

# TIGER TIMES

JANUARY- FEBRUARY 2019 ISSUE



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Swimmer's newsletter for Princeton Tigers Aquatic Club

## 10&U Girls Hold Fastest Time in NJ Swimming!

By: Aditi Pavuluri



Our Tiger Challenge meet in January was a great success; many swimmers achieving new personal bests, gold times, and zone times. But, one particular race stood out among the rest. It was a 200 Freestyle relay that took place on Saturday morning.

10&U girls, Blair Trench, Simran Malik, Helen Chen, and Nidhi Pramanik won their event to clock the current fastest time in NJ Swimming. This Princeton Tigers A-relay won their event, beating Morris County who came in second, by almost three seconds, and Streamline Aquatics who came in third by a full eight seconds!

Simran led off the relay with a 30.90, Blair following with a 30.29, Nidhi in a 31.12, and Helen bringing them home with a 29.22, to clock a final time of 2:01.53. The relay team also smashed the previous team record by five seconds! Great job, girls

### Meets Recap

We saw excellent weekends of racing at the Tiger Challenge, Junior and Senior States meet, MB Sprints meets and 12&U Silver Bronze championship meet.

There were so many new GOLD TIMES, ZONE TIMES, and TEAM RECORDS that these results look like great!

#### January:

NEW TEAM RECORDS : 11

NEW ZONE TIMES : 4

NEW GOLD TIMES : 44

#### February:

NEW TEAM RECORDS : 2

NEW GOLD TIMES : 34

GO TIGERS!!!

### MONTHLY NUTRITION TIP

**Carbohydrates are the number ONE source of energy for the body and brain.** Carbohydrates make sure you have energy to go through your everyday life. Adequate carbohydrates can help athletes maintain a certain intensity throughout the entire workout and prevent muscle breakdown. Some carbohydrates provide you with a quick source of energy - like white bread/pasta/rice; pretzels; sports drinks; fruit - which may be helpful during competition. Other carbohydrates may take longer to digest - like whole grain bread/pasta/rice; oats - but is beneficial for re-fueling your body's energy stores for later use. When you don't eat enough carbohydrates, your body is low on energy - this can affect your strength, stamina, mood, thoughts, decision making capacity and it increases your risk of injury during work outs. Eating often throughout the day can ensure your body has enough fuel for the day and your day's workout. Remember - breads, pastas, rice, grains are not your only sources of carbohydrates; beans, some vegetables, dairy and fruit are also sources of carbohydrates too.

## 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 January, I would like to recognize **Disha Gupta (AG1), Vihaan Chatterjee (AG2), Simran Malik (AG2), Taylor Mitchell (AG2), and Blair Trench (AG2)**. Disha comes to practice every day ready to swim, learn, and work hard -- she always has a positive attitude at practice. Vihaan, Simran, Taylor, and Blair put in a lot of hard work in preparation for their first 500Fr -- it went swimmingly well!

**AG3** -AG3 had fantastic attendance this month. The kids were all trying to attend more practices than their friends. The shout out goes to all in the 100% club. **JOSHUA**, good job and keep it up! **KENT**, doing amazing at the meets! **ADYA**, has moved up to a faster interval and is learning to get out of her comfort zone! **PRASHAM**, achieved his FIRST JO cut at the last meet! **AKHIL** is working hard to improve over all and not only on his favorite events. **NIKHITA**, 100% as always! **ALINA**, pushing herself and her friends always in a positive way! **NIDHI**, is trying to correct her bad swimming habits and is making improvements.

**VARSIITY** – VAR's swimmer of the month is **Danielle Best**. Despite some personal challenges, Danielle has been pushing herself more and more at practice. I don't think it is a coincidence that she dropped time in every event she swam at the Tiger Invite!

**JUNIOR AND SENIOR** - For January we would like to shout out to two swimmers who worked hard all month and had standout performances at our PTAC Invite. **Apsara Sarawat** had near perfect attendance in December and perfect attendance in January. She had excellent swims this month including drops in her all three of her Backstroke races at the PTAC Meet. Swimmer **Leo Li** is a determined competitor and made some really big drops at our January meet including three new GOLD Times. A great achievement for this young 13 year old!

### January "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** - **Neil Benjamin**, Disha Gupta, **Logan Hong, Claire Lee**, Shravan Joshi, Emma Mandato, Rayansh Phirke, Sarvesh Sreeniva

**AG2** - Vihaan Chatterjee, **Helen Chen**, Daniel Da Costa, Max Domantay, **Parth Gupta, Elves Huang, Anya Joshi, Giovanni Juarez**, Romit Kundu, Han Li, **Angela Liu, Taylor Mitchell**

**AG3** - **Joshua Chen, Kent Hong, Adya Jha, Prasham Joshi, Akhil Pavuluri, Nikhita Sajikumar, Alina Turchyn, Nidhi Pakanati**, Kian Hecht, Anushka Gaidhani, Lauren Hernandez, Aiden Lee, Prachi Wadhvani

**VARSIITY** - **Nick Oskiper**, and Ashna Poyillil

**JUNIOR** - Suhanni Agarwal, Mahika Chatterjee, **Nick Danko**, Maddie Domantay, Jack Moses, **Aditi Pavuluri, Paul Rizzo**, **Apsara Saraswat**

**SENIORS** - **Jeffrey Davenport**

## Tech Suits: *The Era of the Supersuits*

By: Aditi Pavuluri

We've all eyed the greats not only for how fast they swim, but how *great* they look doing it. We see professional swimmers on television all the time racing, while also sporting brand labels of technical suits that look too perfect to be real.



But now's the time to learn about when the tech suit trend first started, and the worldwide smackdown that broke 74 World Records in the year following the Beijing Olympics. The super suit era began with what Speedo liked to call, the "LZR" suit. This suit was crafted to resemble a second skin and to reduce drag in the water. After the Rome World Championships in 2009, Speedo bragged that 98% of the medals won at the meet were achieved using the LZR suit.



Because of the madness that was the tech suit, FINA decided to ban all polyurethane racing suits, leaving a giant gap in between the athletes and the records set using the super suit. Swimmers found it nearly impossible to break the records set by the tech suit. And though many world records were broken in the years following the London Olympics and the Rio Olympics, it is the truth that 70% of the men's LCM World Records still stand from the days where rubber suits were accounted for.

And the question still remains today: Will these insanely fast standards ever be broken by swimmers unaided by sharkskin-like fabrics? For example, in the Women's 200 meter butterfly, Liu Zige of China set a world record in a super suit that still stands today. In fact, no one has even come within 2 seconds of breaking that record. Also, in the Men's 200 meter freestyle, Paul Biederman set a record in 2009 of 1:42.0, that no one has come within a second of achieving. The improvement in the sport of swimming now heavily relies on the power of training, and mindset. Will these new methods best the super suit that topped the podium back in 2009? Or will our records still keep falling short?

## Swimmer Spotlight *with Naqsh Mitra*



Naqsh Mitra is currently a sophomore at West Windsor Plainsboro South High School and a senior swimmer at PTAC. She also serves as a team captain for PTAC.

**Reporter:** What do you like most about PTAC?

**Naqsh:** I really like the overall atmosphere of the group. So far, I've made some really close friends, and I love that I can come unwind here after a long day of school. I love that the same friends that I get to socialize with are also the people that I can race at practice or at meets.

**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?

**Naqsh:** So my official role as a team captain is the event planner and group activity planner. But other than that, I also have responsibilities as a general team captain. I see myself as the general connection between the swimmers and the coach. For example, if any one of the swimmers has a problem that they don't feel comfortable talking to a coach about, they can tell me, and I can make that communication easier for them.

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

**Naqsh:** So one of the goals that I have for the team is for everyone to be aware of other people's goals as well as their own. Let's say someone is trying to achieve a certain time in an event. My goal is for that person to then receive support from the team.

**Reporter:** When and how did you get involved with swimming?

**Naqsh:** So when I first moved here, I joined a local YMCA swim team, and after some time, I got good at the sport, so I decided to try out for a real club team and that's really when I started enjoying swimming the most.

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

**Naqsh:** In practice, I love to do sprint sets because I feel like that's where I'm the most motivated and can really do well. I really like meets because I like the feeling of just racing, and swimming gives me that.



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

**Naqsh:** Advice that I would have would be to really focus on your technique at this age, so it doesn't harbor for any injuries in the future. Other than that, I would say to try your best and don't get too hard on yourself. The best thing about swimming when you're young, is that it should be stress-free and you should have fun.

**Reporter:** As a high-schooler, how do you balance your swimming as well as your academics?

**Naqsh:** My mantra is that I really need to know my limits, especially when your balancing two things, in case, school and a sport. Most importantly, you're a student before an athlete, so you should try your best to be on top of things and get your homework done. On the other hand, you're also a teenager that needs sleep, so if you've been getting four

hours of sleep per night, sometimes it is healthy to give it a rest, and catch up on those hours.



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

**Naqsh:** Besides swimming, I love to write short stories and poems. Besides that, I like to hang out with my friends. I also like photography, occasionally.

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

**Naqsh:** I have a sister named Vaanya. She used to swim on the team, but found interest in art, music and singing. We used to live in India until 3rd grade, and then we moved here, to New Jersey. My parents are always and have always been extremely supporting of my swimming, and they come to most of my meets even if it's just for an hour, they always try to be there.

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

**Naqsh:** Not long ago, I had this one toxic friend that wasn't good for me. She made me feel bad about

myself, and when she talked to me, she kept pointing out things that she knew I didn't like about myself. Basically, how I dealt with it was that I talked to her with my friends and said, "Hey, you know, what you're doing isn't cool." I really think that distancing myself from that kind of negative energy has really helped me in many aspects of my life.

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

**Naqsh:** My main goal right now is to go under a minute in the 100 Back, and by doing that I would achieve the sectional cut. I'm really working on getting stronger by working really hard at the gym.



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

**Naqsh:** My high school swim team was undefeated until Sectionals, and we placed at that meets which I'm really proud of.

**Reporter:** How is high school swimming going for you? How is it different from club swimming?

**Naqsh:** I really like high school swimming because unlike club swimming, it's completely team oriented and you're doing things for the benefit of the group, not just yourself. I like the atmosphere is high school swimming because everyone supports each other no matter what.

**Thank you Naqsh!**

**Reported by Aditi Pavuluri**

## The beginning of Victory

By: Aditi Pavuluri

It is undoubtedly obvious that Caeleb Dressel has the best start in the world. But, what makes the start of one of the fastest swimmers in the world so *dominating*? At the NCAA Championships in short course yards, Dressel put down some of the fastest times ever seen after the super-suit era. According to the statistics of The Institute of Applied Training Sciences, during the final of 50m Freestyle at the World Championships in Budapest, Hungary, Dressel swam the first 15m of the race in 4.96 seconds, doing so 3.2 tenths of a second faster than anyone else in the field. Caeleb's speed in the first portion of the race carried him to first place in that event. But here's the thing. Down to the finish, silver-medalist, Bruno Fratus of Brazil was only 7 hundredths of a second behind the champion, himself. So what won Caeleb Dressel the victory was most certainly not the swimming portion. *It was his start.*



### **Power off the Push off**

We all know that dryland plays an important role in the performance of a swimmer. Your start included. Simple everyday exercises such as squat jumps and running can increase your leg power more than you know. Your leg strength counts towards the explosiveness of your push off, and sends you farther out into the water, while also adding on to your momentum.

### **Wait, I have arms?**

Yes, yes you do. In fact, arms play a huge role in the start.

### **Reaction Time**

The reaction time of a swimmer towards the start can make every difference during a sprint race. Missing a time standard in a 50 freestyle can be the result of a start not being as fast as it could be. Learning to really snap forwards at the sound of the buzzer can give you a lead, even if it might just be those few hundredths of a second that you need. But beware, taking advantage of your reaction to the start can have its consequences. For example, be careful not to anticipate the buzzer, or you may end up false starting. Another way to get disqualified, is if you accidentally move on the blocks in hopes of flying off fast enough.

### **Practice makes perfect.**

All of this taken into consideration, the perfect start comes from the perfect practice. A lot of teams try to squeeze in a few repetitions of starts dangerously close to the date of the meet. What gave Caeleb Dressel the edge during his start, was the fact that he spent hours perfecting his start. I'm not saying that we must trade hours of swimming for start practices. But we must take them into consideration, for they are, the start to victory.

## Monthly Motivation

### Master Yourself, Master the Pool.

By: Aditi Pavuluri

There are many components to being a fast swimmer. Yes, for some people talent is way to success. It also takes an unbelievable amount of hard work. But on top of that, you need to believe in yourself.

You are tougher than you think. Have goals. Work towards them. Having long-term goals is scary. But you know what? Win or lose, you are going to be okay. Many people have low expectations because they don't want to be disappointed if they fail. But nothing is more disappointing to yourself than failing by half-heartedly trying, instead of failing but still giving it your all.

An excellent swimmer will do whatever it takes to reach that goal. If it means pushing yourself harder at practice, or cutting down on the junk food, they will do it. You don't reach your goals with brute force. You have to want it more than everyone else.

Nobody loves doing the hard sets; the test sets of the season. The devil inside your head tells you not to bother, that it's too hard, that you should put it off. You don't get mentally tough by thinking about your goals, or wishing for them. You have to do it. Argue against that voice in your head, telling you to stop. Push yourself to the limit, and enjoy doing it.

As PTAC Head Coach Miles always says, "Get comfortable of being uncomfortable," you have to find a way to achieve your goals and also have fun doing it. A swimmer who can work really hard while also having a little fun is one to look out for!

Good Luck Swimmers!

### ASK TIGER...

#### Dear Tiger,

I am so pumped for the championship meets to begin! I really feel like my hard work this season has payed off, and I deserve to do great in the meets coming soon. But there is a little voice in the back of my head telling me that maybe I haven't worked hard enough?

What Should I Do?

#### From, E for Effort?

#### Dear E for Effort,

It's great that you've been working so hard this season in practice. But sometimes, the hardest obstacle of the day isn't the main set. It's mastering your mindset. To be able to perform at your highest capacity, you have to *believe* that you can reach those goals. And with your hard work in addition to a champion's attitude, you'll be unbeatable!

-Tiger

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

### INSPIRATION DOSE

“Enjoy swimming for swimming’s sake. We spend far too much time in the water to not enjoy the process challenging yourself to move through the water. “

-Jeff Rouse (Olympic Gold Medalist and former World Record Holder)

### IMPORTANT DATES

**Mar 2-3:** 13 and Over Silver Bronze

**Mar 8-10:** EEX Spring Club Championships

**Mar 22-24:** NJ 14 and Under Junior Olympics

**Mar 28 – 31:** Eastern Zone Sectional Champs

**April 3-6:** Eastern Zone Age Group Champs

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

Eastern Zone Standards at: [http://www.easteQualifying\\_Times2019\\_Eastern\\_Zone\\_SC\\_Age\\_Group\\_Championships](http://www.easteQualifying_Times2019_Eastern_Zone_SC_Age_Group_Championships)

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

## SWIM LINGO

By: Aditi Pavuluri

Ever start listening to a coach's direction of what to do during a practice or an official's direction at a meet and not have any idea of what they're saying? Ever read a workout wrong, and panic when the coach yells, "Ready, go!" and you don't know what you're doing? Well I got your back.

Here are some of the swimming terminologies that all of us can mix up.

### Practice

**On the top:** Go when the clock reads :00

**On the bottom:** Go when the clock reads :30

**Taper:** A period of resting time before a championship meet.

**Pull Buoy:** This strangely spelled word is a foam-like object you put in between your legs when pulling.

**Underwaters:** The time period when a swimmer is underwater and in streamline.

**Catch-up:** A drill where only one arm moves at a time, "catching-up" to the other hand.

**Build:** Get faster within the repetition.

**Descend:** Get faster within the group of repetitions.

**Negative split:** Go faster for the second half of the distance than the first half.

**Monkey arm swings:** It's a dynamic stretch, which requires the athlete to swing their arms over their head, in a motion similar to that of a monkey.

### Meet

**DQ:** Disqualified. It means you're disqualified. I'm sorry.

**JOs:** This is a term that many swimmers use referring to the Junior Olympics Championships held at the end of short course and long course seasons.

**Prelims:** The session of a meet usually held in the morning, where you swim in to qualify for finals.

**Seed time:** The time you are entered in a meet with

**Stand:** When an official says "stand," DO NOT GO. They want to stop the heat momentarily to fix a technical issue, or anything else.

**Scratch:** To withdraw from an event at a meet.

**PB:** Personal best

## PTAC #1 Test Set

By: Aditi Pavuluri

On Saturday, February 23rd, the Junior/Senior groups participated in one of the most iconic sets of the season. *The #1* test set. This set requires swimmers to choose one of their best events and race that event a number of times, hoping to recreate what it would look like at a meet. Swimmers chose different events ranging from the 50 Freestyle, to the 500 Freestyle! Overall, the swimmers had fun racing their teammates, and look forward to competing for real at our upcoming championship meets.



## PTAC Happenings



Pictures from the JR and SR group activity on Sunday Jan 27<sup>th</sup>. The swimmers first stopped for lunch at Market Fair mall after practice and then headed to '**Amazing Escape Room**' team activity.



## PTAC December Attendance Challenge Lunch

PTAC December Attendance Challenge lunch for all swimmers who had > 90% attendance took place on Feb 16<sup>th</sup> after practice.

Swimmers with 100% attendance received Special Lunch with Tigers Coaches, GOLD PTAC Swim Cap and Special Edition PTAC Team Hoodie.

Swimmers with above 90% attendance received Special Lunch with Tigers Coaches and GOLD PTAC Swim Cap.



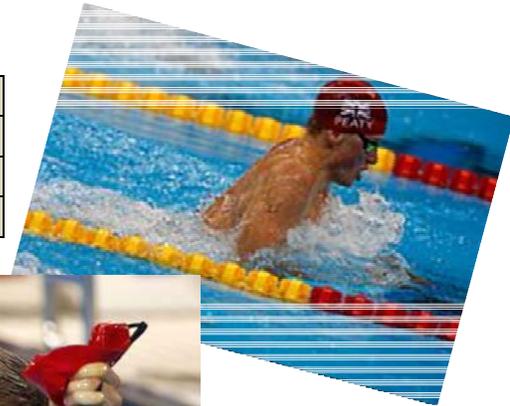
# Celebrity Swimmer: Adam Peaty

By: Akhil Pavuluri

### Who is Adam Peaty?

Adam Peaty is a British Olympic athlete that specializes in breaststroke events. He is the current world record holder in the 50 and 100 meter in long course. Adam Peaty is one of only three British swimmers to have won gold medals in all four major international meets: Olympics, Worlds, European and Commonwealth Games.

Event	Best Time
50 Breast	25.95
100 Breast	56.59
200 Breast	2:08.34



### Career Achievements

Peaty is the 5-time European swimmer of the year, and 2-time World swimmer of the year which he has won in 2015 and 2018. He also won an MBE presented to him by the Duke of Cambridge at the Buckingham Palace.

***"It hasn't always been a sweet ride. When I was 15, I almost hated racing in finals because I was so nervous. But as I got more experienced, I had to choose between fight and flight, and I fought every time."***

**– Adam Peaty**

### Personal Story

Adam Peaty was born on December 24<sup>th</sup>, 1994 in Uttoxeter, Staffordshire. His parents were Mark and Caroline Peaty, and he was the youngest of four siblings. Peaty first joined Dove Valley Swimming Club in Uttoxeter when he was nine, and started to win races and setting club records by the time he was twelve. In 2009, he started training at the City of Derby swimming club in 2009, where he was coached by Melanie Marshall, who remains his coach to this day. Currently, he trains full-time at Loughborough University.

## Tiger Talents



**Kentaro Baurer** is 12 years old and swims in AG3. Apart from being a great swimmer, Kentaro is highly skilled in many forms of performing and visual arts.

(1) Kentaro doing Japanese calligraphy. He started studying this traditional artistic practice when he was 5 years old. The photos are from the Tokyo Museum of Arts when we visited last summer. This gallery has exhibited his brushwork every summer since 2011.

(2) Kentaro playing a Koto. Koto is a Japanese string instrument, like a dulcimer or zither.

(3) Kentaro playing the Cello.