

D E C E M B E R 2 0 1 6

Hershey Aquatic Club

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CPSA and WSY Meet Recap

Over the November 18-20 weekend, our swimmers competed at both the West Shore YMCA Thanksgiving meet at Cumberland Valley and the CPSA Tri Meet at Central York Aquatics. Overall, we saw some great races and improvements. At the CPSA meet, 49 percent of overall swims were best times. We saw room for improvement for all ages, specifically in kicking off the walls. For example, in 200 backstroke, the swimmers need to condition their bodies in practice to withstand long kicking underwater in order to implement that technique in the meets. "Although there was a lot of improvement time-wise, we still have work to do with racing fundamentals," Coach Greg said about the meet. "It was fun watching the team camaraderie on deck. Thanks to the high school students for your leadership."

Keep up the hard work!



Successful ThanksGIVING!

Thank you so much to all those who donated boxes of stuffing for COCOA PACKS! We reached a total of 167 boxes. The stuffing went to families in Derry Township who are food insecure. In Derry Township alone, one in five children face hunger, and poverty rates are approaching 40 percent.

Christine Drexler is especially appreciative of your donations. "On behalf of COCOA PACKS INC we extend our deepest appreciation to the Hershey Aquatic Club for your stuffing donation. Your generosity helped students facing food shortages have a better Thanksgiving. Most importantly, you provided HOPE! Keep shining in and out of the pool."

If you're interested in getting more involved in COCOA PACKS, please [contact Christine Drexler](#). Help is always needed and appreciated. Thank you, HAC!

Five Tips for Swimmers to Keep Warm on the Pool Deck

As hot and stuffy as the pool deck can seem at times, it is a challenge to keep the blood flowing between events. Here are a few tips to keep your body ready to race.

Put on Clothes

After you've warmed up, you'll likely have at least 30 minutes before you get back in the pool for starts or your first race. Dry yourself off, and put on a sweatshirt, sweatpants, socks, gloves and a hat to keep your body heat from escaping.

Bring Extra Towels and Clothes

Your clothes and towel are likely to get wet after a few hours of sitting in them, waiting for your next event. Bring an extra towel or two, and an extra set of dry clothes, to keep yourself dry and warm.

Drink Something Hot

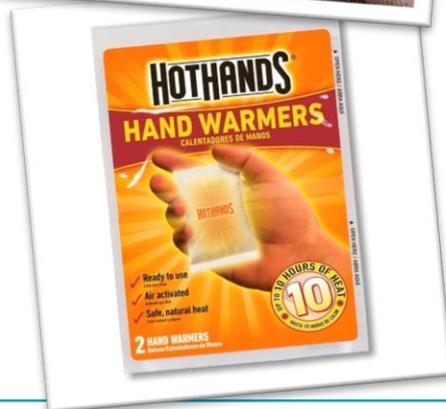
In addition to keeping yourself hydrated with water, bring a warm drink to the meet to sip and hold in your hands. A few good drinks to consume during meets are tea, hot cocoa, and even hot water with lemon.

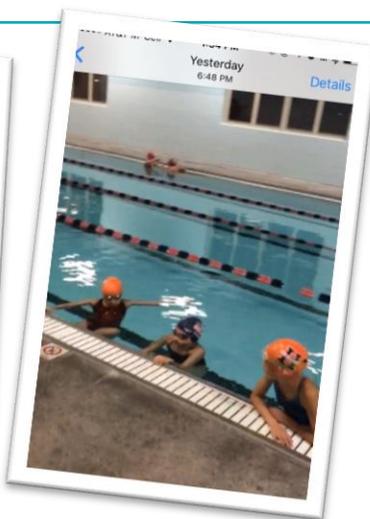
Bring HotHand Packs

It is easy for heat to escape from your feet, hands, and head. In addition to keeping warm clothes on, put some hot hand packs into your gloves and socks. They stay warm for up to 10 hours and [cost around eight dollars on Amazon](#).

Walk or Jump Around

Sometimes the easiest way to warm up is to just walk around the pool deck or do jumping jacks. Do what you need to do to keep your body warm and ready to swim!





Vista School Update

Bronze, Diamond 1, and Diamond 2 have been working day in and day out over at the Vista School. With just four lanes and an 88-degree pool deck, it can get pretty crammed and hot in there. But it doesn't stop our swimmers from doing their best in practice.

Coach Donna picks the stroke of the day and writes a practice including a 15-minute warm up, a drill set focusing on the stroke of the day, and an aerobic set. We practice relays or racing to some capacity every day.

One of the biggest skills we are working on with the Vista School swimmers is listening.

Learning this skill carries into every aspect of life. It's important for this age group especially to develop listening habits, and to ask questions if they do not understand a set.

Another skill we start to teach them at this age is reading the pace clock. This takes a lot of practice and accountability on the swimmer's part. If you know your swimmer needs extra help learning how to read the pace clock, let someone on the coaching staff know so we can give her practice by allowing her to lead the lane or by giving them "homework" to practice at home. Here is a [video](#) from Go Swim to get an idea of why understanding how to read a pace clock is so important.



A Quick Message From Coach Donna and Coach Matt

"The kids seem to be much more focused this year, especially the Bronze group. I'm also really excited about how good the attendance has been...the good attendance and hard work has been showing in some really great swims over the past few weeks." – Coach Donna

"The swimmers work hard. I feel their levels of confidence have increased," Coach Matt said. He sees opportunity to improve on starts, though!

Holiday Training

Schedule and Expectations

Senior A and B

Training over the holiday season is vital for the high school age group. Yardage escalates to increase endurance capacity. Senior A and B swimmers are expected to go to every weight lifting and swimming practice (you can find the training schedule [here](#)). In order to relax and replenish the swimmers between workouts, parents kindly and generously offer to host and serve meals. **We are still in need of volunteer high school parents to sign up and help serve meals!** If you'd like to host or be a helper, please see available dates and times to sign up [here](#). Holiday training begins Monday, December 26!

Bronze

The Bronze group will be doing all kinds of aerobic, anaerobic, and team training such as relays and racing over holiday training! Bring some chocolate milk to replenish your body after practice, and bring an extra in case your friend forgot his!



Silver 1 and 2

The practice schedule for Silver 1 and 2 will remain the same, but yardage will increase for this group as well. Swimmers, make sure you are taking time to relax, unwind, and have some fun over the holidays! Make cookies for your coaches (ahem!) or find a way to give to your community.



Diamond 1 and 2

There's been talk of the Elf on the Shelf coming to practice over holiday training! Make sure you come to practice 15 minutes early with a water bottle, ready to work hard and cheer for your teammates to make the elf proud! Get ready to work hard and have fun doing it!

Perfect Practice Attendance

Congratulations to the following swimmers for making every single practice in November!

Carly Carrasco, Senior A

Miles McCall, Novice 456

Ben Chappell, Senior B

Tomami Nakano, Senior A

Emily Colman, Diamond 2

Kadia Stover, Novice 456

Noah Drexler, Silver 1

Gavin Tran, Bronze

Maddie Mahler, Diamond 2

Erik Wingert, Diamond 2

Taryn Maloy, Senior A

Jason Young, Senior A

Get ready for the Perfect Practice Pizza Party Tuesday, December 6!



December Calendar

Swim Meets and Birthdays



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Emma Wycoff	2 Dan Marengo NLAC Meet	3 Ben Musante →
4 Ian Mills →	5	6 Ali Leonard	7	8	9 Catherine Martin Speedo Holiday Classic	10 →
11 Renee Lavigne →	12	13	14	15 Lizzy Jones Caroline Clough	16 Anna Gao Morgan Brett	17 CPSA Meet
18 James Burke	19	20	21	22	23	24
25 Merry Christmas!	26 Maggie Dye Claire Ryland	27 Nick Martin	28 Skylar Black	29	30 Carly Carrasco	31 New Years Eve

What do you want to see?

Parents, swimmers, and coaches, if you have anything you'd like to see covered in the January newsletter, please let me know! I'm always looking for new ideas and I know our team has a wealth of knowledge to share.

Coach Katie

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Thank you!

