

AUGUST 2017

Hershey Aquatic Club

Congrats on a great season!

Congrats on completing a great summer season! In this newsletter, you'll find a few meet write-ups, the coaches' feedback from the meets and the season overall, recommendations on how to use your off-season time wisely, and a clever way of getting vegetables in a classic Italian dish.

Enjoy!



We're Going to Zones!

Angela Woronko, Makennah Fickett, Gavin Tran, and Magill Zagaceta will be competing in Richmond, Virginia August 9 through 12 for 2017 Eastern Zone Age Group Champs. Angela will be swimming the 100 meter backstroke, Makenna the 100 backstroke and 50 freestyle, Gavin the 100 breaststroke, and Magill the 50 and 100 breaststroke, 50 and 100 freestyle, 50 fly and 200 IM. "I'm excited to see how they do at this meet," said Coach Jeff. "It's an amazing achievement to qualify, now all they have to do is have fun and race."

Coming Up in August

NCSA Jr. Nats

August 1-5

Tomomi Nakano, Kate Luft, Caylene Rippon, Sally Tafuto, Claire Ryland competed in Indy! See results [here](#).

Zones

August 9-12

Magill Zagaceta, Makenna Fickett, Angela Woronko, and Gavin Tran to compete in Richmond. Follow results [here](#).

Race with Endurance

August 26

Middle and High School girls event where we'll discuss values and wise decision making. [RSVP here](#) if you haven't already.

Championship Meet Recap

We're so proud of how our swimmers did this year! See below for a quick summary from the last couple of meets.

Divisionals

Many of our top times for the season were performed at Divisionals. The 9-10 age groups did particularly well, dropping one to two seconds in their 50 freestyles. Most of our relays were conservative with their transitions from leg to leg, which allowed us to continue on to All-Stars. "That was a hot day! I'm so glad the swimmers were staying hydrated," said Coach Katie. "I loved watching them get excited about their races. It's really fun as a coach to see their hard work pay off at this meet."



All Stars

Many of our athletes continued to drop times the next day at the Annville-Cleona pool, despite the tricky wall, which led to some disqualifications. Lydia McMullen dropped nearly five seconds in her 100 IM compared to her time at Divisionals, Alex Camp nearly three seconds in his 25 backstroke, Emma Fickett and Sabrina Stasz over a second in their 100s freestyle, and over one second for both Maya Fitterer and Brendan O'Connell in their 50s butterfly.



Mid Caps

Hosted at home, the parents worked together to run the entire meet. There was plenty of food, set up and clean up were quick, and the swimmers got to their events! Thank you so much, everyone who helped participate in this event! Some of the top swims were Lindsay Aluquin's 100 IM and 50 fly, where she dropped about two seconds each. Cole Luttrell and Taryn Maloy both dropped a couple seconds in their 100 IMs as well. Elizabeth Foley won the girls 8 and under 25 backstroke. Nice swims everyone!



The Coaches' Summer Review

Coach Greg

What made our team successful this year and why?

The comradery amongst the age groups. Happy swimmers encouraging each other breeds success.



Coach Jeff

What one thing should they focus on improving going into the fall?

Continue to work on basic fundamentals (2220 Rule, leave the wall correctly, and race strategy).

Coach Matt

Looking into the next season, can you choose one word you want to define your training group?

Positive.



Coach Donna

What was the most positive improvement you saw in your group over the summer?

As the championship meets closed in on us, I saw a lot better focus in the kids.

Coach Katie

Out of all three club championship meets, which were you most impressed with and why?

All Stars because I saw a lot more team cheering than the other meets. The swimmers stayed to watch their teammates race and were very encouraging to them after their swims. That's one of my favorite things to see as a coach!

Chef Jeff's Zucchini Lasagna

Coach Jeff made this new family favorite the other day. Owen didn't even know it was zucchini! Try this recipe if you need to get more veggies in your family's diet...incognito!

Ingredients

- 1.5 pounds zucchini (about 3-4 medium) sliced lengthwise 1/4-inch thick. If it's a large zucchini, cut out the seeds to remove excess moisture.
- Salt, to taste
- 2 T olive oil
- 1 C chopped Vidalia onion
- 3 cloves garlic, minced
- 1 pound turkey burger
- Ground black pepper, to taste
- 1 28 oz. can crushed tomatoes
- 2 T chopped fresh basil
- 1 T honey
- 1.5 C ricotta cheese
- 1 large egg
- 1/3 C parmigiana-reggiano cheese
- Italian seasoning
- 3 C (12 oz.) shredded mozzarella cheese (or more)

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Using a mandolin slicer or sharp knife, slice the zucchini lengthwise into 1/4-inch thick slices.
3. Place the zucchini slices in a bowl, sprinkle them with salt, and toss to coat the slices evenly. Set them aside for 30 minutes.
4. While the zucchini is being salted, heat a large pan over medium heat. Add the olive oil and onion and cook, stirring often, until the onion is soft (about 3-5 minutes).
5. Add the minced garlic and cook for 1 minute.
6. Add the ground beef, season it with salt and pepper, and cook, breaking the meat into small pieces as it browns (about 4-5 minutes).
7. Add the crushed tomatoes, basil, and honey. Reduce the heat to low and simmer, stirring occasionally, for about 10-15 minutes, or until sauce is very thick.
8. In a medium bowl, mix the ricotta cheese, egg, parmigiana-reggiano cheese, Italian seasoning, and pepper. Stir well.
9. After the zucchini has been sitting for about 30 minutes, use paper towels to blot the excess moisture that the zucchini has released.
10. In a 9x13 inch casserole dish, spread about 1/3 of the sauce on the bottom and layer about 1/3 of the zucchini slices to cover the sauce.
11. Spread 1/3 of the ricotta cheese and egg mixture over the zucchini, and then top that with 1 cup of the shredded mozzarella.
12. Repeat layering process until all of your ingredients are used up.
13. Bake for 30-45 minutes or until the zucchini is cooked through and the cheese is melted and starting to brown.



You'll need a mandolin slicer to cut the zucchini!

Swimming Break! Ideas as You Relax and Regroup

Review the Season

Before you get into full on relax mode, take some time to reflect on your season. Did you accomplish what you wanted to? What do you think you could have done better? What are you proud about overall? It's important to do a self-evaluation so you can reset and improve the next season.



Exercise Outside of the Pool

Your body still needs to stay active, even when you're on break from swimming. The nice part is you'll have time to try other types of exercise! Check out Zumba, yoga, tennis, soccer, or other team sports to build your coordination and speed. Doing other types of exercise will help your mind and body recover and prepare for the next season.

Eat Well

Continuing to eat healthy will provide nourishment and energy for your body. Avoid fried foods and excess sugar, as these foods sit heavy in your stomach and ultimately slow down your performance, no matter what you're doing. Keep balancing vegetables, fruits, proteins and nuts. Try cooking meals for your family to get a better understanding of how to incorporate nutrients in your diet. Plus your parents will appreciate it!



Serve the Community

One of the best ways to feel rejuvenated is by giving your time and resources to others. It seems counter-intuitive, but when you give to others, you are actually giving more life to yourself. Find a way to help your neighbor, have a donation drive for [Cocoa Packs](#) and collect food items, or just spend time with someone you think would appreciate your presence.



July Perfect Practice Attendance

Anton Aluquin, Senior A	Noah Drexler, Silver 1	Tori Tafuto, Silver 1
Lindsay Aluquin, Senior A	Charlie Fackler, Senior A	Luke Tinsley, Bronze
Alex Blacker, Silver 1	Katie Fackler, Senior A	Ally Weller, Silver 1
William Chappell, Bronze	Tomomi Nakano, Senior A	Andreas Wingert, Silver 1
Nathaniel Chetlen, Diamond 2	Caylene Rippon, Senior A	Stephen Wingert, Silver 2
Noal Chetlen, Diamond 1	Claire Ryland, Silver 1	Michelle Yun, Senior B
Andy Cramer, Silver 1	Sally Tafuto, Senior A	Magill Zagaceta, Silver 2

August Birthdays and Meets

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 2017 NCSA LC Junior Nationals	2 2017 NCSA LC Junior Nationals	3 2017 NCSA LC Junior Nationals Ally Weller	4 2017 NCSA LC Junior Nationals	5 2017 NCSA LC Junior Nationals Tommy Paul
6 Lauren Eby	7	8 Lily Moore	9 2017 Eastern Zone Age Group Champs Lydia McMullen	10 2017 Eastern Zone Age Group Champs Myla Cramer	11 2017 Eastern Zone Age Group Champs	12 2017 Eastern Zone Age Group Champs
13 Austin Fastrich	14	15	16	17 Magill Zagaceta	18	19
20	21 Coach Katie	22	23 Andreas Wingert Becca Yeager	24	25	26 Race with Endurance Luke Madden
27	28 First Day of School!	29 Owen Fastrich Maggie and Zach Hagan	30 Jason Weller	31 Coach Greg	September 1	2

The Nickname Game

What does Coach Jeff call your swimmer? Try the matching game below to find out!

Nickname

Given Name

So Calean	Aayush Verma
Sumatra	Lindsey Aluquin
Magillacuddy	Katie Fackler
Aluqueen	Tori Tafuto
Torrence	Makennah Fickett
Zaget	Nikita Andrews
Cletus	Sammy Andrews
Kat Fack	Kelsey Epoca
Tomama	Sally Tafuto
Chickita	Morgan Zagaceta
Colonial Clough	Eleano Barone
Tafuter	Andreas Wingert
Eli	Anton Aluquin
E-poke-a	Matthew Gao and Matthew Mailman
Aluking	Magill Zagaceta
MACKennah	Caylene Rippon
BenJAMMIN	Cole Luttrell
Andre the Giant	Ellie Buchanan
Eleano Bologna	Colin Clough
Matthu	Tomomi Nakano
AaYOOOSH	Benjamin Musante

Thanks for Reading!

It's been such a privilege to be your coach and communications specialist. I have loved building relationships with the swimmers and parents, and seeing growth in the team. Coaching with Greg, Jeff, Donna, and Matt allowed me the opportunity to learn from some amazing coaches. I am so blessed to have worked with you all this last year. There were countless moments of joy at practice and meets, and a handful of moments of disappointment and pain from a bad race or harsh words. Not one of these moments will be lost to me moving forward. They have all worked to shape me as a coach and leader, and I can't wait to see how they work to continue your growth and community building. Every day is a gift, and we get to use what we learn each day to love other people. I am so thankful to have been a part of your training and character building at Hershey, swimmers! I'm going to miss you each so much! Remember, head down flags to wall, and encourage each other.



Onward!

TNT Coupon Available!

Retired swim family would like to sell a \$224 coupon for TNT for \$199! This money is really helpful for when you're ready to purchase technical suits.

Please contact Coach Katie at kmnolan.unc@gmail.com.

