

2017 Tiger Challenge

By: Aditi Pavuluri

The Tiger Challenge took place on May 19-21, 2017. A total of fifteen teams arrived at the meet. From relays to races, sprints to distances, PTAC exceeded all expectations. We had a number of swimmers drop a lot of time in their races, and a couple of new swimmers do it as well. Congratulations to all of the swimmers for doing their best, and making the coaches proud.

On Friday, May 19th, the Open events took place. The four 50's, and the 800 Freestyle, as well as the 800 free relay happened. There were a number of new gold times for a lot of age group swimmers, as well as for juniors and Varsity.



TIGER CHALLENGE MEET AT DENUNZIO POOL

Swimmers from mixed Age Groups battled it out, and some of our teammates came out in the top 10.

On both Saturday and Sunday morning, the 13-14 year olds swam short-distance events. The afternoons were for the 400 Freestyle and 400 IM events. A lot of Age group swimmers participated. In the evening, the 11-12 year olds swam their share of short- distance events.

Overall, the Tiger Challenge 2017 Meet finished with great success. Many of our swimmers went home with great achievements, and the coaches were very happy of what the team accomplished as a whole.

Tiger Challenge 2017

Each swimmer on the team on average dropped a lot of time from their previous best. But as a team we achieved so much more.

Total races: **541**

Total Time dropped by team: more than **500** secs!

Total Silver times: **175**

Total Gold times: **23**

Total NEW Gold times: **17**

Total NEW Zone times: **1**

Total NEW team records: **4**

PTAC made all our coaches very proud.

Congratulations to all of the swimmers on making this meet so successful.

Thank you to all of the coaches that guided our swimmers to be where they are right now.

COACH EVELYN'S 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.

MEET COACH EVELYN

By: Aditi Pavuluri

Coach Evelyn started with Tigers in the fall of 2013, as an assistant coach working with AG 1 & 2. In the fall of 2015 she started as the main coach for Age Group 1 and 2. Evelyn started swimming at the age of 6. She grew up in the Princeton area, swimming for many teams in the area. Evelyn was a very successful high school athlete, earning the 100 Breaststroke State Championship title in 2006. She then went on to swim at University of New Hampshire, where she was a multiple time top 3 finisher in the America East-Conference.

Evelyn is currently working as a Registered Dietitian. Now you know where we get the wonderful nutrition tips every month. She loves to swim when she is not coaching. Many of us see her frequently in the water with the juniors on nights that she is not coaching.

Reporter: What do you like most about the sport swimming, and what made you choose swimming?

Coach Evelyn: I started swimming just like any other kid would, with lessons. I didn't play any other sports when I was around 12, and swimming took up most of my time. When I was younger than that, I did gymnastics and dance, but nothing interested me more than swimming. I started swimming on local teams in the area, and I got good at it, so I kept going.

Reporter: Why do you think it is important for swimmers to think about nutrition?

Coach Evelyn: I think it is important for swimmers, and all athletes in general to think about “**nutrition**” because it enables them to practice and race at their highest potential. If swimmers, and especially swimmers who work at a high intensity, don't re-charge or re-energize themselves after a hard workout, they could only swim at about 80% intensity at the most.



Reporter: What was it like being on a team when you were about our age?

Coach Evelyn: I was a real go-getter, and I loved the idea of being able to work hard at practice, and do your best. As an age group swimmer, I worked really hard at practice, and that was how I became a real swimmer. I really enjoyed the feeling after completing a hard set, or accomplishing one of my goals at a meet.

Reporter: What do you love most about being a coach on PTAC?

Coach Evelyn: Since I am the main coach for AG1, and AG2, which are the younger groups, I get to show them their first real idea of what swimming is really all about. When my younger kids first join the team, I love being the one who can teach how to be able to work hard, and have fun with the sport. That is what swimming is all about.

Thank You, Coach Evelyn!

Monthly Motivation

It's all about you...

By: Aditi Pavuluri

Because swimming is a competitive sport, it makes it inevitable that we are going to compare ourselves to the kid racing in the next lane.

But to tell you the truth, swimming is all about you.

You are racing yourself, and yourself is racing you. Every time, you do a race with another person, keep your own standards in mind.

While also trying to beat the person next to you, try to improve something about yourself.

Whether it is doing one extra butterfly kick off of your flip turns, or going further out on your starts, every little thing you pay attention to, about your own stroke will give you that much of an advantage against the person in the next lane.

Every practice, motivate yourself to do better in anything. For example, in your sprint sets, push yourself to breathe one less time.

Because swimming is all about you, the swimmer inside of you should want a positive swimming environment for yourself.

Even though you should want the best for yourself, and for your body, always remember that you are still on a team.

Motivate everyone to do their best, and you have been able to surround yourself with people who want to work hard, just like yourself.

So, the next time you look in the next lane, at a swimmer from another team, think about how you want to succeed, and you definitely will.

Good Luck Swimmers!

ASK TIGER...

Dear Tiger,

I always feel nervous before a race, and this past weekend at our meet, I felt extra nervous. It is troubling to think about the turnout of a race before I actually swim it, I feel like that thought process is affecting how I swim my race.

What Should I Do?

From, Shaky Starter

Dear Shaky Starter,

What is the worst that could happen? If this race doesn't turn out the way you had wanted it to, what could happen? You still have a whole season ahead of you. This season's theme is "believe." You have to believe in yourself before a race. Put yourself in a happy place, and clear your mind. A great way to do this is to listen to music! Jam out to your favorite song while you're waiting for your heat, and wash your worries away!

-Tiger



Dear Tiger,

There is one swimmer who doesn't try at all in practice, but they end up being so fast at the meets. I've recently been watching some of their races, and I wonder how they are doing it. It makes me upset when I put so much hard work into my practices, and don't see the results I want, and this person does it all with ease.

What Should I Do?

From, Heated Hard-worker

Dear Heated Hard-worker,

The sport of swimming is all about hard work. There is no possible way in this entire world that you won't benefit from working hard. The small progressions in the sport of swimming make it a special sport. Sometimes you have to work really hard just to drop a second in one of your races. But every second counts. This swimmer who doesn't try at practice isn't helping themselves in the long run. Always keeping working hard, yourself, and you will start to see improvement.

-Tiger

INSPIRATION DOSE

"At the start of each day, I remind myself, my toughest opponent is in the mirror."

-Ryan Lochte (12-time Olympic Gold Medalist)

UPCOMING MEETS

June 30- July 2: Summer Sizzle

July 1st: PTAC Summer Time Trial

July 14-16: NJ Swimming Silver/Bronze Championships

July 27- 29: NJ Swimming Junior Olympics

DID

YOU

KNOW?



In 2015, at the age of 10, **Alzain Tareq** became the world's youngest competitive swimmer in a World Championships. The Bahrainian girl competed against swimmers who were twice her age. She finished her 50-meter butterfly meet in 41.13 seconds.

How to Keep Your Swim Bag neat, clean, and organized!

5 Easy steps to success!

1. First of all, think about what you really need to have the most effective practice. Ten water bottles? I don't think so. Even though, it is important to stay hydrated, there are certain things you just don't need in your swim bag. My first tip to you, is to get rid of all the things you don't need.
2. Second of all, after your dad's gym bag, and your brother's backpack, your swim bag is the next stinkiest thing in the house. After the swim meets, remove all food you have packed, and everything else, then let your swim bag dry. This gives it a clean feeling, and gives you a good opportunity to clean it out.
3. Always know where all of your things are. I have dealt with situations such as, lost goggles, caps, and water-bottles. If you knew where everything was supposed to go, there is no way you could lose it.
4. For the girls, and some boys, you need shampoo, and conditioner to wash up after practice. To prevent most spills, and/or accidents, keep them in another container or bag. I find sealable gallon bags the most effective.
5. As kids, you are always in a hurry to get out of the pool area or the locker rooms as soon as possible, but take your time to keep your belongings neat, so they last longer. Some examples could be rinsing your suits and drying them, or simply just folding your towel before shoving it in your bag.

By following these simple steps to success, you can assure yourself a clean and neat swim bag!

WHY IS DRYLAND TRAINING IMPORTANT?

By Aditi Pavuluri

Swimming performance relies on numerous factors, and one key factor is physical characteristics. In order to increase or enhance swim performance, swimmers should focus on increasing their physical strength condition. Dryland training offers benefits that cannot be achieved just by swimming in water. The goal of Dryland training is to be stronger and more explosive in the water while decreasing the risk of injury.

Dryland training programs must integrate total body strength and power work. We know in water there are no ground contact forces, except of two times (Start and Flip turn). Therefore, core strength is key as everything is anchored to the core. Each stroke performed while swimming involves different muscle groups. Lower body is the difference maker for Breaststroke, whereas upper body is more dominant for Freestyle and Backstroke.

Dryland training is designed based on the age of a swimmer. Through specific dryland training, swimmers can significantly reduce the likelihood of injury. Dryland training is designed under the following categories:

1. Strength Training: Muscular strength and power important in shorter distances. Strength training increases stroke rate for a swimmer.
2. Endurance: Less muscular strength needed in longer events and muscular endurance plays a more important role.
3. All rounded training: Not all muscles can be trained in the pool since there is no ground contact.
4. Fun: A variety of Cross training exercises keeps the dryland training interesting.

We see that our Coaches include a variety of activities as part of the Dryland training based on age of the swimmer and outside weather. Training outside gives us a lot of more choices. They can vary from Stadium runs, laps around the football field to fun activities. My favorite part of the dryland training is when we get to play games. Whatever is the activity, do your best and remember that Dryland training is equally important as training in the water!



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