

ATAC SUMMER LEAGUE BULLETIN

Third Edition

June 23, 2017

THERE WILL BE "NO PRACTICE" FOR BRONZE/SILVER/GOLD/PRE-AGE GROUP OR AGE GROUP ON TUESDAY JULY 4TH

SWIM MEET UPDATES AND INFORMATION:

We (coaches) have all been impressed with the way our young swimmers have “stepped up” and not only competed well, but knew when they swam, where to report to, and who to see (coaches). I don’t think we had any “missed swims” by any of the swimmers in our league meets. It can be a bit confusing at first, but once both the swimmers and parents *got the hang of it*, everyone worked together to be sure everyone was rounded up and ready to go. This is one area where parents have been a big help. *Understanding* swim meets is one of the goals of the Summer League Meet program. What better way to prepare families for the procedures for future meets.... (U.S. NATIONALS?!).

The ***ATAC INVITATIONAL (June 29-July 2)*** is an opportunity to see some of the best swimmers in the S.E. United States. *ATAC swimmers make up a great deal of these (best) swimmers AND your Summer league coaches are also in this elite group.* We always encourage our newer swimmers to come out and watch some of the more experienced swimmers and try to imitate (visualize) these swimmers’ techniques. Even if a swimmer is new or inexperienced, they should try to *imitate* what they see in an experienced swimmer. They will surprise themselves by doing this. It will feel awkward at first, but if they really try to imitate how they saw it as they are swimming in practice, their strokes will improve immensely (practicing the stroke in front of a mirror also helps!). The key to this exercise is to “relax” and *let it happen*. This is always hard for a newer swimmer (and parents), but once they get the hang of it, it works wonders with their strokes.

This would be another GREAT Opportunity to practice your TIMING (you can sign up for a shift on line.

UPCOMING EVENTS.

- **At our 3rd League Meet (June 27) we would like to invite all our League and new parents to a short parent meeting during Warm-Up for the League meet, 5:30 -6:30 PM. It will be held in the Parks and Recreation Community room, which is just at the top of the driveway and to the left of the Myers Park Pool (you can walk to it from the pool). We would like to give everyone an overview on what ATAC’s philosophy is and what our approach is in dealing with your children. Our Coaches will keep all the swimmers safe and inside the pool area, since they will be in their warm up period. If you have “little ones” however, if we could get at least one parent at the meeting that would be great. We won't start the meet until we are all back on deck**
- **At our 4th League Meet (July 11th) we will have a special introduction and demonstration for our swimmers after the Freestyle events, Our Head Coach, Terry Maul will be introducing some of our elite athletes and how they got to be where they are today. These athletes will also provide a short demonstration on how fast you can go doing it right. Our younger/newer swimmers can see what they can aspire to and know that they can also continue to be as successful as these *teammates***

RELAYS:

With our Long Course (June 29 – July 2) and AREA I-IV CHAMPIONSHIPS coming up (7/29 – 30) coming up there may be an opportunity for your swimmer to be on a Relay These events are really a lot of fun. With the) I'd like to give everyone a brief summary of the "How and What" of Relays;

- They are usually scheduled at the beginning or end of meets (MEDLEY RELAY – each swimmer swims one of the four strokes, Backstroke/Breaststroke/Butterfly and Freestyle). The FREE RELAY – each swimmer swims Freestyle).
- Although they are on the Meet Entry form, you don't "sign up" for them. They are formed automatically based on the number of swimmers entered in each age group.
- As a *norm*, they are formed by putting the fastest combination of swimmers on each Relay in descending order (A Relay, B Relay, etc.).
- Coaches, however, must reserve the right to adjust these Relays as they see fit; whether to reward, score more points, social bonding, or just to try different combinations of swimmers for best results. Regardless of what the combinations might be, they are to be approached as FUN events where swimmers get to represent their teammates and Team as a whole.
- The coaches may ask a parent to also help in insuring that the members of a specific relay are together and ready to go to the blocks. When asked, please assist us so we can concentrate on the actual swims.
- At every Meet we would like to ask that swimmers and parents make sure you check with your coach, prior to leaving a meet, as to whether you are on a Relay. I realize you may have to *wait around* for this event, but the *other three* swimmers would really appreciate this *Team* consideration.

"ON TIME" TO PRACTICE:

We really appreciate the way swimmers are ready to start practice (*when* they arrive at the pool), but as coaches, we always want to get as much "quality time" with your swimmer as possible. Any coach you talk to in any sport will always lament about the short time they have with their athletes. We are definitely no different.....We have started to vary the "on deck" exercises, since the swimmers' physical fitness levels have improved. The exercises we will be introducing are designed to take the athlete to another level of fitness that our introductory exercises have hopefully prepared them for.. They're ready, and we think, willing, for this to occur. They have made significant improvements in their drills thus far.

Consequently, we are asking that you make every effort to have your swimmers on deck, in their groups and ready by 9:30 AM, 5:00 PM or 6:00 PM sharp (Trousdel) so we can jump right in with the *on deck* work. Your swimmers have shown some real effort in the area of *deck work* and we would like to be able to improve their overall fitness through this initiative. Fitness is the key to not only a healthier lifestyle, but also for a stronger *core* for competitive swimming. A lot of the success that our more experienced and Senior swimmers have achieved is due to what they are doing (**5:30 AM**) with their Deck Work and cardio work. You'd be surprised at how many of our teenagers are coming to these workouts. The question is; "why" would they want to do this?! I can assure you it wasn't their parent's idea (5:30 and 6:00 AM?!).

It's always a gratifying observation to see so many young people embrace a "challenge" to be the best they can be. There's a great deal of benefit your swimmer can attain out of the water as well as in the water.

FINS: (BronzeGold/Silver)

It's great to see some of these swimmers with fins. It is our hope that more of the Bronze, Silver and Gold swimmers will be able to purchase fins ASAP (www.totalteamwares.com or www.swimoutlet.com). As we stated previously, fins not only provide a great conditioning benefit for the swimmers, but also allow your swimmer to concentrate on stroke technique more easily due to more control and balance in the water due to the increased speed the fins provide. We recommend the two tone **shoe type fins**. It's what most of the swimmers have on deck right now. Please do not purchase the short less flexible fins called "Zoomers" or the fins with straps on the back. If you are unsure of the type we are looking for please ask the coach

The more efficiently they use the fins the faster they will become, and not only in the pool, but also to their friends amazement at Wakulla Springs!

COACHES CORNER:

- **Trousdell - GOLD/SILVER/BRONZE ~ (Coach Meghan and Madison and staff)**
In July we will be emphasizing a bit more "interval" work with the swimmers. Using the "Clock" is essential in establishing a good cycle of training throughout the week. The swimmers have already been doing this and are showing some great progress with it. Keep up the good work and we know our AREA I-IV CHAMPIONSHIPS will be a great end of the season Meet!
- **LOCKER ROOMS:** Due to the volume of people coming and going in these changing areas and many of them not being a part of the team we would like to encourage that you leave any valuables at home or in a locker if you have rented one. I also know that many of the swimmers have cell phones to stay in touch with parents. If they can keep them with their equipment bags on deck that would be advisable, if possible. Many of the swimmers are leaving their bags open and too accessible in the locker rooms.

As a final note.....Please have your swimmers get in the habit of checking their folders regularly especially after a meet since this is where the Ribbons will be.

**GO
ATAC**