

2013 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 remains one of the elite clubs in USA swimming with a current National ranking of 118th out of 3,000 registered teams in the country. Remaining in the top 4% in the nation is a great reflection on the effort our swimmers put forward in the Pursuit Excellence! Over 450 registered ATAC swimmers; An average of 120+ swimmers at each Summer League Meet; ATAC won the Summer Area I-IV Championships; 1st Place Visiting Team at Panama City, Dothan, and ATAC Summer Invitational; Took 2nd at the Sunshine State Games, Placed 8th at SECTIONALS (64 teams from throughout the Southeast); 13th at the Summer Florida Age Group Championships (64 teams); Placed 2nd at the Florida Senior State Championship; Sent 2 swimmers to the US Open championships and 4 swimmers to the US JR. NATIONALS!

Way to GO ATAC!!!

PARENT BOOSTER NEWS

The Parent Party was a blast! Thanks to all who took some time out of their weekend to come hang out. I realize that the last minute request for food donations put a little kink in otherwise well laid plans - but I TRULY appreciate those of you that were willing to bring something to share! And for those of you who asked if we could do this every month....I wish we could accommodate you, but my best offering is our monthly Booster meeting! Our next Booster Meeting will be on Saturday, October 5 at 9:15a. We will have a brief business meeting where we will update you on the Booster budget, goals, programs and upcoming events. There will be light refreshments (I promise not to ask you to bring them at the last minute) and a guest speaker sharing valuable information on nutrition and wellness for our swimmers. The meeting will be at the Coldwell Banker Building, 3303 Thomasville Road, Tallahassee 32308. I hope you can join us!

--Holley Curry, Booster President

COACHES CORNER:

PRE-SENIORS AND SENIORS: (Coach Maul, Coach Eddie)

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
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 US Swimming website for some helpful hints. 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 and **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, Coach 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 (5:40 PM M-F and 7:30AM on Sat.) . Dry-Land is extremely important for the swimmers and we have 15-20 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 good habits to be able to move to the next level. 5:40 is not the time the swimmer arrives and *kind of sort of* get in some of the dry-land. If there is a problem with getting to practice on time , 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: (Coach Gerry, Amanda , Blair and Katie)

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 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 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.

SPECIAL NOVICE NOTES

With as many new swimmers taking the plunge for the Fall, we'd like to mention a few other things about the upcoming season:

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.

Dry-Land.....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. ***A number of the groups will be doing their Dry-Land after their swimming***

so something warm and absorbent would also be helpful.



Fridays.... Big day, lots of swimmers..... An extremely important aspect of taking part in a sport like swimming is to be sure everyone has fun while participating . This is not a job and we want our young swimmers “*wanting*” to come to practice. Swimming is also a long term sport. We are NOT setting up practices to make your swimmer be the best 10 & Under in the state (overload), but we will train them to be the best 10 & Under they can be without sacrificing their opportunities to be able to peak competitively as they peak physically, as evidenced by the current successes of our Senior program. This has obviously been a successful strategy for ATAC over the years, which , as a side note, also allowed for us to Win the 10 &

Under Girls and Boys State Championship Team trophies in the past.....**Fridays** help with this overall wanting to come to practice. For the Novice groups, we have both weekly sessions come together on Friday not only to practice, but to make new friends and also have some social time. They are important practices. Our coaches encourage all the swimmers to learn one or more names of their teammates during a practice. Making friends is a really big part of staying involved in a strenuous activity like swimming. Coming to practice to see friends and coaches is an element of a long term sport that is critical for their future... It also helps at Meets (please make plans for these this Fall) so they know their teammates or Relay members.....

If they're listening we call it **Fun Friday**....If they're not listening we call it "**FLY**" **Friday**.....They usually listen pretty well.

SWIM MEET UPDATES:

- **AREA 3 GAMES (8/25/13)...FSU Morcom Pool.....**Challenger swimmers participated in the Area 3



games on Saturday, August 24th at The Morcom pool. Three teams participated in the swim meet. Challenger, Special Olympics and Gretchen Everhart. The swimmers did an OUTSTANDING job in their events as well as showed great sportsmanship and spirit cheering on their teammates and competitors. This swim meet will determine if the swimmers qualified for the Special Olympics State meet in Sebastian, FL. Coach Celeste and Coach Keely are EXTREMELY proud of the swimmers hard work and dedication.

- **ATAC FALL LEAGUE MEET #1 (9/28/13)..(TBA)....** This is another in-town opportunity to practice "Good Habits" to keep improving throughout the year. Watch for the Entry form coming soon. We would like to see ALL OUR DEVELOPMENTAL SWIMMERS attend. Remember; Swimming in a swim meet shows the coaches "What you really know" so we can focus on areas needing improvement.

- **PANAMA CITY INVITATIONAL (9/20-22/13)...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. It's always nice to show off our swimmers to other teams! **We hope our NOVICE swimmers are signed up for this meet. It's always fun, since you swim a half day and go to the beach the other half of the day....A great get-away for a weekend trip. NOVICE PARENTS...Please always talk with your coaches on what your swimmer should enter for their swimming events for future meets. They may not be ready for certain events and we want them to have as many successful experiences as possible. We would like to have RELAYS in every age group and gender. We need our 8&U and 10&U swimmers at more "Away" meets.**



- ✓ DID YOU also KNOW..... **ATAC swimmers hold 28 out of 30 Panama City Pool Records!**

- **AUBURN INVITATIONAL (10/19-20/13)..Auburn Ala.....** This meet has always been a lot of fun and our swimmers have always been very successful. It's a good meet for our Age Group and Novice swimmers so talk to your coaches if you're not sure if it's a meet for you swimmer.
- **DOTHAN INVITATIONAL (11/2-3/13)...Dothan Ala...*The Meet date has changed from the original dates of 11/9-10/13 so please make note of this....*** We would like to see ALL our NOVICE swimmers commit to this "out-of-town" meet this year. It's only an hour and forty minutes away and it is the type of meet our developing swimmers need to participate in. It's a relatively small meet and our younger swimmers are always competitive and "score points" for ATAC. They also award 8 High Point Trophies for each age group and gender. For many of our more *seasoned* swimmers this is where they got their first trophy and they haven't forgotten it! PLEASE make every effort to attend this meet. If you have any questions about it please ask your coaches or some of the parents that have been on the team a while. They'll tell you, "go to it, your swimmers will get hooked"!

NEWS BRIEFS:

- ✓ **Pool Temperature.....** There may be a couple of days when the pool may be a little chilly due to it being overcast and not heating up during the day. This happens each year in making the transition to heating the pool and is only temporary. Heating too early can have the pool's temperature skyrocket if we get our usual sunny hot days, even if the night temperatures may start dropping. Once we make the full transition to heating, it will remain a nice and toasty (82') for the winter.

- ✓ **PAYING FOR MEET ENTRIES ON LINE.....** *For all of our new parents signing up for meets, the instructions for paying for meets is found on Swimatac.com. Hover over the Meets/Events Tab and scroll down and click on the Paying for meets label. Signing up to pay for meet fees electronically is completely different from paying for quarterly dues.*
- ✓ **DID YOU KNOW??** the Meet schedule for the upcoming season is posted on www.Swimatac.com ? Look for the group your swimmer is in (for instance 'Novice') and any meet with an X in that column is a meet your swimmer(s) should consider. Go to www.Swimatac.com then hover over the Meets/Events tab in the red label and a sub menu appears. Select the current season 2013 Fall Meet Schedule September 2013 through January 2014 .pdf and you will see the upcoming meets! Please talk with your coach about how you should be approaching this upcoming season.....Going to meets is extremely important for your swimmer to progress with this sport!
- ✓ ***The MAC CRUTCHFIELD SCHOLARSHIP AWARDS...*** This foundation was formed in memory of one of ATAC's own, "MAC". It was set up to assist College Seniors with scholarships for college and also to assist the Special Olympics with their efforts to provide the best opportunities possible for these athletes. MAC was always the biggest supporter and cheerleader for these swimmers.. College Scholarships for 2013 went to Aron Pietrowski from Minneapolis going to Minnesota, Aylssa Yambor-Maul and Alex Dehner from ATAC going to Florida and James Lemaire from ATAC going to Thomas University. For more information click on this link[the Mac Crutchfield Foundation.](#)

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

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