

ATAC TAKES HOME THE GOLD
ATAC MAC MEET
1/29-31/16

The 2016 Mac Crutchfield Invitational Swim Meet, hosted by the Area Tallahassee Aquatic Club, took place January 29-31 at the Leach Center on the campus of Florida State University in Tallahassee. ATAC had 100 swimmers entered in the meet with a number of our newer swimmers getting a taste of a "Big" meet. Eleven teams and 349 swimmers of all ages competed from Florida and around the Southeast, with ATAC earning the highest team score of 5,279. Panama City Swim Team was second with 2,152.5 points, and the Blue Dolphins of Orlando were third with 1,991.5



ATAC swimmers earning top 2 individual honors for total points earned at the meet included:
 10&u girls 1) Livia Rose Clark, 10&u boys 1) Hanson Higdon 2) Nathan Castano. 11&12 girls 2) Emily Chorpening. 11&12 boys 1) Stuart Higdon. 13&14 boys 1) Ryan Rumana.

Great job ATAC!

Check out www.swimatac.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 100 of you)

SPECIAL HIGHLIGHTS

ATAC U.S. JUNIOR NATIONAL SWIMMERS

ATAC sent 3 swimmers to the U.S. Junior National Championships in Atlanta GA. on Dec. 10-12. These swimmers were Brandon Chason, John Yambor-Maul and Stephanie Holmes. This is quite an accomplishment since these are the best 18 and Under swimmers in the U.S. Sophomore Stephanie Holmes was high scorer for ATAC by placing in the elite final heat, 8th overall in the 500 yard Freestyle.....Congratulations to these swimmers for their representing ATAC and Tallahassee on the National scene!



WINTER WARRIOR UPDATE

Our WINTER WARRIOR program for Novice swimmers will be winding down March 13th. 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.

OUTSTANDING PRACTICE GOALS

The Pre-Age Group and Age Group swimmers have been participating in this program since December. It is designed to help the swimmers understand the important aspects of becoming successful by how they participate in practice. They receive a star (on bulletin board in Team room) if they exhibited all the positives outlined in the program criteria (sent out previously) in each practice. FORTUNATELY, we have been extremely pleased with how all our swimmers have been progressing. In fact, every swimmer has received a STAR for the days they participated thus far (we may have to be tougher evaluators in this next month?!)

The swimmer with highest attendance and most STARS for December was Maya Tang. For the month of January we had a lot of ties, our Pre-Age Group winners are Jessie Hill and Nate Thompson. Our Age Group winners were Bryce Bass, Livia-Rose Clark, Ella Kate Noblin and Maya Tang (again).

KEEP UP THE GOOD WORK!

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 3/10-13/16; Sr. Champs are 2/25-28/16 and the AREA I-IV Championships (Jacksonville) are 2/26-28/16. **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 Team) and we encourage all swimmers to attend the Meet that is for their ability level. As we have said many times, going to meets are 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 see 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 CAMARADERIE 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:

A BIG thank you goes out to everyone who donated their time, efforts and talents to the MAC Meet on January 29-31. The meet was a huge success and we couldn't have done it without everyone's help. Special thanks go out to Susie Holmes who served as the Meet Manager, Jackie Ayers and Katie Clark handling the computers, Mara Rumana and Gaynell Brown handling concessions and hospitality and to everyone who spent their time on deck over the weekend.

So I've heard time and time again from many people "I would love to help but I just don't want to be in charge of anything". Well, here is your opportunity! We are looking for more help with our big areas of responsibility. This includes Meet Management, Computers and Consoles for the Meets, Concessions and Hospitality (for the ATAC hosted meets), and Awards and T-Shirts. You don't have to be in charge but we are looking for ready and willing volunteers to help get these jobs done. Please contact me (traci.campbell@gmail.com) or Jackie Ayers (ayerforce1@comcast.net) and we'll be happy to fill you in on all the details.

Our ATAC Booster meetings are held on the 2nd Tuesday of each month in the ATAC Team Room at 5:30 PM.

COACHES CORNER:

☞ **WINTER LEAGUE / NOVICE and AGE GROUP 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

NOTE: performance is tied very closely to consistent practice attendance. Currently, although attendance has been pretty good during this winter, it could be better. There are a number of swimmers that could be much faster if they came to more practices (you know who you are??). We can readily show parents how many practices are available and how many practices their swimmer has attended. If you are an Age Group swimmer and you have been coming to only half the practices, this is not how you get faster and ready for the next level (Pressure I or Pre-Seniors). If you want to be faster, you need to make the commitment to do it.



ATAC at City Manager Anita Favors Thompson's retirement

SWIM MEET UPDATES:

- * **ATAC DEVELOPMENTAL (2/13/16.....Myers Park.....** This is another opportunity to qualify for FLAGS, but is also an important meet for our Novice swimmers. We need to see where they are in with their technique.
- * **FLORIDA AGE GROUP CHAMPIONSHIPS (3/10-13/16).....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 (2/25-28/16)).....Orlando.....** Same holds true here as above
- * **AREA-IV CHAMPIONSHIPS (2/226-28/16) 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

⊞ **REMEMBER: ATAC BOOSTER MEETINGS ARE HELD ON THE SECOND 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”

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