

Nov. CALENDAR

November 2009

HERSHEY AQUATIC CLUB

- 1 BCAT A/BB/C
- 14/15 WSY A/BB/C
- 22 Dual Meet
WSY@home
- 26 Happy Thanksgiving!

THE WAVE

2nd Prize in Parade

Congratulations to the 8th graders on their fantastic "Dead Man's Float". We thought it was the best with those flying ghosts and scary skeleton sayings. Fun was had by all of the HAC swimmers who participated in the parade!



SWIMMERS IN THE NEWS

- Way to go Maddie! Our team is so proud of you for arranging the "Breastroke for Breast Cancer" swimming event.
- The Scholastic All American List for 2008-09 included 3 HAC swimmers. Congrats to Katie Nolan, David Nolan and Caroline Vrana for achieving this honor. They had to earn a 3.5 GPA or higher, while also achieving a Junior National Bonus Time Standard.
- We wish David Nolan the best of luck as he competes in Europe for the 2009-10 USA Swimming National Youth Team!

Welcome New Swimmers

Samuel Bair	12
Catherine Brittain	10
Ellie Buchanan	6
Brooke Daniels	9
Haley Daniels	9
Carly Deliberty	14
Matt Deliberty	17
Taryn Dinello	6
Noah Drexler	6
Carrigan Eckels	14
Anthony Eichman	6
Alan Hwang	10
Grace Hwang	12

Elizabeth Jones	7
Sophia Kern	7
John Lee	17
Mary Lee	13
Peter Lee	13
William Lee	16
Sienna Proctor	12
Bella Rippon	6
Noah Spochart	11
Andreas Wingert	6
Mingjie Yu	8
Elizabeth Zachary	6

REMINDERS

- *3RD Installment payment is due by Nov. 1st. Make sure you are paid in full so that you don't receive a \$25.00 late fee!
- *Keep watching for opportunities to sign up for upcoming invitationals and US Meets.



Salvation Army Angel Tree Program

The Salvation Army Angel Tree Program: Last year HAC swimmers and families provided Christmas gifts for over 75 children by partnering with the Salvation Army angel tree program. Our hope is that this year HAC families would open their hearts to make

this season brighter for 100 children and their families. Angel Tree tags will be posted in the lobby of the Rec Center in November and gifts will be collected at the Rec Center in early December. Thank you for your consideration and participation in this HAC com-

munity service opportunity. More information will follow. Keep your eye out for the angel tree tags to appear in the Rec Center Lobby!

Together we can make a difference in our community!

CONTACTS

Susan Epler

*for caps and team clothing
epy27@verizon.net

T & T Swimming

(717)656-8987

*For suits, bags and swimming accessories

TRIVIA QUESTIONS:

1. What former HAC swimmers are currently competing in college and for what colleges?
2. What USA Swimming Olympian recently appeared on Dancing with the Stars?

(Place your answers in the Raab mailbox. Prizes will be given !)

Get well soon!

- We look forward to seeing Cole Benovy back from his total recovery after his skateboarding accident!
- Austin Doss is back swimming with casts on both broken wrists!
- Oriana Barone is home from the hospital and hopefully feeling much better after her high fever!

TEAM ATTIRE AT SWIM MEETS

Team Attire at Swim Meets:

The image of our team is very important at swim meets, and the image we project begins when our team enters the facility. This policy outlines the dressing expectations of each team member at Hershey Aquatic Club sanctioned meets.

- All team members will be expected to wear a team swimsuit at all dual meet competitions and A/BB/C USA Swimming competitions. Anyone wearing a swim cap must wear the team cap. In addition, each swimmer should wear a team T-shirt.

•HAC is a Speedo-sponsored team. All swimsuits worn for competition and warm-up suits must be Speedo products.

• Swimmers may wear clothing over the team suit when they are not swimming. This clothing should not have vulgar or inappropriate language on it.

• Only at qualifying meets such as TYR Cup, Nationals, JO's, Elite Meet, and CPAL Divisionals/All-Stars, may swimmers wear "tech suits".

•USA Swimming has changed the ruling on what is allowable in regards to "tech suits". The new ruling is that male swimmers may only wear briefs or jammers (no legskins), and

females may only wear suits to the knee or above. (no zippers) The following is a link to the USA Swimming site with the allowable suits. <http://usaswimming.org/USASWeb/ViewNewsArticle.aspx?TabId=0&Alias=Rainbow&Lang=en&ItemId=2631&mid=2943>

• Any swimmer not following this policy will be provided one warning by the coaching staff. Any additional violations will result in the swimmer not participating in the meet where the policy has been violated.

Adapted from the HAC website.

We are starting this new HAC newsletter to communicate the upcoming and ongoing activities throughout the swimming season. Please forward any pertinent information about the swimmers and the club that you would like to see included in the future newsletters to Chris Luttrell at Lutt20@aol.com or Jamie Raab at team-



COACHES CORNER (ADVICE FROM COACH JEANINE)

Follow these tips to become the best swimmer that you can be:

1. Remember during practice to push off in the proper send off position every single time you leave the wall.
2. Do a tight streamline every single time you leave each wall.
3. Do not forget to do a legal finish at the wall.
4. When you are doing drills, really concentrate on the purpose of the drill. Do not rush through them—doing them properly is better than doing them fast!
5. Remember this motto: Do not do anything in practice that would cause you to be disqualified in a meet.

Holiday Party Time!

It's Party Time! We will be planning 2 holiday parties in December—one for the Diamond and Bronze groups and one for the Silver 1 and Silver 2 groups. In addition, we will be planning end-of-season parties for both groups in February or March. If you would like to help plan one of these parties, or if you have an idea to share, please contact

Jamie Raab at team-raab7@verizon.net. More information will be sent out to the swimmers when the plans have been finalized.

Board Members

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