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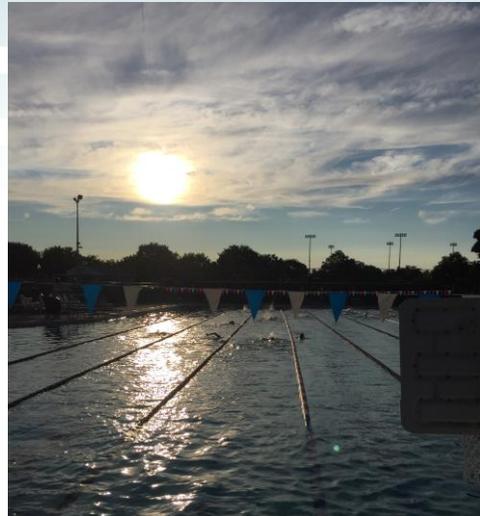
# Hershey Aquatic Club

## Swim Buddies

Every season we try to match up families who have joined the team for the first time with families who have already gone through the transition process at least once. We have a few new families this summer who haven't yet been paired. If you're interested in helping the new families, please email Coach Katie at [kmnolan.unc@gmail.com](mailto:kmnolan.unc@gmail.com).

Thank you to those of you who make an effort to reach out to new families you see at swim meets. It's very important that we make everyone here feel welcomed and part of our community.

Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.  
Zig Ziglar



## Community Center Update

On Tuesday, June 27, a meeting regarding the new Community Center was held at the Derry Township Municipal Building. According to Chris Luttrell's email to the team, the meeting was well attended and had many community members there to support the project. "The schedule of planning and construction is very aggressive with a completion date in the spring of 2020," Luttrell reported. A number of steps have yet to be completed, including an operational analysis to see what the cost will be to operate the staff and facility. This report is expected to be complete by the end of July. Thank you everyone who came out to support the build of the new community center!

## Summer League Championships

### Divisionals:

**July 22**

First of the three summer championship meets! Top 16 make it to All Stars.

### All Stars:

**July 23**

Held the day after Divisionals, a Sunday. Top 8 make it to Mid Caps.

### Mid Caps:

**July 28**

Last summer league meet of the season!

# Mental Preparation Leading to Championships: for Swimmers and Parents

**There are only three more weeks until championship meets begin! Check out these tips on how to be the best you want to be in your role, as either swimmer or parent. Many of the concepts below are taken from [Dr. Alan Goldberg](#).**

## Swimmers

## Parents

1. Pay attention to how you are fueling yourself for practice and meets leading up to championships. Drink plenty of water and gradually eat snacks through the day to keep your blood sugar levels steady, and ready to burn calories for races.
2. Speak positively to yourself and to others. Always! Do not allow doubts to come into your mind about whether or not you can hit your goal time. Reassure yourself and your teammates how hard you have worked and how much you love to race. Some swimmers like to repeat a mantra in their minds to keep the negative out. Things like “I am ready. I want to win.” or “I love to swim!” tend to help swimmers focus behind the blocks leading up to their races.
3. It’s just swimming. Remember, whether you hit your goals or you miss them, you are not what you swim. Think about all the new experiences you’ve had this year, from learning new technique, to making new friends, to trying new races. Swimming is a blast, but it’s not everything! Make sure you remember to keep perspective.

1. Provide healthy snacks and hydration for your swimmers and your swimmers’ friends, if need be. We are most effective when we work together as a team! The swimmers are really good about communicating when they’re hungry, so try to just give them the snacks and then give them space to play with their friends and get ready to swim!
2. If your swimmer comes up to you anxious, provide encouraging comments such as “No matter what, watching you swim is a joy to me!” or “I love you no matter how you do in this race.” Kids need to hear how unconditionally loved and valued they are, without their swimming to prove that you love them! You can also encourage them to seek a coach’s guidance for support.
3. Regardless of how your swimmer does, make sure they know how valued they are as your child. Remind them of all the great times you’ve had at meets together and how you’ve seen them grow into the child they’re becoming. Take every opportunity you can to remind them that learning is a process and it takes time to improve in all aspects of life.

## Meet Recaps

Our swimmers are competing almost every week during the summer. Here are meet recaps for just two meets held recently in June.

### Willowood Duel Meet

Hershey Aquatic Club swam Willowood at the Hershey Recreation Center June 24. “Our 13-14 year olds swam particularly well during the meet,” Coach Katie said. “They train through challenging practices in the long course pool every morning and still got up and raced their opponents. It was fun to watch!”

The swimmers who are competing for the first time this season did a great job as well. Eleven-year-old Miles McCall, for example, dropped 16 seconds in his 100 free and another second in his 50 breaststroke. Kate Driscoll, 6, and Gemma Rickabaugh, 7, had breakthrough meets as well, getting times in their 25 freestyle for the first time ever. Congratulations, swimmers!



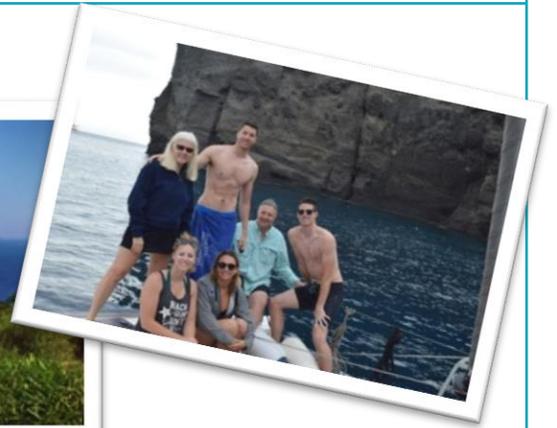
### WSY One Day Meet

About 50 Hershey swimmers competed in the WSY One Day Meet held at the Hampden Township Park and Pool June 25. This meet presented the athletes with an extra opportunity to race just two events long course meters. The meet was completed within three hours.

Among the top swims were Tomami Nakano’s 200 backstroke, beating her heat by four seconds, and Gavin Tran’s 100 breaststroke. Tran got his best time by over five seconds! Kelsey Epoca, 12, dropped about six seconds in her 200 IM, winning the race with the fastest second one hundred out of her heat. Bella Rippon, 13, about six seconds in her 200 IM as well.

“Although we only saw a handful of best times, the swimmers who competed at this meet did very well considering where they are in the season,” Coach Jeff said. “I’m looking forward to seeing them race long course the rest of the summer”





## Coach Donna Goes to Greece

Coach Donna and her family enjoyed a trip to Greece May 31 through June 11. Read the following Question & Answer interview about Coach Donna's experience with Greek culture!

**Q:** Why did you decide to go to Greece?

**A:** We decided to go to Greece because I love the Mediterranean life style. Nice weather, good food, water activities mixed in with culture and a really old history. Something for each member of my family.

**Q:** What was your favorite part about visiting Greece?

**A:** Aside from two weeks of quality family time and not having to cook a single meal, I most enjoyed swimming and sailing in the crystal clear Aegean Sea. Quite different from the Atlantic Ocean.

**Q:** What was your favorite food there?

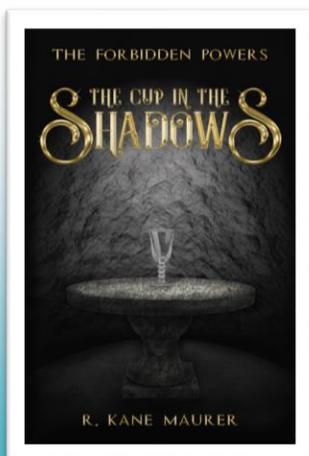
**A:** Hands down I love gyros!!! But over there they are made with chicken and beef. Rarely did I find lamb.

**Q:** Compared to the US, what part of their culture stood out as different to you?

**A:** I did not find the Greek culture that much different than ours in the US. Most everyone spoke English and were extremely friendly. I even saw a "McDonalds" in Santarini. One thing I noticed is everyone smokes. Restaurants, stores, public transportation.....there's no such thing as "nonsmoking areas" over there.

**Q:** Anything else about Greece you'd like to share?

**A:** Of the 93 Greek athletes to compete in the 2016 Rio Olympics, 29 were in aquatic sports. One swimmer medaled and that was a silver in the 10km open water swim. In the two weeks I was in Greece, I never once saw a competitive swimming pool, but I did see a lot of people swimming off the shoreline. The water is warmer, calmer, and much clearer in the Aegean Sea, ideal for open water swimming.



## The Cup in the Shadows

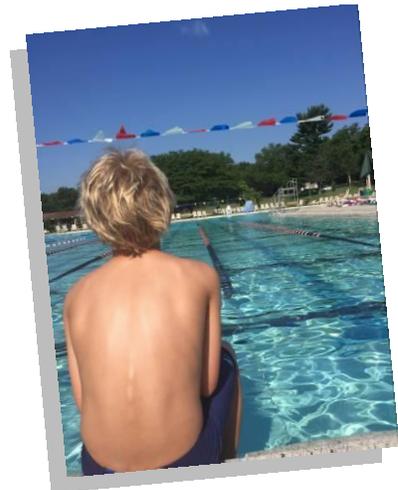
Read the first book of a new fantasy series written by Rob Maurer, Coach Donna's eldest son, who swam for HAC and graduated from Lower Dauphin in 2009. Here's a description of the book. The book will be available online anywhere books are sold ([Amazon](#), [iTunes](#)). The eBook will also be available for [Kindles](#), [Nooks](#), and iPads. In addition, a Lord Fastrich appears in the book...

*A young boy discovers an exciting magical realm while exploring a cave, but dark powers threaten to destroy everything he cherishes. Now he must find the courage he never knew he possessed in the epic fight to stop an ancient villain.*

## The Coaches' Assessment

### Coach Greg

The Bronze group is doing well with challenging practice sets. Many need to work on knowing how to do “intervals,” not just relying on those leading the lanes. The Senior group with good practice attendance is working hard and doing well for the most part. Swimmers ages 11 and older definitely need to get better at knowing their best performance times so they can translate them to race pace times in practice. In order to achieve better times, you need to train faster pace times.



### Coach Jeff

Practices have been challenging due to cold temperatures the last few weeks, but the team has continued pushing each other through tough sets, staying on task throughout practice and staying positive. I'd like to see more kicking off walls, a better focus on breathing patterns and cheering for each other at meets.

### Coach Donna

In terms of practice, the kids seem to be enjoying the change of scenery of the outdoor pool. Unfortunately with all the distractions surrounding the swimmers outside, their focus hasn't been great. I'd like to see a little better focus and maybe pushing themselves a little harder in the cardio sets. I'd also like for them to come see me after their races at meets so I can point out good things they did in their races and things that could use improvement.



### Coach Matt

The little kids are doing an awesome job getting on the blocks when they are up to race! They are prepared with their goggles on and are ready to swim. I'm so proud of them. I think they could do better in the good sportsmanship arena. It's important to shake your opponent's hand and wait for all swimmers to finish before climbing out of the pool.

## Race with Endurance

Coach Katie is planning an event for Saturday, August 26 to provide the middle and high school girls on our swim team the opportunity to discover their values, and guide them through the decision-making process.

### Discovering Your Values

During this event, we will spend time with the girls and give them time to reflect on what their top values are. We'll provide a list of values they are familiar with, and give them the opportunity to select which values they see as the top priorities in their lives. Once we discover the top values, we can move on to the next piece of the event: the decision-making process.

Coach Katie will send out registration information near the end of July.

### We Are a Team

One of the biggest parts of this day will be the team aspect. We'll do different types of team-bonding activities to start. It's important that the girls know they can rely on each other to hold each other accountable to their values. We want to create a safe space where the girls can feel confident to encourage each other to make wise decisions.

### Race with Endurance Itinerary: Saturday, August 26

- 9:00-11:30 a.m. Middle School Girls Event
- 9:00-9:30 a.m. Middle School Parents Meeting
- 1:00-3:30 p.m. High School Girls
- 1:00-1:30 High School Parents Meeting

### Making Wise Decisions

Based on what we discover in the values portion of the event, we will give the girls a few scenarios to start triggering ideas on how to use their values to make wise decisions. For example, many of the high schoolers will start the college-searching process soon. They need to know what their top values are in order to make a decision on school that will best fit with what they believe to be true. Middle schoolers will often get faced with how to manage their time when there is homework, swimming, and social life to balance. Helping them to discover their values will guide them in how to spend their time wisely.

## June Perfect Practice Attendance

Emily Colman, Diamond 1  
Lizzy Jones, National  
Sally Tafuto, National  
Alex Blacker, Silver 1

Noah Drexler, Silver 1  
Bella Rippon, Silver 1  
Markus Wingert, Silver 2  
Stephen Wingert, Silver 2

## July Birthdays and Meets

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <b>Devon Crest (Away)</b> Adrienne Kulasinsky
2	3	4	5	6	7 <b>LAC Speedo Classic</b>	8 <b>LAC Speedo Classic and Palmyra (Away)</b>
9 <b>LAC Speedo Classic</b>	10	11	12 <b>Senior Champs</b> Julia Woronko	13 <b>Senior Champs</b>	14 <b>Senior Champs Silver Champs</b>	15 <b>Senior Champs Silver Champs</b> Markus Wingert
16 <b>Silver Champs</b>	17	18 Ava Buck	19 <b>Junior Olympics</b> Izzy Beck	20 <b>Junior Olympics</b>	21 <b>Junior Olympics</b>	22 <b>Junior Olympics Divisionals</b> Aayush Verma
23 <b>All Stars</b>	24	25 Jason Lyn-Sue	26 Jacob Epoca Eli Cohen Kyle Ngyen William Chappell Ellie Buchanan	27 Coach Matt	28 National Chocolate Milk Day!	29 <b>Mid Caps</b>
30 Mayson Bontempo-Tyree	31 Alex Camp	August 1	2	3	4	5

# Thanks for Reading!

Hi team! Thank you for spending time reading through the content in this month's newsletter. I really appreciate all the positive comments that come my way. They encourage me to continue sending the newsletter! Due to my transition to Messiah, my final newsletter will be for August. We'll cover the meets through July in that newsletter as well as the schedule for August. If you have recommendations for the next newsletter, or if you have a swimmer who would like to cover a topic of their own, please let me know! Thank you!

Coach Katie

