



ISSUE #53 P.1 - MAY 2011 - TALLAHASSEE, FL.

LAST Short Course Meet of the season and 1st Long Course TEAM Meet of the season ATAC Takes 1st

ATAC took 22 swimmers to Dothan "Chip George Invitational (4/2-3) and not only took home the visiting 1st Place Trophy, but also 18 High Point Awards (4 less than the total number of ATAC swimmers entered). This team effort was accomplished with not having any 13&14 Boys or Senior Boys and Girls and only 1 8&U Boy! Our 22 swimmers really scored BIG!

ATAC took 89 swimmers to the Panama Individual City L/C meet (4/15-17) and came away with not only the Team Victory, but 7 new Team Records, 18 individual High Point winners (top 5). This was a great start to the season, especially since there were 5 South Eastern states represented at the meet (FL./GA/AL/TN/KY). With the Panama City Meet being the first Long Course meet of the season, our swimmers have definitely set the performance bar exceedingly high for the rest of the summer. There were some dramatic "drops" in times, which were great! There were so many outstanding swims it would be hard to highlight any individual event so go to the website for the full results.



CONGRATULATIONS SWIMMERS !

COACHES CORNER

PRE-SRS. & SENIORS - (Coach Terry) After a good showing at the Panama City long course meet, the senior groups are returning to a full schedule of training. The goal is to be as consistent with attendance as possible between now and the end of the school year to set a great endurance base for summer training when we get in several weeks of intense doubles. Swimmers are being encouraged to challenge themselves more with all forms of dryland training to develop both muscular and core strength. I would also like to see as many swimmers as possible come to as many morning practices as possible in May. These practices will make the transition to Summer "Doubles" smoother, which will be critical for a great, but very short L/C season. Even though there hasn't been much talk about the "Flu Season" right now, please do not share water and keep up a good hygiene program (washing hands etc.). One last note....Stay hydrated! It's getting hotter so everyone should bring a water bottle.... We have a great group that enjoys working together and we are looking forward to a very successful summer season.

SPRING LEAGUE / NOVICE SWIMMERS - (Coach Amanda, Coach Blair, Coach Katie, Coach Eric and Coach Gerry) As we move into the summer season we will be grouping our veteran swimmers in such a way that they will continue to maintain their training regimen as we welcome and introduce new swimmers to what competitive swimming is all about. We are also really pleased with our summer coaching staff, who we will introduce in the coming weeks.

CHALLENGER NEWS - (Coach Anja) I will be leaving for the Czech Republic for my studies abroad beginning in June. In my absence Megan Eppes will be taking over the Challenger program. Megan swam with ATAC for many years and was also the Chiles High School Team Captain in her Senior year. She is Majoring in Child and Family Sciences at FSU and has worked with our Challenger Program in the past so fortunately, the transition will be much easier for our swimmers.

AGE GROUP (Pressure I and II) - (Coaches Gerry and Coach Patrick) We've had some great attendance leading up to the P.C. Meet and the summer season. The summer season is short, but busy, so we would like for everyone to plan their meet schedule as soon as possible. We'd also like to talk to any swimmers or parents that would like to get our opinion on the best meets for you swimmer to attend to maximize their opportunity to improve and strive for those best times....Equipment: We would like for every swimmer to have their own equipment as we head into the summer. We anticipate a big demand on our kick boards and Pull Buoys due to our increased numbers. Age Groupers should have personal net bags, Fins and Paddles (sized properly - see your coach) and a WATER BOTTLE (do not share!) at a minimum, but Kick boards and Pull Buoys will ensure that they can accomplish practices the way they are written. ALSO....MARK everything BOLDLY and in big letters for easy recognition. Also keep in mind they have to be re-marked during the year. We are seeing a great deal of equipment being misplaced and ending up in the team cages on deck due to no names. Coach Eric will be filling in for Coach Patrick while he (Patrick) fulfills his internship for his degree.



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NEWS BRIEFS

SUMMER LEAGUE : We are evaluating new swimmers every Tuesday and Thursday from 5:30 to 6PM. If you have a friend.....pass the word....Could be a potential "car pool" out of it?!

SUMMER PRACTICE TIMES : Begin June 6th.

SWIMMER FILE FOLDERS are private property and nothing other than approved or ATAC generated information is to be placed in them. Additionally, no one is to go into any other swimmer's folder!

PICK-UP / DROP-OFF / PARKING : Once again we need to remind everyone that you are not to "park" in the pool traffic lane in front of the pool and especially not in the "CROSSWALK". All of this is occurring and presents a hazardous situation due to all the small children in both the gymnastics and swimming program. It also forces cars to the middle lane which can present problems with children loading and unloading...Be courteous and compliant; please loop around the parking lot if you are early or if your swimmer is using up all the hot water in the showers.

NET BAGS : Swimmers, the City has asked us on numerous occasions to have you hang your bags on the hooks and not throw them on the ground. They have asked this due to the sloppy image this displays to the public, which is not only a reflection on the team, but also on the facility. As you may also recall there have been times when the bags that are on the ground have been removed. This is justifiable, so to prevent your bag from "going missing", **HANG IT ON THE HOOKS** (multiple bags on one hook works)!

SWIM MEET UPDATES:

SPRING LONG COURSE DEVELOPMENTAL (5/28-29/11)TROUSDELL.... This meet is a great opportunity in this short summer season to jump up and Race again, especially if you were not able to attend the Panama City L/C meet. We would like all swimmers that have not competed in a Long Course meet to discuss with their coaches what events would be appropriate to enter. This meet will only run until about noon each day so you still have plenty of WEEKEND time!

SPRING SHORT COURSE "LEAGUE" MEET (6/4/11)... This meet was originally scheduled in May, but has had to be rescheduled for June 4th.....Look for more information and location in the near future.

SUNSHINE STATE GAMES (6/10-12/11) TEAM MEETGAINESVILLE..... (listed here in May so everyone has plenty of time to work at planning for it....not too far away either). Can we top the Panama City attendance (89 swimmers)? Let's make a TEAM effort to do so! This meet is endorsed and sponsored by the Florida Sports Foundation out of the Governor's office and also by our local Tallahassee Sports Council, which provides "Grants" to our Boosters for our meets we host during the year. It's a very visible meet in this way and we would like to support these efforts and promote ATAC through our participation.

Go to www.swimatac.com for a listing of ALL the Meets. The Spring/Summer schedule is currently posted so plan your schedules early.

**YEARLY RESOLUTION ...
Come to practice
/ Go to Meets /
Get more "A's"**

**SUMMER 2011—PRACTICE SCHEDULE
AVAILABLE ON SWIMATAC.COM**