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# Hershey Aquatic Club

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## Evening to Celebrate One-Year of Cocoa Packs May 21

Please join us May 21 from 4 to 7 p.m. at the Hershey Rec Center to celebrate both the one-year anniversary of Cocoa Packs and the volunteers that make this hunger-crushing nonprofit a reality. There will be games, food, and time to be in community with one another. Our club will continue to serve Cocoa Packs this upcoming year. If you haven't had a chance to meet some of the individuals involved, please come to this event! RSVP by May 7 to [cocoapacks@gmail.com](mailto:cocoapacks@gmail.com).

### Upcoming Meets

#### May Maelstrom

May 5-7

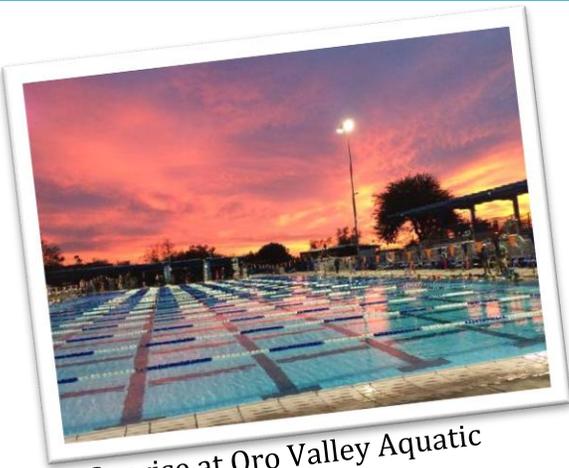
The first long course meet of the season will be held at Franklin and Marshall.

#### NLAC Summer Kickoff

May 20-21

This meet will be outdoors in a heated long course pool. Come prepared by bringing a parka, gloves, and extra towels, as it is usually between 55-75 degrees at State College.





Sunrise at Oro Valley Aquatic Center, AZ

## Quick Tip!

Wear earplugs at first to avoid getting swimmer's ear. Then make sure to dry your ears out after practice.

## Cold Water

Jumping into cold water is arguably the most difficult part about being a swimmer. How can you embrace it? Get warm before jumping in by doing a quick warm up with jumping jacks to get your heart rate up and blood flowing. You can also choose to laugh about it instead of complain. This will help your teammates think more positively about getting in the water too.

## No School

After practice, how are you spending your time? Try talking to your parents or coaches about how to set goals for the summer. We can help you figure out a schedule to help you achieve your goals. Maybe your goal is to finish your summer reading by end of June so you can read other books. Or maybe you want to plan a fundraiser for an organization you care about. The possibilities are endless! Just take initiative to set some goals.

# How to Mentally Prepare for Summer Season

Long course, early mornings, cold water, and no school. Learn how to wrap your mind around it so that you use your time wisely.

## Long Course

Long course is a completely different animal than short course. You have an entire 50 meters to get your stroke rhythm down, instead of only 25 yards. As you begin training, think about lengthening out your stroke and learn how powerful your body is when you take advantage of your momentum. Also, take time to visualize how you want to swim at your end-of-season championship meet. Do everything you can to get to that goal every day!

## Early Mornings

For some of us, it's extremely challenging to wake up early in the summer. Try to get to bed early enough to get eight to 10 hours of sleep every night. You'll find waking up to be much easier, even pleasant! As soon as you wake up, drink 20 ounces of water to get your body's metabolism started.





## Four HAC Swimmers Attend George Breen Age Group Select Camp

Makennah Fickett, 12, Lydia McMullen, 11, Cali Oyerly, 11, and Magill Zagaceta, 10, attended the George Breen Age Group Select Camp April 22. The camp ran a total of eight hours, and the athletes spend four of those hours in the pool learning techniques ranging from starts and turns to underwater kicking. Olympian Kelsi Worrell was there to help instruct the age groupers. In addition to learning swimming technique, the swimmers also learned about the importance of nutrition and sleep. They learned about how much the behavior and habits they have outside of the pool impact their performance inside the pool. "I learned

that before swim meets and practice, it's good to eat foods that are mushy," McMullen said. "Foods like apple sauce and yogurt are easy for your body to digest for quick energy."

All four of these young swimmers have big dreams, and this camp made it possible for them to learn more about their sport and accomplish those dreams. It provided new tools to help them reach their goals, and new friends they can connect with at upcoming meets.

Congratulations for qualifying for this camp! We can't wait to see you grow and reach for your goals.



## Pre-Meet Snacks

Try the following snacks for quick energy before and during swim meets

- *GoGo squeezeZ Applesauce*
- *Nut butter and whole grain toast*
- *Yogurt with fruit and dry cereal*
- *Beef jerkey with piece of fruit*
- *Hummus with pretzels and carrots*
- *Trail mix with dried fruit*

Not all snacks work the same for everyone. Test these out before practices before you try it at a meet.

# Adjusting to Your Training Group

## More Yards

If you just moved up to the next level training group, congratulations! You're right in the middle of figuring out how to manage all the additional yardage, different drills, and sets. Take each practice one at a time. When you are there, stay in the moment, and remember your goals for the end of the season. Be confident that your new training will get you to your goals!



## New Friends

Being in a new training group also means you're training with different swimmers. Take advantage of that by learning ways you can gain new skills by what they've already learned. Pay attention to the details, such as leaving the wall properly and ask your new friends questions about how to do a set well! They'll be happy to help, and you'll both grow in the process.

## Take Care of Your Body

With the additional yardage your body is training to, and likely a different time in the evening you are training, make sure you are planning ahead when you are getting nutrients in your body. Have a small snack or mini dinner before your practice, and another mini dinner afterwards to replenish your body for best recovery.



## Additional Opportunity

Now that you're in a more advanced training group, you'll have more opportunity to improve your competitive edge and become a better leader. Learn more about the sport by reading and analyzing races online. Here is a list of [five books recommended by Your Swim Log](#) to shape your racing and strengthen yourself mentally.

# April Perfect Attendance

Gavin Tran, Bronze  
 Erik Wingert, Diamond 2  
 Kelsey Epoca, Silver 1  
 Makannah Fickett, Silver 1  
 Tommy Paul, Silver 1

# May Birthdays and Meets

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Brooke Geyer	2	3	4	5 Avery Kesterson May Maelstrom	6 May Maelstrom
7 May Maelstrom	8 Rachel Lavigne	9 Evan Darowish	10	11 Tomomi Nakano and Sophia Zubeck	12 Jason Young	13
14	15	16	17	18	19 Aiyanna Verma	20 NLAC Summer Kickoff
21 Tori Tafuto NLAC Summer Kickoff	22	23	24 Sydney Stasz	25	26	27 Cole Luttrell
28	29 Memorial Day	30 Tatum Sharp	31	June 1	2	3

# Thanks for reading!

Hi everyone! Thanks for reading May's newsletter. The stories written here are a compilation of my experiences, research (referenced when needed) and other's experiences I've interviewed. I hope you enjoyed it! If you have any ideas for the next newsletter, please email me at [kmnolan.unc@gmail.com](mailto:kmnolan.unc@gmail.com). Thank you!

## Coach Katie

