

TIGER TIMES

APRIL-MAY 2019 ISSUE

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Swimmer's newsletter for Princeton Tigers Aquatic Club

2019 Tigers Invitational

By: Aditi Pavuluri



Once again, Tigers have put out three excellent days of racing in our home pool! This meet always shows other teams what Tigers are made of and just how fast we can race. One month of training into our long

course season has resulted in many amazing swims from the Tigers, and for that, we should be proud.

As Coach Miles had mentioned, each of the sessions at our meet brought about 300 swimmers! Many of our swimmers had their first time racing in long course, or their first time racing since March! As a result, we saw some new silver times, gold times, and zone times, which is amazing especially for so early in the season.

Most importantly, the team really came together as teammates, and supported one another at the meets. Swimmers had their friends and teammates cheering for them, which was a huge motivation for many of us.

Overall, our home meet was a huge success, and we hope to see even better results in the long course meets to come!

Welcome to the Long Course season of 2019!

We saw excellent racing at Tiger Challenge meet, which is the first meet of the long course season.

There were many new GOLD TIMES, ZONE TIMES, and TEAM RECORDS.

NEW TEAM RECORDS : 9

NEW ZONE TIMES : 8

NEW GOLD TIMES : 21

GO TIGERS!!!

Monthly Nutrition Trip

HYDRATE, HYDRATE & HYDRATE! When you are a competitive swimmer, or athlete in general, it is important to stay hydrated before, after, and during your workouts. Water, transports nutrients, and vitamins to your blood flow, and lack of water while exercising, may cause you to not be able to perform at your highest level. If you are exercising at a high intensity, for longer than an hour, a sports drink will definitely benefit you. For most people, drinking is the best way to stay hydrated. An estimated 2 bottles of water or is the right amount for an intensive workout. Remember that our bodies need the additional hydration in warmer seasons!

Sectional Championships

The Senior group was proud to send five swimmers to the Speedo Sectional Championships in Ithaca, NY. Matthew Chen raced in prelims and finals at this meet, as well as Time Trials, where he qualified for additional Sectional cuts. He got best times in the 100s fly, back, and free, as well as the 50 free. Great job, Matt! Matt raced his best, and achieved many best times this meet, but the highlight of the week for the Tigers had to be the 15-19 Girls relays. During the course of this championship meet, Ella Caddeau, Naqsh Mitra, Marie-Eve Hebert, and Libby Snyder raced in three relays, coming close to some of the Team Records. Leading off the freestyle relays, Libby achieved a best time in the 100 Free, while also coming close to a personal best in the 50. Naqsh, swimming breaststroke in the Medley relay, and swimming the third leg in the freestyle relays, also came close to some of her best times during the time trials portion. Ella swam the second leg in the freestyle relays, while swimming backstroke in the Medley relays. She swam a best time in the 100 Fly during the time trials, going under a minute for the first time. Lastly, Marie-Eve anchored the freestyle relays, while also swimming butterfly in the Medley. She qualified for multiple Sectional cuts, while also being the only Tiger swimmer to qualify for finals in the 100 Butterfly. Marie-Eve also swam some of her best time of the season! Congratulations to all of the Sectional athletes!



Left to Right: Naqsh Mitra, Marie-Eve Hebert, Libby Snyder, Ella Caddeau, Matthew Chen, Coach Miles Cava

Monthly Motivation

Stay Encouraged!

By: Aditi Pavuluri

You have gotten into the groove of the workouts, and now you are starting to pick up speed, and race others in your lane. You have swam successfully in your first meet of the season, and dropped a lot of time overall.

You are eyeing that new silver cut or gold cut for the next meet, and you are willing to put in the effort to make sure it happens the next time around. You use others in your lane to motivate you, trying to keep up with them in a race, or in the main set, but sometimes, you cannot always rely on a specific person to keep up with.

For example, the person could be sick, and until they are better, you have to eye the less experienced person, or someone who may specialize in a different type of set. A motivation is always good, but you need to be self-driven as well.

People think they rely solely on another person to be their motivation or inspiration, but your biggest motivation is yourself. You are not making your tough set just to beat another person; you are doing it to make you stronger, or faster.

Your motivation will always be there, but you cannot keep up with someone faster than you unless you put in the effort. Don't always use other people as a measurement of your success, when you really need to notice your improvements, and your self-motivation.

Next time you let yourself down because someone beat you in a set, if you tried hard, you must have made some sort of improvement. Whether in your technique, or your time, you always have something about yourself to feel good about.

Good Luck Swimmers!

ASK TIGER...

Dear Tiger,

We finished our first meet of the season, and I have noticed that I had not dropped, as much time I would have like to. Some people say that it is just because I have not gotten back into the feel of my workouts, but I have been coming to practice for over a month, now. I have no explanation for my performances at the meet. What Should I Do?

From,
Baffled Breastroker

Dear Baffled Breastroker,

There could be multiple reasons for your little bumps in your path. These three are the most common in swimmers:

1. Only one month!

It is only one month into the season after significant time off and for many swimmers (especially those with more past experience) that is not enough time to make significant improvements.

2. Quantity over Quality

When people start swimming tough workouts again in the beginning of the season, they are quick to move up to that faster interval. They might not be paying attention to their technique...

3. Race Quality

Some swimmers can be nervous about a meet or a certain race, specifically, so they can forget the fundamentals, such as eating well the night before, hydrating throughout, or stretching right before your race.

3. Attendance!

Be sure that you have attended as many PTAC workouts as possible and set your expectations accordingly. The coaches recommend all practices. Work your hardest to get into our "Gold Medal Attendance Club!"

From,
Tiger

DQ Proof

Relays: Take-offs, Finishes, and Transfer Partners

By: Bill Bauer, Stroke and Turn Judge, USA Swimming

Toward the end of the short course season, a PTAC relay team got DQed. The officials claimed one of the swimmers left the block before the arriving swimmer reached the wall. My son was in that relay. When he told me about the DQ, he was convinced the official was mistaken. "I was standing right there!" he said, confident that he'd seen what had happened.

Officials are human beings. Sometimes we make bad calls. But when it comes to relay take-offs and the timing of the relay transfer between the arriving swimmer and the departing swimmer, the judges on the deck have a fool-proof method for reducing the risk of error to almost zero percent. It's called "dual confirmation." (No, pistols are not involved; that'd be "duel" confirmation.)

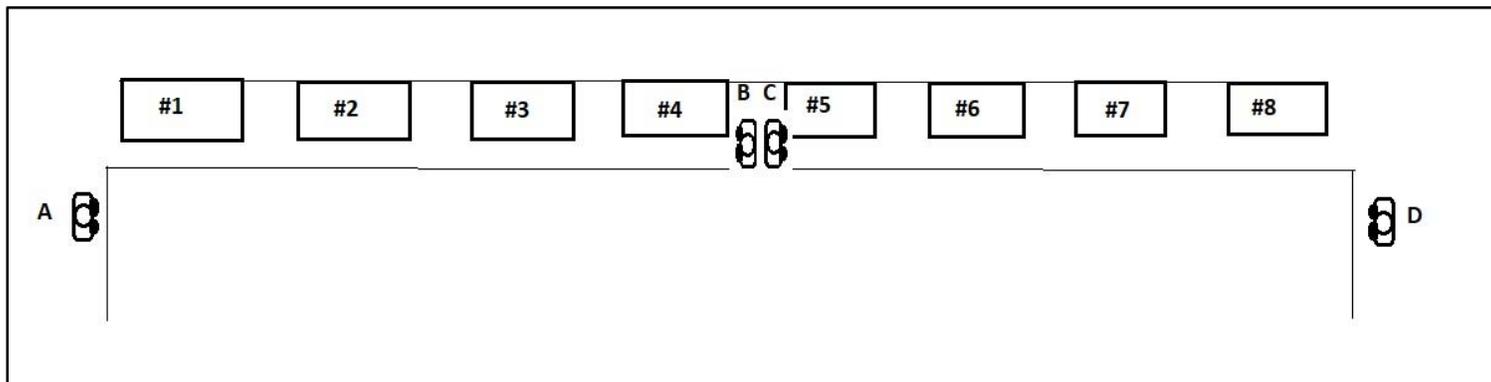
Dual confirmation is a system for protecting relay swimmers and judges both from human error. Specifically, it averts the possibility that, in the split second when several swimmers are taking off from the blocks, an official could make a mistake about what he or she saw. Consider that any given judge needs to be watching eight swimmers who may all be executing their role in the relay transfer at almost the same time. The situation would challenge even the most observant official.



of the pool. There are always two "side" judges and two "lane" judges for relays, with one of the side judges and one of the lane judges watching lanes #1 to #4, the other side and lane judge watching lanes #5 to #8. Illustration 1, below, shows the positions of each of these judges.

The rules require not just one, but two officials to witness a false start for the swimmer's time to be disqualified—which, as you know, means the entire relay team's time is also DQed. The system involves pairs of judges who stand so that both have a good view not only of half of the swimmers taking off in the heat (typically four blocks), but also of those swimmers' relay transfer partners coming in to the wall from their leg of the relay. One of these judges will stand "outside looking in" near a corner of the pool's start end, close to either block #1 or block #8. That judge's dual confirmation partner will stand "inside looking out" in between blocks #4 and #5, close to the edge

Illustration 1



In the illustration above, Judge A is paired with Judge B, the two of them responsible for observing the swimmers leaving blocks #1 to #4 and their relay transfer partners coming into the wall in each of these lanes. Likewise, Judges C and D are both responsible for observing the swimmers leaving blocks #5 to #8 and their relay transfer partners coming into the wall in those lanes.

Each of these judges has a small Relay Take-Off pad with sheets that allow him or her to indicate what they are observing as it's happening in a given heat. When a judge witnesses a pair of relay partners execute their transfer in compliance with the rules, that judge must circle the number of that take-off in the sequence of the relay (see illustration 2, below).

Illustration 2

<p>USA Swimming Relay Take Off Judge EVENT# _____ HEAT# _____ (Circle one: SIDE or LANE) <u>Swimmer Number</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Lane 0</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 2</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 3</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 4</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 5</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 6</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 7</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 8</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 9</td><td>2</td><td>3</td><td>4</td></tr> </table> <p>Signature _____</p>	Lane 0	2	3	4	Lane 1	2	3	4	Lane 2	2	3	4	Lane 3	2	3	4	Lane 4	2	3	4	Lane 5	2	3	4	Lane 6	2	3	4	Lane 7	2	3	4	Lane 8	2	3	4	Lane 9	2	3	4	<p>USA Swimming Relay Take Off Judge EVENT# _____ HEAT# _____ (Circle one: SIDE or LANE) <u>Swimmer Number</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Lane 0</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 2</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 3</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 4</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 5</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 6</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 7</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 8</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 9</td><td>2</td><td>3</td><td>4</td></tr> </table> <p>Signature _____</p>	Lane 0	2	3	4	Lane 1	2	3	4	Lane 2	2	3	4	Lane 3	2	3	4	Lane 4	2	3	4	Lane 5	2	3	4	Lane 6	2	3	4	Lane 7	2	3	4	Lane 8	2	3	4	Lane 9	2	3	4	<p>USA Swimming Relay Take Off Judge EVENT# _____ HEAT# _____ (Circle one: SIDE or LANE) <u>Swimmer Number</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Lane 0</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 2</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 3</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 4</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 5</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 6</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 7</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 8</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>Lane 9</td><td>2</td><td>3</td><td>4</td></tr> </table> <p>Signature _____</p>	Lane 0	2	3	4	Lane 1	2	3	4	Lane 2	2	3	4	Lane 3	2	3	4	Lane 4	2	3	4	Lane 5	2	3	4	Lane 6	2	3	4	Lane 7	2	3	4	Lane 8	2	3	4	Lane 9	2	3	4
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Of course, there's no number for take-off number one: the first relay swimmer leaves with the sounding of the horn and is therefore the responsibility of the Starter and Referee. If a Relay Take-Off Judge sees a swimmer commit an infraction, that judge must cross out the number of that swimmer in the sequence. So, for example, if the third swimmer in Lane 4 took off before his or her relay transfer partner touched the wall, the judge would cross out the number 3 indicated for Lane 4.

But that action would not be enough for the swimmer to be DQed. Here's where dual-confirmation comes in. That can only happen if the Side and Lane Judges' Relay Take Off Slips for that

heat *both* show that the two judges independently witnessed the infraction. Without this dual confirmation, a judge's unconfirmed "X" will fail to disqualify that swimmer's time.

Dual confirmation relay starts are the only times when a Stroke and Turn Judge must *not* raise his or her hand to let the Chief Judge know that he or she has observed a swimmer breaking a rule. Officials learn to send their hands up instantly when they witness a swimmer break a rule, to notify the Chief Judge that he or she has witnessed an infraction and call the CJ over to initiate the disqualification process. So when we judge a relay, we actually have to resist the impulse to thrust our hand upward.

The one other situation in which officials use dual confirmation is when the Starter and the Referee determine if a swimmer has made a false start. When the Starter sets a heat in motion with the horn and the flashing of the strobe, he or she must witness the offending swimmer or swimmers leave the block too soon. But that observation, in itself, would not be enough. Independent of the Starter's determination, the Referee must also witness the infraction(s). Neither may indicate to the other that he or she saw a false start at the time it happens; rather, each must make note of it separately, and then compare notes once the heat is under way.

Naturally, no swimmer ever wants to be the one who causes the whole team to get DQed. So swimmers are generally cautious about leaving the block early. But in the heat of battle—or perhaps I should say, in the battle of a heat—a swimmer's excitement can easily get the better of him or her. The relay I was describing at the start of this edition of DQ-Proof was one such case.

Keep in mind that the swimmer before you in the relay sequence is your relay transfer partner. As that swimmer's executing his or her finish, it's your responsibility to make absolutely certain that your feet remain in contact with the block until he or she touches the wall.

As it happens, I was not on deck at that meet. I enjoyed the race from the stands and only learned about the DQ later on. Since my wife couldn't be there, I was also videotaping the event. When my son looked at the video carefully, he was surprised to see that, yes, his fellow relay swimmer had indeed left the block early. The recording showed that swimmer in mid-air as the arriving swimmer was still coming in, the one taking off clearly having left the block *before* his transfer partner had touched the wall.

We had proof—but, unfortunately, not the kind that makes you "DQ-proof." Even without evidence provided by a videotape, however, we can feel confident that, in the case of relay take-offs (and even regular starts), the officials using the dual confirmation system have done all they can to make sure their determination is, itself, DQ-proof!

Swimmer Spotlight *with Matthew Chen*

Matthew Chen is currently a sophomore at Montgomery High School, and a Senior swimmer at PTAC. He is a Sectional level sprinter and enjoys fishing and woodworking in his free time.



Reporter: What do you like most about PTAC?

Matt: The thing I like most about PTAC is how we can bond over working hard during practices. Sometimes a set can be hard, and I find it helpful when I can do the set with others. Someone I like to talk to is Arjun because I feel like I can talk to him.

Reporter: When and how did you first start swimming?

Matt: I first began swimming when I was six, because my sister started swimming. I didn't really care about the competitive part of swimming and I just did it for fun. Even though it can be tough, it takes my mind off other things.

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

Matt: I thought I peaked when I was ten, when I got a few JOs and Zones, but I'm peaking right now, which I'm happy about.

Reporter: What is some advice I have for younger swimmers?

Matt: Some advice I have for younger swimmers is to try to focus on the drills and don't race them. For me, a lot of the drills I did in practice helped me later on in races. For example, I have more of a catch up style of freestyle that I learned to do from drills in practice.

Reporter: As a high schooler, how do you balance your swimming with your academics?

Matt: Oh, that's rough. I'm not taking the hardest courses in high school, though I am taking some challenging ones. Thankfully, even with my workload, I can do my homework, take a nap, and then go to practice. I have a pretty good sleep schedule, which is a very important thing.

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



Matt: Some of my hobbies outside of school are fishing. I like to go fishing with my friends, and I'm actually going pretty soon, which I'm excited about. I also enjoy woodworking.

Reporter: Can you tell me about your family?

Matt: My dad is usually busy working, so I'm really glad that he can drive me to practices. I have two older sisters, and my younger brother, Joshua, is on the team.

Reporter: Who is your idol?

Matt: One of my idols is my APUSH teacher, Mr. Porcelli. At first, he didn't really like me, and gave me zeroes, but he gave me a new perspective to the class, and now I'm doing much better.

Reporter: What is one difficulty you have faced so far, and how did you overcome it?

Matt: Last season after we stopped doing stairs, I started to gain weight pretty bad, and it wasn't the best. Then, after Zones, I started lifting, and I've started improving, strength-wise.

Reporter: What is one of your current goals in swimming and how do you plan to achieve it?

Matt: One of my current goals in swimming is to meet my converted times in long course, and beat some of them.

Reporter: What is one recent accomplishment that you are proud of?

Matt: One recent accomplishment I am proud of is going under 22 seconds in the 50 Freestyle. I'm also glad that I don't have to breathe anymore for a fifty.



Reporter: How is high school swimming different from club swimming?

Matt: High school swimming is more for fun, than club swimming. It's fun to have your team win, and then ride back on the bus, where it's total excitement. There's a lot more team bonding in high school, whereas I feel that it should be the other way around.

Thank you Matt!

Reported by Aditi Pavuluri

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 **Claire Lee (AG1), Kush Varshney(AG1), Vihaan Chatterjee (AG2), Daniel Da Costa (AG2), and Jerry Liu (AG2)** for having a strong start to the long course season by having 100% attendance.

AG3: The swimmer of the month goes to **MATIAS DA COSTA**. Matias shows to have great attention to detail and works hard on all strokes. Keep up with the great work Matias!! Also, I'm very proud to see ADYA, NIKHITA and AKHIL with 100% attendance again!

VARSITY: For April, VAR would like to recognize our three swimmers that attended 100% of the practices held so far this season: **Ronil Mishra, Ashna Poyilil, and Emma Vindigni**. With the long course season being only a few short months, physical and mental attendance at practice is so important!

JUNIOR and SENIOR: For our first month of the new season we want to send a shout out to all our newest swimmers to the group. Welcome to **Isabelle Peel, Sahithi Devineni, and Nicolas Phillips** who have done a great job adjusting to a new team! Also swimmers **Jon Chang and Nick Oskiper** both made the jump to juniors and are loving our stadium runs. Looking forward to a great season!

April "Gold Medal" Attendance Club

Great work to everyone who put in the commitment to the team for this month! These swimmers were all over %90 for the month of April. Swimmers in **BOLD** had %100 attendance!

AG1: Claire Lee , Kush Varshney

AG2: Vihaan Chatterjee , Daniel Da Costa , Jerry Liu, Anya Jha

AG3: Matias Da Costa, Adya Jha, Akhil Pavuluri, Nikhita Sajikumar, Aiden Lee, Allison Lee, Han Li, Angela Liu, Rachael McInerney, Ved Shenoy, Calvin Tien and Alina Turchyn

VARSITY: Ronil Mishra, Ashna Poyilil, Emma Vindigni

JUNIOR: Mahika Chatterjee, Tracey Liu, Apsara Saraswat, Jon Chang, Lauren Girouard, Sanjna Moola, Nick Oskiper

SENIOR: Isabelle Peel, Jeffrey Davenport

	Swimmer	Birthday	Swimmer	Birthday
	Apsara Saraswat (JR)	Feb 1 st	William Hoffman (SR)	Mar 3 rd
	Aarshi Chaudhary (DEV)	Feb 1 st	Ashna Poyilil (VAR)	Mar 4 th
	Arjun Gupta (JR)	Feb 4 th	John Iledan (SR)	Mar 6 th
	Nethmi Dharmasena (VAR)	Feb 5 th	Ethan Song (AG3)	Mar 8 th
	Paul Rizzo (JR)	Feb 5 th	Nalin Dwivedi (SR)	Mar 8 th
	Kavya Harish (JR)	Feb 9 th	Simran Malik (AG2)	Mar 9 th
	Spandana Rao (VAR)	Feb 10 th	Maximillian Domantay (AG2)	Mar 9 th
	Siddharth Shankar (AG3)	Feb 11 th	Anurag Tadapaneni (VAR)	Mar 9 th
	Suhani Agarwal (JR)	Feb 13 th	Nidhi Pakanati (AG3)	Mar 10 th
	Mahima Bansal (DEV)	Feb 14 th	Austin Carroll (AG2)	Mar 12 th
	Kian Hecht (AG3)	Feb 14 th	Spencer Oliver (SR)	Mar 15 th
	Eddie Zhou (AG3)	Feb 21 st	Adrian Serieyssol (VAR)	Mar 17 th
	Natalia Mathias (DEV)	Feb 21 st	Aditya Pochinapeddi (AG2)	Mar 20 th
	Naqsh Mitra (SR)	Feb 23 rd	Shaurya Srivastava (VAR)	Mar 22 nd
Shreya Arya (JR)	Feb 25 th	Marie-Eve Herbert (SR)	Mar 22 nd	
Crosby Davidson (SR)	Feb 28 th	Riya Patel (JR)	Mar 22 nd	
		Nikhita Sajikumar (AG3)	Mar 31 st	

INSPIRATION DOSE

“If you fail to prepare, you’re prepared to fail.”

- Mark Spitz (USA gold medalist in swimming)

IMPORTANT DATES

Mar 28 – 31: Eastern Zone Sectional Champs

April 3-6: Eastern Zone Age Group Champs

April 15: First day of Long Course practice

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

Eastern Zone Standards at: <http://www.easteQualifying Times 2019 Eastern Zone SC Age Group Championships>

USA swimming time standards at: [2017-2020 National Age Group Motivational Times](#)

Eastern Zone Championship

PTAC attended the Eastern Zones Championship in Webster, NY, which took place the weekend after Sectionals. The meet also had a very large group of people to qualify, and everyone swam very well. Many swimmers got into the top 10 at this meet, which is very hard to do. Kentaro Bauer is a returning swimmer to this meet, where he qualified for four events and dropped time in his 50 Breast. Helen Chen swam a number of events this weekend, where she dropped time in every event she swam, and broke her own team records! Matthew Chen also qualified in four events, where he qualified for finals in two events. He placed second in the 50 Freestyle, going under 22 seconds for the first time. Jeffrey Davenport swam some of his best events at the meet, achieving the Sectional time in the 200 Backstroke, his first cut. Lauren Girouard qualified for finals in the 100 Butterfly, where she came close to achieving some of her best times. Jerry Liu swam the 100 Breaststroke, where he dropped almost four seconds from a recent swim! Tracey Liu swam the 100 Backstroke, where she qualified for finals as well, dropping time from her own team record! Zac Ouzilou was given the name "Iron Man," from Coach Miles, when he swam 6 events this weekend, and going back for finals in almost all of them. He also had a number of top 10 finishes, an amazing effort. Nidhi Pramanik swam breaststroke events, coming close to some of her best times in the events. And finally, Blair Trench put on a great performance at her very first Zones, dropping time in some of her events.





Tigers @ ZONES



Zone and Sectional Diaries

Reported by: Aditi Pavuluri

NAOSH MITRA

SECTIONALS

Age: 16

Events: 100 Back, 200 Back, 100 Breast, 200 Medley Relay, 200 Freestyle Relay, 400 Freestyle Relay

Favorite Race: My favorite race would have to be the 400 Freestyle Relay because we got a best time and won our heat from the outside lane.

Favorite Moment: My favorite moment was probably getting to go back to finals and watching all of these insanely fast kids swim. It was really cool to see people going our goal times.

One thing I learned: I learned that Sectionals could be a more memorable experience if I make my own individual Sectional cut, which it's my goal to do this season.

TRACEY LIU

ZONES

Age: 14

Events: 100 Back

Favorite Race: My favorite race was my 100 Back at finals because I came in fourth place, which was really exciting.

Favorite Moment: My favorite moment was walking out to the blocks, and seeing my coaches and peers cheering for me. It really hyped me up for my race.

One thing I learned: One thing I learned, especially from qualifying for finals, is that however your prelims goes, you have to be focused and ready to swim at finals.

LAUREN GIROUARD

ZONES

Age: 14

Events: 100 Fly, 200 Fly, 100 Breast, 200 Breast

Favorite Race: My favorite race would have to be the 100 Butterfly because I got to go back and race at finals.

Favorite Moment: I really enjoyed watching all my teammates do so well after all the hard work that they put in.

One thing I learned: Jeff is a candy crush maniac! (He is on level 400 or something) When we were at the team dinner, I was playing on his phone and I ended up accidentally losing all of his lives, and I felt really bad!

MATTHEW CHEN

ZONES/SECTIONALS

Age: 16

Events: 50 Free, 100 Free, 200 Back, 100 Back, 100 Fly, 100 Breast, 200 IM

Favorite Race: My favorite race has to be the 50 Free. I'm glad that I finally went under 22, and I can swim a 50 Free, no breath.

Favorite Moment: Walking out for the 50 Free. Jeff volunteered to hold the sign, and I was really pumped up for it.

One thing I learned: I learned more about how it is important to interact with everyone on the team. Before this meet, I didn't really interact with the girls at all, but during Sectionals, I think I became a better teammate to them.

LIBBY SNYDER

SECTIONALS

Age: 17

Events: 50 Free, 200 Free, 200 Freestyle Relay, 400 Freestyle Relay, 200 Medley Relay

Favorite Race: My favorite race was the 400 Freestyle Relay as a whole. We all hyped each other up, and got focused. I led off, and was determined to do well for my team. We swam our absolute hardest and got a best time.

Favorite Moment: My absolute favorite moment of the meet had to be the 100 Free as the lead-off for the 400 Freestyle Relay. I had a goal of going under 55 for that race, and I was ecstatic when I did it.

One thing I learned: I learned that hard work truly pays off. I was determined to better myself as a person and a swimmer and both of those have happened. Having the opportunity to swim at such a high-level meet has grown my passion for swimming.

ZAC OUZIIOU

ZONES

Age: 14

Events: 100 Fly, 200 Free, 50 Free, 500 Free, 200 Fly, 1000 Free

Favorite Race: My favorite race was the 50 Freestyle because it was my race, and I had so much adrenaline in me. Being able to make it back for finals was just an awesome experience. I also loved that I was able to swim the race even faster.

Favorite Moment: My favorite moment at Zones was probably finals in general because it was a really cool experience being able to walk out with music for your races.

One thing I learned: I learned that you shouldn't be frustrated if you don't swim as fast as you wanted to. You should embrace the swim for what it was, and swim even faster the next time.

JEFFREY DAVENPORT

ZONES

Age: 17

Events: 400 IM, 200 Fly, 200 Back

Favorite Race: My favorite race would be the 200 Back because I achieved my first Sectional cut.

Favorite Moment: On Friday, I didn't have any events, so it was nice to be able to volunteer and walk people out. I especially enjoyed being able to walk Matt out for his 50 Free.

One thing I learned: I learned that team bonding is important. If there was one person swimming, all of us got together to cheer. Even if someone was warming down, they would stop to watch the race and then continue.

ELLA CADDEAU

SECTIONALS

Age: 16

Events: 50 Free, 100 Fly, 200 Back, 200 Medley Relay, 200 Freestyle Relay, 400 Freestyle Relay

Favorite Race: My favorite race would have to be the 400 Freestyle Relay because Libby started it off with a best time and we all had good energy.

Favorite Moment: My favorite moment at Sectionals was going back to finals to cheer on Marie-Eve and watching a high level meet with lots of fast swimmer.

One thing I learned: Libby and I have seen other swimmers use ice baths, so their muscles can get more blood flow, and we got to try it out one night.

	Swimmer	Birthday	Swimmer	Birthday
	Sayesha Singhal (DEV)	Jun 1 st	Jonathan Chang (JR)	Jul 3 rd
	Zeeshan Shariff (AG3)	Jun 1 st	Prasham Joshi (AG3)	Jul 4 th
	Camille Trench (VAR)	Jun 2 nd	Jerry Liu (AG2)	Jul 4 th
	Nish Chavan (DEV)	Jun 11 th	Yalong Zhang (AG2)	Jul 10 th
	Pranav Mahableshwarkar (JR)	Jun 13 th	Mahika Chatterjee (JR)	Jul 12 th
	Sriven Chittamuru (DEV)	Jun 13 th	Apruva Jadhav (DEV)	Jul 18 th
	Varun Shenoy (AG2)	Jun 16 th	Gargi Chitre (VAR)	Jul 20 th
	Dedeepya Tadapaneni (AG2)	Jun 17 th	Disha Gupta (AG1)	Jul 21 st
	William Bashore (AG3)	Jun 19 th	Sen Choi (VAR)	Jul 22 nd
Aadi Katyal (VAR)	Jun 21 st	Jacob Yim (VAR)	Jul 22 nd	
Landon Kent (AG3)	Jun 28 th	Zaccharie Ouzilou (SR)	Jul 25 th	
Karm Patel (VAR)	Jun 29 th	Calvin Tien (AG3)	Jul 26 th	
Aditi Rajendran (AG1)	Jun 30 th	Ava Carroll (VAR)	Jul 27 th	
		Aarsh Dharia (AG1)	Jul 29 th	

INSPIRATION DOSE

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

– Aristotle

IMPORTANT DATES

Jun 8 – 9: Meet of Xcellence

Jun 15-16: Miles, Middies, and Minnies

Jun (TBD): PTAC Summer Time Trial

Jun 28-30: Summer Sizzle

Make sure to check the NJ Long Course Standards at: [NJ Swimming Summer time standards](#)

Eastern Zone Standards at: [Easternzoneswimming 2019 LC QualifyingTimes](#)

USA swimming time standards at: [2017-2020 National Age Group Motivational Times](#)

PTAC @ NJ Junior Olympics

By: Aditi Pavuluri

From Friday, March 22nd to Sunday, March 24th, Princeton Tiger Aquatic Club attended the New Jersey Junior Olympic Championship Meet. 14&U Swimmers with gold times were able to attend and PTAC is proud to say that they had the largest JO group ever! We finished 17th out of 70 teams in the state, and due to the large group and faster swims from the Tigers, we doubled our point total from last year. Helen Chen took down four of her own records, and Zac Ouzilou broke the 200 Butterfly record. Every single 13-14 Girls Relay record was broken, and the Girls 10&U relay broke their own record as well. New ZONE times were achieved as well: Jerry Liu and Blair Trench got their first taste of Zones because of their amazing swims, and Zac got the Zone time in that same record breaking 200 Fly. Numerous swimmers finished in the TOP 8 and TOP 16, which was amazing. Tracey Liu placed 4th in the 100 Back, making the A Final, which was an especially good swim.



JR/SR Group @ Communiversity!

Earlier in the Long Course season, the Junior and Senior groups attended Communiversity, an Arts Festival in Princeton downtown. They had a great time walking around to the different booths, and enjoying lunch after a hard practice at DeNunzio. The swimmers walked from the pool to the festival, and hung out for around two hours before heading back. This is their third time going to Communiversity, and hope to return next year.



Celebrity Swimmer: Katinka Hosszu

By: Akhil Pavuluri

Who is Katinka Hosszu?

Katinka Hosszu is a Hungarian competitive swimmer who specializes in IM and backstroke events. She is a three-time Olympic champion, and a seven-time long course world champion. She currently swims for the Iron Aquatics under coach Arpad Petrov.

Event	Best Time
50 Back	27.48
100 Back	58.00
200 Back	2:06.38



Career Achievements

Hosszu is one of the most versatile swimmers in the world. Winning four medals at the 2016 Rio Olympics, three of them gold, Hosszu finishes her fourth Olympic Games. She also holds the world record in three events. For this reason, Hosszu has earned the title, "Iron Lady."



"Doesn't being scared let you know you're onto something important? If you're not scared, you're taking a chance. If you're not taking a chance, what are you doing? "

- Katinka Hosszu

Personal Story

Katinka Hosszu was born in Pecs, Hungary, to parents Barbara Bakos and Istvan Hosszu. Her grandfather, Laszlo Bakos until age 13, coached Katinka. Though Katinka is arguably on of the best swimmers in the world, she has gone through some problem. In 2016, she lost a lawsuit to *Swimming World Magazine's* Casey Barrett who suspected her of using performance-enhancing drugs. Thankfully, the lawsuit was dismissed because the judge ruled it as truly an informational piece.