

TIGER TIMES

APRIL 2018 ISSUE

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Swimmer's newsletter for Princeton Tigers Aquatic Club

PTAC at Eastern Zones

by: Aditi Pavuluri

Yet another swim season has gone by, with our Tigers swimmers making it one to remember. After the short course season ended for most of the swimmers, a few swimmers were still working hard to represent PTAC team at the Eastern Zone Championship meet. The meet took place in Webster, NY from March 29th – 31st.

Congratulations to [Mahika Chatterjee](#), [Jeffrey Davenport](#), [Lauren Girouard](#), [Arjun Gupta](#), [Kent Hong](#), [Naqsh Mitra](#), [Jack Moses](#) and [Esteban Olivo Caubergs](#) for qualifying and competing at the meet!

Our Tigers did amazing and we had two swimmers finish in the top 10 - qualifying for finals and earning valuable points for the team!

TOP 10 FINISHES

[Jeffrey Davenport](#) - 6th Place (200 Back) / [Arjun Gupta](#) - 10th Place (200 Breast)

NEW TEAM RECORDS

[Mahika Chatterjee](#) (11-12) - 50 Free / 200 Free

[Lauren Girouard](#) (11-12) - 200 Breast

NEW GOLD TIMES

[Jeffrey Davenport](#) - 100 Back / 200 Back

[Naqsh Mitra](#) - 200 Back

Swimmers had a lot of fun and came together to cheer and represent the PTAC Team at the Eastern Zones. Great job everyone!

WELCOME TO THE
2018 LC 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 you dress for outside dryland. 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 18-20. Let's work hard towards this big meet, eat healthy, and most importantly, have fun doing it.

GO TIGERS!!!



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 recipients of the "Coaches Cheer!"

AG1 AND AG2 - For the month of April, I would like to recognize **Angela Liu (AG2), Jerry Liu (AG2)**, and **Vihaan Chatterjee (AG1)** for their exceptional effort in the pool. Angela and Vihaan have been leading their respective lanes in swimming sets and Jerry is already swimming in a faster interval lane.

AG3 - The AG3 swimmer of the SC season, Madeleine Domantay, had suggested to Coach Lovette and I a few names of kids who deserve to be swimmer of the month. All three of us have agreed that the swimmer working harder than everyone, as well as supporting and encouraging his teammates is **ETHAN SONG**. Ethan has been to every practice so far and is doing an amazing job. Congratulations Ethan and keep up the good work!

VARSITY - For the month of April, the Varsity group would like to recognize **Janhavi Palkar** and **Noah Mathai**. Both Janhavi and Noah moved up a lane at the onset of this season and have been showing great improvement.

JUNIOR AND SENIOR - This season has gotten off to a great start - everyone is working hard in training and we are already seeing some payoff. For this month, I would like to give a cheer to our newest members who just moved up from the Junior Prep group. They have taken on the challenge to move into Juniors and I have been impressed with their effort in workouts: **Zofia Cavalli, Ruben Chandwani, Akansha Joshi, and Nitin Reganti**.

APRIL "Gold Medal" Attendance Club

These PTAC swimmers were committed to the team in the month of April! All swimmers here were over 90% attendance and swimmers in BOLD have %100 attendance for the month.

AG1 - Daniel Da Costa, Julius Filak, Logan Hong, Shivani Joshi, Claire Lee, Varun Shenoy, Dede Tadepaneni, Yalong Zhang

AG2 - Joshua Chen, Max Domantay, Kent Hong, Jerry Liu, Akhil Pavuluri, Angela Liu, Calvin Tien

AG3 - Suhani Agarwal, Rajeev Harish, Riya Patel, Ved Shenoy, Ethan Song, Madeleine Domantay, Wolf Martin, Paul Li, Paul Rizzo

VARSITY - Zia Ostawal

JUNIOR - Lauren Girouard, Zaccharie Ouzilou, Apsara Saraswat, Arjun Gupta, Will Hoffman, Tracey Liu, Shweta Raman

SENIORS - Jeffrey Davenport

How to **POWER** through practice

By: Aditi Pavuluri

Every swimmer has those days where the last place they want to be is the pool. Sometimes, they just don't possess the motivation required to have a good workout. You could find a swimmer *just swimming* a set, without really pushing themselves, or even skipping a set, altogether.

With the perfect training mentality, you can find yourself at the end of a successful practice, instead of the ominous world of "*I could have done better.*"

1. Focus on the **NOW**.

Don't worry about the bottomless pit of a freestyle set that is about to come.

First, get through warmup. Think about how your muscles feel **now**.

Take each lap a step at a time, and have small goals to get through, to keep your mind off the bigger picture.

2. Think about your goals.

What am I here to do again?

Let's say your goal is to improve in a butterfly event in the upcoming meet.

Instead of viewing a set as an IM set, think of it as improving your technique in butterfly, to start off the set, strong.

3. Race someone.

Have your eye on someone you've been wanting to beat.

So when time comes down to the brutal "best average" sets, try and beat the person during your race.

You might not know it, but by giving your best in a race, it gives your competitor some confidence to race harder, themselves.

4. Reward yourself!

When you do a good job at practice, reward yourself to a sweet treat or a nice massage or foam roll stretch.

While doing the set, think of what's waiting for you at home. Even if it might be as simple as your warm delicious meal or comfortable bed.



5. Have fun with it!

Remember that you swim because you love it! Make each set a game, or something you enjoy. Try and make an interval, and following that, reward yourself!

Have other swimmers join you, to make it better. Your teammates are always there, as well!

Zones Diaries



Name	<i>Lauren Girouard</i>	<i>Arjun Gupta</i>	<i>Naqsh Mitra</i>	<i>Jeff Davenport</i>
Age	13	14	15	16
Tell us a fun fact about yourself	I enjoy drawing, and I am good at it	The Office is my favorite television show to watch in my free time, and Dwight is my favorite character	I am a writer, and I enjoy writing short stories and poems in my free time	My family and I love to go camping from April to November. We camp out in Lancaster, PA, and do fun things like visit farms, and cook s'mores.
What do you think helped you qualify for Zones?	I made many sacrifices to attend practices instead of being with my friends, and when I was with my friends, and we were eating out, I would choose a salad instead of something unhealthy.	I think that coming to practice, and swimming those hard sets helped me. At first I was a little bit insecure about my body, and I wanted to be as strong as other swimmers, so that motivated me to attend many practices.	I really owe a lot of it to Coach Miles and Coach Tony for working with me on my backstroke and breaststroke technique. Also, I benefited from the sprint sets at practice.	I think that the main reason I qualified was that I came to practice, and gave 110% every lap I swam. In addition, I stayed healthy, and exercised outside of the pool. Some things I did were going for runs, or a bike ride.
What was one of your favorite memories at Zones?	One of the afternoons, I went to a nearby Chipotle with Mahika. It allowed me to really bond with a teammate, and I had a lot of fun!	Jeffrey Davenport. I wish all teammates could be as supportive and motivating as Jeff. He was a great teammate during Zones, and during the practices, leading up to Zones. Thanks, Jeff!	The afternoon after Zones was over, Mahika, my sister, and I went to the hotels hot tub and hung out there. After that, we all went for ice cream from Dairy Queen.	Something that was special for me was qualifying for finals. I went in with the 8th seed at Finals, and came out 6th. That was a memory that I'll probably never forget!
What was one thing you think the team did well at Zones?	One thing I think the team did well was that every time someone was competing, all of the PTAC swimmers would get up and cheer for them, creating a supportive environment.	Something we did well was that during team dinners, we made sure to eat well, and pay attention to our nutrition. There were many healthy options where Zones was being held, so we made sure that we were eating right.	One thing I think that our team did well at Zones was complete our warmups and warm downs. Just the overall atmosphere motivated us to be mindful of our training.	I loved that the whole Zones group stood united as one. We did everything together at Zones, instead of just minding our own business. We ate together, sat together at the meet, and stayed in the same hotel room.
What did you learn from this experience?	One thing that I learned during my time at Zones is that you had to enter your race with the most stress-free mindset possible. For example, before your race, don't look at the scoreboard from the previous heat because it puts mental pressure on you.	Something that I learned at Zones was that you could go into a race with no goal of what you want to accomplish. Swimming a race with no pressure is important, but so is swimming with purpose. A tip from me is to go in with an angry mindset. Think of someone or something that annoys you and take that anger out on your race. It will give the energy and adrenaline that you need.	Also referring back to my previous answer, I learned that keeping your muscles in the best shape possible before a race is equally as important as how you swim the race, itself. By this I mean doing your warmups and warm downs, stretching, and hydrating.	I learned that since I competed in finals at Zones, really anything is possible. The fact that I competed in a big meet like that means that I am one-step closer to sectionals, JR Nationals, and even the Olympic Trials. I know for sure that I have more left in the tank, and I can give it around 111%-120% at practice to ensure even better results.

Thank you Lauren, Arjun, Naqsh and Jeff for sharing your insights from the Eastern Zones championship meet.

Monthly Motivation

Think of It as an *Opportunity*

By: Aditi Pavuluri

Why is it that the first time you do something, it defines your perspective on it, forever?

Let's say that you attempt a harder interval in practice, and you fail the first time. The next few times you do it, you will remember it as *the harder interval*.

The idea of going through the pain, again, haunts you, and you *dread* the practices to come, where you must try again.

But, think of each practice as an *opportunity*.

Think of it as a new set, a stronger mindset, and an unbeatable performance.

Use your opportunity to *re-define* your boundaries.

Push your limits.

Fail.

And come back stronger than ever.

Good Luck Swimmers!

ASK TIGER...

Dear Tiger,

At the conclusion of the short course season I felt as if I was in peak form. But as I enter this new long course season, I don't feel the same anymore. After swimming the first practice of long course, where I felt extremely tired, I am worried about the ones to come. Is this normal? What Should I Do?

Lost About Long Course

Dear Lost About Long Course,

Don't worry, it takes a little time to catch back up to where you were before the break, but there is plenty of time over the entire season. Also remember that Long Course training is especially difficult. Keep attending workouts and challenge your self any time we have these Long Course workouts!

-Tiger



BIRTHDAYS

Swimmer	Birthday	Swimmer	Birthday
Luke Barglow (JR)	May 2nd	Rohan Mody (VR)	June 6th
Vidhur Badarayan (JR)	May 6th	Mathivanth Veerachamy (AG3)	June 6th
Jonnas Filak (AG2)	May 6th	Pranav Mahableshwarkar (JR)	June 13th
Kalp Ostawal (AG2)	May 8th	Gretchen Martin (AG2)	June 16th
Sraghvi Anchaliya (VR)	May 8th	Varun Shenoy (AG1)	June 16th
Kallen Mitchell (VR)	May 13th	Dedeepya Tadapaneni (AG1)	June 17th
Daniel Da Costa (AG1)	May 13th	William Bashore (AG3)	June 19th
Rachel McInerney (AG3)	May 26th	Aadi Katyal (VR)	June 21st
Vihaan Chatterjee (AG1)	May 27th	Dhruv Badarayan (JR)	June 22nd
Madeleine Domantay (AG3)	May 30th	Miren Rudorfer (AG3)	June 24th
Mitalee Pasricha (AG3)	May 31st	Ruben Chandwani (JR)	June 27th
		Landon Kent (AG2)	June 28th

INSPIRATION DOSE

“ When I feel tired, I just think about how great I will feel, once I finally reach my goal.”

- Michael Phelps

IMPORTANT DATES

Tiger Challenge: **May 18-20**

Miles, Middies & Minnies: **June 2-3**

Summer Solstice: **June 9-10**

Meet of Xcellence: **June 16-17**

Tiger Challenge Meet

Please bring the following refreshments on May 16th or May 17th, for our upcoming home meet.

AG 1 - Gatorade (12 plastic bottle case)

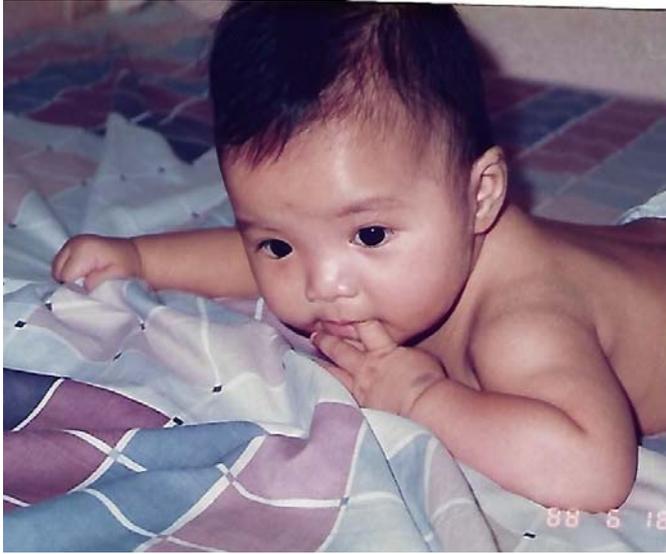
AG2 - Water (24 plastic bottle case)

AG3 - Water (24 plastic bottle case)

VAR - Soda (12 can case)

JR - Soda (12 can case)

SR - Gatorade (12 plastic bottle case)



4 months old - I spend a lot of time in just my diaper because it gets so hot in Hong Kong



1 year old - I liked being on the go

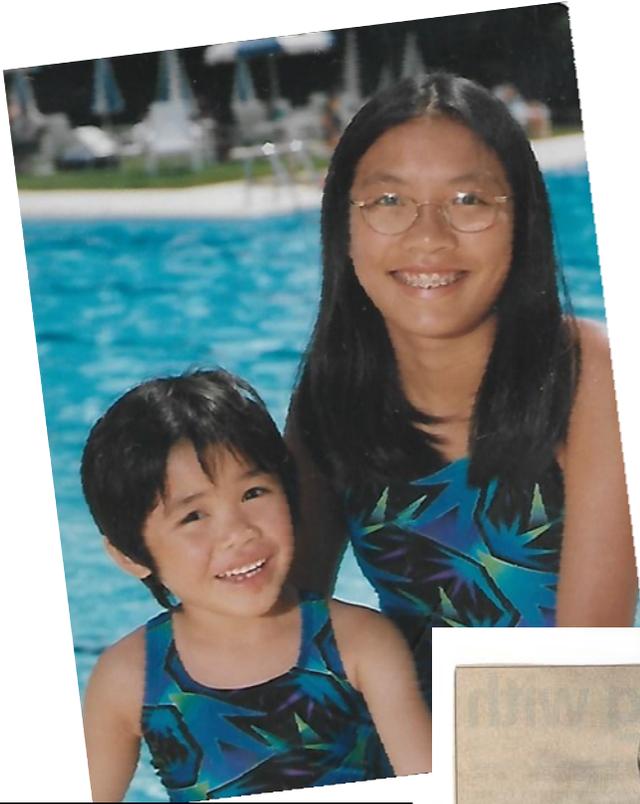


Can you tell? Always loved being in water (at 3 and 4 years old)



7 years old - I swam for FSPY before moving to the Princeton

Throwback Time with Coach Evelyn



12 years old (Coach Jocelyn was 6 years old) - This is from when we swam summer



8 years old - I also danced ballet, point, lyrical, jazz, tap, and hip hop until I was 12 years old



Staff photo by Frank Jacobs III
West Windsor-Plainsboro South's Evelyn Yuen, a top-10 finisher four straight years in the 100 breaststroke, achieved her goal yesterday with a victory in the event at the Meet of Champions.

This newspaper clipping was when I won the 100 yd breaststroke at Meet of Champions my senior year of high school



Graduating Seniors photo at University of New Hampshire (We started off as a class of 7 freshman, only 3 lasted through senior year. College swimming takes a special kind



After I ran a half marathon while at Texas A&M for grad school

STELLAR STREAMLINES

The skill to implement a good streamline is extremely important, but it is often over looked or ignored by many swimmers. In this article, I will try to explain why it is important to master streamline technique, common reasons for swimmers to not streamline and what constitutes a good streamline position.

What are the benefits of a good streamline?

1. A good streamline off the wall is free speed for the swimmer. Why would you not want to benefit from it?
2. The ability to streamline carries over to body position while swimming. If you can hold your body correctly to streamline, then you can hold it correctly to ensure your high in the water.

Why do swimmers not streamline?

1. Lack of focus: As swimmers, start getting tired in practice, technique starts to slip. Getting farther faster off the wall does not seem as important as getting up to get a breath, or giving a rest for the legs.
2. Need to get back to swimming my stroke: This is especially prevalent in young swimmers, but also can happen to older swimmers. Swimmers are in such a rush to get swimming fast after the turn that swimming again is all they can think of.
3. Save it for the race day: Swimmers often think that it does not matter if they do or do not do something in training. They plan to remember to do everything perfect during a race.

You can follow these 3 steps to perfect your streamline:

1. Lengthen from fingertips to toes by engaging your core: A good streamline starts with lengthening your body, fingertips to toes. Make sure you can experience the engagement of your core. While swimming, attempt to maintain this core engagement as it helps move your body.
2. Place one hand on top of the other and apply the "Thumb Safety": The Thumb Safety is a reminder to curl your thumb around your other hand while in the streamline position. As you get tired, your hands will want to separate, so applying thumb safety will keep your hands together and your streamline strong.
3. Place biceps behind ears: Lastly, be sure to squeeze your biceps in to your head. Shoulder stretching during dryland will help improve this position.

I hope I've convinced you of the importance of streamlining and hopefully it will inspire you to focus a little bit more on it next time you are in the water!