

Hershey Aquatic Club

Fall 2021

Swimming Into Fall!

Welcome back to all of our swimmers, new and old! Our fall season is 'swimming along', with a successful first few meets, fun events, and a lot of hard work at practices. We are looking forward to another excellent season of fun swimming and fast times!

As we head into the third month of practices, the coaches and board members wanted to give you a recap of what your swimmers have been up to, remind you of important upcoming dates, and provide a forum for general announcements from the Hershey Aquatic Club. If you ever have something you would like to include in the newsletter, (especially if you have photos from events or swim meets!) please drop me an email at:

nicole.tunks@gmail.com



IMPORTANT UPCOMING DATES

NOVEMBER 1

Registration Deadline
HAC NLAC Frosty Pentathlon

Registration Deadline
KA Christmas Meet

NOVEMBER 7

Tri-Meet: HAC-KA-LAC
Franklin & Marshall College- Lancaster, PA

NOVEMBER 19-21

KA Thanksgiving Invite
Keystone Aquatics Carlisle, PA

DECEMBER 4

NLAC HAC Frosty Pentathlon
Keystone Aquatics Carlisle, PA

DECEMBER 9-12

KA Christmas Meet
Keystone Aquatics Carlisle, PA

Hershey Aquatic Club Board Members

Dan Serfass, President
Gina Colarossi, Vice President
Tom Leonard, Treasurer
Wendy Weller, Secretary
Greg Fastrich, Head Coach
Doris Herbein, Registrar
Brian Lehan, Director
Mary Colman, Director
Josh Kesterson, Director

What's Up with Meet Mobile!?

Most area meets, either dual/tri meets and larger USA Swimming meets, will be on the Meet Mobile app. Meet Mobile gives you access to the order of events, updated heat sheets, psych sheets, and official times and splits as soon as they are loaded into the race computer.

The app isn't perfect, wifi is slow at many pools, and the subscription fee of \$6.99/year isn't free, but it does make watching the meet a little easier if you prefer to see all of that info on your phone. Of course, you can always print the psych and heat sheets sent out by the coaches, and pencil in your swimmers' times the old fashioned way.

Definitely not a must have, but can make your life nicer if you want it.

Get Your Team Gear!

Hershey Aquatic Club has formed a new team sponsorship with Arena swimwear. Our goal is to have 60% of the team with Arena warm-ups and bags by the end of the first year. For ordering, get in touch with T&T Swimming. tom@tandtswim.com

The Spiritwear store is also now open for a few more days. There is a large selection of items for swimmers and parents to show your HAC team spirit! If you have any questions, please contact Jen Kesterson. kestersonjl@upmc.edu

The HAC store site is:
https://nk-graphics.com/hersehy_aquatic_club_21

Team parkas, new bags, and spiritwear make great holiday gifts!!



Coaches Corner

The word from the coaches is that your swimmers are amazing! Coach Kathy, Coach Stefani, and Coach Morgan have all been impressed with the hard work put in by the swimmers at both the practices and meets!! From getting to know Coach Morgan's quirks to practicing starts with Board Member Brian Lehan, and of course improving technique on all four strokes and gaining endurance, your swimmers have been putting in effort all fall!

65% of the times at the UDAC Developmental Meet were best times.
73% of the times at the KA Spooky Splash were best times.

Pretty much everyone who dropped time dropped a BUNCH of time, so EVERYONE had notable swims! -Coach Morgan

Hey Coach: Why Are You Always Telling Me To Drink Water During Practice?

Reprinted from www.reachforthewall.org Originally published Jun 9, 2016
By Dana Monsees

Water is an essential, yet commonly overlooked part of a successful swimming training program. It becomes even more important during summer swim team season, when we sweat much more during training outside in the sun, than we do inside. But why is water, and hydration in general, so important for athletes, and swimmers in particular?

Dehydration is a big deal. It can negatively impact energy levels, training, and performance, and can increase the risk of heat injury (like heat stroke, or heat exhaustion) during the summer. Many swimmers (especially younger swimmers) do not realize how much water they are losing through sweat, since they are surrounded by water during training. Further, young swimmers become dehydrated much faster than adults: since they are smaller, their core temperature rises faster, and we must take extra care to make sure they stay hydrated.

But can it really affect your training that much? Yes! Dehydration can reduce the body's capacity to do work by about 30%. This means, if you were hydrated, you could do 30% more work than if you were dehydrated. You know how it feels when you hit that wall halfway through practice? It could be because you're dehydrated. This effect of dehydration is made even worse in aerobic athletes when as little as 2.5% body weight loss due to dehydration turns into a 45% decrease in exercise performance. Yikes!

The best and easiest way to keep track of how hydrated or dehydrated you are is...you guessed it, the color of your urine. The ideal is to have a consistent pale yellow urine color. The darker color your urine is, the more dehydrated you are, and the more it will negatively affect your swimming performance. If it's clear, you may be over-hydrated, which isn't necessarily a good thing either. Athletes should not rely on the thirst mechanism (how thirsty you are) to determine when to drink, as it is "not an accurate indicator of how much fluid an athlete has lost." Another easy way to monitor hydration is to weigh yourself before and after practice, then to replenish the amount of pounds lost with the same amount of water (about three cups of fluid for each pound lost during training).

So, what should we do to stay hydrated?

For starters, bring a big water bottle or sports drink to every single practice.

For practices of an hour or less, you're fine with sipping on water to stay hydrated. Any longer than that, (especially if it's outside!), you're going to need something extra to give you enough energy to get your through, like a sports drink, which is fortified with electrolytes and potassium to replace essential nutrients you're losing through your sweat. If you don't like the taste of gatorade, you can dilute it with water, or try something else like coconut water, powerade, etc. The American College of Sports Medicine recommends athletes drink "3-8 fluid ounces of water every 15- 20 minutes when exercising for less than 60 minutes," or alternatively, if training is longer than an hour, to drink "3-8 fluid ounces of a sports beverage (5-8 percent carbohydrate with electrolytes) every 15-20 minutes." Athletes should be drinking water throughout the day before and after training. The bottom line: always keep a water bottle with you (especially during practice!), if it's a long practice, make it a sports drink, and if you feel really thirsty, you're already dehydrated!



Top Beverage Choices for Swimmers

1. **Water.** Plain water is the best choice for hydration. If you don't like the taste, try adding sliced lemons, limes, or even cucumbers to your water bottle!
2. **Sports Drinks-** like Gatorade or Powerade for extra hard workouts. Specially blended formulas with electrolytes keep you balanced and hydrated.
3. **Diluted Fruit Juices-** Diluting fruit juices reduces the percentage of carbohydrates and allows the fluid to reach your muscles more quickly.
4. **Milk-** Plain, strawberry or chocolate. Milk is an excellent pre and post workout drink! Low fat milk provides a balance of protein, carbohydrates, electrolytes and meets your hydration needs.

Breaststroke for Breast Cancer Fundraiser

On Thursday, October 7, the Hershey Aquatic Club swimmers participated in the annual Breaststroke for Breast Cancer fundraiser. The swim team, along with those who made donations to help this great cause, continues to amaze year after year. Our donation goal this year was \$22,100.

We are excited to announce that the combined HAC/KA fundraiser will be presenting a check to the **PA Breast Cancer Coalition** in the amount of **\$26,228.17**. This is truly amazing!! Thank you to all who participated!



