



DENUNZIO POOL

By: Aditi Pavuluri

We all take the time to appreciate the things that our coaches have done for us, and the things that our parents have done for us, but do any of us take the time to appreciate our amazing facility, the Denunzio Pool? The Denunzio Pool has been a part of Princeton University for almost 30 years, now. Our team has rented out the pool for 10 years. We are fortunate to be able to practice "long course" distance as part of our practices, a privilege that very few teams have.

The Denunzio Pool was fully constructed in 1990, where swimmers from the university could start practicing there, and divers could too. The pool is 50 meters long, and 25 yards wide, which makes it an Olympic sized pool. The maximum depth is 16.4 feet deep. The bleachers alongside the pool deck, can accommodate up to 1,700 spectators, which have been filled numerous times during Swimming, Diving and Water Polo competitions. The pool has two movable bulkheads which allow for various course configurations for swimming and water polo. It also has a state-of-the-art LED display screen that is used to display race results. It has been a great experience to watch swim videos occasionally. Did you know that it takes six and a half years for the average American residence to use the amount of water required to fill an Olympic-sized swimming pool with an astounding 660,430 gallons?

Denunzio Pool has served as our "second home" on the days where we leave the pool late at night on Fridays and come back early in the morning on a Saturday. If you've noticed on your way inside the building, you'll know that there are gray plaques and trophy cases on the walls talking about the founding and history of the Denunzio Pool. The numerous photographs on the walls also take us back into history of swimming and how the sport continues to evolve. Next time you just walk by not paying attention, stop, and read about the great contributions people have made to this sport.

Celebrating PTAC's
10 year anniversary
This season's theme is...

BELIEVE

It is the time to believe...

- In your coaches,
- In your parents,
- In your workouts,
- In your teammates,
- In your worth,
- In your goodness,
- In your possibilities,
- In your ability,
- In your strengths,
- In PTAC,
- In yourself.

COACH EVELYN'S 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.

MEET COACH MILES

By: Aditi Pavuluri

Coach Miles is the Head Coach of Tiger Aquatics. He began coaching with Tigers since fall 2010. He grew up swimming in the Princeton area where he achieved Top 16 status as an age group swimmer. He then swam and competed with the Princeton University Tigers, graduating in 2007. Coach Miles is like the glue that holds our team together. Thank you Coach Miles!

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

Coach Miles: Part of the reason I chose swimming as a sport, was because my mom was swim instructor, and she introduced me. But the other reason was because the team that practiced in the area I grew up was known for having a good atmosphere and working hard. I joined their team, and the sport itself and my friends encouraged me to take it to the next level.

Reporter: What qualities do you enjoy seeing in your swimmers?

Coach Miles: The reason why I became a coach of swimming is because I like to see kids succeed. Even more than that, it makes me proud not only of them for achieving their goals, but of me for guiding them to do so. When I see kids at practice or the meets not trying their best, or not giving their 100%, it makes me upset to see that. Even the smallest things count, such as doing a pullout, and sometimes that can be the technical point that stands between the swimmer, and their goals. So, all in all, I like to see a lot of motivation in my swimmers, and that will not come unless, themselves, and the people around them really believe they can do it.

Reporter: Can you tell us a little bit about your years in Princeton on the Men's team?



Coach Miles: Specific to this year, it is my tenth anniversary of graduating for Princeton University! It makes me happy to know that I will be spending a lot of time with my old friends from the Men's team. Speaking of my friends, I really enjoyed my time on the Princeton Swimming Team because I made

some of my best friends there. A lot of the guys that I met while swimming with the Tigers, are still very close to me now. Going to that reunion would be a good chance to really meet up with them again. Another thing that I really like about my Princeton years is that you spend so much time in the pool, and with your teammates, they are almost like a second family to you, by the time your college years are over.

Reporter: What do you believe PTAC can achieve this season?

Coach Miles: Over the course of this season and maybe the next one to two years, I'm hoping that PTAC can become one of the powerhouse teams. This is what I mean by that. When our PTAC team went to the Other Meet and Junior Olympics, their comments about the other teams included, "Oh, that team is sooo fast," and "Wow, did you see that swimmer for that team? He was sooo good!" Over the next few years, I'm hoping that's what other teams will think of us. When they see one of our swimmers flying down the lanes, at the Eastern Zones, or Sectionals, they will think that we are really fast, or that we are really good! I'm also hoping that they'll see us as hardworking kids, or have really good sportsmanship.

Monthly Motivation

Master Yourself, Master the Pool

By: Aditi Pavuluri

There are many components to being a fast swimmer. Yes, for some people talent is way to success. It also takes an unbelievable amount of hard work. But on top of that, you need to believe in yourself.

You are tougher than you think. Have goals. Work towards them. Having long-term goals is scary. But you know what? Win or lose, you are going to be okay. Many people have low expectations because they don't want to be disappointed if they fail. But nothing is more disappointing to yourself than failing by half-heartedly trying, instead of failing but still giving it your all.

An excellent swimmer will do whatever it takes to reach that goal. If it means pushing yourself harder at practice, or cutting down on the junk food, they will do it. You don't reach your goals with brute force. You have to want it, more than everyone else.

Nobody loves doing the hard sets; the test sets of the season. The devil inside your head tells you not to bother, that it's too hard, that you should put it off. You don't get mentally tough by thinking about your goals, or wishing for them. You have to do it. Argue against that voice in your head, telling you to stop. Push yourself to the limit, and enjoy doing it.

As PTAC Head Coach Miles always says, "Get comfortable of being uncomfortable," you have to find a way to achieve your goals and also have fun doing it. The swimmer who can work their tail off in the pool while also having a little fun is unbeatable!

Good Luck Swimmers!

ASK TIGER...

Dear Tiger,

There is this one person who keeps sprinting the fins set. When I am trying to work on my technique, they keep make it very hard to so! I don't feel like telling a coach would be the right way to solve the problem, because then I'm showing the person that his pestering is working on me! What Should I Do?

Sincerely,

Frustrated With Fins

Dear Frustrated With Fins,

There are always going to be such situations in your swimming career. Don't let somebody ruin your practice. Stand up for yourself. If your technique is something that you are passionate to work on, don't let anyone else bring you down. Coaches design the sets to benefit the swimmer in the best way possible. By sprinting at the wrong time, that person isn't getting the most out of that workout. The coach may want you to save energy, work on technique, and sprint in another part of practice. Always remember to do what is best for yourself, and not get distracted by others.

-Tiger



Dear Tiger,

Someone keeps doing two seconds apart in our sets instead of five seconds apart. This makes them catch up to be and pass me when they really don't deserve to be first. It makes me so MAD to see them leading the lane with pride. What Should I Do?

Sincerely,

Irritated IMer

Dear Irritated IMer,

I agree with you that the person doesn't deserve to be ahead of you when really, you are the faster one. You can always rely on your coach to correct the other swimmer(s). In the end, only one person can go first in each lane, and very often, the fastest person does not get to go first, but you can always still be competitive by swimming in any position of your lane. It is your time that matters, not what place in the lane you are.

-Tiger

THE SWIM MEET

Take
 Your
 Mark
 BEEP!
 I jump
 My heart
 Racing
 I pull
 Ahead
 I
 Don't
 See
 Anyone
 Next to
 Me
 I flip
 I push....

 I'm
 Off
 I pull
 And pull
 Then
 My
 Heart
 Burning
 I push
 Myself
 Forward
 3
 2
 1
 I WON!!!

By Simran Malik (AG1)

INSPIRATION DOSE

Surround yourself with the dreamers, the doers, the believers, and the thinkers; but most of all surround yourself with those who see greatness within you even when you don't see it yourself.

-Simone Manuel (2016 gold Medalist)

UPCOMING MEETS

- May 19-21:** Tiger Challenge
- June 3-4:** Miles, Middies & Minis
- June 10-12:** Summer Solstice
- June 16-18:** Meet of Xcellence



LAST PRACTICE OF 2016



2016 ANNUAL TEAM PARTY

FUN ZONE!!!

1. When were swim goggles first used in the Olympics?
 - a. 2004
 - b. 1952
 - c. 1976
 - d. 1936
2. How many calories does an hour of vigorous swimming burn?
 - a. 5
 - b. 650
 - c. 85,000
 - d. 1,000

(Answers in next month's edition!)

Swim For MS

MS, widely known as **Multiple Sclerosis**, is an *unpredictable disorder*; that is mostly seen in young adults, but is diagnosed in children as well.

Junior swimmer, **Shweta Raman**, is holding a "Swim for MS" fundraiser. Anyone who wishes to donate to this cause may do so. Any contributions should be turned in to Shweta before or after her practice.

Donations will go to MSAA, Multiple Sclerosis Association of America to help many people who suffer from it.

To donate to this cause, you can reach the website with this URL: www.swimforms.org/ Click "Support a Swimmer" and Enter "Shweta Raman."

Her goal is to reach a total of \$450! With everyone just donating \$5, we can surpass that limit!

COACH'S TECHNIQUE TIPS!

COACH RENATA"AXIS" & SWIMMING

The coaches always tell you that in freestyle and backstroke, you rotate off the "**long-axis**". The "long-axis" can be considered as an imaginary line that connects your head, shoulders, torso, hips, and your feet into one long line as you roll slightly side to side. If you just rotate from your hips, you'll actually wiggle or snake across the top of the water, creating drag instead of reducing it.

It is important that the head should remain stationary and not roll with the body unless you are breathing.

When you rotate well you are able to reach further forward. As you catch the water at the front of the stroke you are able to do this earlier and more effectively. This means you will travel further with each stroke - taking less strokes to cover a length of the pool, up to a point this is considered good swimming technique.

Butterfly and Breaststroke are considered as "**Short-axis**" strokes. The "short-axis" can be considered as an imaginary line running through the hips (like a belt) and perpendicular to the spine. A popular drill to exercise hip movement in short axis strokes is the "worm drill" in butterfly as our coaches like to call it. This exercise practices the wave-like motion that is necessary for the most efficient butterfly. The wiggle of your hips that is less efficient in freestyle and backstroke has a spotlight in butterfly and breaststroke. This movement is called undulation.

It is important to keep in mind that "axis" is necessary as a swimmer. For one swimmer, it was the difference between going to the Olympics and going home. Sometimes the difference between second and third place is a fraction of a second; the length of a fingernail. Michelle Griglione just might be the best swimmer NOT to qualify for the Olympics. Griglione competed in four consecutive Olympic Trials, and in at least once in each of the four trials, she misses out on the chance to compete by less than a quarter of a second. Why do you think this is? It's all about axis. Every single time, she gets beaten, it is by a person who extends on their finishes. Whether it is their shoulder for freestyle and backstroke, or their hips for breaststroke and butterfly, the rotation of your body around that invisible pole is what can make the difference between competing at one of the most important championship meets in the world, and competing with your sibling for the last slice of pie.



Source: <http://babyblues.com/comics/april-30-2013/>