

J A N U A R Y 2 0 1 8

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# Hershey Aquatic Club

## Upcoming Swim Meets

### January 12-14:

MA Mid-Winter Classic  
(Cumberland Valley H.S.)

### January 26-28:

CYA A/BB/C  
(Central York H. S.)

### February 11:

Hershey Love the Mile  
(Hershey Rec Center)

### February 23-25:

CPSA Championships  
(Central York H.S.)

## Cancelled & Modified Practices

### in **JANUARY**

### for Silver 1 & 2 Practice Groups:

**CANCELLED** SILVER 1 PRACTICE DATES: 1/16, 1/30

**CANCELLED** SILVER 2 PRACTICE DATES: 1/9, 1/16, 1/23

#### **MODIFIED** PRACTICES:

1/9: SILVER 1 (6:30-7:30pm)

1/11: SILVER 1 (3:00-5:00pm); SILVER 2 (5:00-6:30pm)

1/23: SILVER 1 (6:30-7:30pm)

1/25: SILVER 1 (3:00-5:00pm); SILVER 2 (5:00-6:30pm)

## What are you practicing for?

"The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion when no one else is watching." -Anson Dorrance

"If you don't consistently have an excellent attitude and give great effort, why would you be surprised with anything but ordinary results?" -Chris Plumb, CSCS Swim Coach

# Junior Olympics & IMX Qualifiers

at January 4, 2018

## 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
Sydney Stasz	Magill Zagaceta

### 13&14

Alex Blacker	Shane Brace	Bridget Cox
Noah Drexler	Makennah Fickett	Bryce Mills
Ben Musante	Tommy Paul	Tori Tafuto
Tori Tafuto	Angela Woronko	Morgan Zagaceta

## 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)	Stephen Wingert (12)	Shane Brace(13)
Colin Clough(13)	Kelsey Epoca(13)	Katrina Kulasinsky(13)
Kayla Nguyen (13)	Jack Paterno (13)	Jason Weller (13)
Tommy Paul (14)	Ally Weller (15)	Cole Luttrell (17)



## USA Speedo Junior Nationals East at the University of Tennessee

Kate Luft represented Hershey at the USA Speedo Junior Nationals East at the University of Tennessee. She improved on her performance through the competition coming a little closer to a personal best each swim.

Kate’s performances exceeded her December times from last season. Although best times are not always achieved, it’s important for athletes to compete at higher levels where they aren’t the top dog. Exposure to high levels of competition can make the swimmer mentally tougher and better mentally prepared.

PLUS, you get to taste the local cuisine!!!



## LAC Speedo Holiday Classic at Franklin and Marshall College

This competition comes halfway through the season and the opportunity for swimmers to reap the rewards of hard work over the past three months. HAC swimmers improved in over 50% of the races.

Several individuals had an outstanding meet:  
**Magill Zagaceta (11), Makennah Fickett (13), and Alex Blacker (14)**  
 all advanced to finals in seven events.

**Julia Woronko** swam 7 personal bests through the course of the weekend. Top place finishes were turned in by **Claire Ryland** (1<sup>st</sup> 13&14 200 Back), **Cali Oyerly** (2<sup>nd</sup> 11&12 50 Back), **Gavin Tran** (2<sup>nd</sup> 9&10 100 Breast).

Swimmers achieving first time Junior Olympic qualifying times were  
**Sydney Stasz and Shane Brace.**

## HAC vs Marauders Dual Meet Re-Cap

HAC's third CPSA meet was successful defeating the Marauders 402-139. The team improved in 44% of the races. Though there were many that swam personal bests, the following individuals improved in all three races:



- 8&Unders: **Grant Hollerbach, Maddison Lenovich, and Erik Wingert**
- 9&10: **Claire Tian**
- 11-12: **Eleano Barone, Maggie Dye, Owen Fastrich, Adrienne Kulasinsky, Markus Wingert and Stephen Wingert**
- 13&14: **Dominic Carricato and Marissa Kopec**
- 15&O: **Andy Cramer and Kirsten Grubb**

## HAC Gives Back Over Holidays

THANK YOU to HAC families for your generous Salvation Army Giving Tree donations! You made some kids in the Harrisburg Capital City region very happy.

Very special thank you to Taryn Maloy for leading this effort this year. Great job, Taryn!



# OVER SNACKED: FIXING THE SNACKING EPIDEMIC IN YOUTH SPORTS

By TrueSport

Youth sport practices, games, and tournaments are packed with snacks and sports drinks, which leads the question: Are we over-snacking our young athletes?

## Why there's so much food in youth sports

Every parent has stories about the time(s) their kid went from fine to full meltdown in the span of five minutes, only to rebound equally quickly after getting some food down the hatch. That's why we all have secret stashes of crackers, granola bars, or fruit gummies in backpacks, handbags, and car consoles. But according to research from Toben Nelson at the University of Minnesota, despite expending more energy than non-sport participants, kids who participate in youth sports often end up consuming more calories than they expend – and a lot of it is junk food. Here are some of the contributing factors:

- Time constraints – Shuttling kids from activity to activity means more eating in the car, more stops at convenience stores and drive-thrus, and more packaged foods.
- Overlap – It's not that youth sport athletes get one extra snack compared to non-sport peers, but rather that they get multiple extra snacks: before the game, halftime, after the game, or at the next game later in the afternoon.
- Sponsorships – Youth sports leagues and school sports programs can always use more funding, and companies that make sugary beverages and snacks are right there to help.

## Over-Snacking Leads to Poor Eating Behaviors

Snacks as a pre-requisite for activity, or snacks as a reward for activity, can also establish poor eating behaviors. Encouraging kids to fuel up before practice or a game, replenish energy during a game, and then finish every activity with a snack or sweet treat as a reward, can condition them to make an unhealthy association between activity and food.

## How to Get Sports Snacking Under Control

There are some positive aspects to establishing routines around eating and drinking during sports. It is important for kids to stay hydrated, especially during hot-weather activities, and bringing athletes together at regular and expected times to drink helps establish the habit of drinking during exercise. But most times it should be water. But to cut down on the excess sugar and calories, consider the following:

- Emphasize water over calories. Provide water and fruit with high water content, like orange slices and watermelon, at halftime and after the game.
- The American College of Sports Medicine recommends carbohydrate-rich sports drinks only for activities lasting longer than 60 minutes.
- Speak up! No one wants to rock the boat, but you are probably not the only parent who would support fewer snacks at games.
- Reserve sweet treats for an earned reward. Establish a reward the team can work toward based on effort, not victories. Over the course of a season or portion of a season, the team could be rewarded for hustle, listening during practice, or improving an aspect of performance they can control (free throw scoring percentage, for instance).

## Perfect Practice Attendance

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

### Senior A/B

Hank Carrera  
Ben Chappell  
Charlie Fackler  
Liz Jones  
Cole Luttrell  
Tomomi Nakano  
Ella Pedersen  
Jillian Ruddle  
Tori Tafuto  
Ally Weller  
Michelle Yun  
Morgan Zagaceta

### Bronze

Austin Fastrich  
Gavin Tran

### Diamond2

Gemma Rickabaugh  
Reid Smith

## Birthdays in January

January 5 - [Emma Fickett & Maya Madden](#)

January 6 - [Alessia Bova](#)

January 10 - [Dominic Carricato & Madison Lenovich](#)

January 16 - [Anna Wang](#)

January 17 - [Mason Dillon & George Ardire](#)

January 20 - [Noah Chelten](#)

January 22 - [Gavin Tran](#)