

TIGER TIMES

JANUARY/FEBRUARY 2020 ISSUE

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January Attendance Challenge!

by: Aditi Pavuluri

New year, new you. The new year provides a great opportunity for us to become better versions of ourselves. And what better way to start off the new year than our annual attendance challenge!

The attendance challenge previously took place in December, during the holiday season. This year, taking place in January, it gives the athletes a chance to get stronger before our championship meets coming up in February.

Not only do the swimmers who attended 90% or above of the workouts get stronger for the upcoming meets, but they get to cash in on some sweet prizes as well!

Swimmers with above 90% attendance

Special Recognition on the Team Website and Social Media
Special Breakfast with Tigers coaches (March 14th)
Gold PTAC Swim Cap

Swimmers with 100% attendance

Special Recognition on the Team Website and Social Media
Special Breakfast with Tigers coaches (March 14th)
Gold PTAC Swim Cap
+ *Special Edition PTAC Team Fleece Blanket*

The attendance to not only all of the practices, but all of the meets as well is a feat that all of the high-attendance athletes should be proud of! Your hard work this winter will surely pay off in the championship meets to come.

Highlights from the 2020 Tigers Invitational Meet (Jan 17-19)

We had an incredible number of Team Records as well as one very difficult 11-12 Girls Relay Record to crack. We also had a bunch of new Zone Times, Sectional Times, and a HUGE pile of new gold times!

The best thing to see was our team coming together to RACE, Cheer, and Support each other all weekend! Our swimmers have come out stronger than we went into the meet and it was a great showing for our team!

Gold Times: 47

Zone Times: 3

Sectional Times: 1

Team Records: 7

Highlights from the MB Sprints Meet (Feb 8th)

This was an amazing weekend of swimming for us. Tigers truly dominated this meet. Through the entire day, we had 22 individual first places!

Gold Times: 6

Zone Times: 2

Sectional Times: 2

Team Records: 1

January Attendance Challenge results

Swimmers with over 90% attendance

Developmental 3

Rhea Balajikumar
Sriven Chittamuri
Neil Deshpande
Sana Manchanda
Ananya Trasi

Developmental 4

Mahima Bansal

AG2

Shivani Joshi Gio
Juarez Claire Lee
Cleo Tong **AG3**
Landon Kent
Kian hecht
Aiden Lee
Max Domantay
Simran Malik
Sophia Morse
Helen Chen

Junior

Lauren Girouard
Kyle Kent
Courtney Weber

Senior

Jeffrey Davenport

Swimmers with over 100% attendance

Developmental 2

Sahil Desai Anjali
Gadam Aadya
Kolli Dhruv Kumar
VivekKumar Maahi
Mehta Shivali
Parmar Vaishnavi
Raj Nihal Singh
Sayesha Singhal
Sabine Winell

Developmental 3

Rhea Balajikumar
Neil Deshpande
Henderson Han
Sana Manchanda

Developmental 4

Vanessa Bryk
Srinarayan Srikanth

AG1

Lillian Bifulco
RJ Lee
Harper Manzo
Jawwad Rouf
Aanya Sabharwal
Nora Tong

AG2

Neil Benjamin
Yeshika Bhansali
Logan Hong
Samantha Kent
Ian Kim

Emma Mandato
Ahana Nadiger
Rayansh Phirke
Dede Tadapaneni
Adi Varshney
Kush Varshney

AG3

David Brophy
Christina Gluck
Isabella Loufek
Nidhi Pramanik
Nikhita Sajikumar
Tharika Srinivasa
Nidhi Pakanati
Joshua Chen
Allison Lee
Akhil Pavuluri
Anushka Gaidhani
Lauren Hernandez
Taylor Mitchell
Erina Rejo
William Bashore
Kent Hong
Angela Liu

Varsity

Tony Zhang

Junior

Sanjna Moola

Monthly Motivation

Swim smart.

By: Aditi Pavuluri

"If you don't succeed, try, try again," is a common saying used when someone has faced a crushing failure.

And while picking ourselves up, and getting back to training after swimming just off the time we wanted to go is important, it doesn't make us faster.

It isn't pushing through the pain that fixes our turns and starts.

It isn't waking up for early morning practices that improves our pacing.

Though these things are extremely crucial to being a successful swimmer, what really makes a difference, is...

...*learning from our mistakes.*

It can be hard to come into practice, and focus on our weaker areas, when we could be swimming our fast strokes, and crushing our specialty workouts.

But sometimes swimming requires one to be *smart*. It is crucial that we make the decisions that will support us long-term, even though they might not seem the fastest in the moment.

Focusing on not breathing off of every turn can be challenging, especially during a long main set, when our only focus is making the interval.

And the result of keeping our heads underwater for a second or two can be debilitating during the remainder of the lap, but soon, it will become your new normal.

So when you are reluctant to focus on the harder areas of your swim, remember that in a race between two swimmers of the same speed, the smarter swimmer *always* wins.

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 paid off, and I can almost feel myself achieving many of the goals that I have set for myself this season. However, there is a little voice in the back of my head telling me that maybe I have not worked hard enough?

What Should I Do?

From,

Enough Effort?

Dear Enough Effort

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

-Tiger

Roaring Swims *with Zac Ouzilou and Lauren Girouard*

Reported by: Aditi Pavuluri

Zac Ouzilou

My favorite race that I swam during the Tiger Invitational has to be the 200 Fly. Going into the race, I was really stressed because I wanted to finally go sub-2:00, which was five seconds faster than my seed time. All of my teammates were with me behind the blocks, trying to motivate me, because they knew I had a goal in mind. The time of the race had arrived, and I could feel my heart beating faster than it should. When I got on the block, I was ready to race.



Throughout the whole race, I had one thing in mind, and that was my goal of going a best time. When I finished the 200, I looked up at the scoreboard, and saw that I went a 1:57. I was ecstatic. I loved that race because I went much faster than I expected, and my friends were there to share the moment with me. If there is one thing that this 200 Fly taught me, it is that you should always go into a race, confident about yourself, without a single doubt. One thing that I loved about this meet was seeing that the whole team did really well. I really loved seeing everyone improve, as it shows we are working hard. Even though practices are tough, they pay off by making us faster. If there is one thing that this race has taught me, it is that you should always go into a race, confident about yourself. You've put in the work, so don't doubt your training, and don't doubt yourself.

Lauren Girouard

My favorite race of the weekend had to have been my 500 Freestyle, because I achieved my goal of getting the Zonetime. The day before the 500, which was on Sunday, I hadn't been seeing the results that I wanted to see in my races, and I was really upset. My dad gave me really great advice during the car ride home. When he asked what races I had the next day, I named them all. My dad knew that I was looking forward to swimming the 500, so he said to focus on that race, and go in with the attitude that I could do well. When we were warming up as a team, I was extremely focused. I made sure to ask Coach Petra and Coach Miles any last minute questions I had about technique and pace. While the other heats were going on, I made sure to practice my technique during a short pre-race warmup. I worked on my breathing, pace, flip turns, and keeping my heart rate up. While I was up at the blocks, I practiced power-posing, and slapped my chest, arms, and legs to get my muscles warmed up, and to get hyped for the race. Most importantly, I kept my goal pace (Zone pace) in mind. During the race, I went out with everyone in my heat. When I looked to my side during a breath, I saw one girl going all out at the start. My first instinct was to go out with her, but I held back and stuck to my pace. It was sometime in the middle of my race, where I noticed that she started to fall back. I knew this was the time to pick up my pace, and start sprinting. I ended up touching first, and winning the race, beating second place by seven seconds! I also got the Zone time by two seconds. I was overjoyed. The best part of all, was after I touched, and I heard all of my friends cheering.



Swimmer Spotlight with Nick Danko

Nick Danko joined PTAC's Junior Group in the Fall of 2018, and has proven himself to be a very strong swimmer and powerful asset to our team. He is 14 years old and a freshman at The Hun School of Princeton. He is a backstroker.

Reporter: What do you like most about being on PTAC?

Nick: I like that I'm always being challenged by my teammates, and at practices. Also, I really like that my teammates are always supportive of my goals.

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

Nick: This year, I would really like to see our team win the Spring Club Champs meet coming up soon. Last year, we came really close, and we've only gotten stronger since then. I think that this year, we have a really good shot.

Reporter: When and how did you start swimming?

Nick: I started swimming at a pretty early age when I was six, on a summer swim team at Trenton Country club.

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

Nick: so far, I've had a great time in the sport of swimming, which is great. I'm continuing to improve, which is really exciting. I'm also really happy with the work I've been doing at practice.

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

Nick: The advice I would give any swimmer would be to never sell yourself short. I think that everyone is capable of great things, and the first step to achieving them, is to tell yourself that you can do it.

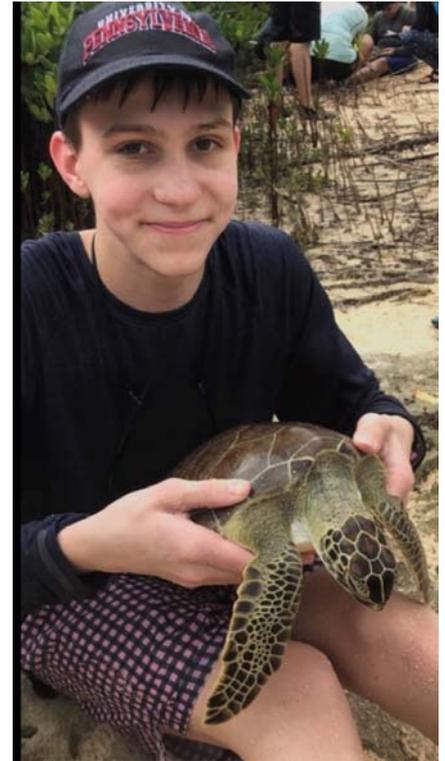
Reporter: As a high schooler, how do you balance your academics with swimming?

Nick: As a high school student, I try to time manage as much as I can. That means doing homework in the car, so that I can focus on swimming, and not have to worry that much about school when I'm at practice.

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

Nick: When I'm not at school or swimming, I like to ride my bike in the park near my house. I think it really gives me a mental break, and relieves a lot of my stress.

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



Nick: I have one dog and two cats, a sister, and my mom and dad. My parents have also been very supportive of my goals, and my sister who is also a swimmer, pushes me to do my best.

Reporter: Who is your idol?

Nick: One of my idols is Cody Miller because he is at a very competitive level in the sport of swimming, but he makes the sport fun at the same time, which I think is a very good balance.

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

Nick: When I first joined PTAC, it took a lot of effort getting used to the practices. I specifically had trouble with some of the longer sprint sets, but I kept coming to more practices and built up my sprint endurance. Now I can see a lot of improvement, and am able to sprint from the beginning to the end of the sets.

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

Nick: My goal for the short course season is to get the 100 Back zone cut. Currently, I'm a second away and we have a lot of championship meets coming up, so hopefully, I can get the cut then.

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

Nick: I was really proud of myself for getting the 100 Back JO last year. It didn't even seem possible at first, but as I gave more effort in practice, it became more and more reasonable, for me and then I got it.

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

Nick: High school swimming is very fun because I get to swim with all of my friends from school. High school swimming is also more relaxed, and I feel like I can just focus on having fun there.

Thank you Nick!

Reported by Aditi Pavuluri



BIRTHDAYS

Swimmer	Birthday	Swimmer	Birthday
Suhani Agarwal (JR)	Feb 13 th	Spandana Rao (VAR)	Feb 10 th
Shreya Arya (JR)	Feb 25 th	Apsara Saraswat (JR)	Feb 1 st
Mahima Bansal (DEV)	Feb 14 th	Siddharth Shankar (AG3)	Feb 11 th
Lilian Bifulco (AG1)	Feb 14 th	Emily Volchansky	Feb 21 st
Rafael Campos (JR)	Feb 3 rd	Coach Evelyn Cava	Feb 4 th
Crosby Davidson (SR)	Feb 28 th	Julian Mackrel (PRO)	Feb 27 th
Nethmi Dharmasena (VAR)	Feb 5 th		
Arjun Gupta (SR)	Feb 4 th		
Kavya Harish (SR)	Feb 9 th		
Kian Hecht (AG3)	Feb 14 th		
Isabella Loufek (AG3)	Feb 21 st		
Naqsh Mitra (SR)	Feb 23 rd		
Josh Parmar (VAR)	Feb 25 th		

INSPIRATION DOSE

*“The motto is ‘faster, higher, stronger,’ not ‘fastest, highest, strongest.’
Sometimes it’s trying that matters.”*

-Bronte Barrat (Australian Olympic Swimmer)

IMPORTANT DATES

Feb 21-23rd: 12&U Silver/Bronze

Feb 28-29: 13&O Bronze Champs

Feb 29-Mar 1st: 13&O Silver Champs

Mar 6-8th: EEX Spring Club Champs

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](#)

PTAC Tiger Invite Meet Diaries

Reported by: Aditi Pavuluri

The Tigers competed at our home meet of the short course season, the PTAC Tiger Invite from January 17 to 19th, and made a splash! These are some insights from swimmers on our team about their experiences at the meet!



	Highlight your favorite race from the meet.	What did you like most about the meet?
Louise De Cokere	I think that my favorite race of the weekend was my 100 Breast because it was my first time swimming the event in a while. I have always been a good freestyler and butterflyer, but when I swam this race, I felt really good about it, and saw that I wasn't that bad of a breaststroker.	There wasn't a specific race that I was super happy with, I think I did pretty well overall, and I was happy with all of my swims. Since I've been on the team, my technique has been improving and I can really see the improvement in my times.
Will Hoffman	I liked my 100 Fly the most. When I swam the race, I really thought that I was at my best, and I had some of the best underwaters that I've had in a long time. And most importantly, I had fun with the race!	The thing I liked most about the meet, was that I was able to hang out with my fellow teammates, and other swimmers at the meet. It was fun just to be able to race, and enjoy myself with others.
Alai Rudorpher	I think that my favorite race from this weekend was the 200 Medley Relay because relays are usually the most exciting events at meets. I liked that my relay was able to drop time, and everyone's splits were fast!	I liked that everyone was able to drop time, and this meet is usually very fun overall, since we host. In the end, I think everyone did a great job, and the energy was great!

<p>Rafael Campos</p>	<p>My favorite race was the 50 Fly. I liked that I was able to go a best time!</p>	<p>The thing that I liked most about this meet was how much our team spirit has been improving. Everyone was cheering for each other at this meet, which made a lot of athletes achieve goal times, and made the meet a lot more fun.</p>
<p>Ella Caddeau</p>	<p>My favorite race had to be the 50 Fly, because I was hyped up to win, and I achieved my goal of winning the event, which was really exciting.</p>	<p>I really liked our overall team spirit at the meet! We had fun making posters before the meet, which hyped me up.</p>
<p>Tracey Liu</p>	<p>My favorite race of the weekend was definitely the 15-18 girls 200 Medley relay. Relays are always so much fun to be apart of, and watch! I loved cheering my teammates on, and hyping them up. We placed 2nd overall, which was great too.</p>	<p>One thing I liked most about my swims were that I began focusing even mor eon my underwaters, which gave me more power in my swims. Underwaters are super important in my races, and adding a few to each wall help a lot.</p>



PTAC swimmers make posters to support the Tigers at the upcoming Tiger Invite meet!

Celebrity Swimmer: Katie Ledecky

By: *Erina Rejo*

Who is Katie Ledecky?

In every sport, there are those people that everyone looks up to. Our role models. In the sport of swimming, it's people like Michael Phelps, Caeleb Dressel, and *Katie Ledecky*. Katie Ledecky is a famous American athlete in the world of competitive swimming. At the age of 22, she is currently the world record holder in three events: The 400, 800, and 1500-meter freestyles.

Best Times

Event	Best Time
400 Free	3:58.98
800 Free	8:40.79
1500 Free	15:20.48



"Don't practice until you get it right. Practice until you can't get it wrong."

- Katie Ledecky

Career Achievements

Most decorated female swimmer in history.

At the 2013 FINA World Championships, Ledecky was awarded as the highest-scoring female overall.

Became the youngest member of the US Olympic team in high school.

Youngest athlete at the 2012 Olympic Games at 15.



Personal Story

Kathleen Genevieve Ledecky began her journey at the age of 6, where she then followed her brother into Palisades Swim & Tennis Club. As she turned 10, she joined Nation's Capital Swim Club under the guidance of Yuri Suguiyama who helped Ledecky advance to Olympic gold. Later in 2012, at her very first senior national meet, the Olympic trials took place. She qualified for the 800-meter freestyle, which then took off from there. She made her mark as the youngest athlete in the entire US delegation. Her career as a professional swimmer had just began.

Eating Before and After Practice

By: Aditi Pavuluri

Most people you ask will say that nutrition and exercise are the two most important factors that affect your physical health. The thing that some people don't know is that both of these things have a huge impact on each other.

Eating properly, with balance meals ensures that you will recover much faster after a difficult workout. It will also prepare you with enough fuel to train at your highest capacity during those long-duration workouts.

Quoting heart.org, your body is a vehicle, so you have to keep your engine running while you work out. The key to doing this is eating the right foods, and drinking the right fluids.



Before a Workout:

A huge problem that swimmers face is eating before workouts. When waking up early for a morning workout, sometimes you will not be inclined to eat a hearty meal. It can be hard to wake the body up enough to grab a bite before getting in the pool, and sometimes, we won't have time. On evenings when you have to race to get to practice on time, it might feel a little bit impossible to squeeze in a snack on the way.

Here a few simple tips:

1. If you only have 5-10 minutes before a workout, eat a fruit or vegetable or an easily consumable carbohydrate.
2. Time it right. Usually, 30 minutes to an hour before your workout is the right time to eat a small pre-workout meal. However, it is up to you as a person to decide which time frame is the best to eat a snack.
3. Hydration. As swimmers, we should be hydrating the entire day, which the easiest way to prep your body for a workout and maximize performance.

After a Workout:

From a high schooler's perspective, both coming home and sleeping, or coming home and hitting the books to finish homework are the only things on our mind after practice. But eating after your workouts is just as important as eating before one. Eating after workouts is all about replenishing the nutrients that you have lost while exercising and replacing the calories you used up.

Here a few simple tips:

1. Re-hydrate! Just as you've been hydrating before and during your workouts, keep hydrating after them as well.
2. Eat soon! 30-60 minutes after your workout is the best time to start re-fueling your body from the workout that you just had. If you aren't able to eat a full meal right after your workout, make sure to grab a snack and then eat a meal later.
3. Foods that are high in carbohydrates and protein are highly recommended.



An increasingly popular item in the world of swimming is chocolate milk! It is proven to have many benefits for muscle recovery. Compared to plain milk, water, or other sports drinks, chocolate milk has almost double the carbohydrate and protein content. The high water content replaces fluids and prevents dehydration.

Consider these tips, and make sure you're properly fueling your body to do great things inside and out of the pool.

HYDRATION

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. It is very common for swimmers to not feel thirsty during this cold winter season, but remember that our bodies need all the hydration just like we do in warmer seasons!

Calling for contributions to the PTAC Newsletter for the 2019-2020 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!