

TIGER TIMES

SEPTEMBER 2018 ISSUE



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Swimmer's newsletter for Princeton Tigers Aquatic Club

Be a Tiger: What does it mean?

by: Aditi Pavuluri

What does it mean to be a tiger?

According to our Head Coach, Miles Cava, our goal for this season is to expand on what it means to be a tiger, what we want the team to become in the future, and create a series of "Mantras" to push ourselves towards achieving these ideals.



Being a tiger means being "willing," and being "relentless." Our goal as a team this year is to hit our goals head on. Like a tiger.

Some values that our team have in mind this season are willing to work hard and come to practice with a great mindset.

Being a tiger means that we work hard in *and* out of the pool. We are relentless in getting the sleep and nutrition that we need. We do what we can to be a great student and a great athlete.

Also, tigers are a family. We cheer for each other at meets, and we want our teammates to succeed just as we want ourselves to.

As tigers, we have the responsibility to do the best things for our teammates and us.

And this is our season.

It's our time to shine.

We are tigers.

Welcome Short
course 2018-2019!

To the returning swimmers,
welcome back!

And to our new swimmers,
welcome to the team!

The Tiger Times Newsletter
is a monthly digital
newsletter, which is
available on our team
website.

The newsletter is sent out
by email from Coach Miles,
so make sure to stay tuned
for the coming up issues.

Contributions to the
newsletter and ideas to
make this newsletter better
are always welcome
through out the season.

Let's swim fast this season,
and make our team proud!

GO TIGERS!!!

Monthly Motivation

Anyone can be a leader.

By: Aditi Pavuluri

I'm serious.

Anyone can be a leader.

Anyone who works hard is a leader.

Anyone who cares about the wellbeing of the group is a leader.

Leaders show up early for every single practice and they don't complain.

The hard sets in practice don't intimidate leaders. They always seem to rise to the occasion when the pressure is high.

Leaders complete the set even when coach isn't watching.

Leaders keep track of the reps and intervals.

Leaders don't give up on the interval when it gets tough.

Leadership isn't about being the fastest swimmer in the pool but they lead by example.

Leaders create a culture that promotes success for everyone.

Leaders take ownership for what we do and how we race.

Our team depends on leaders.

Leaders to keep the group going.

Leaders to preach words of encouragement.

Leaders to inspire other swimmers.

Leaders to *speak up* when no one else wants to.

Yes, it's going to be tough.

Anyone can be a leader.

Even you.

Good Luck Swimmers!

ASK TIGER...

Dear Tiger,

This season, I just moved up an age group. I'm excited to make some new friends, but I'm scared that I won't be able to make the intervals.

What Should I Do?

-Scared for Short Course

Dear Down About Not Dropping,

Going into a set with a mindset that you won't be able to make the interval, just lowered your chances of making it by at least 30%. Charge into each set, thinking, "I will make the set." And you know what? You probably will.

-Tiger

Goal Setting

It is that time of the year to set new goals for the short course season. According to JS coach, Miles Cava, it is very important that swimmers take some time to establish realistic goals for the season and think about steps that will enable them to achieve their goals. Junior and Senior swimmers have received a goal setting template from Coach Miles that is customized for this group.

Younger Age group swimmers can also benefit from this process. Here is an example of a goal setting template that can be used to set goals and track progress throughout the season.

Event	My Best Time	Goal time for End of season (March 2018)	Actual time in March 2018
50 yd. Freestyle			
100 yd. Freestyle			
200 yd. Freestyle			
500 yd. Freestyle			
1000 yd. Freestyle			
1650 yd. Freestyle			
50 yd. Backstroke			
100 yd. Backstroke			
200 yd. Backstroke			
50 yd. Breaststroke			
100 yd. Breaststroke			
200 yd. Breaststroke			
50 yd. Butterfly			
100 yd. Butterfly			
200 yd. Butterfly			
100 yd. Ind. Medley			
200 yd. Ind. Medley			
400 yd. Ind. Medley			

What changes will you be making this season to achieve your goals?

 BIRTHDAYS	Swimmer	Birthday	Swimmer	Birthday
	Sarvesh Sreenivas (AG1)	Sep 4 th	Rayansh Phirke (AG1)	Oct 4 th
	Neel Chandwani (AG3)	Sep 9 th	Ananya Trasi (DEV)	Oct 11 th
	Kevin Zhou (AG3)	Sep 9 th	Emma Vindigni (VAR)	Oct 14 th
	Giovanni Juarez (AG2)	Sep 11 th	Lauren Hernandez (AG3)	Oct 16 th
	Kentaro Bauer (AG3)	Sep 12 th	Shravan Joshi (AG1)	Oct 16 th
	Anoushka Jain (DEV)	Sep 12 th	Han Li (AG2)	Oct 16 th
	Adya Jha (AG3)	Sep 12 th	Hanaway Croddick (JR)	Oct 20 th
	Riana Fazir (DEV)	Sep 13 th	Helen Chen (AG2)	Oct 24 th
	Naaz Mehta (DEV)	Sep 16 th	Joshua Chen (AG3)	Oct 24 th
	Nidhi Pramanik (AG2)	Sep 16 th	Isabella Caddeau (SR)	Oct 30 th
	Romit Kundu (AG2)	Sep 20 th		
	Ronil Mishra (DEV)	Sep 21 st		
	Dhruv Maini (DEV)	Sep 22 nd		
	Sandra Liu (AG2)	Sep 23 rd		
Aishwarya Rao (VAR)	Sep 28 th			

INSPIRATION DOSE

“The motto is faster, higher, stronger. Not fastest, highest, strongest. Sometimes it is trying that matters. “

- Bronte Barratt (Australian Olympic Swimmer)

IMPORTANT DATES

Oct 20-21: Fall Festival

Nov 16-18: Thanksgiving Invite Meet

Make sure to check the Short Course Silver and Gold Standards at: [NJ Swimming Winter time standards](#)

Make sure to check the USA swimming time standards at: [2017-2020 National Age Group Motivational Times](#)

What can we learn from Michael Phelps?

By: Aditi Pavuluri

The greatest swimmer of all time. Surely we can learn something from him. How many of you are aware that Michael Phelps didn't skip a single day of training for 5 straight years! What made Michael Phelps go on to receive 28 Olympic medals, surely wasn't only talent.

At the age of ten, Phelps involved in many other sports including soccer, lacrosse, and baseball. At the time, this boy didn't know that he would be more than just a talented age group swimmer in high school. Bob Bowman, on the other hand, predicted that he would attend the 2000 Summer Olympics in Sydney, Australia. As a young kid, that day was a game-changer for Michael. He then became completely obsessed with swimming, and began to break many age group records.

Around the same time, Phelps was diagnosed with ADHD (Attention-deficit hyperactivity disorder), He decided to put aside this setback, and continue to train at full intensity. A later quote says, ***"It is when your body is not in the best situation, your mind is not in the best situation, and things are against you. Those times really count and really matter. You overcome and rise to the occasion."***

Now, we could spend this entire article talking about what Michael Phelps has achieved; or we could talk about what he has overcome.

Coming out of the Sydney Olympics, Phelps was on a winning streak. He had broken five world records going to the 2004 Athens Olympics. His success continued into the Beijing Olympics, where he did what no one had ever done before, winning 8 gold medals at a single Olympic Games.

After making his fourth Olympic appearance in London 2012, Phelps announced his retirement. He said, "It's tough to put into words right now, but I finished my career how I wanted to. Through the ups and downs of my career I've still been able to do everything that I've ever wanted to accomplish." A little under two years later, Phelps announced that he was coming out of retirement, his sights set on Rio 2016.



That year was one of the most eventful years on Phelps' life. Not only did he begin training once again, but he was arrested as well.

Sitting in a police station was not how he wanted to spend his morning. This being Michael's second time drunk driving, he was sent to an expensive rehab facility for 6 weeks by his family in hopes that he would recover. Michael spent his first week there inside his room. He thought he would never survive here.

He did survive.

The 30 year old, who couldn't even look himself in the mirror months ago, was now in the best form he'd ever been in since he'd won 8 gold medals in Beijing. In 2016, Phelps officially ended his swimming career with 28 Olympic medals, and finally felt satisfied. He turned his lifelong passion for swimming into the Michael Phelps foundation; helping kids around the world learn how to swim.

Swimmer Spotlight *With Jeffrey Davenport*

Reporter: When did you first start swimming?

Jeff: I first started swimming in 4th grade on a team called Riptide. I started swimming here at PTAC about one year ago.

Reporter: Can you tell me a little bit about your competitive swimming career so far?

Jeff: So, as I said, I first began swimming on Riptide. In the beginning, when I started there, they talked a little bit about technique, but after that, we would just be given very long main sets. Shortly after, I lost all interest in swimming, and my parents could see that as well. My mom introduced me to the team, and I began to realize why I started swimming in the first place. Now, I'm really close to qualifying for big meets such as Sectionals, and Junior Nationals.



Reporter: What are some of your goals in swimming, and how close are you to achieving them?

Jeff: So my short term goals right now, are to qualify for Winter Junior nationals before graduating from high school, and to qualify for Sectionals this season.

Reporter: What is your favorite thing about PTAC?

Jeff: So one thing I love about our team is that we are able to bond with team activities and things like that, and our team is a lot closer than other teams. Coach Miles works really hard to help us with our technique, which really helps us improve.

Reporter: Can you tell me about some of your experiences at Zones?

Jeff: Long Course Zones was a lot different for me than Short Course Zones because I didn't have Coach Miles there with me. I had to remember all of the training and warmups that I had to do on my own. I had to take his "wisdom" and advice with me and be more independent.

Reporter: What is some advice you have for other swimmers?

Jeff: So the biggest piece of advice I could give to swimmers is to not give up on the sport. This is a sport that can get you far in life, and teach you lessons that you can't learn anywhere else. Research shows that swimmers live longer in life. So I say to keep swimming, and never give up on your dreams.

Reporter: What are some of your hobbies outside of swimming?

Jeff: Some of my favorite things to do outside of swimming are: Ride my bike, Watch TV (One of my favorite shows right now is the Goldbergs) and of course, Fortnite.

Reporter: Can you tell me a little bit about your family?



Jeff: Other than my parents, I have two brothers, but they don't really care much about my swimming. My mom and my dad weren't involved at all in my swimming when I was with Riptide, because I didn't show interest either, but now they love watching me swim, and they are more involved.

Reporter: Some people don't know about how far you travel every day to get here? Can you talk a little about that?

Jeff: So my drive everyday, is about 45 minutes to 1 hour, and to get here before school, I have to wake up at 3:30 am, and leave a little bit early to get back to school on time.

Reporter: As a high school student as well as a swimmer, how you balance your academics with your swimming?

Jeff: It can be hard at time, but it is definitely worth it. I'll come home and have two hours to eat and do homework before I have to leave for swimming. In the car rides, I'll either take a nap, or I'll do homework. I also try to finish as much schoolwork as I can during lunch or whenever I have free time so I don't have to stay up too late.

Reporter: Who is your idol?

Jeff: If I were to name one person that I look up to the most, it definitely would be Coach Miles. I met him for the first time in a Panera in Freehold, and when I met him, I knew it would a great next season. Coach Miles has helped me so much with my technique, and he has pushed me so much to be a better swimmer, and a better individual. I owe about 80% credit to Coach Miles for where I am now.

Thank you Jeff!

Reported by Aditi Pavuluri



Jeffrey Davenport shared his recent accomplishment of winning the Wall High School Ocean Mile Swim with a time of 21.54 minutes on August 18th, in Sea Girt, NJ. Jeff got the distinction of being the first overall swimmer as well as the first Wall High School swimmer. "I am surprised I won. I was walking around looking at the competition and I saw a bunch of college kids who looked like they would beat me, but once I got around the first buoy, I saw I was in front and I knew I had it from there."

Jeff made tremendous improvement from last year, where he took sixth position overall. He gives credit for his improvement to practices at PTAC, where he improved his stroke and technique.



Celebrity Swimmer: Michael Andrew

By: Akhil Pavuluri

Who is Michael Andrew?

Michael Andrew is a 19 year old professional American swimmer who competes in every stroke. He competes in fly, back, breast and free events individually, as well as in IMs and medley relays.

Andrew is one of the youngest swimmers in recent memory to turn professional, doing so in June of 2013 at a young age of 14, the youngest to do so in 60 years.

Best Times

Event	Best Time
50 Free	21.46
100 Free	49.87
50 Fly	22.93
100 Fly	51.53
50 Back	24.59
100 Back	53.55
50 Breast	26.84
100 Breast	59.38
200 IM	1:59.12



"I have been blessed with a gift to move fast through water," Michael says. "As weird as it sounds, that's what I'm best at. When I'm in the water ... it's like my superpower."

Career Achievements

- 2015 Junior World Championships
- 2016 U.S. Olympic Trials
- 2016 World Short Course Championships
- 2017 World Junior Championships
- 2018 U.S. National Championships
- 2018 Pan Pacific Championships



Personal Story

Michael Andrew is known for going "pro," at a very young age, which means that by signing sponsorship deals, he will not be able to swim for high school and college.

The other thing that Andrew is known for is his unusual way of training. Unlike other swimmers, Michael is trained by his own father in a two-lane, 25 yard pool in his backyard. Michael trains USRPT, which is short for Ultra Short Race Pace Training, and involves shorter and higher intensity workouts than normal.

The Andrew family is very religious, and therefore, Michael gives all the credit from his successes to God, and his religion.

Nutrition tips for new athletes

By: Aditi Pavuluri

Whether you are a new to competitive swimming or returning after a long break, here are few nutrition tips for you, in order to feel great during and after practices.



Stay hydrated:

Swimmers lose just as much sweat in the pool as any other athlete loses on land. A good way to manage hydration is to constantly be drinking water or a sports drink while swimming.



Don't exercise on an empty stomach:

Just like hydrating every practice that you do, it is essential to never go practice or work out, while you are hungry. This gives you less nutrients, and energy from carbohydrates than you need to have a successful practice. Try to eat a meal or snack that is a mixture of carbohydrates, protein, and low fat. If you've only got an hour before practice, try to eat something that can be easily digested, such as a fruit smoothie, or a cup of yogurt. If you have a while before practice, then eat something that is heavy in carbohydrates to keep you easily energized throughout your workout.



Respect your body after workout

Nutrition in the hour following exercise is critical to fueling growth and recovery. After a hard session your body needs essential nutrients to kick start the growth and repair process.

Bottom line is to be aware and understand the importance of diet along with exercise and to start following a proper exercise regime with proper pre and post workout meals.

Calling for contributions to the PTAC Newsletter for the 2018-2019 Short Course Season

If you would like to contribute to the newsletter, please contact Aditi Pavuluri (JR) at aditipavuluri@gmail.com, or reach her at practice.

Your submission can be in the form of writing, artwork, or photography, but must have to relate to swimming.

Thank You!