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# Hershey Aquatic Club

## Upcoming Swim Meets

March 20-24:

ISCA Jr. Nat. Cup

March 23-25:

MA Silver Champs

March 28-31:

Senior Champs

March 29-31:

Eastern Zone SC Champs

May 13:

Hershey May Flower  
Developmental Meet

**"We are what we repeatedly do.  
Excellence, therefore, is not an act  
but a habit."**

*~Aristotle*

## Hershey High School Women



Hershey High School women win 8th straight District 3 title. Way to step it up! On to States.

### Save the Date!

#### Pizza Party

March 13

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

#### SPRING/SUMMER SWIM TEAM

We are pleased to announce that registration for the Spring/Summer 2018 swim season will be held online. Online registration will run from March 16th - March 20th.

## Middle Atlantic Junior Olympics

Hershey finished 15<sup>th</sup> in the team standings moving up 4 places from last year. The swimmers competed very well ending the meet 65% best times. Cali Oyerly set team records in the 50 and 200 backstroke.

Here are the Hershey medalists:

Cali Oyerly (12) – 1<sup>st</sup> 50 Back, 3<sup>rd</sup> 100 Back, 8<sup>th</sup> 100 Fly

Gavin Tran (10) – 2<sup>nd</sup> 100 Breast, 3<sup>rd</sup> 50 Breast, 8<sup>th</sup> 100 IM

Magill Zagaceta (11) – 4<sup>th</sup> 200 IM, 6<sup>th</sup> 100 Breast

Julia Woronko (10) – 6<sup>th</sup> 50 Back, 7<sup>th</sup> 100 Back

Makannah Fickett (13) – 7<sup>th</sup> 200 Back

Alex Blacker (14) – 8<sup>th</sup> 200 IM

11-12 200 Medley Relay – **6<sup>th</sup>**  
(McMullen, Stasz, Oyerly, Martin)

13-14 400 Free Relay – **4<sup>th</sup>**  
(Paul, Mills, Musante, Blacker)

13-14 200 Free Relay – **5<sup>th</sup>**  
(Clough, Mills, Musante, Blacker)

13-14 200 Medley Relay – **7<sup>th</sup>**  
(Paul, Blacker, Musante, Mills)

13-14 400 Medley Relay – **7<sup>th</sup>**  
(Drexler, Blacker, Musante, Mills)

## Eastern Zones Championship Qualifiers

The SYC winter Eastern Zone championship has changed its format from representing your LSC as team to representing your own club team. The change was made for a variety of reasons ranging from LSC cost, difficulty in finding coaches to attend, to lack of participation from the LSCs. The new format will be rather exciting allowing each team to take a handful of athletes from the qualifying time all the way up to swimmers at the brink of achieving Junior National times. Unfortunately, due to the popularity and size restrictions, not all qualifiers will be able to attend.

The following individuals will be attending:

- |                         |                    |                      |
|-------------------------|--------------------|----------------------|
| ❖ Gavin Tran (10)       | Lily Moore (10)    | Julia Woronko (10)   |
| ❖ Isaac M'ikanatha (12) | Cali Oyerly (11)   | Magill Zagaceta (11) |
| ❖ Alex Blacker (14)     | Marissa Kopec (13) | Angela Woronko (14)  |

## CPSA Championship

After moving the meet from Central York High School and having to divide the meet up into three different facilities (Hershey Rec Center, Red Land High School & Shrewsbury YMCA), Hershey swam quite well. They improved in 64% of the swims, several qualified or added events for Junior Olympics, and several met the qualifying time for Eastern Zones. As well as finishing first in their events, the following set new meet records:

Henry Moore (6 & under) – 25 Free & 25 Fly  
 Gavin Tran (9-10) – 100 Breast & 100 Back  
 Julia Woronko (9-10) – 100 Back  
 Cali Oyerly (11-12) – 500 Free  
 Lydia McMullen (11-12) – 50 Back  
 Bryce Mills (13-14) – 500 Free  
 Ian Mills (15 & over) – 500 Free

## 2017-2018 Hershey Aquatic Club ~ End of Season Awards

At the end of season team banquet, the following awards will be recognized:

- + Participation Award: swimmers must have competed in a minimum of 3 in-season competitions and an end of the year championship meet.
- + Perfect Practice Attendance Award: swimmers who made it through the entire season without missing a single practice.
- + Senior Awards: recognition of the graduating seniors.
- + IMX Awards: recognition of the swimmers who meet the challenge and completed the necessary events.
- + CPSA High Point Award: the swimmer in each age group and gender accumulating the most points at CPSA dual/tri meets and CPSA Championship.
- + USA Swimming Time Drop Award: the swimmers in each age group and gender dropping the most time over the course of the season.
- + Team Records: recognition of the swimmers improving HAC team records.
- + Century Club: Swimmer dropping over 100 seconds over the course of the season.

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### **The Key to Swimming Fast: Don't Forget to Fill Your Tank** by Lexi Lupton

My freshman year of college I received advice that immediately made its way to the top of my "Words to Live By" list. In the middle of the season I found that I had reached a point I had never experienced before: **burn out**. Knowing that I needed help overcoming this obstacle, I reached out to mental performance coach Robert Andrews from Houston, Texas. After listening to me unpack the clutter in my head, he challenged, "Well...are you filling your tank?" His seemingly random response took me by surprise but what came next was a simple, yet powerful concept that would quickly change my perspective.

It's safe to say that swimming is a time-consuming sport. When you combine swimming, a full academic course load, and attempting to have a social life, you quickly realize that you need 30-hour days instead of 24. The constant battle of balancing all these areas of your life is exhausting. At the end of a long day, it's easy to immediately start preparing and planning for the next. We emphasize recovery, fueling our body correctly, and getting enough sleep but we don't put that same emphasis on our minds. While physical recovery is an extremely important component to our grueling sport, the piece we often forget about is mental recovery.

Now, imagine your mental, emotional, and physical energy as a gas tank. The vicious cycle of school and swimming described previously burns a lot of gas. If you're constantly using gas without refilling your tank, eventually you're going to hit empty. But how do you fill your tank?

Discovering what you enjoy outside of your chaotic schedule is the key to "filling your tank". These activities should make you feel recharged and ready to take on another day rather than dragging through them. Whether it's spending time with family, watching a movie, drawing, playing an instrument, or turning up your music and forgetting the world exists; it's important to find what makes you happy...and do it. Too often we use the excuse that we don't have enough time. However, putting forth the effort to set aside time to take care of yourself is what will ultimately make the biggest difference in your happiness and help keep your focus on why you love swimming in the first place.

So, if you ever find yourself running on empty, **don't forget to fill your tank.**



## Gear Up for Long Course by Mel Walker

Coaches get very excited this time of the year as we make final preparations for our short course championship season. However, in the back of our minds we are always considering the next season. In this case, we might finally see some warmer weather, the sun, and outdoor training...it's time to gear up for Long Course!

Long course swimming is a different animal than short course, and it presents some interesting challenges and additional benefits.

The most obvious difference is the change in pool, which moves athletes out of the short, 25-yard pool, into the long, 50-meter Olympic-size pool. While this can be intimidating for younger and newer swimmers, it's also fun and something we recommend for all our athletes, new and seasoned!

### Considerations for Long course:

1) During short course, swimmers benefit from twice the flip turns, increasing the time they can streamline. **In long course, the number of flip turns are reduced, forcing swimmers to hold their stroke together for a longer period of time.** It's a great opportunity to fine-tune your stroke mechanics and maximize your efficiency in the water. In long course you swim approximately 15% more than in the same race in yards, so your conditioning and technique must be on point! When you consider short course races can be up to 60% from dolphin kicking underwater (if you're good at it), you realize that the importance of technique has a more significant impact in the long pool where only up to 30% of the race can be swum underwater.

**2) With half the turns and streamlines, increasing your distance per stroke is a must in long course!** When in practice, make a habit of counting your strokes. For many of our athletes (and not just the younger ones), this is a foreign concept and that **MUST** change. During your workout be aware of your stroke count for different types of sets, and when possible, focus on descending your time while holding a specific stroke count. This should help you stay disciplined about swimming long and tall.

3) The short course season runs from September to March, a fairly lengthy season. **Long course starts in April and runs through the end of summer, depending on when you finish competing.** It's a shorter season, so you'll want to take full advantage of racing opportunities. One doesn't just automatically know how to race long-course, it is a learned and practiced process. Your coach can help you determine your targets - be it establishing a stronger back half, negative splitting a race, developing a particular breathing pattern, maintaining stroke count, or taking your race out faster. Plus, racing in practice is fun!

**Other cool benefits?** There's a lot more SPACE in the long course pool? You might even catch some rays during an outdoor practice!

## True Efforts Come from Accountability by Sean Muncie

Parents, we all want to believe that our children are infallible, the truth is, that 100% effort is extremely difficult and there are years of practice and training that goes into an honest 100% effort. Like most things in life, 100% effort is a learned behavior. Like every other coach, over the course of my career, I have had multiple swimmers that have not given 100% effort in practice or in races. The athletes that continued to progress through the sport were the swimmers and parents who were honest in the evaluation of the athlete's performance and effort and took the time (years!) to train their mind and their body to understand what 100% really is.

Once you drop your swimmer off at practice, it is now their job to do what the coaches ask them to do. More often than not parents want to blame the coach for what they perceive as a lack of progress from their child. The coach understands that this is a process and a long process at that. The skills being taught are difficult and for younger more inexperienced swimmers, there is a lot of information to process and execute in an environment they are unfamiliar with (water). I assure you, part of a coaches' job description is not "the person I blame when I think my child isn't progressing as fast as I think they can". Progress will be slow and gradual. Expecting your swimmer's progress and success to be instantaneous is unreasonable and places an enormous amount of pressure on everyone involved including your child.

The desire for instantaneous rewards will do more than harm than good and you run the risk of sabotaging your swimmer's performance because of irrational expectations. Above all, do not compare your child's performance to another and use that as a baseline for what you think your child should be doing. Once again, that will place an unrealistic expectation on your swimmer and you not only run the risk of sabotaging their performance but running them out of the sport altogether.

Forget what you think you know. The only ones who truly know what is going on in the water are the coaches. The coach has been watching your child swim day in and day out for months. The coaches know what true effort and concentration looks like. They also know how to balance the absence of concentration and effort and still teach when it isn't 100% there. The coaches are not just responsible for the skills and development of your child, but for the skills and development for 30 other children. The skills they are working on in practice are meant to serve the entire group not just a select few. Your child will benefit more (long-term) from the Group Developmental Perspective utilized by the coach rather than Individual Developmental perspective utilized by parents.

Trust the coaches, trust that the coaches are there not for their own fame, glory, or wealth, and let them do their job without interference.

Long-term success in anything comes from individuals who have learned accountability for their actions and do not seek to blame others for their shortcomings. Accountability on the part of the athlete cannot only be taught at the pool, it must be reinforced at home with a positive relationship and trust of the coaching staff.



## 6 Takeaways for Swim Parents by Elizabeth Wickham

We all can point to valuable life lessons kids learn from swimming such as time management, hard work, good sportsmanship, persistence, goal setting, etc. The lessons learned at the pool help shape who our kids become as adults. What makes swimming such a hotbed of learning? In my humble opinion, it's because of the time commitment it takes to get good. Hours and hours each week for years on end. There's no shortcut to success and talent only takes a swimmer so far.

But, what do parents learn from this experience? Many of us spend long hours schlepping to and from the pool for years and even decades supporting our children. Here are six takeaways for swim parents:



**ONE - Organization.** Swim parents can't be haphazard or lackadaisical with their family's demands. We juggle numerous things at once, like driving a carpool, volunteering at a meet, careers, nutrition and family time. It takes amazing organizational skills to pull it off.

**TWO - Empathy.** We're there for our kids when they're feeling frustrated during a plateau or missed a cut to the big meet. We feel empathy for a teammate who is suffering. Swim parents are there to share concern and step up to help in any way we can.

**THREE - Listening.** Swim parents learn when to talk and when to listen. We learn it's better not to interrogate our kids on the way home from practice or meets, but to wait for them to open up. We understand when they're sharing details that they aren't asking for us to problem-solve, but want a shoulder to cry on and someone who cares.

**FOUR - Expectations.** We know our kids are hard workers, talented, and have so much potential. There's no telling what amazing times they'll get during their next meet. But, we also know few swimmers will be Olympians. There are lots of opportunities to swim in college, but not many full scholarships. Years at the pool teaches us that every meet is not a life or death experience. If your child misses their race, this too shall pass. If they DQ, they will learn from it, just like the missed event. They're in the pool having fun, being healthy and striving for their goals.

**FIVE - Volunteerism.** There are many things parents can do to make swimming better—whether it's setting up for a meet or helping a new parent read a heat sheet. Some teams need fundraising, coordinating banquets, making flyers, or just being part of a positive and supportive atmosphere on deck.

**SIX - Patience.** Yes, there are lots of opportunities to learn patience as a swim parent. What first comes to mind was waiting for practice to be over and the girls showering for what seemed like an eternity on cold winter nights. I learned to be patient and realized that after their hard work, a little time talking and having fun was okay.



## Perfect Practice Attendance

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

### Senior

Hank Carrera  
Olivia Eichman  
Katie Fackler  
Maggie Hagan  
Liz Jones  
Taryn Maloy

Ella Pedersen  
Caylene Rippon  
Jillian Ruddle  
Sally Tafuto  
Tori Tafuto  
Angela Woronko  
Morgan Zagaceta

### Silver

Alex Blacker  
Colin Clough  
Noah Drexler  
Ben Musante  
Cali Oyerly  
Markus Wingert  
Stephen Wingert

### Bronze

Lily Moore  
Gavin Tran

### Diamond

Emily Coleman  
Bella Roeting  
Erik Wingert

## MARCH BIRTHDAYS

1 - Olivia Eichman

4 - Katherine Luft

5 - Lauren Kim

5 - Caleb & Luke Tinsley

7 - Grant Hollerbach

12 - Justin Mills & Katrina Kulasinsky

14 - Henry Moore

18 - Lillian Weiler-Timmins

28 - Elena Chappell

29 - Colin Clough

29 - Sebastian Sivarajah

30 - Maya Darowish

31 - Shane Brace & Kayla Nguyen