

RECORD # (Again) OF SWIMMERS AT PANAMA CITY

ATAC took 91 swimmers to the Paradise Invitational hosted by the Panama City Swim Team (9/19-21/14). Last year was also a record year with 90 swimmers. In the past we've had numbers in the 70's but never the 90's. We want to thank all our families for supporting the team in this way and it paid off! ATAC came away with the 1st place Team trophy and 7 individual High Point awards. There were over 600 swimmers participating from Florida, Alabama and Georgia. ATAC scored 1,453 points outdistancing the host Panama City swim team scoring 825 points and the third place team, Greater Pensacola Aquatic Club scoring 747.5 points. Individual High Point winners were; 8&Under Girls - Peyton Gilbert, 1st; 8&Under Boys – Nathan Castano, 2nd and Drake Shiells, 3rd; 10&Under Girls – Meg Howell 3rd; 11&12 Girls – Virginia Russell, 2nd; 13&14 Girls – Stephanie Holmes 1st and Olivia Kercheval-Roig 2nd; 13&14 Boys – John Yambor-Maul 1st.



The "Real" reason at PC!

LET'S HAVE MORE OF THESE TYPES OF NUMBERS IN OUR FUTURE "OUT-OF-TOWN" MEETS' — GOOD JOB ATAC FAMILIES!!

FALL DEVELOPMENTAL (9/27/14)

105 ATAC swimmers took part in our Fall Developmental, which is great. Last year's Fall Developmental had 90. We had a number of our newer swimmers come away with some really successful swims. We had 74% "Best Times" posted! Yes, and we had the dreaded "DQ's", but this is why it's so important for our younger swimmers to attend meets. It is a way for us, as coaches, to see just what the swimmers know. The coaches have been going over these

disqualifications with the different groups and will try to get to each swimmer individually, but this is sometimes difficult due to the varied attendances so please have your swimmer ask us about a DQ if we haven't talked to them yet. This can be a big help to us, since we want each swimmer to understand what they did incorrectly.... AND as they say, "we learn from our mistakes". Breaststroke was the bulk of the disqualifications, but it is also the most difficult to master for a young swimmer. Making their bodies do things in a very awkward way (for now) and controlling *when* they use their arms and legs can be a bit of a challenge, especially since it wasn't too long ago that they actually mastered getting around the house on two legs! We are currently going to be spending more of our practice on this stroke until they have a better feel for it. If they were disqualified in any of the strokes and you are signing up for another meet, we would like for you to talk to us about when would be a good time to enter them in it again. Each swimmer will "get it" at different times. Sometimes it takes just a few corrections and sometimes it takes a good amount of time, but they have the next 10 to 12 years to work on it, right? Don't worry it may seem like it might take that long watching their strokes, but when the "switch" flips on, it all falls in place pretty quickly. Making good habits in practice is what shows up at meets so we want to continue to impress on all our swimmers to focus on doing things correctly FIRST, then the *SPEED* comes into play.

Good Job Swimmers!



Victory Lap!

PARENT BOOSTER NEWS:

The Parent Booster Meetings are on the first Tuesday of every month in the ATAC Team room at 5:30 P.M.. I would like to encourage all parents to attend and see what is happening with the team and how we can help our swimmers and coaches maintain that level of "Excellence" our program is known for. I'd especially like to encourage our new swimmer parents to make to these meetings, since we want you to be as informed as possible. We know that it can be a bit overwhelming getting up to speed on all the things that are happening so attending some of these meetings can help with this.

ATAC SWIM CAPS..... We are currently taking orders for the personalized caps (easily identified). We have to have 25 families sign up for them before we can make the order. Currently we have 15 families signed up. The cost of the caps are \$22 and each family has to purchase a minimum of two caps. The sign-up sheet is on the cabinet to the right of the mural in the team room.

Thanks.....Maggie Crutchfield – Booster President

COACHES CORNER:

☞ **PRE-AGE GROUP/NOVICE/LEAGUE...**(Coach Gerry, Savannah, Colin, Stephanie and Chloe)... 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 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 Savannah)... Our attendance lately has been great. Let's keep it up. 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*...Thanks

PARENT VOLUNTEER BULLETIN:

Our swimmers need timers at meets!

Swimming competition is what our swimmers train for -- and can only happen with the support of a lot of volunteers. Especially, every meet needs volunteer timers, usually two per lane of competition.

Luckily, timing at a meet is fun, easy, and you get the best seat in the house to watch and be a part of the action! If you can start a stopwatch when the strobe light flashes, stop the watch when your swimmer finishes the race, and write down the watch time, then you can serve as a lane timer.

Since meets can't proceed without our volunteer timers, parents of swimmers entered in meets should always *plan to volunteer as timer as a routine matter*. If you have younger children who need supervision at a meet, partner up with another parent of young children so that one of you can time and the other supervises the kids.

ATAC has always been known for strong volunteer support from parents and families -- there's no better way to prove you support your swimmer by getting up and volunteering to help our meets happen. It's a great way to meet some of your swimmer's teammates' parents, too!

Officials Needed!

Are you a swim parent finding yourself at meets with increasing regularity? Do you often volunteer as timer and wonder whether there are some other ways for you to contribute? I invite you to consider becoming a USA swimming official with ATAC.

Swimming officials are volunteers who give their time to make sure meets can be officially sanctioned and that the competition is fair for everyone. ATAC has been well-known in Florida for having a big volunteer spirit and more officials than almost any other club in the State.

Lately, this has been changing, because a growing fraction of our active officials are retiring after long careers, and we don't have many younger officials coming up after them. But every club needs officials in order to host meets, and ATAC needs new officials to start getting involved.

Almost every swimming official got started because he or she wanted to get involved to help the team run meets for a son or daughter swimmer. For lots of our officials, their kids have long since grown up and graduated -- they keep volunteering because of the friendship and rewards of teamwork with other officials, and because they love the sport and want to give back to swimming and the next generation of swimmers.

The next time you are at a meet, check out the officials in white shirts. Many of them probably don't have children in the competition anymore, but they are there anyway to help ATAC run its meets.

Why would they do this? Officiating is rewarding, interesting and challenging, and gives you great insight into the sport, and the satisfaction of knowing you are contributing to making the competition fair and successful. Its also a network of friendships that keeps many swim parents involved in swimming long after their kids have moved on!



Go Mauricio!!

Becoming an Official: Q&A

Q: How do I become an official?

A: It's easy. You first attend a 1 hour clinic describing the job of stroke/turn official -- the first position on the ladder. These can be arranged at your convenience. Then you apprentice on deck with experienced officials and easily learn what to do. There is an online test on the stroke rules (open book, take as much time as you need), and then you can be certified as a USA swimming official.

Q: How long does the apprenticeship take?

A: You need 20 hours of apprentice time. This goes by fast if you attend a lot of meets, and you'll learn quickly.

Q: Does it cost anything?

A: Certified officials must be non-athlete members of USA swimming, but ATAC has been covering the \$62/year cost for our officials, so your cost is nothing.

Q: How do I get started?

A: Ask any official on deck, who can point you to one of our Clinic Instructors, Tom McCaleb or Doug Garthwait.

Q: I don't know the first thing about swim meets. Can I really do it?

A: Start by volunteering as a timer. You'll see how everything works, and if you find yourself curious to learn more of what is going on, we will welcome you aboard!

thanks — Alec Kercheval, officials coordinator for ATAC boosters

SWIM MEET UPDATES:

- ★ **DOTHAN INVITATIONAL (11/8-9/14) – Dothan ALA.** As many of you know, this is a great meet for many of our swimmers. Dothan is close by (It's only an hour and 30 or 40 minutes away) and offers our younger and newer swimmers an opportunity to compete with other teams outside of Tallahassee. We always would like to see as many of our Age Group and Novice/League swimmers attend. Again, this is a meet we would especially like to see as many Novice and League swimmers attend as possible (see your coach if you have any questions about what to swim). The coaches need to see what you REALLY are doing and swim meets are how we do this. They (meets) are a part of being on a competitive swim team.

- ★ **2nd FALL DEVELOPMENTAL (11/15/14) TBA.** In order to stay sharp and continue to improve swimmers need to compete. This meet is another in-town opportunity that all our upcoming swimmers need to attend. We need these benchmarks along the way to see how and what we as coaches need to emphasize in practice. It's a *Developmental* approach that insures continued success in the years ahead.

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 2015 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.
- ★ ***MYERS PARK PROGRAM.....December 1st...***
ATAC will once again be offering a NOVICE BRONZE (1st priority based on demand) and SILVER program at the Wade Wehunt pool in Myers Park beginning December 1st. 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.



ATAC's future

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

Newsletter credits:

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