

TIGER TIMES

DECEMBER 2018 ISSUE

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Swimmer's newsletter for Princeton Tigers Aquatic Club

December Attendance Challenge

By: Aditi Pavuluri

Holiday season. The infamous season for harder sets, longer workouts, and sweet results. What if I told you that you could be rewarded for just showing up?

"80% of success is just showing up." – Woody Allen

The December Attendance Challenge was first introduced four years ago, where kids were given prizes for getting above 90% attendance for the month of December.

Now, the stakes are higher. In addition to the gold caps and breakfast with the coaches, swimmer with 100% attendance will also receive a special edition PTAC hoodie.

When swimmers are in the middle of winter break towards the end of December, they look forward to a couple relaxing weeks in winter where they can sleep in and not have to worry about waking up early.

It is not easy. I know. But what I didn't forget to leave out in the beginning was that along with harder training and longer workouts, come the sweet results.

With our Tiger Invitational Meet coming up in January, we need to show everyone what tigers are made of.

And the first step, is showing up to practice.

MONTHLY NUTRITION TIP

Refueling is just as important as fueling.

We've always heard about how it is important to eat up before practice or before a meet, but what about after? Right after we're done swimming, consuming a carbohydrate-protein enriched meal is essential to getting your back in shape for your next swim.

Meets Recap

December was another great month of racing for PTAC. Our swimmers represented PTAC at MB Paul Criscuolo meet at Neptune, Holiday Classic at Rutgers and Ugly Sweater at John Witherspoon in Princeton.

There were so many new GOLD TIMES and ZONE TIMES set, and TEAM RECORDS broken at these meets!

PTAC also swept multiple individual high point awards at the PPST meet.

NEW TEAM RECORDS : 11

NEW ZONE TIMES : 16

NEW GOLD TIMES : 15

GO TIGERS!!!

Swimmer's Guide to Preventing Shoulder Injury

By: Aditi Pavuluri

"Coach, my shoulder hurts. Can I get out?" The repeated plea to get out of a workout due to shoulder pain spreads like a wildfire in the world of swimming. According to a study done with over 1,200 age group swimmers, around ten percent of the kids in the younger age groups were currently experiencing some kind of shoulder pain. And in the older groups, the number went up to 26%. How can we tackle this increasingly common injury?

The first way to start is a way that most of us have definitely heard from our parents before. But it couldn't be truer. **Better posture.** From the way we sit, to the way we eat, to the way we sleep, our posture definitely has a lot to do with our swimming. When your posture is similar to that of a potato, it's hard to swim differently. Let's start with our sleep. Surprisingly, a lot of like to sleep on our side or in some other interesting position. This

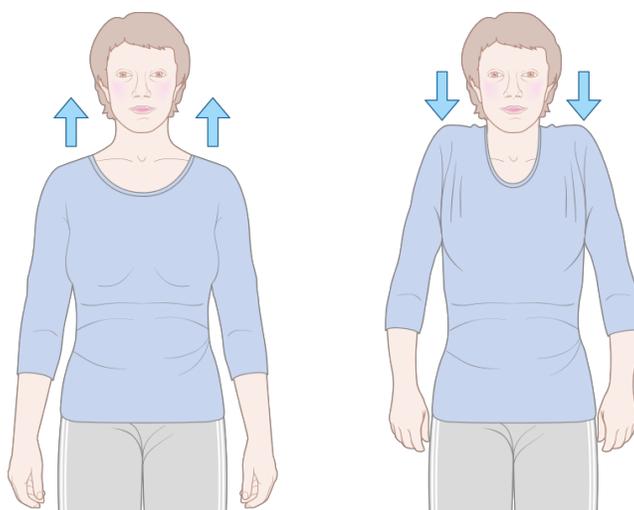


puts pressure on your shoulders more than anything else, and by having your body weight on them the entire night, you are going to inevitably arouse pain. By sleeping on your back, you are setting yourself up for having a more peaceful sleep without added shoulder pain of any sort.

The next one is another that coaches stress about. **Stretching.** Sometimes a sore shoulder can arise from not properly treating your body before and after workouts. Your stretching should start before you get into the water with a dynamic stretch. Many Olympic athletes stress about the importance of a "pre-hab" routine before getting into the water. Then, following your workout, you should proceed to do static stretching consisting of more deep stretches and foam rolling if necessary.

Another way is one I'm sure most of you have heard before. **Fueling and hydration.** It is important to give your body the nutrition and fluids it needs. Hydration should happen constantly, before, after, and throughout workouts. Other fluids that are higher in electrolytes such as Gatorade and Vitamin Water are also beneficial. As for fueling your body properly, you should have a small meal an hour or so before your workouts as well as a light, digestible snack, immediately before. After swimming, you should be eating a full size meal high in protein and carbohydrates. Some power packed foods that are great as snacks before or after practice are trail mix or chocolate milk, which was voted the top favorite snack among the JR/SR group.

Lastly, you can help your shoulders by **strengthening them.** Some great shoulder exercises are scapular push-ups (shoulder push-ups) and overhead press (with or without a stretch cord or weight). But the exercise proven to help shoulders the most for swimmers and even other athletes are rotator cuffs consisting of internal and external rotation. This can be done with a stretch cord or weight, mostly geared towards older swimmers. By doing exercises like these, you are decreasing the chances of putting *too* much stress on your shoulders.



By following these simple tips and tricks that should be a part of your everyday swimming routine, you are setting yourself up for the best possible recovery from workouts and you are giving yourself a better chance of smashing the next workout.

Monthly Motivation

"I don't feel like going to practice."

By: Aditi Pavuluri

Why do we swim?

Well, because we love it! Isn't that obvious?

Well, if we love swimming, then why don't we like going to practice?

Maybe we were tired from the previous practice.

Maybe school was more grueling than usual.

Or maybe you're just not feeling up to it today.

Either way, the motivation is lacking.

When we visualize those amazing goals that we have, and we are only attending half of the practices required to meet it, those goals are going to seem like they are miles away.

Practices bleed into one another, and they start feeling like *work*.

We don't get our motivation from thinking about our goals from the sidelines.

We get our motivation from *doing something* about our goals.

How can we make those practices *awesome*?

Every day, we have the opportunity to make ourselves a better swimmer.

And it is up to us to *seize that opportunity*.

Good Luck Swimmers!

ASK TIGER...

Dear Tiger,

Now that it's the season notorious for test sets and more difficult workouts, I find myself so sore after a hard practice. Sometimes it keeps me from doing my best the next workout.

What Should I Do?

From, Sore Shoulders

Dear Sore Shoulders,

I totally get it! I think everyone can relate to being sore after a tough practice. It is the result of putting in effort in that set, so for that, I commend you! As for feeling sore at your next workouts, let me ask you this: Have you been hydrating and fueling yourself before, during, and after workouts? Have you been getting the proper amounts of sleep? Have you been stretching? All of these things help contribute to setting yourself up to be in the best possible condition for your next workout.

-Tiger

Swimmer Spotlight *with Will Hoffman*



Will Hoffman is currently a junior at South Brunswick High School, and a swimmer in the Senior group at PTAC. He is currently a team captain for Tigers.

Reporter: What do you like most about PTAC?

Will: Something that defininetely sets PTAC apart from other teams is our practices. They are very different than some of my old teams. The sets really push you to your limits and have bigger expectations.

Reporter: You were recently appointed to be one of PTAC's team captains, can you tell me a little more about your role as a team captain?

Will: Our general roles are to help lead the team in a better direction. Something else we do is to help guide younger swimmers and be role-models for them, and help them later assume bigger roles in swimming. My specific role is the Men's Team Coordinator. I help with the social aspect of the team. If any boys have any issues, I can be someone they could talk to about it. Also, I am their gateway to a coach, and I have discussion with Miles about how the team is doing socially. I think that a role like this is important for our team, because sometimes coaches might not be the most approachable, and I can make that easier for them.

Reporter: What is something you would like to accomplish this season or this year as a team captain?

Will: Something I hope that happens amongst our team is for everyone to treat each other better. I think that this is a fairly easy task to accomplish and it is just based on each swimmer's individual mindset. I hope to come back next year and see people really get along better.

Reporter: When and how did you start swimming?

Will: I started fairly late for a competitive swimmer. I started swimming at the developmental level around 7th grade because a friend reccomended it and said it was fun. It wasn't until my freshman year that I started to take swimming really seriously. I joined my first competitive team then. When I joined PTAC, I got super involved in the sport, and it became something that I loved to work hard at.

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

Will: So far, my swimming career has been going really well. I've been taking large strides and dropping a lot fo time these past few seasons. For example, thise past year in the 100 Fly, I went from having a 1:20 to a 1:00, which was really good. I'm also really enjoying the sport which I'm happy about.



Reporter: What is some advice you have for younger swimmers on the team?

Will: Some advice I have is to stay motivated from a young age and try to attend as many practices as you can. When I was younger, I was a developmental level group, and I wasn't extremely motivated about the sport. Sometimes

I think about how much faster I could be if I worked harder at a younger age.

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

Will: I try not to procrastinate a lot, and finish a good amount of my homework before swim practice, so I can get enough sleep as well.



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

Will: I am a part of my school's honors choir or concert choir, where we do a lot of traveling and things like that. Our choir is actually one of the most prestigious choirs in the country, which I'm proud of. Besides swimming, I'm also a lifeguard.

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

Will: My dad is a really committing guy, and he will do anything for our family. My sister is there occasionally because she is 20 years old. Everyone loves my mom and she is really cool about my swimming and school.

Reporter: Who is your idol?

Will: My idol would probably be Michael Andrew. There are times during sets when it gets hard, and I just think about what he would do in that situation. I also watch a lot of his technique and Caeleb Dressel's technique at home to help me with mine.

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

Will: Last year when I first joined the team, it took me a while to make friends. Since I can be shy sometimes, it'll take me longer to get used to the environment that I'm in. Someone that helped me overcome it was Ella because she is really outgoing, and helped me form connections with other people. My tip for someone in the same situation would be to trust your teammates and not be too shy with them because they are going to be the people your train with everyday.

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

Will: One of my main goals is to get the JO cut in the 100 Fly, because I am really close. Some other events that I am close to the JO time in are the 200 IM and the 400 IM. Next year, I would really like to qualify for Sectionals in an event. Another overall team goal I would like to see is for the boys in JS3 to move up to JS4 by the end of the season because I really think that a lot of us are capable of doing that. I'd also like the guys in JS1 who are hiding a little bit to move up to JS2 or JS3.

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

Will: One thing that I'm proud of is that I dropped a lot of time in my 400 IM recently, and I came below 5:00 by a lot. Something else that I'm proud of besides swimming is how well I've done in choir recently.

Reporter: How do you like high school swimming and how is it different than club swimming?

Will: I think high school swimming is a lot easier in a bad way. At meets and practices, we have no warmups or warmdowns, which are essential. Other than the swimming itself, the people are supre fun and encouraging which is what I like about it.

Thank you Will!

Reported by Aditi Pavulu

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 October, I would like to recognize **Logan Hong (AG1), Emma Mandato (AG1), Helen Chen (AG2), Simran Malik (AG2)** and **Daniel DaCosta (AG2)** for an outstanding first meet. Logan and Emma were one of the top 7 year olds racing in the 10/under category. Helen Chen is a new Zone Qualifier. Simran and Daniel are both first time gold time achievers.

AG3 - This month I would like to nominate **Prachi Wadhvani and Nikhita Sajikumar**. Both swimmers have improved on their base intervals by almost 20 seconds. On their first meet with PTAC, both showed great ability to race. Prachi takes on every challenge and is becoming more confident in herself everyday. Nikhita is a great and supportive teammate. Shout out to **Akhil Pavuluri** for attending 100% of the practices and for working hard on things that are difficult for him. Big shout out to everyone on 90% and above club. Fantastic job guys!!!

VARSITY - VAR's swimmers of the month are **Ashna Poyilil and Thomas Zhang**. Ashna joined Tigers this season and is showing so much improvement already. She had an excellent meet at Fall Festival, exceeding expectations and winning her heat on a number of occasions. Thomas moved to VAR this year from AG3 and has been doing tremendous both in the pool and on dry land. Thomas is also the first VAR swimmer to achieve a gold time this season (50 Breast)!

JUNIORS - In our first meet of the season we had a huge number of drops. I would like to highlight our new members who moved up from AG3 and the incredible amount of time they dropped. This is a testament to all their hard work in AG3 over the summer and in these first two months of the new season. **Great job Shreya, Ben, Paul L, Leo, Riya, Paul R, Alvin, and Macela**. However I have to give a special shout out to **Suhanni Agarwal**(combined 36 seconds) and **Maddie Domantay** (combined 46 Seconds) who dropped the most of all our new AG3 Swimmers!

SENIORS -Senior Group Swimmer **Will Hoffman** has had some great drops this Fall in our first meet. However the reason he is being highlighted is for his massive improvements in training in just one year. Will dropped over 12 seconds per 100 Free during our timed distance set - the biggest improvement of any swimmer! New Senior Group Swimmer **Marie-Eve Hebert** has just moved here from Canada and is adjusting to training and competing in Short Course Yards. However it is clear that she has many great things in store as she has impressively just set the all time Womens PTAC Timed Distance Freestyle and IM Test Set Records!

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 each month. These swimmers are working their hardest and are the leaders on the team! Swimmers listed have over 90% attendance in the month of October. **Swimmers in bold have 100% attendance!**

AG1 - Neil Benjamin , **Disha Gupta, Logan Hong, Shравan Joshi, Claire Lee**, Emma Mandato , Sarvesh Sreenivas, **Aaryan Wadhvani**

AG2 - Helen Chen, Max Domantay, **Parth Gupta, Angel Liu, Taylor Mitchell, Adi Varshney, Yalong Zhang**

AG3 - Kohsuke Fuji, Anushka Gaidhani, Kian Hecht, Kent Hong, Aiden Lee, Allison Lee, **Akhil Pavuluri, Sahaana Rangaraj, Nikhita Sajikumar, Prachi Wadhvani**

VARSITY - Nick Oskiper

JUNIOR - **Suhanni Agarwal** , Nick Danko, Aditi Pavuluri, Apsara Saraswat

SENIORS - **Jeffrey Davenport**

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 November, I would like to recognize **Sarvesh Sreenivas (AG1), Vihaan Chatterjee (AG2), Samantha Kent (AG2), Romit Kundu (AG2)** for a very successful November meet. Sarvesh dropped a combined >30 seconds among all his events. Vihaan, Samantha, and Romit are new Gold Time Achievers.

AG3 - This month the shout out goes to **Kohsuke Fujii**. Kohsuke has had some difficulties with his breakfast, but he has finally had great swims at the last prelims/finals meet last month. **Kentaro** has been making up every practice he has to miss. Keep it up Kentaro! **Nikhita** is at 100% again. Good job girl!! **Jonnas** and **Calvin** good job attending almost every practice.

VARSITY - For the month of November, the Varsity group would like to recognize **Jon Chang** and **Nethmi Dharmasena**. Jon and Nethmi are two of our swimmers in the Junior Prep program, a group within Varsity that attends a handful of Junior workouts each week to prepare them for the increased yardage and intensity of the group. Jon works hard at every practice and even leads his lane at the Junior workouts he attends. Nethmi is learning first-hand that swimming is just as much, not more, mental as it is physical. The more she believes in herself and shows confidence in her abilities, the better she performs at practice and at meets.

JUNIORS - For this month I was absolutely amazed by our results at the Peddie Thanksgiving meet. However there were two really outstanding swimmers who improved a lot and raced really well. **Sanjna Moola** was very focused and dropped in every single race over the weekend. These improvements allowed her to make it into the final heat in the 100 Back, 200 Back, and 200 Free! **Matthew Chen** took a big step forwards and had a number of special races over the weekend. He had a great 50 and 100 Free, but he really took off when he dropped over 4 seconds in the 100 Backstroke, almost 5 seconds in the 100 Fly, and over 6 seconds in the 100 Breaststroke.

SENIORS - This month the Senior Group cheer goes to **Ella Caddeau**. Through the month of November she has really put in some amazing effort in workouts which have led to a breakthrough in her meet results. She is a great example of what hard work and determination can achieve! We have also named Ella a Team Captain along with fellow SR Group swimmers Will, Jeff, Naqsh, and Libby.

November "Gold Medal" Attendance Club

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

AG1 - Disha Gupta , **Logan Hong**, Claire Lee, Emma Mandato , Rayansh Phirke, **Sarvesh Sreenivas**

AG2 - **Helen Chen**, **Daniel DaCosta**, **Giovanni Juarez**, Jerry Liu, **Angel Liu**, **Sandra Liu**, Taylor Mitchell, Yalong Zhang

AG3 - Kentaro Bauer, Kohsuke Fujii, Jonnas Filak, **Nikhita Sajikumar**, Calvin Tien

VARSITY - Nick Oskiper, Ashna Poyilil, and **Emma Vindigni**

JUNIOR - **Suhanni Agarwal** , Nick Danko, Aditi Pavuluri, Apsara Saraswat

SENIORS - **Jeffrey Davenport**

Reflection of my first meet

By: Gio Juarez

Gio Juarez is 9 years old, and currently a 3rd grader at PDS. He joined PTAC in September of 2018, and it is his first time swimming on a team.

The first time I went to a meet, I was very nervous.

My grandma got me some different kinds of oils. Some were to help you calm down.

I rolled the *BRAVE* one on me. I felt better.

They called my name.

I. Was. Ready.

I went on the diving board.

"On your marks!"

"Whhhhhhtttt!" The whistle blew.

I pushed off.

Splash.

I hit the water.

50 Breaststroke.

I did it.

Phew, that was easy. I was scared, but I did it.



PTAC Happenings



PTAC holiday parties were a lot of fun this year. Team hosted a holiday pizza party at Denunzio on Dec 17th for all groups right after practice. Additionally, there were two separate parties for the Junior and Senior groups. These parties were right after practice on Saturday Dec 22nd.

PTAC Happenings



On December 30th, Coach Doug Lennox, who is the Princeton University Men's Assistant Swimming Coach and our PTAC VP Director of Operations gave a seminar on **"Nutrition and Recovery"**. He shared extremely valuable information with swimmers and their families on these topics.



 BIRTHDAYS	Swimmer	Birthday	Swimmer	Birthday
	Akhil Pavuluri(AG3)	Jan 4 th	Aarshi Chaudhary (DEV)	Feb 1 st
	Saanvi Bhagwat (DEV)	Jan 20 th	Apsara Saraswat(JR)	Feb 1 st
	Anya Jha(AG2)	Jan 21 st	Arjun Gupta(JR)	Feb 4 th
	Shivani Joshi(AG2)	Jan 21 st	Nethmi Dharmasena(VAR)	Feb 5 th
	Aurav Singal(AG3)	Jan 22 nd	Paul Rizzo(JR)	Feb 5 th
	Macaela Wilton(JR)	Jan 23 rd	Kavya Harish(JR)	Feb 9 th
	Sonia Gupta(Dev)	Jan 25 th	Spandana Rao(VR)	Feb 10 th
	Yashasvi Kishore(DEV)	Jan 28 th	Siddharth Shankar(AG3)	Feb 11 th
	Anika Chakraborti (JR)	Jan 30 th	Suhani Agarwal (JR)	Feb 13 th
		Kian Hecht(AG3)	Feb 14 th	
		Mahima Bansal(DEV)	Feb 14 th	
		Eddie Zhou(AG3)	Feb 21 st	
		Natalia Mathias(DEV)	Feb 21 st	
		Naqsh Mitra(SR)	Feb 23 rd	
		Shreya Arya(JR)	Feb 25 th	
		Crosby Davidson(SR)	Feb 28 th	

INSPIRATION DOSE

“Willing is not enough. We must do.”

-Bruce Lee

IMPORTANT DATES

Jan 18 – 20: Princeton Tiger Invite

Feb 8: MB February Sprints

Feb 23-24: NJ 12 and Under Silver/Bronze Champs

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

Eastern Zone Standards at: <http://www.easteQualifyingTimes2019EasternZoneSCAgeGroupChampionships>

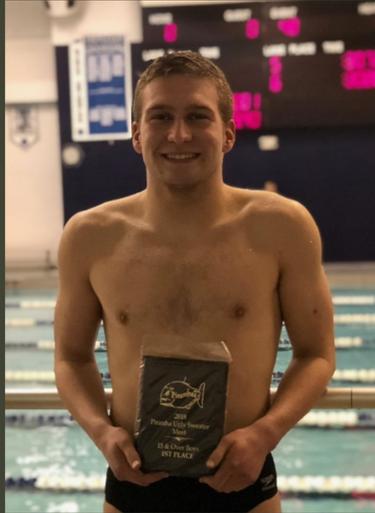
USA swimming time standards at: [2017-2020 National Age Group Motivational Times](#)

PTAC dominates at PPST Ugly Sweater Meet

PTAC dominated the PPST Ugly sweater meet by winning several highest points awards as well as the Ugly sweater competition!!

Spencer Oliver

- 15&O 1st place



Jensen Tinevez

- 15&O 1st place



Neil Chandwani

- 11-12 3rd place

Jack Moses -

13-14 1st place

**Swimmers
cheering for
teammate**



Celebrity Swimmer: Sarah Sjostrom

By: Akhil Pavuluri

Who is Simone Manuel?

Sarah Sjostrom is a Swedish Olympic athlete that specializes in sprint freestyle and butterfly events. She is the current world record holder in the 50, 100, and 200 meter freestyles, as well as the 50 and 100 butterfly in long course. Sjostrom set the world record in the 100 meter butterfly at the age of only 15, being one of the youngest to set a record alongside Katie Ledecky and Michael Phelps.

Event	Best Time
50 Free	23.97
100 Free	52.27
200 Free	1:57.02



Career Achievements

Sarah Sjostrom competed in 3 Olympic games, where she won many medals in various sprint freestyle and butterfly events. She also holds many world records in long course and short course meters.

"The Olympics will be a race in itself but I'm pleased with the journey so far."

– Sarah Sjostrom

Personal Story

Sarah Sjostrom didn't start swimming until she was ten years old, just five years before she set her first world record. She won her first international gold medal at just 14 years old at the European Championships in 2008. Sarah Sjostrom hopes to qualify for three more Olympic Games, as she will be 35 years old at the 2028 Olympics.

Tiger Talents



William Bashore is 11 years old and swims in AG3. He is multi talented and enjoys various activities.

(1) He ran for the CMS Cross Country team last fall. **(2)** He has played for Lightning Lacrosse for 6 years and has done the Blue Star Lacrosse Camp in the summer for the past 3 years. **(3)** He has played rec basketball every year since Kindergarten. Last Saturday he scored 16 of his team's 23 points! **(4)** He enjoys performing and was in the McCarter Summer Theater Workshop production of Matilda last summer. He was recently cast as Prince Dauntless in the CMS school production of "Once Upon a Mattress" which will be performed this spring. **(5)** This is his second year playing alto saxophone. He played with the Princeton Collection Jazz Band last summer and he plays in the CMS Band and CMS Lab Jazz Band in school.