

**ATAC TAKES HOME THE GOLD**  
**ATAC MAC MEET**  
**1/27-29/2017**



The 2017 Mac Crutchfield Invitational Swim Meet, hosted by the Area Tallahassee Aquatic Club, took place January 27-29 at the Leach Center on the campus of Florida State University in Tallahassee. ATAC had 115 swimmers entered in the meet. Thirteen teams and 450 swimmers of all ages competed from Florida and around the Southeast, with ATAC earning the highest team score of 4723.5. The GATOR swim team came in 2nd with 2311.5 points, and the Panama City swim team were third with 1874.5

ATAC swimmers earning top 2 individual honors for total points earned at the meet included: 10&u boys 2nd) Ethan Ekk; 11&12 girls 2nd) Lydia Hanlon; 11&12 boys 2nd) Hanson Higdon; 13&14 Girls 1st) Emily Chorpene; 13&14 boys 2nd) Stuart Higdon; Open Women 2nd) Saige Kemeny; Open Boys 1st) Wyatt Foote.

**Great job ATAC!**

Check out [www.swimatac.com](http://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 115 of you)**

## SPECIAL HIGHLIGHTS

### **WINTER WARRIOR UPDATE**

Our WINTER WARRIOR program for Novice swimmers will be winding down March 11<sup>th</sup>. 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 3/9-12/2017; Sr. Champs are 2/23-26/17 and the AREA I-IV Championships (Jacksonville) are 3/3-5/17. **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 in the past, 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**

Happy Valentine's Day to Everyone! Let's me start by showing everyone the love for all your hard work and help with the MAC Meet in January. We had so many families volunteer for all of our jobs and it made running the meet so much easier. I also want to give a big special thank you to Susie Holmes - Meet Manager, Jackie Ayers & Katie Clark - Computer Consoles, and Kristin Large and Erika Thompson - Hospitality & Concessions. These women worked countless hours on the deck and behind the scenes prior to the meet and the meet could not have been run without their efforts --- THANK YOU!

So what's next? We have a little bit of a lull with meets we are hosting so we have time to gear up for the May/June events. We will be looking to get lots of help with all our committees as we take our next steps towards 100% involvement from all our ATAC Families. Be on the look out for announcements coming.

Good Luck to everyone as we get into our Spring Championship season with FLAGs, Senior Champs, and Area 1 & 4 Champs. The best part is there is a championship meet for everyone (the swimmers qualify for at least one of these meets) and it's a great chance for us to celebrate our success together.

**Our ATAC Booster meetings are held on the 2nd Tuesday of the month at 5:30 PM in the ATAC Team Room. We look forward to seeing you there!**

#### **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.***

**SWIM MEET UPDATES:**

- ★ **ATAC DEVELOPMENTAL (2/11/17.....Myers Park.....** This was a great meet with a lot of BEST TIMES and A number of FLAG cuts achieved.
- ★ **FLORIDA AGE GROUP CHAMPIONSHIPS (3/9-12/17)** .....Stuart..... **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 (2/23-26/17)** .....Orlando.....Same holds true here as above
- ★ **AREA-IV CHAMPIONSHIPS (3/3-5/17)** ..... 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](http://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”***

*photo credit: Colin Abbey*