

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:

NEW US SWIMMING RANKING *US Swimming ranked the top 50 cities in competitive swimming. This score was determined by a variety of criteria including the success level of the teams from a per capita perspective. TALLAHASSEE WAS RANKED 28TH IN THE COUNTRY. The only other Florida City ranked in the top 50 was Sarasota coming in at 48th. This is quite amazing, but also points to the caliber of swimming in Tallahassee.*

More GOOD stuff

An average of 125+ swimmers at each Summer League Meet (NO League Meets rained out – a record; Took home 32 individual High Point trophies at the various summer meets: ATAC WON the Panama City Invitational, won the ATAC Invitational and won the Area I-IV Championships as well as coming in 2nd at the Sunshine State Games, and took 3rd at the Florida Senior Championships. We were hoping for a top 15 finish at the Florida Age Group Championships, but actually broke into the “TOP 10” by placing 9th out of 62 scoring teams. Placed 2 swimmers on the southern “Zone” Team and Sent 3 swimmers to JR. NATIONALS and 2 swimmers to the US Senior Nationals Championship (results in next month's News Bubble)!



ATAC Long Course Invitational

CONGRATULATIONS TO ALL OUR SWIMMERS ON A GREAT SUMMER

GO ATAC!!!

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 Bowman, 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 AMANDA... To find coaches that CARE about their swimmers like Coach Amanda has is something that every team hopes for in their coaching staff. 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 Amanda's

service to the team is not something you're taught, but have to have a *feel* for, which she excelled at! We are going to keep Coach Amanda on "Speed Dial" however, to keep her involved during the year and also in getting her back for next summer..... She's going to be using all those skills Coach Terry and Coach Gerry filled her head with (LOL) and be a great teacher!!



COACH PATRICK..... What can be said for Coach Patrick?! He grew up in ATAC and has

always been in ATAC's corner even when he wasn't coaching. 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! Although he has always been "shy" he always got his point across to the swimmers in a sincere and caring way.

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 additions

As mentioned above in saying good-bye to Coach Amanda and Coach Patrick, we have been very fortunate with the successful and *ATAC committed* coaches we have been able to keep in our program. In the Fall we will be fortunate to have another former ATAC Swimmer in the coaching ranks. **Colin Abby**, as many of you know, is a tremendous Tri-Athlete and will be bringing some of this focus in Dry-land and conditioning with him to our Novice groups with Coach Gerry. Another new addition to the Novice program will be **Chloe Hubbard**. Chloe worked with us for a couple of weeks prior to going home for the summer. Well she's back starting August 18th and will also be working with Coach Gerry and Coach Colin in the Novice groups. Coach Chloe grew up swimming for 15 years, most recently on the Saint Petersburg Aquatics team under Coach Fred Lewis. She then started working as an assistant coach for the Palm Harbor YMCA Piranhas (PYP). Her involvement has been with the younger age groups, which is a real good fit for our club. Another new coach, **Stephanie Lea**, will be coming from Saint Cloud Florida and swam for the Saint Cloud Aquatic Team. Swimming has been a passion of hers and she wants to stay involved in it as much as possible. She is attending Florida State University this Fall pursuing a degree in Exercise science with a goal of possibly pursuing coaching full-time after graduation. She has her lifeguard certificate, Water Safety Instructor and has taught swimmers from pre-school age through the competitive Novice level.

Let's show our new coaches the ATAC SPIRIT when welcoming them on board!!



Lauren Peavy on her way to a US Jr National qualifying time

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!
4. 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.



Long Course Senior Champs team photo, Ft. Pierce

AGE GROUP (Coach Gerry, Savannah)

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 (5:40PM, 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. 5:40 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 5:40 to be ready at 5:40, 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, Colin, Chloe Stephanie)

We are excited with our returning “veterans” and the **very talented** young Summer Leaguers 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 ¼ 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. Most of the Pre-Age Groupers and Gold will be doing their Dry-Land after their swimming so something warm and absorbent would also be helpful.



ATAC wins Team Spirit Award at FLAGS

SWIM MEET UPDATES:

- * **PANAMA CITY INVITATIONAL (9/19-21/14)...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 Brian from the host P.C. team would love to give us a run at the trophy!! This is also a great meet for our "graduated Summer Leaguers" (both year-round and seasonal swimmers). It's close by and has the beach!! We would really like to see our Novice swimmers try to get to this meet. It's always fun and the more swimmers we have there the more SPIRIT, COMRADERIE and RELAYS your swimmer can experience!



Area I-IV meet preparations

- * **ATAC FALL LEAGUE MEET #1(9/27/14)... TBA...** This meet will be formatted more like our Summer League Meets. It is a good opportunity to hone your MEET SWIMMING skills, which have to be repetitious just like practices to maximize your successes at meets. See your coaches on how and what to swim in this meet to strengthen your overall season.

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

Newsletter credits:

Writer/Editor: G. Norris. Production: A. Kercheval & F. Gilbert