

STAT

NEWSLETTER

WELCOME TO THE '09-'10 SEASON

If your new to STAT or a returning family, welcome! We take very seriously your decision to entrust this team with the training and development of your swimmer. We hope that as you watch your swimmer grow both in technique and confidence, you will find reason to applaud your decision to join STAT many times over during the season.

We are especially mindful of the patience so many of you practiced as you waited to hear the outcome of the county lane allocations last August and more recently, as you waited to hear our lane assignments during the High School swim season. Our thanks to each and every one of you. Despite the challenges STAT has faced, we have so much to be proud of as you will see in our newsletter. We have great swimmers, dedicated coaches, and supportive families. From STAT's inception, our focus is and has always been on the athlete and the sport. When we see what we've accomplished after only two years, it obvious that we have something really special. Thank you!

Finally, we'd like to introduce to you our first monthly newsletter! As the season progresses, we hope to expand this to include a community bulletin board, ads, pictures, etc. in addition to being a primary communication tool for our team. Let us know what you think! The intent of our newsletter is to eliminate as many emails as possible and to better serve you and our team so your feedback is important.

The STAT Board

TAKE
CARE OF
YOUR
BODY..DRESS
WARMLY!

Inclement Weather? Sign up for Stafford Alert
or call 658-4241 for information on pool

High School Swim Season Schedule

November 16- February 22

Novice I

Monday 7:15-8:15

*Friday 5:45-6:45

Novice II a.m.

Mon, Wed, Friday 0630-0730

Novice II p.m.

Monday 7:15-8:15

Wednesday 7:15-8:15

Thursday 7-8:00 (Sport & Health)

Juniors a.m.

Monday-Friday 0630-0730

Saturday 0900-1000

Open

Monday 8:15-9:15

Wednesday 8:15-9:15

Thurs 6:00-7:00 (Sport & Health)

Age Group

Mon 6:00-8:00 (Sport & Health)

*Tuesday 7:45-9:15

Wednesday 7:45-9:15

Thursday 7:45-9:15

*Friday 7:15-8:45

Saturday 0700-0830

Seniors

Monday 6:00-8:00 (Sport and Health)

*Tuesday 7:15-9:15

Wednesday 7:45-9:15

Thursday 7:15-9:15

*Friday 7:15-9:15

Saturday 0700-0900

***Subject to change due to scheduled high school swim meets.**

Remember to arrive 15 minutes early for all practices for stretching

STAT SWIMMING

TAKING CARE OF YOURSELF.....



As surprising as this may seem, swimmers are at increased risk of dehydration. In order to effectively cool off your body, you need to have fluid inside your body. According to the Speedo Tip of the Week on the USA Swimming website, the following guidelines will help keep you hydrated and functioning your very best in the pool:

Drink at least 2 cups (16 ounces) of fluid, preferably water, about two hours before exercise. Fifteen minutes before exercise, drink one-half to a cup of water.

During exercise, drink about 6-12 ounces every 15-20 minutes. An average "gulp" is about one ounce. When your workouts are less than an hour, plain water will keep you hydrated. When your workouts are more than an hour, consume a sports beverage that contains fluid, carbs and electrolytes. Soda and fruit juices should not be consumed because they contain too many carbs for hydration during exercise and may lead to stomach discomfort.

After exercise, replace fluids as quickly as possible. For every pound of body weight lost during a workout, drink three cups of fluid.

Drink fluids at regular intervals throughout the day.

Taken from the USA Swimming Speedo Tip of the Week, BY KATHLEEN WOOLF, PhD, RD// Correspondent

LOOKING AHEAD

NOVEMBER:

- 11/2 *Scrip Purchase Deadline*
- 11/2 *Last day to sign up for November 14th meet.*
- 11/7 *NO PRACTICE*
- 11/7 *Officials Training 2 p.m. during PWSC Meet*
- 11/7-8 *PWSC A/BB/B/C Mini Meet, GMU-FC*
- 11/14 *NO PRACTICE*
- 11/14 *5:30-9:00 Christmas Bazaar - Tell Your Friends!*
- 11/14 *RPST A/BB/B/C Meet*
- 11/15 *Officials Training 0815 during RPST Meet*
- 11/25 *Morning Practice Only*
- 11/26 *Begin Thanksgiving Break*
Happy Thanksgiving!!
- 11/30 *Practices Resume*

DECEMBER:

- 12/4 *Scrip Purchase Deadline*
- 12/4-6 *Invitational Christmas Champs, Laurel, MD*
***pending confirmation*
- 12/5-6 *B/C Mini, Regency Park*
- 12/9 *STAT Christmas Party 6:30-8:30 p.m.*
Winding Creek Elementary School
- 12/10-12 *Short Course Junior National Championships*
Good Luck Michael Fox-Moles
- 12/13 *LC Invitational*
- 12/11-13 *SEVA 12&Y BB+ Christmas Champs*
- 12/19-20 *A/BB/B/C Swim Meet at JMU*
- 12/24 *Begin Christmas Break*
HAPPY HOLIDAYS TO ALL OF OUR STAT FAMILIES
HAPPY NEW YEAR! STAY SAFE...SEE YOU ON THE 4TH OF JANUARY!

AUSTIN RIDGE POOL UPDATE

The team and Austin Ridge continue to move forward on this. A special committee was formed by Austin Ridge families, who under the direction of the HOA, have begun a feasibility study for the community. STAT is on standby to answer the questions as they come in. Periodically, you may receive questions from us...please take the time to answer them.

STAT SWIMMING

SWIMMERS IN THE SPOT LIGHT!

Novice I Lili Hamilton for following the 3 A's! Attendance-she has only missed one practice all year. Attention-she always pays attention. Attitude-she has a good attitude and does her best

Novice II a.m. Ava Settle and Jordan Maclsaac for always listening, following directions and having great attitudes at every practice!

Novice II p.m. Grace Bloom
During Grace's first 100 IM, her goggles slipped off her eyes and stayed wrapped right in the middle of her face. In the process of trying to get them off, she was DQ'd. Despite her disappointment, Grace recovered and went on to get a B time in her 50 Free and her first BB in the 50 Breast Stroke. We applaud her for her courage and determination!

Juniors a.m. Camryn Curry for never missing a practice and working really hard -- it shows!!

Juniors p.m. Teagan Sullivan who not only never misses practices, but can always be counted on to be friendly to everyone. She's a hard worker who has shown lots of improvement.

Open/HSP Devyn Whitlock who has great attendance, friendly attitude and is just a "great all round kid!!"

Age Group Keara Garrity who is always determined, always there and always positive!

Seniors Michael Fox-Moles for setting team records, having perfect attendance, being a hard worker and a positive leader.

SWING FORE STAT

Thanks to everyone who participated in our first annual golf tournament. Six teams played with over 3k raised for STAT

Congratulations to the following teams for a great finish:

1st Place - Kyle Settle, Joe Brandon, Sandy Maclsaac and Bruce Schneider

2nd Place - Jeff Curry, Jeff D'Amour, Jim Byrnes and Jim Ballard

3rd Place - Andrew Yarbrow, Matthew McNerney, Joseph Weldon and Kevin Wheeler

To our sponsors, a very special thank you!

Kohl's Store #645

Kalman & Co.

Joint Research and Development (JRAD)

Pratt Medical Center

Conscious Security, Inc. (The Mc Tarsney Family)

Chick Fil A 610

Outback Steakhouse 610

Gary's Ice Cream

Daily Grind at Amyclae

Edible Arrangements

Tricia Gonzalez, Weichert Realtors

Paul's Bakery

Tee'd Off Golf

The Gauntlet Golf Course

Augustine Golf Club

Bristow Manner Golf Club

SSCA

Mansher, Inc. (The Sherman Family)

Tastefully Simple (The Hamilton Family)

The Woodaman Family

The Schieber Family

The Simpson Family

Jill and Jud Robinson (Megan Simpson's Grandparents)

SWIM STATS FROM COACH BORIS

We've had four swim meets during which time our swimmers broke 32 team records!

We have 2 new AAA swimmers- Frank Brutski and Ryli Waisanen.

First time A level-Emily Flanagan.

First time BB level - Sarah Johnson, Sarah and Grace Bloom.

First time B level: Matthew Hopkins, Ava Settle, Nicole Vile, and Victoria Waisanen.

First time - Michael Fox-Moles will go to Junior Nationals.

Additionally, many swimmers improved their personal best times.

Congratulations to everyone for their outstanding efforts!!

In all groups, swimmers have good attendance and are working very hard.

We've seen a great deal of improvement. The Coaches believe that all swimmers will do well at all of our upcoming meets.

STAT SWIMMING



STAT HAPPY HOUR!!

Lots of fun, dancing and laughs! This is definitely the way to fundraise! The team brought in \$678.00.

Thanks to the band - THE LOFT.

You guys were great! Given the amount of dancing that took place, we are declaring this a zero calorie gained event!!



Megan Clark, Kara St. Laurent, Andrew Wineinger, Brandon Hamblin and Frank Brutski at the Virginia Swimming Awards on Oct 8. Megan, Kara, Andrew and Frank were given the Competitive Spirit Award.

Brandon Hamblin received an award for being a Zone Swimmer. Awards were also given to other Zone swimmers who were not in attendance.

The swimmers also got to meet Paralympic Swimmer Erin Popovich and Olympic Swimmer Katie Hoff.

STAT GEAR FOR SALE SOON!

Trying to come up with a great, inexpensive gift idea for the holidays? Is last year's leaf blower you thought your wife would love still affecting your sleep? Just in time for the gift giving season, we are putting together some STAT gear for our families. The prices will be at a cost saving and fun, too! Leslie St. Laurent and Patti Minicucci will be placing order forms in your child's folder at the pool in the next few weeks. Examples include: STAT ball caps, big thirsty STAT towels, STAT polos, STAT hoodies, STAT tank tops, etc. We will have samples at the Christmas Bazaar on November 14 or at some of the practices. Note: these items are not from Sport Fair.

HELP WANTED

STAT needs a **fundraising co-chairperson**. Are you creative? Energetic? If so - we need you! Pay is not commensurate with experience..actually it's nonexistent, hours are inconsistent but the rewards are many! Job sharing opportunities abound! Are you interested in being **support staff**. We have plenty of those positions available. Email board@swimstat.org.

Swimmers for S.E.R.V.E.!

For the next two months, STAT will join other area swim teams and swimmers to help those who are in need during the holiday season. A container will be located in the foyer at Woodlands where swimmers and families can drop off nonperishable goods. Please consider donating to this very important effort. We're also looking for volunteers to help deliver food. Please contact Michelle Woodaman if you can help. Thanks for the great idea Heidi!

STAT SWIMMING



610 CAR WASH FUNDRAISER

The 610 Car Wash has teamed up with STAT for a great fund raiser! They have provided the team with car wash tickets priced at \$10 for a \$15.99 wash! For each ticket sold, STAT keeps \$5 and \$2.50 will be applied to your FFO! The tickets are valid until 1/16/2010. Since 610 is Stafford's most popular car wash and with the winter weather upon us- they are an easy sell. In fact, we have sold half of the first printing of tickets in less than one week! Contact Heidi Simpson uscheidi@hotmail.com or (540) 604-6561 for tickets or more information.

CHRISTMAS BAZAAR

Come to STAT's first ever Christmas Bazaar. Many vendors will be present selling such popular products as Pampered Chef, Silpada Jewelry, Longeberger, SpaEscape and so much more! Once the final list of vendors is complete, look for your evite. Mark your calendars for Saturday, November 14 from 5:30-9:00 p.m. at the Augustine Community Center Tell all your friends and then some!!

Types of Swim Meets by Jon Douglas

Since many of our STAT families are new to swimming, I wanted to provide you an overview of the different types of swim meets throughout the year. Year-round swimming is divided into two sessions: short course and long course. Short course season is the time period between September and March when the swimmers train and compete in a 25 yard width pool. Long course season is April through August when the pool is set up for training and competition lengthwise in 50 meter lanes. Each season has corresponding time standards. To learn more about A/B/C, B/C, A, Age Group, Open, Senior and Regional Level Meets, please visit the STAT website

2009 PARKS AND RECREATION BOND REFERENDUM

During the November 3, 2009 elections, Stafford County residents will have the opportunity to vote on a Parks and Recreation Bond Referendum. This bond proposes, in addition to a number of other park and recreation projects, to allocate \$6 million to renovate/reconstruct the Curtis Park pool and support facilities to provide a year round 25-yard X 50-meter pool. Please take the time to learn about this referendum by visiting www.staffordcountyva.gov.

STAT 2009-2010 BOARD AND VOLUNTEERS

Coaches:

Head Coach: Boris Rybatsky

Asst. Coach: Karen Fralen

Asst. Coach: Liz Schieber

Board Positions:

President: Jeffrey Curry

Vice President Plans: Michelle Woodaman

Vice President Operations: Jennifer Sherman

Treasurer: Jeff Troy

Secretary: Patti Minicucci

Member at Large: Jon Douglas

Member at Large: Lesley St. Laurent

Out Going President: Kevin McTarsney

Non Board Positions:

Fundraising Chairperson: Heidi Simpson

Spirit Committee Chairperson: Monique Douglas

Scrip Coordinator: Sarah Chapple

Novice I team parents: Jennifer Lucey, Laura Stanford

Novice II a.m. team parent: Amy MacIsaac, Nancy McDonald

Novice II p.m. team parent: Holly Vile, Susan Strawder

Juniors a.m. team parent: Amy MacIsaac, Cindy Juarez

Open/HSP team parent: Sue Flanagan

Age Group team parent: Lisa Garrity, Monica Trou

Senior team parent: Becky Clark, Michelle Waisanen, Caroline McTarsney



GOT SPEED?
SWIM STAT!!