

# TIGER TIMES

MARCH 2019 ISSUE



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Swimmer's newsletter for Princeton Tigers Aquatic Club

## Championship Meets

By: Aditi Pavuluri



Championship Meets. The end-of-season phenomena that swimmers work their tails off for. Swimmers grind through countless sets early in the morning or late at night for these meets. Perfect a multitude of starts, turns, and finishes for them. We work so hard towards these meets, and this

season, it really paid off.

This season, Princeton Tigers was proud to say that they had their largest championship team ever. More swimmers qualified for big meets such as: Junior Olympics, Eastern Zones, and Sectional Championships than any of the years in the past. 51 swimmers represented PTAC at the NJ Junior Olympics meet. In addition to the championship swimmers, the entire team came through these last few meets, dropping a lot of time, and achieving personal goals!

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, the Championship meets were huge success, and many swimmers are moving on to the faster qualifying meets. Our team scored double the amount of point from the year before at Junior Olympics, and hope to see even better results at the Eastern Zone and Sectional Championship meets.

### Meets Recap

We saw excellent racing at multiple meets in March. March started with 13/O silver bronze championship, followed by EEX Spring club championship and concluded with NJ 14/U Junior Olympics.

There were so many new GOLD TIMES, ZONE TIMES, SECTIONAL TIMES and TEAM RECORDS that these results look like amazing! There were many top 8 and top 16 finishes at the NJ Junior Olympics meet.

NEW TEAM RECORDS : 13

NEW ZONE TIMES : 9

NEW GOLD TIMES : 22

NEW SECTIONAL TIMES: 1

GO TIGERS!!!

### PTAC @ EASTERN ZONE SECTIONAL & AGE GROUP Championships

Good luck to the following swimmers who will be representing PTAC at Eastern Zone Speedo **Sectionals** in **Ithaca, NY** and **Eastern Zone Short Course** Age group championship in **Webster, NY** over the next few days.

**Sectionals Team:** Isabella Caddeau, Matthew Chen, Marie-eve Hebert, Naqsh Mitra, Libby Snyder

**Zones team:** Kentaro Baurer, Helen Chen, Matthew Chen, Jeffrey Davenport, Lauren Girouard, Arjun Gupta, Jerry Liu, Tracey Liu, Naqsh Mitra, Zaccharie Ouzilou, Nidhi Pramanik, Blair Trench

## 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 February, I would like to recognize **Claire Lee (AG1)**, **Sandra Liu (AG2)**, and **Yalong Zhang (AG2)** for having a breakthrough swims at Silver/Bronze Championships. Claire got her first silver time in 50 Fly as an 8 year old; Sandra got her first Gold time in the 50 Br; Yalong dropped significant time to be within 1 second of a gold time in the 50 Fly.

**AG3:** The athlete of the month for AG3 is **ADYA**. She has committed to her training and she is making sure to not only attending 100% of the practices but also working 100% hard every practice! Congratulations to **KENT** for the fantastic attendance and results at the last few meets. A shout out to **PRACHI** and **NIDHI** for again attending all practices and being part of the 100% attendance club.

**VARSITY:** VAR would like to recognize **Spandana** for the month of February. Spandana comes to each practice with a good attitude and a smile. She has really stepped up in the past few weeks, ready to take on the challenge of faster intervals.

**JUNIOR:** The Junior group worked hard this month and we saw some real improvements. **Anika Chakraborti** wins best dryland for all Junior and Senior group swimmers! The hard work has paid off since she just achieved her first GOLD time in the 100 Fly! **Anurag Tadapaneni** was a man on a mission this month and worked really hard at workouts. This led to some really strong swims and drops at the Silver Bronze Championships at the end of the month!

**SENIOR:** After taking a break for injury swimmer Rohit **Kundu** has been catching up quickly! He is already posting best times and catching up to the group. Great job and keep it up!

### February "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 February. Swimmers in **BOLD** had %100 attendance!

**AG1:** **Logan Hong, Shravan Joshi, Claire Lee, Emma Mandato, Sarvesh Sreeniva, Aaryan Wadhvani**

**AG2:** **Helen Chen, Daniel Da Costa, Elves Huang, Angela Liu, Taylor Mitchell, Vihaan Chatterjee, Max Domantay, Parth Gupta, Romit Kundu,**

**AG3:** **Kent Hong, Adya Jha, Prachi Wadhvani, Nidhi Pakanati, Matias Da Costa, Anushka Gaidhani, Prasham Joshi, Landon Kent, Aiden Lee, Zeeshan Shariff, Alina Turchyn**

**Junior:** **Apsara Saraswat**

## Swimmer Spotlight *with Tracey Liu*

Tracey Liu is currently a freshman at Princeton High School and a junior swimmer at PTAC. She is a JO and Zone level sprint backstroker, and enjoys debate, piano, and art in her free time.



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

**Tracey:** The thing I like most about PTAC is our team spirit. Everyone is tightly knit and everyone cheers for each other during races. This is something that no other team has, and makes us special.

**Reporter:** When and how did you first start swimming?

**Tracey:** I first began swimming when I was six, and I had private lessons with a coach in hotel pools. My parents decided to sign me up for these lessons because I was extremely scared of water. So slowly with these lessons, my fear of water went away and I enjoyed playing at pools or in the ocean. As I got older, I joined a small team that was more of recreational swimming. I developed a passion for racing so I decided to sign myself up to tryout at PTAC. I began competitive swimming with PTAC when I was 12.

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

**Tracey:** In my swimming career, I am a sprinter, specifically for backstroke. I have recently been dropping a lot of time in the 100 backstroke, which has made me very happy. However, I

struggle with keeping my splits close together. Swimming is a challenging sport, but I believe it can lead me to achieve more goals and it shapes me as a growing teenager.

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

**Tracey:** Some advice I have for younger swimmers is to always try your best. Sometimes it can be tough to work hard during practice, but you need to push through because practice makes perfect.

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

**Tracey:** It is very hard to balance swimming with my academics. Being a high schooler and being a part of many different extra-curriculars, I usually come home, go straight to practice and then come home at 9:30, eat dinner and then start my homework. I go to bed very late but I try to be as efficient as I can be.



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

**Tracey:** Some of my hobbies outside of school are debate, art, piano, and traveling. As of now, debate is my second focus outside of school and swimming. I attend many tournaments and enjoy the vigorous activity.

**Reporter:** Can you tell me about your family?

**Tracey:** My family is from China, I was the first one in my entire family to be born in the United States. As immigrants, my parents worked very hard to where they have come today. My parents both have PhD's in chemistry, which has developed my love for chemistry as well. I also have a younger brother who is on PTAC, Jerry Liu.

**Reporter:** Who is your idol?

**Tracey:** My idol is my dad's father. My grandpa is extremely courageous and hard working. As a child, my grandpa lived in a poor farm where his family almost starved to death. He dropped out of middle school to work for the family and earn money, and in the recent years, my grandfather even overcame cancer. I hope to have the perseverance and dedication my grandfather has.



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

**Tracey:** One difficulty I have faced so far is balancing my academics with swimming. To overcome this, I learned to plan my days better and work more efficiently.

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

**Tracey:** One of my current goals in swimming is to achieve the sectionals cut for the 100 backstroke. I recently missed the cut by a sliver of time and I was not very pleased. However, there is still long course, and I hope to train very hard to achieve this goal.

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

**Tracey:** One recent accomplishment I am proud of is dropping time in my 50 freestyle since last year. I thought I was stuck, and could not get any faster, but at JO's I managed to drop .06 seconds.

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

**Tracey:** High school swimming is very different to club swimming. First, I do not have to attend any of the practices, and the meets are a very different feeling. They are more laid back than club meets, and there is only one heat of every event. It is also similar because my high school team is very closely knit together, just like PTAC.

**Thank you Tracey!**

**Reported by Aditi Pavuluri**

## Monthly Motivation

### *Am I getting faster?*

By: Aditi Pavuluri

We all have that moment in our lives where we are at the blocks, ready to race, and we question ourselves:

*If I want it really bad, will I achieve my goals?*

Perhaps. The mental strength and the drive is absolutely necessary to ensure for the best results. But if you *want* to achieve your goals that bad, how come it took you until the day of the meet to realize how badly you wanted it?

Swimming comes in a full package. If you *want* the sweet results, you've got to *want* the endless hours of practice that comes with it.

Everyone wants the part of swimming where they get to stand at the top of the podium, or qualify for the fastest meet in the state. Or *crush* the personal best that they've been trying to reach the entire season.

Having a medal to showcase your efforts is always great, but having the hard work, and everlasting motivation to prove it, is even better.

Being a tiger isn't something that you drag out on meet days. You've got to bring the tiger in you to every practice, every set, every lap, and maybe, you'll see that personal best within reach.

Good Luck Swimmers!

### ASK TIGER...

Dear Tiger,  
Now that the short course swimming season is over, what are some of the activities I can do to be prepared for the beginning of long course season while I still get to enjoy the down time?  
- Excited to exercise

Dear Excited to exercise,  
Best advice is to stay active the same number of times each week you normally have practice. We want to make sure that when the season starts in April, everyone is ready to start working right away! If you are in AG1, at least 3 times a week, AG2 and least 4 times a week, AG3 and Varsity at least 5 times a week, and Junior and Senior at least 6 times each week. AG1 and AG2 swimmers can do anything they like for fun. Play outside if it is warm and have fun. AG3 and Varsity should play and also try to do something a little more serious like going for a run or bike ride. Juniors and Seniors should be sure to work hard over the break by playing sports, biking, running, going to the gym, or anything else strenuous for at least 1 hour, six times per week.  
-Tiger

## Spring Club Championships

In the second annual Spring Club Champs meet, the Junior/Senior, Varsity, and AG3 groups participated in three days of racing. Swimmers would come in the morning and race at prelims, and if qualified for finals, would come back at night to race against the fastest swimmers. All of our swimmers came back to race at finals, where there were relays as well.

This meet is one of the only meets that PTAC has gone to this season, that keeps track of point scoring. The boys were proud to say that they won first place overall! For the girls and overall team, PTAC received second place.

Coach Miles Cava likes to say, "Our team really comes together for this meet, and it is one of my favorite meets in the season, because I like to see the swimmers do well."

Many of the girls found inspiration in one another during uplifting meetings before sessions. They shared their goals for that day, and the group responded with, "You can do it."

Team Captain Ella Caddeau said, "After a decent finals session the night before, the meeting was just what a lot of the girls needed to bring out their racing spirit. I'm glad that I got to be a part of something that motivating, and I'm really grateful to have these girls as my teammates and friends."



Ella Caddeau – 2<sup>nd</sup> place 100 Fly  
Lauren Girouard – 3<sup>rd</sup> place 100 Fly



Matthew Chen – 1<sup>st</sup> place 100 Breast  
Arjun Gupta – 2<sup>nd</sup> place 100 Breast

## How do *you* celebrate?

By: Aditi Pavuluri

We've reached the end of the season, with a full season of amazing practices under our belt, and successful meets to prove it. Many of the swimmers can say that they've reached one or more of their goals this season. This calls for celebration. How do you celebrate after a race?



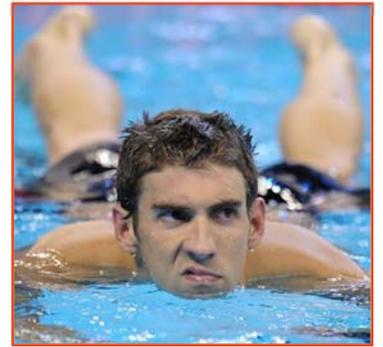
"The Lane-line"



"Look at my muscles"



"Yay, I made finals."



"Hulk Smash."



"Double Hulk Smash."



"I'm #1."



"Really? For me?"

## My First Season at PTAC

By: Gio Juarez

During my first season (Fall/Winter 2018) at PTAC, I learned many things like:

- How to do a flip turn
- What a 100 IM is
- How to believe in myself
- What a meet is

But most important, I learned from my coaches how to train hard and be committed.

In addition to swimming, I like to play violin and chess. I am on the Princeton Day School chess team.



Chess tournaments and swim meets usually land on the same date, and I have to choose one or the other. This is hard.

In May, I will be traveling to Nashville, TN., for the Chess National Elementary Championship.

I also like to act and sing. I recently did a play at McCarter Theatre. It was called, "PLAYMAKER'S High Seas Adventure." It was very fun. My character's name was Beardy Joe. The play was about a siren trying to become king.

All my activities are very fun. I am very grateful that I can do all of them at once.



|  |  |                          |                            |                      |
|--|---|--------------------------|----------------------------|----------------------|
|  | 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**

*“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](http://www.easteQualifying_Times) [2019 Eastern Zone SC Age Group Championships](#)

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

## PTAC End of Season Party

By: Aditi Pavuluri

On Monday, March 17<sup>th</sup>, PTAC held an End of Season Pizza Party for the entire team. Swimmers enjoyed warm slices of pizza, cookies, and refreshments after their workout. They could socialize with their teammates for the last time before the break until long course. For most swimmers not moving on to JOs, Zones, and Sectionals, this was their last practice. Age groups one and two enjoyed a practice filled with fun and games, where the coaches got in with the swimmers as well. The party was a blast for all of the age groups, and we hope to see each other next season!



## “Coach, I have a cramp.”

By: Aditi Pavuluri

Before I begin, I'd like to apologize to all of the swimmers who aren't the most upset when they get a cramp in the middle of a hard set. Are you picking up what I'm putting down? Some swimmers might thank their body when they needed a break, and a cramp pops up out of nowhere. That being said: Here are some tips on how to prevent cramps in the middle of practice.

### 1. Hydration:

Oh no. It's back. Though hydration is something that you see in every swimming-related article, it's there for a reason. Coaches cannot stress enough that water is essential during workouts. In addition to water, Gatorade or Vitamin Water may be beneficial as well.



### 2. Stretching

Depending on how serious that muscle cramp is, the pain could be lingering for a couple days after the cramp. Carefully stretching the area of soreness once you get home, will ensure faster recovery. For older swimmers and some younger swimmers who own a foam roller, rolling out your muscles after a workout will set you up really well for recovery for the next day.

### 3. Knowing whether what you have, is actually a cramp.

Swimmers can have a variety of soreness at practice. One example, is when the body is exerting itself at a high intensity. The pain that follows just might be a result of the effort that you put into the set. If that is the case, then just keeping pushing through the set and have a well-deserved stretch afterwards. Another situation, is when you have a muscle strain. This is a result of doing something stressful during dryland or with equipment in the pool. The best solution to this, is to give it some rest, depending of the severity.



# Celebrity Swimmer: Kathleen Baker

By: Akhil Pavuluri

### Who is Kathleen Baker?

Kathleen Baker is an American freestyle and backstroke specialist. She is the current world record holder in the 100 meter backstroke. Baker trains with the University of California, Berkeley Bears, and has recently gone pro, signing with Speedo.

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



### Career Achievements

Kathleen Baker has won two Olympics medals so far, and currently holds the world record in the 100 Backstroke. She also holds the world record in the 400 Medley relay alongside Lilly King, Dana Vollmer, and Simone Manuel.

*"I think it helps me appreciate the sport even more, knowing that it can be taken away from me. I love swimming more than anything in the world and being able to swim in the Olympics – it's an incredible feeling. I hope I inspired a lot of people."*

**- Kathleen Baker**

### Personal Story

Kathleen Baker was born on February 28<sup>th</sup>, 1997 in Winston Salem, North Carolina to parents Norris and Kimberly Baker. Kathleen was diagnosed with Crohn's Disease at 13-years-old in the middle of her career as a competitive swimmer. Baker attended Forsyth Country Day School until the 10<sup>th</sup> grade, and then began homeschool, to make it easier for her to travel and train with SwimMAC Carolina.

## Making the Most of your Break

By: Aditi Pavuluri

"Wow, you don't smell like chlorine anymore," my non-swimmer friend commented one day. Off-season. The only time of year when a swimmer *doesn't* smell like chlorine. That's one positive to the off-season. But it can also make us feel like a sinking stone when we get back to long course after a couple weeks off. Here are some things that we can do over break to ensure the best return to the pool.

**Cardio.** Running, biking, playing basketball. These are all examples of cardio that we can do over break do stay active. Just 45-60 mins everyday will make a huge different when we come back.

**Eat Healthy!** Wait, why do we have to eat healthy? There are no meets coming up. Eating healthy throughout the year is essential to be able to maintain a healthy body to swim at your highest potential. Keeping a balanced plate fuels your body in best ways possible, making you ready to be active. Nevertheless, It's okay to indulge once in a while. Especially when it's ice cream!

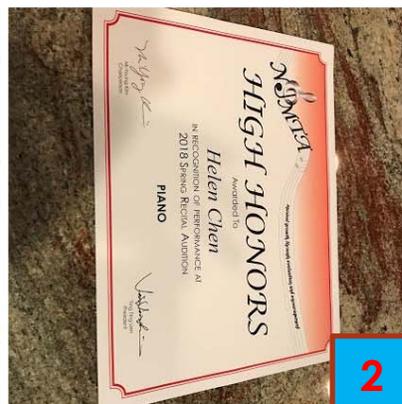
**Have fun!** Now that swimming's off, you'll have a lot of time to explore other interests that you may have. You can spend time with your family and friends, or pursue new hobbies that you may have put off due to swimming.

**Set goals for long course.** Now that short course season is over, it's important for us to reflect back on the season, and see what went right or wrong. We can also think of some things that we want to achieve in the upcoming long course season, and begin to work towards those goals.

See you next season!



# Tiger Talents



**Helen Chen** is 10 years old and swims in AG2. Apart from being a great swimmer, Helen is highly skilled in many forms of performing and visual arts.

- (1) Helen likes anything related to art, drawing, and design. These photos display some of her work.
- (2) Helen is very talented at playing the piano, where she has won many honors and international awards.
- (3) Helen also enjoys playing the clarinet.
- (4) Helen loves to travel in her free time.