

# TIGER TIMES

MAY 2018 ISSUE

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Swimmer's newsletter for Princeton Tigers Aquatic Club

## LOUD & PROUD

by: Aditi Pavuluri

This new season's theme is **LOUD & PROUD**. What does loud and proud mean?

We swimmers, parents and coaches are **PROUD** to be part of the Tigers family. And we display our support in a **LOUD** manner.

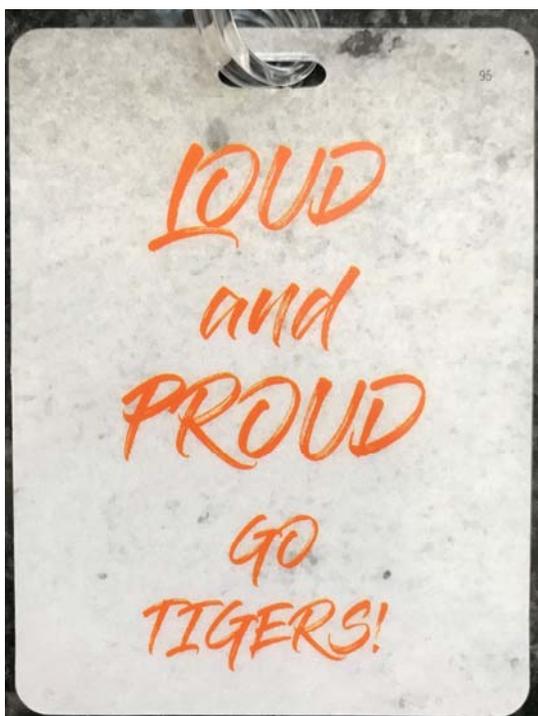
At this past Tiger Challenge meet, our swimmers did a fabulous job of showing support for their teammates. Whenever there was a Tigers swimmer racing, at least one other person would be cheering for them.

Our parents cheered for Tigers swimmers throughout the meet with a lot of energy. There were parents who came up with rhyming team cheers. Some parents used the black & orange pomp poms to show their support.

Over and above all, they came together to volunteer for the weekend and make this another successful home meet.

To be a *loud and proud* team, everyone needs to put in the initiative and be a part of the team. Even if it's as simple as motivating someone during practice.

PTAC swimmers, coaches and parents were presented bag tags (shown in the picture below) and lanyards at the beginning of the season, which they proudly display



### Tiger Challenge Recap

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 NEW Gold times: 37

Total NEW Zone times: **5**

Total NEW team records: **6**

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.

GO TIGERS!!!

## Self-Confidence for Swimmers

By: Aditi Pavuluri

Self-Confidence is the secret ingredient that all successful athletes seem to possess, irrespective of what level they are competing at. Having a high self-confidence in sports allows the swimmers to put all their effort in what they do and achieve good results. If the swimmers are insecure of their skills and they are not sure they are good, it will be easier for them to be afraid to fail, leading to poor results.

Self-confidence is the positive mental attitude that keeps swimmers working hard regardless of how many obstacles get thrown in their path. Self-confidence can motivate you to attempt and accomplish the impossible. Low self-confidence will make us perform way below our potential and more seriously, it can make the sport less enjoyable.

So, what can swimmers do to improve their confidence?

### 1. Perfect Training

There are no short cuts to hard work. If you have done your training (dryland and in water), you automatically have earned the right to feel confident. Confidence will come from the fact that you have trained to your utmost potential.

### 2. Remind yourself of the hardwork

Don't forget all the hardwork that went into training and remind yourself that you have done everything in your control. Don't forget how well you trained.

### 3. Don't compare yourself to anyone other than yourself!



My parents constantly remind me that I am competing only against MYSELF and no one else, because you'll always find athletes who actually are or who you think are better than you. Focus on YOU and YOUR goals only.

### 3. Don't think about the uncontrollable

Stay away things that are directly out of your control. Some examples are other swimmers, the weather, the water temperature, your past performance, the outcome, your coaches and/or parent's expectations etc. Keep your focus locked onto what you can control.

### 4. Have a positive attitude

Being negative will not only kill your own confidence, but it will also impact your team mates negatively. Always carry a positive attitude.

### 5. Remember the victories

When you are feeling down, remember all the victories, both big and small. Victories include, pushing yourself beyond your usual training limit or dropping time at a big meet, this approach will remind you of your capabilities. Don't beat yourself for mistakes and failures. Learn from them and move on.

FEEL CONFIDENT & SWIM BETTER!

## How to DQ-Proof your starts

By: Dr. Bill Bauer

### Introduction

As an official, I like to make sure I'm up-to-date with the current thinking about DQs. So lately I've been going through USA Swimming's 2018 Rulebook. It's not the most interesting reading. There's no story line, no characters, and very little style. But, as you'd expect from its title, it's jam packed full of rules. Lots and lots of rules.

Some of the rules are in place to make sure swim meets proceed smoothly, without any unnecessary delays, and that each and every heat starts smoothly, too. The way the officials conduct the start can really influence the pacing of the swim meet; and because they're responsible for making sure the meet ends on time, the officials enforce these rules quite strictly, especially when the meet involves experienced swimmers, who are expected to know the rules well. But the start doesn't only affect the swimmers. The timers also have to react immediately to the start signal of a heat. In their case, the signal is the sudden flashing of a strobe light timed to the sounding of the horn. Fortunately, you don't need to worry about that. You have enough to do just focusing on your swim.

While there is a section of the rulebook called "Starts" (section 101.1 on pp. 19-20), there are also rules governing starts scattered throughout the first section of the rulebook. For example, each stroke has a subsection about starts, too. In this DQ-Proof, I'd like to pull this information

together and help you make sense of it here, so that when you show up at the block to swim, you can make your swim DQ-Proof right from the get-go. Especially when it comes to relays, you and your teammates will want to do everything you can to guarantee that all the hard work you do to drop time pays off on the results sheet!

### The Starting Ritual

Everyone knows that a heat begins the moment the horn blasts. However, before that explosive moment, the swimmers all need to perform a series of actions to get ready for it. I call this the "starting ritual." It includes taking your place (whether on the block, the deck, or in the water, depending on the stroke), taking your mark, and then, at the sounding of the horn, bursting forth into the water.

The start is so important that the meet Referee is one of the officials who oversee the start of each heat. The other one, assigned solely to the job of starting each heat, is called (appropriately) the "Starter." Together the Starter and the Referee are responsible for giving all the signals you need so you and all the other swimmers can



do the starting ritual's separate actions together. In turn, you need to listen carefully and react to these signals without delay.

The Referee gives signals with a whistle and with his or her hand; the Starter with his or her voice and, finally, with the starting horn.

There are two different signals the Referee gives the swimmers with the whistle: a short series of bursts and a single long tone. You need to know what each of these means. The short series of whistles tells the swimmers to take off any additional clothing they may be wearing (warm-up, sweatshirt, etc.)—anything, except of course, their swimwear. A single long tone from the whistle tells the swimmers to take their starting positions and hold that position. The Referee then extends an outstretched hand to let the Starter know the swimmers, timers, and other officials are ready for the heat to begin.

At this point the swimmers are now under the Starter's control. With the words "take your mark," the Starter directs you to immediately assume the starting position for the stroke in question. For the forward start that means putting at least one foot at the front of the starting block or deck. If you're starting in the water, say, for the backstroke, you must have at least one hand in contact with the wall or starting platform. The operative word here is immediately. Your swift cooperation with this command helps the meet proceed smoothly.

Once you've taken your mark, it's crucial that all motion come to a stop and that you remain perfectly still. You can't even scratch your itchy nose or adjust your goggles. So you should do all your fidgeting before this signal. The Starter can only sound

the starting horn when all swimmers are stationary, meaning that all of their movements have come to a complete stop. If you and/or another swimmer fail to



respond promptly to the command "take your mark," or if any swimmers are still moving around after this command, the Starter will immediately say "stand up," or "please stand," to release all swimmers from their starting position. At that point, the starting ritual has been interrupted, and you may relax and stand at ease.

### **The Starting Position**

All strokes but one use the "forward start," which simply means "an entry made while facing the course." You know which one doesn't, right?[1] The Starter is the only official responsible for making sure you've taken the correct starting position. So, before sounding the horn, he or she will take a moment to check each and every swimmer carefully. As a Stroke and Turn Judge, I cannot make that call: it's out of my jurisdiction—even if I can see that a swimmer is breaking the rule. And once the Starter sounds the horn, the Judges on deck cannot report a swimmer for having taken an incorrect position.

For the backstroke, you and the other swimmers need to line up in the water facing the starting end and place both

hands on the gutter or on the starting grips. The position of the feet is very important. You're not allowed to stand in or on the gutter (of course), put your toes above the lip of the gutter, or bend your toes over the lip of the gutter, either before or after the start." [2] Let's say that before the horn you place your toes above the lip of the gutter or bend your toes over it. Usually, the Starter will ask you to correct your position—I've never seen a Starter report a swimmer for this infraction. If the Starter sounds the horn without doing so, I cannot report you for that infraction, after the fact. Of course, it would make no sense for you to change your foot position after the horn sounds—it would just slow you down; but if you were to do so, I'd have to report you for swimming from an incorrect starting position.

### **False Starts**

Aside from using an incorrect starting position, what kinds of DQs can swimmers commit at the start? [The most common one is when a swimmer starts swimming before the horn is sounded. This is called a "false start."](#) In such cases, the Referee must independently observe and confirm the Starter's observation that a swimmer broke this rule. So both must watch very carefully.

There are two kinds of false start: A) When one or more swimmers takes off into the water even before the horn has sounded; or B) When the horn has sounded, sending all of the swimmers into the water, and [the Starter recognizes that one or more of those swimmers had started too soon.](#) If a false start happens without the horn even sounding—say, because the swimmer overreacted to a horn-like sound from the stands

or to another horn from over at an adjacent pool—the Starter will issue the "stand up" command, interrupting the starting ritual. If you're one of the alert swimmers who remained on the block, that command relieves you from your starting position and you should relax. At such times it's important to break your focus, so you can resume it when you really need it: at the true and actual start. If you're one of the unfortunate swimmers who false started, you need to notice right away that the heat has not formally begun. Swim back to the start end, get out of the pool, and return to the deck as quickly as possible. This is one of those moments when hustle really counts: all eyes are on you as you correct your mistake.

Sometimes, it's a swimmer's reaction to the Starter's "stand up" command that triggers his or her premature start. In such cases, the Starter may relieve that swimmer of the charge of false start. However, while it may seem unfair, if you fail to recover quickly enough after having started the race by mistake, the Starter may report you to the Referee, who can DQ you, not for a false start, but for delaying the start of the heat or disobeying a command to exit the pool. It pays to be alert at all times.

The Starter must be especially alert to recognize after the horn has already sounded that a swimmer had started before the horn, since it looks like as many as eight swimmers were all leaving the block at the same time (case B, above). But his or her word is not enough; in such cases the Referee must have independently observed that a violation occurred, confirming the Starter's observation. Once the horn has sounded, the heat must

continue and all the swimmers will continue swimming to the race's end. Because the Referee is involved in this decision, no official's hand must go up to announce that a violation was observed; as the heat proceeds, the two officials will simply confer with one another to verify that each of them saw the same thing. One of the Chief Judges will inform the unhappy swimmer or swimmers that they were seen leaving the block early.



### Relay Starts and 'Take Off's

As with all other rules governing relays, any rule you break leads to a DQ not only for you, but also for your entire relay team. The rules for starts that we talked about earlier in this DQ-Proof apply to the lead swimmer of your relay and only to him or her. (In the medley relay, all lead swimmers launch the race from the water doing the backstroke.) This means that, for each of the other swimmers, the ones who come after the lead swimmer, no horn sounds to trigger their start or "take off."<sup>[3]</sup> If you're not the lead swimmer, you can only take off once the teammate swimming before you has finished his or her leg of the race. The timing of his or her touch at the finish of his/her leg is critical to the timing of your take off, and

the officials watch the coordination of this timing ("the relay exchange") very closely.

So closely, in fact, that as with other false starts, the officials need to have "dual confirmation" that the swimmer in question started too soon. That's why you'll see four Judges positioned to observe all relay starts. One of them positions him or herself on the "start" side of the pool (the same side the Starter's on), near the start end facing in to observe lanes 1-4. Another is on the stands side, also near the start end, facing in to observe lanes 5-8. The other two Judges position themselves right in the middle of the start end, standing back to back and facing outward, one observing lanes 1-4, the other observing lanes 5-8. If you "false start," that is, if your feet lose touch with the starting platform before the teammate before you touches the wall, both of officials watching your lane need to independently agree that they witnessed it. They cannot signal to one another, but must mark a special form that the Referee will inspect, to make sure that these independent observations match up.

### Special Rules

There are special guidelines for swimmers with disabilities. For example, officials may give such swimmers a little longer to assume their starting position. In-the-water starts are allowed for disabled swimmers who cannot dive from the block or the wall; and if they can't use a hand or foot to maintain contact with the wall, they may use some other body part. When starting from the block or the deck they may use a modified starting position (for example, sitting); and if they cannot hold their starting position by

themselves, an aide on the deck may assist them. Swimmers with vision impairment who are swimming in relays are allowed to receive a physical touch or “tag” from a teammate to let them know when to take off. Swimmers who are hearing impaired may use the strobe or a hand gesture from the Starter to know when to start.

### **Half of Life is Showing Up**

One other DQ at the start that's especially embarrassing is when the swimmer fails to appear at the block in time for the start of his or her heat. I've heard stories of swimmers who were so involved with a video game or some other electronic media on their device that they completely lost track of the time when they needed to get to the block. I won't name names. You know who you are. Such DQs are not charged as a false start. I don't know the formal name for this infraction; but clearly, it's a non-starter.

# Meet Diaries

*Swimmers were asked what went well at the recent PTAC Tiger Challenge meet. This is a reflection about their own and teammates races.*

## John Iledan (JR)

I think I did well in the 800 Free with keeping my pace, and I had a stronger stroke than before, and didn't breathe too much. I also liked my 100 Fly. I felt like I fought to the finish.

I would have to say that Will Hoffman is improving so much, and his 400 IM looked amazing. His 800 Free was really good as well. He maintained until the end, and swam with no excuses.

## Mathi Veera (AG3)

I liked my 50 Free because I was in the same heat as some of my friends and it was really fun to race them.

I think that the boys relay with Paul Li, Alvin Tien, Leo Li, and Kohsuke Fujii were a great team when it came to cheering, and they had a fast swim.

## Tracey Liu (JR)

I really liked my 50 Back because I came in very stressed, and almost got scratched from the meet, but I was able to pull it all together in the end to achieve second place!

I felt that Jeff Davenport had an amazing 200 Back. It looked really strong, and I wish that I could be as fast as Jeff in backstroke.

## Paul Rizzo (JR Prep)

I think I did a good job across the board, because I dropped in every event.

I think Tracey Liu did a good job with her 200 IM because he dropped from her converted time.

## Leo Li (AG3)

I think I did well in the 800 Free because I dropped a lot of time and it showed off my work in practice.

I liked Kohsuke Fujii's 200 Fly because he fought until the end and he came through well.

## Zac Ouzilou(JR)

I was 1 second away from the Zone time in the 100 Fly, which was something that I think I did well on.

I think that Arjun Gupta had a very sharp 100 Breast. He was very close to his converted time and that must have been a special race for him.

## Rachel Mclerney (AG3)

I liked my 100 BK because everyone was cheering when I was neck and neck with another person. I didn't end up winning but I still loved the team's energy.

I liked that my friends William Bashore, Esteban Olivo, and Akhil Pavuluri were supportive of me, and especially Akhil because he gave me my splits.

## Jerry Liu(AG2)

I dropped in my 100 Back, while also trying new technique and I succeeded which was good for me

Romit Kundu got a silver time in the 100 Back, which was good for him. Good job, Romit!

## Nidhi Pramanik(AG2)

I got a time that I wanted in the 100 Free so I was happy with that swim.

Simran Malik got 4 silver times, which was good for her, and I can see that she has been working hard.

## Paul Li (AG3)

I think I did well in the 200 Breast because I dropped one second from my converted time and got the JO time. It felt hard but I kept trying and achieved my goal in the end.

I think Madeleine Domantay did a good job in her 400 IM and her 800 Free because it was her first time doing those events in long course.

## Madeleine Domantay(AG3)

I think I did well in the 800 Free, especially since it was my first time doing the event. Last year, I did nothing above a 200 in long course, so this was a milestone for me.

I have to give a shout out to Alai who came to the meet after getting sick and stayed strong throughout. This takes a lot of determination.

## Jonnas Filak(AG2)

I didn't get a chance to swim in this meet.

I think Kent Hong dropped a lot of time across the board, and it was because he worked really hard leading up to this meet.

## Ved Shenoy (AG3)

I dropped a lot of time in the 200 IM and I heard a lot of people cheer, which was very motivating.

I think that Akhil was a great teammate to a lot of people, and he is a great friend to me inside and out of the pool.

## Akhil Pavuluri (AG2)

I dropped time and finally got my JO in the 400 Free. Now I am excited to swim more mid-distance events and I am not nervous anymore.

My favorite time is during the meets when I get to cheer for all my friends and also when my friends cheer for each other. We did a good job cheering at this meet.

## Monthly Motivation

### Pain is a perception

By: Aditi Pavuluri

Let me ask you one question.

How often do you think of failure before you get into the pool?

People come to practice thinking about how much something is going to hurt *before* they do it.

Some of us come close to giving it all at practice, but most fall short, settling for something lower than 110%

Think about where that extra 10% can take you.

Even if we *already* know how hard something is going to be, we have to learn to block out negativity.

It is never the pain that sets a limit on your performance.

It is the way you *visualize* the pain that makes the impact.

You are in control of how you want to swim.

Good Luck Swimmers!

## ASK TIGER...

### Dear Tiger,

After long workouts, sometimes I just don't feel hungry. Often, I'll skip the recommended after-workout snack and go to bed immediately. I know that this isn't healthy for me, but sometimes I am just a really picky eater.

What Should I Do?

### Picky Eater

### Dear Picky Eater,

You are right. Having a snack or even an entire meal after a workout is essential to fuel your body after exerting yourself at practice. Sometimes you've just gotta trick your mind into thinking you are hungry for the benefit of your body. Start out with just a small snack and increase it a little bit at a time until you have a meal.

Good Luck!

**-Tiger**

## MONTHLY NUTRITION TIP

**Eat Quality.** Don't worry about that donut you may have had after a hard workout, when you have an overall balanced diet. Anything eaten in moderation with other healthy foods to balance it out has to be good for you. Any athlete indulges once in a while, but they will always load up on healthy fruits and vegetables, lean meats, and whole grains. Amateur athletes will sometimes cut down on some entire food groups in an attempt to lose weight, but it usually backfires. In order to be the most successful athlete you can be in terms of eating healthy, you must have a little bit of everything. Some things that are good for you and that you should keep in mind are nuts and seeds, healthy oils, meats and fish, whole grains and dairy.

## MEET COACH DEREK COX

By: Aditi Pavuluri

Coach Derek has been Swimming for 16 years. He is currently a member of Princeton University Swimming and Diving Team. His accomplishments include 2016 Olympic Trials Qualifier in the 200 Butterfly, US Open Qualifier in 100 and 200 Butterfly, Winter Nationals qualifier across 6 different events, Summer Juniors qualifier across 6 different events, Winter Juniors qualifier across 12 different events, 7 time Georgia High School State Champion, Two-Time Georgia High School State Record holder, Two-Time Dynamo Swim Club Team Record Holder. He coaches AG1, AG2 and VAR groups on PTAC. We are lucky to have him on our team.

**Reporter:** Can you tell me a little bit about your journey leading up to your Princeton recruitment?

**Coach Derek:** My identical twin brother and I first started swimming because we suffered from asthma. My mother had found out that it was beneficial for the lungs. We started out swimming semi-competitively, but soon our grandmother in Japan who was a swim coach put us in an elite swimming group while we were there. This dramatically improved our swimming, and when we were about 7 years old, we started swimming year round. The main club team I swam for as a kid was the City of Atlanta Dolphins until I was 15 years old. One of the main things I went through as a swimmer was that I started losing motivation when all of the older swimmers on my team started going away to swim for college, and I had nobody to train with. I actually almost stopped swimming entirely,

and even tried out water polo for a week. Soon after, we moved to Dynamo, and I got a very good coach who trained me well



before I was ready to swim for college.

**Reporter:** How has your college swimming with Princeton been, and what are your favorite things about swimming for them?

**Coach Derek:** My college swimming has had some ups and downs. Last year was okay for me but I didn't have anything special. I had a few setbacks, after breaking my arm while training, and getting sick multiple times. I had some good training and meets in December. One thing that I love about the Princeton team is that the guys are very close knit, and are closer than a lot of other teams.

**Reporter:** What are the main differences between club and college swimming?

**Coach Derek:** I think that college swimming is definitely more rigorous, and Princeton emphasizes about being a student athlete. Some colleges that focus only on your sport are Texas and University of California,

**Reporter:** Who is your idol?

**Coach Derek:** My old club team coach Jason Turcotte was so willing to help others and he is one of the most selfless people I have ever met. He was always eager to lend a helping hand and serve his community while also being a great coach.

**Reporter:** What is your favorite stroke and why?

**Coach Derek:** I really enjoy both breaststroke and butterfly. I like breaststroke even though it is the slowest stroke because it is really easy to break it down and train with. This is a stroke that you have to rely on your stroke count and your tempo. I also enjoy butterfly because it is a stroke with no excuses, and you have to use your underwaters and power.

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

**Coach Derek:** I love how the kids come with passion everyday. I love how this team comes to practice because they genuinely want to be there to improve their swimming. I also love how I can talk to them like friends, as well as making an impact on their swimming. I was recently speaking to a Princeton Alumni, and he was saying that it really is difficult to work hard at practice but you have to push through, and that's what I see in the Tigers swimmers.

**Reporter:** Does being a team captain enhance the relationship you have with your teammates?

**Coach Derek:** Yes, I think so. PTAC is a young team but being a captain I feel I have gotten to know the majority of the swimmers pretty well and have become closer than I was before. PTAC is a great group of kids always laughing and having fun. Everyone on the team is hardworking, driven, and supportive.

**Reporter:** What is some advice you have for older swimmers who aspire to swim in college?

**Coach Derek:** One of the most important things to remember as a high school swimmer going into college, is that you have to have high expectations for yourself. It's because if you are not willing to take that extra initiative or risk, you may not know the results of it.

**Thank you, Coach Derek!**

## 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** - For the month of May, I would like to recognize **Daniel Da Costa (AG1), Max Domantay (AG2), and Allison Lee (AG2)** for their consistent effort in and out of the pool. All three of them come to all practices ready to listen and work hard, whether it is during dryland, technique work, or swim sets. Daniel had over 100% attendance as he has taken the initiative to start practicing in an older group. Max and Allison has been working hard on swimming on a faster interval in both Free and IM sets.

**AG3** - I'm very proud of AG3 as a team this season. The kids have been cheering for each other more than ever at practice and helping and pushing each other at practice. The swimmer of the month is **VED SHENOY**. Ved has worked hard every day. He's always trying to make the intervals and is already looking forward to the next challenges. The honorable mention goes to **RACHEL MCINERNEY**. Rachel has made significant improvement to her freestyle technique and interval practice. Great job Ved Rachel and all AG3 swimmers who attended at least 90% of the practices. Keep up the good work kids!!

**VARSIITY** - For the month of May, Varsity would like to recognize **Karm Patel and Danielle Best**. Both Karm and Danielle have had excellent attendance during the month and their dedication to training paid off at the MMM Meet last weekend.

**JUNIOR AND SENIOR** - This month the Junior and Senior groups have been training very well! I would like to highlight two people who have shown a lot of extra toughness: **Zofia Cavalli** is always ready to race and putting in excellent effort at the end of our difficult practices. **William Hoffman** has moved into a faster lane and become a real leader in the group, both through effort and cheering on others during workouts. In addition, we have been particularly happy with the Senior group swimmers who have been attending our gym training. It is a new type of workout for many of these swimmers and they have taken well to the challenge!

### MAY "Gold Medal" Attendance Club

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

**AG1** - **Daniel Da Costa, Logan Hong, Claire Lee, Varun Shenoy, Yalong Zhang**

**AG2** - **Joshua Chen, Matias Da Costa, Kent Hong, Allison Lee, Jerry Liu, Angela Liu, Akhil Pavuluri**

**AG3** - **Suhanni Agarwal, Rajeev Harish, Leopold Li, Paul Li, Rachel McInerney, Riya Patel, Paul Rizzo, Ved Shenoy, Madeleine Domantay**

**VARSIITY** - **Karm Patel and Danielle Best**

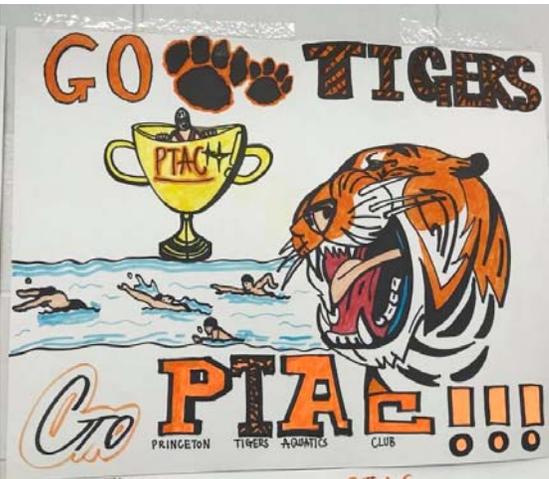
**JUNIOR** - **Zaccharie Ouzilou, Apsara Saraswat, Shweta Raman, Mattew Chen, William Hoffman, Aditi Pavuluri, Lauren Girouard**

**SENIORS** - **Jeffrey Davenport**

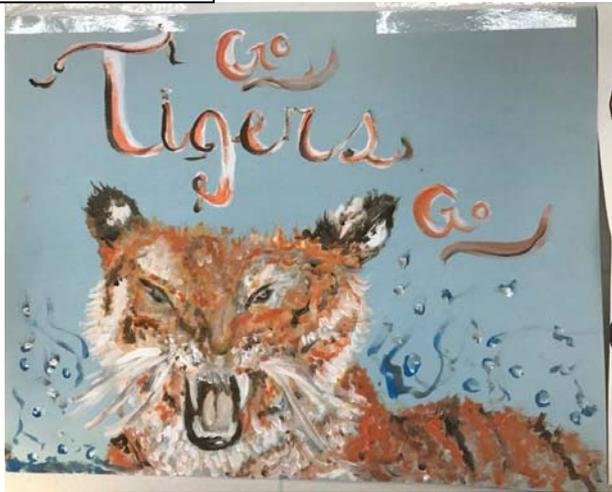


Juniors/Seniors group at Community team outing event in Princeton on April 29th.

**PTAC Tiger challenge: Poster contest winners**



Kevin + Eddie Zhou



Danielle Best



Rachel + Allison McInerney

 <b>BIRTHDAYS</b>	Swimmer	Birthday	Swimmer	Birthday
	Rohan Mody (VR)	June 6th	Jonathan Chang (VAR)	July 3 <sup>rd</sup>
	Mathivanth Veerachamy (AG3)	June 6th	Prasham Joshi(AG3)	July 4 <sup>th</sup>
	Pranav Mahableshwarkar (JR)	June 13th	Jerry Liu(AG2)	July 4 <sup>th</sup>
	Gretchen Martin (AG2)	June 16th	Yalong Zhang(AG1)	July 10th
	Varun Shenoy (AG1)	June 16th	Mahika Chatterjee(JR)	July 12th
	Dedeepya Tadapaneni (AG1)	June 17th	Erica Oake(SR)	July 12 <sup>th</sup>
	William Bashore (AG3)	June 19th	Wolf Martin(AG3)	July 14 <sup>th</sup>
	Aadi Katyal (VR)	June 21st	Esteban Olivo Cauberghe(AG2)	July 16 <sup>th</sup>
	Dhruv Badarayan (JR)	June 22nd	Jacob Yim(VAR)	July 22 <sup>nd</sup>
	Miren Rudorfer (AG3)	June 24th	Sen Choi(VAR)	July 22 <sup>nd</sup>
	Ruben Chandwani (JR)	June 27th	Zaccharie Ouzilou(JR)	July 25 <sup>th</sup>
	Landon Kent (AG2)	June 28th	Calvin Tien(AG2)	July 26 <sup>th</sup>
			Ava Carroll(AG3)	July 27 <sup>th</sup>

**INSPIRATION DOSE**

“There is no such thing as overnight success. No matter what you endeavor, you have to put in the time and effort. If you stick with it, you will be surprised by what you can achieve. The reality is that you are more capable than you think.”

**-Nathan Adrian (5-time Olympic Gold)**

**IMPORTANT DATES**

Meet of Xcellence: **June 16-17**

Summer Sizzle: **Jun 29-July 1**

PTAC summer time trial: **June 30**

**Annual Team Party: July 7**

[NJ LC Summer time standards](#)

The summer long course time standards can be found here

[2018 - GOLD/SILVER/BRONZE LONG COURSE TIME STANDARDS](#)

## KNOWING THE DIFFERENCE BETWEEN "GOOD PAIN" AND "BAD PAIN"

As we are entering the part of our swim season where we are at the highest intensity, it is important that we know the difference between good pain and bad pain, to ensure the most successful season, injury free.

### **Good Pain**

1. Good pain usually results from our body going through changes in intensity at workouts, mostly represented by extreme soreness, and discomfort.
2. This means that you are working harder than usual at practice or trying a new dryland exercise and your body is not used to it.
3. Older swimmers going through growth spurts, and muscle development can see muscle soreness as a result of this.

### **Bad Pain**

1. Bad pain results from improper care of the body during intensified workouts, swimming through a minor injury, or simply a muscle strain.
2. You can get an injury by doing a dryland exercise incorrectly, and even worse is if this is with a weight.
3. Swimmers must know whether bad pain is just muscle soreness (if so, they must swim through it, because it will help them) or a legitimate injury.

### **How can I help myself?**

1. Stretching regularly during high intensity workouts will help swimmers loosen up tighter areas, allowing them to swim, injury free.
2. Hydrating regularly will stop cramps from happening, and you can keep swimming through workouts without having to stop.
3. If you feel different, and it is a "bad pain," then you should tell your coach immediately and he/she can modify your workout for your benefit.
4. If you don't know how to do a dryland exercise properly, then ask for assistance because more repetitions of this exercise will cause injury.
5. You are the only person that can identify a good pain from a bad pain, so if it is a good pain, keep swimming because it will help you in the long run.

Good Luck!