

# Hershey Aquatic Club Newsletter

October 2019

## Coaching Updates

We would like to introduce some new faces to our coaching staff for the fall.

Stefani Patterson has joined our coaching team as an Assistant Coach. She recently relocated to the area with her family. She has spent many years teaching swim lessons, started her own swim lesson business and has coached in several different settings. She has a passion for making swimming fun and productive and is looking forward to having an impact with the HAC swimmers. Stefani will be primarily working at Vista with Coaches Amanda and Kathy and our Age Group swimmers.

HAC is happy to have three new junior coaches on the team: *Caroline Clough*, *Lizzy Jones* and *Jillian Ruddle*. They are all seniors at HHS and long-time members of the Hershey Aquatic Club. They will primarily be working with Coach Kathy and the Age Group Bronze swimmers and are looking forward to a great season.

Please give all of our new coaches a warm welcome as you see them around the pool!

If you need to get in touch during the season with a coach for a particular practice group, please use the emails below or follow the email link on the HAC website:

Greg Fastrich, Head Coach for Senior  
fasty4@gmail.com

Jeff Fastrich, Head Coach for Pre-Senior  
fasty3@gmail.com

Amanda Guy, Head Coach for Age Group Gold and Silver  
aguy1991@gmail.com

Kathy Roberts, Head Coach for Age Group Bronze  
pkr209340@verizon.net

## Upcoming Important Dates

October 14  
Apple Picking

October 15  
Derry Township  
Halloween Parade  
Practices **CANCELLED**

October 20  
LAC Dual Meet  
Franklin & Marshall

October 25-27  
UDAC Rocktoberfest  
Ft. Washington, PA

October 26-27  
KA Spooky Splash Mini  
Meet  
Carlisle, PA

November 1  
New Practice Schedule  
for Senior/Pre-Senior

November 1-3  
CYA A/BB/C Meet  
York, PA

November 8-10  
Marlin Invitational  
College Park, MD

# Updates from the Board

## Meet the Newest Members of the Hershey Aquatic Club Board

**Julie Moore** has 8 and 12-year-old swimmers on the team. She has many years of experience in competitive swimming as both an athlete and collegiate/age group coach. She also held the position of a YMCA Aquatics Director in Ponte Verde, FL. Given her background, she has a wealth of knowledge about the swimming community and is excited to use this to help HAC with future program development and the continued success of the club.

**Dan Serfass** has two 13-year-old swimmers on the team. He is currently the Assistant to the Superintendent at Elizabethtown Area School District. His experience includes ten years as a high school athletic director and four principalships. He also served eight years in a board position on the Upper Merion Township Parks and Rec Board and seven years on the King of Prussia Soccer Club Board as vice-president. With Dan's broad experience in both leadership and sports management he is looking forward to becoming actively involved in the operations of the club.

**Mary Colman** has a 9- year old daughter on the team. She is a local business owner and has served on several boards and was most recently the President of the Mount Joy Chamber of Commerce. She was a Collegiate Synchronized Swimmer and is very passionate about team building and promoting a cohesive, positive team atmosphere. She is looking forward to drawing on her past successes in these areas to contribute to HAC's team building efforts and helping the team continue to be a fun, successful and rewarding place to swim.

## 2019-2020 HAC Board of Directors

Dan Clough, President	Wendy Weller, Vice President
Tom Leonard, Treasurer	Charlie Chappell, Secretary
Nicole Paul, Registrar	Terri Martin, Director
Mary Colman, Director	Julie Moore, Director
Dan Serfass, Director	Greg Fastrich, Head Coach

If you need to contact a member of the Board, follow the links on the team website or send an email to: [hacinformation@gmail.com](mailto:hacinformation@gmail.com)



The next board meeting will be Tuesday, November 5, 2019, at 7:00 pm at the Hershey Country Club

Please contact Dan Clough if you would like to attend or add something to the agenda  
[dan.clough@gartner.com](mailto:dan.clough@gartner.com)



# SAFE SPORT

As a reminder to all parents and athletes we ask that you please take the time to participate in the free online training provided by the U.S. Center for Safe Sport. HAC needs your help to continue our mission of excellence both in the water and out.

Athletes ages 12-17 may access the Safe Sport for Minor Athlete training at [usaswimming.org/learn](https://usaswimming.org/learn) and follow the member portal log in instructions. A parent will need to give consent prior to the athlete completing the 15 min session.

The Safe Sport for Swim Parents may be accessed via [learn.usaswimming.org](https://learn.usaswimming.org). Parents who have an account can simply log in and complete the course or register and create account.

## Practice Schedule Adjustments

October 14-16	No Morning Practices
October 15	DT Halloween Parade All Practices Cancelled
October 25	6:00-7:30 Pre Senior & Senior
October 31	DT Trick or Treat Night Age Group & Pre Senior Practices Cancelled 6:00-7:30 PM Senior Practice

## Practice Schedule Changes for Pre-Senior & Senior

November 1, 2019- March 31, 2020

Pre Senior Silver	Monday-Friday 7:00-8:30 PM	Spartan Center	
Pre Senior Gold	Monday-Friday 7:00-8:30 PM	Spartan Center	
Senior Silver & Gold	Mon-Wed-Fri	5:15-7:00 AM	Spartan Center
	Tues-Thur	5:15-6:45 AM	Palmyra HS
	Mon. & Wed	3:00-4:00 PM	Weight Rm, HHS
	Saturday (Nov. 2, 9, 23, 30)	7:00-9:00 AM	Catherine Hall

# 10 Hints to Prepare for a Great First Swim Meet!

(adapted from: [www.myswimpro.com](http://www.myswimpro.com) and [www.swimoutlet.com/guides/ways-to-make-your-first-swim-meet-fun](http://www.swimoutlet.com/guides/ways-to-make-your-first-swim-meet-fun))

## 1) Pack your bag the night before

Swim meets are early! Pack your swim bag for the meet the night before, and double-check your bag in the morning. There's nothing worse than showing up to the pool without your goggles or your swimsuit! Things to include:

- HAC Team Swimsuit
- 2 pairs of goggles- It is always good to be prepared with a back-up pair
- HAC Team swim cap
- 2 towels
- Warm clothes
- Snacks –Pack healthy choices to have on deck that are filled with protein, fiber, and carbs. Some good choices are: cheese, fruit, granola bars, peanut butter, or yogurt.
- Water Bottle- It's always important to stay hydrated, both in the days leading up to the meet, as well as during race day. If you don't like water, try packing ice cubes, juice, a sports drink, chocolate milk, or even some juicy fruit to munch.
- Entertainment- There is a lot of time to sit and wait between races. Sometimes, this is the most fun! Pack something to do during the long day- a book, card games, music.

## 2) Show up early

Show up to the meet at least 20 minutes before warm ups. If you are unsure of where to go, don't be afraid to ask for help! Swim meet officials and volunteers are extremely friendly and love to help swimmers; almost all of them are parents or former swimmers. Athletes only will enter the pool deck through the locker rooms; parents will go to the spectator area, unless volunteering at the meet. Once on the pool deck, find your coaches and teammates and prepare to warm up.

## 3) Know what time you're swimming

Check your schedule for the day- printed heat sheets, Meet Mobile, or your coaches. Find each heat that you're competing in and double check that you remember the details. Many swimmers write their races, heats, and lanes on their hand/arm with a sharpie. Heats and lane assignments can change from day before psych sheets with scratches and late deck-entries; get up-to-date info. Know:

- What events am I swimming? What heat am I swimming in?
- What lane am I assigned to?
- What order does my event fall in the meet schedule?
- What event is before mine, and how many heats does it have?
- How many events do I have in between my 2 events? (Do I have time to snack, go to the bathroom?)

## 4) Prepare mentally

For the weeks, days and hours before your first meet, you should be getting excited! You've put in all the hard work, and here's your chance to put it to the test and swim fast!

Sometimes, however, things don't go as planned at swim meets. Expect the unexpected. The timing equipment might not work, someone in your heat may false-start, or your goggles or cap might fall off mid-race.

Mentally preparing for a perfect race will keep your nerves down when you're faced with not-so-perfect race conditions. In the days and hours before you race, make a mental checklist of all the things your coach has told you to focus on and run through your races; imagine every little detail-visualize your strokes and turns, remember your stroke counts.

## 5) Get to your lane early and know what to expect

At least 2 heats before your race, you should grab your cap and goggles and walk to the lane you'll be racing in. Do not bring your cell phone or snacks, but bring a friend if you want a cheering section!

Stand behind blocks and observe the heats before you. Take this time to pump yourself up, do some stretches to keep your muscles warm, and put on your cap and goggles.

Each lane will have a designated volunteer to ensure the meet is running smoothly, to run the touchpad timer and backup stopwatch. In the moments before your heat, the volunteer will confirm your first and last name. Three short whistles from the official will signal it is time to get behind the block, and one long whistle blast is the sign to step up on the diving block or jump in the pool for backstroke. Take your mark, wait for the beep, and then swim your heart out!

If the meet has "flyover" starts, your heat will dive ("fly") over the swimmers from the previous heat. They will remain in the pool by the wall until your heat is well on its way.

## 6) Win or lose-be a good sport

It is proper etiquette to stay in the water until all swimmers have completed all of their laps at the end of a race. Once everyone is done swimming, congratulate the other swimmers you raced against.

When you aren't swimming, cheer on your teammates and try to keep a positive attitude. Make friends with swimmers from other clubs. Be polite to coaches, officials, and volunteers. Remember to always be an awesome ambassador for our team!

## 7) Check in with your coaches

After each race, check in with your coach for feedback. What did you do great, where could you have improved?

## 8) Cool down

Swimming engages all the large muscle groups in your body, which increases your demand for oxygen. After a race, you should cool down to get your heart rate and breathing back to normal. Some meets have a separate pool area available for swimming cool down laps.

## 9) Refuel and Hydrate

Once you're cooled down, throw on some warm clothes, grab a snack, a drink, and rest.

## 10) Have fun!

# Recap from the 2019 Spring/Summer Season

## Mid Penn Swim League Time Drop Award

### 8 & Under

Emerson Rife  
Reid Smith

### 9-10

Claire DiGiovanna  
George Ardire

### 11-12

Issy Beck  
Max Lou

### 13-14

Maddie Serfass  
Eleano Barone

### 15 & Over

Amelia Dye  
Ben Musante

## Team Records

### LCM

Olivia Mahler  
Makennah Fickett  
Magill Zagaceta

### SCM

Makennah Fickett  
Magill Zagaceta

## USA Swimming Time Drop Award

### 10 & Under

Elizabeth Foley  
Austin Fastrich

### 11-12

Allie Leonard  
Markus Wingert

### 13-14

Maddie Serfass  
Eleano Barone

### 15 & Over

Tori Tafuto  
Colin Clough

## Century Club Award

Allie Leonard  
Maddie Serfass  
Eleano Barone  
Elizabeth Foley  
Lilly Moore  
Colin Clough

## IMX Achievers

Shane Brace  
Elizabeth Foley  
Cali Oyerly  
Yaric Soltanov  
Stephen Wingert

Ava Buck  
Lily Foley  
Caleb Serfass  
Gavin Tran  
Edvard Yanchevskiy

Emily Coleman  
Colin Lehan  
Maddie Serfass  
Erik Wingert  
Magill Zagaceta

Austin Fastrich  
Maddie Mahler  
Jane Sheldon  
Markus Wingert

## Mid Penn Swim League High Point

### 8&Under

Maddie Lenovich  
Josiah Yakstis-Startoni  
& Henry Moore

### 9-10

Olivia Mahler  
Yaric Soltanov

### 11-12

Emma Fickett  
Markus Wingert

### 13-14

Sydney Stasz  
Stephen Wingert

### 15&Over

Tori Tafuto  
Andy Cramer

## USA-S National Top 10 Ranking

### Gavin Tran

11 yo 1<sup>st</sup>- 200 Breaststroke  
2nd - 100 Breaststroke

### Magill Zagaceta

12 yo 10<sup>th</sup>- 400 Individual Medley

Congratulations on another  
amazing season!!

At our September Parent Meeting Ann Zaprazny of Great Sports Mind led the Second-Goal Parent Workshop from the Positive Coaching Alliance Training. Attached are some tips and tools she shared at the workshop for developing winners in life through sports. Thank you again to the Joy of Sports Foundation for sponsoring this workshop.



## Second-Goal Parent®: Tips & Tools for Developing Winners in Life Through Sports

### Youth Sports = A Development Zone®

#### 1) What does support look like?

- Double-Goal Coach® Mental Model
  1. Strive to WIN
  2. Teach life lessons
- Second-Goal Parents (teach life lessons)
  1. Target your cheering (refer to goals on back of page)
  2. Fill Emotional Tanks (5:1 ratio)
  3. Show unconditional support
  4. Help student-athletes "flush" mistakes

#### 2) Post-Competition Discussions

- Questions we ask reflect what we care about
  1. What did you enjoy most about today's practice?
  2. What are two things you learned during today's game?
  3. What will you work on to prepare yourself for the next match?
- Truthful and specific comments
- Follow student-athlete's emotional schedule
  1. Silence is OK!
  2. Avoid the dreaded Post Game Analysis (PGA)
  3. Avoid the urge to "fix it"
  4. Connect through activity

#### 3) Mastery Approach (ELM)

- Strive to own best performance with 100% Effort
- Focus on Learning and improving; comparing self to self
- Bouncing back from Mistakes

#### 4) Teachable Moments

- Professional and college examples
- Reinforce importance of Honoring the Game (ROOTS)

#### 5) Big life lessons: have athletes talk directly with coaches first

- Teach athletes how to confront issues head-on themselves
- Parent-coach partnership
  1. Recognize the coach's commitment
  2. Ask how you can help

*goals, continued*

## Happy Birthday October Swimmers!!

**Bryce Mills**

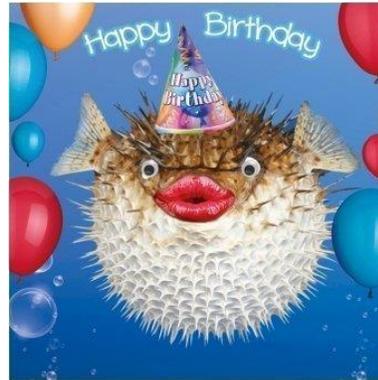
**Bao Tran Nguyen**

**Makayla Tarkenton**

**Logan Papachristou**

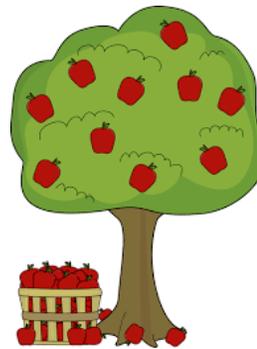
**Elizabeth Keck**

**Emily Colman**



### **Derry Township Halloween Parade Tuesday, October 15th 7:30 pm**

Get in the spooky spirit and have fun at the parade! All practices are cancelled that evening. Come out to support the 8<sup>th</sup> grade HAC swimmers, who have been hard at work all of September, creating a Haunted HAC Graveyard Float!



### **Apple Picking Adventure**

**Monday, October 14<sup>th</sup> Noon**

Masonic Village Farm Market  
See the evite or contact Mary Colman at  
717-421-0165 for more details.

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 15<sup>th</sup> of the month they will be considered paid on time \**

If you have anything you would like to see included in the newsletter, corrections, or suggestions please send them to me by the 20<sup>th</sup> of the month. Please include pictured swimmers' names with all photos.

Thank you! [nicole.tunks@gmail.com](mailto:nicole.tunks@gmail.com)