

Team Building at PTAC

By: Aditi Pavuluri

What is **team building**? Team building is a process which aims at improving the performance of a group of people working together to achieve a common goal. Team building doesn't always mean going somewhere as a team. Team building is anything that you do that associates with the team in a friendly way. Our Coaches have taken team building to a new level to create a more positive and cohesive team environment this season.

Team building activities were not just limited to outings, but some of our exercises such as lane-line stadium runs were designed as a fun & bonding activity. At a recent



PTAC TEAM CHEER @ ANNUAL PARTY

meet, the Summer Sizzle, our swimmers, and parents used pom-poms to cheer the swimmers on, which was a great way to see the parents getting involved as well.

PTAC's Age Group 3 held a contest for who could design the best backpack tag to go on everyone's swim bag. The winning

idea was designed by Madeleine Domantay and by Gargi Chitre.

In April, the junior group visited Communiversity in Princeton downtown as a group. After a Sunday practice, the group walked to the area, had lunch, and walked around the area as a group. Junior group also had a fun team activity at Skyzone – Trampoline Park.

And of course, how can we forget the amazing team party held on July 8th? The entire team met at Van Nest Park to celebrate a successful season, and 10 Years of Tiger Aquatics. A DJ came and played games with the kids, along with music that brought parents, swimmers, and even coaches onto the dance floor. Additionally, the Varsity Group is planning a trip to the beach, for all of their group members to enjoy a relaxing day away from the pool, and on the warm sand. Age Group 3 is also planning an Ice Cream Social as a sweet treat and nice end of the season for our swimmers. This newsletter is also a great example of team building. By sending in contributions like some of our swimmers have done, we can encourage a stronger community here at PTAC.

In conclusion, PTAC has shown great improvement with team building over the course of the season. We hope to see even more bonding between the swimmers next season!

A great end to our season!

With our amazing team party, and silver bronze championships, the season has come to a successful end. Many of our teammates will be competing at this year's NJ Junior Olympics, and Kentaro Bauer will be moving on the Eastern Zone Championship. We wish well to the swimmers moving on to JO and Eastern Zone meets. This season's theme was **believe**, and everyone did such a great job at cheering for others, and believing in themselves and others overall. Not only did we achieve our goals this season, but our swimmers have truly bonded together, and used teamwork to be faster, and a fun group.

Looking forward to another exciting new short course season in September!

Monthly Motivation

You've got to fall before you fly!

By: Aditi Pavuluri

Have you ever gotten stuck at one point in swimming?
Have you ever wished for improvement only to be let down again?

What if I told you that improvement requires struggle?
When we are let down because of results, we start to think about the downside of a certain race. We start thinking; "what if I'm not good enough?"

We are afraid to come up short of our goal. We are afraid that people will judge us accordingly. It is difficult to be caught up in failure, while teammates around you, are celebrating a victory.

You've got to fall before you fly.

Struggle can be tiring. It can be hard and embarrassing towards your friends. This is the reason why we avoid it. But to be able to soar above the standards of swimming, you must be able to fall.

If you want to achieve your goals, you have to struggle to learn the technique, and you will soon learn to master it.

It is the human nature to want to get better at something without struggle, without having to be worn out, or stressed. But if you never challenge yourself, or try something new, you will never improve.

Let's say you are halfway through a hard set in practice. Your body continues to push itself to the limits, while your brain keeps trying to interfere. "Sit down!" it says. "You're tired. You deserve a break." The great swimmer in everyone wouldn't stop. They would push harder until the end of the set. Struggle can be the fine line between a hardworking and lazy swimmer. Struggle is what separates the swimmer who lets one bad swim ruin their season, and the swimming who uses that bad swim to make them stronger.

Good Luck Swimmers!

ASK TIGER...

Dear Tiger,

I have noticed that some people in my group at practice, have such a bad attitude about swimming and the hard sets our coach gives us. These people bring me down when I try to push myself at the workouts. My opinion is that they are just downright annoying to be associated with.

What Should I Do?

From, Bad Attitude Bystander

Dear Bad Attitude Bystander,

As last month's Monthly Motivation explained, the sport of swimming is truly all about you. Don't let someone with a bad attitude ruin your perfect practice. Channel all of your bad thoughts about this person into your sets, and make them the best they can be. Once you learn how to do that, you can help this person look at the practice in a new light.

-Tiger

Dear Tiger,

I have friends who swim on other teams that show up at the meets which we go to. As a good friend would do, I cheer for them when they are swimming as well as our own swimmers. My teammates always point out that I am cheering for the other team instead of the team I should be cheering for. In my opinion, I think it is completely OK to cheer for someone else.

What Should I Do?

From, Confused Cheerer

Dear Confused Cheerer,

It is definitely OK to cheer for other kids on other teams, especially if they are your friends. But make sure that YOUR team and YOUR teammates always come first. . Being a part of a team means being there for your teammates whenever possible. If cheering for this person affects you're cheering for the rest of your teammates, then it wouldn't be a good idea to do it. If you can manage to be a great teammate and a great friend, then you have conquered the goals of friendship!

-Tiger

MEET COACH RENATA

By: Aditi Pavuluri

Coach Renata joined the PTAC Tigers for the 2015-16 Season as an Assistant AG3 coach. More recently, she is a 2011 graduate of Rider. During her four years at Rider, Renata was a Metro-Atlantic Athletic Conference top 8 finisher in 500 free and 400 IM, and a top 16 finisher in the 1000 free, 100 butterfly, 200 back, and 200 butterfly. By day, Renata is a Procurement Associate for Bristol-Myers Squibb in Princeton, NJ. She currently resides in West Windsor and runs a fantasy football league with all her old teammates.

Reporter: What is your favorite stroke in swimming? Why?

Coach Renata: My favorite stroke in swimming would have to be freestyle, mostly because freestyle was a fundamental stroke to be able to swim. Also, when you are swimming in the ocean or a lake, for an ocean mile swim, or a triathlon, the easiest and most common stroke used is freestyle. I also love that freestyle speed can be ranged. Some swimmers sprint their freestyle in the shorter event such as the 50 and 100 Freestyle, while others use long and relaxing strokes to swim the distance races, such as the 1000 and 1650 Freestyle.

Reporter: You also work a full time job, so after a tough day at work, what motivates you to come to the pool and coach?

Coach Renata: I definitely love my coaching job more than my office job, and seeing the kids work hard and have fun, motivates me to come to the pool. Sometimes I have to come straight from work to the pool, and seeing the kids at the pool really brightens my day.

Reporter: How has the sport of swimming changed since you were a kid?

Coach Renata: When I was younger, the competitions and the practices were different than the ones we have today. Competition wise, the meets are definitely more fun and rewarding. For example, at every one of our meets, the host team gives out medals or ribbons to top 3 or top 6 finishers. When I was younger, not all of the meets rewarding top finishers. Practice wise, the

friendships are way stronger than when I was a kid. I had a few good friends, but none that were super close to me. Nowadays, kids on our team and other teams, get together outside of swimming, and have fun at practices together. It's great that swimming can be so social.



Reporter: You have been a coach on PTAC for almost two full years now, so how has your experience been so far?

Coach Renata: My experience so far has been amazing, and every season the swimmers and fun times keep getting better and better. The swimmers in my group and everyone else on the team, keep exceeding my expectations, and I couldn't ask for more!

Reporter: What is your favorite thing about swimming?

Coach Renata: I love the practices the most in my experience as a club and college swimmer. My favorite thing about practices, is the fact that you have so much freedom to explore your technique. Every day, you can improve on something different, but you can also make mistakes, and no one would judge you for that. There is so much experimenting that goes on with practices, that you are never bored.

The Art of Recovery

By: Anonymous Tiger Swimmer

During his address to the 2017 graduating class of Princeton High School, Princeton Public Schools Superintendent Steve Cochrane offered advice which, initially intended for future college students, certainly can be applied to PTAC swimmers. His message; the importance of recovery both mentally and physically.



Cochrane spoke of how he Mountain bikes for exercise and pleasure. Over the years, it seemed every path he rode, Cochrane encountered an obstacle which, if not navigated successfully, would impart some level of disaster. Eventually he realized when he focused on the object, be it a rock or whatever, no matter how hard he tried, he would steer straight into it as his arms followed his eyes. He had to learn to focus his mind, and his eyes, on the trail or the goal just beyond the obstacle. In doing so, Cochrane realized he no longer worried about the small stuff, the minor mistakes and setbacks. By freeing his mind of the “what ifs”, and focusing on the finish, his anxiety and nerves seemed to vanish.

Cochrane also referenced the August 19, 2015 New York Times article “Train, and Recover, Like a U.S. Soccer Star” by Gretchen Reynolds. When analyzing how the U.S. Women’s National Soccer Team became so fit, ultimately winning the 2015 World Cup, Reynolds writes, “the short answer is that they listened to Dawn Scott, the fitness and performance coach for the U.S. women’s team and one of the most influential behind-the-scenes players in women’s soccer today.”

Reynolds asked Scott, “What was the biggest change that you made to the training of the women’s team when you came on six years ago?”

Scott’s answer, “Probably emphasizing recovery. The American team was already famous for its conditioning. The women had always done a lot of running. But when I came in, they weren’t devoting the same resources to recovery, which I thought was a problem. To me, recovery is such a massive aspect of overall fitness. It’s what prepares you for the next session or game. If you don’t recover, you start the next session tired and that sets you up for poor performance or injury.”

In closing, Cochrane hoped this summer or “off time” would be a time of recovery. September will be here soon enough. May your ride be pleasant and injury free.

COACH EVELYN’S MONTHLY NUTRITION TIP

Never swim on an empty stomach. Just like hydrating every practice that you do, it is essential to never go practice or work out, while you are hungry. This gives you less nutrients, and energy from carbohydrates than you need to have a successful practice. Try to eat a meal or snack that is a mixture of carbohydrates, protein, and low fat. If you’ve only got an hour before practice, try to eat something that can be easily digested, such as a fruit smoothie, or a cup of yogurt. If you have a while before practice, then eat something that is heavy in carbohydrates to keep you easily energized throughout your workout.

Swimsuit Selection

By Aditi Pavuluri

Parents and swimmers ask the most questions at our seasonal Swim Shop, where everyone buys their suits for the season. What size suit is right for me? Am I ready to buy a fast suit? In this article, these questions will be answered along with a little bit of the history of competitive swimwear.

In the 1912 Olympics, women wore full body suits made completely out of silk. Male swimmers dressed the same. These suits had such a small volume that they could be passed through a wedding ring. Until 1940, men and women both wore these silk racing suits. Earlier than that, in 1932, Speedo came out with a suit that uncovered the shoulder blades, and almost got Claire Dennis disqualified in the 1932 Olympics. In the year, 1970, Speedo became the first swimwear company to use elastane in their suits. This made them have less drag, and be more efficient for the swimmer. In 2000, Speedo launched the Fastskin series that supposedly mimicked shark skin. These suits were approved for the 2000 Olympics, and 83% of the event winners wore these suits. In 2008, the LZR Racer suit was invented, and used in the Beijing Olympics. Later, in 2010, they were unapproved because people realized, “swimming was a sport that was based on the physical performance of the athlete, and not the suit.”

To answer the question, “What size suit is best for me?” it really depends on your body type and what is more comfortable. Brands of swimwear such as Speedo and BlueSeventy have introduced a new concept that is comfort straps for women. This is an example of how companies are broadening the spectrum that is swimwear for different body types. At the swim meets, it is recommended to reserve a suit for racing, and that suit shouldn’t be worn at practice. This suit shouldn’t have any wrinkles, and should be tight on your body with little room to breathe. The “meet suit” should be one to two sizes smaller than your practice suits. For practices, it is common that the suit is a little bit loose on your body. Wear whichever suit is comfortable on your body, and allows you to perform at your highest level without any setbacks.

And to answer the question, “Do I really need a fast suit?” is your own call. Are you seconds or even milliseconds away from a silver or gold cut, and need the suit to shave off that small bit of resistance? Swimmers usually buy a fast suit because they just need a little bit more accuracy to reach their goals. The most important part of getting a fast suit, is the fact that we have to realize that we cannot rely on the suit to take us to where we need to be. The suit is more accurate than a looser practice suit, but it takes hard work and speed to reach our goals.

MEET THE OFFICIAL

A Special Report by: Aditi Pavuluri

Special Thanks to: Mrs. Donna Tomfohrde for taking time out for this interview. Mrs. Tomfohrde is a swim mom, with both children on swim teams. She has been swim official for many years now.

Reporter: What is the most common reason for swimmers to get disqualified?

Official: There are many different ways for a child to get disqualified, because it really depends on the child's attention to details, and their skill level. But there are most common reasons for disqualification depending on what stroke the person is swimming. For example, in breaststroke, when a child pulls their hands past their hips in the "catch" part of the stroke, it is not legal. For the other three strokes, there are different reasons why a child would be disqualified.

Reporter: Why is it important for swimmers, coaches, and timers to not be a disruption to the official while watching a race?

Official: Each child deserves the same amount of attention as the other. For example, in one heat, if I am disturbed by another swimmer, coach, or timer during a race, then in another heat, the child swimming would receive more of my attention.

Reporter: Do you ever feel bad or regret disqualifying a swimmer, especially when a particular swim meant a lot to him/her?

Official: This might be more of my opinion than a factual answer, but yes, I always feel HORRIBLE, disqualifying a swimmer. In some cases, I've had to disqualify both of my own children in a race.



Reporter: What is the process to disqualify a swimmer?

Official: To disqualify a swimmer, you have to raise your hand first, when you see an action worthy of disqualification. After that, the chief official will come to you, and you explain the action to him/her. If it is an

actual error, then the chief official will speak to the referee, who is a person who knows the swimming rulebook inside and out. The referee will then vote the disqualification "recommended" or "not recommended."

Reporter: Why do you think it is important for coaches to remind swimmers of what is legal and what isn't?

Official: What I think is really the most important, is that swimmers can only learn from their mistakes, and get better. Kids should get disqualified at a young age so that they can only improve. Coaches are the people who guide kids to achieve their goals, and learn to not get disqualified in that same situation.

Reporter: What advice do you give swimmers to reach success in the sport of swimming?

Official: All I can say is have fun, and remember to support each as a team. When I am officiating, sometimes for hours on end, a simple handshake from two different swimmers is what makes my day!

INSPIRATION DOSE

“Don’t practice until you get it right,
Practice it until you can’t get it wrong.”

-Katie Ledecky (Olympic Gold Medalist)

UPCOMING MEETS

July 14-16: NJ Swimming Silver Bronze
Championships

July 27-29: NJ Swimming Junior Olympics

August 9-12: Eastern Zone Age Group
Championships

DID YOU KNOW?

SWIMMERS SWEAT IN THE POOL!

Swimmers lose just as much sweat in the pool as any other athlete loses on land. There is, however, not enough research to tell us how much sweat swimmers actually lose in the water. A good way to manage hydration is to constantly be drinking water or a sports drink while swimming.

A Quick and Easy breakfast to prepare before a morning practice

Ingredients

- 3 cups vanilla nonfat yogurt
- 1 cup fresh or defrosted frozen strawberries in juice
- 1 pint fresh blackberries, raspberries or blueberries
- 1 cup good quality granola

Directions

Layer 1/3 cup vanilla yogurt into the bottom each of 4 tall glasses. Combine strawberries and juice with fresh berries. Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve parfaits immediately to keep granola crunchy.

Recipe courtesy of Rachael Ray

<http://www.foodnetwork.com/recipes/rachael-ray/yogurt-and-fruit-parfaits-recipe-1940127>

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

The newsletter will be back on schedule in the short course season of September 2017. We hoped you enjoyed the newsletter!



SWIMMERS CHEERING @ TIGER CHALLENGE



PTAC SUMMER SIZZLE TEAM



JUNIORS @ COMMUNIVERSITY

A Season in Pictures



JUNIORS @ SKYZONE



11-12 GIRLS SUMMER SIZZLE RELAY TEAM



PTAC TEAM AT THE ANNUAL TEAM PARTY