

TIGER TIMES

OCTOBER NOVEMBER 2018 ISSUE

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Swimmer's newsletter for Princeton Tigers Aquatic Club

Being a Tiger at practice

By: Aditi Pavuluri

What are the differences between practices and meets? Well that's obvious. In practice, we are hardworking, yet relaxed. If this practice doesn't turn out so great, there's always tomorrow. Whereas in competition, we have one shot. One shot to *win*. One shot to reach our goals. Why can't our practices be like that as well? While we're there, why not give our all? Pretend it's a meet. Why do we have to wait until the championship meet, to be able to improve?

As Coach Miles Cava says, "If your practices aren't 100%, don't expect your meets to be 100% either". So, how do we do that? Here are some ways you can make your practices *great*.

1. **Think less, and focus more.**

What does that mean? When you are overthinking things, you are thinking about past competitions or practices, or about what you need to do in the future. *Focusing*, means that you are zoned in on the present. You are constantly focusing on what you need to do at the moment to make every lap, the best it can be.

2. **Train with the greats.**

Haven't we all envied the faster swimmer, constantly comparing ourselves to that person? Well, the first step to racing like them, is training like them. Once you feel comfortable with your original training, take it to the next level. Move up to that faster lane, and race that swimmer. The people you train with might very well have a huge effect on how you swim your practices. Team record holder, Lauren Giroaurd says she has been looking at the JS3 interval as a bench mark for the longest time and now she can say that she is one of the leaders in that group.

3. **How can I be better today?**

Meets aren't the only place, where improvements can be made. Improvements in our technique are just as important as dropping time. Practices are the perfect place to implement that. Every little change makes a difference. Incorporate the feedback the coaches give your group during your sets to make your races just as beautiful as your speed.

4. **When you reach your goal, shoot for the next one.**

If we all stopped when we conquered on interval, we would never be able to get faster. Let's say that you are comfortably making an interval. Aim for the next one. Then the next. This might not apply to just the pool. During dryland, if you can complete a round easily, bring it up a notch. Do that extra push-up. Lift that heavier weight. Sprint the next lap as well.

Meets Recap

We saw excellent weekends of racing at the Fall Festival, Peddie Thanksgiving Classic and the Mercer County Throwdown meets.

There were so many new GOLD TIMES, ZONE TIMES, and TEAM RECORDS that these results look like end of season meets!

November:

NEW TEAM RECORDS : 6

NEW ZONE TIMES : 11

NEW GOLD TIMES : 42

October:

NEW TEAM RECORDS : 7

NEW ZONE TIMES : 2

NEW GOLD TIMES : 40

GO TIGERS!!!

At Princeton Tigers, we strive to be the best we can be. And going to practice is just the first step. Making those practices count, make your meets just that much better. Every time you go to practice, treat like it's a competition. Your race is depending on that practice to come out strong. Your race is just a reflection of what you do it practice. *And it is up to you to make it count* and be a Tiger at practice.

DQ-Proof: Breaststroke Starts and Turns

By: Bill Bauer, PTAC Officials Coordinator

Introduction: Lane Lines, Guidelines, and Rules

Lane lines.

They're there for a reason. But what exactly is it?

Well, they create lanes, right?

Right.

So you could say they help you stay on track.

They do. But they do much more than that. For one thing, lane lines help reduce the waves swimmers kick up when they swim. Without lane lines those waves would slow you down. So the lane lines actually help you swim a little faster.¹

Also, they keep other swimmers from drifting over into your path. Imagine a swim meet with no lane lines. Before 1924 swimmers had to compete without them. So lane lines also keep the length of water stretching out in front of you nice and clear (or behind you if you're a backstroke swimmer), letting you swim your fastest without having to worry about anyone getting in your way. Thanks to lane lines, the only thing between you and your personal best is the clock.

Everyone knows you're not supposed to pull on the lane lines or push off from them. That's a basic rule. It's so obvious, why even mention it? Sometimes we can learn a lot from the things right before our very eyes. Sometimes, there's useful information hidden right in plain sight. If we take the time to look a little more closely, we can learn a lot .

For example, the answers to the following questions might seem obvious to you:

- Do you want to be sure that the swimmers you raced got to the wall first without the benefit of an unfair advantage?
- Do you want every swimmer's time to result from their best effort, and not from some other factors—such as, if they broke the rules?

Most of us would answer Yes to these questions, right? Imagine if some swimmers were allowed to take shortcuts to the finish and others weren't. That'd clearly be unfair. If some swimmers got a head start and the rest didn't, the race wouldn't really show who the strongest swimmers are; and the numbers on the results sheets wouldn't mean very much.

¹ According to the Wikipedia article on "[Swimming \(sport\)](#)," in addition to energy-absorbing lane lines (and gutters), over the years, several changes in pool design have helped to reduce resistance that can slow you down. These include "pool depth, elimination of currents, increased lane width...and the use of other innovative hydraulic, acoustic, and illumination designs."

So instead of thinking that rules are just annoying limitations that keep us from doing what we really want to, it's more useful to think of them as helpful resources that enable us reach our goals more effectively. Like lane lines, rules give us guidelines for keeping the race organized and fair. Specifically, they ensure that the final results measure and compare all racers equally by requiring them to do the same, uniform activity (within an acceptable range of variation).

As an official, I'm responsible for making sure everyone follows the rules so the race's outcome reflects swimmers' effort. For this reason, I need to know the rules really well, so I can be sure that whenever I raise my hand to make a call, I'm certain the action I observed actually broke a rule. This is why I often refer back to the USA Swimming *Rulebook*. Using words, each rule explains how swimmers are supposed to compete. Like lane lines, the words draw an imaginary boundary between right and wrong, so everyone knows what they should and shouldn't do.



Example of a breaststroke pullout

Testing the Limits: Kosuke Kitajima and the Dolphin Kick

In light of what I wrote above, it might surprise you to learn that the committee in charge of making the rules, FINA's Technical Committee, is always reviewing them and making changes. You'd think that once a rule is written a particular way, it'd just stay that way forever. But to make sure the rules really support the sport of swimming—not only the officials but the swimmers, too—FINA, the international swimming organization, revises the *Rulebook* each year. And it often does so in response to the ways swimmers and officials apply the rules—or in some cases, break them!

Take the case of Kosuke Kitajima from Japan. During the men's 100 meter breaststroke finals of the 2004 Olympics in Athens, Greece, he won the gold medal even though he broke a rule. At that time, FINA prohibited dolphin kicks during the breaststroke pullout after starts and turns. But [video footage](#) (at 2:50) shows Kitajima doing at least one dolphin kick during the start and at the turn. From where they were standing on deck, the officials could not see Kitajima commit the infractions. So they couldn't DQ him. Meanwhile, anyone watching the event on television saw his brazen defiance of the rules. He went on to unfairly win the gold medal with a time of 1:00.08, [beating world record holder Brendan Hansen by 0.17](#).²

² Wikipedia https://en.wikipedia.org/wiki/Swimming_at_the_2004_Summer_Olympics_-_Men%27s_100_metre_breaststroke. See also Phillip Whitten, "Editorial: Kitajima Cheated — FINA and the IOC

At the time FINA didn't allow officials to base their calls on underwater video footage (it still doesn't). So, even though those watching the camera feed witnessed Kitajima openly break the rule, his Olympic win in the event stands. In response to what happened, the Technical Committee met and changed the breaststroke rules to allow one dolphin kick during each pull out. Later, in 2014, they changed the rule again to the current rule.³ More on that later.

Unfortunately, this rule change failed to address a key problem: if a swimmer breaks a rule and the officials can't see him or her doing so, they can't make a call. So at the 2012 Olympics in London, England, during the men's 100 meter breaststroke finals, South African swimmer Cameron van der Burgh took more than one dolphin kick off the start. It's hard to see him doing it in [the video](#) (the start is at 3:30); nor can you see the other swimmers who were also apparently breaking the rule. While it's hard to prove that the dolphin kick was the only



Cameron van der Burgh-100 Breast pullout at Olympics

factor enabling him to win the race—and unfairly win the gold medal—there's no doubt it enabled him to drop time.

The Present Breaststroke Rules: Knowledge Is Power

Reading this history made me curious about the way USA Swimming's *Rulebook* now describes the single dolphin kick allowed in the breaststroke (you might even say I was *DQ-rious*). I already knew that in special cases the swimmer is allowed to break the general rule requiring swimmers to do the breaststroke kick. But when I looked in the *Rulebook*, I only found one sentence that tells us about it:

101.2.3: Kick

After the start and each turn, *at any time prior to the first breaststroke kick a single butterfly kick is permitted.*

Must Enforce the Rules," in *Swimming World Magazine* (August 17, 2004):

<https://www.swimmingworldmagazine.com/news/editorial-kitajima-cheated-fina-and-the-ioc-must-enforce-the-rules/>

³ See Braden Keith (2 December 2014). "[FINA announces another rules change to breaststroke pullouts](#)".

[SwimSwam](https://swimswam.com/fina-announces-another-rules-change-breaststroke-pullouts/). <https://swimswam.com/fina-announces-another-rules-change-breaststroke-pullouts/>

The rule clearly states that there are only two situations when you may perform the butterfly or dolphin kick: “after the start and [after] each turn.” Moreover, you may do it any time *before* (“prior to”) the first breaststroke kick. This description seems straightforward enough; but it raises some intriguing questions and opens up some interesting possibilities—especially if you think about it carefully in terms of the breaststroke arm movements.

Here's what the *Rulebook* says about the arms:

101.2.2: **Stroke**

The hands shall not be brought beyond the hip line, except during the first stroke after the start and each turn.

After the start and after each turn, the swimmer may take one arm stroke completely back to the legs.

Notice that there are only two situations when you may bring your hands past your hips and all the way back to your legs: once right after the start and once right after each turn—the very same situations when you may legally do the single butterfly kick. This arm movement—a clear exception to the legal breaststroke—has a special name: *The Pullout*. A careful reader will notice that the rules do not *require* the swimmer to perform a pullout: they just state that he or she “*may* take one arm stroke completely back to the legs.”

Most breaststroke swimmers assume that the dolphin kick is necessarily linked to the pullout; and, in fact, the way the rule was written before 2014, the swimmer had to do it sometime during the pullout. But partly because officials could not always be certain about the timing of the arms and hands, they found it impossible to enforce the rule as it was written prior to 2014. So FINA simplified it.

The way the rule is now written, you don't even have to do a pullout. You can just do a butterfly kick in streamline to bring yourself to the surface, where you launch into your breaststroke proper. It's critical to keep in mind, however, that the breaststroke is a cyclical stroke that begins with the arm stroke, not the leg kick:

101.2.2: **Stroke**

Throughout the race the stroke cycle must be one arm stroke and one leg kick *in that order*.

Clearly in the highest reaches of the swimming world, at the Olympic level, these possibilities take on huge importance. But even though world-class swimmers have been developing ways to move directly into the cycle from the dolphin kick, I suspect your coaches will still expect you to learn how to do the pullout while taking advantage of the single legal dolphin kick that the rules allow.

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 September, I would like to recognize **Claire Lee (AG1), Sandra Liu (AG2), and Parth Gupta (AG2)** for their attentiveness during practices. They always have their listening ears on whether it is during dryland or in the water. They did a great job in listening to the coaches, doing exercises and drills correctly, and making changes as directed by the coaches.

AG3 - This month the shout out goes to everyone on the 90% and above club. Every single one of those swimmers have been working on their own challenges. Some are new to the team (**Anushka, Nikhita and Prachi**) and it's fantastic that they have been so committed to the program. The swimmers who just moved up from AG2 (**Aiden, Akhil, Joshua, Kent and Calvin**) are going above and beyond to catch-up to the older/faster swimmers in AG3. **Kohsuke, Kentaro** and **William** have been a good leaders the younger crowd. Good job guys. Keep it up!

VARSITY - The Varsity group would like to recognize **Emma Vindigni** and **Nick Oskiper**. Emma is new to PTAC this season and has done an excellent job adjusting to our group. Emma gives her best effort each and every practice and even leads her lane during some sets. Nick joined the Varsity group from the Developmental group and has quickly become one of the fastest swimmers in our group. Nick brings his athletic talent and drive to each practice becoming better than he was the day before.

JUNIORS - We would like to recognize our new PTAC Swimmers in the Junior group who are working hard and have done an amazing job so far. We are so excited to have **Jensen Tinevez, Anika Chakraborti, Nick Danko, and Camille Trench** with our group and we look forward to much more to come!

SENIORS - For the Senior Group we would like to announce our new team Captains - **Jeff Davenport, Naqsh Mitra, Libby Snyder, and Will Hoffman**. These four swimmers have been very vocal and supportive of the group and the PTAC Team! We will be expanding on the roles of our captains this year so please stay tuned for more to come from them.

September "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 September. **Swimmers in bold have 100% attendance!**

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

AG2 - **Vihaan Chatterjee, Helen Chen, Max Domantay, Parth Gupta, Giovanni Juarez, Jerry Liu, Angel Liu, Sandra Liu, Taylor Mitchell, Aditya Pochinapeddi, Nidhi Pramanik, Yalong Zhang**

AG3 - **Kohsuke Fuji, Anushka Gaidhani, Aiden Lee, Akhil Pavuluri, William Bashore, Joshua Chen, Kent Hong, Nikhita Sajikumar, Calvin Tien, Prachi Wadhvani**

VARSITY - **Karm Patel and Emma Vindigni**

JUNIOR - **Matthew Chen, Lauren Girouard, Zac Ouzilou, Apsara Saraswat, Arjun Gupta, Aditi Pavuluri, Suhani Agarwal, Maddie Domantay, Tracey Liu, Jensen Tinevez**

SENIORS - **Jeffrey Davenport, Naqsh Mitra**

Monthly Motivation

Train your *mind*

By: Aditi Pavuluri

You feel amazing. You feel so great, that you could have done this race without even warming up. But you did. Just in case.

So there you are behind the blocks. Shaking yourself loose, when you realize...how important this race really is to you.

Doubt starts clouding your mind, and you begin to wonder, did I hydrate enough? Was my warmup long enough? Did I even have breakfast?

Somewhere in that *nervous* mind of yours, you know that you are physically ready for this race. After all, weeks of training have been building up towards this single moment of your life.

But are you mentally ready?

If you've been training well, eating well, stretching well, then what could go wrong?

You finish to the wall, just tenths off of your personal best. A good swim, but you were hoping for better.

To do better, you have to *believe you can*.

Believe that your training is enough.

Believe that *you* are enough.

And that's when you will smash that personal best.

Good Luck Swimmers!

ASK TIGER...

Dear Tiger,

I think it's really time for swimmers to pay more attention to lane etiquette! I always find myself struggling to get past someone in my lane if I need to pass them. There is someone in my lane that only cares about going ahead of others, not being mindful of them.

What Should I Do?

From, Lost in my lane

Dear Lost in my lane,

I feel you! There were always kids in my lane who never wanted anyone to pass them. Have you tried talking to them about it? If that doesn't work, I'm sure there are other kids who feel the same way. Let them know, and you can confront this kid together. Multiple people are stronger than one!

-Tiger

Swimmer Spotlight with *Ella Caddeau*



Isabella Caddeau is currently a sophomore at Princeton High School and a senior swimmer at PTAC. She holds the spot of being on the team for the longest time.

Reporter: When did you first start swimming?

Ella: I started swimming on a summer swim team in first grade, when I was six years old. Later that year, I joined my first club team, which was Whitewaters with Coach Miles as my coach. Later, when Miles moved to PTAC, I followed, and have been on the team since second grade.

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

Ella: When I was an 11-12 year old, I really started taking swimming seriously. When I got the JO time in the 50 Butterfly, I was a lot more interested in swimming and how to reach my goal. Then, in 6th grade, I got my first Zone time in LC, in the butterfly and backstroke events, and I've been strong at those events ever since.



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

Ella: My main goal is to make Sectionals in high school in the 100 Butterfly, 100 Backstroke, and 200 Backstroke. I'm really close to reaching those goals, and hopefully, the gym training will build my strength, and making more practices will build my endurance.

Reporter: What is your favorite thing about PTAC?

Ella: One thing that I like about PTAC, is that they take in young swimmers like me when I first joined, and they help them grow and learn about swimming, and eventually build them to be stronger and move up levels. I always looked up to the JR/SR group when I was younger and I thought they were really cool, and I'm so glad that I'm one of them today.

Reporter: What is some advice you have for other swimmers?

Ella: For younger swimmers, it would be to always have fun in what you're doing. At a young age, sports should be fun, and pressure free. For older swimmers, it's to set goals and work towards them, because when the whole process is over, it is really rewarding.



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

Ella: I play the viola in my school's orchestra and I take two languages, French and Japanese. I also love to watch movies with my friends, because it helps me take my mind off of swimming and school.

I also love to cook, especially Asian food, and I love to bake and cake decorate.

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

Ella: Both my parents' jobs involve educating, and my mom swam in high school, so I started swimming because of her. Both my parents lived in Japan, therefore prompting me to want to learn Japanese. My brother goes to Princeton University. My parents are always supportive of my swimming, and I want to thank them for helping me manage my time, and driving me to practices and meets.



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

Ella: In middle school, I was involved in a lot of drama, and I had friendships that weren't real. Over time, I learned to make friendships that will last. Tigers has helped me do that because it was separate from school. It helped to also have friendships with people that I swam with; people that I could trust. Swimming helped me get a break from school and the people there, and now, I think I've made the right friends in the right place.

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

Ella: I try to do my homework in advance, so I have time to practice my viola, and do my extracurricular activities. When I manage my time as effectively as I can, I find that I can have some time for myself and then relax. That time matters when I have a lot of homework due dates or tests coming up.

Reporter: Who is your idol?

Ella: My cousin, Max, because she has a serious job, and her family as well. But she also makes time to go on skiing trips and have fun. That's what I want to do in life. I want to be able to have adventures and travel the world, but also be able to have a good job, and be able to support a family.

Thank you Ella!

Reported by Aditi Pavuluri

Dryland: Why is it so important?

By: Aditi Pavuluri

1. Building Muscle

Though we swimmers like to brag that we have the biggest muscles, a swimmer can't gain all of their muscle from swimming, alone. When stress is placed on a muscle, that muscle then breaks down causing something in our body called a *stressor*. Pulling our body through the water can't create that stressor as well as some of the activities we do in dryland. The stressors then build back up, through rest and practice to create a stronger muscle.

2. Power!

It is proven that the *explosiveness* that we gain from dryland exercises such as running or other cardio-based training can't always be matched in the pool. One of the best ways to build up that power in the pool is through dryland training. When a swimmer has a harder surface to push off of, that kick, push, or pull motion can be recreated well.



3. Keeps away injuries

Dryland training challenges swimmers to learn some new motions and exercises. It targets some areas of muscles that can sometimes be overlooked by swimming. This also relieves some of the pressure on muscles that are used frequently in swimming. Strengthening different muscles also distributes the stress on muscles used in swimming, therefore not overworking a certain muscle, leading to injury.

4. Flexibility

When stretching, we relieve some of the stress put on our muscles during swimming. Stretching is a vital part of the sport of swimming, so that we can prevent injury. Whether it is getting a good roll down after workouts with a foam roller, or just engaging in some deep dynamic stretching, it will make you more flexible in the water.

International Swimming

With Kohsuke Fujii, Mahika Chatterjee, Zac Ouzilou

Reporter: Aditi Pavuluri

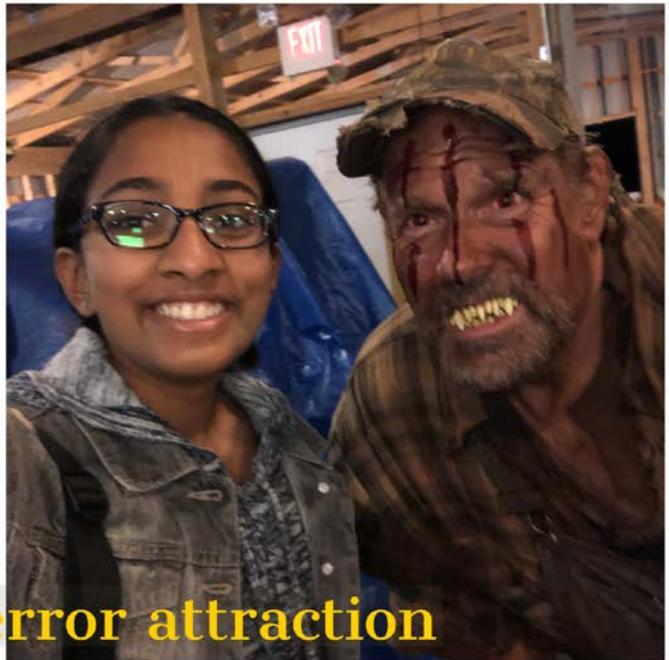
PTAC is a team with very diverse talent. We are fortunate to have many swimmers that have experience swimming in different countries before joining PTAC. I sat down with some swimmers to chat with them and understand some of the basic differences in swim cultures across the globe.

	Kohsuke Fujii (12)	Mahika Chatterjee (13)	Zac Ouzilou (14)
	Country: Japan 	Country: Bahrain 	Country: France 
Languages	Japanese	Arabic and English	French
Swim terminology:			
Meet	Taikai	Competition/Tournament	Compétition de natation
Swimsuit	Mizugi	Skins	le maillot de bain
Goggles	Gogulees	Glasses	les lunettes protectrices
Swimming Pool length	SC Meters	SC Meters	LC Meters and SC Meters
Practices	Practices were mostly similar to what we have here, but they were shorter, about 1.5 hours long. Boys and girls swim together on one team, like the US. We swim short course meters. One big difference would definitely be the pool. The pools in Japan were smaller, the lanes were narrower and the pool had only eight lanes in total.	In Bahrain, boys and girls train separately. In some places, girls are not allowed to swim, so I am thankful that I received this opportunity. The practices were about 2 hours long and there were no age groups. The groups were formed based only on skill. We speak Arabic most of the time, but we also speak English.	The practices are about 1.5 hours long. They are nowhere as difficult as our practices, because most of what we do is dive from the blocks and practices the strokes repeatedly. Most of our training is in short course meters.
Meets	The biggest meet in Japan would definitely be the JO. But one of the most famous and largest meet, that was also a pretty fast was the monthly Itamin invitational. In Japan, the officials are much less strict than here. It was a very rare occurrence that someone would get DQ'ed.	The biggest meet in Bahrain was a national meet, where the best swimmers from teams could attend. The surrounding countries also sent swimmers and they participated in the meet as well. There were more male swimmers compared to female swimmers. There is also a meet in Qatar that we go to that uses a really big pool. Many swimming stars such as Michael Phelps and Chad le Clos swam at that pool and it is exciting to swim at when we attend that meet.	In France, JO's are the biggest meet. They have no meet like nationals and sectionals. People speak in french, but when they start you, they do speak in English.

PTAC Happenings



Field of terror attraction



Dinner before team building



Juniors and seniors groups participated in a team building activity on October 13th after a regular Saturday practice. They had dinner, followed by a visit to a haunted attraction "Field of Terror" in Hightstown. The spooky characters were scarier than our main sets!!



On October 6th, Doug Lennox, who is the Princeton University Men's Assistant Swimming Coach and our PTAC VP Director of Operations gave a seminar on "Swimming in College". He brought extremely valuable insight into the college application / recruiting process as well as more information on swimming in college. He spent a lot of time at the end of the session for the Q&A from parents and swimmers.

First meet of the Short course season took place at Denunzio pool on Oct 20th and 21st.

Pre-team cheers and talk from Coach Miles are part of our PTAC traditions.



Fall Festival Meet



“Eating” for Swimmers

By: Aditi Pavuluri

So we have all heard about a swimmer's appetite. How they can *inhale* meals after practice like no one has ever seen before. How they could be put up against grown men in an eating competition. But *why*?

The sport of swimming requires *massive* amounts of energy. Depending on the level of intensity of the workout, swimmers can burn up to 40% of their daily energy during this time. That's a lot! Because of this enormous amount of energy dedicated towards swimming, it is essential that swimmers have proper nutrition to recover.

Well, what should swimmers eat?

Carbohydrates should make up about half of that meal. Them being the source of fuel to get us through grueling practices, we need to load up on it after the workouts. These carbohydrates burn up quickly throughout the workouts, so we always need to replenish that fuel lost.

The other half should consist of vegetables, fruits, dairy, and protein. Healthy fats are also encouraged. Protein helps repair the muscles that have gone through tremendous amounts of stress during workouts.

This brings us to the following question: How much can I eat? And keep in mind, you've probably just done 2-3 hours of strenuous exercise.

Some swimmers either say, “I'm swimming almost every day. I can eat *whatever* I want.” Well, that's not exactly the case. Sure, it is important that you fulfill your body's needs in terms of food intake, but what we are eating is just as important as the amount we eat.

Others will argue, “I worked my *butt* off at practice today. I don't want to ruin that by eating more food.” You might have done well that day, but you can't swim as fast in the future without replenishing that fuel you used at practice.

How about at swim meets? Is there some kind of superfood swimmers can eat to go faster?

Sadly, no. But maintaining a balanced diet throughout the season, is the closest you can get to a superfood. When a meet comes, eat a good amount of carbohydrates the night before if it is a morning meet, or 3-4 hours before if the meet is later in the day. Then, 30 minutes to an hour before, have a light snack.

Some might say that your nutrition throughout a swim season can be just as important as your training. After all, how you swim depends on what you eat.

“If you don't eat according to your goals, don't expect to reach them.” -Rolsey



BIRTHDAYS

Swimmer	Birthday	Swimmer	Birthday
Aaryan Wadhvani (AG1)	Nov 1 st	Shweta Raman (JR)	Dec 1 st
Aiden Lee (AG3)	Nov 1 st	Leopold Li (JR)	Dec 2 nd
Zia Ostawal (VAR)	Nov 2 nd	Paul Li (JR)	Dec 2 nd
Claire Lee (AG1)	Nov 5 th	Aditi Pavuluri (JR)	Dec 8 th
Adi Varshney (AG2)	Nov 5 th	Nicholas Oskiper (VAR)	Dec 11 th
Mia Wong (VAR)	Nov 5 th	Logan Hong (AG1)	Dec 13 th
Benjamin Laine (JR)	Nov 7 th	Ananya Chandra (D3)	Dec 14 th
Ivan Wong (VAR)	Nov 7 th	Kent Hong (AG3)	Dec 14 th
Parth Gupta (AG2)	Nov 11 th	Sahil Dongre (D2)	Dec 17 th
Emma Mandato (AG1)	Nov 14 th	Jeffrey Davenport (SR)	Dec 18 th
Akansha Joshi (JR)	Nov 18 th	Allison Lee (AG3)	Dec 21 st
Janhavi Palkar (VAR)	Nov 18 th	Neil Benjamin (AG1)	Dec 30 th
Nitin Reganti (JR)	Nov 19 th	Thomas Zhang (VAR)	Dec 31 st
Libby Snyder (SR)	Nov 22 nd		
Taylor Mitchell (AG2)	Nov 24 th		
Angela Liu (AG2)	Nov 26 th		
Sanjna Moola (JR)	Nov 26 th		

INSPIRATION DOSE

“Greatness is a lot of small things done well everyday “

IMPORTANT DATES

- Dec 8:** MB "Paul Criscuolo" Invite
- Dec 14 - 16:** PPST Winter Prelims Finals Meet
- Dec 14 - 16:** Holiday Classic
- Jan 18 – 20:** Princeton Tiger Invite

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](#)

Celebrity Swimmer: Simone Manuel

By: Akhil Pavuluri

Who is Simone Manuel?

Simone Manuel is an African American sprinter, known for her record-breaking swims at the 2016 Rio Olympics. She swam at Stanford University, and later went pro, signing with TYR. Manuel was also the first American woman to break the 24 second barrier in the 50 meter Freestyle.

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



Career Achievements

By winning gold in the 100 Freestyle at the Rio Olympics, Simone became the first black woman to win an Olympic Gold Medal in swimming, setting the bar for many sprinters to come.



"This medal is not just for me. It's for some of the African Americans that came before me and have been inspirations and mentors to me. I hope that I can be an inspiration for others."

Personal Story

Simone Manuel grew up in Sugar Land, Texas, the younger sister of two older brothers who both played basketball. Simone was introduced to swimming through her older brothers, who swam summer league at the time. She was then enrolled in swimming lessons, and joined her first club team, First Colony Swim Team, by 11. Following her graduation from Fort Bend Austin High School, in 2014, Simone went on to swim for Stanford University, setting multiple school records in her first year. Her Olympic debut was in the women's 4 by 100 Freestyle relay, which set the American record, and won silver. But her real star-performance, was in the 100 meter Freestyle the next day. Simone was overlooked in that event, winning against Penny Oleksiak of Canada, and Cate Campbell of Australia, world record holder at the time. But Simone came through, tying for first place with Oleksiak.

Tiger Talents



*Akhil Pavuluri (AG3)
enjoys playing the
Violin and practicing
Taekwondo when he
is not swimming.*



Calling for contributions to the PTAC Newsletter for the 2018-2019 Short Course Season

This season, I have introduced a fun new segment "***Tiger Talents***" which will allow us to get to know our swimmers some more. It is a fun way to showcase swimmer's talents outside of the pool.

Please submit pictures and a short description of your hobby that can be included in the Newsletter. I can't wait to see what you guys come up with!

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!