

FINAL FINAL WRAP – UP OF SHORT COURSE SEASON
(August 2012-May 2013)

In wrapping up our Short Course Season in previous News Bubbles we did not yet mention we had a number of ATAC swimmers make it into the Florida Association's "TOP 10" standings (Times) for the season. We want to congratulate these swimmers for their outstanding representation of ATAC!

10&Under Girls... Virginia Russell– 50 Free-8th

11&12 Girls... Stephanie Holmes – 200 Free-8th, 500 Free-3rd, 1000 Free-4th

13&14 Girls... Emma Layton – 100 Free-2nd, 200 Free-3rd, 500 Free-3rd, 1650 Free-4th, 200 IM-4th, 400 IM-4th; **Claire Kercheval-Roig** – 100 Backstroke-6th, 100 Butterfly-10th; **Morgan Ayers** – 100 Breaststroke-3rd, 200 Breaststroke-4th

15&16 Girls... Cece Williams – 100 Free-8th, 500 Free-2nd, 200 IM-8th, 400 IM-6th; **Makayla Ayers** – 1000 Free-9th; **Lauren Peavy** – 200 Breaststroke-9th; **Sydney Simpson** – 200 Butterfly-9th

17&18 girls... Cece Williams – 400 IM-4th, 100 Free-6th, 200 Free-6th, 500 Free-2nd, 1000 Free-2nd, 200 IM-4th; **Hannah Capers** – 1650 Free-8th; **Alyssa Yambor-Maul** – 200 IM-10th, 100 Backstroke-4th, 200 Backstroke-4th, 200 Butterfly-6th, 400 IM-10th; **Lia Lombardi** – 200 Breaststroke-2nd, 200 Butterfly-9th

11&12 Boys....John Yambor-Maul – 100 Free-10th, 50 Butterfly-8th;

17&18 Boys....Scott Fortier – 1000 Free-5th, 200 Butterfly-6th; **Alex Dehner** – 100 Backstroke-9th, 200 Backstroke-7th, 400 IM-7th

As you can see, this quite an impressive showing for ATAC in the Florida Association. Something all our new swimmers can aspire to in the future.

ATAC TAKES THE GOLD AT TROUSDELL

ATAC comes off a 1st place finish in Panama City and our 2nd place finish to the Home Team Gator Swim Club at the Sunshine State Games to follow-up with a great WIN at our home Invitational this past weekend. At the ATAC Invitational there were 400 swimmers competing over the three days representing some of the best competition in the Southeast and as far away as Michigan and Kentucky. Our swimmers swam great. All our parents that helped out did a super job of providing excellent customer service to our visitors as evidenced by the complimentary comments coming from visiting coaches and parents.

*The TrousdeLL Aquatic staff also did an excellent job of preparing the facility and maintaining a clean and friendly venue. We would like for all our parents and swimmers to take a moment to thank **Leslie***

Adams (Aquatic Supervisor) and her staff for the great support. If we didn't have this support we wouldn't be able to run such a great meet.

ATAC had 120+ swimmers entered in the meet! We are definitely a BIG and FAST TEAM.

ATAC SWIMS TO WIN at Dothan

ATAC Took the visiting Team 3rd PLACE TROPHY at the Dothan WATERWORLD CLASSIC on 6/21-23/13 with only 28 swimmers attending. Additionally, there were 7 swimmers taking home 8 *Individual High Point* awards.



They were:

Lucy Wright (10) 7th place, Olivia Kercheval-Roig (12) 1st place, Caitlin Wilkey (11) 8th in 11&12 and 6th in Srs., Michelle Yagami (14) 8th place, Nicholas Bosque (10) 3rd, Toby Campbell (10) 7th and Christian Bosque (12), 2nd.

Great TEAM efforts ATAC!

BOOSTER NEWS:

It is hard to believe that two years has flown by and this will be my final input into the News Bubble. It has been a very busy two years and I have enjoyed getting to know many of the swimmers and parents in all different groups and I look forward to continuing to see you on deck. One of the most rewarding aspects of being so very involved in the team is seeing the delight of the swimmer when they swim a best time, make that first FLAG or Senior Champ cut, or achieve that goal that they have been working on. Many people have helped me with the logistics needed for our swimmers over the past two years

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and I truly could not have done this job without you. Frances in office is invaluable to ATAC, not only is she extremely helpful, knowledgeable but she is also unflappable which is extremely helpful to one who is prone to stress. All of the coaches have been very supportive of the efforts that the boosters have made over the past two years and it has been a wonderful partnership. I could not have done the job without our officials who come out and support our events. People more knowledgeable than I am have run computers and consoles, set up hospitality and concessions, made sure awards and ribbons were ordered and done on time, made sure that hotels were booked and available.

Many of you were given the ATAC volunteer magnet at the Banquet and I could not have done this without you. I would like to thank the outgoing Board Michelle Cardoso (secretary), Deb Le Doux (Vice President) and Rae Hendlin (Treasurer) for their work over the past two years. I would also like to thank Jackie Ayers for all her help and support.



Thank you to all the volunteers who turned out at our recent long course meet. The meet, in spite of the best efforts of dreadful weather, was a success and we were able to get in all of the individual events. We had many swimmers attain their personal goals and we now also have more families who have volunteered over thirty hours and so will receive our volunteer car magnet. The families are: the Abbeys, the Cardosos, the Chambasians, the Chasons, the Clarks, the Harris', the Jaynes' the Noblins and the Suttons. Thank you so much.

Finally, I wish Holly Curry and her board of Mara Rumana (secretary) and Gaynell Brown (treasurer) all the best in the upcoming year and I look forward to helping them on deck.

Susie

COACHES CORNER:***NOVICE AND LEAGUE NEWS: (Coach Gerry and Coach Amanda and staff)***

Working to develop **Good Habits** has been our goal and we are seeing a great number of the swimmers making the changes necessary.. **Way to go Swimmers!**

DISQUALIFICATIONS....As we mentioned in our first “League Bulletin” disqualifications will happen as our newer swimmers enter the different strokes in our League Meets. Swimming technically correct takes time so these recent disqualifications should not be something to stress about. They are **information notices** for the swimmers and coaches. We use this information to work with the swimmers on correcting the strokes in practice. Swimming in a meet is a lot different than swimming in practice, since there is so much excitement in Racing. Consequently, our newer swimmers really RACE great, but haven’t all developed the proper technique as a “habit” and so the emphasis is more on *getting to the wall 1st* without too much concern on “how” they get there yet. Not to worry, this is very natural and is expected. As time goes on the strokes will improve.

We would ask, however, that if your swimmer was disqualified in a certain stroke that you ask your coaches if your swimmer is ready to enter the event again with a good chance of **not** being disqualified? Since we have 5 League meets in a 9 week season it’s obvious that new swimmers will only have had *contact* with the new strokes at this time, but being completely proficient at them may not be there yet. The more they experience both the drills in practice and the “controlled” excitement of a Meet, the quicker they will really master the strokes.

SWIM MEET UPDATES:

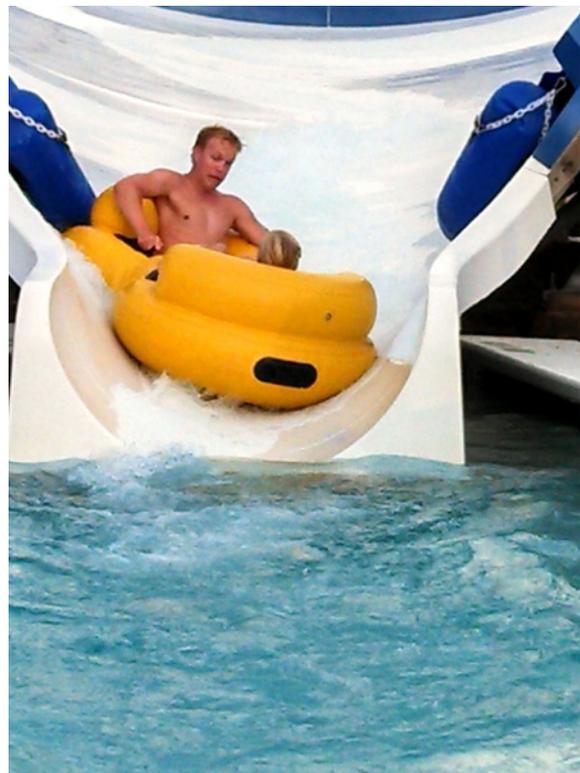
- ***SECTIONALS (7/18-21/13) – Ft. Lauderdale FL.....*** ATAC will be sending a contingent of ATAC swimmers to this ***Southeastern Regional Championships***, which is one of the stepping stones to the ***US Nationals***, and will be swimming against some of the best swimmers not only from the S.E., but from the country. Coach Maul is looking for some great swims..
- ***FL. AGE GROUP CHAMPIONSHIPS (7/18-21/13) – Gainesville.....*** There will be aprox. 30 qualified ATAC swimmers for this Florida Age Group State Championships. We also have a number of “new” qualified swimmers this year, which is great to see!
- ***FL. SENIOR CHAMPIONSHIPS (7/25-28/13) - Ft. Pierce.....*** This is the State Championships for our swimmers 15 and older. This is also a meet we have won (State Champs) in the past. ATAC hopes to score big once again, but it takes a team effort so Coach Maul is encouraging all swimmers that qualify to attend and support the Team’s efforts.
- ***AREA I-IV CHAMPIONSHIPS (8/3-4/13) TROUSDELL POOL.....*** This is the end of the season **TEAM Championships** for all FLAGS qualifiers. This is a meet that we need all our year-round and League swimmers to attend. Every level of our program has an end of the year championship to shoot for. **This is one that all our swimmers that have not qualified for**

FLAGS need to plan for. We want to have as many relays as possible so our swimmers can enjoy the camaraderie that comes with this type of event. We also want all our swimmers to experience the excitement of representing their **TEAM** in a championship environment. **PARENTS**, help us realize this goal for your swimmers by being sure to sign your swimmers up. Swimmers that have some **FLAGS** times, but not in all events should also plan to attend. **Summer League swimmers should be planning for this Meet also. Remember: the top 2 scoring Girls and Boys in the 8&Under and 10&Under Age Groups that are currently registered Summer League only will receive a FREE FALL QUARTER REGISTRATION so sign up for the maximum number of events!** If you have any questions on “what” to swim (legal strokes?), however, your coaches will be more than happy to help you choose.

FOR COMPLETE INFORMATION / RESULTS / MOTEL INFO., etc. go to www.swimatac.com and click on *Meets/Events* and then select the red description of the meet you are interested in.

NEWS BRIEFS:

- **FLORIDA AGE GROUP CHAMPIONSHIPS and SENIOR CHAMPS SPIRIT PARTY....Saturday 7/13 10:00 Am at Trousdell.**
- **ATAC AREA I-IV AND END OF THE YEAR NOVICE AND LEAGUE PARTY..TBA This is our end of the League Season Party and also our Spirit Party for the Area I-IV Championships held here at Trousdell on August 3&4. This is a meet for all our League swimmers. It is Short Course, which is what they are practicing in currently. We need a TEAM EFFORT in participations so mark it on your calendars now.**
- **LOCKER ROOMS..... Please** be sure you secure your belongings while at the pool. There are a lot of people in and out of these changing areas and if your clothing and valuables are out in the open there is a chance they will go missing. We recommend you keep any valuables at home and your cell phones either locked up or in your bags on deck.
- **-Pick up your mesh bags.** Frances has had to carry numerous bags from the front of the locker rooms to the back hooks. If this continues (leaving bags in locker rooms or in front of the locker rooms) the City will (and should) disallow us from leaving bags at the pool. This is an ongoing irresponsibility that needs to be rectified.



- **FALL REGISTRATION (Year-round Pre Age Group, Novice and League).....** Although we are still in the middle of the summer, we need to get ready for the FALL SEASON. We sent out an email on July 5th to all YEAR-ROUND and SUMMER LEAGUE swimmers asking that they make a commitment to the scheduled times and days listed in the email. Please be aware of the need to be responsive to any of the deadlines listed and get your requests in early. Completing the Flyer **BY THE DEADLINE LISTED (July 22)** is critical in order to insure we maximize our lane space and coaching assignments appropriately.
- ***SUMMER LEAGUE SWIMMERS*....**Now that you have had a “taste” of competitive swimming and have shown real progress in perfecting your strokes we would like to encourage you to continue with your swimming to develop those “habits” we have been talking about. As a part of our 4 day a week offerings in the Fall, Saturdays will STROKE CLINIC days, some Saturdays with our Senior swimmers so not only will your swimmers be helped by some of the best swimmers in the country, but will also have a lot of fun doing it . Please keep in mind that our Novice program offers multiple days for attending practices, but attendance at all practices is not mandatory. We obviously would like to see the swimmers every day, but we also want to keep it fun for them and staying involved in their “other” activities and school programs is part of it.
After Thanksgiving we will once again have access to the Wade Wehunt Pool in Myers Park pool under the *bubble* and will have this pool until next summer. This too can be an option.

YOU ARE THE FUTURE OF ATAC AND YOU TOO MIGHT MAKE THE TRIP TO OLYMPIC TRIALS LIKE OUR OTHER PAST SUMMER LEAGUE GRADUATES DID THIS PAST YEAR..... SO STICK WITH IT.

NOTE: General public registration will take place after our team sign-up period to fill any empty spots, so please insure that your swimmer has a spot.

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

Newsletter Credits

Managing Editor: G. Norris

Production: A. Kercheval

Meet reporting: G. Norris, A. Kercheval, C. Williams