

Hershey Aquatic Club Newsletter

December 2019

A big THANK YOU to Caroline Clough and Ally Weller on organizing, collecting, and delivering all the toys and clothing donated for the Salvation Army Angel Tree! Hershey Aquatic Club families fulfilled all 60 tags making 60 children very happy over the holidays!!



*Happy Holidays to all of our
Hershey Aquatic Club
Swimmers, Families, and
Coaches!!*



Upcoming Important Dates and Deadlines

December 13-15
LAC Arena Classic
Franklin & Marshall

December 22
Tri Meet vs Millersville vs
GMAC
Millersville University

December 22
HAC Holiday Party

December 24-January 4
Modified Holiday
Practice Schedule

January 5
UDAC Winter Wonderland
Mini Meet
Ft. Washington

January 17-19
MA Mid Winter Classic
Prelims/Finals
Cumberland Valley





IMX Achievers

(as of December 9)

9yo Madeline Mahler

10yo Emily Colman, Colin Lehan, Erik Wingert

11yo Jacob Epoca, Austin Fastrich, Gavin Tran

12yo Bella Roeting

13yo Caleb Serfass, Maddie Serfass

14yo Lydia McMullen

IMX Requirements, by age-

- 9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
- 11-12 year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM
- 13 & over: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

New Team Records:

Gavin Tran 11-12 200 Breast 2:18.53
NLAC Winter Fest



*Correction! Last month's record breaking 2:20.47 was also in the 200 Breast- this month's new time replaces Gavin's previously held record.

Pre-Senior Practice Changes

Please mark your calendars- Due to high school swim meets, Pre-Senior practices will be cancelled on the following dates:

December 19

January 3

January 16

January 21

February 4



Holiday Practice Schedule

Please note the change in pool location for Pre-Senior and Senior Swimmers

	SENIOR	PRE-SENIOR	VISTA
DECEMBER 23	7:00-10:00 am- Catherine Hall 4:00-6:00 pm- Spartan Center	6:00-7:30 pm- Spartan Center	Normal Times
DECEMBER 24	7:00-10:00 am- Catherine Hall	NO PRACTICE	NO PRACTICE
DECEMBER 25	NO PRACTICE	NO PRACTICE	NO PRACTICE
DECEMBER 26	7:30-10:00 am- Catherine Hall 3:00-4:30pm- HHS, weights	6:00-8:00 pm- Catherine Hall	Normal Times
DECEMBER 27	7:30-10:00 am- Catherine Hall 3:00-4:30pm- HHS, weights	6:00-8:00 pm- Catherine Hall	NO PRACTICE
DECEMBER 28	7:00-10:00 am- Catherine Hall	NO PRACTICE	NO PRACTICE
DECEMBER 29	NO PRACTICE	NO PRACTICE	NO PRACTICE
DECEMBER 30	7:30-10:00 am- Catherine Hall 3:00-4:30pm- HHS, weights	6:00-8:00 pm- Catherine Hall	Normal Times
DECEMBER 31	7:00-10:00 am- Catherine Hall	NO PRACTICE	NO PRACTICE
JANUARY 1	NO PRACTICE	NO PRACTICE	NO PRACTICE
JANUARY 2	5:15-6:45 am- PHS	6:00-7:30 pm- Catherine Hall	Normal Times
JANUARY 3	4:00 Meet- Sr. Night at Spartan Center	NO PRACTICE	NO PRACTICE
JANUARY 4	HHS Meet @ Bucknell	NO PRACTICE	NO PRACTICE

Tips for Holiday Training

By Emily Sampl//Contributor | Monday, December 31, 2018

Source: usaswimming.org



The holidays are upon us, and competitive swimmers have several reasons to celebrate. The holidays signal a break from school, homework and studying, allow more time to spend with family and friends, and hopefully, the holiday season includes a lot of delicious food.

However, there's something else that comes with the holiday break that not all swimmers look forward to—holiday training. Whether it's an age group team, a Division I college program or an elite post-grad team, most swim teams tend to have some form of "holiday training" during the winter months with sights set on the championship meet just a couple of months away.

How does holiday training differ from the rest of the season, and how can swimmers best prepare themselves to tackle it? Braden Holloway, head coach of the North Carolina State swim team, and former open water standout Christine Jennings offer their thoughts on holiday training.

An opportunity to train more, to train differently, and to train together

With school out of session, the holidays are an excellent time to provide athletes with more and better opportunities to train. Without the distractions of school and classes and other pool scheduling conflicts, swimmers may be able to fit in additional or longer training sessions and swim at different times or with different people than they might during the school year.

"The time away from school allows us to alter start times of workouts, mix up our long course and short course training, and most importantly, it allows us to create more opportunities to train as a team in certain cases," Holloway said.

The extra time spent with teammates doesn't just benefit swimmers from a training standpoint, but also socially, as holiday training or training trips are also great opportunities for team bonding.

Stepping up the yardage and intensity, stepping outside the comfort zone

Some programs may shift their focus to higher volume or higher intensity training over the holiday break. For other teams, like Holloway's squad at NC State, the holidays are a time to continue building on and reinforcing the same training habits that were established at the beginning of the season.

"We don't believe in ramping up the intensity. We already run a high intensity program," he said. "The added time or a few added workouts adds enough as it is, so if we added more intensity, we would produce a harmful workload on the athletes."

Whether or not there's a significant increase in yardage or intensity during this time, holiday training is a great time to continue focusing on proper technique, trying new things and stepping outside your comfort zone.

"It really is just like a training bump, a push forward; a place and time where you can push yourself to a new limit and accomplish something new," added Jennings.

Positive Attitude + Recovery = Better Performance

Holiday training can be a grind, both mentally and physically, for even the most accomplished swimmers. Maintaining a positive attitude, along with proper nutrition and recovery time, will go a long way in ensuring peak performance during difficult training periods.

"Nutrition and rest always play a crucial role; recovery is extremely important, and timing your meals before and after practice can have a big impact on your performance," said Jennings. "I would highly recommend talking to a nutritionist to discuss what's best for your body. Yoga can be very good for recovery to keep yourself moving and refocus as well."

With a positive attitude, a well-fueled body and a few training goals, the sky is the limit this holiday season.

Updates from the Board

The next board meeting will be Wednesday, January 8th, 2020, at 7:00 pm

Please contact Dan Clough if you would like to attend or add something to the agenda

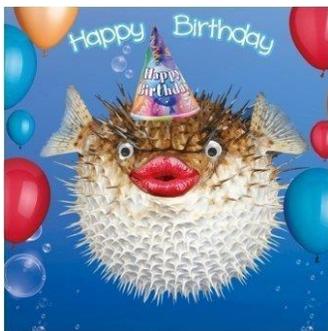
dan.clough@gartner.com

Reminder for those swimmers who pay account balances by check. Please mail your payment to:

**Hershey Aquatic Club
PO Box 217
Hershey, PA 17033-0217**

** As long as payments are post-marked on or before the 15th of the month they will be considered paid on time **

Happy Swimming to all those with December Birthdays!!!



Benjamin Musante
Ian Mills
Grace Gallo
Allison Leonard
Connor Durand
Catherine Martin
Caroline Clough
Elizabeth Jones

Gemma Rickabaugh
Theodore Kostelnik
Claire Ryland
Maggie Dye
Nicholas Martin
Hannah Bliss
Skylar Black
Lily Foley