

## Secret benefits of swimming

By: Aditi Pavuluri

Swimming is one of the few sports you can do at all ages. I don't have to convince you that swimming is a great sport, because you are already part of PTAC family. I would like to highlight some of the sport's less obvious benefits:

**1. Swimming makes us Smarter:** Swimming, like any another exercise improves memory function and thinking skills. Regular exercise fosters new brain cell growth, which is makes us good is classroom. Swimming also helps us thinks efficiently. Competitive swimmers are great when it comes to breaking down splits and stroke counts. All that lap counting in the water, adding of times, and continuous focus helps us get better at Math and improve our concentration.

**2. Swimming teaches us Team-Building:** There is nothing better than being on a swim team, where we train together, race together, encourage each other, help each other and above all have fun together to experience team building with fellow swimmers and coaches. My parents remind me that real work places are no different where adults need to work together in teams on various projects. We are getting a head start to the real world experience.

**3. Swimming teaches us Goal Orientation:** Competitive swimmers are goal-oriented. Whether it is at practice to make a set or swim a best time at a race. Swimmers regularly set goals, define plans and work hard to achieve them. The skills swimmers learn in the pool to realize and achieve such goals can be useful out of the pool as well.

**4. Swimming is good for health:** Swimming is great for overall health, but it is particularly great for people who suffer from chronic lung conditions such as asthma. My brother is an example where swimming has cured his asthma completely. Swimming is an important activity to help reduce childhood obesity rates, and it is fun too. Swimming provides kids with the tools to maintain healthier lives as adults in a fun way.

**5. Swimming is a total body workout:** Swimming can burn more calories swimming than many sports such as running. Research shows that one burns more calories swimming than running at an average pace. It is a total body workout and a low-impact sport that is easy on the body.

*Splash in and have fun.*

### NOVEMBER MEET

November was a busy month with practices in full swing and the Peddie Thanksgiving Classic Invite. PTAC swimmers were very successful at this meet.

This was a new format for many of our 11-12 year swimmers who raced in the morning to qualify for finals in the evening. Top 8 finishes from 11 & over age groups in the prelims participated in the finals. In Coach Miles's words, "**Tigers Rocked the house**"!! Here are some statistics from the meet:

NEW **GOLD** times: 52

NEW **EASTERN ZONE** times: 3

NEW **TEAM** records: 3

**TOP 8** finishes that advanced to Finals: 150 swims

This was a great meet and looking forward to even more success in the future!

## 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** - I would like to recognize **Joshua Chen (AG2)**, **Rachel McInerney (AG2)**, **Calvin Tien (AG2)**, and **Yalong Zhang (AG1)** for having an exceptional meet at the Peddie Invite. Joshua, Rachel, and Calvin are new Gold time achievers; while Yalong dropped over 1 min cumulatively between all his events.

**AG3** - **Riya Patel** persists! She keeps working on her technique until she gets it right. It doesn't matter if it's her favorite stroke or not, she's showing interest in all strokes and her goal is to improve in everything. It's great to have a swimmer who's not afraid of trying new events, even if those events are the 400 IM and the 1000 FR. Riya is pushing herself EVERY PRACTICE. Great job Riya! **Paul Li** has recently changed his way of training. Instead of following faster swimmers, he's really trying to get ahead of them. He has been asking more questions about technique, and this engagement with his own practice has made a huge difference on his main sets. Keep it up Paul!!

**VARSITY** - The Varsity group would like to recognize **Karan Chandra** and **Akansha Joshi** this month. Karan brings a great attitude to practice and has been working hard every day to perfect his technique. Akansha has been pushing herself a little more at each practice and responding well to new challenges at meets.

**JUNIOR AND SENIOR** - We had an amazing month of training and competition in the month of November! So many swimmers did extremely well at the Peddie Thanksgiving meet, and our team looked stronger than ever. It continues to be very difficult to pick two swimmers to highlight each month when so many have done well. **Naqsh Mitra** had an amazing meet at Peddie, making huge drops and seeing a number of finals swim and new GOLD times in the 100 Breast and 100 Back! **Arjun Gupta** had a great month of attendance and made his mark at the Peddie Thanksgiving meet. He achieved an Eastern Zone time in the 100 Breaststroke and was very close in the 200. He swam in finals in multiple events and was 2nd place in the 200 Breaststroke, 1st Place in the 400 IM, and 1st place in the 100 Breaststroke.

### November "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 November. These swimmers are working their hardest and are the leaders on the team! Swimmers listed have over 90% attendance in the month of November. Swimmers in bold have 100% attendance!

**AG1** - **Julius Filak**, **Logan Hong**, **Shivani Joshi**, Arjun Arya, Daniel Da Costa, Yalong Zhang

**AG2** - **Joshua Chen**, **Kent Hong**, **Angela Liu**, Max Domantay

**AG3** - **Suhani Agarwal**, **Riya Patel**, Kentaro Bauer, Madeleine Domantay, Rajeev Harish, Prasham Joshi, Leopold Li, Paul Li, Vaanya Mitra

**VARSITY** - **Noah Mathai**

**JUNIOR** - **Lauren Girouard**, **Arjun Gupta**, **Tracey Liu**, **Sanjna Moola**, **Shweta Raman**, **Apsara Saraswat**

**SENIORS** - **Jeffrey Davenport**

## DQ Proof: How to prevent yourself from getting disqualified

By: Mr. William R. Bauer, Ph.D.

*Thank you Mr. William Bauer for giving valuable advice to swimmers. We look forward to getting more input from you in the future.*

The letter "D" and the letter "Q."

Two harmless letters of the alphabet.

Put them together and they strike fear in the hearts of young swimmers. You may have found out the hard way that DQ stands for "disqualified" (**Dis-Qualified**).

After training long and hard to get ready for a meet, and then putting your heart into swimming your events at your very best, it's really annoying to find out that an official disqualified your time because you broke a rule—especially when you didn't even know you were doing anything wrong.



DQ spells trouble for swimmers. But there are things you can do to make yourself DQ-Proof, or immune from the dreaded DQ. Obviously learning the rules is important. When your coaches teach you the best way to do your starts, strokes, turns, and finishes, they are also teaching you how to keep from breaking rules—and helping you become DQ-Proof.

That's because many of the rules were put in place to make sure that all swimmers

who compete in a given event are doing the same stroke. The rules ensure that the timers are measuring each swimmer's achievement fairly, without giving any swimmer an advantage over any other. In other words, the rules are there to protect you!

But some rules are not obvious at all. The rules for the backstroke turn can be hard to understand, for example; or the pullout that brings you to the water's surface after a forward start. Fortunately, the USA Swimming website has videos of the various rule infractions (literally, "ways of breaking the rules"). Watching these can also help you become DQ-Proof.

In addition, there are things you can do during your heat to prevent yourself from getting DQed; things you can do to help the official make the best possible call. Being an official I can speak from my own experience. Most officials don't want to DQ a swimmer. And we are constantly reminded to give the swimmer the benefit of the doubt.

As a Stroke and Turn Judge, I stand on the edge of the deck watching swimmers go back and forth from one end of the lane to the other, making sure they do not break any rules. The operative word here is "watching." When it comes to making a call, my only real powers are those of observation.

Here's why: In the final analysis, it's not the judge on the deck who makes the call. We Stroke and Turn Judges report to the Chief Judge (CJ) simply to tell them what we witnessed. We may only put our hand up to make a call when we are certain that the swimmer broke a rule. And if the CJ suspects that the Stroke and Turn Judge has any doubt about what he or she saw, the CJ will not write up an infraction slip, and the swimmer will not be DQed.

In the couple of years I've been officiating, I've noticed that swimmers sometimes perform strokes and turns in a way

that can get them into trouble. Let's take the turns for the butterfly and breast stroke. (I hope to cover the backstroke turn in another issue of Tiger Times.) The Judge is watching to see if you touch the wall:

- 1) With both hands;
- 2) At the same time;
- 3) At two separate locations at, above, or below the surface of the water.

In other words, your hands cannot touch with one hand after the other: that would be a *non-simultaneous* touch (see 2, above). And you can't overlap your hands, which would keep one of your hands from making contact with the wall (see 3, above).



Sometimes while trying to make the turn quickly, a swimmer will touch the wall firmly with one hand and swipe at the wall with the other hand (or worse, with just one finger!). I've seen swimmers go for the swipe and miss the wall altogether: a clear DQ for a one-handed touch. Or they mistime the touches, resulting in a non-simultaneous touch infraction. The CJ always asks, "Which hand did the swimmer touch with?" and I'd better know the answer or the CJ will not accept the call.

A lot of times, I see what may have been a correct touch, but in the way the swimmer has done it, he or she has made it unclear. Unless I'm certain the swimmer really broke the rule, I won't put my hand up to

bring the CJ over. But in the heat of the moment (no pun intended), we officials have to come to a snap judgment about what we saw: there's no time to second-guess our judgment.

Maybe you're convinced that you really did touch the wall with both hands. But the way you performed the turn gave me a reason for believing you did not. When you plant both hands firmly on the wall before pushing off, you plant no doubt in my mind that you performed the turn correctly. So, why risk it? Help the judge out by making sure you've touched the wall correctly.

Keep an eye out for some tips about the backstroke turn and finish in the next issue of Tiger Times. In the meantime, pay extra attention to the way you make all of your turns and see if you notice ways you can make yourself DQ-Proof.

## MEET COACH TONY

By: Aditi Pavuluri

Coach Anthony Daly joined PTAC in November of 2017 as an Assistant JR/SR coach. In his short presence, he has become a key member of the PTAC family and everyone calls him Coach Tony. Coach Tony has an undergraduate degree in Biotechnology from the California State University. He is currently pursuing his Masters in Neurobiology and Behavior sciences from Princeton University.

**Reporter:** What is it like coaching a college team, and how is it different than coaching a club team?

**Coach Tony:** The main difference between a club team and a college team is that college swimmers come into college with the mindset that they want to pursue swimming as a job, and this is what they want to do with their life. Club swimmers are figuring out swimming. Kids can have more fun in their team environment while also working on how to swim.

**Reporter:** Can you tell us a little bit about your experiences as a college and high school swimmer?

**Coach Tony:** College swimming was everything I had dreamt it to be. I had made some of my best friends who were on my college swim team, and I am still in touch with most of them today. I found myself to be maturing as an adult, and being a college swimmer had guided me through those learning experiences. One of the greatest lessons I learned as a college swimmer was that you really had to try hard to succeed. High school allowed me to escape the pressure of academics, and club swim. It was a time where I could truly enjoy myself.

**Reporter:** What do you think is the most important part about coaching?

**Coach Tony:** In general, the most important thing a coach has to be able to do is to listen to the athletes, and understand what needs to be done to get better.

**Reporter:** If you could describe the Princeton Tigers program in one word, what would it be?

**Coach Tony:**

What I love so far is the team atmosphere, and the relationships that go on between the



swimmers. To describe this team in one word, I would use the word Teamunity. I love that swimmers come to practice every day with positive attitudes

**Reporter:** What do you think you can improve on this team?

**Coach Tony:** I feel the necessity to teach kids how to truly race. I also want to technique wise, make their starts, turns, and finishes the most accurate they can be.

**Reporter:** What is your favorite event?

**Coach Tony:** The 200 Butterfly in Long Course. I feel like you have to truly break down this event to succeed in it. You have to fully understand how to swim it. The 200 Butterfly in short course is a different world than that in long course. You can use your turns and streamlines to help you in short course, but in long course, the true flyers will shine.

**Reporter:** We have heard that you have been working on under waters with the JR/SRs. Why do you think this is important?

**Coach Tony:** You are fastest underwater. It has been proven worldwide. If everyone focused on swimming fast underwater, we would be so much faster than we are now. You can be so much faster when your underwater kicks are good.

**Reporter:** Which do you like better? New Jersey or California, where you used to live?

**Coach Tony:** New Jersey! I love New Jersey, because it is so easy to get around. For example, it is an hour to New York! I also love the pizza!

**Thank you, Coach Tony!**

## Monthly Motivation

The real coach is inside you...

By: Aditi Pavuluri

Most of the time, swimmers think that their success lies entirely in the hands of their coach. It is true! But remember that you have more than one coach. You have your team coach and another coach – which is the “real coach” inside you.

To succeed, the swimmer has to be self-driven. The real coach inside you. Don't rely on just your team coach or family or teammate's support in order to succeed. In addition to them, you need to reach out to the “real” coach inside you and listen!

At the end of the day, it is up to the swimmer how hard you want to work to reach your goals.

The coach writes the set, but you have to race it.

The coach gives you advice, but you have to fix your mistakes.

The coach gives you confidence, but you have to believe in yourself.

The coach motivates you to do your best, but you have to stay focused and put in your best efforts.

So remember that the real coach is inside you and listening to both the coaches will lead you to success!

Good Luck Swimmers!

## ASK TIGER...

Dear Tiger,

I always feel as if I am fast enough to lead the lane, and always be first, but I do not feel as if I should. I think that someone who knows the set, and can count their intervals more properly should be the one who leads the lane. My coach always tells me to go first, but if I cannot keep track of when I am supposed to leave the wall, then why should I be the one? Please give me some advice.

What Should I Do?

From,

Intercepted by Intervals

Dear Intercepted by Intervals,

Irrespective of your position in the lane, all swimmers must be counting yardage and keeping track of their intervals at all times, so you should be ready to lead the lane if needed. It will affect your training if you are holding back to avoid leading the lane. Swim your workout in the best way for you! LISTEN TO YOUR COACHES, race your teammates, pass when you need to pass, and don't worry about it! At the same time it is important to not race the slow parts of the sets just to get ahead. Also, do not slow down once you are in the first spot of the lane, keep going!

-Tiger

# “Believe in Yourself”

 <b>BIRTHDAYS</b>	Swimmer	Birthday	Swimmer	Birthday
	Shweta Raman (JR)	Dec 1 <sup>st</sup>	Akhil Pavuluri (AG2)	Jan 4 <sup>th</sup>
	Leopold Li (AG3)	Dec 2 <sup>nd</sup>	Emiliano Olivo Cauberghe (JR)	Jan 17 <sup>th</sup>
	Paul Li (AG3)	Dec 2 <sup>nd</sup>	Anya Jha (AG1)	Jan 21 <sup>st</sup>
	Mitisha Panda (VAR)	Dec 4 <sup>th</sup>	Shivani Joshi (AG1)	Jan 21 <sup>st</sup>
	Aditi Pavuluri (JR)	Dec 8 <sup>th</sup>	Macaela Wilton (AG3)	Jan 23 <sup>rd</sup>
	Logan Hong (AG1)	Dec 13 <sup>th</sup>		
	Kent Hong (AG2)	Dec 14 <sup>th</sup>		
	Jeffrey Davenport (SR)	Dec 18 <sup>th</sup>		
	Isabel Garcia-Carrillo (VAR)	Dec 21 <sup>st</sup>		
	Allison Lee (AG2)	Dec 21 <sup>st</sup>		
	Alexandra Stepanova (VAR)	Dec 21 <sup>st</sup>		
	Selma Binder (AG2)	Dec 23 <sup>rd</sup>		
	Thomas Zhang (AG3)	Dec 31 <sup>st</sup>		

### INSPIRATION DOSE

“I concentrate on preparing to swim my race, and let the other swimmers think about me, not me about them.”

- Amanda Beard (7-time Olympic medalist - USA)

### IMPORTANT DATES

**Dec 15-17:** Holiday Classic

**Dec 17:** OCY Distance meet

**Jan 19-21:** Tiger Invitational

**Feb 10:** MB February Sprints

### Holiday Workouts

Why is it important to work out during the holidays? Well of course, to stay healthy while eating all of that delicious holiday food! You should use your days off from school to benefit from the additional workouts. Get in maximum attendance in December to win the 'December Attendance Challenge'. JR/SRs can make use of the extra morning workouts that are being offered, to bring up your attendance!

### MONTHLY NUTRITION TIP

**HYDRATE, HYDRATE & HYDRATE!** 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. It is very common for swimmers to not feel thirsty during this cold winter season, but remember that our bodies need all the hydration just like we do in warmer seasons!

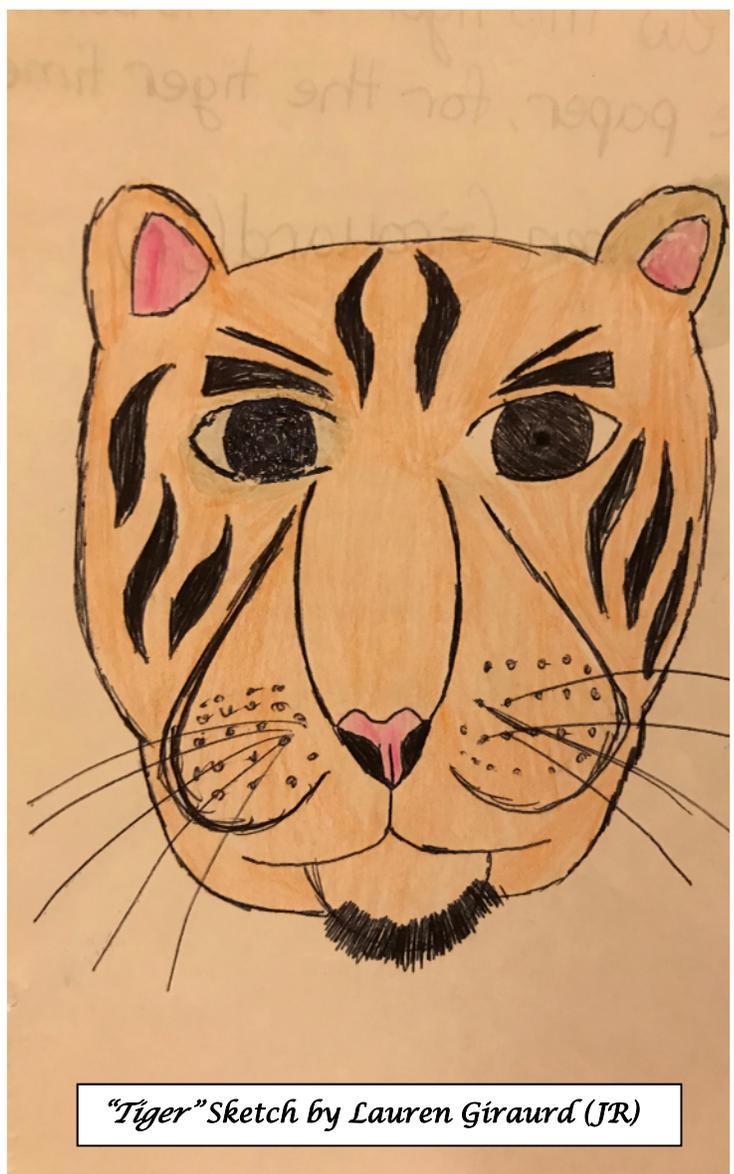
### Coach Derek's

### Video of the Month

AG1/AG2 and Varsity Assistant coach, Coach Derek, had recently taken over the job of sharing out a "Video of the Month" to all of the PTAC swimmers.

This video is meant to help guide swimmers and keep up their good technique at practice.

Thank you Coach Derek for mindfully choosing one video per month to benefit everyone! Make sure to watch his videos every month, and benefit from them!



*"Tiger" Sketch by Lauren Giraud (JR)*

## WELCOME BABY EMILIA KINSLEY CAVA!

The PTAC family welcomes the newest addition and youngest mascot of the PTAC team, *Baby Emilia Kinsley Cava*! She was born on Dec 5<sup>th</sup>, 2017 in Princeton. We cannot wait to meet her soon on the deck!

On November 6<sup>th</sup>, the PTAC family joined Coach Miles & Coach Evelyn in a surprise baby shower celebration as they were anticipating the arrival of the baby. Coach Carolina organized the party and she planned every detail very meticulously.



## JR/SR AND VARSITY BREAKFAST & BOWLING TRIP

On November 5<sup>th</sup>, the Juniors, Seniors and Varsity team enjoyed a fun team building activity. The team first went to Corner bakery in Princeton for breakfast after practice.

It was followed by a trip to Colonial Bowling and Entertainment in Lawrenceville. Swimmers spent time bowling, playing arcade games and Laser tag. It was fun to watch Coach Miles and Coach Tony who joined the team in a game of Laser tag. Coach Katlyn joined in a game of bowling. PTAC swimmers enjoy such team building activities and are always looking forward to the next one!



PTAC JR/SR SWIMMERS AT CORNER BAKERY, PRINCETON

## Science of Distance Swimming

Written by: Aditi Pavuluri

Distance swimming is any event more than or equal to 800 meters. It definitely doesn't involve a full out sprint and at the same time, a distance race is no place to swim slowly either. There are many components of distance swimming that swimmers need to be mindful of.

One of these components is that you have to have good technique the entire way through. Efficient stroke to create power without significantly getting tired is the most important consideration for distance swimmers. In a sprint, a small flaw in the stroke is less noticeable. However, in distance swimming, every small single flaw in each lap can significantly impact your overall time. The overall goal of each swimmer is to swim very efficiently, and move through the water as quick as possible. The smoother you are in the water, the less drag you will have, and the faster you will swim. The way to go is to keep your strokes long, but efficient, and keep your kicks going all the way through to minimize stress on your shoulders.

Another important component in distance swimming is to keep breathing all the way through. In a sprint, swimmers should be taking the least amount of breaths possible. In distance swimming, get as much oxygen as you can towards the beginning of your race, so that your lungs do not get tired, and it is difficult for you to keep your stroke rate up. Many coaches recommend that you use a breathing pattern throughout your swimming so that you are not breathing every stroke, but you are also not getting too much air, which is inefficient.

Finally, take advantage of specific training for distance sets as the structure for distance swimming will be different than sprints.

Next time, before you feel nervous before a distance race, think about your technique, and use your arms and legs to your advantage. You can really improve just by applying these few technique tips!

