

Hershey Aquatic Club Newsletter

March 2019

Practice Schedule Through March

March 4-9, 2019	(Competitions: NONE)	
Monday-Thursday	3:00-5:00 Senior A & B	Rec Center
	5:00-6:30 Silver 1&2	Rec Center
	6:30-7:30 Bronze/Diamond	Rec Center
Friday	3:00-4:30 Senior A & B	Rec Center
	4:30-5:45 Silver 1 & 2	Rec Center
Saturday	9:30-11:00 (Due to Synchro Rehearsal) Rec Center	
March 11-16, 2019	(Competitions: HS State Championship)	
Monday-Thursday	3:00-4:30 Senior A & B	Rec Center
	4:30-6:00 Silver 1 & 2	Rec Center
	6:00-7:00 Bronze / Diamond	Rec Center
Friday	3:00-4:30 Senior / Silver	Rec Center
Saturday	NO PRACTICE	
March 18-22, 2019	(Competitions: MA Silver Champs Fri-Sun)	
Monday-Thursday	3:30-5:00 Senior + 12 & Over Zone	Palmyra H.S.
	5:00-6:00 Silver	VISTA
	6:00-7:00 Bronze / Diamond	VISTA
Friday	3:30-5:00 Senior + 12 & Over Zone	Palmyra H.S.
	5:00-6:00 Silver	VISTA
March 25-29, 2019	(Competitions: MA Senior Champs, JR National Cup)	
Mon-Wed	3:30-5:00 Senior + 12 & Over Zone	Palmyra H.S.
Thur-Fri	5:00-6:00 Zone Swimmers (all ages)	VISTA
April 1-2, 2019	(Competitions: Eastern Zones)	
Mon-Tues	5:00-6:00 Senior / Silver / Bronze	VISTA

Upcoming Important Dates and Deadlines

March 15
Hershey Rec Center Closes

March 22-24
MA Silver Champs

March 26-30
ISCA Junior National Cup

March 28-31
2019 MA Senior Champs

April 3
LAC Arena Classic
Registration Deadline

April 3-6
2019 Eastern Swim Zone
Championships

April 8
Spring Swim Season Begins

April 12
HAC/WSY Long Course Classic
Registration Deadline

April 28 4-7pm
HAC Winter Swim Banquet
Milton Hershey School
Parcell Friendship Hall

Last Weeks at the Rec Center

The recreation center will be closing its doors to the public March 10. The pool will remain open for the Aquatic Club through March 15, 2019. Only swimmers competing in Middle Atlantic or High School Championship meets will continue training. At the conclusion of your final competition, you will be done training for the season. All swimmers will need to clear out their lockers and take all swim equipment home after their final rec center practice. Anything left behind will be thrown in the garbage.

PAYMENTS

The HAC Mailbox will be removed from the Rec Center by March 7th. From this point forward HAC payments will need to be mailed to the following address:

**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 **

Spring season will begin April 8, 2019

Updates from the Board

The next board meeting will be Tuesday, March 5, 2019, at 7:00 pm in the Hershey Rec Center.

Please contact Dan Clough if you would like to attend or add something to the agenda
dan.clough@gartner.com

The HAC Board of Director Meeting Minutes are now being posted to the website. To access them, please log into your TeamUnify account. The minutes can be found by clicking the Administrative Tab in the top menu.





Summer Practice Schedule

All practice groups will utilize four (4) lanes at both VISTA and Catherine Hall

April 8 to June 7, 2019

Developmental Swim Program	Monday-Thursday 5:00-5:45 PM	VISTA School
Diamond	Monday-Thursday 5:45-6:45 PM	VISTA School
Bronze	Monday-Thursday 6:45-7:45 PM	VISTA School
Silver 2	Monday-Friday 6:00-7:00 PM	Catherine Hall
Silver 1	Monday-Friday 6:00-7:30 PM	Catherine Hall
Sr. Spring 7:30	Mon-Fri 7:30-9:00 PM Saturday 7-9 AM	Catherine Hall
Sr. Spring 7:00	Mon-Fri 7:00-9:00 PM Saturday 7-9 AM	Catherine Hall
	*Mon/Wed Women 6:00-7:00 AM Weights	Hershey HS
	*Tues/Thur Men 6:00-7:00 AM Weights	Hershey HS

*Only for Derry Township School District students

June 10 to July 31, 2019

Developmental Swim Program	Monday-Thursday 5:00-5:45 PM	VISTA School
Diamond	Monday-Thursday 5:45-6:45 PM	VISTA School
Bronze	Monday-Thursday 6:45-7:45 PM	VISTA School
Silver 2	Monday-Friday 6:00-7:30 PM (4 Lanes)	Catherine Hall
Silver 1	Monday-Friday 6:00-8:00 PM (4 Lanes)	Catherine Hall
Senior Summer	Mon-Fri 5:30-7:30 AM (6 Lanes)	Spartan Center
	Mon-Thur 7:30-9:00 PM (4 Lanes / 8 Lanes)	Catherine Hall
	*Mon/Wed Women 8:15-9:15 AM Weights	Hershey HS
	*Tues/Thur Men 8:15-9:15 AM Weights	Hershey HS

*Only for Derry Township School District students

Senior Summer: There are two practices offered per day. We recommend attending 5 practices per week. Ideally the morning practice is preferred. If you are unable to make the morning practice time, attend the evening practice. You may attend no more than 8 practices per week.

6 Reasons Your Child Should Learn to Swim

By Kelsey Lynch, Swimming World College Intern

The benefits of swimming are endless, and your child should learn to swim as early as possible. Here's why:

1. It's essential to their safety.

According to the National Safe Kids Campaign, drowning is the second leading cause of unintentional injury-related death to children ages one through 14. It is absolutely crucial that all kids know how to swim at a young age. There is water all around us, even if it's as small as a bathtub. Making sure that your child is comfortable in and around water is essential to their safety.

I've been swimming since I was three years old, and almost all of my teammates began just as early. Even if your child isn't interested in competitive swimming, ensuring your child knows how to swim should be done as early as possible. Their interest in the actual sport is just an added benefit!

2. It's a low-impact sport.

Swimming is obviously low-impact, as it's performed in water. According to Bucknell University, the body is 90 percent buoyant when in the water up to your neck, so you're not hitting the ground with the weight you carry on land. Swimming is the ideal sport for the well being of one's body in the long-run.

Yes, anything in excess can cause your body to break down, so swimming injuries are common. But if you get a shoulder injury, you may still kick during practice to stay in shape. This isn't so easy in other sports, where you often have to stop the sport all together because of the impact.

In swimming, you can often just rest the injured part of your body, and still use the healthy part of you in the pool. The most common swimming injuries are from overuse, showing that swimming is a generally very easy on one's body as opposed to a critical injury such as a sprain or break from running or jumping.

Note: The lack of serious injuries from swimming does not include dry land training, where often clumsy and uncoordinated fish out of water (also known as swimmers) are more likely to injure themselves.



3. The value of teamwork is learned along with individuality.

Like any sport, the team atmosphere is the greatest aspect. College athletes admit that post-graduation, they miss their team and the hours spent together while training and traveling. In an article I previously wrote, I stated the significance of using your teammates to help you get through the hardest times, because your friends on the team endure the same hard work that you do every day. From this shared experience, swimmers learn to support their teammates, which creates a positive atmosphere. This is a skill that can be carried through life into the workplace and beyond.

But teamwork is learned in plenty of sports, why is swimming special? The great thing about swimming is that there is also an individual aspect to it. In competitive swimming, you learn self-motivation and goal setting/reaching. Swimmers have their own personal set of times for their events.

At each meet, competitive swimmers try to beat their personal best times, while at the same time swimming for their team as a whole. In high school and college swimming, the primary motivation is to earn points for your team so they can win the meet. I always swam on a club team in high school instead swimming for my school. So when I reached college swimming, I realized the gravity of teamwork and support, and I was able to push myself to a new level. Swimming packages teamwork and individuality into one sport.

4. Time management is inevitably learned.

Time management has been one of the most valuable skills I've attained over the past 15 years of competitive swimming. I have learned how to take the little free time I have to get what needs to be completed on time.

Especially in high school, when I was practicing nine times per week while studying an International Baccalaureate program, my free time was limited. I would wake up before school and swim, go straight to school, and then swim again after. On weekends, I practiced twice a day on both Saturday and Sunday.

I was able to train myself physically and mentally to know when it was more important to stay up and get an assignment done versus getting the sleep I needed for my brain to work properly the next day. My work ethic was often praised by my friends and teachers, and I didn't realize how well prepared I would be for college until my first year at the University of Rhode Island. I learned time management at an early age, and this skill has carried me through my four years swimming for URI.

This is a skill that swimmers will hold for the rest of their lives. Being able to divide and manage one's time, to prioritize what needs to be done first, second, and last is an invaluable talent that is gained through competitive swimming.

5. Swimming is an incredible workout.

The sport involves moving multiple muscle groups in a high-intensity, cardio workout. All four strokes involve working different muscle groups. Often times, children and adults take up swimming for weight loss. It burns calories quickly, and is easier for overweight people to pick up because it's low-impact. According to Bucknell, swimming offers 12 to 14 percent more resistance training than life on land- offering an exceptionally challenging workout.

Aside from weight loss, introducing your child to swimming early on will promote a healthy life. Once he or she learns to swim, they may hop in a pool at any point in their life to get a low-risk, high-intensity workout.

According to the Centers for Disease Control and Prevention, swimming can help with chronic diseases and mental health. Water-based exercising like swimming improves the use of joints affected by arthritis.

The CDC also states that “Parents of children with developmental disabilities find that recreational activities, such as swimming, improve family connections.” Swimming also releases endorphins, which aid in decreasing depression and improving moods.

6. You can swim for the rest of your life.

If your child knows how to swim at a young age, this skill is forever with them. In their later years, their longevity and quality of life will be enhanced by swimming. The CDC says that water exercising helps to decrease disability and aids in the quality of life in older adults. Since swimming is a low-impact sport, this makes it a safe option for older adults, rather than risking a fall while biking or running. Swimming feels good on joints and boosts one’s mood at the same time.

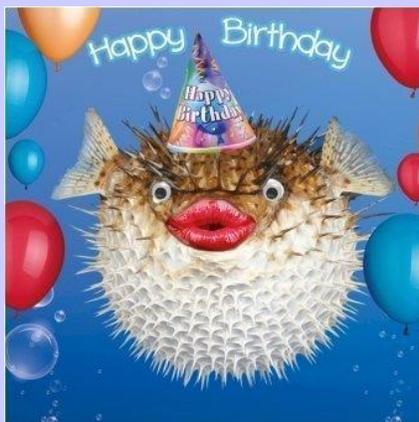
It’s essential that every child learn to swim, especially to be water-safe. But there are so many levels of swimming and benefits that come along the way. Introduce your child to swimming early on so that they have the skill for their whole life. This can help improve their overall physical and mental health. Hopefully, they will fall in love with the sport and lap it up for years.

*Taken from www.swimmingworldmagazine.com
Originally published January 29, 2015*



Happy Birthday February and March Swimmers!!
Happy Birthday Coach Jeff!

Matthew Mailman
Stella Smith
Starr Perry
Tianshi Bu
Colin Lehan
Olivia Eichman
Abigail Chetlan
Katherine Luft
Aryanna Fink
Lauren Kim
Caleb Tinsley
Luke Tinsley



Grant Hollerbach
Natalie Colarossi
Henry Moore
Lillian Weiler-Timmins
Violet Foley
Elijah Durantine
Sophia Mattos
Elena Chappell
Colin Clough
Maya Darowish
Shane Brace

Developmental Swim Program

Spring/Summer 2019

Purpose

- To teach the fundamental drills of the four competitive strokes - Freestyle, Backstroke, Breaststroke, and Butterfly and evaluate the participants readiness for competitive swimming.
- This is a “bridge” program connecting novice swimmers from Learn to Swim programs with competitive swimming.
- **THIS IS NOT A LEARN TO SWIM PROGRAM.**

Pre-Requisite

- Participants must be older than age 5 and younger than age 10 the first day of class.
- Participants aged 5-8 must be able to swim one length of the pool continuously and unassisted.
- Participants aged 9-10 must be able to swim two lengths of the pool continuously and unassisted.

Class Organization

- Participants will be placed with others of like ability based on their first day evaluation.

General Class Information

Session 1 April 8 - April 18 5:00PM – 5:45PM at The Vista School (2 weeks)

Group A: Monday, Tuesday, Wednesday, Thursday \$160 (for a total of 8 classes)

Session 2 April 22 - May 16 5:00PM – 5:45PM at The Vista School (4 weeks)

Group A: Monday, Tuesday, Wednesday, Thursday \$320 (for a total of 16 classes)

Group B: Monday and Wednesday \$160 (for a total of 8 classes)

Group C: Tuesday and Thursday \$160 (for a total of 8 classes)

Session 3 May 20 – May 30 5:00PM – 5:45PM at The Vista School (2 weeks)

Group A: Monday, Tuesday, Wednesday, Thursday \$140 (for a total of 7 classes) No class on Memorial Day

Session 4 June 10 – June 27 5:00PM – 5:45PM at The Vista School (3 weeks)

Group A: Monday, Tuesday, Wednesday, Thursday \$240 (for a total of 12 classes)

Group B: Monday and Wednesday \$120 (for a total of 6 classes)

Group C: Tuesday and Thursday \$120 (for a total of 6 classes)

Session 5 July 8 – July 25 - 5:00PM – 5:45PM at The Vista School (3 weeks)

Group A: Monday, Tuesday, Wednesday, Thursday \$240 (for a total of 12 classes)

Group B: Monday and Wednesday \$120 (for a total of 6 classes)

Group C: Tuesday and Thursday \$120 (for a total of 6 classes)

Session size is limited 20 swimmers and will be filled on a first come basis.

Visit www.teamunify.com/mahac for more information and to register online

Registration opens 2/15/2019

Please be aware that participation in the Developmental Swim Program does not guarantee admittance into the Hershey Aquatic Club competitive swim program.

Photos from the CYA Mini Meet

February 2, 2019



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. Thank you!

nicole.tunks@gmail.com