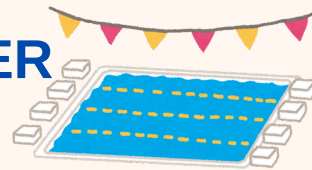




HERSHEY AQUATIC CLUB

SPRING 2025 NEWSLETTER



Welcome back to the Spring 2025 Season
We are so excited to be back in the water!

Upcoming Board Meetings

May 20

June 17

July 15

No Meeting in August

6pm at DTCC

PLEASE NOTE: All board meetings are open for any HAC family member to attend. We welcome all questions and feedback!

Keeping your swimmer hydrated:

Encourage your swimmer to drink water or electrolytes before, during and after swimming. Aiming for 8oz of fluid 30 minutes before practice and 20-24oz after. Keeping our swimmers hydrated will allow for less cramping and better recovery after practice.



CALLING ALL PARENT SWIMMERS!

The Montclair Open Water Meet is being hosted on May 18. There is a group of parents who are also participating and we are inviting YOU, too!

This meet is being held in a freshwater open lake in Montclair, VA! For more information, visit the meet page.

Hope to see your swimmer and you there!



ATTENTION PARTY-PLANNERS!

We are in search of 1 or 2 parents who may be interested in helping to plan our semi-annual banquets!

If you have any interest, please contact us at dandblehan@gmail.com



UPCOMING COMPETITIONS

USA Swimming Competitions Through June:
(This list does not include the Summer League Meets)

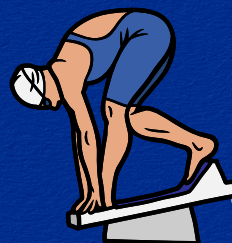
May 4, 2025: 2025 HAC May Flower Meet
Derry Township Community Center

May 16-18: LAC May Arena Classic
McGinnes Pool Franklin & Marshall College

May 18, 2025: PM Montclair Open Water
4398 Spillway Lane, Montclair VA 22025

May 30-June 1: LAC Longing for LC
McGinnes Pool Franklin & Marshall College

June 20-22: NLAC Summer Classic
McCoy Natatorium, Penn State



We welcome back our returning swimmers and families and are so excited for new swimmers and families to be joining Hershey Aquatic Club! As a board, we welcome all questions, suggestions and concerns. Please feel free to reach out to us and we will be sure to get back to you as soon as possible! You can email Brian at dandblechan@gmail.com. Best Regards, The HAC Board

Don't forget to follow us on social media
[@hershey_aquatic_club](https://www.instagram.com/hershey_aquatic_club)



Hershey Aquatic Club



WINTER BANQUET 2025



On Friday, April 11 we celebrated Coach Jeff and his 25 years of coaching for HAC. We also recognized our swimmers for their hard work in the 2024/25 Winter Swim Season! Congratulations to all our swimmers and THANK YOU, Coach Jeff! Special shout out to Dr. Mary Colman for planning another amazing event and to the Englewood for the beautiful venue and delicious food!

