

# TIGER TIMES

SEPTEMBER 2019 ISSUE

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Swimmer's newsletter for Princeton Tigers Aquatic Club

## One team, one dream: What it takes to be a team.

by: Aditi Pavuluri

What does it mean to have great team?

According to our Head Coach, Miles Cava, our goal for this season is to experience what it really means to be a successful team, and create a series of "Mantras" to push ourselves towards achieving these ideals.



Something that our swim team would like to do in the future is collaborate with the other sections of our program, whether it be the diving team or water polo team, which we are really excited to do.

Being a part of the team means that the different age groups might have to work together to meet a common goal.

Also, tigers are a family. We cheer for each other at meets, and we want our teammates to succeed just as we want ourselves to.

As tigers, we do the best things for our teammates and ourselves.

This is the season that we step up and take on our responsibilities as tigers.

It's our time to shine.

We are tigers.

Welcome Short  
course 2019-2020!

To the returning swimmers,  
welcome back!

And to our new swimmers,  
welcome to the team!

The Tiger Times Newsletter  
is a monthly digital  
newsletter, which is  
available on our team  
website.

The newsletter is sent out  
by email from Coach Miles,  
so make sure to stay tuned  
for the coming up issues.

Contributions to the  
newsletter and ideas to  
make this newsletter better  
are always welcome  
throughout the season.

Let's swim fast this season,  
and make our team proud!

GO TIGERS!!!

## Monthly Motivation

### Embrace your pain.

By: Aditi Pavuluri

Wow, that's gonna hurt.

The 200 Fly lurks before you as your final event in a meet where you've already swam multiple races. You can't help but psych yourself out when you see a really hard swim coming up.

You're so busy thinking about how much this race is going to hurt when you're done with it, that you take away your chance at improvement.

Usually, our brain stays on the cautious side of things when thinking about our physical capacity as swimmers. We play it safe, until the time really comes to race.

And occasionally, that cruise-like swimming style in races can get you a victory on a good day. But how about after you've swam event after event in what seems like a never-ending meet? It's going to take a lot more than "playing it safe."

Pain is something that we all fear. The swimmer that can learn to embrace their pain, and become better because of it, is someone who will meet their potential. Good Luck Swimmers!



Kristof Milak breaks Michael Phelps' world record in the 200 Fly.

## ASK TIGER...

Dear Tiger,

I always feel as if I am fast enough to lead the lane, and always be first, but I do not feel as if I should. I think that someone who knows the set, and can count their intervals more properly should be the one who leads the lane. My coach always tells me to go first, but if I cannot keep track of when I am supposed to leave the wall, then why should I be the one? Please give me some advice.

What Should I Do?

From,

Intercepted by Intervals

Dear Intercepted by Intervals,

Irrespective of your position in the lane, all swimmers must be counting yardage and keeping track of their intervals at all times, so you should be ready to lead the lane if needed. It will affect your training if you are holding back to avoid leading the lane. Swim your workout in the best way for you! LISTEN TO YOUR COACHES, race your teammates, pass when you need to pass, and don't worry about it! At the same time it is important to not race the slow parts of the sets just to get ahead. Also, do not slow down once you are in the first spot of the lane, keep going!

-Tiger

### NJ Junior Olympic Championships

The Junior Olympic Championships took place from July 25th to July 28th, and the Tigers saw outstanding results. Most of our swimmers were in the 14&U, however the meet was open to 15& Overs this season, and Zac Ouzilou and Juliette Peel competed as well. As for new team records, Helen Chen continued a great season by breaking her own records and best times, achieving 6 top-8 finishes in the process. Great job, Helen! Blair Trench also finished in the top-8 in backstroke events, achieving a new zone cut as well in the 100 Backstroke. Zac Ouzilou achieved two additional zone times in the 200 Free and the 100 Back, while Tracey Liu broke her own team record in the hundred back, making the A-final. Lauren Girouard had a swim-off in the 100 Fly, making the B-final, but then going on to win her heat that night at finals. What a swim! The 10&U Girls 200 Freestyle Relay broke the relay record again this season, lowering their time even more. This one should be hard to beat! The 13-14 Girls broke the team record in both the Freestyle and Medley relays as well. Overall, this was a great meet!



### Eastern Zone Sectional Championships

At this meet, which took place at Rutgers, the Tigers had some great swims. Matthew Chen, Juliette Peel, Isabelle Peel, and Jeffrey Davenport qualified for individual events, but Zac Ouzilou was invited to swim as well, and Tracey Liu and Mahika Chatterjee for the relay. Tracey broke the team records in 13-14 and Open age groups as the lead-off for the relay in the 100 Backstroke. Zac broke three records in the 100 and 400 Freestyle and 100 Butterfly in the 13-14 age group before aging up to 15. Jeff dropped two seconds from his own 400 IM team record, which he achieved earlier this season. Isabelle Peel also dropped from her own team record in the 100 Breaststroke. The last swim of the meet for the Tigers was the Women's 400 Medley Relay. Tracey, Izzy, Juliette, and Mahika brought it home for the Tigers in a great time! Great job, girls!

### Florida Gold Coast SR Championships

The Tigers returned to this meet in Coral Springs, Florida, this time, with a smaller team of three. Luke Barglow had best times in the 50 and 200 Free, as well as the 50 Fly, and Rohit Kundu dropped in six out of his seven events, which is great for having dropped earlier in the season as well. Jeffrey Davenport also dropped in six events, including the 1500 Free, also coming 8th in the 200 Back and 10th in the 400 IM. Great job, guys! Overall, Coach Miles and the Tigers had fun at this meet in Florida, and hope to return with a larger group next year.



### USA Swimming Futures Championships

Matthew Chen competed at the USA Swimming Futures Championships from August 1st to August 4th in Geneva, Ohio. He raced against some of the fastest swimmers in the region, and some college athletes as well. Matt worked extremely hard to qualify for this meet, dropping two seconds in the event all year, which is very good. Great job, Matt!

### Eastern Zone Age Group Championships

Three swimmers, Kentaro Bauer, Helen Chen, and Blair Trench, attended this season's Eastern Zone Age Group Championship to represent Team New Jersey. This was Kentaro's fifth time at the meet, which is incredible! Coach Carolina was the head coach for the 10&U age group, which was great because she got to travel with the Tigers. Helen Chen had 6 top-8 finishes, which is outstanding, and she once again broke her own team records in the process! Blair qualified and competed in four events, dropping time in three out of those four. Great job, Blair! Finally, Kentaro competed in the 50 and 100 Breaststroke, his best stroke. He got a best time in the 100 Breaststroke, as well as earning a new team record. Great job, Tigers!





**BIRTHDAYS**

Swimmer	Birthday	Swimmer	Birthday
Sarvesh Sreenivas (AG2)	Sep 4 <sup>th</sup>	Cleo Tong (AG2)	Sep 3 <sup>rd</sup>
Neel Chandwani (AG3)	Sep 9 <sup>th</sup>	Kush Varshney (AG2)	Sep 30 <sup>th</sup>
Radhika Rao (AG3)	Sep 18 <sup>th</sup>	Nora Tong (AG1)	Sep 26 <sup>th</sup>
Giovanni Juarez (AG2)	Sep 11 <sup>th</sup>	Aanya Sabharwal	Sep 26 <sup>th</sup>
Kentaro Bauer (AG3)	Sep 12 <sup>th</sup>	Sandra Liu (AG2)	Sep 23 <sup>rd</sup>
Anoushka Jain (DEV)	Sep 12 <sup>th</sup>	Aishwarya Rao (VAR)	Sep 28 <sup>th</sup>
Adya Jha (AG3)	Sep 12 <sup>th</sup>		
Riana Fazir (DEV)	Sep 13 <sup>th</sup>		
Naaz Mehta (DEV)	Sep 16 <sup>th</sup>		
Nidhi Pramanik (AG2)	Sep 16 <sup>th</sup>		
Romit Kundu (AG2)	Sep 20 <sup>th</sup>		
Ronil Mishra (DEV)	Sep 21 <sup>st</sup>		
Dhruv Maini (DEV)	Sep 22 <sup>nd</sup>		

**INSPIRATION DOSE**

*“The motto is faster, higher, stronger. Not fastest, highest, strongest. Sometimes it is trying that matters. “*

- Bronte Barratt (Australian Olympic Swimmer)

**IMPORTANT DATES**

**Oct 20-21:** Fall Festival

**Nov 16-18:** Thanksgiving Invite Meet

**Nov 23 :** Mercer County Throwdown

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](#)

## Goal Setting

It is that time of the year to set new goals for the short course season. According to JS coach, Miles Cava, it is very important that swimmers take some time to establish realistic goals for the season and think about steps that will enable them to achieve their goals. Junior and Senior swimmers have received a goal setting template from Coach Miles that is customized for this group.

Younger Age group swimmers can also benefit from this process. This is an example of a goal setting template that can be used to set goals and track progress throughout the season.

Event	My Best Time	Goal time for End of season (March 2020)	Actual time in March 2020
50 yd. Freestyle			
100 yd. Freestyle			
200 yd. Freestyle			
500 yd. Freestyle			
1000 yd. Freestyle			
1650 yd. Freestyle			
50 yd. Backstroke			
100 yd. Backstroke			
200 yd. Backstroke			
50 yd. Breaststroke			
100 yd. Breaststroke			
200 yd. Breaststroke			
50 yd. Butterfly			
100 yd. Butterfly			
200 yd. Butterfly			
100 yd. Ind. Medley			
200 yd. Ind. Medley			
400 yd. Ind. Medley			

What changes will you be making this season to achieve your goals?

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## Swimmer Spotlight *with Mahika Chatterjee*

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

**Mahika:** What I love most about PTAC are the people and my teammates that I get to work and swim with. They can be really inspiring and motivating for me.

**Reporter:** When and how did you get into swimming?

**Mahika:** I got into swimming at the age of three. My parents wanted me to learn it as a life skill. For the first two years, my grandpa swam for every lesson! At the age of nine, I joined a club swim team, and that's when I got into swimming competitively.

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

**Mahika:** I started taking lessons at a very young age, as I said before. Then I got interested in competing in the sport. In Bahrain, nine years old was the earliest that you could start competing. I started winning trophies and medals which kept me motivated. I set school records, starting from the age of ten, and then won first place at the Bahrain National Championships. Soon after, I moved to New Jersey and started swimming for PTAC. At my first meet, I was an older twelve year old, so I medaled in all my events. Later, I qualified for Jos and Zones, and this year, I was lucky enough to participate in the Sectional relay.

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

**Mahika:** My advice for younger swimmers would be to work hard and do your best, but at the same time, enjoy swimming as much as you can. Attend the most amount of practices you can, and make the most of each one.

**Reporter:** As a high school student as well as a swimmer, how you balance your academics with your swimming?

**Mahika:** Well, I'm about to start high school in September, but in middle school, I had a lot of things to balance as well. My best advice would be to maintain discipline with everything you do; sleep, work, and rest. Consistency is equally as important; making sure I come to practice as much as possible, trying my hardest at school, swim, and piano.

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

**Mahika:** I love to play the piano, watch TV shows, reading, and hanging out with my friends.

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

**Mahika:** My mom is an economics and business professor, while my dad is a software engineer. I also have a little brother named Vihaan who also swims on PTAC.

**Reporter:** Who is your idol?



Mahika (right), with teammate, Lauren Girouard at the LC Junior Olympic Championships

**Mahika:** My idol is my grandfather. He was a swimmer, but didn't have half as much of the opportunities as I do today. He taught me so much about everything around me. He was also the first person to get in the pool with me, and continues to support me with everything I do.

**Reporter:** What is one major obstacle you've faced, and how did you overcome it?

**Mahika:** One major obstacle I faced was moving to a different country. I moved here more than a year and a half ago, and I wasn't sure how I would fit in. I struggled with school a little bit, socially but also academically because of the change in curriculum. I overcame this by meeting and talking to many different people until I found a really good group of friends that I could trust, and also by simply adapting to the culture around me.

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

**Mahika:** My goals are to make a Sectionals cut in a freestyle event, to swim in college, and to set a few more team records.

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

**Mahika:** One recent accomplishment that I'm proud of is anchoring the Sectional relay this past long course season. It was a really awesome experience that I was glad to share with my teammates.

**Thank you Mahika!**

**Reported by Aditi Pavuluri**



Women's 400 Medley relay at Summer Sizzle:  
(left to right): Ella Caddeau, Mahika Chatterjee, Coach Miles, Isabelle Peel, Tracey Liu

## PTAC Team Picnic!



This year's party just may have been one of the most memorable ones that we've had so far. The party started the same as always, with fun music and games to start off the evening. Coach Evelyn still remains the hula-hoop champion of the team! The swimmers and coaches, as well as the parents all had a blast with the games, where a few lucky people won prizes.

Soon after, the food and drinks were made available, where they were devoured by the athletes, after tough workouts the previous few days. And as the dinner came to a close, the speeches began, and many swimmers were recognized for their outstanding attendance this past year. The microphone was then passed off to the coaches to give their remarks about how the past year went for them. Each of the head coaches were awarded with a special, silver timer as a gift from the team.



PTAC swimmers, parents, and coaches enjoying the team party this year.



Many swimmers, relays, and groups were given recognition for specific performances, and our team Captain, Jeffrey Davenport even said a few meaningful words about his coach. Overall, the event was a great way to celebrate all the great things PTAC has done this past year, and to psych up the swimmers for the championship meets to come.



# Celebrity Swimmer: Regan Smith

By: Akhil Pavuluri

## Who is Regan Smith?

Regan Smith is a 17-year-old American swimmer who competes in mainly backstroke events. She also competes in some butterfly events. She is the current world record holder in the 100 and 200 Backstrokes, as well as part of the world record holding Women's 400 Medley Relay.

## Best Times

Event	Best Time
400 Free	4:10.33
100 Fly	58.59
200 Fly	2:07.42
100 Back	57.57
200 Back	2:03.35



"I train and compete my best when I put zero boundaries or limits on what I can accomplish."

- Regan Smith

## Career Achievements

- 2017 Junior World Championships
- 2017 FINA World Championships
- 2018 Pro Swim Series
- 2018 U.S. National Championships
- 2018 Pan Pacific Championships
- 2019 Gwangju World Championships



## Personal Story

When Regan was twelve, she started breaking multiple age group records, and won many medals at high school state meets. Following this breakout success, she joined Apple Valley's Riptide Swim Club, and starting receiving coaching from Matt Parratto, who was famous for coaching Jenny Thompson, an Olympic Champion.

When she was fourteen, she started competing at meets with Olympians, such as Missy Franklin, Katie Ledecky, and others. She then became a member of the U.S. Junior Nationals team, and three age group records in the 100 yd. Back, 100 yd. Fly, and 100 mtr. Back.

Smith also earned Age Group Swimmer of the Year two years in a row in 2016 and 2018.

## Nutrition tips for new athletes

By: *Aditi Pavuluri*

Whether you are a new to competitive swimming or returning after a long break, here are few nutrition tips for you, in order to feel great during and after practices.



### Stay hydrated:

Swimmers lose just as much sweat in the pool as any other athlete loses on land. A good way to manage hydration is to constantly be drinking water or a sports drink while swimming.



### Don't exercise on an empty stomach:

Just like hydrating every practice that you do, it is essential to never go practice or work out, while you are hungry. This gives you less nutrients, and energy from carbohydrates than you need to have a successful practice. Try to eat a meal or snack that is a mixture of carbohydrates, protein, and low fat. If you've only got an hour before practice, try to eat something that can be easily digested, such as a fruit smoothie, or a cup of yogurt. If you have a while before practice, then eat something that is heavy in carbohydrates to keep you easily energized throughout your workout.



### Respect your body after workout

Nutrition in the hour following exercise is critical to fueling growth and recovery. After a hard session your body needs essential nutrients to kick start the growth and repair process.

Bottom line is to be aware and understand the importance of diet along with exercise and to start following a proper exercise regime with proper pre and post workout meals.

### 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](mailto: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!