

ATAC TAKES HOME THE GOLD



ATAC MAC MEET **1/23-25/15**

The 2015 Mac Crutchfield Invitational Swim Meet, hosted by the Area Tallahassee Aquatic Club, took place January 23 - 25 at the Leach Center on the campus of Florida State University in Tallahassee. ATAC had 160 swimmers entered in the meet with a number of our newer swimmers getting a taste of a “Big” meet. Twelve teams and 471 swimmers of all ages competed from Florida and around the Southeast, with ATAC earning the highest team score of 6,471. Panama City Swim Team was second with 3,631 points, and Maclay Northside Dolphins of Tallahassee third with 2,472 points.

ATAC swimmers earning top 3 individual honors for total points earned at the meet included: Lauren Carter, 8&U girls, 2nd; Thomas Austin, 8&U Boys, 2nd; Meg Howell, 10&U Girls, 3rd; Hanson Higdon, 10&U Boys, 2nd; Emily Chorpeling, 11-12 Girls, 1st; Stephanie Holmes, 13-14 Girls, 1st; Olivia Kercheval-Roig, 13-14 Girls, 2nd; Christian Bosque, 13-14 Boys, 2nd; Emma Layton, Open Girls, 1st; Christopher Holmes, Open Boys, 1st.

Great job ATAC!

Check out www.swimatec.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)

CONGRATULATIONS ATAC SWIMMERS(all 160 of you)

SPECIAL HIGHLIGHTS

ATAC SWIMMERS SHINE AT FL AND GA STATE HIGH SCHOOL and MIDDLE SCHOOL MEETS

With the recent completion of the Georgia High School swimming season, and the Florida season wrapped up last November, here is a recap of a few of the accomplishments of ATAC swimmers in State school competition.

GEORGIA

ATAC had 4 swimmers competing for their Georgia High Schools at their respective State Championships and came away with some great swims. Our swimmers were Emma Layton, Maggie Davis, Tara Stevens and Sam Tabacchi.

Emma participated in the Georgia Independent Swim Association representing Valwood Prep School. She was the “only” swimmer from Valwood, but due to her success at the meet Valwood placed 7th overall for the girls division and 10th overall in the combined Team scores, out of 20 participating High Schools. She had a personal best time of 51.83 in the 100 free and won all her events setting three new GISA records in the process.

Sam swam the 200 IM in a personal best time of 1:58.67 to place 12th place in the event and set a new school record in that event and also in the 100 breaststroke. Maggie swam personal bests in the 100 butterfly (19th) and 500 free (15th), setting new school records in both events. Tara came back to the B final in both her events, 100 back and 200 IM, placing 20th and 15th, respectively.

In Georgia Middle School Championships, ATAC swimmers Kathleen Geyer and Braxton Beckham represented Macintyre Park Middle School, which not only won the Meet, but these two swimmers also broke 3 school records. Kathleen broke the school record in the 100 Individual Medley and Braxton took first place in the 50 yard Butterfly and 100 Individual Medley (School record). Braxton was also a member of the 200 Free Relay which also broke the school record.



FLORIDA

The highlight in Class 3A was the 5th consecutive State Championship for the Chiles girls, led by ATAC swimmers Morgan Ayers (Silver in the 100 breast, 6th in the 200 IM), and big sister Makayla Ayers (Bronze in the 500 free, 6th in the 200 free). Other ATAC standouts representing Chiles were Cristina Pereda (7th in 100 free, 10th in 200 free), Lauren Peavy (8th in 200 IM, 11th in 100 breast), Ali Lombardi (5th in 100 breast, 15th in 200 free), and freshman Stephanie Holmes (9th in 500 free, 12th in 200 free).

The Leon girls placed 22nd at the meet, led by ATAC swimmers Claire Kercheval-Roig (Bronze in 100 back, 5th in 100 fly, both new school records) and freshman Olivia Kercheval-Roig (14th in 200 IM, 19th in 100 fly).

The Chiles boys placed 4th at 3A State with standout contributions from Brandon Chason (5th in 500 free, 16th in 100 back), Wyatt Foote (6th in 200 IM, 14th in 200 free), Christopher Holmes (6th in 500 free, 14th in 200 free), Charlie Gallagher (7th in 500 free, 10th in 200 free), and Mauricio Calderon (14th in 500 free, 14th in 100 fly).

Other ATAC swimmers who qualified in an individual event (top 24) for the FL State championship meet included Rafi Chambasian (Maclay, 200 IM), Savannah Crutchfield (Chiles, 200 IM, 100 back), Jordan Ray (Leon, 200 free, 500 free), Duncan Sutton (Lincoln, 100 free), and freshman John Yambor-Maul (Chiles, 200 free, 100 fly).



For complete information about ALL our ATAC swimmers at the FL State meets, check out the highly informative blog <http://bigbendswimming.wordpress.com>

CONGRATS TO ALL OUR FL and GA SWIMMERS!!

WINTER WARRIOR UPDATE

Our WINTER WARRIOR program for Age Group and Novice swimmers will be winding down March 15th. There is still time to get enough Meets in with the Developmental, Area I-IV and FLAGS. We will announce our "Warriors" and schedule our party after we come back from Spring Break.

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 3/12-15/15; Sr. Champs are 2/28 - 3/1/15 and the AREA I-IV Championships (Jacksonville) are 2/28 - 3/1/15. 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 true. 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 times. 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 FLAG qualifiers can also get another swim in the OPEN DIVISION or try for another FLAG cut as a “LAST CHANCE” meet .

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

BOWLING PARTY A BIG SUCCESS.....Thanks to the Parent Boosters and especially Heather Higdon and Carl Moore and all the other parents that helped out, ATAC’s Bowling outing for our Age Group and Novice swimmers was a great success. The kids (and coaches) had a blast. There was plenty of fun and eats and a great way to build relationships for the future. As we’ve said in our parent orientations in the past, one of the major components for our swimmers to continue enjoying this sport is to have a great support group (friends). This type of activity, outside of the pool, is a great way to help with that. The coaches would also like to thank the Boosters for supporting this philosophy by taking ***action*** on it.



COACHES CORNER:

ω **“WINTER LEAGUE / NOVICE” SWIMMERS – (Coach Gerry and staff).....** 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!

SWIM MEET UPDATES:

- * **FLORIDA AGE GROUP CHAMPIONSHIPS (3/12-15/15)**.....**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 (2/28 – 3/1/15)**.....**Orlando**.....Same holds true here as above
- * **AREA I-IV CHAMPIONSHIPS (2/28 – 3/1/15)** *Jacksonville (back at Cecil Field – short drive!)*..... ATAC would like to ask that all of our non-FLAG swimmers definitely make plans to attend and compete in their age brackets. BUT IT IS ALSO for our FLAG swimmers that want another opportunity to race in the OPEN DIVISION or a "LAST CHANCE" at achieving another FLAG cut. 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

- ω The ATAC BANQUET will be on May 2nd. All the details will be forthcoming at a later date. Pencil it in on your calendars now, however.
- ω **REMEMBER: ATAC BOOSTER MEETINGS ARE HELD ON THE FIRST TUESDAY OF EVERY MONTH AT 5:30 PM AT TROUSDELL. ALL PARENTS ARE WELCOME TO ATTEND**

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

Newsletter credits:

Editor-in-Chief: G. Norris. Production: A. Kercheval & F. Gilbert

Photo contributor: Colin Abby