

ATAC Novice & Fall League Bulletin

www.swimatac.com

September, 2014

Realizing “Time Management” is not something that is just important for our swimmers, but as we all know, for the entire family when trying to fit everything that needs to get done into a *neat schedule* (?!), which is also very difficult during the school year. It sometimes feels like the adage, “*fitting 10 lbs of sugar into a 5lb. bag*” scenario. Consequently, we will try to keep you as up-to-date and informed about what is going on with the team as we can. There is a lot to learn if you are a first time swimmer or first time year-round swimmer.

Communication is an ongoing Goal for both the Parent Boosters Organization and Coaching staff. Respecting everyone’s need to plan their busy days carefully, we want to remind everyone of some ways that you can learn more about the team and it’s activities on *your time*.

- 1) www.swimatac.com is our Team website.... We keep this site updated as frequently as possible with new news and information parents need to know such as the Meet Schedules, Motel accommodations, etc. This is a site parents (and swimmers) should visit **regularly**.
- 2) **CONTACTING COACHES**....On the website in the top left corner there is a “Coaches” link. If you need to let a coach know about upcoming conflicts or have a question, you can use this link (we are updating this link with our new coaches’ addresses).
- 3) **ATAC OFFICE HOURS**.....Frances is our ATAC office manager and she will be in the ATAC office this Fall from 3:30 to 5:30 PM Monday through Friday and most days she is there much earlier. The office phone number is 850-891-4906 where you can leave a message and a coach or Frances will return your call. You may also use the ATAC website (“contact us”) to get a message to the team. If you’re not sure who to send your note to, Frances will direct it to the right person.
- 4) Monthly newsletter (**ATAC “NEWS BUBBLE”**).... At the beginning of each month we put together a newsletter to explain what’s coming up and also what’s just happened in the previous month.
- 5) **NOVICE AND LEAGUE NEWS BULLETIN**..... We will be supplementing our Team monthly newsletter with this Bulletin for our Novice and League swimmers so we can address some additional information to help newer and younger families get up to speed on what goes on with the Team. We know how frustrating it can be to “not know” something is happening.
- 6) **ATAC TEAM “BOX”** When you enter the Team Room you will see a square box on the left side of the Coaches office. It has a sign that reads **ATAC TEAM BOX**. This box is to turn in any other correspondence, checks, etc. you would like to forward to the team. It has a slot on top so you can just drop your information into it. Please, however, make sure your information is either in an envelope with an explanation (who or what it is for) or secured in some other way so it stays together.
- 7) **NOTE: After swim meets the ribbons will be placed in your swimmers folders.**

Hopefully this helps in knowing what some of the communication options are so that you/we can stay in touch.

PRACTICES:

Below are some bullets that we will send out periodically to help with your scheduling etc.

- As mentioned previously in the ATAC NEWS BUBBLE (monthly team newsletter), practices are for one hour and it can difficult to cover the material planned if we don’t get started on time. I know the change in school times have complicated some of this, but we have to ask that you to please have your swimmers under the scoreboard at the starting time for practice if at all possible.
- We have to also ask that you not arbitrarily “Switch” your swimmer’s practice time. This puts all the swimmers at a disadvantage (too many swimmers at a given practice time) as well as disrupting the ability to accomplish the planned workout.
- Weather....The City is on an electronic weather forecasting system. When there is lightening detected in the area the pool will be contacted and the staff will act accordingly. They are also enforcing the rule that everyone needs to be off the deck (and shelter by the locker rooms). When this occurs we will try to get some dry-land accomplished, but at this time of year it is difficult, due to the Age Group and Synchronized swim teams needing this space also. Consequently, we’ll have to make that call at the time it occurs.
- **WEATHER UPDATES: When in doubt of what the weather is like at the pool go to the ATAC WEBSITE HOME PAGE and we will list any cancellations as they occur.**
- We don’t normally “call off” practices ahead of time unless we are sure we won’t be getting in (i.e. Hurricanes or the electronic system give us a “how long” we will be out of the water). As in most sports, the only policy that works with swimmers coming from all over town is ...practices will be called off at the pool. Keep in mind that Tallahassee weather is usually different all over town so if it’s raining on one side of town it may be sunny at the pool. Calling off the practices will be done as the need occurs. We will also,

when possible, let the front office at the pool know when we actually do cancel a *specific practice* (if an early practice is canceled it doesn't mean the later practices would have to be).

Practice Equipment:

Every swimmer should have a comfortable pair of **goggles** for swim practice. Every swimmer should also have an **extra pair** of goggles in their bag because goggles break and you don't want to be left without a pair. Also, swimmers should get used to wearing **swim caps**. You will need to wear them in swim meets and you will want to wear them as you progress through the swim team. Besides, they help keep your hair from breaking, make it easier to breathe, and make you look like a pro! It also helps the coaches quickly recognize swimmers on the blocks at swim meets... and they will help keep your head warm as the weather starts cooling off. ***Fins are an excellent teaching and strengthening piece of equipment. We would like to encourage ALL Novice and League swimmers to purchase a pair*** **NOTE: THE FINS ALL LOOK ALIKE SO PLEASE PUT YOUR SWIMMERS NAME ON THEM IN BIG BOLD LETTERS SO THEY CAN BE RECOGNIZED EASILY WHEN THEY'RE IN A PILE ON THE EDGE OF THE DECK. HAVE YOUR SWIMMER DRAW DESIGNS ON THEM.** We will be running Drills and swimming sets with FINS. The two tone shoe type fins are the ones we recommend. All of these items can be found at www.totalteamwares.com / www.swimoutlet.com or any other competitive swimming website. Sports Authority sometimes has caps (practice caps) and goggles, but fins are usually hit or miss locally. Purchasing a "Net Bag" to keep all your equipment together is really a good idea. Not only do the net bags insure their equipment stays in one place, but they also let air through to keep things dry (again, MARK them or put some type of tag on them).

Swim Meet Attire:

We would like to see all ATAC swimmers wearing ATAC apparel. When you are in the water, we want everyone to know what team you swim for! Girls and boys should wear ATAC caps. These can be found at www.totalteamwares.com or through the ATAC SPIRIT SHACK . ATAC t-shirts can be purchased the Friday one week prior to a scheduled swim meet from the ATAC SPIRIT SHACK from 4:30 PM to 6:00 PM. As an example; the Panama City Meet begins on Friday 9/19. Mindy Towler will be at the pool on Friday 9/12 to sell apparel. If you have any questions about ATAC apparel or need a special order you may also contact our Spirit Shack parent volunteer, Mindy Towler at mjswimmom13@gmail.com

- ✦ Tip: Wear your cheaper suits and caps to practice and save your team attire for swim meets only.
- ✦ At Meets, our T-shirt colors are; FRIDAYS (Gold), SATURDAYS (Maroon), SUNDAYS (White). Of course, if you don't have but one shirt, that's the shirt to wear!

Getting Involved:

Most swim teams, ours included, are run by parent volunteers. ATAC runs swim meets, fundraising events, team picnics and an annual banquet; we travel around Florida, Georgia and Alabama and we send senior swimmers to national meets all over the United States. All this is possible because of our parent volunteers; pretty much everyone you cross paths with in the swimming world is a volunteer. Start small – donate drinks/chips/bagels when requested or volunteer to time at a swim meet. As your swimmer progresses through the team and you become a veteran swim parent you can become a stroke and turn official, run the swim meet computer, or be a board member! Board meetings are held once a month (schedule TBA) Also, there will be a general parent meeting for ALL parents, especially the new swim parents, periodically. Even if you aren't ready to commit to a volunteer position, please make sure you attend the general meeting to meet other parents and learn more about ATAC.

UPCOMING MEETS:

(If you are a new swimmer or a swimmer that may have been "disqualified" in a stroke in a previous meet, please discuss your entries with your coach before you submit them).

FALL LEAGUE DEVELOPMENTAL ...Sat. 9/27/14...Jack McClean pool on Paul Russell road..

All our swimmers should plan to attend this first Developmental. It will run for about 3 hours in the morning. The coaches and swimmers need to see what improvements have been made and where we need to focus some more attention. MEETS are how we really see where we are. Keep in mind in entering your swimmer that many of the *new* swimmers have just begun to learn Breaststroke and Butterfly so talk to the coaches about whether you should enter these events or stick with Backstroke and Freestyle for this first meet.

You should have already received this information via e-mail. Entries are due on Tuesday September 16th.

GO ATAC