

GO ATAC
(Holiday Practice Schedule Below)

DOTHAN PEANUT INVITATIONAL

11/5,6/16

ATAC sent around 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 a BUNCH of Individual High Point Awards (5 more than last year) ATAC scored 1,662.5 points (exactly 1 point higher than last year - 1,661.5), outdistancing 2nd place Dothan Dolphins with 765 points.

Unfortunately there have been some computer problems with the Host so we can't report on our High Point winners yet, but we'll get that out when we get those results.

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 second 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. Emails and sign ups will be coming out soon (if they haven't already) describing each of our committees and giving you the chance to sign up to help. Our goal is to have EVERY ATAC family helping with at least one committee. With a team our size, if everyone pitches in to help, we can accomplish amazing things for our kids!

Hope to see you at our next meeting on December 13, 2016

Thanks,

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

CONGRATULATIONS TO OUR ATAC HIGH SCHOOL SWIMMERS

It was a great High School Season for all our ATAC High Schoolers. ATAC swimmers collectively brought home 19 individual medals from the State Championships. Congratulations to all these great swimmers with a special congrats to Morgan Ayers - 100 Breaststroke State repeat Champion, Lincoln Girls for their District win and of course, the Chiles Boys for their

2016 State Team championship!

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.



COACHES CORNER:

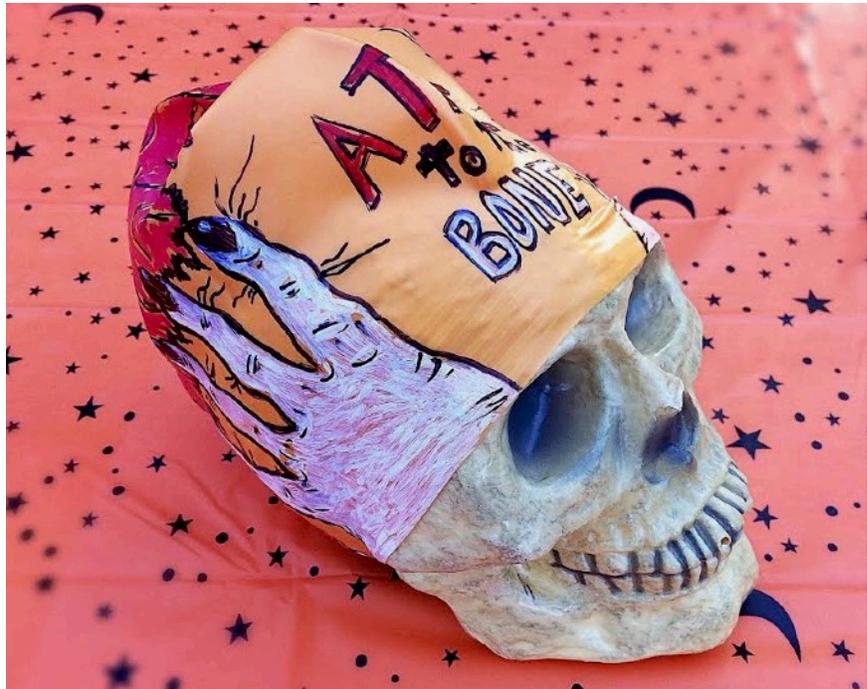
☞ ***PRE-AGE GROUP/NOVICE/LEAGUE...(Coach Gerry/Chloe and staff)***... We had some great swims from our swimmers at the Dothan Invitational. Keep up the good work and lets all get to our **Holiday Red and Green Meet at Myers Park on 12/17** and to **the “B” Championships in December to get more practice 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, MAC and FLAG meets, (they are really only "weeks" away).



SWIM MEET UPDATES:

- ★ **FLORIDA "B" CHAMPIONSHIPS 12/10-11/16) – 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 Clearwater 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 12/17/16- 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:

⊞ **ATAC**
“OFFICE”

NEWS.... It's USA Swimming Annual registration time. The 2017 USA Swimming registration is \$66 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. The deadline for submitting this was 11/21 so if you haven't registered please respond to the email request you received earlier. If you are not sure of your status please email Frances at admin@swimatac.

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.

·2016 CHRISTMAS HOLIDAY PRACTICE SCHEDULE

HIGH SCHOOL, NOVICE (Bronze, Silver, Gold, Pre-Age Group) and CHALLENGER.

Dec. 19 – Jan. 3 NO PRACTICE

Jan. 4...Regularly scheduled practices start for the winter season

AGE GROUP HOLIDAY SCHEDULE

Dec. 19 – 25... NO PRACTICE

Dec. 26 - 30... 5:00 – 7:00pm

Dec. 31...NO PRACTICE

Jan. 2 - 3 ...5:00 - 7:00pm

Jan. 4...Regularly scheduled practices start for the winter season

SENIOR AND PRE-SENIOR:

Dec. 19 - 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 - 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 - 3: AM: 6:00 - 8:30 / PM: 3:00 - 5:30

Jan. 4...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"