



HERSHEY AQUATIC CLUB

JULY 2024 NEWSLETTER

*"If you're scared to lose rather than excited to win,
then that's the wrong way to approach a race."
- Cate Campbell*

Volunteers needed

As many of you may know, HAC is hosting MPSL Division Championships on July 20. We are in need of lots of volunteers to help run the meet smoothly and allow our swimmers to have an enjoyable experience.

Volunteers can be younger siblings (ages 12 and up), grandparents, parents, friends, or anyone willing to help out. Volunteers can sign up using the signup genius link found via OnDeck via the Divisionals Meet Page. We appreciate all of you and your efforts to help our club host successful meets!

Thank you in advance 

Important Upcoming Dates:

July 11-14: 2024 MA Senior LCM
Championships - Keystone Aquatics

July 13: MPSL HAC @ Annville-Cleona
East Maple St. Annville PA 17003

July 19-21: 2024 MA LCM Junior
Championships - Franklin & Marhsall
College

July 20: 2024 MPSL Division A Championships
@DTCC

July 21: MPSL All Stars
Annville-Cleona

July 26-28: 2024 MA LCM Silver Champs
Gloucester County Institute of Technology

July 27: 2024 MID CAPS
Palmyra

Reminder

2024 MPSL Division Champ Program
Ads are DUE BY JULY 10!

If you have any questions, please reach
out to Tucker or Kadice Hull
khull@mcneeslaw.com





HAC ANNUAL MT. GREटना DAY

HAC Swimmers enjoyed a day of sun, fun and friends at our annual Mt. Gretna Lake Day. Thank you to Dr. Mary Coleman for planning this special summer event for our kids!



Don't forget to follow us on social media
@hershey_aquatic_club



Hershey Aquatic Club



Summer Hydration Tips for Swimmers

by Chris Rosenbloom, PhD, RDN, CSSD



The sun beats down on the pool deck and a dip in the water makes the summer swelter feel so much better. But, just because you are in the water doesn't mean you don't need water in you to perform at your best and stay healthy. Recently, several swimmers have asked about what and how much to drink, and if energy drinks should be consumed for hydration.

In the heat of summer, aim for about 1 cup of water (8-ounces) every 15-20 minutes of activity. Most sports water bottles are larger than 8-ounces, so mark your bottle at 1-cup intervals so you will know how much to drink. A less precise method is to count the number of swallows...a large swallow is about an ounce, so take 8 swallows of your drink when you get a break. Cold fluids are best, and with the advances in water bottles, keeping fluids cold is easier than ever.

Dehydration of just 3-4% of your body weight can reduce muscle strength by about 2%. So, if you are losing power in the pool, check your hydration intake to make sure you are maintaining body fluid levels. For good information on hydration and performance, see the National Athletic Trainer's website for young athletes.

It seems odd that dehydration can occur when you are surrounded by water, but anyone who exercises in the heat can be at risk for heat illnesses. The good news is that heat illness is 100% preventable by paying attention to the early warning signs such as dizziness, cramps, lightheadedness, and fatigue. Drink cold fluids and seek some shade until the symptoms pass.

What to drink is simple. I like the advice of my fellow USA Swimming nutrition columnist, Jill Castle, who uses the "over/under rule." For activities over an hour, drink sports drinks, and if exercising less than an hour, drink water. (For more tips from Jill's book, *Eat Like a Champion*, visit her website at jillcastle.com). A good strategy for a swimmer is to drink sports drinks and then drink water. So, it isn't always either/or, just a bit both can be effective and your taste buds happy.

And, what about energy drinks? I do not recommend energy drinks for young swimmers, and I think they can be dangerous. Caffeine is a drug, widely consumed, but still a drug. Energy drinks deliver quite a punch of caffeine. Unlike coffee, energy drinks can be consumed quickly, so a swimmer may not know how much caffeine he or she is truly getting. Don't be fooled by the new breed on energy drinks that claim to be "natural," "clean," or made with "healthy ingredients." They still contain caffeine and sometime other stimulants that no young swimmer needs.

So, this summer, stay hydrated with water or sports drinks, pay attention to the early warning signs of heat illness, and have fun!

Chris Rosenbloom is a registered dietitian, certified specialist in sports nutrition, and professor emerita of nutrition at Georgia State University. She welcomes questions from swimmers, parents and coaches. Email her at chrisrosenbloom@gmail.com; follow her on Twitter @chrisrosenbloom.



REMINDER: NO PRACTICE 7/4!
**Wishing all of our HAC Families a fun and
safe July 4th!**