

J U N E 2 0 1 7

Hershey Aquatic Club

May Maelstrom Recap

The first long course meet of the season was held at Franklin & Marshall over the first weekend of May. The majority of swims resulted in best times, which is remarkable considering our athletes have been training in short course yards all spring. The athletes achieved 53 percent improved times. Not only did the swimmers improve their times, but we also saw a number of athletes move from lower time standards to higher ones. See the list below for the swimmers to achieved higher time standards this meet:

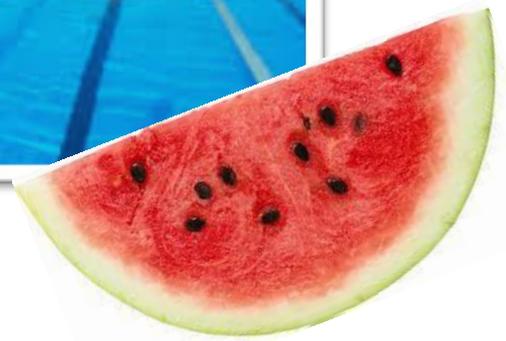
B to BB: Noah Drexler, Sydney Stasz, Andreas Wingert, Julia Woronko

BB to A: Alex Blacker, Andy Cramer, Tommy Paul, Maggie Tarkenton, Jason Weller

A to AA: Angela Woronko

"I'm glad this meet resulted in improved times and moved kids to higher time standards," Coach Greg said. "I'd like to see them pushing themselves harder, especially in the 200s. Overall, they did a good job."

Nice work team! The next long course meet is the WSY HAC Long Course Classic at Bucknell June 8-10.



Save the Date!

WSY HAC Long Course Classic

June 8-10, 2017

Hosted at Bucknell, this meet is a prelims-finals format for 13 and overs and timed finals for 12 and under.

Bridge to Bridge Open Water

June 24, 2017

This event is great to introduce your swimmer to open water racing. 10 & U can sign up for the 500 and 11 & up can sign up for the 2K or 5K.

Heatherfield Duel Meet-Home

June 17, 2017

First dual meet of the season! Remember to bring sunscreen and spike

WSY Summer 1 Day Meet

June 25, 2017

This will be a three-hour meet held outside at Hampden Township Park and Pool.

Willowood Duel Meet-Home

June 24, 2017

Second dual meet! What can you do to make your times better?

Duel Meet Challenge

This summer we will have the 13 and over kids work much more closely with the 12 and unders. Read below to learn about the challenge!

Know Each Other's Swims

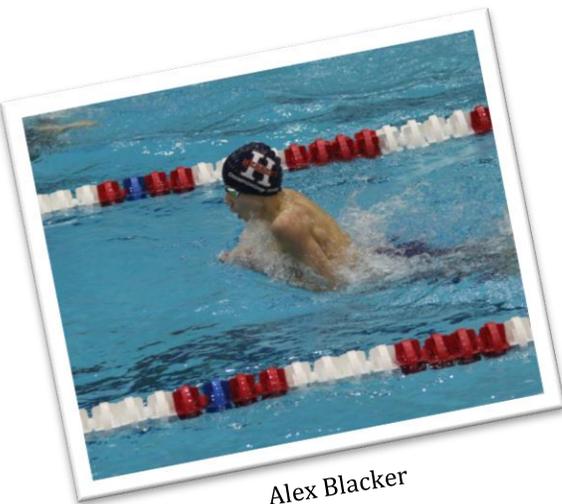
Each 13 and over will be paired with a 12 and under. The 13 and over is responsible to finding the 12 and under, getting to know them, and making sure they know their swims. The 13 and over should let the 12 and under know when he is swimming so they can go watch and cheer. The 13 and over will also be responsible for going to see the 12 and under's swims, cheering, and giving feedback and encouragement.

Keep Each Other Engaged

Thirteen and overs, spend time with your 12 and under by playing a game with her and letting her know how excited you are to see her swim. You can even film her swim and show her what her stroke looked like.



Jason Lyn-Sue



Alex Blacker

Do a Scavenger Hunt Together or Play a Game

Team up with some other pairs of older and younger kids and create a scavenger hunt for the younger kids. Ask Coach Katie for some ideas on how to make a scavenger hunt.

Follow Up with Coaches and Each Other at the Next Meet

In order to hold each other accountable, older kids need to take a photo with their younger counterpart and write down a quote or one of his favorite parts from the meet. You then go share the photo and the quote with Coach Katie. She'll compile all the results for the end of the season banquet.



Buchanan, Luft, Hollenbach, Ryland



Color Circuit Remix Flyback ProLT



Our Team is Sponsored by SPEEDO...What Can and Can't I Wear?

Since 2000, Hershey Aquatic Club has been sponsored by SPEEDO. Our contract allows many benefits to our club, such as team-wide discounts, outfitting for national meets, and coaches outfitting. Although it is not enforced that swimmers wear SPEEDO during competition, it is highly encouraged, as the brand provides so many benefits for the team.

FAQs:

Q: Am I allowed to wear other branded racing suits in competition?

A: We require athletes to race at meets with provided team suits, which are SPEEDO.

Q: May I wear a different brand of high-tech racing suit?

A: At national level and local championships, we (HAC's Coaching staff) are requiring use of SPEEDO tech suits.

Q: What about at practice?

A: You may wear other brands at practice, so long as they are appropriate. Suits that tie in the back are prohibited. You will be asked to change your suit if you come to practice with a tie back suit. If you or a teammate does not have an extra suit, you will be asked to go home.

Friday Morning Snacks!

Our parents are awesome! Each Friday during the summer, someone volunteers to bring breakfast for each training group.

If you'd like to provide food for the swimmers one Friday, please sign up [here](#). It's a delight for the kids to enjoy breakfast together after a hard week of training! If you have any questions, please reach out to Coach Katie or Chris Luttrell. Thank you!



Ryland at Diversity Select Camp

Claire Ryland, 14, had the opportunity to attend USA Swimming's National Diversity Select Camp May 5 through May 7. She said she learned the most about the importance of positive mental preparation, sportsmanship, and new drills. Coach Jeff also attended the camp and gained insight from other coaches who attended.

Ryland learned one way to calm herself before a big race. "You breathe from your stomach to slow down your heartbeat," Ryland said. This was one of many tools given to the group of swimmers to control their minds and bodies.

One of the most important lessons Ryland learned was about sportsmanship. "You win as a team, you lose as a team," she said. "It's not one person who carries the team and not one person who brings the team down."



Inclement Weather Policy



The likelihood of training in perfect weather every morning is not likely, especially in a region where summer storms hit regularly. Keep an eye on your email or our website for updates when it looks like the weather would turn in to a thunderstorm.

If lightning strikes during practice, it is the pool's policy that all swimmers evacuate the pool for 15 minutes. If there is another sighting of lightning during that time, the clock starts over, and another 15 minutes must pass before swimmers can get back in the water. If 15 minutes passes with no sign of lightning, swimmers can re-enter the pool to continue training.

May Perfect Attendance

Ally Weller
Erik Wingert

June Birthdays and Meets

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Ben Chappell	2	3 Angela Woronko
4 Mathias Van De Louw and Lindsay Aluquin	5	6	7	8 HAC WSY Long Course Classic	9 HAC WSY Long Course Classic	10 HAC WSY Long Course Classic
11 HAC WSY Long Course Classic	12 Summer Season Starts!	13	14 Isaac M'iKanatha	15 Ashley Nguyen	16	17 Erin Walter and Alex Blacker Heatherfield Home Meet
18 Father's Day	19	20	21	22	23	24 Makennah Fickett Willowood Home Meet and Bridge to Bridge Open Water Meet
25 Olivia Mahler WSY Summer 1 Day Meet	25	27 Ethan Thomas	28	29	30	July 1

How to Genuinely Enjoy Summer Swim Meets

Summer swim meets can be overwhelming to even the most experienced families. Depending on the venue, you may or may not know what event is happening at any given moment, and who knows if your kid is up there ready to go? Here are some tips to help both new and seasoned families feel more comfortable with the many elements of a summer meet.



1. There are kids everywhere. Make friends with as many parents as possible, and make sure they know which child is yours so that they can identify him in case you have trouble finding him at some point during the meet.
2. Bring fun games that are either waterproof or you don't mind buying again because water will destroy it. Cards are always fun, especially Uno, Phase 10 and Apples to Apples. Lots of kids also enjoy playing **Spike Ball** and more activity-involved games. Whatever game they play, make sure they are aware of when their next event is!



3. Bring a pen or a sharpie to write their events on their hands. The format we usually use is the event number, the event, and the heat/lane. Here is one example of how to write it:

#11 100 Bk H2/L5

#29 50 Fr H1/L2

4. Bring snacks or cash. The best snacks for swimmers during the meet are foods that do not take much energy to digest, such as apple sauce, yogurt, fruits, and **vegetables paired with a protein**, like nut butters. But how can one only eat those foods when you can smell hot dogs and your friend is eating a



Abby Fastrich

Nerds Rope? Warning: it's hard to stay disciplined at swim meets!

5. Bring sunscreen for yourself and your swimmer(s)! We are usually out in the sun for six to eight hours. It's important to stay safe by putting on sunscreen, wearing hats and **sunglasses**. If you have a tent, bring that for your swimmer and her friends to share and stay in the shade.
6. If you have multiple kids who are at many different events on a Saturday morning, connect with a parent who might be staying during the whole meet so they can let you know when your swimmer is up. That might allow you time to get there and watch, or the other parent might be able to film the race so you still get the opportunity to see your child swim. you can see it later. Either way, make sure your child knows how much you value watching him swim, even if you aren't able to see every event.
7. Make it fun for yourself, your child, and the other kids on the team! Cheer for all the swimmers. Make a fuss over how amazed you are at how your child did his start. Take him out to eat at their favorite restaurant after the meet. Swim meets can be tiresome, but the joy we have from seeing the kids improve and make friends on the team is without question worth the time.

Thanks for Reading!

Thanks for taking time to read through June's newsletter. If you have any ideas for July or August, please email Coach Katie at kmnolan.unc@gmail.com.

Thank you!

