

# ***ATAC SUMMER LEAGUE NEWSLETTER***

July 18, 2018

## **WHY FALL SWIMMING ?**

As you have read and heard lately, we would like our Summer Leaguers to consider continuing in the fall either through the “Fall League” or signing up for the year-round program. Swimming is a progression of skills and experiences. A great many of our Summer Leaguers have shown some remarkable skill development in the introductory stages. Enhancing these skills and learning new ones is all part of becoming a proficient swimmer whether in a competitive or instructional (lesson) program. Consequently, proper technique repetitions as well as getting stronger and more proficient will only lead to more of those *successful experiences* we have been talking about all summer. The questions and concerns, however, (and hopefully some answers) are;

- ***“How can we possibly fit anymore activities on our plate?”***.....Although we would love to see our newer swimmers make the commitment to regular practices like our year-round swimmers have, we realize it can be a big commitment at this point in their swimming. The main focus during the fall for our newer swimmers is to keep up their current and *new* (fall) swimming skills, stay physically fit, and see some inevitable improvements through a repetitive practice schedule. We have scheduled practices 6 days a week, understanding that the school year brings a whole new set of activities the swimmers are involved with, school (homework) of course, being the #1 priority. Keeping swimming in the scheduling mix can be accomplished at the developmental level by attending *some* of these scheduled practices throughout the week. This keeps it fresh and at the same time provides the time for other activities and priorities throughout the school year. We encourage all our swimmers to be “involved” in a variety of activities other than swimming, since this also keeps swimming fresh when starting out in the sport. Bottom line, if your swimmer is interested, I’m sure we can work out a schedule with you to make it happen (space permitting, however)
- ***“There are only so many reasonable hours in a school day, so how can they swim and be sure their grades don’t slide”?***.....If you ask any High School or College Athletic Director what sports have the highest GPA’s (grade point averages) they will tell you that swim teams always rank at or near the top in almost every category. To paraphrase Bobby Bowden at an FSU awards banquet, *“If the swim Team can have the highest GPA and train before the sun comes up and then again when it’s going down then why can’t our other teams do the same when they only train once a day”?*! The answer is that swimmers develop excellent time management skills as well as maturity in setting priorities. It’s not always easy, but the rewards are tremendous. I also know that if you ask some ATAC families that have been involved with the team over the years they will also tell you that a great many of their swimmers have had excellent grades throughout their swimming careers.

It may be true that some video and T.V. time may have to suffer a bit, but it can also be *Time Managed for quality* (vs. quantity) time?.....

Just some “statistics” (and opinions?) to consider in this question

- ***“It’s impossible to get across town at that time of the day!”***.....As mentioned above, we are offering 6 days a week for practice. We are hoping that through car pools and adjustable work schedules you might be able to get them there 2 or 3 days a week
- Now that the main stumbling blocks have been resolved.....  
***Go to SwimATAC.com → Start Registration and register for the Fall season***

On *another* serious note; we have enjoyed working with your swimmers this past summer and hope we can work with you in some way to continue to be able to work with them in the fall.

**AREA I-IV CHAMPIONSHIPS (7/28, 29):**

As you know through past newsletters, this meet is the end of the year championships for our non-Fl. Age Group Championship qualifiers. We hope many of our Summer Leaguers have signed up for it. For those of you that did, I would like to run down a few basic items to keep in mind for the meet;

- **TEAM SHIRTS** – If you have a MAROON team shirt, please wear it on Saturday and your WHITE shirt on Sunday. If you only have a White shirt, please wear it both days (if you only have one shirt, regardless of the color – wear it).
- **WARM UP** - Prior to the start of warm up on Saturday and Sunday (7 AM both days); see your coaches for instructions. Consequently, please arrive at the pool at 7:00 AM.
- **REPORTING TO COACHES** – Meets are important for feedback on swimmers’ races. It is extremely important that swimmers see their coaches before and after their swims to get last minute “reminders” and feedback. Please remind your swimmer of this.
- **COOLING DOWN** – It is important for swimmers to *swim down* after a race. This is something that their muscles need to recuperate properly. There will be a warm-up/cool down lane during the meet. This is another reason swimmers need to see their coaches before and after they swim. What the swimmer may need in this area is something their coach will determine since it will vary with the ages of the swimmers and the events they swim.
- **RELAYS, RELAYS!!** – Please do not leave the meet until your swimmer has checked with their coach as to whether or not they are on a Relay. Please keep in mind that if one swimmer leaves it puts 3 other swimmers out of a Relay. I realize some of the swimmers may only be swimming one or two events, but we need to have them remain at the meet if they are on a Relay. It does not only mean points for the “Team”, but also an opportunity to compete in an exciting event with other teammates.

**CALENDAR:**

- **AREA I-IV – SATURDAY AND SUNDAY (7/28 & 29)**
- **SUMMER LEAGUE PARTY/PICTURES** – Friday 7/27 (5:30–8:00 PM-Trousdell)  
Wear your Garnet Shirt

**GOOD LUCK AT THE MEET!**  
*COACH GERRY*