

## PTAC Tiger Invitational 2018

By: Aditi Pavuluri

During our 11<sup>th</sup> annual PTAC SC Tiger Invitational meet, our team once again did an excellent job of proving to the visiting teams, that the tiger family of swimmers, coaches and parents are the best when it comes to hosting a swim meet. This meet hosted more than 20 teams and many swimmers that participated in races from Friday to Sunday. It was a packed meet with standing only room for some sessions. The world class Denunzio pool served as a great location for the visiting teams, where two sessions were being conducted in parallel.

The numerous volunteer hours put in by our coaches and parents are a great way to give back to the swimming community. This meet was also a great opportunity for them to bond and get to know each other.

"We look forward to our team hosted meet every year," said Akhil (AG2 Swimmer). "We're used to the pool. We know what the water and starting blocks are like." Many swimmers record their personal best due to this reason.

Our team won many medals, but what was most important about this meet was the fact that our swimmers had a lot of FUN, displayed TEAM spirit and BELIEVED in themselves during the entire weekend. Looking forward to the next team hosted LC meet in May 2018.

### JANUARY MEET RECAP

Congratulations to all PTAC swimmers who competed and represented our TEAM at our home meet.

The swimmers swam exceptionally well. We had a huge number of New TEAM RECORDS, new ZONE times, and many new GOLD Times.

NEW team records: **5**

NEW Zone times: **2**

NEW Gold times: **20**



TIGER INVITATIONAL 2018 @ DENUNZIO POOL, PRINCETON

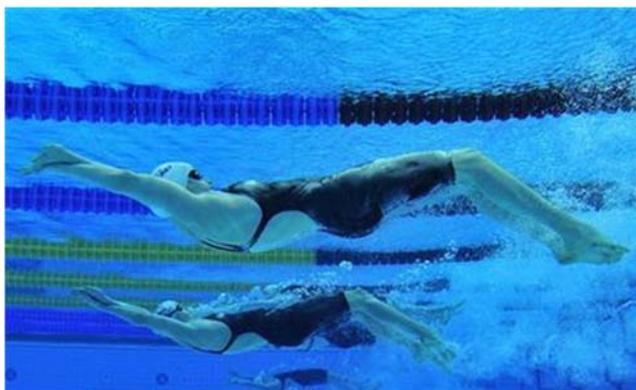
## DQ Proof: The Backstroke Turn— Turning in Flow-Motion

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

*Thank you Mr. William Bauer for your valuable contributions in this space.*

When it comes to the backstroke, there are a few basic rules you need to know. The first applies to this stroke exclusively:

### 1. You must swim the race on your back.



That's pretty obvious, right? I mean, come on! It's called back-stroke!

Here's how the rulebook describes your body position when you're doing the backstroke: "The shoulders must be turned **past vertical toward the back.**" It sounds complicated. But think of it this way: when you're standing up completely straight, so your body is leaning neither forward nor backward, then you're standing vertically. Now start to lean forward and your position becomes **past vertical toward the breast**—the position you're in when you perform all other strokes. Now start leaning backward—careful! You don't want to fall over! Your position becomes **past vertical toward the back.** This description becomes important later, when we talk about turns.

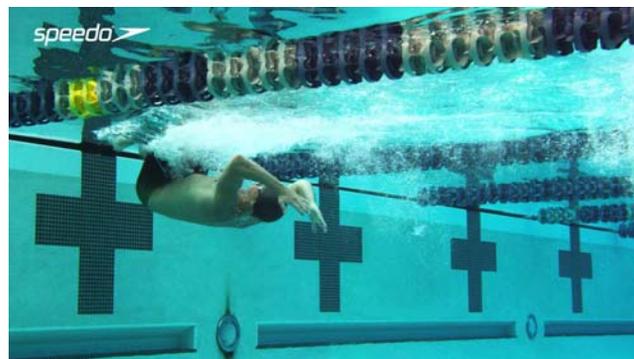
The second basic rule applies to the butterfly and freestyle, too:

### 2. **Some part of your body must break the surface of the water.**

In other words, you're not allowed to swim these strokes underwater. Notice with the breaststroke, you have to go underwater with each cycle of the stroke. That's why this rule and the "fifteen-meter rule" don't apply to the breaststroke. The third basic rule also applies to the other strokes:

### 3. **When you get to the end of each lap you must touch the wall.**

Of course, when you turn at the end of a lap, whatever stroke you're doing, you're going to want to touch the wall anyway, to push off for speed, right? However, unlike the butterfly and breaststrokes, the backstroke and freestyle touches don't need to be done with your hands (see the December *Tiger Times* for more on the touches required for these strokes). And unlike any of the other strokes:



### 4. **When you touch the wall at the finish, you must be on your back.**

In the individual medley this important rule also applies to the last lap you complete before turning to start your first breaststroke lap. So if the

If you're swimming involves more than one lap of each stroke, you need to pay special attention to your backstroke laps—especially the last one!



But as with any rule, there are exceptions, right? As you already know, there are times when some of these basic rules do not apply. (However, there are no exceptions allowed for Rule 3 and Rule 4, above.) In the backstroke, it's the exceptions to Rule 1 and Rule 2 that can be the biggest source of DQs, especially for less experienced swimmers. So in those special cases when you're allowed to break these rules, which is what an exception is, you'll really want to know how to make yourself DQ-Proof.

For example, even though it's generally the case that *some part of your body must break the surface of the water* when doing the backstroke (see Rule 2, above), there are two times when you're allowed to be completely submerged. One of those times is right after you start—but only up to the 15-meter mark (16.4 yards). The other time you can be completely submerged is when you're making a turn—but, again, for no more than 15 meters after you leave the wall. In both cases, according to the "fifteen-meter rule," your head must break the surface by the time you reach the 15-meter mark.

Contrary to what some swimmers may think, the finish is *not* one of the exceptions to this rule. You may not be completely submerged at the finish, or you'll get DQed for being "re-submerged." So if you perform a dolphin kick into the wall to finish the race, before you reach the wall it's critical that you get some part of your body up out of the water. Most swimmers who do this little maneuver kick a toe out of the water.

Now, let's circle back to that rather obvious rule that *you must swim the backstroke on your back* (Rule 1, above). The rulebook makes allowance for one time during each lap when you're allowed to turn your shoulders "past vertical toward the breast," completely breaking this rule. Do you know when you can do this? Of course you do! It's when you turn at the end of each lap. Because you don't need to touch the wall with your hands (as we saw in Rule 3, above), it is possible to complete a backstroke lap by touching the wall with some other part of the body—such as the feet, as in the freestyle flip turn. But there are clear guidelines for just how to perform the turn, precisely because introducing elements of a different stroke into the turn could damage the integrity of the stroke you're supposed to be doing or worse, give one swimmer an unfair advantage over another.

According to the rulebook, as you approach the wall you may rotate your body, turning the shoulders past vertical toward the



breast. But only if you immediately start to perform a continuous single-arm pull (or simultaneous double-arm pull) in order to initiate the turn. The operative words here are *immediate* and *continuous*.

From the very moment you start to turn your body over you need to proceed smoothly into the turn. This involves using one (or both) arms to pull your body toward the wall, then smoothly plunging down below the surface (it's like doing a slow motion somersault in the water) in a way that brings the legs around into position so you can push off the wall. By the time your feet leave the

wall, you must have returned to a position on the back. When it's done well, the turn looks a little like underwater ballet.

A lot depends on how you time the turn as you approach the wall coming in from the flags. If you misjudge the distance to the wall and start the turn too far out from the wall, and especially if you don't have enough momentum coming into the wall, then it can be hard to resist the temptation to coast into the wall a bit before starting the arm pull. Or waiting before performing the head movement that initiates the turn. Or performing more than one arm pull, basically freestyling your way to the wall. Taking each of these approaches will lead to a DQ for delays in initiating either the arm pull or the turn itself, or for performing multiple strokes.

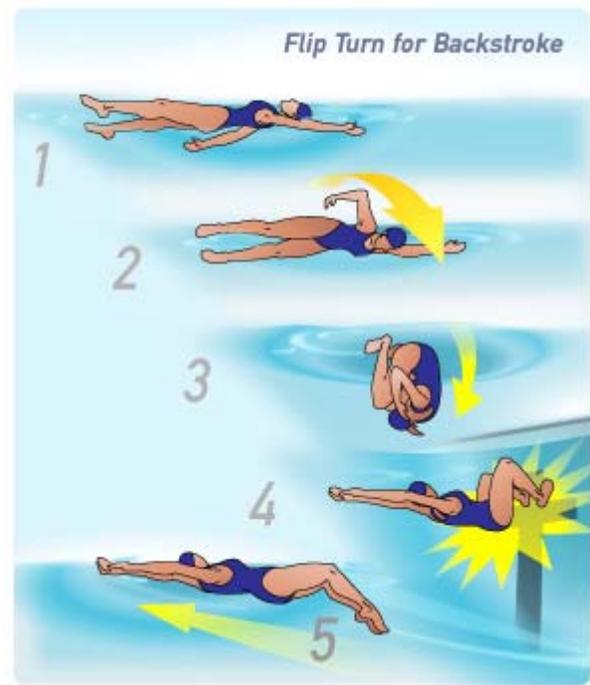
But it's not just about judging distances. More experienced swimmers can start their backstroke turns further away from the wall than less experienced ones because they've built up a lot of momentum as they head into the turn (so much momentum, in fact, often they don't need to rely on their arm movements to bring them to the wall). This frees them to perform the arm pull in slow motion—or as I like to say, in *flow* motion—slowly bringing the arm down to enable them to perform the turn *continuously*.

Watch them and see if you notice how one segment flows seamlessly into the next, from preparing to make the turn as they approach the wall, to rotating the torso, initiating the arm pull, tucking the head down to initiate the turn, then pushing off the wall to generate speed toward the other wall. They make it look so easy. But it took a lot of practice, and no doubt a good amount of trial and error, to work out the flow and timing of the turn. If you're still getting the hang of it, fear not! It's only a matter of time, practice, and your physical growth before you're doing it with ease. And as you improve, you can feel confident that you're making yourself DQ-Proof.

Footnote: There are several useful demonstration videos on YouTube of swimmers performing the backstroke turn and of officials DQing them for

doing it wrong. An especially clear example is the video called "Backstroke - Stroke and Turn Judging" that Belwood Dolphins uploaded in 2013 (on June 5). Nearly nine thousand viewers have screened this video, leading me to think that many people have found it useful. See if watching it helps your backstroke turns!

<https://youtu.be/d2w6ltkbpA>



## COACHES CHEER

**AG1 AND AG2** - I would like to recognize **Kent Hong (AG2)**, **Nidhi Pramanik (AG2)**, and **Shravan Joshi (AG1)**. Kent and Nidhi have shown consistent effort in practices and has been working hard on all sets -- whether it is Free, IM, distance, or sprint. Kent is also a new Eastern Zone qualifier. Shravan has been working hard on his technique, progressing in swimming, and has been moving up in his lane.

**AG3** - This month the AG3 swimmer of the month is **Wolf Martin**. Wolf has come a long way this season. Wolf is a great lane leader and makes sure his lane is following the correct intervals during the sets even when he's not leading. Wolf pays attention to his coaches and has the great ability to listen to a set once and know exactly what has to be done. I'm glad to see how many AG3 swimmers are above 90% this month. Keep it up kids and our championship meet will be awesome!

**VARSIITY** - The Varsity group would like to recognize **Aadi Katyal** and **Zofia Cavalli**. Aadi has really stepped it up a notch at practice in terms of attendance and effort and is getting faster every day. Zofia has been working very hard to juggle high school and PTAC workouts and is starting to find out that she might have a real interest in the distance freestyle events.

**JUNIOR AND SENIOR** - The Junior and Senior Groups would like to recognize the hard work and effort of **Caroline Mullen** and **Ella Caddeau**. Caroline was on Tigers many years ago before moving across the country. She returned to New Jersey and to Tigers this November and has been consistently working hard at every workout. She is also very focused and a great listener during workouts. Ella has made some very big improvements this month and is training at a higher level than ever before. She has been on a mission this year and is looking towards even more improvement to come. Great Job Tigers!

### January "Gold Medal" Attendance Club

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

**AG2** - **Joshua Chen, Kent Hong, Romit Kundu, Allison Lee, Jerry Liu, Angela Liu, Greta Martin, Akhil Pavuluri,** Arjun Arya, Ludo Vitaloni

**AG3** -

**Rajeev Harish, Vaanya Mitra, Riya Patel,** Suhani Agarwal, Kentaro Bauer, Madeleine Domantay, Kohsuke Fuji, Leopold Li, Paul Li and Wolf Martin. Prasham Joshi, Leopold Li, Paul Li, Vaanya Mitra

**VARSIITY** - Sen Choi

**JUNIOR** - **Arjun Gupta, Zaccharie Ouzilou, Aditi Pavuluri, Shweta Raman, Apsara Saraswat**

**SENIORS** - Jeffrey Davenport

## MEET TEAM CAPTAIN EMILY RYAN

By: Aditi Pavuluri

Senior swimmer Emily Ryan, has been nominated to be PTAC's team captain. The role of team captain encourages younger swimmers to be able to contribute as much as they can to the team. So far, Emily has made a positive impact on the team.

**Reporter:** Can you tell us a little bit about your role as a team captain?

**Emily:** As a team captain, I need to motivate the team to always do his or her best as well as set a good example for everyone to follow.

**Reporter:** What do you love about being a captain?

**Emily:** I love being a leader for the team. I love pushing everyone to do his or her best and watching the team grow.

**Reporter:** What is some advice you have for younger swimmers on the team?

**Emily:** Hard work pays off. Keep going to practice and you will see improvement and have fun!

**Reporter:** In what ways do you see the team improving over the course of the season?

**Emily:** The team over the course of the season has been working extremely hard at workouts and that has proven to show at the meets. The swimmers are having time drops and qualifying for big meets like JOs and zones, which is special to have a good number of kids going to.

**Reporter:** What have you learned from being a team captain?

**Emily:** From being a team Captain, I have learned responsibility and leadership. Through responsibility, I have tried my best to always do what is right and through leadership, I have learned to set a good example and want what is best for everyone on the team.

**Reporter:** In your mind, how does leadership help build a stronger Teamunity?



TEAM CAPTAIN EMILY WITH TEAMMATE ELLA CADDEAU

**Emily:** Leadership is not just found in being a captain but also as being a swimmer on this team. Whether it is working your hardest at practice, leading the lane, or cheering on your teammates, in all ways you are making this team stronger and building a happy and supportive environment.

**Reporter:** Does being a team captain enhance the relationship you have with your teammates?

**Emily:** Yes, I think so. PTAC is a young team but being a captain I feel I have gotten to know the majority of the swimmers pretty well and have become closer than I was before. PTAC is a great group of kids always laughing and having fun. Everyone on the team is hardworking, driven, and supportive.

**Reporter:** What are some of your favorite things about being a Tiger?

**Emily:** My favorite things about being a tiger are being able to have a little fun outside the pool through team bonding on the weekend, having a holiday party, or just laughing with my teammates and the coaches in between sets and dry land.

**Thank you, Emily!**

## Monthly Motivation

### The Journey is What You Will Cherish Most!

By: Aditi Pavuluri

Each and everyone of us have BIG goals ..... whether it is a personal best, a SILVER, a GOLD or a ZONE! Today I want to ask you to enjoy the journey of being a swimmer instead of obsessing about that goal. Goals are important. However, we get so lost in the goals that we don't often stop and enjoy the journey.

When I first started as an AG1 swimmer, I always looked up to the older swimmers with so much admiration. They were so much faster, they worked so much harder and the meets they went to were so much more prestigious. I remember thinking that I will be the happiest when I am in the same boat.

When I got my first GOLD time, I was very happy, but the satisfaction was not instantaneous OR what I had anticipated it to be. I had not become the swimmer I wanted to be overnight. It was a slow journey. It was the numerous decisions that I had to make outside the pool.

Goals keep moving, so the journey doesn't end. With hardwork and the right mindset, let's enjoy the journey every step on the way to reach our goals.

Be the best swimmer you can be every lap of every workout.

Good Luck Swimmers!

## ASK TIGER...

Dear Tiger,

This season, I have put in the maximum effort I could have put in to ensure the most effective results. The final meets of the season are just in reach, and I am hoping to have the best swims I can. I don't know what else I need to do to make sure that I succeed.

What Should I Do?

- Going for Gold

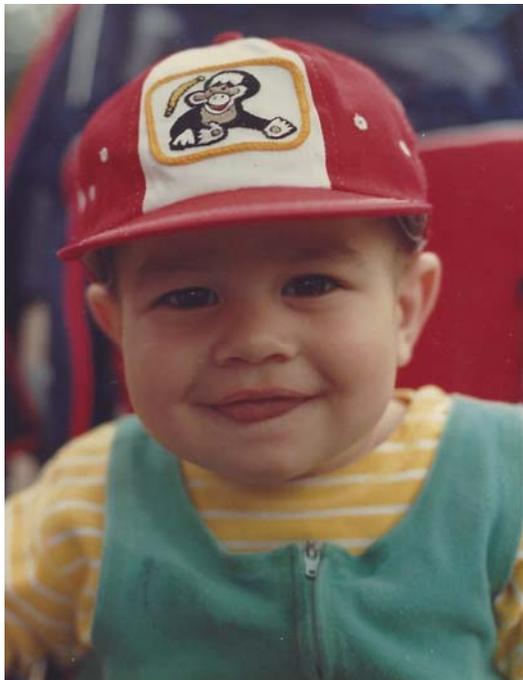
Dear Going for gold,

You can do a few things before the championship meets. First and foremost, attendance is still very important. Make sure you attend every workout from now until the meet to make sure you don't miss any important training or technique sessions. Coaches may focus on starts or turns at workout one day and you don't want to miss it.

Eat heathy food and get as much sleep as possible. Every swimmer should stretch after workouts. Older swimmers should also be using a foam roller to self-massage.

Lastly but not the least, be confident! If you do all these things you can step on the blocks knowing you did everything you could to prepare. Go into each race believing in yourself and give it your all!

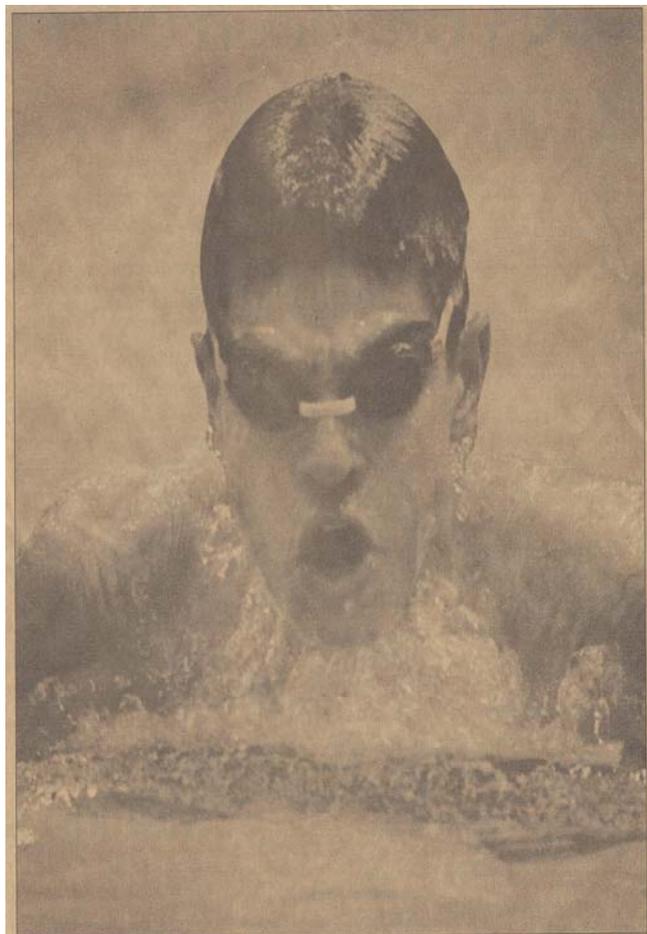
-Tiger



I was a very happy baby. I love this picture because it looks a lot like Emilia!



Miles In The Pot - This is a family favorite picture. My older brother Andrew thought it would be very funny to put me in a pot on the stove!



Staff photo by Martin Griff

Princeton's Miles Cava comes up for air during his second-place finish in the 100-yard breaststroke.

# Princeton wins battle against the unknown



A picture from the newspaper the one year I swam High School swimming. It is a great picture but I was actually really upset that I got second place in that meet.

This is after a butterfly swim for the local CP Swim team. I look exhausted!



This picture was taken after winning 2nd Place at Zones and 8 Gold Medals at the PASDA MVP at 12 years old!



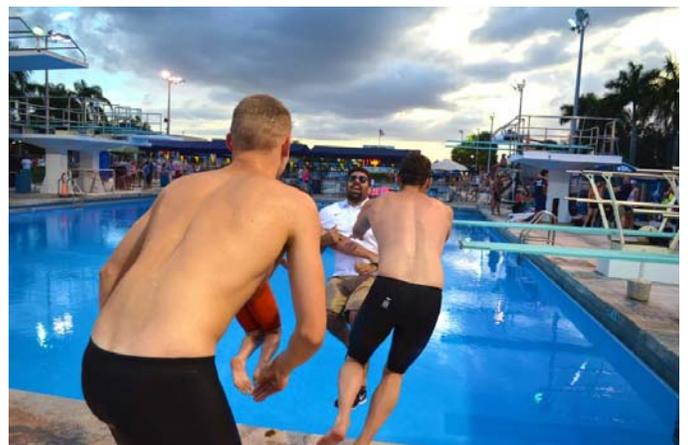
College Freshman Year - This is my Princeton Class of 2007 during Training Trip in Florida my freshman year in college. We had a lot of fun and were all swimming at our best!



College SR Meet - This picture is from my final meet in college with my Princeton Classmates. We accomplished a lot, winning three out of four Ivy League Championships!



Super Hero Miles at Zones - I always loved cheering for the team and being part of something big! I was a superhero for Finals at Zones sometime in High School.



FGCSR Champs - This is my favorite picture as a coach, taken the year we went to the Florida Gold Coast SR Champs meet in 2014. I promised the swimmers they could push me in the pool if we broke two team relay records. They broke four records and these still stand today!

 <b>BIRTHDAYS</b>	Swimmer	Birthday	Swimmer	Birthday
	Apsara Saraswat (JR)	Feb 1st	William Hoffman (JR)	Mar 3rd
	Arjun Gupta (JR)	Feb 4th	John Iledan (SR)	Mar 6th
	Nethmi Dharmasena (AG3)	Feb 5th	Ethan Song(AG3)	Mar 8th
	Paul Rizzo (AG3)	Feb 5th	Simran Malik(AG2)	Mar 9th
	Kavya Harish (JR)	Feb 9th	Nidhi Pakanati(AG2)	Mar 10th
	Arjun Ramakrishnan (AG3)	Feb 9th	Maximillian Domantay(AG2)	Mar 9th
	Spandana Rao (AG3)	Feb 10th	Austin Carroll(AG1)	Mar 12th
	Suhani Agarwal (AG3)	Feb 13th	Maya Mody(HS)	Mar 12th
	Tanya Banerjee(VAR)	Feb 14th	Adrian Serieyssol(VR)	Mar 17th
	Akash Jain(VAR)	Feb 19th	Eric Ma(VR)	Mar 20th
	Eddie Zhou (AG3)	Feb 21st	Riya Patel(VR)	Mar 22nd
	Naqsh Mitra (JR)	Feb 23rd	Shaurya Srivastava(VR)	Mar 22nd
	Shreya Arya (AG3)	Feb 25th	Yuna Chenette(AG3)	Mar 23rd
	Crosby Davidson (JR)	Feb 28 <sup>th</sup>	Julius Filak(AG1)	Mar 24th
Amrita Pal (VAR)	Feb 28th			

**INSPIRATION DOSE**

“ I swam the race like I trained to swim it. It is not mathematical. I just let my body do it. It is a lot easier if you let your body do what it is trained for. “

- Ian Thorpe

**IMPORTANT DATES**

**March 3-4:** 10 and Under Age Group Champs

**March 3-4:** Brother to the Other Meet

**March 9-11:** 11 and Over NJ JO

**March 16-18** Spring Club Champs

**Eastern Zone Championships**

Qualifying times for the Eastern Zone Age group SC championships have been revised and recently published on Jan 24<sup>th</sup>, 2018 on the Eastern zone swimming website.

Here is the link to the updated standards:

[https://www.easternzoneswimming.org/meet\\_info/2018\\_EZ\\_SC\\_QualifyingTimes.pdf](https://www.easternzoneswimming.org/meet_info/2018_EZ_SC_QualifyingTimes.pdf)

## JR/SR MODEL MEET

Our Junior and Senior swimmers as well as Junior Prep participated in a test set on Sunday, February 18<sup>th</sup>. This test set was not like any other test set we had swam before. It was created by Coach Tony and represented a model meet.

Swimmers were placed in one of two teams. There was an Orange Team, led by Coach Tony, and a Black Team, which was led by Coach Miles. Each team consisted of equally strong swimmers. Each swimmer participated in three events, and the events possible were the 500 freestyle, 200s of butterfly, backstroke, breaststroke, and freestyle, and the 400 IM.

The swimmers raced their best, as if they were participating in an actual meet and in the end, the Black team came out victorious with a huge margin. Many swimmers clocked their personal best times.

The winning team received a sweet surprise, while posing team got a smaller prize. Overall, it was a lot of fun and swimmers were at their best. We can't wait for the next test set in this format!



COACH MILES AND COACH TONY CHEERING ON!



SWIMMERS ON THE BLOCK AT THE DUAL MEET

### MONTHLY NUTRITION TIP

**Carbohydrates are the number ONE source of energy for the body and brain.** Carbohydrates make sure you have energy to go through your everyday life. Adequate carbohydrates can help athletes maintain a certain intensity throughout the entire workout and prevent muscle breakdown. Some carbohydrates provide you with a quick source of energy - like white bread/pasta/rice; pretzels; sports drinks; fruit - which may be helpful during competition. Other carbohydrates may take longer to digest - like whole grain bread/pasta/rice; oats - but is beneficial for re-fueling your body's energy stores for later use. When you don't eat enough carbohydrates, your body is low on energy - this can affect your strength, stamina, mood, thoughts, decision making capacity and it increases your risk of injury during work outs. Eating often throughout the day can ensure your body has enough fuel for the day and your day's workout. Remember - breads, pastas, rice, grains are not your only sources of carbohydrates; beans, some vegetables, dairy and fruit are also sources of carbohydrates too.

## Team Cheers

By: Aditi Pavuluri

Team cheers are a great way to display support for our team. There can be two ways to accomplish this.

- 1) **Pre-swim Cheers** are a great way to be fired up for a meet. Recently the Juniors/Seniors group participated in a group activity where we tried out a few new ideas for the Tigers Team cheer. It was a lot of fun trying out new ideas.
- 2) **During meet cheers** can surely motivate a swimmer to swim their best. Teammates on the deck and parents in the stands bring their cheering voices out to show support for our Tigers swimmers. Their wishes for the swimmer to do well can be the motivation they needed.
- 3) **Practice Cheers** are simple, but can go a long way. Simply, doing your best to motivate someone, linguistically, can make a huge difference in how they practice on a day-to-day basis.

*Imagine you are in your lane, waiting to swim one of your best events. You are excited for your race, but not as pumped up or you are a bit nervous this time. The whistle blows and you step up onto the block. In the distance, across the pool, you see some of your teammates waiting at the end of your lane, shooting you thumbs up signs, and waving for you. You smile. This was the confidence you needed.*



JR/SR SWIMMERS PRACTICING NEW PRE-SWIM TEAM CHEER



TIGERS CHEERING FOR TEAMMATE LEO LI @ NJ LC JO MEET