

NOVEMBER 2017

the

Hershey Aquatic Club

November Swim Meets

November 3-5:

Marlins Invitational

November 17-19:

WSY A/BB/C

November 18:

Tri Meet at Central York

Food Collection Drive

HAC swimmers are asked to donate boxes of stuffing, cases of water or Gatorade for distribution to families in need.

Donations due by November 13.



2017-2018 HAC Swimmer Collegiate Commitments

These HAC swimmers have proudly committed to swim for the following colleges:

- **Myla Cramer** – Ursinus College
- **Caylene Rippon** - Brown University
- **Sally Tafuto** – The Ohio State University

Save the Date!

Pizza Party

November 7

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

Donations Due

November 13

Last day for food donations for Cocoa Packs at Rec Center and Vista.

Practice Schedule 2

November 20

See practice schedule changes for high school practices.

PLEASE GIVE!

HAC October Swim Meet Recap

UDAC Rocktoberfest

HAC opened its season at Upper Dublin's Rocktoberfest. It was good racing from our swimmers on their way to time improvements. The swimmers improved in 63% of all our races.

Julia Woronko (10), **Bell Roeting** (9), and **Gavin Tran** (9) achieved 8 personal best times each. They were followed by **William Chappell** (11), **Evan Darowish** (10), and **Katrina Kulasinksy** (13) - all achieved 5 personal bests. **Julia Woronko** and **Lilly Moore** (10) swam their first MA Junior Olympic times. Way to go girls!

LAC Tri Meet

The first Central Pennsylvania Swim Association tri meet was a good start for the season. Opening the season with long events can be a tough start for many swimmers. However, all of the swimmers accepted their event assignments and swam well. The younger swimmers seem to excel early in the season as opposed to the older ones who may struggle early on. Twenty-one swimmers achieved best times in all three events they competed. What was the score you ask?

HAC 339 – LAC 294 – ACWS 77.

Lydia McMullen swam her first 11-12 Junior Olympic qualifying time in the 100 Backstroke. Congratulations, Lydia!

Hallowswim Developmental Mini Meet

What a joy it was hosting this first ever competition at the Hershey Rec Center. The atmosphere was spot on for Halloween. A BIG THANK YOU to all the parent volunteers. It's a pleasure seeing HAC parents (and swimmers) working a meet even when they don't have children competing. Great job to all the "greenies" stepping in for their first swim parent volunteer position.

As for our swimmers, they did great! There were many first time competitors that made it through successfully. Walking around the pool, gym, and lobby, I saw plenty of happy faces. I think the swimmers wanted to get their races done so they could pick up their TROPHY filled with chocolate.

Congratulations to **Luke Tinsley** on winning the 9-year-old high point award (5lb chocolate bar) and **Caleb Tinsley** (9) on achieving his first Junior Olympic qualifying time in the 50 Breast!



“How Love Wins.” Christine Drexler Talks About Cocoa Packs

Christine Drexler is a swim mom. Her youngest son, Noah, will be the last one to swim with the Hershey Aquatic Club. She is also a former PTO President for Hershey Primary Elementary School who saw a problem that needed fixing – school kids without enough to eat. If the school was providing lunch, what were these kids eating on the weekends? In 2015, she asked ten friends to believe in a vision to provide food for these kids. This group of friends believed and started Cocoa Packs.

The core mission of Cocoa Packs is to provide weekend food assistance for Derry Township students in need from grades K-12. Volunteers assemble and deliver these food packs.

As the need has grown in Derry Township so has Cocoa Packs. They just completed a partnership that provided over 300 coats to kids for the upcoming winter weather. They are working to expand their reach to private school and preschool kids who are also in need of weekend food assistance. The Toys for Tots boxes in the Derry Township public schools (Hershey Elementary, Hershey Middle and Hershey High School) will directly benefit Cocoa Packs recipients providing toys to local kids.

Cocoa Packs runs on two things: donations (food and dollars) and volunteers. Both the volunteers and contributors are essential partners that allow this program to take care of Derry Township's neediest kids. Their volunteers range in age from as young as 2 years to 92 years. No matter how young or old, they are all a part of a mission to provide a “hand up, not a hand out”. This year, twenty-seven recipients left the program. Their families are now able to provide for their kids. Forty new recipients were enrolled. That's forty new kids who will have food on the weekends, who will become better learners in the classroom, who will have a better chance to succeed.

Join Cocoa Packs as a contributor or a volunteer and take part in “how love wins”.



Wanna Swim Faster This Year? Get More Sleepy Time.

By Olivier Poirier-Leroy

Swimmers push themselves hard in the pool. They try to make healthy life decisions when it comes to hydration and nutrition. But where many begin to cut corners is on their sleep. Not getting enough sleep goes beyond feeling a little groggy and yawning repeatedly while the coach explains a workout. Consistently across all sports researchers have found that performance, alertness and mood have been positively impacted when athletes invest in an extra 1-2 hours of sleep per night. So we can safely say that sleep matters. A lot.

Here are some sleep strategies for making rest a part of your success this season:

If you can, nap it out

Make sleep a priority

The life of a swimmer that is in school is a profoundly busy one. Juggling homework and practice is tough.

When those assignments start to catch up on us we begin cutting corners on our sleep. It is critical to understand that getting adequate rest is a priority of your training and recovery. Make sleep a priority by creating a bed-time ritual and making your room dark and cool.

If you are running on less than optimal amount of sleep, and you have time between your AM & PM practice or prelims/finals meet, TAKE A NAP. Just a 30 minute nap is enough to increase alertness, decrease sleepiness and improve sprint performance.



Wake up at the same time every day

Instead of forcing yourself to go to bed at a specific time – which often only induces sleep stress, wake up at the same time each day. Do this for a little while and you will find that your body will tell you when it is time to go to bed instead of you having to force sleep on yourself when you aren't necessarily primed for it.

Avoid caffeine before bed

Sounds obvious, but I have been guilty of this as well. There is work/homework to be done, and having some coffee or an energy drink is used to ward off the fatigue and retain some level of focus and concentration. Depending on your tolerance to caffeine, try to avoid it 4-6 hours before bed.

Opportunities to Give Back... to our Community

COCOA PACKS

Each year in November, the Hershey Aquatic Club donates food to Cocoa Packs to feed families in need in Derry Township. This year we are asking each family to donate ONE of the following items:

- ❖ 2 boxes of stuffing
- ❖ A case of water
- ❖ A case of Gatorade

Please put your donation in the box located at either the Rec Center (under the swimmer files) or at Vista next to the vending machines.

DONATIONS DUE BY MONDAY, 11/13.

SALVATION ARMY ANGEL TAGS

The Hershey Aquatic Club will be collecting warm clothing and toy donations for 75 children in need in the Harrisburg area. Angel tags will be arriving soon. The tags will be available on the Angel Tree which is set up on the door to Coach Greg's office in the Rec Center. Families can take one or more tags and buy items for the families described on their tags.

Stay tuned for more information coming out on Salvation Army Angel Tags!

to our Team

To become an official, no previous experience is required. In fact, you don't even have to have a swimming background. Enjoying watching your kids swim competitively is the only prerequisite.

Here are a few of the great reasons to become a HAC swimming official:

1. Being on deck at swim meets gives you the BEST "seat" at the meet
2. Learn and understand the subtleties of the sport: stroke technique, meet preparations and procedures
3. FREE heat sheet
4. Fun way to volunteer at swim meets
5. Training is self-paced; materials provided online
6. Rewarding way to get involved in your child's sport
7. Opportunity to officiate at away meets
8. HAC's apprentice approach gives you ample opportunity to partner on deck with an experienced HAC official. You decide when you are ready to officiate on your own.



Contact Kathleen Ryland at kathleenryland@yahoo.com for information.

Perfect Practice Attendance

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

Senior A/B

Olivia Eichman
Tori Tafuto

Silver 1

Sammy Andrews
Alex Blacker
Shane Brace
Noah Drexler
Makennah Fickett
Tommy Paul

Bronze

William Chappell
Austin Fastrich
Lily Moore

Diamond 1

Nathaniel Chetlen
Emily Colman

Birthdays & Events in November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28		30	31	1	2	3
					Katie & Charles Fackl Marlins Invitational	4
5		6	Taryn Maloy Pizza Party	Leah Wilhelm	Grace McCloskey	10
Nikita Andrews Marlins Invitational						Jack Hollerbach
		7				11
12		13		14	15	16
	Bella Roeting Cocoa Packs - Last D			Sean Lehan Charlie Griffith Sabrina Stasz	Matt Gao	WSY A/BB/C
						WSY A/BB/C Tri Meet @ CYA
19		20		21	22	23
Maggie Shaw WSY A/BB/C						24
						25
26		27	28			
	Maya Rose Fitterer Jane Sheldon	Jillian Ruddle			Brendan O'Connell	1
						2