

ATAC SUMMER LEAGUE "BULLETIN"

First Edition

June 6, 2011

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 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 I 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 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;** (Coach Amanda)... The Bronze swimmers will start out doing Freestyle drills. Next 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 week we will be working on Breaststroke. **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).** If you didn't have a chance to purchase our team shirts in the first week of practice there will also be a Booster Parent selling our team shirts (latex ATAC) at our first two League Meets (6/14&21). We want our swimmers to be recognized as swimmers on one of the best teams in the country (ranked 77th nationally out of 3,000 teams in 2011) and **look good, which helps them swim good at swim meets (believe it or not, it really works that way).**
- **TOTAL TEAMWARES** This swim shop is will be at Trousdell on June 7 & 8th at both the morning and afternoon League times. They will have all kinds of goggles, suits, fins (we'd like for all swimmers to get a pair), "silicone" ATAC caps, etc.....in other words...*everything and anything swimming*
- **WEATHER**..... The policy at the pools is **"Hear it or See it...Clear It" (pool stays cleared for 30 min. after an event)** Lightning can be very unpredictable. Consequently, it is always better to be safe than sorry. 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 for one of those "sure thing" events (like hurricanes or local monsoons) 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.

LEAGUE MEET LOGISTICS:

Our League Meets start next week Tuesday June 14 (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. You will receive an entry form for each Tuesday night meet via e-mail and in your swimmer's folder (They will also get posted on the ATAC website under the link, MEETS). Fill in the information requested about your swimmer and circle the events they want to swim. Realizing these meets are almost weekly, please also return the entry form to the ATAC Meet Entry box in the team room at Trousdell by the deadline listed. There is no cost for these meets. Keep in mind for our first meet, since it is next week, the deadline for getting your entries in will be Monday June 13th. If your swimmer is new and you are not sure what to enter, your coaches will be more than glad to help you with it. If they are not proficient (legal) in Breaststroke for this first meet please do not enter them.
3. A HEAT SHEET will be "**E-mailed**" to you and sold at the meet (\$1.00). 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. Unfortunately, we may not have a scoreboard at the Myers Park pool to indicate what heat is in the water, but learning it the hard way will make it easier for you when we do use the scoreboard. You'll be veterans of following along by then.
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.
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 Junior Olympic level. We have had experienced swimmers miss an event too.
7. Awards (ribbons) will be placed in your swimmer's folder the following week. 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.

UPCOMING DATES TO REMEMBER:

- **June 14 - Tuesday Night at the Races – Myers Park Pool** (ALL swimmers). There will be NO EVENING practice for Trousdell swimmers.
- **June 24-26 - 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 in the Team room to help with the different support services that go into putting on Meets.
- **June 25 – Thomasville Invitational – Thomasville YMCA..This is a great "out of Town" one day meet for our Developmental and League swimmers.** If you are brand new to the team please talk to your coaches about attending and what you should swim. Don't think your swimmer is "not ready". This meet is for the developing swimmers and you have to practice racing at meets to get better and better at it. Meets are also where we as coaches can really see what your swimmer knows (doesn't know)
- **June 21 – Tuesday Night at the Races – Myers Park Pool** (ALL swimmers). There will be no evening League practice for Trousdell swimmers,
- **July 8-10 – Dothan water World Invitational – Dothan Ala....**This is another great "close by" meet for our newer swimmers as well as our veterans. **They plan to have their Water Park available for us as well on Saturday night.** Watch for the Entry form in your folders and talk to your coaches as to whether your swimmer is ready to take that next *REALLY FUN* step and go to an "out-of-Town" Meet!
- **July 5 - Tuesday Night at the Races – Myers Park Pool** (ALL swimmers)
- **July 12 – Tuesday Night at the Races – Myers Park Pool** (ALL swimmers)
- **July 19 – Tuesday night at the Races – Myers Park Pool**
- **July 30-31 - Area I-IV Championships... Trousdell Pool** (ALL ATAC SWIMMERS). **This is the CHAMPIONSHIP TEAM meet for our Summer League and non-Junior Olympic swimmers...**
- **August 5thLast 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.....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 on time (5:30 PM sharp) so we have enough time to stretch and provide some reminders.

GO ATAC