

What is a teammate?

By: Aditi Pavuluri

Who is the fellow member of your team who constantly pushes you at practice? Who is the person that is behind your lane, cheering for you at the meets? Who is the person you want you to succeed as a swimmer just as much as you do yourself? This person is your teammate.

A great teammate develops real relationships with other swimmers. They must get to know who their teammates are as people outside of swimming. That is where true relationships and trust develops. Great teammates do their best to bring together teammates and give them an opportunity to build a better relationship.

Yes, being a teammate can lead to doing what you are asked. Being on a team makes you equally as responsible for doing things, such as counting the sets, and keeping track of the intervals as the person who is first on the lane. Everyone's efforts count into making the team a better place. By cheering for someone you have never cheered for before can make their day, and perhaps encourage them to go faster.

A great teammate always has a positive and energetic attitude that helps us get through our practices after a long tiring day! A great teammate understands how to deliver praise. At PTAC, the junior group swimmers praises their peers for their hard work after each practice. This is a great way to recognize a swimmer for their hard work.

Team building activities and exciting practices at PTAC have allowed the swimmers to have better relationships with each other. Great teammates make our team stronger and help us achieve our dream of being the best team in our area! Next time, try to get to know someone on your team and push him or her to be the best they can be!



First, meet of the season...a great success!

The 'Fall festival' meet, hosted by Xcel Swimming at DeNunzio pool on Oct 14-15th, was a very successful meet for PTAC with many excellent swims.

It was the first meet for many of our new swimmers. After only a month into practice for the short course season, we had **1** new team record, **2** new eastern ZONE times, **12** new GOLD times and **55** SILVER times achieved by our swimmers.

Coaches and parents are very proud of us and can't wait to see what the rest of the season has in store after more practice!

MONTHLY NUTRITION TIP

Avoid too many sugary foods. It is the month after Halloween, and your large pumpkin carrier is sitting on your kitchen still stuffed to the brim with candy you had collected on October 31st. You stare longingly at that Twix bar sticking out of the top of the bucket. The golden wrapper glints in the light. You cannot resist it. You have to shove it down your throat, and enjoy every second of it. Think again. Sugar does one of two things to your body. The first thing is that it replaces all the nutrients from the healthy foods you ate earlier. It is almost as if you had not eaten anything healthy at all! Second, sugars can increase your likeliness of getting high blood pressure. Besides the natural sugars from fruits and dairy products, the sugar will increase inflammation in your body, which is proven unhealthy for the heart. In conclusion, make sure to be aware of the sugars that you are putting in your body. A small sweet treat is okay occasionally, but do not eat too much of it!

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)**, **Helen Chen (AG2)**, and **Daniel Da Costa (AG1)** for significant improvements over the last month. Max and Helen have moved up an interval and even have taken turns leading their lane. Daniel is very receptive to corrections and it is evident in his improved technique in all his strokes and turns.

AG3 - My swimmer of the month is **Suhani Agarwal**. She has been making fantastic improvements on her technique and takes on every challenge I give her! She's very interested in fixing all the details of her strokes so she accomplish her goals this season. **Prasham Joshi** is starting to get more conscious about attending every practice to accomplish his goals.

VARSITY - Varsity would like to recognize **Rohit Kundu** and **Aishwarya Rao** this month. Rohit always puts in a good effort at practice and his meet times are starting to show the results of his hard work. He not only got his first Silver time at this past meet but he got Silver times in almost every event that he swam over the two days. Aisha has been trying harder intervals and pushing herself at practice. Although she is struggling with an injury, she is working diligently to get back to 100%.

JUNIOR AND SENIOR - **Jeffrey Davenport (SR)** has been doing an exceptional job in his first season as a Tiger. His attendance is nearly %100 and he has been working very hard to make significant technical changes. **Lauren Girouard (JR)** has moved into a harder workout lane and has been putting in a lot of great effort to make her training sets.

October "Gold Medal" Attendance Club

We would like to give out a special recognition to the swimmers on the team who have over 90% attendance for the month of October. These swimmers are working their hardest and are the leaders on the team! Swimmers listed have over 90% attendance in the month of September. Swimmers in bold have 100% attendance!

AG1 - **Daniel Da Costa, Logan Hong**, Sonia Allee, Shravan Joshi, Yalong Zhang

AG2 - **William Bashore, Kent Hong, Aiden Lee, Angela Liu, Taylor Mitchell, Akhil Pavuluri**, Helen Chen, Max Domantay, Greta Martin, Kevin Zhou

AG3 - **Prasham Joshi**, Suhani Agarwal, Madeleine Domantay, Kohsuke Fujii, Rajeev Harish, Leo Li, Paul Li

VARSITY - Sen Choi, Noah Mathai, Amrita Pal

JUNIOR - **Tracey Liu, Apsara Saraswat**, Shweta Raman, Aditi Pavuluri, Will Hoffman

SENIORS - Jeffrey Davenport

Monthly Motivation

Keep your eye on the prize!

By: Aditi Pavuluri

Losing can be disappointing. However, do not take your eyes off your goal. Why waste time obsessing over one bad swim, when you can focus on improving your technique or your speed for the next swim.

You cannot have doubts of yourself. You have to keep thinking of one large goal that you have in mind. Whenever a particular set becomes unbearable, picture yourself reaching that goal, and reiterate how much you want that for yourself.

Even if it is a very long and hard set, focus just on the particular segment of that set you are swimming currently. Think, "Sprint this one 100 Free!" After you finish, think, "Okay, let's do this next one!" Keep going until you have finished your set!

The feeling you receive after finishing an extremely tough set will make it worth all of your hard work. Each hundred-yard swim in each set, in each practice, in each meet, in each season, until you reach your ultimate goal has to be your 100%.

At the meets, you give it 200%, and have belief in yourself. Before your race, you cannot have any doubts in yourself swimming well or not. Have a nice clean swim, free of any negativity.

Good Luck Swimmers!



ASK TIGER...

Dear Tiger,

I have been finding myself getting tired at practice more easily than before, and I am very sure it is because I have the wrong before practice eating habits. When I know I have eaten less than I should have before a practice, I eat more the next day, but then I feel a little uneasy at practice.

What Should I Do?

From,

Flustered About Food

Dear Flustered About Food,

It is important to consider what you are eating just as much as how much of it you are eating. Here are few things to consider:

- 1) Hydration hydration hydration! Most people don't realize that they are dehydrated, especially at morning workouts or when the weather is cold outside. Be sure to drink plenty of water throughout the day and especially when you wake up for morning practices.
- 2) Always eat a significant healthy breakfast before morning workouts and a significant snack before afternoon practices
- 3) Pick healthy foods! Some great examples are cereal with low-fat milk, bagels, toast, yogurt, bananas, applesauce, fruit Smoothies, applesauce, etc.
- 4) Avoid anything unhealthy, especially sugary and fatty foods or drinks like soda, candy, chips, or fast food!

-Tiger

MEET COACH JOCELYN

By: Aditi Pavuluri

Coach Jocelyn joined the PTAC Tigers for the 2017 long course season as an Assistant AG1/AG2 coach. She also works with other groups few times a week. More recently, she graduated from University of Massachusetts as a Chemical Engineer. In her short presence, she has become a key member of the PTAC family.

Reporter: What do you like most about the sport swimming, and what made you choose to pursue swimming in college and as a coach? **Coach Jocelyn:** The thing I love most about swimming is the fact that you have to work hard to achieve your goals. One of my favorite things about the sport of swimming is seeing a best time, or an achieved goal after all the efforts that you put in the entire season. The reason I chose swimming as a sport, is that I just really enjoyed it growing up. There were obviously other sports in my life, but swimming was my favorite.

Reporter: How did you begin swimming?

Coach Jocelyn: As some of you may know, I have two older sisters, Evelyn, and Jessica, and I just grew up watching them swim. Because they were very good swimmers, my parents wanted me to try the sport as well. During my childhood, I enjoyed it a lot, and decided to continue pursuing it.

Reporter: What are some of your best moments as a high school and college swimmer?

Coach Jocelyn: As a high school and college swimmer, my favorite part of it all, was getting that one breakthrough swim. For me, one of my goals during those years was to swim under 56 seconds in the 100 Fly. When I reached that goal, it was the best feeling ever.

Reporter: What is a technique mistake that you always cringe when seeing?



Coach Jocelyn: Streamlines! Whether it is an AG1 swimmer, or a junior, I am always seeing obvious mistakes in people's streamlines.

Reporter: In your opinion, what is the hardest part of being a competitive swimmer?

Coach Jocelyn: Growing up as a swimmer, the hardest part about being a competitive swimmer was balancing your outside life with your swim life. Sometimes I would forget to manage my academics with my practice schedules, and at times, I could be very disorganized.

Reporter: What do you love about coaching alongside your sister?

Coach Jocelyn: The thing I love most about coaching with my sister, Coach Evelyn, is that she is so structured, and she is always so passionate about her kids. I love that she is always so coordinated, and each day she will focus on a new goal for her swimmers. It makes it very easy and fun to coach with her, but sometimes she can be a little bit controlling.

Reporter: Since you have been a part of the PTAC family for a little bit now, what do you like most about it?

Coach Jocelyn: The PTAC family is certainly a different experience for me, because I have never coached a club team, before. I love that I can easily connect with kids. My favorite part, is when I am teaching kids technique, and they will suddenly say, "My stroke has gotten so much better!"

Reporter: What is an interesting fact about you that not many people know?

Coach Jocelyn: I love food! Growing up as a swimmer, I always like eating food. No joke!

Thank you, Coach Jocelyn!

My Journey in Long Course

By: Tracey Liu

I am Tracey Liu in juniors and this is my second season in USA swimming. Last season, during long course I achieved a goal that I thought was unimaginable. Throughout the season, I worked hard and vastly improved, and I went through a great deal as well. My goal last season was to just make it into Junior Olympics but my determination lead me to qualify for Eastern Zones. One of the biggest struggles I overcame was fighting against Pneumonia. In middle of June, I became very sick, and started having fevers and headaches for weeks; it escalated to coughing and congestion and got an x-ray that showed pneumonia developing in my lungs. I was incredibly worried, and had already missed two weeks of practice the meet of Xcellence was coming up very soon. Knowing that I would not be strong enough to attend, I stayed home hoping that a miracle or a miraculous recovery would occur, the sickness only got worse even causing me to lose fifteen pounds. However, my determination for swimming never stopped, I tried my best to be healthy and to stretch every night ready to jump in the pool and feel the fresh water again. Finally, the pneumonia started clearing up and I was excited more than ever to swim. Although still coughing and feeling ill, I jumped out of bed and raced to practice. I did kick drills with my group, and it made me glad to come to practice and see my coaches. They showed me immense support and

comfort, and they understood how I felt and allowing me to ease into the transition to my recovery. I cannot

express how much

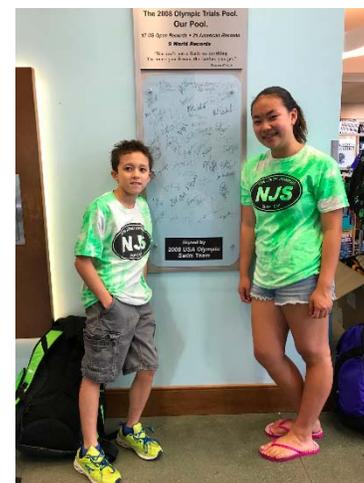
appreciation I have for Coach Carolina and Coach Renata for helping me recover and slowly come back to my competitive side. I slowly started doing sets again and began going to full practices, but only a week later, Summer Sizzle was about to begin. I had five events and I was quite nervous but excited to compete. Finally, the day came and I swam my events I did my best however, I was very disappointed in myself. I felt powerless and weak, as if I could not even pull any water. Coach Carolina comforted me and complimented me, saying I did very well. A couple weeks later, it was time for silver bronze; I was still recovering at this time and did not qualify for any more gold times. However, that was okay, I already knew I was going to go to Junior

Olympics for one event, 50 back, and that still made me feel relief.



I later on asked Coach Carolina to let me apply for zones because I was ready to take a big step. I went on vacation for two weeks, practicing at hotel pools

every day. My motivation never stopped and I never stopped believing in myself. I came back for two days of practice and Junior Olympics started. I only had one event, but that did not matter to me. I only wanted to succeed. The event started and my heart was beating faster and faster. I concentrated on myself and I repeated the words, "get that zone time, get it" and then it began, I sprinted so hard my legs were burning, after I touched the wall, I looked up, and in awe I saw a zone time, 34.51. I looked to the side and Coach Carolina, Evelyn, and Miles were all there and waving and smiling for me. I felt a burst of joy inside and never felt more pride in my life finally achieving what I



EASTERN ZONES CHAMPIONSHIP

had dreamed of most. After contracting pneumonia, and missing out on all these practices finally, it happened. After weeks, I went to zone practices and Coach Carolina and Renata helped me work on my technique for example, starts and finishes. It was a struggle but they worked hard to help me and I could not appreciate them more. Then, the day arrived; my family and I drove eight hours to Richmond, Virginia to Poseidon Swimming. It was a glorious day for me, more anxious than ever I was ready to represent New Jersey. I finally swam and my time dropped, even though I did not make it into finals, I was still very proud of myself. I was very excited and happy for myself; last season was an unforgettable experience.



SUMMER SIZZLE @ RUTGERS

Big Goals, Big Dreams

By: Aditi Pavuluri

Have you ever heard the saying, "Shoot for the moon, and you may end up on a star?"

Well, I am completely disregarding that. If you are shooting for a goal that you want very bad, do not stop until you reach it. If it takes many months of consistent practicing, then so be it!

One good example of this is my father finishing his first marathon, recently. Two years ago, he never thought he would be able to accomplish something like this in his lifetime, but with a lot of hard work and grit, he was able to.

My father grew up in South India, in a city called Hyderabad. His childhood never included organized sports, like many of our swimmers play and do every day. Occasional cricket with his neighborhood friends was his closest experience to sports.

In fact, he did not know that these types of races (marathons) existed, until he moved to the United States.

He began exercising, with only jogging one or two miles a day with a goal to adopt a healthy lifestyle. Gradually, he started doing five or six miles. Before he knew, he had registered for his first half marathon with a goal to complete a full marathon in the future.

His first step was to set a date for his race. After that he prepared a detailed plan, which not only included his training, but also his nutrition plan. Finally, he worked hard to do everything according to the plan, which included going for runs on cold chilly mornings or late nights and saying no to junk foods.

My dad's story is only one of many examples of how hard work and believing in yourself can take you places. He did not just complete a marathon by wishing for it to happen. He DREAMT, PLANNED and WORKED hard to complete his first full marathon in New York City on Nov 5th, 2017.

I hope his story inspires you as it inspires my dad's family and his friends to dream big!

Eastern Zone SC eligibility

The eligibility criteria for Eastern zone championships during Short course season has been modified. The new criteria is based on qualifying times instead previously established criteria.

The qualifying time standards can be viewed at the following location:

https://www.easternzoneswimming.org/meet_info/2018_EZ_SC_QualifyingTimes.pdf

New time standards for NJ

Please note that 2018 New Jersey "USA" Championships Qualifying times have been updated based on the new meet formats for the NJ Junior Olympics. Times have become either slower or faster based on the meet format.

You can visit the New Jersey 2017 – 2018 OLD/SILVER/BRONZE TIME STANDARDS website to check out these revised standards at the link below:

<https://www.teamunify.com/SubTabGeneric.jsp?team=eznjlsclsc&stabid=67968>



COACH RENATA WITH PTAC SWIMMERS ON HER LAST DAY

WE WILL MISS YOU, COACH RENATA!

Coach Renata Stoehr had announced her plans of departing from PTAC to relocate to Chicago, where she would be rewarded a new job.

Coach Renata has contributed so much to PTAC within her two years of coaching. She has led many swimmers to go on to become greater, and has left a great effect on our team community.

Her amazing coaching style and kind personality will be greatly missed on our team. We wish Coach Renata all the best with her new job in Chicago!

HALLOWEEN CELEBRATION

The day before Halloween, Age Groups 1 and 2 had a blast doing fun relays and receiving loads of candy for their efforts. There was a big crowd of young swimmers, eager to earn their share of the big bowl of sweet treats. Some of the coaches in those groups joined in the fun by getting in the pool with the kids!

On Halloween day, Age Group 3, Junior/Senior, and Varsity got their candy. There happened to be extra, so people went home with loads more than they expected! Some kids came to practice from their Halloween celebrations, and of those kids, some arrived fully dressed in their costumes!



COACH EVELYN WITH PTAC SWIMMERS ON HALLOWEEN!



BIRTHDAYS

Swimmer	Birthday	Swimmer	Birthday
Aidan Lee (AG2)	Nov 1 st	Shweta Raman (JR)	Dec 1 st
Claire Lee (AG1)	Nov 5 th	Leopold Li (AG3)	Dec 2 nd
Mia Wong (VR)	Nov 5 th	Paul Li (AG3)	Dec 2 nd
Benjamin Laine (AG3)	Nov 7 th	Mitisha Panda (VAR)	Dec 4 th
Ivan Wong (AG3)	Nov 7 th	Aditi Pavuluri (JR)	Dec 8 th
Akansha Joshi (VR)	Nov 18 th	Logan Hong (AG1)	Dec 13 th
Janhavi Palkar (VR)	Nov 18 th	Kent Hong (AG2)	Dec 14 th
Nitin Reganti (VR)	Nov 19 th	Jeffrey Davenport (SR)	Dec 18 th
Kiril Nikolaev (SR)	Nov 21 st	Isabel Garcia-Carrillo (VAR)	Dec 21 st
Libby Snyder (JR)	Nov 22 nd	Allison Lee (AG2)	Dec 21 st
Thomas Lee (SR)	Nov 23 rd	Alexandra Stepanova (VAR)	Dec 21 st
Taylor Mitchell (AG2)	Nov 24 th	Selma Binder (AG2)	Dec 23 rd
Angela Liu (AG2)	Nov 26 th	Thomas Zhang (AG3)	Dec 31 st
Sanjna Moola (JR)	Nov 26 th		

INSPIRATION DOSE

“So many people along the way, whatever it is you aspire to do, will tell you it can't be done. But all it takes is imagination. You dream. You plan. You reach. “

- Michael Phelps (Olympic gold medalist - USA)

IMPORTANT DATES

Nov 17-19: Thanksgiving Invite

Dec 2-3: BAC Holiday Splash

Dec 9: MB “Paul Criscuolo” Invite

Dec 15-17: Holiday Classic

Dec 17: OCY Distance meet

DID YOU KNOW?

Ben Franklin invented swimming fins! He invented them at the age of eleven! Unlike traditional fins, he made them for people's hands. They were still shaped like regular fins, though. His fins were recognized into the Swimming Hall of Fame in 1968.

Illness and the Athlete: Who Sits, Who Swims

Contributed by: A parent of a PTAC swimmer

It is that time of year. The flu season officially begins in October, usually peaking between December and February, but can last through May. According to the Center for Disease Control, "you should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu, so make plans to be vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later." (<https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm>)

However, is it the flu or a minor cold and at what point should you sit out of practice? If in doubt, consult your doctor. In addition, The Mayo Clinic provides the following guidelines:

Mild to moderate physical activity is usually OK if you have a common cold and no fever. Exercise may even help you feel better by opening your nasal passages and temporarily relieving nasal congestion.

As a general guide for exercise and illness, consider this:

- Exercise is usually OK if your symptoms are all "above the neck." These signs and symptoms include those you may have with a common cold, such as a runny nose, nasal congestion, sneezing or minor sore throat.

Consider reducing the intensity and length of your workout. Instead of going for a run, take a walk, for example.

- Don't exercise if your signs and symptoms are "below the neck," such as chest congestion, a hacking cough or upset stomach.
- Don't exercise if you have a fever, fatigue or widespread muscle aches.

Let your body be your guide. If you feel miserable, take a break. A few days off from exercise when you are sick should not affect your performance. Resume your normal workout routine gradually as you begin to feel better. Check with your doctor if you are not sure if it is OK to exercise. (<https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20058494>)