

Hershey Aquatic Club Newsletter

November 2018

8 Reasons to be Thankful for Swimming

By Elizabeth Wickham, SwimSwam

It was never our intention to become a swim family, it's something that just happened throughout the years. I'm convinced that swimming has added to the fabric of our lives and is partially responsible for our children's character. We've been enriched with memories of practices, meets, volunteering, serving on boards, planning banquets and fun activities for our kids and fellow swim parents. This time of year is perfect to reflect on how grateful I am to have swimming in my life.

Here are eight reasons why I'm thankful for swimming:

ONE- I'm thankful for the strength swimming has given my kids—both mentally and physically.

TWO- I'm thankful for the friendships my children have made through swimming and the friends I've made, as well.

THREE- I'm thankful that swimming has taught my kids perseverance, grit and how to work for goals.

FOUR- I'm thankful for swimming because it's pushed me out of my comfort zone and off the blocks.

FIVE- I'm thankful for the physicality of swimming and the sense of accomplishment I feel after completing a hard work out.

SIX- I'm thankful that swimming has helped my kids learn to handle the ups and downs in the pool and that will help prepare them for life.

SEVEN- I'm thankful for the coaches, referees and administrators who dedicate their time to others.

EIGHT- I'm thankful for all the parents who support their children and their teams financially—and with their valuable time-to help them be successful.



Why are you thankful for
swimming in your lives?

Upcoming Meets and Deadlines

Nov. 30-December 1
NLAC Winter Fest
State College, PA

December 1-2
NLAC Mini Meet
State College, PA

December 5-8
SPEEDO Winter JR
Nationals
Greensboro, NC

December 8
CPSA Dual Meet vs.
MARA
Hershey, PA

December 9
Entry Deadline for 1/5
CPSA meet and MA Mid-
Winter Classic

December 14-16
LAC Holiday Meet
Lancaster, PA

December 24-25
NO PRACTICES

DECEMBER 31-
January 1
NO PRACTICES

October/November Meet Recap



October 21 Dual Meet

43% Best Times

HAC 253 LAC 141

November 17 Tri Meet

43% Best Times

HAC 474 LAC 418 CYA 123

Practice Schedule Changes

The Hershey High School swim season gets underway in December, so please stay up to date on practice schedule changes due to the high school swim meets.

Thursday, December 13 Home Meet

Silver 1 6:30-7:30; Silver 2 CANCELLED

Friday, December 21 Modified Schedule

Senior A/B 3:00-5:00; Silver 1 & 2: 5:00-6:45

Saturday, December 22- CANCELLED

Friday, December 28- Modified Schedule

Senior A/B 3:00-5:00; Silver 1 & 2: 5:00-6:45

Saturday, December 29-HAC Saturday Group 6:30-9:00

Sunday, December 30- Senior A/B 9:00-12:00 (optional)

No Practices-

December 24 & 25

December 31 & January 1

Class of 2018

Swimming

Commitments

Congratulations!!

Kate Luft

University of South Carolina

2018 USA Junior National Finalist

Makayla Tarkenton

Ashland University

2018 PIAA

State Championship Qualifier



Hershey Aquatic Club Fundraiser



SALE

\$15.00

**2.5" Cast Pewter
Ornament With Ribbon**

Proceeds Benefit The Hershey Aquatic Club

Limited Quantities-Order yours today!

Questions?

**Contact: Mary Colman at
marycolman@verizon.net**

*A Few Reminders for our
first Home Meet on
December 8th!*

Swimmers should wear team suits, caps, and spiritwear.

Parents should not sit in the gym with their swimmer, but on deck or in the lobby.

Don't forget to sign up to volunteer. Spots are first-come, first serve.

Please remember your snack donation for the snack table.



Silver & Senior Practice Groups have the opportunity to give back and make a difference by volunteering with Cocoa Packs and Toys for Tots. Your generosity and time will help over 500 Derry Township families. Practice groups will be collecting toys and assisting in sorting toys by age group.

Toy Donation Challenge

The practice group with the most toy donations will be awarded a special prize!

Senior: Drop off toys before or after practice on 11/27 or at Cocoa Packs on 12/6

Sorting: December 6th 5:30-7:00 pm; RSVP by 11/30 (Senior practices will be combined on 12/6)

Christine Drexler: medcmdrex@aol.com

Silver: Drop off toys before or after practice on 12/5 or 12/12

Sorting: December 17th 3:00-4:30 pm; RSVP by 12/13

Melissa McMullen: RMcMullen3@aol.com

Cocoa Packs

500 Homestead Rd, Hershey

Use Entrance closest to the loading docks

Pizza, chips, drinks, & sweets will be provided.

Snacks to Bring to a Swim Meet

We all know kids love to snack during swim meets. But, as athletes, they need to eat not just to satisfy their hunger, but to refuel for their next race. Here are some helpful tips to keep in mind when packing snacks for your swimmers and feeding them the night and morning before a meet.

1. **Know your Child.** Each swimmer is different. Some swimmers can chow down chicken nuggets during a race and be fine; others get an upset stomach. Don't pack foods you know won't work for your kid. Don't try something new the day of a big race.
2. **Stay Hydrated.** It is important to drink liquids and stay hydrated, not just during the meets, but going into them. Encourage your child to drink small amounts of fluid often during the meet.
3. **Refuel.** Swimmers need to refuel with a recovery snack or drink after they race to energize their muscles and keep their blood sugar levels steady. Pack snacks that have both carbohydrates and protein to replenish needed nutrients and energy between events.
4. **Make it a Habit.** Your child can't only eat healthy during a meet. Swimmers should eat healthy every day of the week!

No Bake Energy Balls

1 cup oats

1 Tbsp honey

2 Tbsp peanut butter or almond butter

¼ cup chocolate chips

1 tsp vanilla extract

Mix all ingredients together and roll into 1 inch balls.

Store in refrigerator.

Optionally, you could also add in a ¼ cup of coconut, raisins, or chopped nuts.



- Great Snack Ideas!*
- Chocolate Milk
 - Carnation Instant Breakfast, Boost, Ensure, or other protein drinks
 - Breakfast burrito
 - Egg and Bagel Sandwich
 - Bananas
 - Strawberries
 - Oranges or Clementines
 - Almond Butter and Apples
 - Yogurt or Smoothie drinks
 - Protein Bars
 - Beef Jerky
 - Whole grain muffins
 - Nature Valley Granola Bites



Photos Needed!

If you have any photos from meets, practices, or other swim fun, please send them to me, and I will do my best to include in the newsletter.

Thank you!

Nicole Tunks
nicole.tunks@gmail.com



Salvation Army Giving Trees have been placed in the Rec Center and the Vista School. The Salvation Army asks that an unwrapped clothing item and a toy be provided. All clothing sizes and gift ideas are included on each tag.

You can drop off your unwrapped gifts any day before or on December 5th at the Rec Center, under the table with the folders by Coach Greg's office door. The only collection day at the Vista School will be December 5th, otherwise please bring donations to the Rec Center.

December HAC Board Meeting

Tuesday, December 3, 2018, 7:00 pm

Hershey Rec Center

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

Home Meet Concession Stand Reminders

At every home meet, Hershey Aquatic Club runs a concession stand to help cover the cost of the pool rental. The swim team families donate food, which is then sold at the snack table to raise money for the team. Each season before the first home meet a snack table donation list is distributed, assigning each family a specific food item. HAC hosts home meets this winter on December 8 and January 5.

Each family is assigned an item, which must be brought to the snack table by 7 am the morning of the meet. The family member bringing the item to the table must cross the family's name and item off the list located on the snack table. It is very important that every family bring its donation. If you are going to be out of town for the meet, you are responsible to arrange for your donation to be brought to the meet by another swim family. If an assigned food item is not brought to a meet, a \$25 fee will be assessed.

The concession volunteers do their best to run a stand that feeds our swimmers and families well and provides revenue to the team to cover the rental of the pool for competitions. Each family bringing their required item allows the team to be successful.

Please contact Angela Fitterer at angela_fitterer@yahoo.com with any questions.

Happy Birthday to all of the November swimmers!!



Katie Fackler
Charles Fackler
Nikita Andrews
Taryn Maloy
Stephanie Kopec
Leah Wilhelm

Anna Ardire
Grace McCloskey
Jack Hollerbach
Isabella Roeting
Sean Lehan
Mason Hollenbush

Matthew Gao
Maggie Shaw
MayaRose Fitterer
Jane Sheldon
Jillian Ruddle
Brendan O'Connell