

# PVS ATHLETES NEWSLETTER

SEPTEMBER 2021

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## New Athlete Representatives



### Junior Athlete Representative: JP Vanderloo

Hello! I'm honored to be elected as the PVS Junior Athlete Representative, and I wanted to thank everyone for their support in helping me get here. I am a distance free and IM'er swimming for NCAP Claude Moore, and I love to play basketball with friends in my free time. I also run cross country and track at Loudoun County High School, where I am part of the NJROTC program. Please feel free to email me with questions or anything else at [athrep@pvs swim.org](mailto:athrep@pvs swim.org)

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### At-Large Athlete Representative: Samantha Gilbert



Hi! My name is Samantha Gilbert and I am 15 years old and a sophomore in high school! I go to school in Bethesda Maryland and swim with machine aquatics with their national prep team. This year I was elected a your at-large athlete representative. In my free time I enjoy seeing my friends and walking my two rescue dogs. My favorite events are 100 breaststroke and butterfly and of course the 50 free. In school I like math and science. I also row crew in the spring! Thank you for electing me to be one of your representatives!

## Swim Logger

### Swimmer Spotlight - Max Chen App Development for Swimming



Hey everyone! I hope everyone's doing well and getting ready for the new swim season. My name is Max Chen and I swim at RMSC. Over this past year I was working on an app which you can use to record and reflect on your swim practices. You can use it to remember what you did well, what a coach might've told you, or something you focused on to get a practice PB. It's called "Swim Logger" and you can get it on the Apple App Store and Google Play Store for free. I'll be updating it and adding new features pretty frequently and I would be really grateful if you could download it and give it a try. Hopefully it can help you, and feel free to leave any feedback!

## Getting Back Into The Swing of Things

One year and 5 months. That's how long (most) people have been without the reliable schedule of in person school. Instead of waking up at 6:30 to catch the bus at 7-- most woke up at 8:57 just to log into Zoom and fall back asleep. Going back to 7 hours of classes a day (where you actually have to pay attention) compared to 4 is a big jump. Then there is your athletic schedule. Athletic schedules and practices are close to normal again, meaning athletes may be doing up to 9 practices that may be longer in duration than they were during virtual school. Not to mention students will have homework from each class every single day again instead of having one assignment every other day. With all this change all so suddenly, it's no doubt going to be hard on athletes to find the energy to keep going. Burn out in student athletes will likely come much faster than years before. During this transition time it's important to prioritize your mental and physical well being. Communicate with teachers and counselors, and come up with a plan.

