

OCTOBER 2017

Hershey Aquatic Club

HAC Celebrates Successful Summer Season at Gelder Park.

October Swim Meets

October 13-15:

UDAC Rocktoberfest

October 22:

Tri Meet at F&M

October 29:

Halloween Mini and
9-10 BB/C

Breaststroke for Breast Cancer

HAC swimmers will swim laps of breaststroke for breast cancer on October 11 at the **Rec Center** and October 12 at **Vista**. Donation envelopes due **October 9**.



Swimmers, parents and coaches had a fantastic time at the HAC summer banquet! It was a time to say good-bye to our departing seniors who swam in their last competitive summer season before heading off to college: Kaley Buchanan (Vanderbilt), Abbey and Kate Hess (Arcadia), Kaylee Hollenbach (Pitt) and Jason Young (Pitt).

It was also a time for recognition. The following swimmers ended their Long Course season ranked in the USA-S National Top 10: **Gavin Tran** (9-10 age group) is ranked 7th in 50 Breast and 4th in 100 Breast. **Magill Zagaceta** (9-10 age group) is ranked 8th in 50 Back, 6th in 50 & 100 Free and 50 Breast, 5th in 200 IM and 4th in 50 Fly.

Swimmers achieving the Century Club Award by dropping 100+ seconds in total are **Noah Drexler, Jason Weller, Ava Buck, Morgan Zagaceta, Sean Lehan, Alex Blacker, Kelsey Epoca, Katrina Kulasinsky, Ben Chappell** and **Shane Brace**.

Congratulations to all for a great summer season!!!

Save the Date!

Pizza Party

October 10
Pizza party immediately after practice for Silver 1 & 2 swimmers with perfect attendance in September.

Halloween Parade

October 17
70th Annual Hershey Halloween Parade. Come & see the team float by the 8th graders!

Trick or Treat

October 26
See practice schedule for modified or canceled practices.

Ways to Swim Better, Faster, Stronger

By Olivier Poirier-Leroy

Get Short with Your Goals

At the beginning of the season, it is important to set yourself some mini-goals. Doing so will keep you focused on your swimming, add purpose to what you are doing, and keep you motivated through the long bouts of training.

Focus on That Part of Your Swimming That You Always Wanted to Improve

The beginning of the season is a perfect opportunity to attack a weakness and finally improve on it. Whether it is improving on your kick or adding distance to your underwater, the fall is a perfect time to put in work on these areas.

Get a Feedback Loop Going With Your Coach

When making those little adjustments in your technique or stroke, stay in constant contact with your coach so that you are getting the necessary feedback. He or she is there to provide you with the expert instruction to help you improve as a swimmer. You and I both know that the way we perceive ourselves swimming in the water isn't always a very accurate reflection of what we are actually doing, so make sure that you engage in a feedback loop with your coach.

Choose What Kind of Swimmer You Want to be This Year

With a fresh slate comes a new opportunity to be the swimmer you want to be. Last season is long gone, and the way we judge ourselves is based on how we do the next time we grace the competition pool. Will you be the swimmer that never misses a practice? That never gives up on the main set? That is a supportive and positive influence amongst the other swimmers on the team?





Chris Luttrell Retires as Board President. Will Stay on as Director Emeritus.

The Luttrell family joined the Hershey Aquatic Club in the fall of 2006. For mom, Chris, this was the beginning of a very special experience. Armed with an enthusiasm that never quits, she began volunteering almost as soon as her kids started swimming for the team.

What does a parent volunteer with an endless amount of energy do? She helps to transform a team. Chris was incredibly instrumental in moving the team from the winter CPAL to the newly-formed CPSA league. She got parents involved and made sure the team had enough certified officials. She took the team from hosting local dual meets to hosting regional

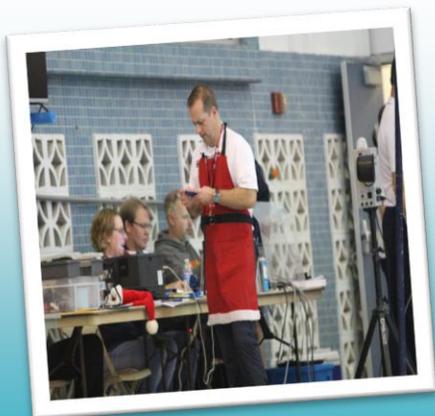
USA-sanctioned championship meets. She helped make Hershey the preferred meet host for Mid-Caps.

As Board President, Chris represented the team locally, regionally and nationally – attending events like the Club Presidents Forum in Colorado.

As her youngest son, Cole, prepares to graduate this spring, we will say good-bye to the Luttrell family including husband, Matt, and older siblings, Kiersten and Zach.

Chris gave her heart and soul to HAC. We are a better team for it.

HAC Board of Directors



Dan Clough
President

Randy Fackler
Treasurer

Nicole Paul
Registrar

Beth Shaw
Director of Athlete Protection

Wendy Weller
Vice President/Secretary

Elaine Maloy
Director of Finance

Angela Fitterer
Director of Operations

Chris Luttrell
Director Emeritus

Messages from HAC Coaches for New Swim Season

Greg Fastrich, Head Coach

It's a new season which brings a fresh start for all to learn new skills, improve technique, and simply work hard. Be sure you've thought about season goals early for they are your daily motivation. Nutritional habits need to be implemented in your daily routine as well. Good luck to all.



Jeff Fastrich, Head Age Group Coach

As we approach our first meet this October, I am looking forward to continue getting new and returning swimmers achieving best times and qualifying for future championship meets at every level of swimming – Marlins Invite, DSC Holiday Meet, Silver Champs, and Junior Olympics. My goal is to develop a swimmer's proficiency in all strokes and distances. Work hard, encourage your teammates, listen to your coaches, and have fun. "The water is your friend.....you don't have to fight with water, just share the same spirit as the water, and it will help you move". **Alexandr Popov**

Donna Maurer, Head Developmental Coach

To Bronze, Diamond 1&2 swimmers: I hope you are all enjoying the preseason practicing. It's always hard getting back in shape after six weeks off but you are all looking REALLY good for this early in the season. Just 3 more weeks till our first dual meet, hang in there and keep working hard!



Matt DeLiberty, Assistant Coach

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

Meet HAC's Newest Coaching Assistants



Carly DeLiberty

I swam for 14 years. At first, I couldn't complete a 25 free without crying. At the collegiate level, I loved the feeling of my heart pounding through my chest when I competed. Being an assistant coach is a way for me to give back to the community and team that has shaped me into the person I am today. Coaching is a passion of mine for a sport I love. It is incredible to watch athletes grow both in and out of the pool. Swimming is important for kids because it provides a fun, comfortable environment to be involved in. It provides discipline, endurance, leadership, limitless goals, friends, and most importantly, endless memories. I am very grateful to be a part of such an amazing program and have the opportunity to watch each and every one of these athletes grow.

Yuri Nakano



With over 20 years swimming (10+ years competitively), Yuri was ready to share her knowledge and experience. Becoming an assistant swim coach has allowed her to do that. "Swimming is important because it keeps kids healthy, protects them from drowning and it's fun!"

Middle Atlantic Swimming "Tech" Suit Policy in Competition

A. Swimmers 10 years old and younger may **NOT** compete in "Tech" suits at Middle Atlantic swimming Sanctioned Competition. For Hershey Aquatic Club, this includes dual meets which are USA-sanctioned meets.

B. Policy will take effect on January 1, 2018.

C. A list of all restricted suits will be posted on the Middle Atlantic website and given to meet host, meet referees, and meet directors. The restricted suit list will be revised as needed

D. Meet Officials, Coaches, Swimmers, and Parents will be responsible for knowledge of the policy.

E. There is no "Tech" suit restriction for swimmers age 11 and over. Swimmers 11 years and over may continue to compete in Tech suits.

NOTE: Paroling this is going to be up to the Coaches and officials. Coaches need to educate their teams and be willing to speak up if they see a swimmer with a tech suit on at a meet. Officials will **DISQUALIFY** swimmers if they see a swimmer compete in a Tech suit.

1. Referees and officials will know about this rule and will have the ability to DQ a swimmer wearing a Tech suit.
2. Referees will not be checking all suits, but if a swimmer swims and an official sees a FINA tag on the suit they have the right to DQ the swimmer.
3. The list of suits that will NOT be permitted will be updated as needed.

Perfect Practice Attendance

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

Senior A/B

Andrew Cramer
Myla Cramer
Dillon Mason
Zachariah Hagan
Elizabeth Jones
Cole Luttrell
Tomomi Nakano
Claire Ryland
Makayla Tarkenton
Allison Weller
Michelle Yun

Silver 1

Samantha Andrews
Shane Brace
Colin Clough
Noah Drexler
Makannah Fickett
Benjamin Musante
Magill Zagaceta

Bronze

Austin Fastrich
Lily Moore
Kyle Nguyen

Diamond 1

Lauren Kim
Erik Wingert

Silver 2

Markus Wingert
Stephen Wingert

Diamond 2

Gemma Rickabaugh
Reid Smith

HAC Birthdays and Events in October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Caylene Rippon	6	7 Bryce Mills
8	9 Makayla Tarkenton	10 PIZZA PARTY	11 Breaststroke @ Rec	12 Breaststroke @ Vista	13 Rocktoberfest	14 Rocktoberfest
15 Rocktoberfest	16	17 Halloween Parade	18	19	20	21
22 Bella Rippon Emily Colman Tri Meet at F&M	23	24	25	26 Trick or Treat	27	28
29 Halloween Mini	30	31	1	2	3	4