



Congratulations....

Katie Taulbee
Laura Smith

These Swimmer's accomplished a FLAG cut(s) and have now qualified for the FLAGS meet on March 8th [Junior Olympics]

Way to GO!!!!

TEAM EVENT: **SAVE THE DATE!!**

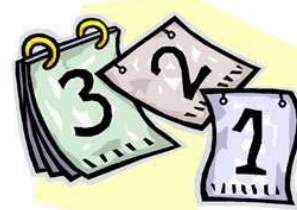
What: STAT Team Social Get Together
Where: Game Time at Centro Ybor
When: Friday, March 30th from 6-8 pm

Details: For the kids, we have a great package of dinner and playtime. They will have a choice of chicken tenders or pizza including chips, a drink and cookie. They will also a get a card with 1 ½ hour of playtime. The cost for all this is \$13.99

continued on page 2

March Practice Changes

NO Practice Changes!



UPCOMING EVENT

GAME TIME

MARCH 30TH

ALL STAT SWIMMERS ARE ELIGIBLE TO ATTEND

EVENT DEADLINE MARCH 16TH

Please Sign-Up Online OR Email Us....

SPRING SESSION (SCHEDULE PAGE 3)

APRIL 2ND - JUNE 30TH

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

INSIDE THIS ISSUE

1	FLAG Swimmers / Game Time / Upcoming Info.
2	Entering Swim Meets / Reminders / Swim Lesson Info.
3	Birthdays / Interbay & Bobby Hicks Schedule
4	Swimmers Of The Month
5-6	Coach's Corner with Coach Alan & Emily
7-9	St. Pete Swim Meet / STAT Sponsors
**	Send us your swim pictures to include in the Newsletters



FEBRUARY FT. MYERS SWIM MEET

For the parents, it will be Happy Hour with half price drinks and appetizers. There is a full menu as well.

RSVP: Go to the STAT website and under "Events" is where you can sign-up for this fun night out....Food, Fun & Games – what a great combination for everyone to get together!

Questions or comments, please email Lori Shapiro at theshaps4@verizon.net

**Throughout the year, we like to plan fun events outside of the pool and welcome any suggestions you may have! Please email your suggestions to Coach Todd at toddhoff@verizon.net

Entering Swim Meets –

When entering your child in a swim meet it is always a good idea to jot a note in the small box below the declaration for the swim meet so the coaches know if your child is swimming all days of the meet, which strokes your child prefers or anything you might think would be helpful in reviewing your child's entries.

Below is a picture of the box you would want to type in....any questions, please let us know.

Member Athlete: **Your Child's Name would appear here.**
Event: **Name of Swim Meet**
Important Notes: Swimmers may swim 4 events at this meet. We STRONGLY encourage 3 events for this meet.

Yes, please sign [Todd] up for this event

This is where you would want to type your note....

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!

Purchasing a City of Tampa Rec Card – All STAT swimmers (Interbay location) 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.

Website Reminders

You will want to make sure you know your login and password for our team website. If you do not remember your password go to www.statswimming.com and click on sign in. Then you will see this line (if you forgot your password, please click [Here](#) to request your password. The password for the website will be sent to your email account. Once you log-in you will be able to view many different topics and information that may assist you and/or your child to have a great experience with our team. Don't miss the newsletters, your child's times, your invoices and payments as well once you're signed-in.

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.

If you have younger children
and are interested in
Swim Lesson Information
please go to
www.swimcoachtodd.com

You can then view the
**Lesson Schedule and Group
Information**

Any questions, please let us know....
toddhoff@verizon.net

STAT Birthdays!!!

Alex Sincell	March 1 st
Julia Kate Richter	March 3 rd
Lauren Maya	March 5 th
Cole Malizia	March 7 th
Grant Gerardi	March 8 th
Natalie Lowy	March 10 th
Katherine Gabler	March 10 th
Katherine Pettitt	March 11 th
Clara Celedon	March 14 th
Kendal Kelly	March 15 th
Sean Collins	March 16 th
Carin Sanchez	March 21 st
Sam Shein	March 22 nd
Nico Brizi	March 23 rd
Elizabeth Hargett	March 24 th
Ashley Quinn	March 31 st

HAPPY BIRTHDAY!!!



**MARK YOUR CALENDARS.....
BEACH DAY MAY 12TH
AT PASS-A-GRILLE BEACH (ST. PETE)**

**Spring Session
April 2nd - June 30th**

**FYI --We will transition over to
Bobby Hicks pool on Monday, May 21st.**

**INTERBAY POOL PRACTICE TIMES
April 2nd - May 19th**

Dolphin Group -

4:00 – 4:30 Monday, Wednesday and Thursday
9:30 - 10:00 Saturday

Age Group I -

4:30 – 5:30 Monday - Friday
8:30 - 9:30 Saturday

Pre-Age Group II -

4:30 – 6:00 Monday - Friday
8:30 - 9:30 Saturday

Age Group II -

4:30 – 6:00 Monday - Friday
*6:00 - 7:30 Tuesday and Thursday
8:30 – 10:00 Sat. AM
*Swimmer's with conflict may come later on Tues. & Thurs.

Junior Team & High School Prep

4:30 – 6:00 Monday - Friday
*6:00 - 7:30 Tuesday and Thursday
8:00 – 10:00 Sat. AM
*Swimmer's with conflict may come later on Tues. & Thurs.

**BOBBY HICKS POOL PRACTICE TIMES
May 21st - June 30th**

Dolphin Group -

4:30 – 5:00 Mon., Wed. and Thurs.
9:30 - 10:00 Saturday

Age Group I -

5:00 - 6:00 Monday - Friday
8:30 - 9:30 Saturday

Pre-Age Group II -

5:30 - 7:00 Monday - Thursday
4:30 - 6:00 Friday
8:30 - 9:30 Saturday

Age Group II -

5:30 – 7:00 Monday - Thursday
4:30 - 6:00 Friday
8:30 – 10:00 Sat. AM

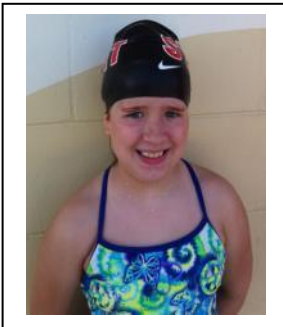
Junior Team & High School Prep

5:30 – 7:30 Monday - Thursday
5:00 - 6:30 Friday
8:00 – 10:00 Sat. AM

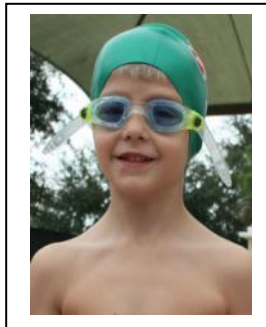
MARCH SWIMMERS OF THE MONTH

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:



Mia Currier



Jake Hatton



Spencer Thompson



Sarah Weber



William Weber

MIA CURRIER joined the team in October and comes to every practice with a great attitude, determined to learn how to get better, and listens to her coaches technique tips. Mia completed in her first meet last week and showed off all her hard work to her competition and placed 8th in the 25 back. Way to go Mia!!

JAKE HATTON continues to learn new techniques to improve on his strokes. Jake enjoys competing in swim meets. He is always smiling and works hard during practice. We look forward to seeing Jake continue to improve. Good job Jake!

SPENCER THOMPSON comes to practice and is ready to work! He is very determined to be the best. Spencer is always focused and ready to learn how to go FAST! He completed in his first meet at St. Pete last week and swam very well against the 10& under swimmers and placing 7th. Congrats Spencer!

SARAH WEBER AND WILLIAM WEBER have been working hard in practice on all their strokes. They continue to improve daily. This past meet Sarah placed 3rd overall in the 25 yard breaststroke and William placed 5th in the backstroke. The coaches hope to see their energy continue to stay in the water. Keep up the hard work Sarah and William!

COACH'S CORNER

Welcome back to the Coach's Corner and this month we have Age Group Coach Emily providing some helpful insights to Stress Management. Emily thought it was a good time to talk about stress management. Swimmers must learn to manage their time wisely in order to make it to practice and get homework done in the same night but this can lead to high levels of stress, especially for those trying to get JO cuts or working toward a goal. There are several ways to work on reducing your stress both at a swim meet and at home.

While at a swim meet, try using some slow deep breathing when lined up for the race or when on the blocks. A slow deep breath or two can decrease stress and increase focus. Focusing on the positive can help after a race as well. If you dropped time, be excited! If you didn't get the JO cut, that's ok because you still improved, or learned something about your swim.

When at home, try some meditation. This can be done even if you only have 5 minutes of spare time. Meditation has been used for thousands of years as a way to focus and relax. If you have longer blocks of free time try reading a book, listening to music, playing with your pet, or talking to a good friend. These can all decrease stress.

Hopefully, none of our swimmers are too stressed because exercise is one of the best de-stressors but if your swimmer is, try some of these techniques at a meet or at home. Thanks Coach Emily, I know I too have stress and use several of these techniques to gain relaxation and focus. Next month we have another one of our Coaches providing helpful insight for us all.

PARENTS - We want to address two key terms: "Being on the Bubble" and "Hitting a wall". When a swimmer is stuck at a competitive time and can't seem to perform a faster time it's called "Being on the Bubble". This can be highly frustrating for parents and swimmer alike. It seems that no matter what, swimmer can't get better and we start to look for whose or what's to blame. Many times the swimmer is trying too hard and thinking too much during the meet performance and in doing so throws the swimmers performance off. More times than not, it's the swimmer using their head too much in a meet. But how do you tell what the problem is and once you know how you can fix it. Every swimmer is different and every case is different, but we have seen and experienced it to start by asking where's the swimmers heart is about swimming, about practice, about team, about event, etc... Then look to their training commitment, their training effort, their attitude towards meets, and attitude towards the setbacks or performance issues. Generally, these will illuminate a starting point. What if swimmer won't talk to the parent(s) about things...could be that the swimmer feels stress or pressure greater than what they can process from themselves or from the home. "Being on the Bubble" works its self out and we can work together to see the swimmer through it. What about the term "Hit the Wall", normally an expression you hear with long distance events when a person feels that they can go more but then works themselves beyond that. Swimmer can experience this at all ages and at all different kinds of events not just long distance. Generally this has a lot to do with training and how the swimmer deals with pushing themselves through the discomfort levels that occur. We tell our swimmers frequently you have to train fast to swim fast at a meet. Swimming isn't easy.

TEAM – We want to challenge you to invite others to our team. We have made a team flyer which is on the Home Webpage that you can print and give out. We are not suggesting pulling any current swimmer from another team to ours but inviting families and/or kids you know to try the sport of swimming and to try our team. Swimmers graduate with higher GPA's than other individual or team sport teams. There is never a "too old" to learn this life sport and to develop body, mind and spirit. By your referral, you can get a \$25 off your next session dues (friend must commit to session) and the new swimmer will also get \$25 off their next session dues as well. I talk to people in our South Tampa community and I carry a few flyers wherever I go in case I meet someone that may be interested in swim lessons or swim team. I think each family can invite a new swimmer/family to our Team in the next 30 days. Are you up to the Challenge?

SWIMMERS - We are nearing the end of a swim season and have you met your goals? What do you need to do to achieve your goals? What if you met a goal did you make a new goal so you can continue to be a better swimmer? I have a story this week that I want to share with you. At age 16 Maureen wanted to be on the High School swim team but never swam before. She was not athletically gifted or in the best of health at the time. Maureen met with her HS coach who let her suit up and try it. She was not met with great approval by some of the best swimmers and her own parents thought she's quit in a few hours or maybe days. Maureen had not only learn to swim legal strokes but had to learn to compete at a High School level. What happens next is very real. The first meet was in 4 weeks, she had to endure an hour of intense dry land after school each day and 1.5 hours in the pool each morning and another 1.5 hours every evening. Now she wasn't in the best shape nor did she have a break from her school work and other family commitments. She was put in a lane with 3 other swimmers that had little swimming background but wanted a chance. In a week, she was swimming 25 yards of free, and backstroke plus personal health improved, gained strength and some personal self worth. Maureen still struggles with everything and still faced an uphill battle with top swimmers feeling that she was taking time and pool space away from them. Week 2 began with her parents telling her that she had to quit because grades were beginning to suffer and she came to her coach with team suit in hand and tears in her eyes. The coach told her she could come to any practice as long as her grades were at the level her parents expected and felt were her best option for her future. Maureen left that morning to which was felt was never to return, but Monday evening came and she was suited up and the next day and for the next 2 weeks. The first meet was days away and the coach had to make the swimming line up and what the swimmers were to compete at. Top swimmers wanted to win and Maureen was not a part of their plans yet the coach put her in 2 events as the 3rd swimmer for that event. Maureen didn't win or place nor did the team win but more happened than that... she swam with heart and started to unite both the gifted top swimmers to the rest of the team. She gained support because she cheered for them all guys, girls, and even the 1 meter spring board diver. She didn't give up and she didn't give in to all the obstacles in her way. Days turn to weeks, one meet after another she got better. She gained friends, she started to place in events, her parents started to support her swimming, her grades stayed high, and she became a valuable part of the team. She actually got the divers to swim and a few swimmers to dive. She got the powerful kids at school to look at her differently and treat her better. The top swimmers started to ask her to swim in their lane to be a part of their relay. Maureen placed in two events at Ohio State HS Regional level and swam in the Sectional meet that first year. Maureen went on for the next 3 years and swam High School and began to swim year round after learning to swim at age 16. I know because I coached her, but she did the work, she had to overcome so much, she believed, she is a true champion. What can you learn from her, how can she inspire you, how can you be like her and support others, and when times get tough will you see it through as she did.

Last Chance Meet 2/25-2/26 Review

STAT placed 8th in Combined Team scores out of 15 teams many which had far greater numbers of swimmers attending and had swimmers in nearly every event. So we did great even though the weather played a factor in Sunday's swimmer had a hard time staying warm and loose. Still we had a number of first times swims, best times, goal setters and goal breakers, and swimmers placing Top 10.

Goal Setter and Goal Breakers are Abby Shapiro 11-12 F 100 Free, and Jack Shapiro 11-12 M 200 Free. So Age Group II, Senior and Junior Team members it is time again to set goals for Long Course. Please print out goal sheets from website and return them to your Coach by Friday March 23rd. If you still have goals from short course you can convert them to long course if it applies. Also, you should be looking at the meet schedule and selecting meets you are going to be attending. Remember...practice often and practice well makes meets more exciting and easier.

Abby Kynes	9th 100 breast Open	Connor Brown	9th 100 breast Open	Devin Vitello	2nd 25 back 10-u
Haley Black	9th 25 free 10-u	Jack Shapiro	10th 100 IM 11-12	James Thompson	6 th 25 back 10-u
Jefferson Scofield	10th 25 back 10-u	Logan Black	7th 25 back 10-u	Mia Currier	8th 25 back 10-u
Oleg Kozinets	9th 100 breast 11-12	Sarah Weber	3rd 25 breast 10-u	Spencer Thompson	7th 25 back 10-u
William Weber	5th 25 back 10-u	Katelyn Hatton	8th 25 breast 10-u 4 th 25 fly 10-u		
Lane Poe	7th 25 free 10-u 3rd 25 back 10-u 5th 25 breast 10-u	Katie Taulbee		7th 100 breast 11-12 7th 50 fly 11-12 4 th 100 IM 11-12 7th 200 IM Open	
Laura Smith	5th 50 back 10-u 7th 100 back 10-u 2nd 50 breast 10-u 2nd 100 breast 10-u 6th 100 IM 10-u	Max Smith		7th 50 free 10-u 5th 50 back 10-u 5th 100 back 10-u 7th 100 breast 10-u 8th 100 IM 10-u	



First swims were done by Amanda Arnone 13-14 F 100 Breast, Rachael Carlin 9-10 F 200 Free, Mia Currier 9-10 F 25 Back, 25 Free, 50 Free, 25 Breast, Elizabeth Hargett 11-12 F 50 Fly, Oleg Kozinets 11-12 M 100 Back, 50 Breast, 100 Free, 50 Free, 100 Breast, 50 Back, Isabel Laboy 11-12 F 100 Breast, Jefferson Scofield 8-u M 25 Back, 25 Free, Jack Shapiro 11-12 M 200 Free, Spencer Thompson 8-u M 25 Back. 25 Free, Amelia Vitello 8-u F 25 free, Anna Weber 11-12 F 50 Breast, 100 Free, 100 Breast, 50 Back, and William Weber 8-u M 25 free

Best time result	Most improved time and event		
Abby Shapiro	5/6 events	-5.13	100 Free
Alyssa Stern	5/6 events	-4.68	100 Fly
Amanda Arnone	1/1 events		
Amelia Vitello	1/1 events		
Anna Weber	5/5 events	-5.08	50 Free
Connor Brown	4/5 events	-2.75	200 Breast
Devin Vitello	3/3 events	-4.69	50 Breast
Elizabeth Hargett	3/3 events	-6.09	50 Breast
Emma Stephens	6/6 events	-49.37	100 Breast
Gabriella Weigner	3/6 events	-4.29	50 Free
Haley Black	1/1 events	-5.23	25 Free
Isabel Laboy	3/3 events	-2.18	50 Free
Jack Shapiro	4/6 events	-2.65	100 Free
James Thompson	2/2 events	-4.32	25 Free
Jefferson Scofield	2/2 events		
Katelyn Hatton	1/3 events	-0.63	25 Breast
Katie Taulbee	2/6 events	-1.62	50 Fly
Kendal Kelly	2/2 events	-7.66	50 Back
Lane Poe	1/5 events	-2.1	25 Back
Laura Smith	2/6 events	-4.46	100 Back
Laura Thompson	3/5 events	-13.65	100 Back
Logan Black	3/3 events	-4.57	100 IM
Max Smith	4/6 events	-5.31	100 IM
Maya Fisher	3/3 events	-14.72	100 IM
Mia Currier	4/5 events		
Nina Alberdi	5/6 events	-19.19	100 Breast
Oleg Kozinets	6/6 events		
Rachael Carlin	2/6 events	-7.5	50 Fly
Samantha Verdisco	3/6 events	-3.87	100 Free
Sammy Baker	1/3 events	-5.93	100 Fly
Sarah Weber	1/1 events	-3.19	25 Breast
Spencer Thompson	2/2 events		
William Weber	2/2 events	25 Back	-7.09

Platinum Sponsors

The Hoffmeier Family

The Taulbee Family



Gold Sponsors



Dermatology Partners of Saint Petersburg, LLC
Kelleherderm.com (727) 821-3600

The Lennon Family

Silver Sponsors

Fee & Jeffries, P.A.
Attorneys at Law

The Kynes Family



Bronze Sponsors

Hill Ward Henderson PA

