

Welcome to an exciting Short Course season

By: Aditi Pavuluri

We hope that everyone had an awesome summer break! Practices are now in full swing and the swimmers are as happy in the water as the coaches are on the pool deck! To the new swimmers joining the team, we hope you have an awesome first season at PTAC.



Since I have joined the team in 2013, I always find this to be one of the best times of year, with the sights and sounds of a new seasons beginning. The beginning of the season can also be difficult as we huff and puff through the first few days of training, wishing we had done more than watch TV and eat junk food over the summer. But the beginning of the season is also a time for a new start and a bunch of newness. There's the excitement, new friends/teammates, new

training routine, sometimes a new coach and lots of memories. But most importantly, new goals.

There is no reason for us to not fulfill our coach's vision of becoming the best team in our area. After all, we have the best coaches. We are very proud of our successes so far and looking forward to challenges & opportunities this new season. PTAC has a strong future and it is possible by having each and every member as part of our family!

GO TIGERS!

MONTHLY NUTRITION TIP

Sufficient Sleep. With the beginning of a new school year, a new season for training, homework, and other commitments typically the first thing that gets cut is sleep. What happens when swimmers don't sleep enough?

The harder you train, the more sleep you need in order to recover adequately between practices. With less sleep, one's reaction times are much slower. One study found that after about 16-17 hours of sleep deprivation your reaction times are 300% slower. Sleep deprivation makes training feel harder. We just feel very tired and our exercises feel tougher. Sleep deprivation leads to injury and illness. Study after study have shown that sleeping less than six hours per night opens the door to a weakened immune system and increased likelihood of injury.

If you are serious about wanting to get the most of your training and want to see good results, sleeping 8-10 hours per night is highly recommended.

LC ZONES Journal

Written By: Kentaro Baurer

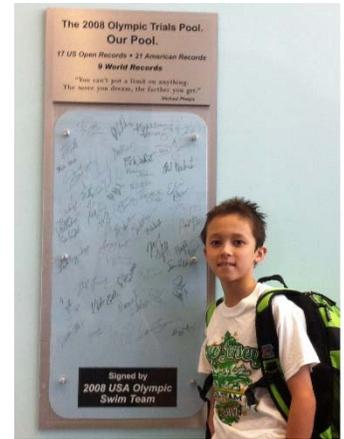
Kentaro Baurer shared his experiences during his trip to Richmond, Virginia, to participate in the Eastern Zone LC swimming championships.

On Tuesday, August 8, my Mom and I flew from Newark airport to Richmond, Virginia for the Long Course Eastern Zones Championship. Before we left I was kind of nervous—I knew I was going to a very big meet. But I was also very excited. Fortunately, the flight went really smoothly and we arrived thirty minutes earlier than expected. Because of a really strong tail wind, a flight that usually takes about ninety minutes took less than an hour.

When we got off the plane I noticed the airport was really clean. Somehow I felt a lot better. The second we got out of the airport, the air felt light and refreshing. We took a taxi to the hotel and the driver was very friendly. After we checked in at the hotel we went to our room. I was surprised to see how big it was. It wasn't a suite. But we had a living room, closet, bathroom, and bedroom, all connected. I had lots of time to hang out before we had to go to the Collegiate School Aquatics Center for NJ Swimming's team practice. In fact, there was even time to have an early dinner.

When we got to the main entrance of the pool I was surprised to see a swim shop. You could get anything there, from tech suits to practice gear. The whole facility was enormous and it looked great. The pool was huge but not as deep

as DeNunzio. One of the NJ Swimming coaches told me it was a fast pool and swimming in it felt very good. They held the Olympic trials at this pool in 2008. But it wasn't at its present location then. I mean, after the trials, they actually took it apart and rebuilt at its present site. The swimmers who swam in the trials all signed a large piece of paper and it's still there to this day. It was cool to see the names of so many heroes, like Michael Phelps!



When I got to the team practice, I was happy to see several familiar faces. This was not my first time swimming with my teammates.



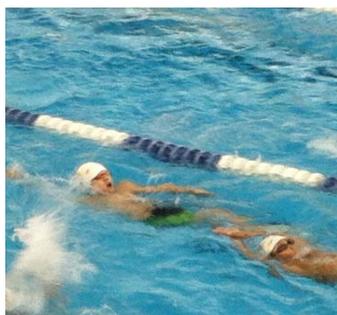
Before we left Princeton, NJ Swimming hosted team practices at Sonny Werblin and DeNunzio.

And I knew some of them from Short Course Zones in March. It was great that Ariel from X-cel was there, too. On the first day of



the meet we got a lift to the pool with her and her Mom.

For this practice we swam sets. But there was no interval. So kids were going whenever the coaches said to. It was more relaxed than usual. Maybe they just wanted us to get used to the pool. The temperature was perfect and the blocks were easy to use. They had a great shape and size for



starting.



After about an hour we had a team meeting where the coaches told us all about the events for the next day. Then my Mom and I went back to the hotel and went to bed. I was really looking forward to swimming the next day.

The first day of the meet we didn't have to get to the pool until 11:30. But I had to up early so we could get to breakfast on time. After breakfast I hung out watching TV. That was a special treat for me. I don't get to do that at home. Then we headed over to the pool with Ariel and her Mom.

My first event was the 50-meter breaststroke. I got a pretty good start. But right when I got out of the pool I was upset. I thought I'd added time. But after I warmed down my coaches told me I shaved off about half a second. I was happy that six of my teammates finished in the top 20 spots. (The fastest time was 36.67, and Daniel Guo from Excel finished sixth with 38.85.)

We were expecting my Aunt Karen to come later that day. (My Dad could not be there.)

But we didn't know when she would get there. Fortunately, she showed up in time to see me swim the 100-meter fly.



This race was a really fun for me. I used a breathing pattern Coach Carolina taught me. And I think it helped a lot because didn't get tired that quickly. Five NJ Swimming teammates finished in the top 25. That night we got an e mail saying I would swim on Team B in the 400-meter medley relay the next day. I felt really honored! Also, I was so surprised I was going to swim the 100 fly in this race!

On Thursday I swam in the 50-meter fly and the relay. It was really fun to swim together with my friends. And the whole place got so loud for the relay, it seemed like it was shaking! NJ Swimming's Team A finished 3rd. The next day I swam the 100-meter breast. I was hoping to drop a lot of time in this race. So I was really mad at

myself for adding time. The good news is that five of my NJ teammates finished in the top 20. And Daniel Guo took 5th place at 1:24.80. Also, I was excited to find out I would get to swim the 50-breast for Team B in the 200-meter medley relay the next day.

On Saturday, the last day of the meet, I was happy to see Tracy show up! Yay, another



Princeton Tiger! In her 50 back she got an excellent start, swam a great race, and dropped time. I swam the 200-meter individual medley that day and felt really good about this race. The fly went well, and so did the backstroke, and

the breast felt really smooth. I was kind of sloppy on the free because I was zig zagging a little in my lane (Don't tell Coach Carolina ;-). Later I found out I DQ-ed. I know I touched with both hands on all my turns. But on my last turn the official saw only one hand touch. It's so unfair, especially because I dropped over three seconds in this race! Still, two of my teammates finished in the top 15. My last event was the 200-meter medley relay. NJ's Team



A finished in 5th place. For me, LC Zones was done. The next day,

my Mom, my Aunt, and I headed back to New Jersey.

When I got back, my Dad and I looked at the team scores for 10 & under boys. Middle Atlantic finished first. But New Jersey edged Virginia out of 5th place by half a point! I guess every point really does count! Overall, I was happy with everything that happened and grateful I had a chance to go. Without the help of my coaches, my teammates, and my family, I could never have gone to Zones. This fall I will need to make new zone times because I'll be eleven. I hope I can get into Zones and that more Tigers will be there with me. It's so much fun!



Edited By: Aditi Pavuluri

Monthly Motivation

I just don't feel like it

By: Aditi Pavuluri

Especially now, that it's the beginning of the season, your body might not feel it its full capacity. And it's not because you've been sick or you're recovering from an injury. You feel fine. But **you just don't feel like it.**

Is this "let down" feeling going to make us purposefully not swim at our best? Of course not!

You keep looking at the clock thinking when it this never ending practice going to get over?

What I have noticed in the water is that if you focus on something other than the time, you'll feel better and more accomplished after your practice is over.

For example, make your technique better or try to keep making all intervals.

Focusing on these aspects will help your mind block out all of our negative thoughts and hopefully this approach will make you feel more energized for your practice today and every day!

Good Luck Swimmers!

IMPORTANT DATES

Sep 16th: Swim Shop

Oct 14-15: Fall Festival Meet

ASK TIGER...

Dear Tiger,

When I got back into the pool for the first time after almost a month of break, I noticed that I wasn't at my fullest potential. I would get tired easily from swimming the sets that I normally crushed in the past season. I was seeing that my technique wasn't as accurate as before either. I am just not trying hard enough? What should I do?

From,

Swimmer in a slump

Dear Swimmer in a slump,

It is common for swimmers to feel like this at the beginning of a new season. It is not just you that feels like you are struggling. The training routine is designed to build up your stamina gradually as the season progresses. The best way is to get through is to keep your goal in sight and continue fighting for it!

Good luck,

Tiger

DID YOU KNOW?

A Japanese woman has become the first 100-year-old to complete a 1,500m freestyle swim in a 25m pool.

Mieko Nagaoka, who only took up swimming at the age of 82, already holds the record in her age category for the same distance in a 50m pool.

She completed the latest feat in just over one hour and 15 minutes, using backstroke all the way.

2017 ASCA World Clinic

By: Coach Carolina

Last week (Aug 29- Sep 3), I attended the American Swimming Coaches Association World Clinic in Washington DC. This conference was attended by 1200 coaches from all over the world. A lot of topics are covered, however I followed the track for Age group swimmer's training. I watched a lot of great coaches speak about many different topics related to swimming.

I watched Coach Bob Bowman talk about Michael



COACH RAY LOOZE

Phelps (and he hopes it's the last time he does as he said he probably had to do talks about Phelps over 170 times so far). I also watched the Coach of the Year Ray Looze talk about Breaststroke training. He coached Lilly King to win her gold medal at the Olympics.

He coached Lilly King to win her gold medal at the Olympics.



COACH RAY LOOZE



COACH JILL STERKEL

participated in a special dinner where they honored many coaches, but the one who caught my attention was Coach Jill Sterkel. She not only is a great coach but she is a three time Olympian, Olympic gold medalist and former world record holder. She coached at the University of Texas from 92-07 and during that time she had 2 swimmers go to the Olympics. Now she's a mother and her adopted son was at the dinner too.

I enjoyed a lot listening to coach David Durden. He coached many swimmers to the Olympics, and together they got 11 medals this past Olympics.



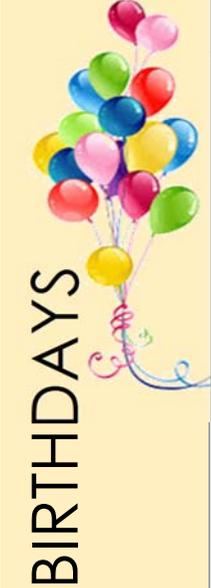
Few Brazillan coaches I met at the conference. They all work in the USA except Djan Madruga, an Olympic medalist and legend in Brazil (He is standing in the center).

Edited By: Aditi Pavuluri

INSPIRATION DOSE

“Success isn’t final, failure isn’t fatal, it’s courage that counts.”

– Alicia Coutts (Olympic medalist from Australia)

	Swimmer	Birthday	Swimmer	Birthday
	Sarvesh Sreenivas (AG1)	Sept 4 th	Noah Mathai (VR)	Oct 8 th
	Neel Chandwani (AG3)	Sept 9 th	Nihari Kesireddy (VR)	Oct 10 th
	Kevin Zhou (AG2)	Sept 9 th	Ludovica Vitaloni (AG2)	Oct 13 th
	Kentaro Bauer (AG3)	Sept 12 th	Lauren Hernandez (AG2)	Oct 16 th
	Adya Jha (AG3)	Sept 12 th	Shravan Joshi (AG1)	Oct 16 th
	Daniel Yanni (VR)	Sept 15 th	Helen Chen (AG2)	Oct 24 th
	Nidhi Pramanik (AG2)	Sept 16 th	Joshua Chen (AG2)	Oct 24 th
	Romit Kundu (AG2)	Sept 20 th	Isabella Caddeau (JR)	Oct 30 th
	Aishwarya Rao (VR)	Sept 28 th		

HEALTHY SNACK RECIPIE

If you are lacking time or accidentally forget to pack a post-practice snack, keeping a bag of trail mix in your bag is a perfect back up plan. Of course, pre-made trail mix can be delicious, but that takes the fun away of making it yourself! By making your own trail mix, you can design it to fit your taste buds and individual nutrient needs. Here are some fun ingredients to add to your own trail mix.

- Almonds /Cashews/Dried Cherries/ Peanuts/Walnuts
- Sun flower seeds
- Pretzels
- Banana chips
- Diced dried mango or apples
- Chocolate chips

It is not crucial to add all these ingredients, but be sure to add at least two kinds of nuts or seeds and one type of dried fruit. You should be consuming ¼ cup of nuts and 1/3 cup of dried fruit after practice.