

December Attendance Challenge

By: Aditi Pavuluri

One of the key aspects of a good swimming team program is a carefully planned training program. The training program is typically a sequence of hard workouts followed by recovery days. In order to gain maximum benefit from the training, swimmers should try their best to attain highest attendance possible while balancing academic responsibilities.

Key reasons to maintain good attendance:

- ❖ Participation in the training program involves physical stress and recovery. The physical stresses can be in the form of speed, distance, intensity or quality of the workouts. When a swimmer misses a workout, certain key aspects of the training will be missed out as well.
- ❖ Our coaches take a lot of time to design this program that is just right for each group. Practice attendance is a very IMPORTANT factor in making sure swimmers make physical progress in the program and achieve their goals.
- ❖ Swimmer will let their teammates down by not attending. As discussed in a previous newsletter, swimmer's role as a teammate is very important.
- ❖ Swimmer will lose the opportunity to learn what is being taught that day.

This December, our coaches made it more fun to achieve high attendance through the *December Attendance Challenge opportunity*. This year's Attendance Challenge was slightly tougher than previous years and at the same time a huge success! With a more difficult requirement of 90% or higher – a very large number of swimmers were able to complete the challenge! This excellent commitment will take our swimmers even further at the end of the season. A total of 34 swimmers completed the challenge of meeting 90% or more attendance. Great Job Tigers and congratulations to everyone who was able to make it!

DECEMBER MEET RECAP

December was a busy month with four meets.

First, our 11 and over swimmers participated in BAC holiday splash, followed by AG1/Ag2 swimmers who participated at MB 'Paul Criscuolo' meet at Neptune Aquatic Center. Next was the Holiday Classic qualifying meet and the OCY distance meet.

Overall, all there was a lot of drop in time across the team. PTAC swimmers got to see the results of all the hard work that went into their practices.

New **GOLD** times: 14 (BAC) + 16 (Holiday Classic)

New Team **records**: 4

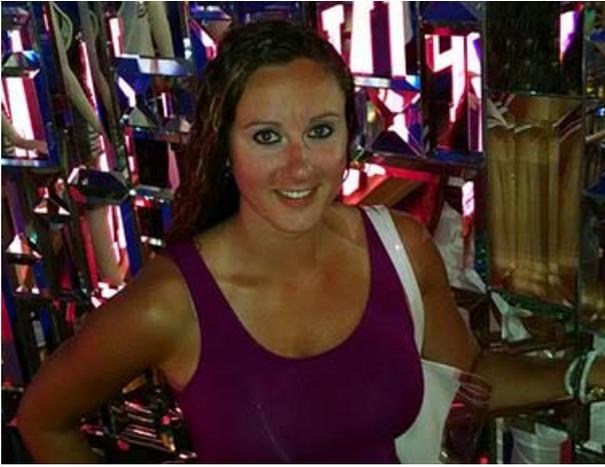
New **Zone** times: 2

I hope all the swimmers continue to keep the momentum of high attendance going in the New Year.

"TO ACHIEVE GREAT THINGS, FIRST SHOW UP EVERY DAY."

MEET COACH LOVETTE

By: Aditi Pavuluri



Coach Lovette Leonhard joined PTAC in September of 2017 as an Assistant AG3 coach. In her short presence, she has become a key member of the PTAC family. She was a graduate from Rider University. Coach Lovette has been a great help to Coach Carolina, and an amazing coach and role model to the AG3 swimmers

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

Coach Lovette: Since I was child and through high swimming, I swam with Scarlet Aquatics. I loved that environment, and the competitiveness. Then in college, I swam with Rider University. There I found my place as a distance swimmer.

Reporter: Since AG3 is kind of "middle group," what do you think is special about them and coaching them?

Coach Lovette: Some things that I love about AG3 is that they know how to work as hard as the older swimmers, but coaching them is still not as intense as coaching other groups. I like coaching them because they are capable of so many things, while also still being able to work on technique.

Reporter: What do you love most about coaching on PTAC?

Coach Lovette: I just generally, love being around kids, and since it is my first time doing something like coaching a club team, I hope to be able to make an impact on PTAC in the future. I also love seeing the kid sat meets, because it is just an example of how hard they've been working over the course of the season.

Reporter: Who is your favorite swimmer? Why?

Coach Lovette: My favorite swimmer is definitely Rebecca Soni because she was a teammate of my back when I was on Scarlet, and the fact that I knew a future Olympic Gold Medalist was awesome!

Reporter: If you could recommend one technique tip for a swimmer, what would it be?

Coach Lovette: I think that one of the most important things to think about is your kick in freestyle. Sometimes people are just so absorbed in spinning their arms fast in freestyle that they rarely think about their kick.

Reporter: What is your favorite event? Why?

Coach Lovette: I just loved the mile event, and it also happened to be my favorite event!

Reporter: Which do you like better? Coaching or swimming?

Coach Lovette: Swimming, definitely! When I am here coaching, I long to be in the water all the time!

Reporter: In your mind, what sets PTAC apart from other teams?

Coach Lovette: I just love that everyone here comes to practice with a positive mindset, and wants to be here every day! They just love to work hard, and enjoy the results that come afterwards!

Thank you, Coach Lovette!

Monthly Motivation

It's the little things that matter...

By: Aditi Pavuluri

With the championship meets around the corner, all of us are thinking of good results to end the season with our personal best times. Any swimmer with the right amount of training definitely has the ability to reach his or her goals. However, to achieve these results, one must pay attention to the little things outside of the pool. What do I mean by the little things? Let's find out!

Hydration

In the past, coaches and the newsletter have talked about the importance of hydration. Hydrating frequently can benefit your body when exerting your body in so many ways! When your body is fatigued, water can keep healthy, while also working.

Dryland

If we're swimmers, then why do we need to pay attention to dryland? Dryland is used to help build up other muscles that are useful during your time in the water. To tell you the truth, dryland is just as important as the work you do in the pool! So next time you have dryland, make sure to pay attention to the exercises you are doing!

Stretching

Stretching is crucial for when you are tired and/or sore after practice. Keeping your muscles tired and sore after practice might not be the best idea, if you are looking to keep your season injury-free.

If it is real progress that you want at practice or at meets, please remember that the little things outside of the pool matter as much as the training in the pool.

Good Luck Swimmers!

ASK TIGER...

Dear Tiger,

Sometimes I receive word through friend about an upcoming test set or challenging practice. It is all I can think about for the next couple of days. Sometimes I contemplate going to practice or not. It is normal to feel nervous before practice?

From,

Worried about Workouts

Dear Worried about Workouts,

Feeling a little nervous before practice is okay. It means that you care about the practice and have high expectations for yourself. Most importantly, it means there is an opportunity for improvement. If a workout is designed to fit in your comfort zone, there is not room for growth. Keep in mind that the main intention of the set is to do something that you haven't done before. This is ultimately good for you and your swimming.

-Tiger

MONTHLY NUTRITION TIP

Eat often. Your blood sugar signals different hormones to be released in your body. This can affect your appetite, your mood, your concentration, your metabolism, and overall how you feel. You don't need to eat big meals throughout the day, it can be something as simple as a string cheese or a granola bar or a handful of Cheerios. Eating something every 3 hours keeps a steady supply of energy for your body. If you don't eat often, the most readily available substance for the body to consume is muscle. By eating frequent meals and snacks, you can help preserve your muscle mass. Eating small, frequent meals throughout the day can improve your concentration and mood. Food provides glucose, which your body needs to stay focused and calm.

 BIRTHDAYS	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 th	Julius Filak(AG1)	Mar 24th
Amrita Pal (VAR)	Feb 28th			

INSPIRATION DOSE

“Stay focused, go after your dreams and keep moving towards your goals “

- Katie Ledecky

IMPORTANT DATES

Jan 19-21: Tiger Invitational

Feb 10: MB February Sprints

Feb 24-25: NJ 12 and Under Silver/
Bronze Champs

Feb 24-25: NJ 13 and Over Silver Champs

Dear PTAC Swimmers,

Would you like to contribute to the PTAC community? Leave your mark on the team by sharing your thoughts, stories, questions, pictures, advice or even jokes related to swimming. It is a great way for you to connect and contribute to our team. Many swimmers could relate to your stories and benefit from your thoughts.

Thank you,

Aditi Pavuluri (JR)

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 - This month I'd like to recognize **Joshua Chen (AG2)**, **Allison Lee (AG2)**, and **Arjun Arya (AG1)** for showing tremendous effort and progression in the pool. Joshua had over 100% attendance this month and has been starting to take on the role of being the leader during main sets; Allison continues to excel during the freestyle main sets and has been getting closer and closer to moving up to the next interval. Arjun has been showing his strong commitment to becoming a better swimmer and has been challenging himself by practicing with AG2.

AG3 - I would like to congratulate all AG3 swimmers who were above 90%. They are: **Suhani, Kentaro, Madeleine, Kohsuke, Paul Li, Leo, Riya**, and **Samaira**. You guys prove the commitment you have to your team and your goals. You will have a fantastic season with all the hard work you put into your practices. Keep it up AG3! I'm so proud of all of you!

VARSITY - Varsity would like to recognize **Isabel Garcia-Carrillo** and **Noah Mathai**. Isabel's positive attitude during practices has helped encourage her teammates during challenging sets. Noah has made a point to make attendance at practice a priority. He is sure to make up any practices he can't attend in order to get as much time in the water as possible.

JUNIOR AND SENIOR - This past month was great for the Junior and Senior groups. We had a lot of swimmers perform well at the BAC and Holiday Classic meets, and able to make the %100 attendance this month. For December I would like to acknowledge a few swimmers who competed what I believe is the most difficult training set of the year. **Aditi Pavuluri, Zaccharie Ouzilou, Jeff Davenport, Vidhur Badarayan**, and **Luke Barglow** were able to successfully complete the infamous "**Nelson Diebel**" training set and deserve some special recognition - great job tigers!

December "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 December.

Swimmers with above %90 attendance in December will receive :

- ✓ Special Recognition on the Team Website and Facebook Page
- ✓ Special Breakfast with Tigers Coaches
- ✓ GOLD PTAC Swim Cap

Swimmers with over %100 attendance in December (listed in BOLD below) will receive:

- ✓ Special Recognition on the Team Website and Facebook Page
- ✓ Special Breakfast with Tigers Coaches!
- ✓ GOLD PTAC Swim Cap
- ✓ GOLD PTAC Shirt
- ✓ PTAC Drawstring Bag

AG1 - **Arjun Arya, Logan Hong, Shivani Joshi, Claire Lee, Kai Martin, Sarvesh Sreenivas, Dede Tadapaneni**

AG2 - **Joshua Chen, Lauren Hernandez, Kent Hong, Romit Kundu, Allison Lee, Taylor Mitchell, Akhil Pavuluri, William Bashore, Greta Martin**

AG3 - **Suhani Agarwal, Kentaro Bauer, Madeleine Domantay, Paul Li, Leo Li, Riya Patel** , Kohsuke Fujii, Samaira Yadav

VARSITY - **Noah Mathai, Akansha Joshi**

JUNIOR - **Lauren Girouard, Zaccharie Ouzilou, Sanjna Moola, Aditi Pavuluri, Shweta Raman, Apsara Saraswat, Arjun Gupta**

SENIORS - **Jeffrey Davenport**

Throwback Time with Coach Carolina



My 6th birthday at school



With my mom, Monica. I was 4 years old.



Our B relay team won 1st prize. We were faster than every girl on A team.



The pool @ Santa Cecília University. I learnt to swim here and swam until college in the same pool. I have memories of swimming outdoor in cold and rainy weather.



Junior Nationals. White cap in lane 8. I still didn't own a fast suit. I was 17 years old.



I was 7 months old at the beach in my hometown, Santos.



I was 13 in this picture. My medals are in a box at my mom's house in Brazil, but I think I have enough to fill 3 or 4 of those frames.



Ocean Swim between my hometown and the neighbor town. I was 19 years old. This race had 2 Olympians, and many senior national medalists. I finished in 4th Place.



I was 11 years old participating in a Biathlon. I always had a disadvantage in the running aspect.

HOLIDAY CELEBRATIONS

The Holidays started with the annual December Attendance Challenge as usual! Many swimmers worked towards completing the challenge and celebrating their achievement in the month of December!

Following that, on December 22nd, the Junior and Senior Groups had their holiday party hosted by Senior swimmer and team captain, Emily Ryan. Each swimmers brought food, and they enjoyed s'mores by the fire afterwards.

On December 30th, swimmers were treated with special holiday snacks after practice to celebrate end of the year and all the hard work put in by all the swimmers.



PTAC JR/SR SWIMMERS AT HOLIDAY PARTY



PTAC SWIMMERS ENJOYING HOLIDAY TREATS AFTER PRACTICE

Cramps: Reasons & Remedies

Many swimmers experience have experienced cramps at some point during their workouts.

Main reasons for cramps

1. Dehydration: Coaches and parents are always on their swimmers to drink more water. Swimmers can observe drop in their performance by being dehydrated by just a little.

Muscle cramps are thought to happen because athletes, while performing peak intensity exercise, are losing more water than they ingesting, and thereby sensitizing nerves in your muscles.

2. Muscle Fatigue: Cramps happen because of straight-up muscle fatigue. Numerous studies have shown cramping to happen towards the end of competition when the muscle is already shortened and tired. You probably also notice that you cramp up more often at the beginning of the season, after a long layoff, or during particularly trying stretches of training when you are either not in great shape, or fatigued.

How to Prevent & Deal with Muscle Cramps

Because there is no generally agreed upon source of muscle cramps, there is no singular course of treatment and prevention. Here are some useful tips:

1. Stay hydrated: It is important that swimmers stay hydrated from a few hours before start of workouts. Don't wait until you get to practice to start drinking water. Swimmers who drink a liter of water 60 minutes or so prior to practice or competition can be assured that the fluids will be fully absorbed and available.

2. Add electrolytes: If you are working out more than usual or dont like drinking water, Gatorade is a great alternative.

3. Stretch it out: Gentle stretching on the affected area can help to soothe they soreness and immediate pain. Soreness can last for a few minutes or up to a few days. Light stretching makes it go away faster.

4. Listen to your body: Increase the intensity of the workouts that affect the impacted areas slowly. Work with your coach to add an alternate workout to provide relief and get back into the groove gradually.