

ATAC COMES OUT ON TOP AT PANAMA CITY



With a large number of Senior, Age Group, and Novice swimmers in attendance, ATAC almost doubled the number of points scored by second-place and host-team Panama City, and turned out high point winners in many age groups. Owen Ekk won the 8 and Under boys. Peyton Gilbert and Bella Ekk duelled over the entire meet with Bella taking first and Peyton second in the 10 and Under girls, and similarly, Ethan Ekk and Ryder Gentry duked it out in the 10 and Under boys, with Ryder just narrowly edging Ethan out of first and into second. Lydia Hanlon tied for first in the 11 and 12 girls. 13 and over, and Senior posted excellent showings as well, with Emily Chorpening placing 1st and Michael-Ann Clark placing second in the 13-14 girls, Kealyn Bowie and Morgan Ayers taking first and second respectively in the Senior girls division, while Ryland Sun and John Yambor-Maul took first and second respectively in the Senior boys division.



ATAC SCORES BIG AT SPECIAL OLYMPICS

ATAC sent 4 swimmers to the recent Special Olympics Swimming Championships and came away with some outstanding results;

Congratulations to these ATAC swimmers;

Kerri Outten took 1st in the 50m Fly and 100m Free with times of 1:02.76 and 1:42.03.

Brittany Norman came away with a 55.6 in the 25m Fly and 1:38.0 in the 100 Free

Emily Connor had a 1:50.13 in 50m Free and a 1:42.21 in the 50m Back

Phillip Cheeseborough had a 1:45.3 in the 100 Back and a 1:27.19 in the 100 Free.



COACHES CORNER:

☞ **PRE-AGE GROUP/NOVICE/LEAGUE...**(Coach Gerry, Chloe, Alex, Madison, Colin, Meghan and Mike)... It's great to see so many of our newer swimmers showing up on a regular basis... Way to go swimmers (and parents)!! We are very excited about the number of

summer swimmers AND BRAND NEW swimmers swimming this Fall. The large group attendance is a great show, hopefully, of these swimmers committing to the sport. Not only does it solidify more friendships, but also provides a good spark in their training together as a unit....Keep up the good work (AND attendance). *Also, however, please stay on your scheduled training days so as not to impose on other swimmers' days and times.*

☞ **AGE GROUP... (Coach Gerry and Coach Colin)**... Parents, please remember that we only have 20 minutes for Dry-land and it is very important to get started on time so please have your swimmers at the pool in plenty of time to be ready. It is also important that the swimmers focus on the exercises and not be disruptive to the other swimmers. We have had to remove swimmers from dry-land at times due to them being a bit too chatty and less focused on following directions. Just an FYI in the event we may have to give you a call about it. Consequently, please help us out and talk to your swimmers about it AND let them know how you don't want to get *that call*....**ALSO:** We have had some injuries, damages and disruptions before practice. Please remind your swimmer that we have a very good situation at Trousdell and they need to respect the staff and facility..... Thanks

SWIM MEET UPDATES:

- ★ **DOTHAN INVITATIONAL 11/5-6/16 - Dothan Alabama.** Please mark your calendars for this meet, especially if you are in Age Group or below. It's and easy drive and the swimmers always do well. ATAC has won this meet every year, but we need a CROWD to do it
Go to www.swimatac.com for a listing of ALL the Meets (including the High School Championship Meet dates) coming up. Plan your schedules early.

NEWS BRIEFS:

- ★ **ATAC OFFICE NEWS.....**
USA Swimming 2017 registration forms are coming out soon. Please return the forms in a



timely manner. Any swimmer not registered on January 1st will not be able to swim until the forms are received in the ATAC office.

Please remember the Team Room is a QUIET ZONE in the afternoons.

- ★ **DID YOU KNOW**to contact your coaches you can easily send them an email by going to the Swimatac.com homepage and to the right there is a box that says "Coaches"- click on the link and the ATAC coaches appear and you then you can email them.

- ★ **COACH COLIN**.....A special thanks to Coach Colin for the great pictures he has taken over the years! As many of you know, he has a real knack for it. Most of the pictures recently in our News Bubbles have come from Coach Colin.



- ★ **BRIAN STOUT**..... ATAC would like to again thank Brian Stout (Mia's dad) for all the work he has done for the Team lately. He provided additional hooks for the "swimmer bag boards". He manufactured our "Turn Tubes" to better practice our "under waters", and he also made "Backstroke Bumpers" for our Novice program. All these projects have contributed greatly to ATAC maintaining its "Pursuit of Excellence"!

- ★ ***MYERS PARK PROGRAM.....November 28th... ATAC will once again be offering a NOVICE BRONZE (1st priority based on demand) and SILVER programs at the Wade Wehunt pool in Myers Park beginning December 1st. It will be from 4:30-5:30 M-F. Remember..., it will be INDOORS, UNDER THE BUBBLE during the winter months! In order to continue this program we will need at least 13 swimmers to sign up for it. Ms. Frances will be sending out a notice on this as we get closer to December. We will also be offering our High School Conditioning program from 3:00 to 4:30 M-F***

EVERY YEAR's RESOLUTIONCome to practice / Go to Meets / Get more "A's"