



# Hershey Aquatic Club

Winter 2021

## Coaches Corner

The past few months have been busy ones for our swimmers. Gold and Pre-Senior Groups have ramped up their yardage, built equipment towers, added in monthly test sets, and had some fun with t-shirt relays. Swimming into the second half of the season, the Silver group has begun to shift focus from technique to endurance. Coach Kathy is building toward longer training sets and is starting to introduce intervals. The Bronze group will also be seeing harder practices as we enter the second half of the season, but the main focus remains on technique as the swimmers continue working toward being legal in all four strokes. Despite all this extra hard work, this past month has certainly seen a lot of fun at the pool. Read on for some meet results and updates on all of the holiday happenings!



## IMPORTANT UPCOMING DATES

### JANUARY 7-9

KA New Year's Meet  
Keystone Aquatics

### JANUARY 9

Malvern Friar Mini Meet  
Malver, PA

### JANUARY 28-30

KA Winter Invite  
Keystone Aquatics

### FEBRUARY 13

WSY Alyson Chick Mini Meet 10&U  
Cumberland Valley HS  
Registration Deadline- 1/7/22

### FEBRUARY 25-27

KA Penguin Plunge  
Keystone Aquatics  
Registration Deadline- 1/3/22

## 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

## Holiday Practice Schedule Changes

- December 20-22
  - 5:15-6:15 Bronze and Silver
  - 6:15-7:15 Gold
  - 7:15-8:15 Pre Senior
- December 23
  - 5:15-6:15 Bronze and Silver
  - 6:15-7:15 Gold & Pre Senior
- December 24-26 **NO PRACTICE**
- December 27
  - NO BRONZE or Silver
  - 6:15-7:15 Gold & Pre Senior
- December 28-29
  - 5:15-6:15 Bronze and Silver
  - 6:15-7:15 Gold
  - 7:15-8:15 Pre Senior
- December 30
  - 5:15-6:15 Bronze and Silver
  - 6:15-7:15 Gold & Pre Senior
- December 31-January 2 **NO PRACTICE**

## HHS Athletic Hall of Fame

Hershey Aquatic Club Head Coach Greg Fastrich was inducted into the Hershey High School Athletic Hall of Fame on Friday, October 8, 2021, in recognition of his noteworthy and outstanding accomplishments as head coach of the Hershey High School Men's and Women's Swim Teams. Coach Fastrich was one of two coaches selected for this honor as part of the 16<sup>th</sup> induction class.

### Congratulations Coach Greg!!



## Swim Meet Wrap-Up

Everyone has been doing well at the meets. The coaches are very proud of the hard work. AND, they have loved seeing the swimmers having so much fun with their teammates!

*"I love to see the kids participating in the swim meets. It might be a little tough at first, but they have gotten over some of their fears and are doing great." -Coach Kathy*

*"We had 52% best times at the HAC NLAC Frosty Pentathlon with Jacob Epoca and Reid Smith as our break out swimmers. Jacob dropped 35 seconds in the fly and Reid dropped 15 seconds in his 50 fly. At the KA-LAC-ARENA Holiday Cup, Anushka and Olivia Mahler were our only representatives! The break out swim of the meet was Anushka's 50 free, she dropped 4 seconds and dropped below 30 for the first time! She went 28.82!" -Coach Morgan*

# USA Swimming Time Standards Explained

Every four years USA Swimming releases new motivational time standards for the quad cycle leading up to the next Olympic Games. The current time standards were released in October 2020 and include competitions up to the 2024 Summer Games in Paris. So, you will notice that the time standards used this competition season have not changed from last year. The time standards begin with the 'B' group and continue with increasingly faster times up to the 'AAAA' group. Times slower than the 'B' standards are considered 'C' times.

Local meets, which require qualifying times, generally use these time standards to make cuts. Similarly, Age Group Championship meets, Junior Olympics, and Zones use these same time standards for the purposes of setting qualifying times. Only official, legal times achieved and recorded at a sanctioned USA swim meet count toward meeting a time standard, and a swimmer's best time is recorded and used for determining eligibility.

The recent USA Swimming Age Group time standards can be found here:

<https://www.usaswimming.org/docs/default-source/timesdocuments/records/age-groups-2024-agmts.pdf>

USA Swimming publishes the sets of time standards for a variety of reasons. For swimmers they are great for setting short and long term goals and motivating them as they track improvement. Standards can also be useful to swimmers to get a general idea of how they match up with other swimmers in their age group or between groups.

That said, as a parent, it is helpful to not place too much stress on your swimmer's time standards; each swimmer develops at his or her own pace. While your swimmer may make an 'A' standard for the 11-12 age group, that will not necessarily translate into an 'A' time for the 13-14 age group. A variety of factors go into whether a swimmer meets a time standard, including age within the group, maturation rates, changing interests, and even injuries. It is also very normal for swimmers to meet different time standards for different strokes or different standards for different distances within a stroke. In particular, with the recent ban on tech suits for swimmers age 12 and under, certain time standards will be particularly hard to achieve.

Encourage your swimmer to use the time standards if they need help setting goals. But, also continue to celebrate the little improvements your swimmer makes with each meet and practice. Time drops are accomplishments, no matter how small, even if your swimmer does not move up a time standard. Likewise, trying out something new at a meet can be even more important to your swimmer. I will never forget how proud my daughter was when she swam her first legal backstroke race and didn't DQ on her turns or when she mustered the courage to swim 200 fly in long course competition. Sometimes it is the small victories that bring the biggest smiles!

# Holiday Happenings with HAC

Holiday fun has been in abundance this month- from Secret Santa with teammates to our Holiday Party, there has been fun for all! A big thank you to everyone who makes our HAC family so wonderful. Wishing everyone a happy and healthy new year in 2022!



