

Skills & Junior Groups at EHS Hornets Meet!



December 23rd @ 10AM, Emmaus High School

Skills and Junior Group swimmers and families are invited to come out to experience a high school swim meet with our own Emmaus High School Swim Team! The Hornets will be hosting East Stroudsburg North, East Stroudsburg South, & Pocono Mountain West in a quad meet! (regular season meets are usually dual meets) This is a fun way for all teams to compete and for EMAC swimmers to see what it's like to swim in high school!

The meet starts at 10am. There will be no diving at this meet since the opposing teams do not have diving programs. Many of our EMAC Senior Group swimmers will be participating!

This will not be a chaperoned event. If you choose to drop your swimmer off, please make sure there is a responsible adult there to keep an eye on them. We appreciate your cooperation in this regard. (*We cannot have running/playing in the halls, stands or lobby)

Don't forget to support the high school snackbar while you are watching some great racing action! Be there!

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CHAMPS SCHEDULE

Feb 24, 25	SJAC Mighty Mini Showdown	No Time Standards
March 1-4	Junior Olympics @ York, PA	TIME STANDARDS
March 10-11	Bronze champs @ NPAC	TIME STANDARDS
March 23-25	Silver Champs @ TBD	TIME STANDARDS
March 28-31	Senior Champs @ York, PA	TIME STANDARDS

Mark your calendars!

Meet Schedule

December 14-17: PITT Christmas Meet

December 15: LVA Developmental Meet

January 12: MA Mid-Winter Classic East

January 26th-28th: EMAC Invite

February 9-11: BLUE Duck Hunt'n Derby

February 10: BLUE Mini Duck Derby

February 24-25- SJAC Mighty Mini Showdown

EMAC Team Events

December 23rd: Skills & Junior Groups at Emmaus High School Quad Meet

January 21st: Snowtubing at Bear Creek - All EMAC groups and families are invited; must RSVP (only 65 spots available) **Sign up today!**



Volunteers Needed



To all our wonderful volunteers

Image from blog.tavorro.com

Click here to go directly to SignUp Genius:

[Current Volunteer Positions](#)

Head to www.emacswim.org and check out the **Volunteers** tab on the Home page. There are many ways for you to become involved in EMAC! We need everyone's help to make our club successful and to keep fees low!

Have questions? Contact Tina Luey at cmluey1210@gmail.com or Laura Nelson at lnelson527@gmail.com.

December Birthdays!

A. Baldwin
B. Buchman
M. Champagne
B. Dietrich
J. Duerholz
A. Hark
N. Jaskiewicz
V. Karboski
K. Kenner
W. Kocher
E. Laski

P. Laubner
A. Luchetti
N. Mack
R. Powell
K. Price
C. Schaffer
W. Schell



Coaches' Corner

Get to know Coach Greg!

1. Where did you grow up? **I grew up in Bethlehem.**
2. How old are you? **28**
3. Where did you go to high school and college? **I went to Liberty High School in Bethlehem. I went to Indiana University of Pennsylvania and majored in Music Education. I also went to Louisiana State University (LSU) in Baton Rouge where I received a Masters in Library and Information Science as well as a Masters in Clarinet Performance.**
4. Do you have another job? If so, what do you do? **I am a full time teacher in the Nazareth Area School District. I am one two Library Media Specialists for the Intermediate School, grades 4-6.**
5. What stroke was your specialty? **My best stroke/event in high school was backstroke and freestyle. Specifically, the 100 back and 200 free.**
6. What is your favorite movie? **The Lion King**
7. What is your favorite food? **Crawfish, or anything Cajun.**
8. What are your hobbies? **I have always loved to read but now that I am a school librarian, I try to read what my students are reading too. There are a lot of really great Young Adult books out there! Please ask me for any suggestions.**
9. If you weren't a swim coach, what would you be? **Marine Biologist**
10. Do you have any pets? If so, what are they and what are their names? **A Chihuahua/ Yorkie named Prince**
11. Tell us a little known fact about yourself. **I have two rods in my ankle from when I broke it skateboarding.**
12. What's your favorite sports team? **Having lived on both the east and west side of the state, I consider myself a Pennsylvania sports team fan but if I had to pick, I would say the Eagles. I had season tickets for two of the three years I went to LSU so also....Go Tigers! However, my all time favorite sport to watch is tennis.**
13. What's your favorite musician/singer? **Dave Matthews Band**
14. Where do you like to vacation? **My parents have a lake house in Brodheadsville, PA. I spent a lot of time there as a kid and it continues to be one of my favorite places.**
15. What's the most exciting place that you've ever been to? **In college, I spent two months in Europe for a study abroad program. We were based in Vienna, Austria for most of the time, but I was also able to spend a weekend in Berlin and Venice.**
16. What's your proudest accomplishment (in swimming or otherwise)? **In terms of swimming, I was very proud of myself for making Districts in three events as a freshman. I am also proud of the fact that I received two master's degrees in three years.**

Don't forget to log into www.emacswim.org for up-to-date detailed information about our club!

My Three Days at the OTC by Nick Soares

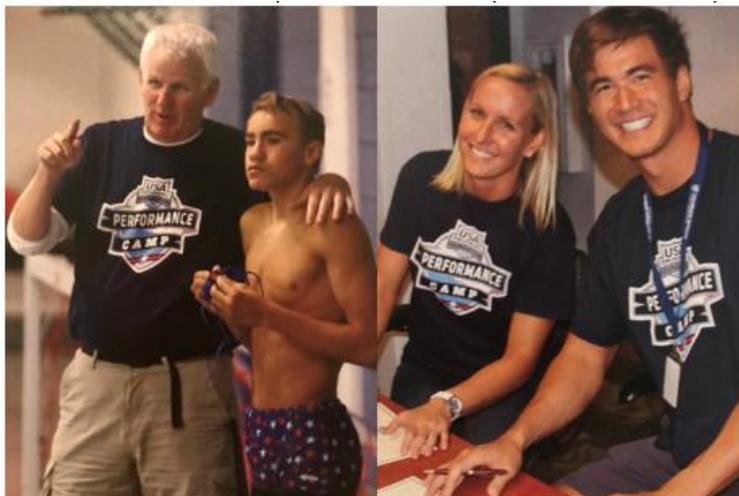
A few years ago I had a chance to swim with Olympic gold & silver medalists at an event in New Jersey. A few weeks after that my parents received an invitation for me to swim at the Olympic Training Center in Colorado Springs, CO. I got to train, eat & sleep like an Olympian for three days and learn from Coach Bruce Gemmell, my idol Nathan Adrian, Jessica Hardy and Mel Stewart.

I lived in the athlete dormitories with two other kids my age and woke up at 5am every morning, ate a snack and headed straight to the pool. Morning pool practices were three hours long. I experienced all the equipment the OTC pool uses to train swimmers. They used the harness system on us to feel the speed of our competitors. We think we are fast but harnessed in and swimming a 21 sec 50 free is a rush! They filmed me underwater and replayed it on a big screen. Coach Gemmell and Nathan gave me feedback about each of my strokes. I recorded it and it's one of best things I brought back from my trip.

The afternoon practices were shorter and mixed with weight training work-outs or yoga. We used the gym that athletes from all Olympic sports share. Two things I won't forget about that gym are the feeling of being in a place where the greatest USA athletes have trained and the high-tech training equipment.

The food was awesome! It was healthy, delicious and we could eat whatever we wanted and as much as we wanted. It would be an understatement to say Nathan Adrian ate more food at lunch than we eat in a week.

My three days at the OTC was a fun experience. It made me understand why I swim. It taught me to have fun, be humble and the hard work I put in at EMAC each day will make me a better person.



Swimmers- want to write an article for the newsletter?

**We'd love to have a young swimmer write about their first EMAC meet experience for the February newsletter!

Send an email with the topic to emacswim@rcn.com with the subject: **Newsletter Article** and we will get back to you.



Following our EMAC Mind of the Parent event we asked sport psychologist, Dr. Megan Cannon, and sport nutritionist, Erin Sparrold, a few questions on the best practices for parenting and fuelling today's student-athletes. This month we are featuring the sport psychology side and look out for next month's sport nutrition segment!

What should I do if my child has a bad swim?

Listen to them. When an athlete is upset following a bad performance the ability to talk about their race and have their feelings heard is incredibly beneficial. If you have feedback or tips, save it for later when they have calmed down (preferably post-food!). Not only will they be able to emotionally rebound quicker, since they had time to calm down they'll actually be able to hear what you have to say.

What should I do if my child is experiencing anxiety before a race or meet?

Anxiety is an incredibly common experience both inside and out of athletics. In fact, according to the 2016 National College Health Assessment 60.8% of college students report experiencing "overwhelming anxiety." If your swimmer is experiencing anxiety prior to a competition have them to take slow, deep breaths to decrease the physical symptoms of anxiety. Mentally encourage them to focus on what they've done to prepare, the 'knowns' of their race strategy, or simply on counting while they breathe to help direct their thoughts in a helpful direction.

What are your top 3 tips when parenting a student-athlete?

1. Talk about and do things that have nothing to do with swimming or school. At some point, your child will no longer be involved in either. Therefore, it's important to have the foundation for your relationship built on multiple things.
2. Focus on more than time. During every swim, whether a goal time is met or not, they are doing something well. Praise them on improving other things such as better underwaters, technique, reaction time off the block, or how they demonstrated good sportsmanship while disappointed.
3. For most of the athletes I work with, their most negative sports memory is the car ride home. Be mindful of the conversation on the drive home and if it doesn't involve swimming, that's ok!

If we want to learn more, how can someone get involved with individual sport nutrition or sport psychology performance coaching?

We offer one-on-one individual performance and nutrition coaching sessions at our office in Bethlehem. For more information simply call (610) 867-7770, email Michelle@mindoftheathlete.com, or visit our website at www.mindoftheathlete.com.

EMAC Personalized Swim Cap Order Form

****This is a second chance to order for the season!**

EMAC swim caps are black with the team logo. Personalized caps are available with the swimmer's last name in white.

EMAC caps are required for club meets*. Personalized caps are optional. Order enough to have a few extra caps—having back up caps is always helpful!



DEADLINE TO ORDER: Monday, December 11, 2017

Caps arrive 3-4 weeks from date of order – hopefully in time for the EMAC January meet.

Checks payable to: Emmaus Aquatic Club

Mail checks and order forms to: Emmaus Aquatic Club, 860 Broad Street, Suite 107, Emmaus, PA 18049 (**must be received by Monday, December, 11th**) or leave in Cap Order folder at pool.

EMAC Cap Order Form

Name _____ Phone # _____

E-Mail Address: _____

Personalized*	Price Per Set	Number of Sets Ordered (each set is 2 caps)	Total Price
Latex* personalized	\$16 (set of 2)		
Silicone* personalized	\$32 (set of 2)		
*Last Name to be printed on Cap: <i>please print clearly- all capital letters</i>			
Total Amount Due: (make check payable to Emmaus Aquatic Club)			

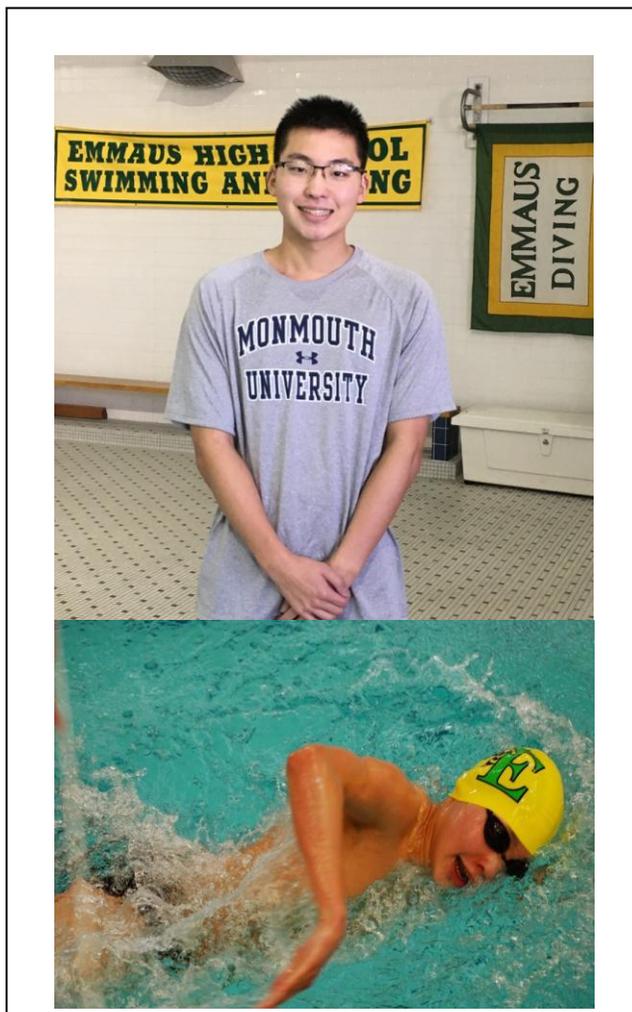
Email the office emacswim@rcn.com with any questions.

*If your child does not have an EMAC cap at a swim meet one will be given to them by their coach and your account will be billed either \$6 for a non-personalized latex cap or \$14 for a non-personalized silicone cap

Swimmer Fun at SJAC Gator Classic!



Congratulations to Pat McAllister on his commitment to Monmouth University! This Division I university is located in West Long Branch, New Jersey. Pat plans to study Biology.



Interested in swimming in college?
Check out www.ncaa.org for guidelines!

Good luck to all swimmers in their high school seasons!
Good luck to all swimmers at the upcoming PITT and LVA meets!