



BOBBY HICKS Summer Schedule

June 1st – August 3rd

Dolphin Group

4:30 - 5:00PM Monday, Wednesday, Thursday
9:30 - 10:00AM Saturday

Age Group I

4:30 - 5:45PM Monday and Wednesday
4:30 - 5:30PM Tuesday, Thursday, Friday
8:30 - 9:30AM Saturday
7:00 - 8:00AM Monday, Wednesday, Friday

Pre-Age Group II & Age Group II

5:00 - 7:00PM Monday and Wednesday
5:00 - 6:30PM Tuesday and Thursday
4:30 - 6:00PM Friday
8:00 - 10:00AM Saturday
6:00 - 8:00AM Monday, Wednesday, Friday

Junior Team, Senior Team, High School Prep

5:00 - 7:30PM Monday and Wednesday
5:00 - 7:00PM Tuesday and Thursday
4:30 - 6:00PM Friday
8:00 - 10:00AM Saturday
6:00 - 8:00AM Monday, Wednesday, Friday

INSIDE THIS ISSUE

1	Summer Schedule / Upcoming Events
2	FLAG Qualifiers/Team Info./New Record/June Birthdays
3	STAT-A-THON Wrap-Up (Swimmer Recognition)
4	Swimmers Of The Month
5	Coach's Corner
6	Team Sponsors
**	STAT-A-THON Thank You Letter attached for Sponsors

June Practice Changes

Tuesday, June 26th

NO PRACTICE due to **MINI-MEET**

Please have your child participate!
~Junior Team swimmer's we need you to help assist with the meet as well as parent volunteers.~

UPCOMING EVENTS

JUNE 16 -- BRANDON MINI-MEET

(DOLPHIN, AGE GROUP I, PRE-AGE GROUP II, AGE GROUP II)
COST - \$10.00 (CASH)

SEE WEBSITE FOR WARM-UP AND MEET START TIMES...

JUNE 26 -- STAT MINI MEET

(DOLPHIN, AGE GROUP I, PRE-AGE GROUP II, AGE GROUP II)
COST - \$5.00 (CASH)

SEE WEBSITE FOR WARM-UP AND MEET START TIMES...

JUNE 29 - JULY 1 -- ATAC MEET (TALLAHASSEE)

(AGE GROUP I, PRE-AGE GROUP II, AGE GROUP II, JUNIOR)
COST - SEE ONLINE ACCOUNT

SEE WEBSITE FOR WARM-UP AND MEET START TIMES...

JULY 2 - SEPTEMBER 29 -- SUMMER SESSION

LOCATION: BOBBY HICKS POOL (ALL GROUPS) & PALMA CEIA POOL (DOLPHIN GROUP & AGE GROUP I ONLY --- LIMITED SPACE!)

JULY 6 - 8 -- SPA MEET

(ALL GROUPS)
COST - SEE ONLINE ACCOUNT

SEE WEBSITE FOR WARM-UP AND MEET START TIMES...

Competition Schedule/Team Events is listed on website homepage or click on "Events."

Current FLAG Qualifiers

**SAMMY BAKER, LAURA SMITH +
KATIE TAULBEE**

FL Age Group Championship Meet -
July 19 - 22 (Gainesville)

**★WHO WILL BE NEXT? KEEP TRAINING HARD,
FOCUSING ON YOUR STROKES AND TECHNIQUE AND
YOU MIGHT JUST BE NEXT....**

TEAM BILLING --- SWIM FEES:

- **Session Fees are due by the 10th of each month.**
- A **\$10.00 Late Fee** will be added to your account **if fees are not paid by the 15th of each month.**
- It is **IMPORTANT** to always log-in to your account weekly to check your current invoice for swim fees, meet fees, etc.
- If you ever have a question about your invoices, please let us know.

Refer a New Swimmer - Each swimmer you refer you earn \$25 off your next session dues (friend must commit to session). The new swimmer will also get \$25 off their next session dues as well.

Team Magnet - If you have not received your **FREE** team magnet, please feel free to ask Coach Todd or Tammy. We want you to drive around town and show your team spirit!

Swim Equipment/Merchandise - If you need swim equipment or team merchandise or have any questions, please email us at toddhoff@verizon.net or ask Coach Todd or Tammy at the pool. You may also visit the website www.statswimming.com to see everything we offer.

Purchasing a City of Tampa Rec Card – All STAT swimmers (at Bobby Hicks pool) are required to purchase a City of Tampa Rec Card. Each card is \$15 and can be attained from the lifeguards. STAT covers most of the fees associated with pool rentals, but each member must take care of purchasing a Rec Card. Please make sure that this is done ASAP.

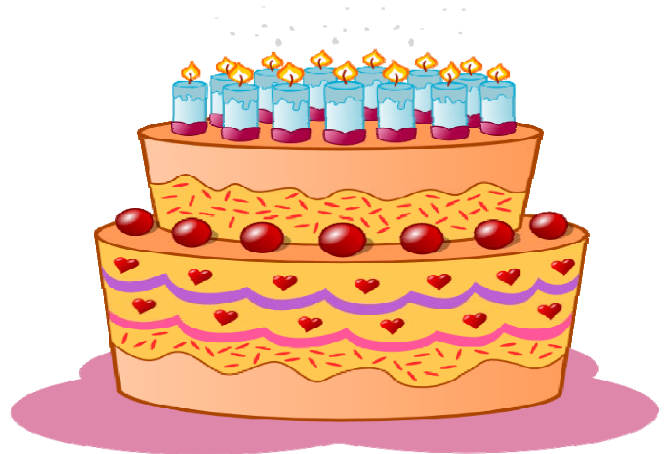
New Long Course Record

Jett Hoffmeier
7 - 8 Boys 50 Meter Fly 59.27

STAT BIRTHDAYS!!!

Kate Goodwillie	June 1st
Janet Brown	June 1st
Cole Granese	June 2nd
Preston Gerardi	June 6th
Reid Gerardi	June 6th
Alyssa Stern	June 7th
Ashley Harwood	June 9th
Eva delaCruz	June 9th
Alyssa Roberts	June 10th
Alexandra Collins	June 10th
Lora Hargett	June 10th
George Bentley	June 13th
Adam Burden	June 17th
Anne-Marie Burden	June 17th
Dominick Cacciatore	June 18th
Alyssa Larrinaga	June 18th
Patrick Rankin	June 22nd
Bridget Padron	June 22nd
Laura Harwood	June 24th
Tess Mudrick	June 25th
Hannah Woodside	June 25th
Heidi Hausinger	June 28th
James Moroney	June 30th
Mickey Malloy	June 30th

HAPPY BIRTHDAY!!!



**Thank you to these swimmer's
who raised money to show their
support for the swim team!**

Elizabeth Hargett
Emma Stephens
Fuller Saunders
Jefferson Scofield
Katelyn Hatton
Alexa Fredericks
Samantha Caglianone
Rachael Carlin
Connor Brown
Max Smith
Addison Lennon
Jacob Hatton
Samantha Verdisco
Marina Alberdi
Jett Hoffmeier
Kendal Kelly
Jack Richter
Julia Kate Richter
Carin Sanchez
Mia Currier
Sarah Weber
Amelia Vitello
Jack Shapiro
Devin Vitello
Abigail Shapiro
Lane Poe
Anna Weber
Andrew Sanchez
William Weber
Aedin O'Brien
Grace Peddy
Christopher Pisciotti
Jett Barnett
Haley Black
Ava Ramirez
Logan Black
Max Tishler
John Capodilupo
TO Leach
Lauren Ferris
JaeLyn Leach
Carlos Medina
Cole Horning
Sydnie Leach
Laura Smith
Zoey Haight
Izzy Haight
Lilly Haight
Elijah Haight

Overall Top Earners:

(These Swimmer's Received a Restaurant Gift Card)

1st - Elizabeth Hargett
2nd - Emma Stephens
3rd - Fuller Saunders
4th - Jefferson Scofield

\$25 Visa Gift Card Raffle Winners:

(Had to Raise \$75 or More)

Dolphin Group - Andrew Sanchez
Age Group I - Samantha Caglianone
Age Group II - Anna Weber &
Emma Stephens
Junior Team - Jack Shapiro

A3 Personalized Backpack

(Coming Soon)

Top Female:

Elizabeth Hargett

Top Male:

Fuller Saunders

*If your child did not get their STAT-A-THON Prize yet, please stop by Bobby Hicks pool to pick it up.



YOU Made a Difference!!!

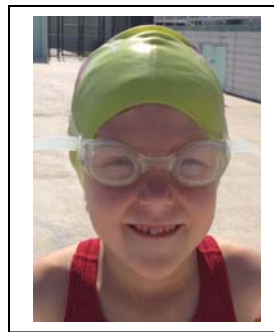
JUNE SWIMMERS OF THE MONTH

Each month we choose 3 - 5 swimmer's that have shown great leadership, good work ethic, are respectful and courteous, and just an all around great child. Swimmers will receive a STAT Swimmer of the Month T-shirt and a STAT water bottle.

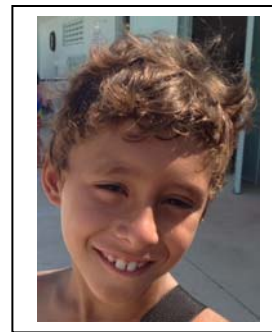
SPONSORED BY:



Malia Lane



Reece Lane



Carlos Medina

Malia Lane is new to the team and has made great strides on her swimming skills. The coaches have really enjoyed Malia's effort at the pool. We are glad she has found the sport of swimming and enjoy her being a part of our team. This is why she is a STAT swimmer of the month!!

Reece Lane is a great girl that comes to swimming and has fun! With her fun she also works on what her coaches ask her to do. She has improved a lot since she has begun swimming with STAT. This is why she is the STAT swimmer of the month!!

Carlos Medina has improved on his swimming in many ways. His focus, technique and drive to work hard is allowing this young man to improve on all his strokes. The coaches all hope he continues to work hard and enjoy the sport of swimming. This is why he is a STAT swimmer of the month!!

COACH'S CORNER

Nutritional Needs of Young Athletes Feeding Your Child Athlete: Mary L. Gavin, MD

Kids who eat healthy, well-balanced meals and snacks will get the nutrients needed to perform well in sports. The child athlete, however, will have higher energy and fluid requirements. But if you're concerned that your child is getting too much or too little food, check in with your doctor. In addition to getting the right amount of calories, it takes a variety of nutrients to keep young athletes performing at their best:

Vitamins and minerals: Calcium and iron are two important minerals for athletes. Calcium helps build strong bones to resist breaking and stress fractures. Calcium-rich foods include low-fat dairy products like milk, yogurt, and cheese, as well as leafy green vegetables such as broccoli. Iron helps carry oxygen to all the different body parts that need it. Iron-rich foods include lean meat, chicken, tuna, salmon, eggs, dried fruits, leafy green vegetables, and fortified whole grains.

Protein: Protein is needed to build and repair muscles, but most kids get plenty of protein through a balanced diet. Strong muscles come from regular training and exercise and too much protein can lead to dehydration and calcium loss. Protein-rich foods include fish, lean meat and poultry, dairy products, beans, nuts, and soy products.

Carbohydrates: Carbs provide energy for the body. Some diet plans have urged weight-conscious adults to steer clear of carbs, but for a young athlete they're an important source of fuel. There's no need for "carb loading" (eating a lot of carbs in advance of a big game), but without carbs in their diet, kids will be running on empty. When you're choosing carbs, look for whole-grain foods like whole-wheat pasta, brown rice, whole-grain bread and cereal, and plenty of fruits and vegetables.

Game Day: The meal itself should not be very different from what they've eaten throughout training. Athletes can choose healthy foods they believe enhance their performance and don't cause any problems like stomach upset. Here are some general guidelines:

A meal 3 hours or more before activity should have plenty of carbs and a moderate amount of protein but be low in fat because fat takes longer to digest, which can cause an upset stomach. High-fiber foods may also cause some stomach upset, so it's best to avoid these foods until after the game.

If kids eat less than 3 hours before game or practice, serve a lighter meal or snack that includes easy-to-digest carbohydrate-containing foods, such as fruit, fruit or vegetable juice, crackers, or bread.

After the game or event, experts recommend eating carbs (fruit, pretzels, a sports drink, etc.) within 30 minutes after intense activity and again 2 hours later. Your child's body will be rebuilding muscle tissue and replenishing energy stores and fluids for up to 24 hours after the competition. So it's important that the post-game meal be a balance of lean protein, carbs, and fat.

And remember, when packing your child's bag for the big day, add a water bottle or sports drink.

Meal and Snack Suggestions: A good breakfast for young athletes might include low-fat yogurt with some granola and a banana, or whole-grain cereal and low-fat milk with sliced strawberries. Try bean burritos with low-fat cheese, lettuce, and tomatoes or a turkey sandwich on whole-wheat bread and fruit for lunch. For dinner, serve grilled chicken breasts with steamed rice and vegetables, or pasta with red sauce and lean ground beef, along with a salad. Good snacks include pretzels, raisins, crackers, string cheese, vegetables, or fruit. It's important to feed your child healthy meals and snacks consistently, even during the off-season. This will provide a solid foundation during times of competition.

Platinum Sponsors

The Hoffmeier Family

The Taulbee Family



Gold Sponsors

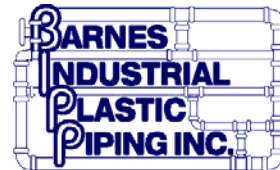


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The Lennon Family

Silver Sponsors

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