

the

Hershey Aquatic Club

December Swim Meets

December 6-9:

Speedo Jr. Nationals

December 9:

Dual Meet vs. MARA

December 15-17:

LAC Holiday Meet

Food Collection Drive

HUGE THANKS to HAC families for donating all the many cases of water and Gatorade and boxes of stuffing. Cocoa Packs was very thankful!



Middle Atlantic Swimming "Technical Suit Policy" will take effect on January 1, 2018

The [Middle Atlantic Swimming Board](#) has determined that swimmers aged 10 and under will not be allowed to wear tech suits to participate in any Middle Atlantic-Sanctioned meets. This policy follows many Local Swim Committees (LSCs) in the United States who are reviewing rules on the use of technical swim suits in age group competitions. The main reason is that these suits can cost as much as \$500 per suit versus traditional fabric suits that cost much less

There is no "Tech" suit restriction for swimmers age 11 and over.

Here is some additional information on this policy:

1. Paroling this is going to be up to the coaches and officials. *Coaches will have 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 aged 10 and under compete in a Tech suit.
2. **A "Tech" suit is defined as: "any suit with bonded seams, Kinetic tape, or meshed seams".**
3. Referees and officials will know about this rule and will have the ability to DQ a swimmer wearing a Tech suit.
4. Referees will not be checking all suits but if they see a FINA tag on the suit they have the right to DQ the swimmer.
5. The list of suits that will NOT be permitted will be updated as needed on the MA Swimming website.

Save the Date!

Pizza Party

December 12

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

Cancelled Practice

December/January

There will be no swim practice on December 25 and January 1.

Practice Schedule 2

See practice schedule changes for month of December due to high school meets and holiday.

Junior Olympics & IMX Qualifiers

at December 5, 2017

JO Qualifiers by Age Group

10&Under

Lily Moore
Caleb Tinsley
Gavin Tran
Julia Woronko

11&12

Isaac M'ikanatha
Catherine Martin
Lydia McMullen
Cali Oyerly
Magill Zagaceta

13&14

Alex Blacker
Makennah Fickett
Tommy Paul

Bridget Cox
Bryce Mills
Bella Rippon
Angela Woronko

Noah Drexler
Ben Musante
Tori Tafuto

IMX Challenge

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

How do I score points?

Rankings in the program are based on power points a system developed by USA Swimming. See the [Power Points page for more information and to use the Power Point Calculator](#) on the USA Swimming page.

How do I participate?

Participation in the IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.

IMX Challenge Achievers

Olivia Mahler(9)

Gavin Tran(9)

Julia Woronko(10)

Ava Buck(11)

Catherine Martin(11)

Markus Wingert(11)

Magill Zagaceta(11)

Sean Lehan(12)

Cali Oyerly(12)

Sydney Stasz(12)

Shane Brace(13)

Colin Clough(13)

Kelsey Epoca(13)

Katrina Kulasinsky(13)

Jack Paterno(13)

Jason Weller(13)

Tommy Paul(14)

Ally Weller(15)



Early Swimming Success Does Not Predict Later Elite Performance by Doug Cornish

Coach Doug Cornish with the Emmaus Aquatic Club wanted to know if early swimming success could predict future swimming champions. He reviewed the research by Genadijus Sokolovas, Ph.D., to better understand how swimmers develop. He applied that research to local swim results.

To qualify for the MA Short Course Zone Team, a swimmer had to rank #1 or #2 in Middle Atlantic Swimming making those swimmers among the “fastest of the fast”. How many of those swimmers would continue the sport through college? How many would earn a full scholarship? How many would make the NCAA Championships?

From 2008-2010:

- 28 girls competed for MA in the 9/10 age group at Short Course Zones.
- 2 of those girls are still in high school; 26 girls graduated.
- Of those 26 girls, 16 are on college rosters representing the following schools: TCNJ, Wisconsin, Emory, Gettysburg, Villanova, Michigan State, University of San Diego, Fairfield, Tampa, University of Virginia, Navy, Canisius, IUP, St. Boneventure, Ursinus, Harvard.
- So far, there have been zero NCAA qualifiers from this group.

It is my opinion that these girls have done well for themselves. Navigating a long swimming career is difficult but swimming in college can be an incredibly rewarding experience. However, based on early expectations put on these girls at a young age wouldn't you have projected that our 28 fastest 10-year-olds would have accomplished more? Most would say “yes” but the answer should be “no”.

We need to stop putting all this pressure and expectations on these young swimmers. We need to stop caring so much about how fast they are at a young age and start concerning ourselves with how much they are learning and how much fun they are having.

What lessons do I derive from this?

FIRST: stop pushing swimmers to be fast at a young age.

SECOND: over half of the of the best-ever swimmers in the 17-18 age group, the ones who receive the biggest of the ever-shrinking scholarships, were never ranked in any previous age group. In other words, over half of the best-ever are “late bloomers”.

LESSON SIMPLIFIED: don't get caught up in how fast your swimmer is if they are young and fast. Similarly, don't let your swimmer get discouraged if they aren't ranked highly as a young swimmer. There are several things more important than their ranking:

Is their love for the sport growing? Are their skills improving? Do they have another step to take in their swimming (i.e., practices per week)? Are their times improving? Do they have the support, patience, fortitude, understanding, motivation and desire to keep going? No matter what your swimmer's rank is at an early age, the answer to these questions needs to be “yes” if they are going to continue to improve.

HAC Swimmers Give Back to the Community

Breaststroke for Breast Cancer



On Tuesday, HAC presented the PA Breast Cancer Coalition with a check for **\$14,342.61!**

Congratulations to our top fundraisers:

Jillian Ruddle, Senior Group -- \$1,995

Claire Ryland, Senior Group -- \$600

Maya Fitterer, Senior Group -- \$550

Skylar Black, Bronze Group -- \$415

*Since the inception of this fundraiser nine years ago, the Hershey Aquatic Club has raised more than **\$92,000** for the PA Breast Cancer Coalition! Well Done!*

Volunteering at Cocoa Packs

On December 5, HAC swimmers and coaches from high school, silver 1 and silver 2 practice groups spent time organizing the food pantry, putting together food packs, and separating toys at Cocoa Packs.

#bekind #lovewins #bettertogether



Redefining Junk Food

By Chris Rosenbloom, PhD, RDN, CSSD

A teen swimmer wrote to say that he “loves junk food, but really wants to eat healthy.” He went on to explain when he tries to eat healthy “unprocessed” foods, he always defaults to “processed” foods. He thinks his eating habits are negatively affecting his swimming and really wants to change.

It is refreshing to hear from young swimmers who know there is a connection between healthy eating and performance but have a hard time figuring out what is a healthful diet.

I suggest that swimmers redefine “junk” and stop thinking in black and white terms about foods. Part of the confusion comes from the word “processed” and how casually the term is used in the media to describe foods that are devoid of all nutrients.



The truth is eating processed foods such as frozen or dried fruit, frozen or canned vegetables, packaged grains, canned beans, milk, yogurt, cheese, pasta, fresh or frozen meats, poultry, or fish, and whole grain breads and cereals are the basis of a healthy diet. **Here are some suggestions to eat healthier:**

Eat more of these foods:

Eat less of these foods:

Breakfast

- | | |
|--|---|
| <ul style="list-style-type: none"> ◆ Cheerios with a banana and milk ◆ 100% orange juice ◆ Scrambled eggs with diced ham ◆ Breakfast sandwich with egg, cheese, and Canadian bacon | <ul style="list-style-type: none"> ◆ Sugar-sweetened breakfast cereal ◆ Orange drink ◆ Scrambled eggs with bacon or sausage ◆ Breakfast biscuit with sausage or fried chicken |
|--|---|

Eat more of these foods:

Eat less of these foods:

Lunch

- | | |
|---|---|
| <ul style="list-style-type: none"> ◆ Tuna salad sandwich on whole grain bread ◆ Grilled cheese sandwich with tomato soup ◆ Yogurt with added fruit ◆ Single burger with coleslaw ◆ Grilled chicken sandwich ◆ Lentil soup with whole grain crackers ◆ Water, unsweetened iced tea, sparkling flavored waters | <ul style="list-style-type: none"> ◆ Meatball sub on white roll ◆ Fried cheese sticks with marinara sauce ◆ Double bacon cheeseburger with fries ◆ Fried chicken sandwich ◆ Soft drinks, sweetened tea, lemonade |
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Snacks

- | | |
|---|--|
| <ul style="list-style-type: none"> ◆ Peanut butter sandwich ◆ Popcorn ◆ Nuts (almonds, walnuts, peanuts, pistachios, pecans) ◆ Dried fruit mix ◆ Pita wedges with salsa ◆ Cheese and crackers ◆ Mini-bagels with turkey slices | <ul style="list-style-type: none"> ◆ Candy ◆ Chips ◆ Snack cakes ◆ Doughnuts ◆ Pastries |
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Perfect Practice Attendance

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

Senior A/B

Carly Carrasco
Ben Chappell
Andy Cramer
Mason Dillon
Ella Pederson
Cole Luttrell
Tomomi Nakano
Jillian Ruddle
Sally Tafuto
Tori Tafuto
Michelle Yun
Morgan Zagaceta

Silver 1

Alex Blacker
Shane Brace
Makennah Fickett
Magill Zagaceta

Bronze

Austin Fastrich
Owen Fastrich
Gavin Tran

Silver 2

Markus Wingert
Stephen Wingert

Diamond

Gemma Rickbaugh
Colton Brace
Erik Wingert

Birthdays in December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
	Maya Rose Fitterer Jane Sheldon	Jillian Ruddle		Brendan O'Connell	Emma Wyckoff	
3	4	5	6	7	8	9
Ben Musante	Ian Mills			Allie Leonard		Catherine Martin
10	11	12	13	14	15	16
					Caroline Clough Liz Jones	Anna Gao
17	18	19	20	21	22	23
	Gemma Rickbaugh					
24	25	26	27	28	29	30
		Maggie Dye Claire Ryland	Nick Martin	Hannah Bliss Skylar Black		Carly Carrasco