



WHERE WE ARE

The coaching staff has been covering “a stroke a week” with Breaststroke beginning this week and Butterfly starting next week. Be patient...Breaststroke can be a difficult stroke to understand for a new young swimmer. There will be an opportunity to enter this event at our next Summer League Meet (6/23), but we would encourage you to talk to your coaches prior to entering this event if your swimmer has never done it before. We don't want to see and "automatic Disqualification" if we know they have not mastered it "legally". There is quite a bit of information that your swimmer has been hearing and trying to internalize lately. Obviously, not all this information may be happening in the water yet, but being *acquainted* with each stroke is the first step in fine tuning the technique in the future. Once we move through Breaststroke this week (and part of next week) we will begin Butterfly and then incorporating all four strokes into daily workouts. Perfecting the strokes will be the primary focus for the summer, but as the swimmers refine their strokes it will also enable the coaches to provide more variety and possible repetitions (interval work) to establish GOOD stroke habits as the swimmers get stronger. This won't occur overnight, but if the swimmers continue to show the enthusiasm and progress they have shown thus far, the improvements by the end of the summer should be quite surprising for them (and you).

STARTS (diving). We will be alternating "Start" days for each group. Sometimes the swimmers get it right away and sometimes "not" (we still have some Age Groupers that are also a work-in-progress in this area). Again, be patient, and hopefully by the end of this nine week summer they will be more comfortable with it.

We would like to ask the parents to continue to support this enthusiasm by always providing the positive reassurances and praise for all their efforts. This is a very important variable for a young child to commit this much time to an activity. As we all know, a parent's praise will always *make their day*.

COACHES CORNER:

Trousdell Novice/League – The swimmers are beginning to come together as a “group”. Practices are also coming together as the swimmers get to know the logistics of swimming (circle swimming, push-off scenarios, drills etc.). From this point, speed of learning also picks up in sort of a geometric way. The more they know the more and quicker they can learn. As you may have read recently, however, we also don't want our swimmers entering events we know they haven't mastered to the point that it's an automatic DQ at a meet (please see your coach about entering Breast or Fly). Once we get through all four strokes we can then start focusing a bit more on those strokes swimmers are still having problems with and get them ready for this event in one of the future meets (FALL SEASON?).

LEAGUE MEET #1 (June 14th) – SOME GREAT RACING!! The coaches were very pleased with what we saw. As a note about our swimmers. There were NO DQ's FOR ROLLING OVER ON THEIR STOMACH AT THE FINISH OF BACKSTROKE! THIS HAS GOT TO BE A FIRST FOR OUR LEAGUE PROGRAM. CONGRATULATIONS!! I'm sure a lot of you were also pleased and

pleasantly surprised to see your shy, quiet (?!) child get up and race to win! Their effort and **get up and go** attitude was great to see. This type of attitude is a great first step to becoming a great swimmer.... Got to want it, and they did!

Since this was our first Swim Meet for many of our swimmers it was our intent to introduce swimmers to “what happens” at a meet, as well as see how they race. fortunately we were able to get through the logistics of what a heat sheet is, how to prepare for the race at the blocks and BE SUCCESSFUL! They don't have to win the race to be successful either. Putting out their best effort and finishing a race is a great learning experience that will help them throughout life in whatever they undertake. They really took off in this area!

Our next League Meet is Tuesday, June 22nd. Again, *as we start offering Breaststroke and Butterfly at the meets, please check with your coaches. These strokes can be a bit frustrating for swimmers at first. We don't want to enter them in something we are sure will result with a disqualification.*

SUMMER LEAGUE EQUIPMENT:

- **FINS**.....Now that we are “into the summer” the SILVER and GOLD swimmers “should” have fins. Fins will not only strengthen the swimmers entire body, but also provide excellent opportunities to improve on their strokes due to better body position through the increased speed they will experience by using them. Since we are introducing the strokes for Bronze we will not be requiring "Fins" *until you sign up for the FALL(?)*. There aren't too many local stores that we know of that carry these items (shoe type fins), but totalteamwares.com have them and they can be ordered on line or by phone (1-800-888-8843). They will also be setting up shop during our Long Course Invitational next weekend (6/24-26/16).
- **The end of the year championships for your swimmers will be the AREA I-IV Championships (JULY 30-31/16).** It is a TEAM MEET for us so we'd like to have a *sea* of ATAC shirts and caps at the meet.

UPCOMING DATES TO REMEMBER:

- **June 21ST - Summer League Meet #2**
- **June 23-26 ATAC Long Course Invitational - Trousdel** (primarily year-round swimmers). 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 in the Team room to help with the different support services that go into putting on Meets.
- **JULY 30-31 - Area I-IV Championships, Trousdel (ALL ATAC SWIMMERS). This is the CHAMPIONSHIP TEAM meet for our Summer League and non-Junior Olympic swimmers.....**
- **July 29 - Summer League practices End**

- **JULY 19 - NEW PARENT MEETING. WE WILL HOLD A SHORT PARENT MEETING FOR ALL NEW PARENTS OR PARENTS THAT WEREN'T ABLE TO ATTEND LAST YEAR. WE WILL BE COVERING ATAC's PHILOSOPHY AND HOW WE ARE APPROACHING YOUR SWIMMER'S PROGRESS.** It will be held in the Parks and Recreation Dept's Community room from 5:30-6:30 PM (during warm-up for the meet). The P&R Dept is right at the top of the driveway to the pool. the coaches will have your swimmers warming up at that time. the meet will not start until we are back on the deck.

We would like to have at least one parent form each family. this is another aspect of how we want to keep you involved and up-to-speed on ATAC.

REMEMBER....There will be no afternoon practices at Trousdell on the Summer League Meet dates. We also would like to have the swimmers arrive at the pool for the League Meets on time (5:20 PM) so we have enough time to stretch and provide some reminders.

See you at the next **“TUESDAY NIGHT AT THE RACES” (5:20 PM)**

Coach Gerry