



SUMMER WRAP-UP

Although the Summer Season was short (9 weeks) ATAC swimmers made the most of it. The results/accomplishments don't have to be explained. They clearly speak for themselves as you can see below:

ATAC started the Summer Season as the 85th ranked team nationally in 2010, but this year we started off at 77th. In the last 4 years we have gone from 168th to 77th in the Nation (2,900 team registered nationally); Over 450 registered ATAC swimmers this summer; An average of 125+ swimmers at each Summer League Meet; Took home 26 individual High Point trophies: ATAC WON the Panama City Invitational, Sunshine State Games, ATAC Invitational and the Area I-IV Championships; placed 5th at National Sectional Championships; 7th at J.O.'s; WON SENIOR STATE CHAMPIONSHIPS... All with a number of Gold medal winners at each meet; Placed 1 swimmer on the southern "Zone" Team and Sent 7 swimmers to JR. NATIONALS (results in next month's News Bubble)!

GO ATAC!!!

SWIM MEET UPDATES:

DAYTONA BEACH INVITATIONAL (9/9-11/11) Daytona Beach Fl. This is our **FIRST TEAM MEET** of the Fall. We are defending champions in this meet, but we need a **TEAM** effort in signing up for it. We are encouraging all levels to compete at this meet. This includes our new Fall swimmers from the summer. You would be surprised on just how good your swimmers are, but the only way to see this is to take the leap and get to an out of town meet.

ATAC FALL LEAGUE MEET #1 (9/17/11) Jack McLean pool. This is another in-town opportunity to practice "Good Habits" to keep improving throughout the year

PANAMA CITY INVITATIONAL (9/23-25/11)...Panama City Beach. This meet is always a good (and fast) meet for our swimmers.. It is also a meet we like to WIN, since we get to swim against swimmers from the S.E. Swimming Association (not from our Fl. Assoc.). It's always nice to show off our swimmers to other teams! We need a good contingent of swimmers to do this, however, since our good friend Coach "Jonathon" Kaplan from the P.C. team would love to give us a run at the trophy!!

ATAC DEVELOPMENTAL (10/8/11)... Jack McLean Pool... This is a good opportunity to swim a variety of events in our "home" pool. It is also a good opportunity to swim a full set of events to see where you are in both your "favorite" events AND events "you need" to swim. See your coaches on how and what to swim in this meet to strengthen your overall season.

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NEWS BRIEFS

DID YOU KNOW.....Coach Jonathon from the Panama Swim Team (ATAC Alum coach) al-ways goes out of his way to compliment our swimmers and to this end recently he gave us a copy of the P.C. Pool records (fastest times recorded in meets). **ATAC swimmers hold 28 out of 30 Panama City Pool Records!**

PARENT BOOSTER NEWS

It is hard to believe that the long course season is over that that school and short course season have arrived. Many thanks to the city of Tallahassee and all our wonderful parent volunteers who have worked hard to make this summer such a success – we could not have done it without you.

Looking to next season ATAC boosters are actively recruiting new parent volunteers to help with our upcoming events. Specifically, we are looking for (1) a parent to assist the treasurer with making deposits; (2) parent(s) to run the two league meets (9/17 and 10/8) and one developmental this fall (11/19); and (3) parents to help input entries for both local and out of town meets. If you are able to help out with any of these tasks please contact Susie Holmes at sscsholmes@embarqmail.com.

Remember there is no booster meeting in August, the parent party is scheduled for August 20, and our next regularly scheduled booster meeting will be September 6th. Topics for September's meeting will include the fall schedule, recap of the LC Invite and Area 1 & 4 Meet, and start the planning process for the Mac Meet to be held in January at FSU's Leach Center. All ATAC parents are members of the parent booster organization, and we encourage you to join us.

Our next meeting will be Tuesday September 6th at 6 PM in the Gymnastics center next to the Trousdell Pool.

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

COACHES CORNER

PRE-SENIORS AND SENIORS: (Coach Maul)

I would like to reiterate what I have published each Fall, since it is always important information going into one of the more hectic times of the year for Pre-Sr. and Senior swimmers.

The Fall is a time that we like to **"prepare"** for the new swimming year. This, coupled with the High School swimming season and school in general makes for a very busy period for these swimmers. Consequently, I want to emphasize the need for **Good Habits** in keeping on top of your game, both in the water and out.. Every swimmer needs to plan for the following;

1. Bring a water bottle to every practice (ATAC or H.S.) and USE IT! Re-hydrating is extremely important (don't **share**, however)
 2. Be sure you are taking in plenty of good calories during this period, both for the brain (school) and the muscles (swimming)..Go to the ATAC website and click on the **PARENTS** link and go to Parents Handbook and scroll down to **Nutrition**. This will give you a good summary of what to eat and when.
 3. Dress appropriately for the weather. Be prepared for Tallahassee's weather. It can be colder at noon than at dawn on some days. Please, no flip-flops when it's rainy and cold!
- ACADEMICS....Swimmers have historically had some of the best grades, not only across sports, but in comparison with the general public statistics. Yes, this is because swimmers are SMART, but it is also because "Smart swimmers" must learn how to manage their time effectively. Academics, sports, clubs, social activities, etc. can't all be done unless there is a **plan**. Swimmers learn this very quickly, but I would like to encourage that this plan not be based on *trial and error*, but by sitting down and planning WHEN homework needs to be done, WHEN to "hang out", WHEN it is time to eat and WHEN it is time to go to bed and rest. A good schedule (cycle) is just as important out of the water as it is in the water. I want you all to be tops in your class to match being tops in the water.

AGE GROUP (Coach Gerry, Patrick)

With the types of improvements we saw this summer we are really excited about what can happen this Fall and beyond. Since we are fortunate to have such a large Age Group program we will be asking that swimmers and parents please arrive on time for practice (5:15PM, M-F and 7:30AM on Sat.) . Dry-Land is extremely important for the swimmers and we have 15 minutes to get it done. In transitioning from Pre-A/G to A/G and then on to Pre-Srs. it is important that each swimmer is developing the proper conditioning to be able to move to the next level. 5:15 is not the time the swimmers arrive and *kind of sort of* get into some of the dry-land. I realize it may be difficult for some to get there before 5:15 to be ready at 5:15, but we'd like to know who might be having this problem so we can be prepared for it.

PRE-AGE GROUP, NOVICE AND FALL LEAGUE – ALL POOLS: (Coach Gerry, Amanda , Megan, Mary, Blair and Katie)

We are excited with our returning "veterans" and the very talented young Summer Leaguers (40) that are going to take the Fall plunge! Remember, the water is always 82'The coaches are the ones that get cold!

We also realize that getting to the early practices can be difficult, especially with some of the school time changes, but we have to ask that you try to do the best you can to get your swimmers there "on time" ready to swim due to the clock ticking in the 1 hour (Bronze/Silver) and 1 ½ hours (Pre-A/G and Gold) we have to get what we need done.

Equipment:.... In addition to the obvious (goggles and suit), we are asking **all Novice and Fall Leaguers** to purchase a pair of "FINS". This tool is great for working on strengthening the kicks and excellent for working on drills. They provide great balance for the swimmers to experience the proper body and stroke positioning. If Sports Authority doesn't have any you can go to www.totalteamwares.com to order some. The two tone regular shoe type fins are recommended.

Nutrition and "Good Habits".....Please refer to Coach Maul's instructions to the Pre-Senior and Senior swimmers above. This all applies to every ATAC group. Additionally, since "dry-land" work is extremely important for all our groups we would like for you to plan for it by having *back-up* clothing, parkas, warm-ups, etc. that can be put on or taken off quickly for when the weather doesn't quite cooperate. Pre-Age Groupers and Gold will be doing their Dry-Land after their swimming so something warm and absorbent would also be helpful.

COACHING CHANGES

As is the norm in any youth sports program, *unfortunately*, coaches move on to take on the next step in their lives and careers. ATAC has had some great coaches come through the program and have become just as successful in their careers both in swimming (Michael Phelp's coach, Bob Bowmen, coached with us for two years), as well as outside of coaching. It is always hard to have to say good-bye, both from their perspective, as well as from the swimmers that will miss them, but we know that our current coaches graduating on to their future successes have left some really positive experiences for your swimmers.

ATAC would like to wish the best to.....

COACH AUDREY..... To find coaches that CARE about their swimmers like Coach Audrey did is something that every team hopes for in bringing in new coaches. She not only cared about what they were doing in the water, but was always available for those "counseling" moments that young swimmers periodically need. This aspect of Coach Audrey's service to the team is not something you're taught, but have to have a **feel** for, which she excelled at! There also was never a dull moment with Coach Audrey and from Coach Gerry's perspective never a better and more entertaining traveling companion. You'll have to ask Coach Gerry about some of the interesting events and eating *idiosyncrasies* shared on these trips.

COACH SHAWN.....What can be said for Coach Shawn?! He grew up in ATAC, had a great career as an FSU swimmer and captain and was always in ATAC's corner whether coaching or just keeping in touch. To have him able to work with the team as an assistant was something that Coach Terry and Gerry knew would be the type of sincere enthusiasm and motivation for ATAC swimmers that can't be bought at any price. He has always **believed** in ATAC and there was nothing he wouldn't do to help our swimmers be the best they could be!

COACH ERIC.....Although Coach Eric turned into a Gator (not a bad program to be a part of in swimming, however) he also grew up in the ATAC program and went on to great things as one of those **reptiles**. With Coach Patrick working on his Internship this summer, Coach Eric stepped right in and didn't miss a beat. If there was ever a time when we needed to cover a workout Coach Eric was right there. His knowledge and, again, caring for what the swimmers accomplished was due to his *believing* in ATAC, which was invaluable for us this summer.

We'll definitely miss these coaches, as they will also miss their swimmers, but **they** also want to see us "Reload" with coaches that will carry on this *believing* and *add* to the continued successes of our swimmers so.....

NOW....**WELCOME** our new addition, **COACH EDDIE**

As mentioned above in saying good-bye to Shawn, Eric and Audrey, we have been very fortunate with the successful and *ATAC committed* coaches we have been able to keep in our program. In welcoming our newest coach, Coach Eddie Von Hertsenberg, who will be working primarily with our Pre-Srs. and Seniors, we know he surely will be as committed as our other ATAC coaches have been, especially since he is also married to an ATAC Alum Christin Heideman .

Coach Eddie will be bringing a wealth of experience and knowledge to ATAC that we are excited about. He is a graduate of The University of the Cumberland where he swam for the Patriot swim team for four years and served as team captain his junior and senior year. While on Cumberland's swim team Eddie was an NAIA All-american in multiple events. Since graduating in 2009 Eddie has served as Cumberland's assistant swim coach and Interim Head Swim Coach. Along with his duties with ATAC he will also be the Head Swim coach at Thomas University in Thomasville GA.