

PTAC Makes a Splash at EEX Spring Club Champs

By: Aditi Pavuluri

At the EEX Spring Club Championship meet that took place between March 16th to March 18th, at TCNJ. Princeton Tigers competed in the morning Open Prelim Events, the afternoon 11-14 events, and the Evening Finals Events. We had several A-finalists in those finals events, and even swimmers who medaled.

Princeton Tigers showed off their skills that they had been working during the whole season, whether it was an improved flip turn, a faster interval or even a newly acquired breathing pattern. But what made our team stand out in the crowd, was our undying support for each other. Whenever there was a PTAC swimmer, many swimmers would go up to their lanes, and cheer for them. After a terrific drop in her 1650Y swim, JR swimmer Apsara Saraswat said, "When I looked to the side to breathe during my mile, I saw all of my friends going crazy for me. It got me energized and made me want to race even harder. It made a huge difference."

One of the special things about his meet was that there were A, B, and C Finals for all of the events, and in some events, there was a D final. At the end of day 2, we were in third place overall... but PTAC came on strong the final day to earn a Second Place overall Finish!

Along with the music played before the A finals events, our swimmers made it an unforgettable experience for everyone. Coach Miles said, "The parents and swimmers all came together to cheer and we were by far the most unified and loudest team at the meet! We were the loudest team there, and I am extremely proud of that."

FEB/MARCH RECAP MB Sprints Meet

Team Records: 1

New Zone times: 2

New Gold times: 11

12/Under-Silver Bronze

Team Records: 1

New Zone times: 2

New Gold times: 11

EEX Spring Club & Last Chance Meets

Team Records: 9

New Zone times: 4

New Gold times: 20



MEET PENTATHELETE ERICA OAKE

By: Aditi Pavuluri

Erica Oake joined PTAC in fall of 2017 in the juniors group. Swimming is just one of the five disciplines she trains. Oake puts it all together when it comes time for competitions. The Modern Pentathlon includes a 200-meter Long Course swim, fencing competition, the equestrian competition and the Run/Shoot, where you run a total of two miles, stopping every 800 meters for the laser shoot.

All of her hard work has paid off as she just competed in a national qualifier event and placed 1st in the under 18 Division and 2nd overall in the entire competition. With this exceptional effort, she has qualified to compete for TEAM USA at the LA World Cup Event this spring!

Reporter: How did you get in to pentathlon?

Erica: I have been riding horses since I was 8 years old and in horse, riding there is a discipline called Tetrathlon, which is pentathlon minus fencing. I was recruited to Pentathlon after winning nationals in Tetrathlon

Reporter: What is your favorite sport in the pentathlon?

Erica: Horseback riding is my favorite but running is a close second.

Reporter: How does swimming with PTAC help with your pentathlons?

Erica: Swimming with PTAC really helps me stay in swimming shape and ensure a good score in the swimming phase.

Reporter: Can you tell us about your favorite experiences at one of your races?

Erica: When I was in Mexico everyone competing, irrespective of the country they were representing, became very close and everyone become such great friends even though we did not all speak the same language.

Reporter: What are some of your accomplishments?



Erica: I was 8th in the Youth Pan American games and got 2nd in a national qualifier earning me a spot on the 2018 World Cup team.

Reporter: What is your daily routine when you are training?

Erica: I run every day, and depending on the day, I fence or swim. Sometimes practices overlap so managing time can be tough.

Reporter: What do you enjoy outside of sport?

Erica: I love hanging out with my friends and watching movies. I love horror movies.

Reporter: Do you have an athletic hero? If so, who?

Erica: I met some Olympians at the Olympic Training Center and hearing their stories was so inspirational, so too many to count.

Reporter: What would you like to achieve in your sport?

Erica: I would love to qualify for Junior Worlds this summer. After that, maybe the senior world team.

Reporter: How do you manage all of your sports as well as being a high schooler?

Erica: I have two free periods (I don't do gym) where I get most of my homework done, I really have to stay on top of my work.

Good Luck Erica!

Monthly Motivation

Time to Reflect...

By: Aditi Pavuluri

The season is now over. We have done everything we could have done to make sure the season was as successful as it could have been.

But is it enough?

Just getting all of your personal best times isn't enough.

Just getting that new JO or Zone time isn't enough.

Just swimming without thinking mindfully about isn't enough.

We can swim the whole season putting in the maximum amount of attendance, and hard work.

We can make sure we are properly eating and hydrating throughout practices and at home.

But is it enough?

As swimmers, we shouldn't forget to **reflect** on our accomplishments at the end of the season.

This will allow us to set new goals with new hope and new promise at the beginning of the new season starting this April. Let's all make sure we do this one last thing before wrapping up the season, to take some time to think about what we've accomplished this season, and what we need to improve.

Swim mindfully.

Good Luck Swimmers!

ASK TIGER...

Dear Tiger,

Now that the short course swimming season is over, what are some of the activities I can do to be prepared for the beginning of long course season while I still get to enjoy the down time?

- Swimmer

Dear Swimmer,

Best advice is to stay active the same number of times each week you normally have practice. We want to make sure that when the season starts in April, everyone is ready to start working right away! If you are in AG1, at least 3 times a week, AG2 and least 4 times a week, AG3 and Varsity at least 5 times a week, and Junior and Senior at least 6 times each week. AG1 and AG2 swimmers can do anything they like for fun. Play outside if it is warm and have fun. AG3 and Varsity should play and also try to do something a little more serious like going for a run or bike ride. Juniors and Seniors should be sure to work hard over the break by playing sports, biking, running, going to the gym, or anything else strenuous for at least 1 hour, six times per week.

-Tiger

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 **Max Domantay (AG2), Jerry Liu (AG2), Angela Liu (AG2), and Shivani Joshi (AG1)**. Max, Jerry, and Angela has shown significant progress in the last month -- making intervals they weren't making previously and had excellent results at the Silver/Bronze Championships. Jerry even got his first gold time. Shivani shows consistent effort and interest in learning the technique of swimming to be a better swimmer.

AG3 - For the February attendance, I would like to recognize **Riya** and **Raj** for the excellent effort to attend every practice. Their effort and commitment showed at Championships. Riya dropped 20.68 seconds between all of her races. However, the swimmer of the month has to go to **MADELEINE DOMANTAY**. Madeleine has worked so hard every practice this season. She takes on the challenge of sometimes being the only girl in our super competitive lane 1 along with all of our JOs and Zones boys. Her commitment got her far this season as she qualified for many JO events. I also would like to congratulate **Paul** on his new JO cut and a phenomenal Silver championship meet. **Suhani** and **Shekhar** also had fantastic championships achieving many personal best times.

VARSITY - For February, Varsity would like to recognize **Jon Chang** and **Mia Wong**. Both Jon and Mia have put in extra effort during practice to improve their technique. I am sure they will both soon see the benefits of their hard work.

JUNIOR AND SENIOR - This month we would like to highlight swimmers **Rohit Kundu** and **Aditi Pavuluri**. Rohit moved to the Junior Group this spring and has really taken off! He achieved his first GOLD time in the February Sprints meet (as well as multiple more in March). We are excited to have him on the JO Team and are looking forward to an awesome meet! Swimmer **Aditi Pavuluri** has put in another great month of attendance, achieving over 100%. Her training paid off as she had dropped in multiple events, including drastic drops in butterfly. It was her hard training all season (and especially in February) that allowed her to achieve the GOLD time in the 200 Fly!

January "Gold Medal" Attendance Club

These PTAC swimmers were committed to the team in the month of February! All swimmers here were over 90% attendance and swimmers in BOLD have 100% attendance for the month.

AG1 - **Claire Lee, Yalong Zhang, Daniel Da Costa,**

AG2 - **Taylor Mitchell, Nidhi Pakanati, Arjun Arya, William Bashore, Max Domantay, Angela Liu, Esteban Olivo Cauberghs**

AG3 - **Rajeev Harish (Raj), Riya Patel, Madeleine Domantay, Suhani Agarwal, Paul Li and Shekhar Shah**

VARSITY - **Ruben Chandwani**

JUNIOR - **Aditi Pavuluri, Mahika Chatterjee, Lauren Girouard, Arjun Gupta, Tracey Liu, Apsara Saraswat, William Hoffman, Sanjna Moola, Zaccharie Ouzilou**

SENIORS - **Jeffrey Davenport**

COACH EVELYN'S MONTHLY NUTRITION TIPS FOR THE BREAK

Now that the short course season is over, you will probably be exercising less for a few weeks. However, everyone should stay active in some way (biking, running, doing shoulder exercises, etc.). That being said you are probably still less active compared to in season training -- which means you are expending less energy. Eating during this break DOES NOT mean, you need to be on a strict diet to prevent weight gain. Continue to eat frequently during the day, but just smaller portions. At meal times, eat slower. Your stomach does not signal to your brain you've eaten enough until 20+ min after you are actually full. Eat until you feel comfortable, and if you feel full and uncomfortable, it means you've eaten too much. Distinguish the difference between a healthy snack and a treat. A healthy snack is nutrient-rich, providing whole grain, fiber, lean protein, and/or healthy fats. When you are hungry, reach for a healthy snack! A treat lacks nutritious value, providing you nothing but simple sugars and unhealthy fats, and satisfies a craving. You shouldn't deprive yourself of your favorite foods, just don't do it at every meal or every day - think moderation. Lastly, don't forget to stay hydrated with water and other unsweetened beverages!



END OF SEASON PARTY

For many swimmers, Monday March 12th was the last day of practice. For the 10 and Unders, the coaches gave them an exhilarating practice filled with relays, and water games. The coaches joined the swimmers in the pool, and had just as much fun!

The AG3, Varsity, and JR/SR groups continued preparing for their championship meet over the weekend. Their hard work over the season payed off, and to recognize their efforts, they were awarded with a pizza party!

 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

“The things you learn from sports – setting goals, being part of a team, confidence – that’s invaluable. It’s not about trophies and ribbons. It’s about being on time for practice, accepting challenges and being fearful of the elements.”

– [Summer Sanders](#) (USA gold medalist in swimming)

IMPORTANT DATES

Training for Long Course season resumes on April 9th

Congratulations to all of our PTAC swimmers who qualified for this season’s Eastern Zone & Sectional Championships!

Kent Hong, Esteban Olivo Caubergs, Jack Moses, Mahika Chatterjee, Lauren Girouard, Arjun Gupta, Naqsh Mitra, Ella Caddeau, Emily Ryan, Grace Davis, Caroline Mullen, Jeff Davenport & Thomas Lee

Good Luck!

Make the most of your break!

By: Aditi Pavuluri

This past week, I swam at my last meet of the Short course season. I have not been in the pool for a couple of days now and I do not smell like chlorine any more. It feels like the days have gotten so much longer. I miss being at practice tremendously; however, here is how I plan to use my free time.

- 1) **Family & friends:** This is a great time to spend extra time with family and friends. Many of us have a break from school as well, so enjoy as much time as you can with them. For e.g. my grandparents are visiting us and it has been wonderful spending time with them. I also plan to play outside with my friends.
- 2) **Hobbies:** I am sure there are many hobbies that we put away during the year, as we do not have time. This is a great time to get back to those pending projects or explore new hobbies. For e.g. I have received a birthday few gifts related to Calligraphy writing and I plan to put them to use during this break.
- 3) **Staying Fit:** According to Coach Miles, his best advice is to stay active the same number of times each week you normally have practice. Please refer to the 'Ask Tiger' column for specific advice from him based on your age.
- 4) **Review Goals:** Short course is finished. A new season provides us an opportunity to set new goals for the long course season, both in and out of water. It is the best time to break in a new habit.

