

Holiday Practice Schedule Edition!

DOTHAN PEANUT INVITATIONAL

11/7-8/15

ATAC sent 75 swimmers to this meet! This is a great showing. We had swimmers from just about every group. We want to especially thank all our new swimmer families for taking this next step in supporting your swimmer's future. Attending the out of town meets are not only fun (hanging with friends, restaurant food, HOTELS, etc.), but also an opportunity to swim against swimmers from other cities and see just how GOOD your swimmers are. ATAC came away with the Team win as well as taking home 28 Individual High Point Awards (5 more than last year) ATAC scored 1,661.5 points, outdistancing 2nd place Wiregrass Aquatics with 892 points and 3rd place Unified Troy with 514.5 points.

Our High point winners were;
 8&Under Girls; Mia Stout-4th,
 Kaylee Jones-6th, Lauren
 Carter-3rd
 8&Under Boys; Ethan Ekk-1st,
 Drake Shiell-2nd, Briggs
 Daniel-4th, Owen Ekk-7th
 9&10 Girls; Peyton Gilbert-2nd,
 Maya Tang-3rd, Bella Ekk-4th,
 Lydia Hanlon-5th



ATAC family spirit!

9&10 Boys; B.B Potter-2nd, Nate Thompson-6th,
 Nathan Castano-7th,
 11&12 Girls; Howell-2nd, Stella Grace Watts-4th, Ella
 Kate Noblin-8th
 11&12 Boys; Ben Hodge-2nd, Jonas Wars-3rd, Colin
 Harllee-7th, Toby Campbell-8th
 13&14 Girls; Kathleen Geyer-1st, Sabrina Greer-2nd,
 Erika Kamata-3rd, Rylee Parker-4th, Nicole Braun-5th
 13&14 Boys; Davis Shelton-6th
 Open Girls; Allison Caney-8th.

WAY TO GO ATAC!!

PARENT BOOSTER NEWS

Dear ATAC parents,

It's time to get geared up for the Christmas **RED (Rudolf's bunch)** and **GREEN (Grinches)** meet in December and the Mac Meet in January. Volunteers are needed for both. If you would like more information on how to become involved in the ATAC program meetings are the first Tuesday of every month at 5:30 at the pool. Attending is a great way to hear first hand of upcoming events and have input. We have several committees that would love to have parents of all age groups involved. These activities are a way for our swimmers to bond outside of the pool and make friends beyond those in their group/lane! The Pancake breakfast/Cap decorating event is an example of how we can keep it fun for our hard working swimmers. I would like to ask for volunteers to be the Novice Group representative and Equipment person. Those are the remaining positions that we need to fill. Also, we want to remind everyone about the ATAC towel fundraiser. You have until Wednesday November 25 to get your order placed. The website to place your order with is on the ATAC homepage. Hope to see you at our next meeting in December.

Thanks,

Traci Campbell, Booster President.... atacboosters@gmail.com

HALLOWEEN PANCAKE SATURDAY WAS A HIT!

Thanks to our Age Group Parent Rep. Heather Higdon and her parent helpers, our Pancake breakfast and Halloween Swim Cap competition was extremely successful and FUN! The caps were great. They gave us some great ideas on possible practice caps.



CONGRATULATIONS TO OUR ATAC CHALLENGER SWIMMERS

A number of our long time ATAC swimmers recently competed in the Florida Special Olympics. Kerri Outen was 1st in the 50 meter butterfly with a 58.90. She was also 1st in the 100 Freestyle with a time of 1:41.73

Two other ATAC Challenger swimmers, Michael Riley, placed 2nd and a 4th and Phillip Cheeseborough placed 1st in the 100 freestyle and a 2nd In the 100 Backstroke.

These swimmers have been representing AND WINNING for ATAC longer than most of our swimmers.

AGAIN.....CONGRATULATIONS SWIMMERS.....Keep representing ATAC up on the podiums!



COACHES CORNER:

- **PRE-AGE GROUP/NOVICE/LEAGUE...(Coach Gerry/Chloe and staff)**... We had some great swims from our swimmers at the Dothan Invitational. Keep up the good work and lets all get to our **Holiday Red and Green Meet at Myers Park on 12/19** and to **the "B" Championships in December to get more practice in "Racing"!** **The "B" Championships will be in Jacksonville and we would like all our Novice swimmers to make an attempt to go to this meet, since it is a Championships for them. Swimmers with "A" times will not be allowed to swim in the events they have that time. You do not have to have any qualifying times for this meet. Please see your coaches as to what events your swimmer should swim.** Attending Meets is **crucial/critical/necessary** if a swimmer is trying to improve. *What they do in practice is not necessarily what they will do in a meet!* We need to see what they do in a meet to see what they **really** know and be able to address areas that need improvement.
- **The ATAC PARENT BOOSTERS host the Developmentals, which takes a lot of time and effort so parents of Novice swimmers don't have to travel right off the bat. We know, however, that once your swimmer wins their heat or gets that "ribbon" we can count on you to represent ATAC out of town (right!) and continue the ATAC winning ways as a team!**

- **DAILY PRACTICE.....Please remember to bring a robe or loose sweats as the weather turns cooler. We will not let swimmers participate in dry-land if they do not have appropriate clothing or if the weather is too nasty. Please also instruct your swimmers to remain in the pool area until you arrive on these occasions (we may not all fit in the Team Room).**
- **AGE GROUP (Pressure I & II).....(Coach Gerry and staff)...** Coach Gerry wants to remind swimmers as we head into the winter (and Holiday seasons) that it's easy to lose sight of our goals for the end of the season. It's important to train hard AND consistently, as well as stay focused for the "B" championships, Gator, MAC and FLAG meets, (they are really only "**weeks**" away). Please Read over the "OUTSTANDING PRACTICE GOALS" for this winter. Let's all get focused properly to have a great season.

SWIM MEET UPDATES:

- ★ **GATOR INVITATIONAL (12/4-6/15) – Gainesville..... This Meet requires a qualifying time to enter an event so please read the entry form carefully.** ATAC has been represented well at our recent meets and this meet should be no different, especially since it is for our more advanced swimmers. There should be some of the fastest swimmers in the Florida Association in attendance so this is where our swimmers need to also make a statement!
- ★ **FLORIDA "B" CHAMPIONSHIPS 12/12-13/15) – Jacksonville.....** ATAC won this meet in 2009 and came close in 2010 with 30 to 40 less swimmers than some of the Jacksonville teams so we would like to see this meet well attended (more fun and more Relays). We sent 75 swimmers to Dothan so let's see how many we can muster for this **Championship Meet**. We might not hit that number, since a number of our swimmers will be at the Gator Meet, but let's get the rest of the team there. This is the end of the year championship so all our swimmers **SHOULD ATTEND** (no "A" times). This is a **TEAM MEET** for ATAC so if you have some "A" times, but not all "A" times, come swim those events you don't have them in!
- ★ **HOLIDAY MEET and Party 12/19/15 - Myers Park...** This is our end of the Season get-together. It's always a fun meet and the swimmers get some great times because they are having "FUN" racing their friends. Each swimmer receives either a RED cap (**Rudolph's bunch**) or a GREEN cap (the **Grinches**) and they have a dual meet with the winner taking all! More information will be sent out soon, but please put it on your calendar now!

Go to www.swimatac.com for a listing of ALL the Meets. Plan your schedules early.

NEWS BRIEFS:

- **CONGRATULATIONS to all ATAC's High School swimmers for a great year representing your High Schools.** Although all ATAC swimmers swam exceedingly well through the Championship end of the Season Meets, a special Congrats goes out to Morgan Ayers for her State Championship swim in the 100 Breaststroke!
- **COLLEGE SWIMMING COMMITMENTS.**...Two of ATAC's high school seniors have been recruited by NCAA Division I teams to swim next Fall. Chiles senior Brandon Chason will be swimming for Gardner-Webb University in North Carolina, and Leon senior Claire Kercheval-Roig will be swimming for the University of Pennsylvania in Philadelphia. Claire will join former ATAC teammate Lia Lombardi on the Penn swimming squad. Go Runnin' Bulldogs, Go Quakers!
- **ATAC "OFFICE" NEWS.**... It's USA Swimming Annual registration time. The 2016 USA Swimming registration is \$64 payable to ATAC. If you have a credit card or bank account on file for payment of meet entry fees you can pay for your USA Swimming renewal this way. When you receive the email, please note the payment method on the form. This is the link to the form. [2016 USA Swimming renewal for current ATAC swimmers.](#)
Any athletes not registered on January 1st will NOT be allowed to swim until the form has been completed. Thank you in advance for turning this form in as soon as possible.

2015

☞ **THANKSGIVING HOLIDAY PRACTICE SCHEDULE**...The Thanksgiving schedule will be as follows;

HIGH SCHOOL, NOVICE and PRE-AGE GROUP will NOT have practice from Wednesday 11/25 through Saturday 11/28. Regularly scheduled practice will resume on Monday 11/30

AGE GROUP:

There will be regular practice on Wednesday 11/25, but no practice on Thursday 11/26 and Friday 11/27. Regularly scheduled practice will resume on Saturday, 11/28 (7:30-9:00 AM)

SENIOR and PRE-SENIOR:

Wednesday 11/25....Regularly scheduled practice

Thursday 11/26, Thanksgiving day, there will be no practice.

Friday 11/27 there will be Sr. and Pre-Senior practice from 8:00-10:00 AM and 3:30-6:00 PM.

Regularly scheduled practice will resume on Saturday 11/28 (7:30-10:00AM)

CHRISTMAS HOLIDAY PRACTICE SCHEDULE.... This practice schedule will be as follows:

No practice for High School, Pre-Age Group, Novice and Challenger 12/21/15 - 01/04/16

The PRE-SR. / SR. Christmas Training will be as follows:

Dec. 21-23: AM: 6:00 - 8:30 / PM: 3:00 - 5:30
 Dec. 24 - (AM only) AM: 7:30 - 10:00
 Dec. 25 - NO PRACTICE
 Dec. 26 - AM: 6:00 - 8:30 / PM: 3:00 - 5:30
 Dec. 27 - NO PRACTICE
 Dec. 28-30 - AM: 6:00 - 8:30 / PM: 3:00 - 5:30
 Dec. 31 - (AM only) AM: 7:30 - 10:00
 Jan. 1 - NO PRACTICE
 Jan. 2: AM: 6:00 - 8:30 / PM: 3:00 - 5:30
 Jan. 3 - NO PRACTICE
 Jan. 4 - AM: 6:00 - 8:30 / PM: 3:00 - 5:30

Jan. 5...Regularly scheduled practices start for the winter season

AGE GROUP HOLIDAY SCHEDULE

Dec. 21 – 26... No Practice
 Dec. 28 - 30... 5:00 – 7:00 PM
 Dec. 31 - Jan. 1...NO PRACTICE
 Jan. 2 ...8:30 - 10:30 (Saturday)
 Jan. 4 ...5:00 – 7:00 PM

Jan. 5...Regularly scheduled practices start for the winter season

- ★ **NUTRITIONAL GUIDELINES**.... Follow this link to get some really good information on nutrition for your swimmers. The “What, When and Whys” of good nutrition for an athlete https://www.teamunify.com/SubTabGeneric.jsp?_stabilid_=93959&team=flatac
- ★ **TEAM ROOM**.... As the weather gets cooler the swimmers will want to stay in the Team room waiting for practice or parent pick-up. This is fine, but please tell your swimmers that it is also an office for ATAC and the Serinas Synchro team so if the swimmers are in the room they must be respectful of this fact and not treat it as a “Rec room”. Those swimmers that are too boisterous or rowdy will not be able to access the room in the future.

EVERY YEAR’s RESOLUTIONCome to practice / Go to Meets / Get more “A’s”