

Hershey Aquatic Club Newsletter

January 2020

Practice Schedule Adjustments

The following are changes to regularly scheduled practices. If a date is not listed, practice will occur as usual.

- January 20 Senior Practice 5:15-7:00 am
(Must provide own transportation after practice)
2:45-3:45pm Weights
- January 21 **Senior Practice Cancelled**
Pre Senior Practice Cancelled
(Home MHS Meet)
- January 22 Senior Practice 6:00-7:00 am
(Late return from previous night HS competition)
2:45-3:45 pm Weights
- January 24 Senior Practice 6:00-7:00 am
- January 30 Senior Practice 5:45-6:45 am
- January 31 **Senior Practice Cancelled**
- February 4 **Pre Senior Practice Cancelled**
(Home MHS Meet)
- February 7 **Senior Practice Cancelled**
(only those swimming at Mid Penn Champs)
- February 14 **Senior Practice Cancelled**
(only those swimming at Polar Bear Champs)
- February 17 Senior Practice 5:15-7:00 am
(Must provide own transportation after practice)
- February 18 Senior Practice 5:15-6:45 am
(Must provide own transportation after practice)

Upcoming Important Dates and Deadlines

January 17-19

MA Mid Winter Classic
Prelims/Finals

February 1

CYA Mini Meet

February 1

SSC Distance Carnival

February 9

WSY Alyson Chick Mini
Meet

February 14

WSY Presidents Day Meet
~ Last chance for
Championship qualifying
times.

February 29-March 1

MA Junior Olympics
York, PA

March 2-8

Registration for
Spring/Summer Swim

March 7-8

Bronze Champs
Keystone Aquatics

December Meet Recap

Hershey Finishes 9th overall at the LAC Arena Holiday Cup
HAC swimmers put together a great mid-season competition to finish 9th out of 48 teams. Congratulations Yaric Soltanov winning the 9-10 year old high point trophy scoring 140 points!



- ❖ Yaric Soltanov (9-10): 200 IM-1st, 100 IM, 100 Breast, 50 Breast-2nd, 100 Free, 50 Free, 200 Free-3rd, 50 Fly-5th
- ❖ Lilly Moore (11-12): 100 Breast, 500 Free-5th, 200 IM, 50 Breast-6th
- ❖ Gavin Tran (11-12): 100 Breast, 50 Breast-1st, 200 IM-2nd, 100 IM-4th
- ❖ Cali Oyerly (13-14): 100 Back-1st, 50 Free-2nd, 100 Fly, 200 Free-3rd, 200 Back-6th, 200 Fly-8th
- ❖ Sydney Stasz (13-14): 100 Breast-1st, 200 Breast-6th,
- ❖ Magill Zagaceta (13-14): 400 IM-2nd, 200 IM-6th
- ❖ Alex Blacker (15&O): 200 IM-8th
- ❖ Makennah Fickett (15&O): 200 Free-5th,
- ❖ Lizzy Jones (15&O): 200 Fly-7th,
- ❖ Ally Weller (15&O): 200 Fly-5th

Team Records
Gavin Tran
11-12 200 Breast 2:18.53
NLAC Winter Fest

Championships are just around the corner!

HAC is entering its final month and half of competitions. These will be the last couple of competitions to qualify for one or two of the following championships meets.

February 29 - March 1	MA Junior Olympics (9-14 yo) @ CYHS and York YMCA
March 7-8	MA Bronze Champs (9-14 yo) @ Keystone Aquatics
March 14-15	MA Mini Champs (8&Under) @ Penn State
March 20-22	MA Silver Champs (9&Over) @ Central York HS
March 26-29	MA Senior Champs @ Franklin & Marshall College

All competitions, except Mini Champs, have qualifying time standards. All eligibility reports are located on each meet page. Please try to focus on entering the meet in which you qualify the most events. You shouldn't enter the competition to swim one or two events unless that's the highest qualified meet.



IMX Achievers ~ as of January 12

9yo Madeline Mahler
10yo Emily Coleman, Colin Lehan, Erik Wingert
11yo Jacob Epoca, Austin Fastrich, Olivia Mahler, Gavin Tran
12yo Bella Roeting, Jane Sheldon
13yo Caleb Serfass, Maddie Serfass, Magill Zagaceta
14yo Lydia McMullen
15yo Connor Durand

Updates from the Board

The next board meeting will be Tuesday, February 4, 2020, at 7:00 pm

Please contact Dan Clough if you would like to attend or add something to the agenda
dan.clough@gartner.com

Reminder for those swimmers who pay account balances by check. Please mail your payment to: **Hershey Aquatic Club**
PO Box 217
Hershey, PA 17033-0217

** As long as payments are post-marked on or before the 15th of the month they will be considered paid on time **

SPRING REGISTRATION OPENS MARCH 2!

Registration for the Spring/Summer season will open for returning members on March 2nd and will close on March 8th at midnight.

First day of club practice for the Spring/Summer season will be April 13th.

Please contact Nicole Paul with any questions.

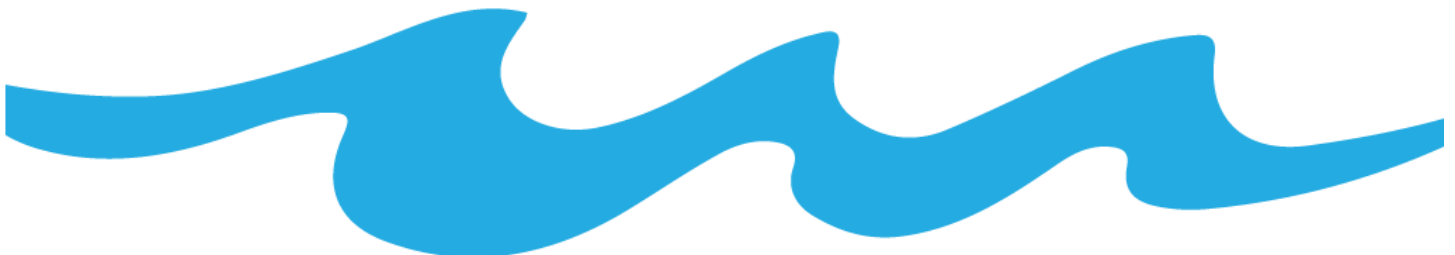
March Madness Fundraiser



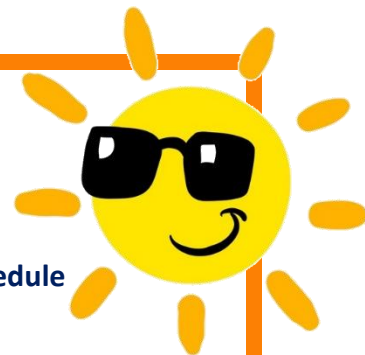
For those who signed up for the winter fundraiser, the cards will be distributed in January. The money and card stubs will be due March 1st.

If you changed your mind and would like to sell cards or you need more cards or have questions, please contact Mary Colman.
drmcolman@hetrickcenter.com

If you have anything you would like to see included in the newsletter, photo submissions, corrections, or suggestions please send them to me by the 20th of the month. Thank you! nicole.tunks@gmail.com



Spring/Summer Meet Schedule Available



USA-S Schedule

May 15-17 LAC A/BB/C
May 29-31 KA A/BB/C
June 11-14 HAC/WSY LC Classic (Hosting @ Bucknell)
June 21-28 US Olympic Team Trials
June 26-20 KA A/BB/C
July 9-12 MA Senior Champs (Hosting @ Bucknell)
July 10-12 MA Silver Champs @ Keystone Aquatics
July 16-19 MA Junior Olympics @ TBD
Aug 5-8 Age Group Zones @ Liberty University
Aug 6-9 Senior Zones @ Erie Community College

Or

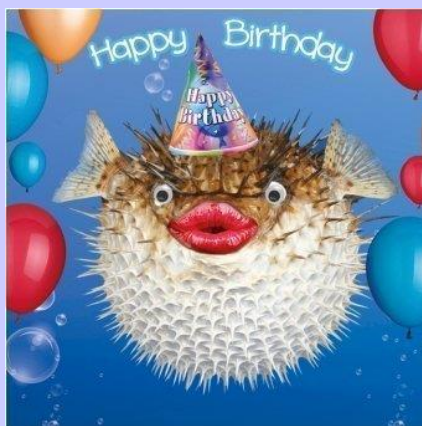
July 28-Aug 1 NCSA Junior Nationals @ IUPUI

Mid Penn Swim League Schedule

June 6 MPSL Dual Meet ?
June 11 MPSL Dual Meet ?
June 20 MPSL Dual Meet
June 27 MPSL Dual Meet
July 11 MPSL Dual Meet
July 18 MPSL Division Champs
July 19 MPSL All Stars
July 25 MID CAP Champs

Happy Birthday January Swimmers!!

Max Hulays
Stephen Wingert
Emma Fickett
Alessia Bova
Edvard Yanchevskiy
Dominic Carricato
Madison Lenovich



Josiah Yakstis-Startoni
Anna Wang
Mason Dillon
George Ardire
Noah Chetlen
Gavin Tran
Claire DiGiovanna

How to Be an Awesome Swim Parent

By Olivier Poirier-Leroy (source- <http://www.yourswimlog.com>)

The swim parent lifestyle is a soggy, herculean and often thankless one.

There are all of the early morning practices, the weekend-long swim meets, the fundraising, helping with the board, chaperoning, the fees, the carpooling, and the food, *ohmigod*, all the food.

And most importantly, there is the most fundamental and irreplaceable role you have as a swim parent: cheerleader and support staff to your little athlete.

I get a lot of emails from parents who want the best from their swimmers, for them to enjoy the process of improving, but are often unsure what to do. It's an awkward two-step of wanting to encourage their kids to be better, but to be better without having to be necessarily pushed.

Some recent research on elite athletes have shown that top performers have parents (and coaches) who are supportive, but who still allow the young athletes to own their sport and subsequent performances.

With that in mind, here are some ideas on how to be an awesome swim parent:

1. Encourage accountability.

At the end of the day you want swimming to be your swimmer's sport. Their thing.

Let them take ownership of the sport by letting them have their own goals, and encourage them to evaluate and track their workouts to further instill a sense of control of their swimming.

If they have their own reasons for swimming and showing up every day to work hard they are going to be more intrinsically motivated to stay (and succeed) in the sport.

2. Avoid over-identifying with your swimmer's performance.

How they swim isn't a reflection of you.

Don't fall down the over-identification trap where your child's swim performance is a reflection of you, leading you to ignore how they feel about the sport and focusing on your feelings. Taking the burden for their swimming also removes accountability on your swimmer's part.

The more likely it's their thing, the more likely they are to be successful.

3. It's the process.

If they are getting better, and learning the process of mastering something they are learning and benefiting far more than just having a win-at-all-costs attitude.

It's what they do every day—mastering the process of becoming a better swimmer—that matters more than what they do at meet-time.

A swimmer who is able to master the grind will always outperform an athlete who magically shows up at meet time.

4. Set the standard for how they should react.

I cringe when I see a parent who lacks emotional control at swim meets. You can see the discomfort of those nearby as well, as in, "Jeez buddy, it's just a swim race."

These parents not only tend to end up bumping and spitting all over nearby parents and swimmers, but also provide a classic example of poor sportsmanship and set a low standard of self-control for their own swimmer to emulate.

It is contradictory and confusing for children to be told to have self-control, to stay calm and focused in moments of high pressure when their parent is screaming at the coach and losing their chlorinated mind from the stands.

At the end of the day you are your swimmer's strongest role model. Not the swimmer on the Wheaties box.

5. Don't mistake sacrifice for investment.

Swim parents are absolutely unbelievable in terms of sacrifice.

They spend a metric ton of time, energy and money in helping the sport go round. From all of the time spent organizing fundraisers, driving back and forth to the pool, countless swim meets, hotel rooms, flights, and more we sacrifice a lot for our swimmers.

And so it's tempting to have this sacrifice sometimes blur into a sense of investment, causing parents to expect measurable dividends of some sort (college scholarship, sponsorships, etc).

Swimming (and sport in general) isn't something that can and should be measured in terms of dollars and cents. The time spent in the pool now shouldn't come with a balance sheet later. The gold medals they don't win today still translate into healthy lifestyle choices they carry with them for life.

6. When issues come up with coach, address them privately and directly.

There will be times where as a swim parent we have questions or concerns regarding our kid's swimming. Over the course of a swim career this is unavoidable.

Maybe your swimmer hasn't improved at all in a couple months and we'd like to know more about why this is. Or perhaps she is being held back a group. Or you have questions about the plan for the team.

Too often when a parent has an issue with coach they will sit in the stands gossiping and complaining to other parents, which does nothing but create a divisive environment for all involved.

Set a time to meet with the coach that you can talk distraction-free (blindsiding them on the way to their car after practice doesn't count).

Undermining the coach, whether it's giving contradictory technique and training instruction out of the water, only serves to confuse and put your little swimmer in a place where they have to choose between listening to you or coach when they are at practice. In ideal situations, parents parent, and coaches coach.

7. Let them unplug outside of the pool.

Swimming isn't and shouldn't be the only thing in anybody's life.

Once they leave the aquatic center in the morning or at night-time they should be able to leave it behind. Constantly having to rehash practice or meets in the car, at home, and over the dinner table is mentally exhausting.

Have some perspective about where swimming truly ranks in the scheme of things. Being a great swimmer is cool, but being a young person with enough perspective to realize that it's just a race or just one practice is even better.

8. The facilities don't make the athlete.

It's natural to want the absolute best for our swimmers. The best coaches, the best facilities, the best of everything.

But removing all obstacles in their talent development ends up having an unintended consequence: an inability to deal with adversity later on in their careers.

After all, having been robbed of the lessons, humility and resiliency that comes from adversity means that when it does finally happen these athletes have a hard time adjusting.

Being on a star-studded team doesn't guarantee success. Just like how training out of a dark, cramped 22-yard pool doesn't promote failure. The lessons and skills can be and are picked up in different environments and if anything, the "less than" athlete is going to be at an advantage when it comes to dealing with hardship.

9. Just be there for them.

More than anything, your little swimmer just wants you to be there for them.

To be a shoulder to cry on and to provide a moment of levity when they add time to their PB. To whisper words of encouragement when they are injured. To share the moment when they finally do succeed.

Win or lose, all they really want to know is that their swimming, and by extension their identity, isn't a prerequisite for you being there for them. Don't make your love conditional on how they swim. All they want to know and feel is that first or last, whether they are world record holder or local sharks-and-minnows champ, that you will love 'em.

Hershey Aquatic Club Holiday Party

Over 120 people attended the first annual HAC Holiday party! What a great time it was! Thank you to all who attended!! A huge thank you to the Hershey Company for their generous donations also.



Holiday Fun at Vista!

It was another fun Christmas at the Vista school! We had Secret Santa, a fun holiday practice, a party and a visit from Santa!



The Hershey Aquatic Club coaching staff would like to send a HUGE THANK YOU to all the HAC families. We appreciate all you do for us and the swimmers. Thank you for all your sweet treats and gifts you gave to the coaches and swimmers over the holidays.

Happy New Year as we enter the next decade in our lives. We wish many successes for all.

- The HAC Coaching Staff

