

Hershey Aquatic Club Newsletter

June 2019

Coach Greg's Recap from the May Meets

Keystone Aquatic:

47% Best Times - 7 Team Records

Olivia Mahler - 10&Under 200 meter Breaststroke

Gavin Tran - 11-12 100 Breaststroke

Magill Zagaceta - 11-12 200 IM, 100, 200, 800 Free, 100 Fly

LANY Summer Storm

46% Best Times - 6 Team Records

Gavin Tran - 11-12 50 Breaststroke

Magill Zagaceta - 1500 Free, 100 Breaststroke, 50 Fly, 200, 400 IM



Congratulations to HAC's Graduating Seniors!!

Anton Aluquin (HHS) ~ Penn State University

Olivia Eichman (HHS) ~ Thomas Jefferson University

Charlie Fackler (HHS) ~ Boston College

Katie Fackler (HHS) ~ Susquehanna University

Kate Luft (Northern York) - University of South Carolina

Taryn Maloy (HHS) - Florida Southern

Grace McCloskey (LDHS) - Penn State University

Makayla Tarkenton (HHS) - Ashland University

Upcoming Important Dates and Deadlines

June 12

Silver 1 & 2 Summer Kick-off
Hershey Adventure Center

June 14, June 15
NO PRACTICE

June 13-16

HAC/WSY Long Course Classic
Bucknell Univ.- Lewisburg, PA

June 19

Willowood Dual Meet
Entry Deadline

June 22

No Practice
Dual Meet vs. Willowood

June 23

WSY Summer "One Day Meet"
Mechanicsburg, PA

June 26

Annville Meet
Entry Deadline

June 28

Team trip to Mt. Gretna

June 29

No Practice
Dual Meet vs. Annville

July 4

No Practice

Mid Penn Swim League

June 8 vs. Heatherfield- 8:00 am (*meet held at Palmyra municipal pool*)

June 22 Vs. Willowood- 8:30 am

June 29 Vs. Annville- 8:30 am

July 13 vs. Devon Crest- 8:15 am

July 20 MPSL Division Championships

Hosted by Willowood, Elizabethtown, PA

July 21 MPSL All-Star Championships

Hosted by Annville

July 27 MID-CAP Championships

Hosted by Palmyra

Warm-ups begin 30 min prior to meet start time (Heatherfield warm-ups at 7:00 am). Directions to the various pools can be found on the Hershey Aquatic Club website, under Season info, Meet Schedules.

Swimmers must attend a minimum number of practices the weeks of dual meets.

Senior & Silver- 4 practices

Bronze & Diamond- 2 practices

Swimmers must declare attendance at the meet by the Wednesday prior to the meet. Coaches will place swimmers in up to 3 individual events. Swimmers must demonstrate during practice that they can do a stroke legally before competing in that stroke.

Entry at MPSL Divisionals requires attendance at a minimum of 2 dual meets.

Updates from the Board

The next board meeting will be Tuesday, July 2, 2019, at 7:00 pm location to be determined.

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 *



Inclement Weather Policy

Milton Hershey policy is to close all pools- indoor and outdoor-for severe storms. The Hershey Aquatic Club coaches will be overseeing these decisions, using the MHS recommended weather app.

The Protocol for Catherine Hall and Spartan Center Pools are as follows:
If lightning strikes or thunder is detected by the app within 25 miles of the area, practice will be cancelled or postponed. Once the app gives the all clear or 45 minutes after the storm has passed, practice will resume.

If practice is cancelled after drop-off, parents will be notified ASAP and will need to pick up their swimmers. Notifications will be made via email, text, or push notifications. Your account must be set up to receive the latter two.

Summer Sunscreen Hints

Keep your swimmer (and you) safe in the sun at the swim meets this summer!



Here are some recommendations from the American Academy of Dermatologists

- Choose a broad spectrum sunscreen that protects against both UVB and UVA rays.
- Apply at least SPF 30.
- Use generously. Make sure you apply at least 15 minutes before going outside and use enough product to cover exposed skin. Be especially careful to use enough sunscreen when choosing sprays, and rub it into your skin.
- Choose a Water Resistant or Highly Water Resistant Sunscreen. These should be reapplied every 40-80 minutes when you are in the water.
- Even when staying dry, sunscreen should be reapplied every two hours.
- Don't forget to apply sunscreen to lips, ears, and tops of feet!
- The sun's rays are strongest between 10 a.m. and 2 p.m. During these times, don't just rely on sunscreen to protect you. Seek shade, wear protective clothing, wear a hat and sunglasses.

How to Hydrate Your Athlete if They Don't Like Water

By TrueSport | Tuesday, June 4, 2019; source: <https://www.usaswimming.org/news-landing-page/2019/06/04/how-to-hydrate-your-athlete-if-they-dont-like-water>



If you have a picky athlete who doesn't love the taste of water, or just one who's constantly on the go and bad at remembering to regularly sip from a water bottle, it can be tricky to make sure that he or she is staying consistently and properly hydrated.

Brianna Elliott, MS, RD, LD, shares a few tips for getting young athletes to consume more water throughout the day—even if they claim to ‘hate’ water.

Pick a Fun Bottle

Sometimes, all it takes to turn your athlete into a great water-drinker is providing the right vessel. “Young athletes should have a reusable water bottle with them throughout the day, even on days when they don’t have practice or an event,” says Elliott.

Simply finding a bottle that can easily fit in a backpack or gym bag, that won’t spill if it’s tipped over, and that looks cool can make a big difference in how much your child is drinking. There are thousands to choose from, so let your athlete pick a new favorite.

Make Water More Interesting

“Add flavor to water. Keep it simple by adding some fresh lemon juice, or flavor it up further by adding frozen fruits,” says Elliott.

"Berries are a delicious option. Fresh cucumber and mint can also be added to water for a refreshing flavor." Allowing kids to pick their own flavor additions can make creating the perfect water combination more fun.

Find Out What They Hate

In addition to adding flavor, you might have success by simply experimenting with temperature. "Many young athletes are turned off by room temperature water," says Elliott.

"Kids might prefer ice cold water. In this case, a pitcher or cooler of ice-cold water should always be readily available to encourage them to drink whenever possible. In the case that kids prefer hot water, having tea or hot lemon water available will do the trick."

Add Carbonation

Sometimes, a little fizz can go a long way. "I recommend providing beverages with similar tastes to favorites, but that don't have added sugars, so a carbonated beverage like La Croix instead of soda," says Elliott. "And if that's not quite sweet enough, adding a little bit of stevia or honey can add a more natural sweetness, which you can slowly decrease over time."

Dial Back Soda and Juice

Technically, drinking soda or juice is hydrating, but it's not optimal from a nutrition standpoint. But cutting it out entirely can lead to less overall hydration, so it's important to shift to healthier options slowly.

"For kids, it's better to wean them off soda or juice. If a child is used to drinking something, it's hard to cut it out cold-turkey," says Elliot. To do this, water down sugar-sweetened beverages. "Half water, half juice is great," she says. If your child is a soda fanatic, you could consider adding carbonated water to a normal soda to cut sweetness but not the carbonation.

Alternatively, if the half-and-half taste isn't cutting it, compromise. "If a child is unwilling to give up soda or juice, I tell them to have at least half a cup of water before drinking the sweet beverage so that they aren't thirsty when drinking the soda," she says. "It helps them drink less and not drink soda due to thirst."

Add Water-Packed Foods

"Eat water-rich foods throughout the day, such as fruits and veggies," says Elliott. "Berries, watermelon, mangoes, cucumber, carrots, celery, apples, and cauliflower are examples of water-rich produce. Parents should aim to keep these foods convenient at home, so their kids are more likely to snack on them. Additionally, fresh fruits and veggies should be emphasized as snacks at practices, rather than salty snacks that can be dehydrating."

Make It a Game

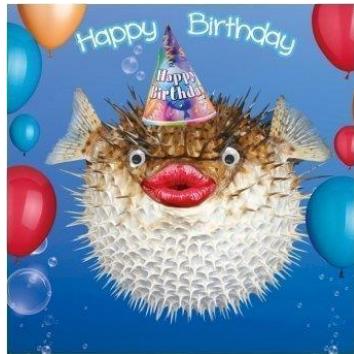
Create a reward system for good hydration and make a game out of your athlete's drinking. "Come up with a way for your athlete to track his or her water intake," says Elliott. "Each day that they meet their needs they get a reward. Hydration tracking apps are a great way to do this and can make staying hydrated more fun."

Remember, if you're telling your athlete that he or she needs to drink enough water, you should be drinking enough water as well!

Make sure you're not sipping a soda instead of your water bottle when you show up at practices, and if you're pushing water-filled fruit and vegetable snacks on your child, you should be eating them too.

Happy Birthday June Swimmers!!

Emerson Rife
Angela Woronko
Lindsay Aluquin
Mathias Van De Louw
Jane DiGiovanna
Robert Gallo
Reid Smith



Isaac M'ikanatha
Aidan Bluethmann
Alexander Blacker
Makennah Fickett
Olivia Mahler
Anna Ziesenheim
Quan Nguyen

Happy Birthday to Coach Carly!

If you have anything you would like to see included in the newsletter, corrections, or suggestions please send them to me by the 20th of the month. Please include pictured swimmers' names with all photos. Thank you! nicole.tunks@gmail.com