

PTAC DOMINATES AT EASTERN ZONES

By: Aditi Pavuluri

10-year-olds Kohsuke Fuji and Kentaro Bauer walked out of the New Jersey Junior Olympics with the silver and bronze for the 100-yard breaststroke. This meant that they had qualified for the Eastern Zone Championship in Ithaca, New York. While proudly representing the state of New Jersey, they also brought pride to our team.



KENTARO AND KOHSUKE AT EASTERN ZONE MEET

At the Eastern Zones, our tigers attacked the other

swimmers with their swift strokes, and came out of the battle with Kentaro in 4th place, and Kohsuke in 6th. While, these swimming stars were at zones, the rest of the PTAC was on their two-week break. So, if you see Kentaro or Kohsuke around, make sure to congratulate them on their great job at this big meet. Our team goal is to have a bigger, stronger Zone Team this long course season of 2017.

Kohsuke Fuji and Kentaro Bauer remain models for our team to look up to. They, and our fantastic coaches are there to support our team this coming season. With the help of them, and of course, our hard work, we can outshine the other teams, and show them what PTAC is capable of.

WELCOME TO 2017 LONG COURSE SEASON

Welcome back to our returning PTAC swimmers, and to our new swimmers, we're glad you joined our team. For all PTAC swimmers, make sure to bring a light sweater the first month, as dryland may be taking place outside. Our coaches are excited to have fun with you, and encourage you to work hard. Our first meet of the season, the Tiger Challenge, is coming up on May 19-21. Work hard towards this big meet, eat healthy, and most importantly, have fun doing it.

GO TIGERS!!!

COACH EVELYN'S MONTHLY NUTRITION TIP

When you are a competitive swimmer, or athlete in general, it is important to stay hydrated before, after, and during your workouts. Water, transports nutrients, and vitamins to your blood flow, and lack of water while exercising, may cause you to not be able to perform at your highest level. If you are exercising at a high intensity, for longer than an hour, a sports drink will definitely benefit you. For most people, drinking is the best way to stay hydrated. An estimated 2 bottles of water or is the right amount for an intensive workout. Our coaches have supplied a PTAC water dispenser, for our swimmers to refill their water-bottles. The coaches have done their part in trying to encourage you to drink water, and now it's your turn!

★ KEEP CALM AND DRINK MORE WATER ★

MEET COACH CAROLINA

By: Aditi Pavuluri

Coach Carolina has been on the team since 2007 when it was founded. She swam competitively for 15 years with Santa Cecilia University in Brazil. She then immigrated to the United States, to continue her education.

Reporter: So, Coach Carolina, I know that you've been involved with a swim team since you were a kid, back in Brazil. What do you love about being on a team, so much, that you've stayed with this sport?

Coach Carolina: There aren't many sports you can do, that are individual. Swimming would qualify as one of those sports. I guess, the thing I love about being on a swim team, is that you swim individually, but you have a whole team that is there to support you. For example, at our practices, all of us, would push each other, and encourage them to reach their goals. So, it's definitely you who is reaching your goals, but it's really nice to have other people there to support you.

Reporter: Can you tell us a little bit about your childhood as a swimmer in Brazil?

Coach Carolina: When I was twelve years old, I was always on the A relays, but I wouldn't really label myself as "one of the fast swimmers," you know, the few kids on your team that everyone looks up to? It was when I turned 13 years old, that something really clicked. I felt that then, I really emerged as swimmer. I started qualifying for big meets, such as zones, in events like the 400 Free, 800 Free, and Relay. There, I qualified for Sectionals, and following that, Junior Nationals. By then, I had discovered I was a distance swimmer. When I was sixteen years old, I qualified for the Adult Nationals. My coach asked me to start training with the older college swimmers. In the 800 Free, I placed 7th in Nationals. This made me a part of the Brazilian National Team, and qualified me for the World Championships, that was taking place in Brazil. My parents, later found out that only the swimmers who placed first and second were



being sponsored for this big meet. They couldn't afford to send me, so I didn't go.

Reporter: As a swimmer, what is one of your most embarrassing qualities?

Coach Carolina: Before the start of Junior Nationals, I had worked on my start for so long, but I could never get it. It was like one of those things, that even if you tried really hard to do, you still wouldn't get. My dive was like that. My coach had put me in the relay for Junior Nationals, and out of the four girls on the team, I had the worst start out of all of them. I would just dive in right below me. I know, it doesn't seem like it, but when you are at a big meet, the dive matters. Every little thing matters.

Reporter: I hear that this is PTAC's 10th anniversary of being a team! And that brings us to the last question. What do you love about being a coach on PTAC?

Coach Carolina: In my past years on coaching, I have seen kids who only come to practice because they have to. These past years, it has been different. The kids in my group, and in other groups, are there at practice because they want to be there, and not because they have to. That is what I enjoy seeing in my swimmers. Just the other day, I came in to coach Kohsuke and Kentaro for Zones, and just to be funny, I said, "You guys aren't going to give me a break, are you?" And they just smile at me. That smile, is what made me happy to be a coach on this team. Everyone's indomitable spirit makes this team what is really is today.

ASK TIGER COLUMN

Dear Tiger,

Someone in my lane has constantly been pulling on my leg. I feel like they catch up to me on purpose so that they can try to go in front of me. I usually let this person go in front of me, but the next practice, they are behind me again, pulling my leg. What Should I Do?

Signed, Bothered Breaststroker

Dear Bothered Breaststroker,

I feel your pain. In my past years of swimming, there has always been that one person who irritates you, but you can't get rid of. I personally think that you should talk to them about your problem. If that person keeps doing it, you should take it further, and tell your coach. All the best!

From, Tiger

[You may Submit questions to Tiger]

MONTHLY MOTIVATION

Hard Work is the Key

There may be a couple swimmers that achieve high standards, because of their talent. But in the end, hard work always beats talent.

Do you know those people who are in the fastest heats at the meet, but they never try at practice? You can't deny that they are going to be fast, no matter how they do at practice. But pure talent isn't the way to long-term success. Never bring yourself down because you can never catch up to that fast kid in a race. Just keep trying your best, pushing your limits, and being a good sport. Before you know it your hard work will put you ahead of that person.

28-time Olympic Gold Medalist, Michael Phelps once said, **"Everything is possible as long as you put your mind to it, and put the work and time into it."**

Michael Phelps' victories were mostly because of his hard work. Keep working hard, and you will always reach your goals. Good luck, swimmers!

INSPIRATION DOSE

"There is no such thing as overnight success. No matter what you endeavor, you have to put in the time and effort. If you stick with it, you will be surprised by what you can achieve. The reality is that you are more capable than you think."

-Nathan Adrian (5-time Olympic Gold Medalist)

IMPORTANT DATES

April 22: Swim Shop

May 19-21: Tiger Challenge Meet



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If you would like to contribute to the newsletter, please contact Aditi Pavuluri (JR)