

Hershey Aquatic Club Newsletter

November 2019

Practice Schedule Changes

November 25 Senior 4:30-6:30 PM @ Spartan Center
Pre Senior 6:30-8:00 PM @ Spartan Center

November 26 Senior 4:30-6:30 PM @ Spartan Center
Pre Senior 6:30-8:00 PM @ Spartan Center

November 27 Senior 7:30-10:00 AM @ Catherine Hall
Pre Senior 6:30-8:00 PM @ Spartan Center

November 28 NO PRACTICE ALL GROUPS

November 29 Senior 7:30-10:00 AM

November 30 Senior 7:30-9:10 AM

December 2 Senior 5:15-7:00am @ Spartan Center
Must provide own transportation after practice

December 6 Senior 5:15-7:00am @ Spartan Center
Pre Senior NO Practice

December 7 NO Saturday Practice

December 13 Senior NO Practice
Pre Senior NO Practice

December 14 No Saturday Practice

Team Records:

Gavin Tran

11-12 100 Breast 2:20.47

CYA A/BB/C

Upcoming Meets and Deadlines

November 15

Registration Deadline
CPSA Tri-Meet Millersville

Response Deadline
HAC Fundraiser

November 28

No Practice
Happy Thanksgiving!

December 2

Registration Deadline
January & February Meets

December 6-8

NLAC Winterfest
State College, PA

December 7-8

NLAC Mini Meet
State College, PA

December 13-15

LAC Arena Holiday Classic
Lancaster, PA

December 22

Dual Meet vs. Millersville
Lancaster, PA

December 22

HAC Holiday Party

January 5

UDAC Winter Wonderland
Mini Meet

Some Fun Facts About Sleep and Rest for Young Swimmers

As parents, we all know how important it is for our children to get a good night's sleep. Unfortunately, our young swimmer's sleep and rest time can often take a back seat to training, homework, chores, and juggling multiple activities. Sleep and rest are even more important, however, for young athletes.

Sleep helps you swim faster.

Recently, the Stanford Sleep Disorders Clinic and Research Laboratory tracked and studied the sleeping habits of Stanford athletes, including members of the men's and women's swim teams. She found that swimmers who increased sleep by 1-2 hours per night to a total of 10 hours improved their performance in several areas, including their reaction time off the blocks, faster 15m sprints, and faster turn times.

Rest reduces the risk of injury.

According to the American Academy of Pediatrics (AAP), about half of all sports injuries are caused by overtraining. Swimmers are particularly at risk for shoulder over-use injuries. Young athletes can reduce injury risk by not training more hours per week than their age and limiting training/competition to 5 days per week for a particular sport. The AAP advises young athletes to rest one to two days per week and take at least three months off during the year from their sport.

- Make sleep and rest a priority.
- To increase sleep, go to bed an hour earlier, but try to wake up at the same time every day.
- Avoid caffeine 4-6 hours before bed & electronic screens at least 1 hour before bed.
- Teenagers should aim for 8-10 hours of sleep a night; children ages 6-12 should get 9-12 hours.
- Take time off from sports training 1 to 2 days per week to allow the body to rest or to participate in other activities.
- Make it a point to have unstructured downtime every day- spend time outside, enjoy a family meal or game night, socialize with friends.



SAFE SPORT

As a reminder to all parents and athletes we ask that you please take the time to participate in the free online training provided by the U.S. Center for Safe Sport. HAC needs your help to continue our mission of excellence both in the water and out.

Athletes ages 12-17 may access the Safe Sport for Minor Athlete training at usaswimming.org/learn and follow the member portal log in instructions. A parent will need to give consent prior to the athlete completing the 15 min session.

The Safe Sport for Swim Parents may be accessed via learn.usaswimming.org. Parents who have an account can simply log in and complete the course or register and create account.

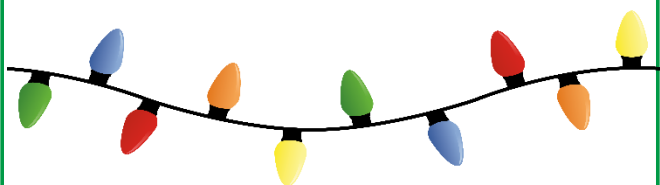


IMX Achievers

as of November 1
Maddie Mahler 9 year old

IMX Requirements, by age-

- 9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
- 11-12 year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM
- 13 & over: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM



Save the Date!!

2019 Hershey Aquatic Club Holiday Party

All swimmers and families invited

Date: Sunday December 22, 2019

Time: 2:30-5:30pm

Place: The Vineyard at Hershey

\$10 swimmers and children

\$15 adults



Fundraiser Deadline November 15

Please remember the fundraising deadline for the March Madness cards.



If you would like to participate, email Mary Colman at drmcolman@hetrickcenter.com with the number of cards you would like to sell- 5 meets the fundraising requirement.

If you do not contact Mary Colman by 11/15 your account will be automatically assessed the \$70 fundraising fee.
Thank you!!!!

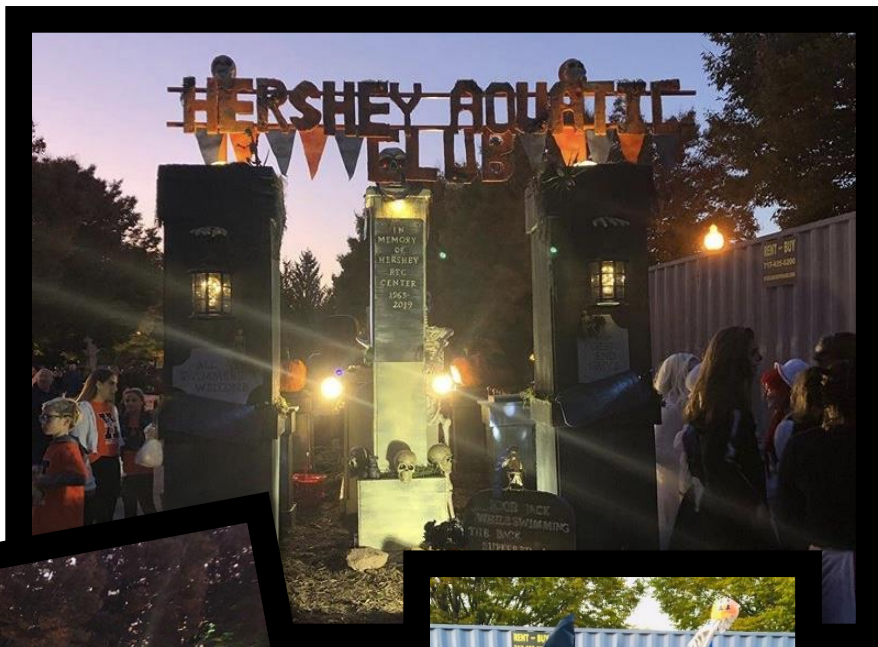
The Vista swimmers had their Fall party with pool games, treats and their Coaches in costume!! What fun!!!



It was a gorgeous day for HAC Apple picking! What a great turnout! We had a great team building event/day!



Thanks to everyone who donated their time and talent to make the Hershey Aquatic Club Halloween float a spooky success! A big thank you to the McMullens for letting the eighth graders use their house for the build!!



Updates from the Board

The next board meeting will be Tuesday, December 3, 2019, 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 **



Happy Birthday to all of the November swimmers!!

Levi Herbein
Nikita Andrews
Leah Wilhelm

Maya Rose Fitterer
Jane Sheldon
Jillian Ruddle
Brendan O'Connell

Jack Hollerbach
Isabella Roeting
Sean Lehan

If you have photos or content you would like included in the newsletter, please email them to nicole.tunks@gmail.com. If you send photos, please list the names of swimmers so I can double-check them against the photo release forms. Thank you!!