamond 2	11:00-11:45 a.m.	11:00-11:45 a.m.	11:00-11:45 a.m.	OFF	11:00-11:45 a.m.	
Diamond 3	OFF	11:00-11:45 a.m.	11:00-11:45 a.m.	11:00-11:45 a.m.	OFF	

June 26 National Team Afternoon Practice Cancelled
 June 30 Senior Group Dry Land Cancelled
 July 1-3 National Team Afternoon Practice Cancelled
 July 2 Senior Group Dry Land Cancelled
 July 4 All Groups Regular Practice Schedule
 July 9-10 National Team Afternoon Practice Cancelled



- Swimmers must participate in 3 MPSL dual meets to be eligible for the Divisional Championships.
- Home Meet Warm up Times:

Senior/Silver	6:30-7:00 a.m.
Bronze/Diamond	7:00-7:55 a.m.
- Away Meet Warm up Times: 30 minutes prior to the start of the meet.

June 14	Annville Cleona	@	Hershey	8:15 a.m. Start
June 21	Latshmere	@	Hershey	8:15 a.m. Start
June 22	WSY Cuda Classic			8:10 a.m. Start
June 28	Hershey	@	Hummelstown	TBA
July 2	CVAC Hot Heats			5:30 p.m. Start
July 5	Heatherfield	@	Hershey	8:15 a.m. Start
July 12	Hershey	@	Halifax	TBA
July 19	Divisional	@	Hershey	TBA
July 20	All Stars	@	Annville	TBA
July 26	Mid Caps	@	Cumberland Valley HS	TBA

USA SWIMMING

usaswimming.org

maswim.org

directathletics.org

May 16-18 Abby Seeger Memorial Baltimore, MA UMBC

- Warm up:

Friday	All	3:30		
Saturday	13&Over	7:00 a.m.	12&Under	12:30
Sunday	13&Over	7:00 a.m.	12&Under	12:30

June 5-8 Omaha Swimvitational Omaha, NE Qwest Center

- [Meet Information & Qualifying Times](#)
- Qualifiers:** Katie Nolan David Nolan Erica Rapp
- This is the site of the 2008 Olympic Trials and will be run in accordance with the Olympic Trials.

June 12-14 TSC Summer Storm Lancaster, PA F&M College

- Warm up:

Thursday	All	4:30		
Friday	13&Over	7:00	400 Free 12:30	12&Under 2:55
Saturday	13&Over	6:30	1500 Free 12:30	12&Under 2:30

June 20-22 JW Summer Solstice Sewell, NJ GCIT

- Warm up: Thursday/Friday/Saturday Prelims 7:00 a.m. Finals 5:00 p.m.

June 27-29 LAC Speedo Classic Lancaster, PA Golden Meadows

- All 13-14 swimmers have been entered into the OPEN sessions.**
- Warm up:

Friday	Session 1	7:00 a.m.	Session 2	12:00	Session 3	4:30
Saturday	Open	6:30	12&Under	4:30		
Sunday	Open	6:30	12&Under	4:30		

June 29-5 USA Olympic Trials Omaha, NE Qwest Center

- [Event Order](#) [Time Standards](#)
- [Meet Information](#) [Ticket Information](#)
- Current Qualifiers:**

Katie Nolan	June 29	100 Fly
	July 2	200 Fly



July 9-12 MA Senior Champs Lewisburg, PA Bucknell University

- This is the Championship meet for the Senior Group. Swimmers with Super Sectional times can compete in both meets or choose one or the other.
- Hotel Information

Days Inn	570-523-1171 ext 308 (Daisy Russel)	
	16 doubles nonsmoking rooms blocked under Hershey Aquatic Club	\$74.12 per night
	Reserve rooms by calling.	
	Cut off Date: 6/27/08	
Hampton Inn	Contact Terri Nolan (terrijomom@msn.com) if interested.	
- Entry information is available on the MA Web site.

July 17-20	Speedo Super Sectionals	State College, PA	Penn State University
	- Hotel Information can be found on the MA Web site by clicking on the meet name. - Days Inn downtown has 75 double rooms under the promotional code SSS still available for \$79. You must call to reserve your own rooms. This will be designated as the “Team Hotel”, however you may stay where you like. <u>QUALIFYING TIME STANDARDS</u>		
July 24-27	MA Junior Olympics	Lancaster, PA	Golden Meadows
July 29-2	US Open	Minneapolis, MN	University of Minnesota
August 4-8	Speedo Junior Nationals	Minneapolis, MN	University of Minnesota
August 7-9	Eastern Zones	Rockville, MD	Rockville Montgomery Aquatic Center
	<u>QUALIFYING TIMES STANDARDS</u>		
August 8-24	2008 Olympic Games	Beijing, China	