

ATAC TAKES HOME THE GOLD



ATAC MAC MEET 1/27-29/2012

ATAC definitely showed some real SPIRIT at our winter invitational....Not only did swimmers perform at a super high standard in the water, but also showed some real team spirit on deck as well. It was also a sight to see at Sunday's Finals when ATAC, Mobile and Panama City Cheered back and forth across the pool to each other...a lot of fun! This Meet was the largest (500 swimmers) and most competitive Meet we've hosted in the Winter. Teams attending were some of the best teams from the Southeast swimming association and Florida Association. To be able to meet "halfway" (Tallahassee) was something all the teams from the different associations were excited about. The meet was won early, but you wouldn't have known it by the way OUR swimmers were screaming and yelling for their teammates AND of course, friends!.....This is truly TEAM SPIRIT and TEAM camaraderie...Way to go swimmers!!! ATAC had 170 swimmers in the meet (25 more than 2011)!

ATAC won the meet with 7,075.5 points followed by the City of Mobile with 4,279.5. Individual high point winners were; 8&Under girls - Emily Chorpeling, 10&Under Girls – Cattie Li, 10&Under Boys Runner-up – Parker Brown, 11&12 Boys – John Yambor-Maul, 15& Over Girls – Cece Williams, Alexandra Merritt -Runner-up, 15& Over Boys runner-up – Scott Fortier.

Check out www.swimatac.com for full results (a number of seasonal ATAC top 5 times also changed with these results, so be sure to check this out on the web also)

C O N G R A T U L A T I O N S ATAC S W I M M E R S (all 170 of you)!

SPECIAL HIGHLIGHTS

JUNIOR NATIONAL SWIMMERS:

ATAC sent 7 swimmers (one more than last year) – Cece Williams, Alyssa Yambor-Maul, Alexandria Merritt, Delaney Barnard, Lia Lombardi, Scott Fortier, and Alex Dehner – to the Speedo Short-Course Junior National Championships in Austin, TX, December 8-10, 2011. The ATAC women's team was 15th overall out of 67 scoring teams. ATAC swimmers placed in the top 24 in 5 individual events and scored a 6th-place finish in the 800



yard freestyle relay (Alexandria Merritt, Cece Williams, Alyssa Yambor-Maul, and Delaney Barnard), an 11th-place finish in the 400 yard freestyle relay (Delaney Barnard, Cece Williams, Alyssa Yambor-Maul, and Alexandria Merritt), and a 16th-place in the 200 yard freestyle relay (Alexandria Merritt, Delaney Barnard, Alyssa Yambor-Maul, and Cece Williams). Personal best times were achieved by Scott Fortier in the 17-18 boys 200 yard butterfly (1:50.90), and by Alex Dehner in the 17-18 boys 200 yard backstroke (1:50.91).

New ATAC team records were set by Cece Williams in the 15-16 girls 500 yard freestyle (4:50.70); Alyssa Yambor-Maul in the girls 15-16 200 yard backstroke (1:59.32); and Alexandria Merritt in the 17-18 girls 50 yard freestyle (23.75), 200 yard freestyle (1:48.80), and 100 yard butterfly (54.39). New ATAC relay team records were set in the girls 200 yard freestyle relay of Alexandria Merritt, Delaney Barnard, Alyssa Yambor-Maul, and Cece Williams (1:36.00) and in the girls 800 yard freestyle relay of Alexandria Merritt, Cece Williams, Alyssa Yambor-Maul, and Delaney Barnard (7:25.59).

"B" CHAMPIONSHIPS HARRY MEISEL AWARD:

ATAC sent 43 swimmers to this championship and came away with not only a bunch of best times, but also the "Harry Meisel TEAM SPIRIT award" for this championship. A special thanks goes out to our CHEERLEADERS that came over to cheer their teammates on. These girls were over qualified to swim in the meet, but made the trip to support our swimmers in the meet. Obviously, they did a good job of keeping the team pumped up and cheering to take this prestigious award. Spirit awards are

something all teams and coaches would like to see their teams win. It says a lot about the Team. A **GOOD JOB**

GIRLS goes out to Stephanie Holmes, Olivia Kercheval-Roig and Virginia Russell.

BRAZILIAN GUESTS:



As in past years, a number of Brazilian swimmers came to Tallahassee (1/6-17) to train and be a part of a clinic that Coach Maul provides for them. This year there were 22 swimmers and three coaches representing 3 different Brazilian teams. It's always fun for both the Brazilians and ATAC swimmers to have the opportunity to share their cultures, languages,...SWIM CAPS, etc. In addition to training together ATAC and our guests also had great fun bowling and playing at the Fun Station. Since the Brazilians have been coming over the years there are a number of swimmers still conversing via **Facebook** with past swimmers, although in some cases they have had to get translations from friends. Not speaking the same language is absolutely no barrier to some these swimmers.....just as it should be.



SWIM MEET ATTENDANCE

(Upcoming Championships)

Copied from last February's News Bubble, but still as important!

We are now coming up on our CHAMPIONSHIP MEETS. FLORIDA AGE GROUP CHAMPIONSHIPS (FLAGS) are 3/8-11/12; Sr. Champs are 2/23-26/12 and the AREA I-IV Championships (Jacksonville) are 3/17-18/12. There is an "End of the Season" championship for every ATAC swimmer from Novice through Seniors. These are very important Meets for our swimmers and we encourage all swimmers to attend the Meet that is for their ability level.

As we have said many times in the past, going to meets is how the coaches really see what swimmers are doing and how we may need to address each swimmer's technique and conditioning in the following months. They (Meets) are not "extra" things to do, but an integral part of why we practice and seeing how the swimmers are progressing, both from the swimmers' perspective as well as the coaches'. This is why it is extremely important for ALL our swimmers to make a commitment to attend meets and especially these Championship meets. The Championship meets are also TEAM MEETS where ATAC goes up against the other Florida teams for bragging rights as a TEAM. When our swimmers attend meets with a good number of swimmers we usually come out on top or close to it as in the Florida Championship meets of the past.

Realizing some of our newer swimmers might be apprehensive on whether they are ready for a "Big" meet, we as their coaches want to assure everyone... they are (talk to your coaches about what events to enter in this next meet). Another point that some swimmers "think will happen" is that if they haven't gone to a meet in a while that they will "drop" a bunch of time. This isn't necessarily what happens. You have to also **practice** swimming in meets to have the best overall results at the end of a season. Swimmers need to be able to race, recover, and race again, get enough sleep and proper fuel, as well as

control the emotional (nerves/stress) ups and downs of competing over a weekend. Some our more experienced swimmers know how to do this (meet practice) and know what they have to do to have optimal performances.

The Area I-IV meet is for all swimmers that do not have an Age Group or Sr. Championship qualifying time. This is the Championship meet for ALL our developing swimmers, **especially** our Novice, Pre-Age Group and Age Group swimmers so let's make a TEAM effort to get as many swimmers to it as possible. Going to an "out-of-town" meet is also a way to reward your swimmer on how well they have been practicing. It makes them feel proud and excited about being a "competitive athlete" representing their TEAM. The weekend is about them!... Motel/restaurant food/ being "out-of-town" with their friends / and oh yes, RACING too! We know that it can be expensive so we would like to encourage you to make a "plan" for the season's meet schedule. The coaches can help you pick the right meets. Keep in mind, however, that our J.O. and Sr. Champ qualifiers can also get another swim in the OPEN DIVISION, which does not effect the non-J.O. swimmers' results or overall placement in their age groupings, but just gives these swimmers another chance to race.

AGAIN, we need a TEAM of swimmers to attend the upcoming Championship meets for our newer swimmers to see just how good ATAC really is. We can have some ATAC swimmers attend these meets, but without TEAM RELAYS and TEAM COMMARDERIE it's just not the same as seeing a sea of ATAC caps winning heats (taking the Team Trophy is also a nice ending!) When it's fun and exciting it also helps everyone swim fast!

Remember our statement at the end of every monthly News Bubble....**Come to practice / GO TO MEETS / get more "A"s.** Practicing this motto will help each one of our swimmers "Pursue Excellence" both in the water and in the classroom.

GO ATAC!

PARENT BOOSTER NEWS:

In December we held our Holiday developmental meet under the bubble at Myers Park, after the meet we held our annual cookout. Many thanks to the Joyners for the use of their grill, to Mike Joyner and Jim Spencer for their grilling, to Brian Blair for going to purchase the meat, to Gaynell-Brown for going to purchase everything else. Many thanks also to our console operator, our computer operator and to all our officials who officiated the meet. Last weekend we held the annual Mac Crutchfield Invitational, many, many thanks to everyone who helped out brought food, timed, ran the console and computer and officiated. Several of our parents helped out for all seven sessions and we greatly appreciated all of their hard work.

On February 11, we are holding our Last Chance Developmental, any parent interested in getting to know the greater workings of a meet should contact Susie at sscsholmes@embarqmail.com. We need to train some more parents as meet managers and co-meet managers in order to continue to hold great meets for our kids.

Our next Board meeting is TBA and will be in the team room. We will be going over the lessons learned from the Mac Meet, talking about the ATAC Banquet to be held April 13th at the Car Museum and looking at the spring and summer meet schedules. All ATAC parents are members of the parent booster organization, and we encourage you to join us at our monthly meetings.

Susie Holmes – Booster President

COACHES CORNER:

"WINTER LEAGUE / NOVICE" SWIMMERS – (Coach Amanda and Coach Gerry)..... The **ATAC Invitational** was a SUPER meet for our swimmers. They had a "bunch" of best times, and by a lot (seconds dropped)!! Keep in mind, however, that the faster they swim, the harder it will be to get to that next "Best Time" so we will be explaining to the swimmers about the relationship of "Practices" to "Best Times" and what are reasonable expectations over the course of a full season. Best Times don't happen every meet or every swimmer would be breaking world records by the time they are 14!

Seasonal goals and expectations are what we will be focusing on, which is how ATAC has always approached long term success, both for the program, and more importantly for the individual swimmer. If your Developmental swimmer is having fun and likes to come to practice, but isn't coming to every scheduled practice, then ask the question, "Want to go to one more practice during the week?" If they say **yes**, we all know that Mom and Dad can figure out a way.... just as you have in the past, right? If they are a Pre-Senior or Senior swimmer, however, and they can't wake up for morning work-outs - get them a **louder** alarm clock!

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

SWIM MEET UPDATES:

- **PENSACOLA INVITATIONAL (1/13-15) – Pensacola..... TEAM MEET.....**
The 2012 GPAC Winter Invitational Swim Meet was held at the University of West Florida Aquatic Center in Pensacola. ATAC sent 33 swimmers and still managed to pull off second place with 1,052 points (Visiting Team 1st place Trophy), behind the hosting team, Greater Pensacola Aquatic Club, with 1,350 points (107 swimmers). The third place team, Crawfish Aquatics (80 swimmers), was a distant 654 points. Twelve teams scored points at the meet.
ATAC saw some excellent swimming in all age groups. Swimmers earning individual high point honors (1st, 2nd, or 3rd) in their age group included: Cattie Li, 1st, 9-10 Girls, John Yambor-Maul, 2nd, 11-12 Boys, Trevor Vandenberg, 3rd, 11-12 Boys, Ali Lombardi, 3rd, 13-14 Girls, Brandon Chason, 1st, 13-14 Boys, Alyssa Yambor-Maul, 1st, 15&Over Girls, CeCe Williams, 2nd, 15&Over Girls, Delaney Barnard, 3rd, 15&Over Girls, Scott Fortier, 3rd, 15&Over Boys.
- **ATAC "LAST CHANCE" DEVELOPMENTAL (2/11/12) – TBA.....** This meet is a meet we want all our swimmers to focus on. This will not only be a good in-town meet for our younger swimmers, but also the **Last chance** for swimmers to make their Junior Olympic and Senior Champs cuts. For our younger swimmers... It's important to see how these swimmers are progressing and MEETS are where we REALLY see what they **know/remember....and always surprise us with!!**
- **FLORIDA AGE GROUP CHAMPIONSHIPS (3/8-11/12).....Sarasota..... IF YOU QUALIFY, YOU ARE SUPPOSED TO ATTEND AS A REPRESENTATIVE AND AMBASSADOR FOR ATAC.** This is a TEAM MEET for qualified ATAC swimmers.
- **FLORIDA SENIOR CHAMPS (2/23-26/12)**.....Orlando.....Same holds true here as above
- **AREA I-IV CHAMPIONSHIPS (3/17-18/12) Jacksonville.....** Although this meet is in March, ATAC would like to ask that all of our non-Junior Olympic and non-Senior Champ qualifiers definitely make plans to attend and compete in their age brackets. **BUT IT IS ALSO for our J.O. and Senior Champ swimmers that want another opportunity to race in the OPEN DIVISION. This division is for any swimmer that wants to race again for a time, regardless of having a qualifying time in J.O.'s or Sr. Champs.** This is a CHAMPIONSHIP Meet and should be prioritized as a main out-of-town meet for our developing swimmers. It's also a Team meet. We have won this Championship in the past, but we need a full squad of swimmers to make a run at it each year.

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

- Coming Soon - ATAC is going to a new web site based on Team Unify. This is going to allow us to have all the team databases in one place and eventually Online Meet Entries. We will send out more information soon.