

ATAC SUMMER LEAGUE “BULLETIN”

First Edition

June 7, 2017

SUCCESSFUL EXPERIENCES:

Now that “We Are Underway”, **SUCCESSFUL EXPERIENCES** for your swimmers will take place on a daily basis. ATAC focuses on the interpretation of “Success” that our young swimmers bring with them when they join the team. Every new and fun experience is a success story. The first time they roll their shoulders on backstroke; Actually enter the water head first on a start, or swim a “25” (1 length) without stopping; are all the kinds of successes that are important for our coaches to acknowledge, but also for all of our parents. Wait till you see the first time your swimmer gets a “Best Time” ribbon at a meet! They will be walking (running?!) on air and that’s exactly where we want them to be as their coaches (Just an FYI on this, however, if they are new and don’t have an official time yet, when they improve their first time at the second meet they will most likely get this ribbon). Although we will be pointing out areas that need improvement, we will always be letting your swimmers know of all the successful experiences they are also having. This is key to providing a quality and productive competitive experience.

This is also where you, as parents, can help us. Capitalize on the *moment*... without going to the *next level of expectations* as we sometimes do in our *adult* interpretations of Success, especially when it comes to our own children. As some of the swimmers get into their first meets there may be an occasion where they may be “*Disqualified*” due to some “illegal” movement in their strokes (scary adult terms), BUT they will also receive a “Best Time” ribbon from the lane Timer and be tickled pink! So many times we have heard the innocent, but all too adult comment, “but you were disqualified”. The air rushes right out and the excitement of getting to the other end of the pool in a swim meet is lost (chalk up one “not fun” experience). Disqualifications (DQ’s) are merely an FYI for the coaches and swimmers (learning experiences). The coaches will discuss what the disqualification was for with the swimmer. The point we would like to convey to all our families is that success in your child’s mind is everything and anything that gives them a feeling of accomplishment. Capitalizing on the negative has not been *learned* yet (they haven’t gone to work yet!). There may be a great many faults with a swimmer’s strokes that the coaches will continue to work with them on, but there is *something* successful happening with every swimmer every day and this is where you can be a big help at home. Find out what they think they learned or experienced (fun with another swimmer is a *success* socially and just as important in their development). If they can’t think of any specifics, just ask if they had fun or, if you were at practice, compliment them on how they paid attention, put forth a great effort, or just “looked good” (easy for all parents to do). Whatever it is, big or small; your encouragement and *positive* support means the most and brings them back to the next practice. Always encourage them to talk to their coach if they have any concerns or questions. We always marvel at what great and honest things they have to say.

COACHES CORNER:

- **Coaches at the Tuesday Night League Meets:**.....As many of you know, a number of our coaches are also our ATAC Senior Swimmers or home for the summer college swimmers. Getting the **Best Coaches** sometimes has some limitations. They are training very hard for their championship season (swimming an average of 12,000 16,000 yards a day plus dry-land). That’s almost 7 to 9 miles a day! Consequently, they will be training right up to the beginning of the League Meets so they will have to come over after their practice for the start of the Meets (they may just miss some of the warm-up prior to the meet).
- **Here's what's going on in Trousdell Bronze/Silver/Gold;** (Coach Madison and Meghan and staff).... These swimmers will start out doing Freestyle drills. This week we will be working on Backstroke focusing on keeping our heads steady as we rotate from side to side (interesting name – Backstroke – since it is not swum on your back, but on your side?). Along with continuing Freestyle and working to perfect our Backstroke we are also focusing on building endurance (confidence), and learning more about “Starts and Turns”. The following weeks we will be working on Breaststroke and Butterfly. **We are looking forward to working with your swimmers and we’ll be sure to have a fun summer with them.**

- **TEAM T-SHIRTS/CAPS (White, Gold and Garnet).** **GOLD** is the shirt color for the annual team picture to be taken this summer. **There will be a Booster Parent selling our team shirts and latex ATAC caps at our first League Meet (6/13).** The ATAC Shack Spirit Store will be onsite at the Trousdell pool Monday through Friday, June 5th- 9th, from 9:30 to 11:00 am and again from 5:30- 6:30 pm. Come and get your summer tanks and shirts! (There's even a tub with \$10 shirts!) You can also order and pay online anytime at [ATAC Shack Spirit Store](#) and the items will then be placed in your swimmer's folder. **We want our swimmers to be recognized as swimmers on one of the best teams in the country (ranked in the top 100 teams nationally out of 3,000 teams in 2014) and look good, which helps them swim good at swim meets (believe it or not, it really works that way).**
- **WEATHER**..... The policy at the pools is when their lightening detection equipment detects lightening in the area they will clear the pool for as long as necessary. As in any sports program in our area, however, it is a general rule that practices are “on” and they will only be called off at the pool as dictated by what the weather is like at the different practice times. **If we do call off a practice we will post it on the website** and let the pool know.....Bottom line, however, it is your (parents) decision on whether you feel comfortable to bring your swimmer to practice on those questionable days. Always check the website before coming to the pool on these “weather days”.

LEAGUE MEET LOGISTICS:

Our League Meets will start on Tuesday June 13th (Wehunt pool in Myers park) and may be a bit confusing for parents and swimmers. Don't panic... The reason we have the League meets is to get everyone into a comfort zone about what goes on at a meet so future meets won't be quite so scary. Below is a quick break-down to help you and your swimmer through this first experience.

1. The Wehunt Pool is at 913 Myers Park drive just east of the Capital. If you go east on Gaines street from Monroe you'll go through 2 quick lights and then go up one of the steepest hills in Tallahassee and cross railroad tracks on the way up. At the top of the hill on the left is the driveway to the pool. It will be tight, but your swimmers can sit with you on the deck. Bring some chairs also.
2. **MEET ENTRIES:**.... You will receive entry information for each TUESDAY NIGHT MEET via e-mail. All meets are entered “on line” at Swimatac.com. Follow the link in the email and log onto your Swimatac.com account to enter the meets. You can also get to meet entry by going to Swimatac.com and clicking on the Meets/Events tab. **Follow the on line instructions and remember to select SAVE CHANGES button.** Realizing these meets are almost weekly, please make sure to enter ahead of the listed deadline. There is **NO COST** for these meets. Keep in mind for our first meet (June 13th), the deadline for entering will be Monday June 12th by 5:00 PM. If your swimmer is new and you are not sure what to enter them in, your coaches will be more than glad to help you with it.
3. **A HEAT SHEET** will be "**posted on line**". Please print it and bring to the meet. This will have the swimmers listed by **Event / Heat / lane**. There is no P.A. system, but the “Starter” will announce the Event and Heat that is about to swim before he starts the Heat. Follow along by crossing out the heats that are in the water and have your swimmer report to behind either the Blocks or at the shallow end (25 yard races) of the pool at least 2 heats prior to their swim. It goes quick, since all the swimmers are ATAC swimmers so keep an eye out on how the meet is progressing. We should have our new mobile scoreboard at the meet to keep you abreast of where we are during the meet. You should be veterans of following along by our Area I-IV meet on July 29 & July 30th.
4. We will ask the swimmers to see their coaches before (if possible) and after (for sure) their swims for feedback, which is what these meets are all about. We need to talk to the swimmers about what and how they did. Swim Meets are where we REALLY see what they REALLY know. Since there will be so many swimmers and they are all ATAC, each coach will have a lane number attached to their chair. This is the coach the swimmer needs to see after their swims
5. At the first meet or two, having some parent help to get your young swimmer to the proper area will be helpful. We do ask, however, that you do not stay behind the Blocks unless your swimmer really needs you. We will have coaches and officials keeping them organized.

6. We will try our best to insure that no swimmer misses their event, but it does happen. It's one of those learning curves that do occur even at the Florida Age Group championships level. We have had experienced swimmers miss an event too.
7. Awards (ribbons) will be placed in your swimmer's folder as soon as possible after the meet. If there are multiple "Heats" the final results are tabulated for the top 8 finishers in the event, not the *Heat*.
8. We like to keep the meets to about an hour and a half (warm-up 5:30-6:30 and actual meet 6:30-8PM) weather and equipment permitting.
9. These Meets are also an opportunity for you as parents to be involved in your swimmer's sport. We can't run these meets without "Timers". It's a really easy job and it gives you a front seat to all the action. So when they call for Timers please step up. The officials will explain how it's done and it's very easy. But very necessary

UPCOMING DATES TO REMEMBER:

- **June 13 - Tuesday Night at the Races** – Myers Park Pool (ALL Novice swimmers). There will be NO EVENING practice for Bronze, Silver, Gold or Pre-Age Group Trousdell swimmers.
- **June 20 – Tuesday Night at the Races** – Myers Park Pool (ALL Novice swimmers). There will be NO EVENING practice for Bronze, Silver, Gold or Pre-Age Group Trousdell swimmers.
- **June 29 – July 2 - ATAC Long Course Invitational - Trousdell** (primarily year-round swimmers). New League swimmers should come out to cheer the Team on and see what they can look forward to. Parents.....This is also a great opportunity to help out the team and learn how to support this great sport. There are sign-up sheets posted online for each Meet to help with the different support services that go into putting on Meets. Our veteran parents are putting the League meets on for your swimmers to give them the experience of racing in meets. We would like for their parents to also get experienced with this by helping with timing etc. at both the League Meets and our Invitationals.
- **June 27 – Tuesday Night at the Races** – Myers Park Pool (ALL Novice swimmers). There will be NO EVENING practice for Bronze, Silver, Gold or Pre-Age Group Trousdell swimmers.
- **July 11 – Tuesday night at the Races** – Myers Park Pool (ALL Novice swimmers). There will be NO EVENING practice for Bronze, Silver, Gold or Pre-Age Group Trousdell swimmers.
- **July 18 - Tuesday Night at the Races** – Myers Park Pool (ALL Novice swimmers). There will be NO EVENING practice for Bronze, Silver, Gold or Pre-Age Group Trousdell swimmers.
- **July 29 – 30 - Area I-IV Championships... Trousdell Pool** (ALL ATAC SWIMMERS). **This is the CHAMPIONSHIP TEAM meet for our Summer League and non-Florida Age Group Championship qualifiers.**
- **July 28Last day of Summer League practice. Prior to this date we will be scheduling our end of the year party where would like to have all our summer League and Developmental swimmers and parents attend. There will be awards, food and fun (Activity pool) for everyone.**

REMEMBER.....

1. There will be no NOVICE (Bronze, Silver, Gold & Pre-Age Group) afternoon practices at Trousdell on the Summer League Meet dates. We also would like to have the swimmers arrive at the pool *ready to dive in at* (5:30 PM) so we have enough time to stretch and provide some reminders.
2. There will be NO Novice or Age Group practices on Thursday evening, Friday morning or Friday evening June 29-30th) during the ATAC Long Course Invitational.

GO ATAC