



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

Dothan

ATAC took 23 swimmers to Dothan "Chip George Invitational (4/3-4) and not only took home the visiting 2nd Place Trophy, but also 12 High Point Awards. This team effort was accomplished with not having any Senior Boys and Girls and only 1 8&U Girl and 2 8&U Boys (all took home High Point awards)! Our 23 swimmers really scored BIG!

PANAMA CITY "PARADISE"(?!) INVITATIONAL

Panama City's Coach Jonathon summed up this weekend's weather appropriately by saying that we had "the 4 seasons hit us on one weekend". Although there was more than enough rain and wind and temperature swings our ATAC swimmers weathered it just



fine

ATAC took 83 swimmers to the Panama Individual City L/C meet (4/15-17) and came away with not only the Team Victory, but 6 new Panama City Pool Records, 15 individual High Point winners (top 5). This was a great start to the season, especially since there were 4 South Eastern states represented at the meet (FL./GA/AL/TN).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 !!

PARENT BOOSTER NEWS:

We have had a very busy Spring with FLAGS, Senior Champs, Area 1 & 4, the banquet and a Developmental. A huge THANK YOU to Carla Lunny for organizing this year's banquet and Ray Brown who was our MC. Thanks also to everyone who volunteered at the April 28th developmental and the Knisley's for providing the ice for the Banquet.

The summer is just around the corner and that means lots of meets and lots of opportunities to help. If you haven't already logged onto your team unify account and verified your email address please do so as soon as possible.

As a parent of two swimmers here is what Team Unify means to me. First, for the meets it means no more worrying about those pesky deadlines, yes you do still have to meet them, but I can and have signed up for the whole thing online from the comfort of my couch. If the kids get sick or forget to mention that book report due the morning I don't need to go by the pool just to do the entry [this is only true if you have ACH payment, if you don't then you still need to sign up on line (there are NO MORE PAPER ENTRIES) but the deadline for the check payment is absolutely final and it still has to be put in the box]. Second, you can go to job sign up and earn this year's lovely car magnet. Just sign up for the job that works for you and the system will track the rest (no need to sign the log book).

Our next Board meeting will be **Tuesday June 5, at 5:30 pm** in the team room. We will be talking about the Long Course Meet. This is the biggest fund raiser for the entire year so we would love to see as many parents as possible come and also sign up to help.

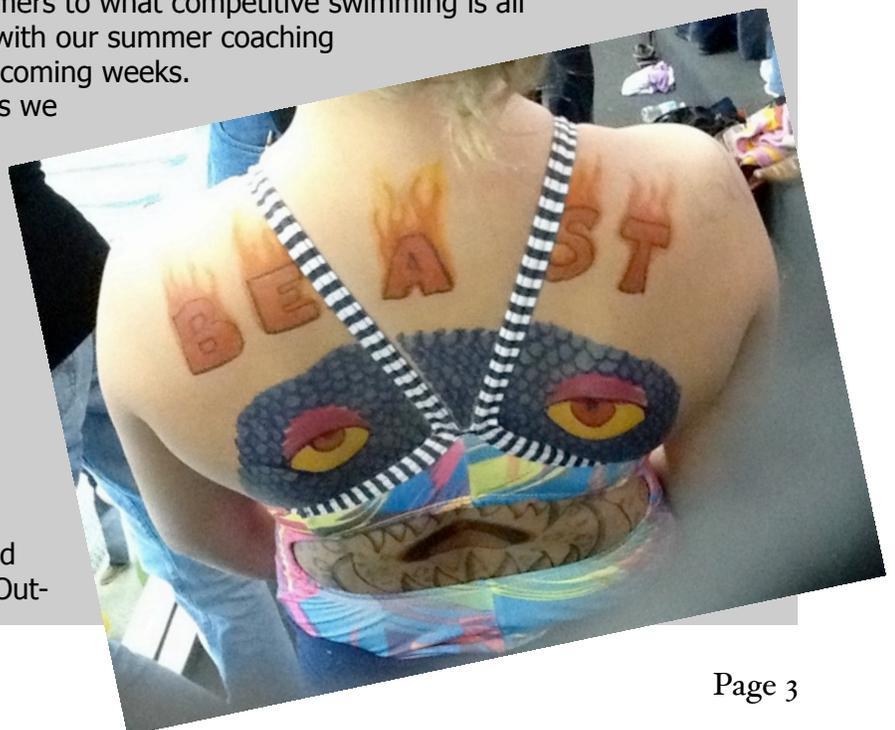
Susie Holmes – Booster President

SUMMER PRACTICE SCHEDULE:

Follow the link on the ATAC Website to this summer's practice schedule. If you are in Age Group or Novice you must indicate which practices you want to attend.

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.
NOTE: We have a number of Meets we would like for our developing swimmers to attend.....Our Long Course Developmental at Trousdell on the mornings of May 26 & 27 is something YOUR swimmers can do. The LONG way at the pool may look scary, but they will do fine and need this experience. Talk to you coaches about what would be the best events to enter, BUT please enter! The Sunshine State Games in Gainesville is another good one and could be your first foray into the "Out-



Of-Town" swimming. It's worth the investment to see the younger swimmers have as much fun as they do when they're out of town with their buddies. IMPORTANT.....We need to have all our swimmers plan for our Long Course Invitational June 29-July1. This is our home meet and we need our younger swimmers (especially our 8&U and 10&U swimmers to attend.

- ❖ **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 (non-disposable and do not share!), but also having 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. We'd even suggest making them a work of art so they can easily be seen in the heaps of equipment on the deck. 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.

SWIM MEET UPDATES:

- **SPRING LONG COURSE DEVELOPMENTAL (5/26-27/12).....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!
- **SUNSHINE STATE GAMES (6/8-10/12) 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 (83 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 Winter/Spring schedule is currently posted so plan your schedules early.

NEWS BRIEFS:

- SUMMER LEAGUE..... We are evaluating new swimmers by appointment through Frances from 5:30 to 6PM. If you have a friend.....pass the word....Could be a potential "car pool" out of it?!
- SUMMER PRACTICE TIMESBegin June 4th.
- SWIMMER FILE FOLDERSare 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 / PARKINGOnce 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.

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

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