

F E B R U A R Y 2 0 1 8

the

Hershey Aquatic Club

Upcoming Swim Meets

February 11:

Hershey Love the Mile

February 11:

Alyson Chick Memorial
Valentine 10 & Under
Meet

February 23-25:

CPSA Championships

March 1-4:

MA Junior Olympics

March 20-24:

ISCA Jr Nat Cup

**"Good teams become great teams
when the members trust each
other enough to surrender the
'me' for the 'we'."**

- Chris Plumb

Stay Warm By Glenn Brown

Nobody ever said, "I enjoy being cold." So, the question is: Why do we let our kids walk out the door with shorts and a t-shirt, or no hat, no coat, or anything to help them stay warm and healthy? Are we so desperate to get home a minute or two sooner that we are willing to sacrifice our kids' wellbeing? If so, may I politely say, STOP IT! Everybody wants to get home but sacrificing your kids' health to save a minute or two just seems silly.

However, when your body gets cold it has to work harder. Blood vessels will constrict when cold and slow the flow of white blood cells (fight infection) to areas of the body so they can combat the threat of illness.

I'm not one to tell people how to raise their kids. Each family is different and has their own set of rules to abide by. What I am saying is: "Why take a chance? You've all worked too hard and put in too many hours to not finish your season the way you'd like by rushing out of the pool dressed inadequately and getting sick. Please wear a hat, pants, sweatshirt and SHOES before exiting the building into our winter wonderland."

Staying warm = a better you!

Save the Date!

Pizza Party

February 13

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

IMPORTANT Practice Change

New practice schedule begins on **February 26** for JOs, silver champs and HHS district and state championship swimmers **ONLY**. If you are not swimming in one of these events, your practice season **ends on February 23**.

Junior Olympics Qualifiers

at February 11, 2018

JO Qualifiers by Age Group

10&Under

Lily Moore
Caleb Tinsley
Luke Tinsley
Gavin Tran
Julia Woronko

11&12

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

13&14

Alex Blacker
Bridget Cox
Marissa Kopec
Tommy Paul

Shane Brace
Noah Drexler
Bryce Mills
Tori Tafuto
Morgan Zagaceta

Colin Clough
Makennah Fickett
Ben Musante
Angela Woronko

Swimmers may still enter this competition if they qualify at the CPSA Championships. You must email Coach Jeff at fasty3@aol.com by Sunday evening, February 25.

Eastern Zones Championship Qualifiers

at February 11, 2018

- ❖ 10 & Under: Gavin Tran, Lilly Moore, Julia Woronko
- ❖ 11-12: Issac M'ikanatha, Magill Zagaceta, Lydia McMullen, Cali Oyerly
- ❖ 13-14: Alex Blacker, Makennah Fickett, Tori Tafuto, Angela Woronko
- ❖ 15-18: Nikita Andrews, Zach Hagan, Cole Luttrell, Brendan O'Connell, Myla Cramer, Olivia Eichman, Brooke Geyer, Maggie Hagan, Liz Jones, Taryn Maloy, Tomomi Nakano, Claire Ryland, Sally Tafuto, Makayla Tarkenton, Ally Weller

Silver Championship Qualifiers

at February 11, 2018

(Swimmers are not listed here if they have qualified for Junior Olympics and/or Zones)

- 10&Under: Alex Camp, Noah Chetlan, Eli Cohen, Evan Darowish, Jacob Epoca, Austin Fastrich, Colin Lehan, Jason Lyn-Sue, Erik Wingert, Elizabeth Foley, Morgan Forrester, Avery Kesterson, Olivia Mahler, Bella Roeting, Jane Sheldon, Claire Tian, Lillian Weiler-Timmins
- 11-12: Eleano Barone, Jason Bu, Will Chappell, Own Fastrich, Sean Lehan, Luke Madden, Kyle Nguyen, Mathias Van De Louw, Markus Wingert, Ava Buck, Maggie Dye, Emma Fickkett, Adrienne Kulasinsky, Allie Leondard
- 13-14: Matt Gao, Matthew Mailman, Nick Martin, Jack Paterno, Aayush Verma, Jason Weller, Stephen Wingert, Sammy Andrews, Hannah Bliss, Amelia Dye, Kelsey Epoca, Katrina Kulasinsky, Maya Madden, Kayla Nguyen
- 15&Over: Anton Aluquin, Hank Carrera, Dominic Carricato, Ben Chappell, Mason Dillon, Ian Mills, Lindsay Aluquin, Allie Bova, Carly Carrasco, Caroline Clough, Maya Fitterer, Kirsten Grubb, Grace McCloskey, Ashley Nguyen, Ella Pedersen, Jillian Ruddle, Michelle Yun

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)

Ava Buck(11)

Magill Zagaceta(11)

Sydney Stasz(12)

Kelsey Epoca(13)

Jason Weller(13)

Alex Blacker (14)

Luke Tinsley (9)

Stephen Wingert (12)

Adrienne Kulasinsky (11)

Kayla Nguyen (13)

Gavin Tran(9)

Catherine Martin(11)

Sean Lehan(12)

Shane Brace(13)

Katrina Kulasinsky(13)

Tommy Paul(14)

Lilly Moore (10)

Austin Fastrich (9)

Owen Fastrich (11)

Rachel Lyn-Sue (12)

Bella Roeting (10)

Julia Woronko(10)

Markus Wingert(11)

Cali Oyerly(12)

Colin Clough(13)

Jack Paterno(13)

Ally Weller(15)

Caleb Tinsley (9)

Amelia Dye (13)

Will Chappell (11)

Noah Chetlen (10)

Cole Luttrell (17)

****All information on swimmer achievements provided by Coach Greg.*



Being a Leader Isn't Necessarily About Swimming Fast by Mike Gustafson

Being a role model doesn't necessarily have anything to do with times. Being a role model is as simple as showing leadership: Being on time (early), having a positive attitude, encouraging and supporting others. To be a leader, that's really all you have to do.

Many people think/assume that fast swimmers are inherently leaders. Or that fast swimmers are just naturally good role models. In my experience, this is rarely true. There are some exceptions, of course, but from my experience in the sport over the past 30 years, the best kinds of leaders aren't the fast swimmers. They are the swimmers who care the most, display that passion vocally and through actions, and are the best teammates.

In other words, if you want to be a role model to younger swimmers, just be a good teammate.

Cheer. Stand up during races. Lead pre-meet team chants. High-five swimmers. Show an interest in their times. Be a friend to everyone. Be someone who will help younger swimmers with a flip turn, a start, or a stroke technique. Just be a good teammate.

Leadership and being a "good role model" doesn't happen overnight. Leadership requires an everyday commitment, an everyday positive attitude, and an everyday passion for the sport. But true leadership is built by attitude, not by race times.

7 Tips to Help You Get Ready for the Big Meet by Olivier Poirier-Leroy

With **championship season** just around the corner swimmers from coast to coast are priming up for their big meets of the year. After months of seemingly impossible main sets, the opportunity to reap the benefits of all of your hard work is upon you.

Here are 7 tips to maximize all of your invested efforts going into meet time.

- 1. Pack like a boss.** An extra suit, goggles and cap are obvious ones. Then there is all the non-essential, yet essential stuff. For some it is music – make sure your iPod is charged before you head to the pool.
- 2. Manage that extra energy.** In the couple weeks leading up to the meet, training volume will go down, and with it, you will experience a level of superhuman energy that you forgot you were capable of. Managing that sudden influx of energy will be challenging, but be mindful of burning it off in ways that don't interfere with your taper.
- 3. Keep your diet surprise-free.** Although we like to think that we love variety in our diet, most of us have a surprisingly consistent set of meals. There are times to try new things with your diet; in the days and hours leading up to your competition is not one of them.
- 4. Have your pre-race routine planned out.** Your pre-race routine acts as a trigger, a cue telling your body that it's time to rock and roll. Have a plan for your warm-up, how long you are going to stretch, what you're going to listen to, and so on. Having a pre-race routine helps to keep things familiar and comfortable for you. Think back to the last time that you swam completely out of your mind, and emulate those same circumstances.
- 5. Have goals for the meet.** Duh, right? But you would be amazed how many swimmers don't bother to plan this out. No expectations, no chance of being disappointed, am I right? Wrong. Revisit your dream goals and see where the upcoming meet fits in the long term plan. Go into the meet with a clear outline of what you hope to accomplish, whether it is time, splits, and so on.
- 6. Perfect practice.** Repetition and volume are important, but fairly useless unless you are executing with proper form. With lowered yardage heading into the big meet there will be a greater emphasis on developing speed and power. If you have been focused on maintaining excellent technique in practice until now, this isn't the moment to let that slip.
- 7. Envision yourself swimming successfully (especially in the face of adversity).** Phelps was a monster at this; he visualized his races up-and-down, imagining all sorts of scenarios, so that inevitably when something did go wrong, he was able to remain calm and collected.



10 Foods for Faster Swimming

By Bri Groves

There are a multitude of healthy food options for swimmers but timing is essential to receiving benefits.

Before swimming/competition: Try to eat a snack or meal high in complex carbohydrates with some easily digestible protein. Example: a piece of peanut butter toast.

During swimming/competition: Swimmers should eat easily digestible foods that contain primarily carbohydrates. Examples: apples, bananas, raisins, power bars and pretzels.

After swimming/competition: Protein is essential for proper muscle recovery and should be combined with complex carbohydrates, healthy fats, and a variety of vitamins and minerals. Example: Spaghetti and meatballs with a side salad.

10 Foods to Incorporate into Your Diet:



Orange fruits and vegetables: These foods are loaded with vitamins C, E, A, and potassium.

Russet and sweet potatoes: Contrary to popular preconceptions, potatoes can be a healthy part of a balanced diet. Just don't go nuts with the butter and sour cream.

Apples: An apple a day may actually keep the doctor away.

Dark-green leafy vegetables: Veggies like kale, spinach and collard greens are high in iron and calcium.

Nuts and Seeds: Try using them to top cereal, yogurt, or just grab a handful. If you're not allergic pecans and walnuts are also high in a diverse range of vitamins and acids that promote balanced moods and high energy levels.

Beans: Mix into a burrito or salad. Throw them into a pasta dish.

Low-fat yogurt: It also provides long lasting energy and boosts muscle recovery.

Milk or soymilk: Either option is a great post-workout recovery drink.

Berries and unsweetened dark chocolate



Perfect Practice Attendance

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

Senior

Olivia Eichman
Charlie Fackler
Katie Fackler
Brooke Geyer
Liz Jones
Tomomi Nakano
Caylene Rippon
Jillian Ruddle
Claire Ryland
Sally Tafuto
Ally Weller
Morgan Zagaceta

Diamond 1

Emily Coleman
Erik Wingert

Silver 1

Alex Blacker
Shane Brace
Noah Drexler
Makennah Fickett
Cali Oyerly
Tommy Paul

Silver 2

Sydney Stasz

Bronze

Lilly Moore
Julie Woronko

FEBRUARY BIRTHDAYS

1 - Matthew Mailman

7 - Anirudh Sethi

11 - Jack Paterno

25 - Colin Lehan