

SWIMJITSU

By: Aditi Pavuluri

On September 23rd, many members of PTAC participated in the swimming obstacle course, Swimjitsu. Swimjitsu is an in-water obstacle course. Participants can become "Swimjas" by completing the obstacles without falling. The majority of the members participated in Wave 3, which took place at 2:00pm. The swimmers took turns jumping from bar to bar, climbing over walls, and finally sliding down with a splash. The swimmers had a lot of fun completing these obstacles with friends through this fun-filled team building activity.



PTAC WAVE 3 SWIMMERS

By racing a partner, swimmers swam from the starting line to the first obstacle where they pulled themselves up onto a platform. They then jumped onto a slide, and slid down. They then found themselves in front of a semicircular bridge, which they had to use the bars to pull themselves up and over. After they came through that obstacle, they rounded a slippery turn where a few swimmers lost their balance. The fourth obstacle was a bar that the swimmers had to either step or jump over, depending on their height. They rounded another turn, and swam across a short length. Once they climbed onto the next platform, one of the more difficult obstacles was in their path. This obstacle consisted of cylindrical inflated bars that swimmers had to jump across. Many swimmers splashed down this obstacle. Then

they reached yet another turn that led them to a horizontally placed climbing wall. The swimmers had to place their feet on a slippery wall, with only handles to keep them in place. This was another spot that swimmers found trouble. They passed on to the last and final obstacle of the first course, which was a vertically placed climbing wall that either permitted you to climb a rope, or use hand and foot handles to reach the top. The ledge that you slid off, let you either jump, flip or slide off that obstacle.

The swimmers then moved on to the second obstacle course, which was a little shorter than the first one that they were on. This obstacle course that only consisted of three obstacles, had series of wobbling platform that you had to jump across. The platforms were the most difficult obstacle in my opinion. They wobbled and it took me two whole tries to master it, and be able to reach the other side without falling. This obstacle took out the most PTAC swimmers than any other obstacle. Once they made it to the other side, the swimmers jumped over a small slide like the one in the first obstacle course, and slid headfirst into the pool. They then swam to the other side, and received a kickboard from a lifeguard. They then used the kick board to kick across the pool, and finished both courses.

These courses overall were very fun for the swimmers, a great way to spend the afternoon outside of practices and PTAC hopes they can try Swimjitsu again when it returns to New Jersey next time!

COACHES CHEER

A special recognition to highlight the effort of a few swimmers from the different groups each month. Coaches from each group nominated the hardest working swimmers at workouts for this special recognition. Congratulations to our first ever recipients of the "Coaches Cheer!"

AG1 and AG2 - I would like to recognize **Claire Lee (AG1)**, **Aiden Lee (AG2)**, and **Taylor Mitchell (AG2)** this month for their attentiveness during technique work. They did a great job in listening to the coaches, doing the drills correctly, and making changes as directed by the coaches.

AG3 - **Leo Li** is always swimming fast and leading his lane to faster intervals! **Madeleine Domantay** has made great improvements, is trying harder intervals, and is now training in our fastest AG3 lane!

VARSIITY - My swimmers of the month are **Sen Choi** and **Sachi Bhagwat**. Sen has moved up to our Varsity 3 lane and has responded well to the new challenge. He brings a positive attitude and a smile to every practice. **Sachi** takes pride in the hard work she puts into each set. I think she surprises herself with what she can accomplish when she puts her mind to it.

JUNIOR AND SENIOR - For our first month I would like to highlight our first ever team captains **Kiril Nikolaev** and **Emily Ryan**. They have both been open to the challenge and have been busy working on additional leadership training for the position. I look forward to working with them and the team should expect to hear more from our captains this season!

September "Gold Medal" Attendance Club

We would like to give out a special recognition to the swimmers on the team who have over 90% attendance for the month of September. These swimmers are working their hardest and are the leaders on the team! Swimmers listed have over 90% attendance in the month of September. Swimmers in bold have 100% attendance!

AG1 - **Daniel Da Costa**, **Logan Hong**, **Sarvesh Sreenivas**, **Yalong Zhang**, Shravan Joshi,

AG2 - **Kent Hong**, William Bashore, Joshua Chen, Max Domantay, Aiden Lee, Angela Lui, Taylor Mitchell, Esteban Olivo Cauberghs, Akhil Pavuluri

AG3 - **Madeleine Domantay**, **Kohsuke Fujii**, **Rajeev Harish**, **Leopold Li**, Suhani Agarwal, Paul Li, Paul Rizzo

VARSIITY - Sen Choi, Akansha Joshi

JUNIOR - **Aditi Pavuluri**, **Shweta Raman**, **Apsara Saraswat**, Dhruv Badarayan, Vidhur Badarayan, Isabella Caddeau, Lauren Girouard, Arjun Gupta, William Hoffman Naqsh Mitra, Sanjna Moola, Emiliano Olivo Cauberghs

SENIORS - **Jeffrey Davenport**

Good Luck Swimmers!

Monthly Motivation

Stay encouraged!

By: Aditi Pavuluri

You have gotten into the groove of the workouts, and now you are starting to pick up speed, and race others in your lane. You have swam successfully in your first meet of the season, and dropped a lot of time overall. You are eyeing that new silver cut or gold cut for the next meet, and you are willing to put in the effort to make sure it happens the next time around. You use others in your lane to motivate you, trying to keep up with them in a race, or in the main set, but sometimes, you cannot always rely on a specific person to keep up with.

For example, the person could be sick, and until they are better, you have to eye the less experienced person, or someone who may specialize in a different type of set. A motivation is always good, but you need to be self-driven as well. People think they rely solely on another person to be their motivation or inspiration, but your biggest motivation is yourself. You are not making your tough set just to beat another person; you are doing it to make you stronger, or faster.

Your motivation will always be there, but you cannot keep up with someone faster than you unless you put in the effort, and grit. So many people come up to you, and say, "Oh, better luck next time; he/she beat you in that event," even if you had dropped from your personal best! You are always using other people as a measurement of your success, when you really need to notice your improvements, and your self-motivations.

Next time you let yourself down because someone beat you in a set, if you tried hard, you must have made some sort of improvement. Whether in your technique, or your time, you always have something about yourself to feel good about.

ASK TIGER...

Dear Tiger,

We finished our first meet of the season, and I have noticed that I had not dropped, as much time I would have like to. Some people say that it is just because I have not gotten back into the feel of my workouts, but I have been coming to practice for over a month, now. I have no explanation for my performances at the meet.

What Should I Do?

From,

Baffled Breastroker

Dear Baffled Breastroker,

There could be multiple reasons for your little bumps in your path. These three are the most common in swimmers:

1. Only one month!

It is *only* one month into the season after significant time off and for many swimmers (especially those with more past experience) that is not enough time to make significant improvements.

2. Quantity over Quality

When people start swimming tough workouts again in the beginning of the season, they are quick to move up to that faster interval. They might not be paying attention to their technique...

3. Race Quality

Some swimmers can be nervous about a meet or a certain race, specifically, so they can forget the fundamentals, such as eating well the night before, hydrating throughout, or stretching right before your race.

4. Attendance!

Be sure that you have attended as many PTAC workouts as possible and set your expectations accordingly. The coaches recommend *all* practices. Work your hardest to get into our "Gold Medal Attendance Club!"

From, Tiger

Meet Coach Katlyn

By: Adifi Pavuluri

Coach Katlyn Andrews joined the Tigers in the Spring of 2016 as an assistant coach for the Varsity group. Katlyn began her swimming career at the age of 11 with Lawrenceville Swimming Association (LSA) and Lawrence Lightning. After her time at Lawrence Lightning, she swam for the Notre Dame High School swim team. After high school, Katlyn continued her swimming career at Rider University.

Katlyn now works as a Senior Consultant for Baker Tilly's Risk and Internal Audit Consulting practice, based in Philadelphia, PA. She currently resides in Lawrenceville, NJ.

Reporter: What are some of your best experiences as a swimmer?

Coach Katlyn: I loved the excitement of trying to reach your next goal. One of those moments was my efforts as a high-school swimmer to clock state times. Even though that did not happen, it was the journey and the experiences along the way that counted.

Reporter: When did your journey start, and can you tell us about your journey to become a college level swimmer?

Coach Katlyn: I started swimming when I was 11 yrs. old, and I started with PASDA association. I was part of the PASDA team called *Lawrence Lightning*. The reason I started swimming was that, to get a membership to our local pool, my mom informed me that we could get a free membership if I was on the swim team. I agreed to try it out, and soon I found out that I was actually good at the sport. I continued with Lawrence Lightning year round, and joined USA Swimming a little later. I also joined my high school swim team, and after I completed my high school years, I felt as if I was not done with swimming, and I wanted to pursue it as a college sport.

Reporter: What do you love about being a part of the PTAC family?

Coach Katlyn: It is definitely a big family, and I love working with so many kids. I have never been on a team that was as large as this one! I love that each swimmer can bring something unique to the table in terms of their personality, and swimming style.

Reporter: What is some vital advice you would give to swimmers?

Many swimmers I know like to focus on speed instead of their technique. I think that the key to being a good swimmer is to break it down to the basics, and then focus on getting faster.

Reporter: What is your daytime profession?

Coach Katlyn: I work as an internal auditor for an accounting firm. I also do reviews and evaluations for colleges.



Reporter: Many varsity swimmers consider you a "best friend" and a coach, why do you think that is important?

Coach Katlyn: Personally, I would like a coach to be very approachable instead of someone you would be scared of. I do not yell because I think it would intimidate the swimmers, and make them feel like they could not talk to me about any of their problems.

Reporter: What advice would you give swimmers who are 13+, who are trying to balance their academics with their extracurricular activities such as swimming?

Coach Katlyn: It is important that all swimmers including 13+ swimmers know that school always comes first. It helps to always be organized, and do your homework right after school.

Thank you, Coach Katlyn!

MONTHLY NUTRITION TIP

Post workout meals. Nutrition in the hour following exercise is critical to fueling growth and recovery. After a hard session your body needs essential nutrients to kick start the growth and repair process. Here are some suggestions to consider for a post workout meal:

- Water to quench the thirst and to come out of the post workout dehydration.
- Protein is vital for the growth and repair of muscle tissue. Hard training causes the breakdown of the muscle tissue, which is made from protein. Consuming protein after exercise provides the building blocks (amino acids) for growth and repair, and can reduce muscle soreness the next day.
- Easily digestible carbohydrates like banana or potato to replenish your glycogen stores and your blood sugar level without disrupting the blood flow much to the worked out muscles and to spare the muscle/protein to be used as a source of energy. It is all right to consume starchy carbohydrates and sugars, which are normally, recommended to be consumed minimally otherwise. A protein shake can be a convenient way to obtain easily digestible protein and carbohydrates following your swimming workout.

Bottom line is to be aware and understand the importance of diet along with exercise and to start following a proper exercise regime with proper pre and post workout meals.

POST WORK-OUT SNACK: SURVEY

As part of a survey of 23 PTAC swimmers from the **Junior and Senior group**, you can see the variety of snacks that our swimmers like to have after a hard workout. Chocolate Milk is definitely the most favorite snack!



My first ocean mile

Written By: Emiliano Olivo Cauberghs

Emi, along with other junior swimmers, Aditi and Apsara and Coach Carolina competed in an ocean mile swim at Belmar Beach in August, hosted by NJRC.

It was a Saturday at 5:00 am and I was getting ready for my first ocean mile. Of course, I was tired that morning and didn't really know if I was completely ready. I ate breakfast and then started my trip to the ocean with my family. When I was in the car, I didn't know if I would survive it because I was a little bit scared and the weather wasn't very nice that day but at the same time, I was pretty excited because I would race my dad in the ocean. When we arrived at the beach, there was nobody because we arrived 15 minutes early. The only thing we saw was a small stand of NJRC swim team. We did not know if we had to sign up there so my mom and I went to



COACH CAROLINA WITH US BEFORE THE RACE

asked them if it was the right place. They told us that we were in the good place but we had to wait another 15 minutes to sign up because you could not sign up until 6:30 am. While we were waiting, we saw Aditi, Akhil, Apsara and Coach Carolina coming. I was happy to see them and it made me more confident to swim the ocean mile. We took pictures and then signed up for the mile. When my dad and I signed up, they gave us a number (4 and 5), a chip that you had to put in your leg for localization and a nice shirt that said Belmar Ocean Mile and the logo of NJ.RC swim team. After that, we changed and warmed up in the ocean with Esteban and Akhil.

The water was freezing and there was a lot of waves in the ocean. When we came back to the boardwalk, we saw many very good swimmers and Coach Carolina gave us some tips about swimming in the ocean. For example, you have to stop swimming every five minutes to see the buoys. My dad and I went to see the layout of the course and got ready for swimming my first ocean mile. After 5 minutes, a lifeguard told everyone the rules (there was about 60 people registered and we were some of the youngest swimmers). We

Stretched a little bit and suddenly the lifeguard told everyone we were going to start. He said ready, set, and go! We waited 5 seconds after everyone started, to not get pushed by other swimmers. We went in the ocean and the water was freezing again. We started swimming as a group to the first buoy. After that I didn't know what happened to my dad because I didn't see him anymore. The beginning was pretty easy but when we passed the third buoy, we started going against current and it was very hard to swim. But Aditi and I started sprinting to the beach for about half a mile and left everyone else behind. When we stopped swimming and started arriving at the beach, we saw the clock and didn't believe the timer that was saying 23 minutes and 1 and a half minute slower than my long course swimming mile which was awesome. When we arrived to the beach, I saw my family and friends cheering for me. When we finished, they gave us a wooden medal for finishing the Mile. Aditi ended up 25th and I ended up 24th by 0.1 and got a time of 24.53 minutes but for me it was as if Aditi and I ended up at the same time. I was very happy for Aditi and me but we still had to wait for Apsara, Coach Carolina and my dad. We saw Apsara coming at 27 minutes and came 26th place. After that, Coach Carolina came at 30 minutes and ended up being 32nd. But there was still my dad. We waited about 10 minutes until he came at 40 minutes for 52nd place. After that, we ate some bagels, said goodbye to everyone and went back home. I loved the ocean mile and was very proud of myself, but I was very tired too. I will never forget that day. I realized that I love swimming the mile in an ocean more than swimming it in a pool not only because there were no flip-turns nor streamlines, but because I could swim it next to my friends and family and made me less nervous and I felt like you could have more fun if you swim with people you love.

|  BIRTHDAYS | Swimmer | Birthday | Swimmer | Birthday |
|---|-------------------------|-----------------------|----------------------|----------------------|
| | Noah Mathai (VR) | Oct 8 th | Aidan Lee (AG2) | Nov 1 st |
| | Nihari Kesireddy (VR) | Oct 10 th | Claire Lee (AG1) | Nov 5 th |
| | Ludovica Vitaloni (AG2) | Oct 13 th | Mia Wong (VR) | Nov 5 th |
| | Lauren Hernandez (AG2) | Oct 16 th | Benjamin Laine (AG3) | Nov 7 th |
| | Shravan Joshi (AG1) | Oct 16 th | Ivan Wong (AG3) | Nov 7 th |
| | Helen Chen (AG2) | Oct 24 th | Akansha Joshi (VR) | Nov 18 th |
| | Joshua Chen (AG2) | Oct 24 th | Janhavi Palkar (VR) | Nov 18 th |
| | Isabella Caddeau (JR) | Oct 30 th | Nitin Reganti (VR) | Nov 19 th |
| | Noah Mathai (VR) | Oct 8 th | Kiril Nikolaev (SR) | Nov 21 st |
| | | Libby Snyder (JR) | Nov 22 nd | |
| | | Thomas Lee (SR) | Nov 23 rd | |
| | | Taylor Mitchell (AG2) | Nov 24 th | |
| | | Angela Liu (AG2) | Nov 26 th | |
| | | Sanjna Moola (JR) | Nov 26 th | |

INSPIRATION DOSE

“The things you learn from sports – setting goals, being part of a team, confidence – that’s invaluable. It’s not about trophies and ribbons. It’s about being on time for practice, accepting challenges...”

– Dana Vollmer (Olympic gold medalist from the USA)

IMPORTANT DATES

Nov 17-19: Thanksgiving Invite

Nov 19: Mercer County “Throwdown”

Dec 2-3: BAC Holiday Splash

Dec 9: MB “Paul Criscuolo” Invite

*My coach says we need to remember **STUFF**...*

Streamline

Turns

Underwater kicks

Fast swimming

Finishes

It’s important to work on **STUFF!**

Anonymous