

Hershey Aquatic Club Newsletter

September 2019

Fall Practice Schedule

September 9, 2019 to October 31, 2019

Welcome back swimmers! Practice for the fall/winter season begins Monday, September 9, 2019. Please take note of the new practice group names. Also note, some practice locations and times will change after October 31, 2019, once the high school season is underway, and we are no longer able to practice at Catherine Hall. This will affect all Pre-Senior and Senior practice group swimmers. Thanks in advance for your understanding and cooperation!! The post-October practice schedule, as well as the holiday training schedule, can be found on the team website under the 'schedules' tab.

Age Group Bronze	Monday-Thursday 5:00-5:45 PM VISTA School
Age Group Silver	Monday-Thursday 5:45-6:45 PM VISTA School
Age Group Gold	Monday-Thursday 6:45-7:45 PM VISTA School
Pre Senior Silver	Monday-Friday 6:00-7:00 PM Catherine Hall
Pre Senior Gold	Monday-Friday 6:00-7:30 PM Catherine Hall
Senior Silver	Monday-Friday 7:30-9:00 PM Saturday 7:00-9:00 AM Catherine Hall
Senior Gold	Monday-Friday 7:00-9:00 PM Saturday 7:00-9:00 AM Catherine Hall
Senior Weights	*Mon/Wed Women 6:00-7:00 AM *Tues/Thur Men 6:00-7:00 AM Hershey HS

*Only for Derry Township School District students

Upcoming Important Dates

September 4

Parents Meeting
Hershey Country Club

September 9

First Day of Practice

September 12

Meet Entry Deadlines:

UDAC Rocktoberfest
Oct 25-27

KA Spooky Mini Meet
Oct 26-27

CYA A/BB/C Meet
Nov 1-3

Marlin Invitational
Nov 8-10

NLAC Winter Fest
Dec 6-8

NLAC Mini Meet
Dec 7-8

LAC Holiday Meet
Dec 13-15

September 15

Summer Swim Banquet

October 1

Meet Entry Deadline
CPSA Dual Meet vs. LAC
October 20

Orientation & Parents' Meeting

Wednesday, September 4
Ballroom at the Hershey Country Club
New Families- 6:30-7:00 pm
All Families(including new)- 7:00 pm

The meeting will cover important information for the season, as well as a positive sports parenting workshop led by Ann Zaprazny of Great Sports Minds. At least one parent from each family should plan to attend.

SPIRIT WEAR

Get your orders in!!! The HAC Spirit Wear store will only be open until September 4! Orders will be received before our first meet on October 20.

To place an order, go to the following link:

https://www.agpestores.com/withkidzinmind/groupproducts.php?prodgroup_id=26887&prodgroupbypass=true

Swim Buddies Needed!

Please consider welcoming a new member to our HAC Family!

We are looking for 9 families to volunteer to be a swim buddy to our new HAC members this season. We had great success with our past season's swim buddy program and are hoping to help forge new friendships this year again!

The job entails making the family feel welcome and answering a lot of questions about... Practice, instruction on signing up for meets, team suits, spirit wear, and many more! We would like to have all families assigned by our first day of practice September 9th. If you are interested, please email Dawn Dillon- dlfdillon@verizon.net



Updates from the Board

The next board meeting will be Tuesday, September 3, 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

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 **

5 Practical Self-Care Tips for Youth Athletes

By TrueSport | Wednesday, August 28, 2019

Source: <https://www.usaswimming.org/news-landing-page/2019/08/28/5-practical-self-care-tips-for-youth-athletes>

From dealing with pressure on social media, to balancing academics, sports, and extracurricular activities, teenagers are under more stress than ever.

Amy Saltzman, MD, author of *A Still Quiet Place for Athletes*, believes that athletes who practice mindfulness develop a more balanced approach to self-care, which ultimately helps them achieve peak performance in sport and in life.

According to Saltzman, “Being mindful means simply being aware of what is happening here and now with kindness and curiosity, so that we can choose our behaviors.” She adds that young athletes who “bring kind and curious attention to all aspects of their health and well-being have an advantage in learning what works best for them during training, competition, and in life.”

Saltzman, a long-time athlete herself, explains that “in the long run, it’s up to young athletes to learn from coaches, parents, nutritionists, athletic trainers, sport-specific articles and books, and most importantly their own bodies, and develop and refine the self-care routines that create the opportunity to perform at their best.”

With that in mind, Saltzman shares five scientifically proven self-care habits athletes can practice to improve their physical health and maximize their ability to compete at their best.

Prioritize Rest

According to the American Academy of Sleep Medicine, getting extra sleep over an extended period of time improves athletic performance, mood, and alertness.

Saltzman says, “Oftentimes in sports, young athletes are encouraged to push beyond their perceived limits to progress, but pushing too hard and too often can result in injury and physical, mental, and emotional burnout.”

Overtraining doesn’t help anyone. Creating and actively implementing a proper rest and recovery schedule can prevent young athletes from reaching the brink of burnout and injury. By avoiding unhealthy extremes and prioritizing rest, you can help your athlete improve their physical and mental capacity.

Make Healthier Food Choices

It’s essential to the development of young athletes to fuel their bodies with well-balanced meals of nutrient-rich foods instead of processed foods. In addition to preventing major health issues like osteoporosis, diabetes, and heart disease, healthier, whole foods develop their brain function.

Saltzman encourages young athletes to “bring their kind and curious attention to what they eat, how they eat, and how their body feels after they eat.” Over time they can take note of which foods complement their physical exercise and build a meal plan around the foods that help their body function at its best.

In general, Saltzman notes that athletes’ “bodies will function best if they eat natural foods, such as fruits, vegetables, whole grains, lean meats, milk, cheese, and eggs.”

Drink More Water

Saltzman reports that “research shows that exercise performance is impaired when an athlete is dehydrated by as little as 2 percent of body weight. When the athlete loses an excess of 5 percent of body weight, their performance capacity is decreased by about 30 percent.”

Encouraging your young athletes to properly hydrate is essential to their athletic performance and, more importantly, to their overall health and well-being.

Saltzman adds, “It’s especially important for athletes to be aware and properly hydrate when they’re traveling, competing in hot or humid climates, or at altitude.”

Focus on Conditioning

Youth sports offer athletes a place to improve their bodies’ overall performance and physical capacity. Not all conditioning has to be sport-specific.

Saltzman explains, “Young athletes can benefit by adding age-appropriate, developmentally-paced strength, speed, endurance, flexibility, and core strength to their exercise routines. And if young athletes do these activities mindfully (being present and discerningly aware of how their bodies feel, rather than just going through the motions), they will increase their physical, mental, and emotional strength, endurance, and flexibility.”

This self-awareness gives athletes a keen sense of when their bodies need to rest and recover, or hone in on where they need to dig deeper.

Develop Gameday Routines

For young athletes, game day often requires the parent shuttle or a school bus ride to the game. According to Saltzman, “It is wise for young athletes to develop a game day travel routine that allows them to arrive physically, mentally, and emotionally ready to compete at their best.”

Saltzman recommends athletes create routines that will help them be prepared for game day by:

Creating a detailed game day packing list.

Having healthy snacks and plenty of water on hand for travel.

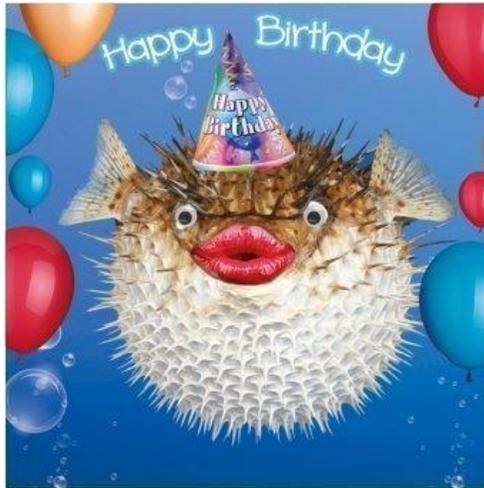
Developing a mental preparation habit, such as listening to music, practicing mindfulness, or visualizing their ideal performance during the game.

Saltzman concludes, “Athletes who are actively paying attention to their health and preparation are less likely to suffer from burnout, overuse injuries, overtraining, adrenal insufficiency, and chronic fatigue syndrome.”

Help your young athletes develop a stronger mindset to deal with the stresses of sport and daily life by introducing self-care strategies and encouraging them to practice them daily.

Happy Birthday August and September Swimmers!!

Allison Weller
Diya Karamchandani
Thomas Paul
Lily Moore
Yaroslav Soltanov
Lydia McMullen
Sophia Tunks
Austin Fastrich
Magill Zagaceta
Akyra Barrera Ryan
Elizabeth Foley
Rebecca Yeager
Owen Fastrich
Albert Zhu
Jackson Rife



Ella Pedersen
Jason Weller
Calista Oyerly
Henry Carrera
Noah Drexler
Andrew Cramer
Margaret Tarkenton
Louise Sheu
Kynlee Miller
Eleano Barone
Angela Fitterer
Kelsey Epoca
Erik Wingert
Samantha Andrews
Kendyl Rivera

Swimming in the Sun!

Close to 80 swimmers and parents came to enjoy a day at the Mount Gretna beach and lake with HAC!!! It was a great day and younger swimmers got to know older swimmers better and parents were able to socialize with other parents as well! What an amazing team building and social event!



Vista Summer Fun

The season ended with another Vista end of year party and a great team building exercise with Becky Weiler-Timmons. We are already looking forward to and planning more fun for the next season!!!



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