

NOVEMBER 2016

Hershey Aquatic Club

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Parent Meeting Review

A parent meeting was held at the Rec Center Wednesday, October 26 to cover introductions to the board, team announcements, and the team roadmap leading up to the 2020 Olympics in Japan. Chris Luttrell and Dan Clough covered the importance of having parent volunteers, so if you have a skill you'd like to share with the team or time you're willing to give, please reach out to Dan Clough. It was announced that Coach Greg was inducted into Pennsylvania's coaches Hall of Fame this year. "It's an honor to be inducted. I would not have this honor if it weren't for all the previous and current athletes, families, and coaches believing in and supporting me over the past 19 years."

Message to the Parents from the Coaches

At the parent meeting, Coach Katie covered parenting tips from sport psychologist Dr. Alan Goldberg on how to create an environment for your child to thrive. Please see presentation [here](#) for more information, or feel free to email Katie at kmnolan.unc@gmail.com with questions or comments.



HAC's Largest Fundraiser Yet for Breaststroke for Breast Cancer

Congratulations team! Together, we raised \$16,075 to donate to the Pennsylvania Breast Cancer Coalition. This was the eighth consecutive year HAC has hosted this fundraiser. Our fundraising total over the last eight years reaches over \$78,000. Proceeds go toward raising breast cancer awareness and research. Thank you to all those families who encouraged their swimmers to raise the funds and be part of this community event!

Upcoming Dates to Note

WSY T-giving Invite

11/18 and 11/20

Find details for warm up times, psych sheets and meet time line [here](#).

CPSA Tri Meet @ CYA

11/19/2016

Coaches will assign mini-swimmer families for this meet. Find meet details [here](#).

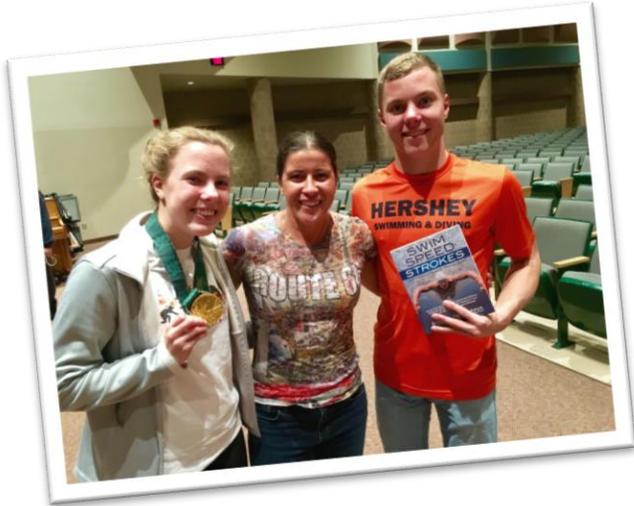
High School Swimming Begins!

11/21/2016

Be aware of [schedule changes](#) for high school practice.

Wisdom from an Olympian

Four-time Olympian Sheila Taorima came to Hershey High School October 30 to share her story with high school and middle school HAC swimmers. See the biggest highlights below.



Set Tangible Goals

After talking to her age group coach about what she needed to do to make the 1996 Olympics, she made a plan to create measurable goals. Although it was Sheila's ultimate goal to go a 2:00 or 2:01 in her 200 free, she knew she needed to make smaller, process goals that would add up to that ultimate goal. It was important to Sheila's training to drink three 32-ounce water bottles every day, stretch for 45 minutes after practice, and put 100 percent effort in to every single practice. Setting measurable goals was key to setting herself up for success. Leading up to Trials, Sheila was able to look back on all those mini goals and confirm her success in preparation for the meet. This built up her confidence and released pressure so she could have fun racing at the meet. Sheila placed fifth at Trials, solidifying her place on the 1996 Olympic team for the 800 meter freestyle relay.

Four Olympics, Three Sports

Sheila qualified for the 1996 Olympics in the 200 freestyle, the 2000 and 2004 Olympics in the triathlon, and the 2008 Olympics in the pentathlon. Her dreams to go to the Olympics started when she went to her first Olympic Trials as a spectator when she was a kid. She swam for the University of Georgia and qualified for the Olympic Trials as a junior in college. After she graduated college, she earned her MBA and moved back to her hometown in Michigan. After a conversation with her age group coach, she decided to train with him to try to qualify for the 1996 Olympics in 200 free. She learned the importance of setting tangible goals, the importance of being yourself and making wise decisions, and the value of being a good teammate.





Notes from the Coaches

American Development Model (ADM): Coach Greg is leading the charge with the rest of the coaching staff to put the swimmers on a plan to progress through our program and become productive members of society. The four progression areas are **biomechanical progression, physiological progression, character development and life skills, and psychological skills.**

The Goal of ADM: The United States Olympic Committee decided to build this model along with its National Governing Bodies “to promote sustained physical activity, participation in sport, and Olympic and Paralympic success” (see article [here](#)).

A Breakdown of the Model: There are six levels to help coaches gauge where an athlete should be developmentally, and whether an athlete should be moved from one level to the next. For example, a

swimmer in level three should be able to perform a legal 100 of each stroke and a 200 individual medley, and a level four swimmer should be able to perform a 200 of each stroke and a 400 individual medley. In addition to those biomechanical progressions, the psychological skills of a swimmer in level three include understanding the value of setting process and outcome goals. A level four swimmer’s psychological skills for goal setting include regularly re-visiting and tweaking goals.

HAC Coaches: We will be assessing the swimmers using this model. We believe following this model will help our team progress effectively and efficiently, and we’re looking forward to working with the swimmers and parents on these progressions. Please let us know if you have any questions about this model, and we’ll do our best to help.

Questions for You!

1. What have you done to make swimming fun this week for your teammates?

2. What have you done to make swimming fun this week for your swimmer?

Email Coach Katie to share!

Opportunities to Give Back

Salvation Army Angels

We'll be collecting warm clothing and toy donations for 75 children in need in the Harrisburg area! Angel tags will be arriving soon and will be hung in the Rec Center. Please contact Sarah Snavely with any questions at sesnavely1@gmail.com.

COCOA PACKS Donate and Serve

Thanksgiving is in three weeks and we would love to give food to our community as a team. If possible, please consider donating a box or two of stuffing and/or a case of water, Gatorade or Powerade. Our goal is to donate 250 boxes of stuffing, that's one-two boxes per swimmer! We're also looking for volunteers to help pack meal bags for the families from 5 to 7 p.m. November 14. Anything you can give, whether that's your time, money, or food makes a difference to those families in our township who need a helping hand.

October Perfect Practice Attendance

Kara Donaghue, Novice 456

Miles McCall, Novice 456

Jessy Wang, Novice 456

Colton Brace, Diamond 2

Emily Colman, Diamond 2

Erik Wingert, Diamond 2

Gavin Tran, Bronze

Julia Woronko, Bronze

Sammy Andrews, Silver 2

Shane Brace, Silver 1

Ben Musante, Silver 1

Tommy Paul, Silver 1

Allison Weller, Silver 1

Angela Woronko, Silver 1

Breanna Kratz, Senior B

Carly Carrasco, Senior A

Taryn Maloy, Senior A

“The more difficult the victory, the greater the happiness in winning.” – Pelé, Brazilian soccer legend

Contact Coach Katie with questions or comments! Kmnolan.unc@gmail.com