



PRACTICE CHANGES

ALL Saturday Swim Practices at Interbay Pool

November 12th (Veteran's Day)

ALL Groups Practice at Palma Ceia Pool

Dolphin 4:00 - 4:30, AGI 4:30 - 5:30, AGII 5:00 - 7:00, Junior 5:00 - 7:30

November 19th - 24th

Thanksgiving schedule (page 3)

November 23rd - December 14th

Metropolitan Ministries (pages 10 & 11)

Please donate to one of our barrels at either pool site

December 6th

Beef 'O'Brady's Team Night - Info. Coming Soon

Team Travel Trip

Don't miss the FUN!

When: January 18 - 20

Where: Ft. Myers

Hotel & Meet Info. Coming Soon....

We are securing the hotel rooms for our travel trip to Florida Gulf Coast University. We are staying at Embassy Suites and will have a team dinner on Saturday at the hotel. Hotel space is limited so please email Susan Taulbee staulbee@verizon.net by November 14th if you will be staying at the hotel so we can block the correct number of rooms.

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UPDATED PRACTICE SCHEDULE

Starts - November 13th

If you have a child in Age Group II or Higher as well as the Dolphin Group and/or Age Group I please feel free to have your children practice at Palma Ceia to make it convenient.

Interbay Pool

Coach Aimee, Alex, Catie, Katie, Lauren, Nikki

Dolphin Group -

4:00 - 4:30 OR 5:00 - 5:30

Monday, Wednesday and Thursday

(Choose ONE practice time)

9:30 - 10:00 Saturday

Age Group I -

4:30 - 5:30 Monday - Friday

8:30 - 9:30 Saturday

Palma Ceia Pool

Coach Courtney, Guy, J.T., Shelby

Dolphin Group -

4:00 - 4:30 Monday, Wednesday & Thursday

9:30 - 10:00 Saturday @ Interbay Pool

Age Group I -

4:30 - 5:30 Monday - Friday

8:30 - 9:30 Saturday @ Interbay Pool

Age Group II -

5:00 - 7:00 Monday & Wednesday (Dryland)

5:30 - 7:00 Tuesday & Thursday

4:30 - 6:00 Friday

8:00 - 10:00 Saturday @ Interbay Pool

Junior Team -

5:00 - 7:30 Monday & Wednesday (Dryland)

5:30 - 7:30 Tuesday & Thursday

4:30 - 6:00 Friday

8:00 - 10:00 Saturday @ Interbay Pool

UPCOMING EVENTS

OCTOBER 1 - DECEMBER 21 -- FALL SESSION
PRACTICE SCHEDULE ONLINE

NOVEMBER 17 - 18 -- SPA NOVEMBER MEET
LOCATION: ST. PETE - NORTHSORE POOL

DECEMBER 14 - 16 -- JINGLE BELL MEET
LOCATION: CLEARWATER - LONG CENTER
*FREE HOLIDAY STAT CAP IF YOU ATTEND

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

STAT Bling Shirts / Male Polos

Swim Mom's -- If you are interested in purchasing a "STAT Bling Shirt" please email Susan Taulbee at staulbee@verizon.net to let her know what size and color you would like. The "Bling Shirts" are \$35.00 and your check should be payable to STAT. This is what most of the mom's will wear to swim meets, etc.

STAT Male Nike Polos available for \$40.00. If interested please email Coach Todd or Tammy.

STAT Reminders

Please make sure your child always has their swim equipment when they come and leave every swim practice. All swimmers (according to their required group equipment) should have their swim equipment every day at swim practice (goggles, fins, cap, paddles, snorkel, pull buoy, etc.). Any time you need to purchase equipment or merchandise please let us know.

STAT Team Magnet

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

Diversity & Outreach Program

This program helps families who are on free/reduced lunch. If you are or know someone who is and wants to join our program, please contact us and we can give you more details.

Mission: To educate and engage youth and families from multi-cultural, ethnic and underrepresented socio-economic backgrounds, through the development and implementation of innovative programs.

New Short Course Records

Brooke Beede
6 & Under Girls
50 Breast 57.37
25 Breast 26.23
25 Fly 21.91
50 Free 44.83
100 Free 1:41.80

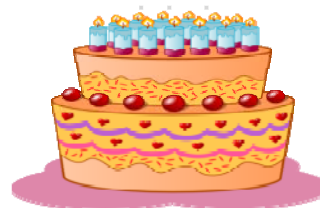
New Yard FLAG Times

Kendal Kelly - 50 Breast
Max Smith - 100 Free
Katie Taulbee - 100 breast, 200 IM

STAT BIRTHDAYS!!!

Courtney Iller	November 1
Sophie Weil	November 2
Carlie Nelson	November 2
Ashton Buchanan	November 3
Elyse Iller	November 4
Lauren Little	November 6
August Mason	November 6
Mariana Ramirez-Zapata	November 11
Rye Kral	November 12
Morgan Cox	November 12
T.O. Leach	November 14
Sabina Showalter	November 15
Tony Alberdi	November 16
Steven Verdisco	November 17
Katelyn Hawkins	November 18
Sophia Whitaker	November 20
Max Smith	November 21
Carlos Medina	November 25
Malia Lane	November 26
Savannah Lowry	November 26
Sunny Rowe	November 27
Zoey Haight	November 28
Kylie Stephens	November 28
Kaylie Rustman	November 29
Presley Zysk	November 29
Natalie Peric	November 30

HAPPY BIRTHDAY!!!



Swim Fees

PLEASE log-in to your swim account weekly to check your balance.

- 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, equipment/merchandise, etc.
- If you ever have a question about your invoices, please let us know.

CREDIT CARDS

You may now pay by credit cards....
as well as checks/cash.

1. Login into our team website - www.statswimming.com
2. Click on **MY ACCOUNT** - Look for **SET UP AUTO PAY** - click on it
3. Look for **Current Payment Method** (click on gray box or arrow) and select **Automatically charge CREDIT CARD**
4. Finally click **Edit** to the right of the gray box and enter your Credit Card info. (We will not be able to see your credit card info....All information is secure).

*Amount Per Transaction Fee = \$2.00 + Percent Per Transaction Fee = 3.25%

*Must give a 30 day notice to cancel credit card payments if you plan on not swimming any longer. No refunds - will receive a credit in your account.

Refer a New Swimmer - Each family 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. (Session = 3 month fee)

Purchasing a City of Tampa Rec Card – All STAT swimmers (at city 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.

Website Email/Password - If you are having trouble logging into the website or ever need your password and/or email address updated, please let us know. We are always here to assist you in any way we can.

THANKSGIVING WEEK

November 19th and 20th - Regular Schedule

Wednesday, November 21st at Palma Ceia Pool

Dolphin Group - 9:30 - 10:00 A.M.

Age Group I - 8:30 - 9:30 A.M.

Age Group II and Junior Team

8:00 - 10:00 A.M.

Thursday, November 24th -

NO Swim Practice for all groups



HAPPY THANKSGIVING!!!

Friday, November 23rd at Palma Ceia Pool

Age Group II and Junior Team **ONLY**

Practice 9:00 A.M. - 12:00 P.M.

(All other groups have the day off!)

Saturday, November 24th at Interbay Pool

Regular Schedule

**Holiday Training
Camp Info.**

**Coming Soon!!!
(December 22 - January 5)**



Save the Date.....

Annual Awards Banquet/Beach Day

May 11th (Tentative)

at Pass-a-Grille Beach

Hurley Pavilion

A FUN day in the sun!

NOVEMBER SWIMMERS OF THE MONTH

Each month we choose 4 - 7 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.

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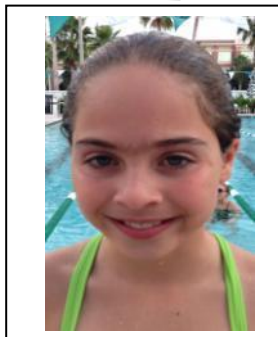
DOLPHIN GROUP



Amelia Bell
Palma Ceia Pool

Amelia came through our swim lesson program and was moved on to swim team this summer. Amelia's strokes, endurance and technique have improved tremendously. Amelia is always ready to work at every swim practice. Good job Amelia!

AGE GROUP I



Payton Covelli
Palma Ceia Pool

Payton just started swim team in September and has come a long way with her strokes in such little time. Payton works really hard in practice to make sure all four strokes are legal and it showed by her performance in the Nike swim meet. Super job!



Kylee Roberts
Interbay Pool

Kylee just competed in her first swim meet last month and did very well in her three events. Kylee is a joy to coach. Her listening skills are wonderful and she always does what is asked in swim practice. Keep up the great work!



Megan Martinez
Interbay Pool

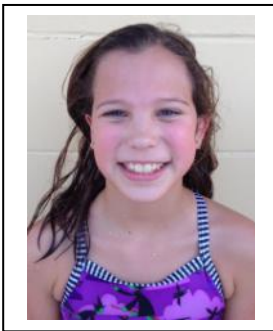
Megan is a great listener and always works hard at each swim practice. Megan always has a smile on her face and it lets you know how much she enjoys swimming. We look forward to Megan competing in her first swim meet sometime in the near future.

AGE GROUP II



Brantley has been doing really well in practice working towards his goals and his attendance is fabulous. He is focused and it shows in his performance at his last swim meet. Brantley's technique continues to improve and he is doing a remarkable job with all the sets. Way to go!

Brantley Deady - Palma Ceia Pool



Carin is always ready to Rock-N-Roll at every practice and does an amazing job! Her listening skills are incredible and she continues to improve in her swimming. With Carin's drive we will continue to see Carin succeed in the sport of swimming.

Carin Sanchez - Interbay Pool

JUNIOR TEAM

No Swimmer This Month.....Attendance is the key!!!

Who will it
be for
December....



COACH'S CORNER

OVERCOMING FEAR

By Mike Gustafso

The first time my coach said, “You’re swimming the 50 yard butterfly,” I cried. I don’t know why. As a kid, I was irrationally scared of the entire prospect of swimming butterfly in a swim meet. I had done it in practice, but never *against* anyone. Never in a meet. As soon as my coach told me, my head began to swirl: What if my arms stopped working? What if I did so poorly I wasn’t allowed to swim anymore? What if they saw my horrible butterfly stroke and said, “Never let this kid swim butterfly EVER AGAIN.”

Of course, this fear was irrational. I remember talking with my parents about the upcoming race, and them using very gentle tones with me. Eventually, they built my confidence up to being OK swimming the 50 yard butterfly. I cried a little bit more. Then I swam.

I won the race.

Swimming can be a scary sport for many irrational reasons. Realistically, nothing “bad” usually happens in a pool race during a meet, except for swallowed water or a disqualification. Over the years, both as an age group swimmer and later as an NCAA swimmer, I learned some tricks to help overcome various fears I had about swimming. Most of my fears dealt with personal failure, or not performing how I thought I should, or internal pressure. So, I learned some tricks to deal with those fears. My tricks are in no way scientific, but they have proven well for me. I figured that Halloween is the most appropriate day to share my 5 Tricks for Overcoming Fear....

1. Imagine you’re in a scooter board race.

Before every big meet, I’d get so worked up, my stomach would be in knots. I’d throw up. Sometimes I couldn’t sleep. I couldn’t eat. I’d look at myself in the mirror and say, “Why are you getting so worked up about this meet? Isn’t swimming supposed to be fun?” Sometimes, we get so worked up inside our heads, we lose perspective about the sport. So, whenever I began to feel nervous before a really big meet, I imagined my race as a “scooter board race.” You know, the game you play as a kid where you lie on your stomach and push yourself across a board that has four wheels attached. In elementary gym class, I loved this game. I got so fired up about it. And isn’t this what swimming is? Simply pushing yourself across the water? Before races, I imagined myself in a fun scooter board race against seven others. It actually worked. It calmed my nerves, and I’d swim faster.

2. If you can do it in practice, you can do it in a meet.

Before that first 50 yard butterfly, my parents said, “Have you done a 50 yard butterfly in practice before?” I nodded. “Then you can do it in a meet. It’s no different. They don’t make the water thicker for swim meets. It’s the same water.” For some reason, that helped. Knowing that I had already accomplished the feat in practice gave me a little boost in my step before my first 50 yard butterfly. Of course, the first-time meet experience was scary. But you can always try out a 50, 100, or 200 butterfly, or a 400 IM, or a 1650, in practice beforehand, to build up to it in your mind.

3. Set realistic goals.

Somewhere along the line in my career, I realized I was not going to be an Olympic gold medalist. It just wasn’t in the cards. Sometimes at meets, I’d approach a swim meet with very unrealistic goals, like I’d win the Big Ten Championship. I was not going to win the Big Ten Championship. When I’d hop into the water, and all of a sudden, Peter Vanderkaay was beating me by five body lengths, I’d start to mentally freak out

inside my head. Then my muscles would hurt more. Then I'd swim slower. So, I began to have more realistic goals for myself. Instead of winning Big Tens, how about just scoring one point? Instead of breaking world records, how about just breaking personal bests? As soon as I transitioned to more approachable goals, my in-race mentality was better. I wouldn't mentally freak out if someone beat me in the backstroke of my IMs.

4. Get the best sleep TWO nights before your big race.

Before every big meet, I couldn't sleep. I'd toss and turn and stare at my alarm clock all night. Eventually, around 3am, I'd begin to mentally freak out that I wasn't getting enough sleep. You know the drill: You can't sleep because you're nervous, and you're nervous because you can't sleep. So, I began to pre-plan that I *wouldn't* get any sleep the night before my big race. Instead, I'd make sure to get a great night's rest TWO nights before my big race. Two nights before, I was not nervous. I could always sleep two nights before my big race. Sometimes swimmers (I don't know why) think it's the night before that makes all the difference. Actually, you'll get your best rest two nights before. Then, you won't be so nervous heading into that Big Race Eve.

5. Force yourself to smile.

Happy swimmers are fast swimmers. Swimming is a tricky sport. You can't force fast swimming. The fastest swimming comes naturally, almost easily. So if you catch yourself behind the blocks frowning, tightening up, almost scared stiff... then something's wrong. Just the act of smiling will brighten up your mood and rewire your brain to make you happier.

I'll never forget the last race of my swimming career:

In the prelims of the 200 yard breaststroke at the Big Ten Championships, I was one place out from making a "night" swim. I was devastated. I was a senior, and I knew I probably wasn't going to make finals in that race anyway, but coming that close – one place away – was devastating. My career was over before I knew it was going to be over. I remember sitting in the shower, completely floored, depressed and sad my swimming career was done. I remember thinking, "I wish I had one more race just to know during my swim that it was my last race ever." Thirty minutes later, my coach walked up to me and said, "Someone scratched. You're swimming tonight."

It was like the swimming gods had given me a freebie swim. Suddenly, there was no pressure. I was smiling. I was happy. I was bouncing off the walls. I cheered for teammates. I warmed up and played around. I smiled behind the blocks. Before I dove in, I imagined that scooter board race. I had a realistic goal: Just swim your last race knowing it is the last race. And when I finished that 200 yard breaststroke, I had dropped nearly two seconds from my lifetime best time, and almost won the race from Lane Eight.

I wish I could do my career over again with more smiles, more scooter board imaginations, and more realistic goals. Hopefully, one of these techniques helps you, because they helped me. It just took me an entire career to learn how to overcome my own fears.

NUTRITION: PROTEIN POST-TRAINING

By Dan McCarthy//National Team High Performance Consultant

Ongoing research has led to more concrete information regarding the timing of protein intake, the quantity of protein ingested and the best source of protein for hard-working athletes. The existing research is very sound; however, modern tools and methods have made evaluating the ability of skeletal muscle to synthesize protein possible.

When

Post-exercise the muscle's ability to synthesize protein is increased. Recent research suggests that four equally spaced meals throughout the course of the day and one larger pre-sleep meal may be ideal for maximizing protein synthesis and negating protein breakdown. Hard-working athletes should time one of their meals to occur after each workout to benefit the most from the enhanced muscle protein synthesis. The larger pre-sleep meal helps lessen the impact of protein breakdown that occurs during slumber, when no eating is going to occur.

How Much

Each meal should contain .25-.30 grams of protein/kg of body weight/meal. The larger pre-sleep meal should contain .60 grams of protein/kg of body weight. For a 150 pound athlete:

- 150 pounds/2.2 kg/pound = 68 kg
- .25 grams of protein/kg x 68 kg = 17 grams of protein **per meal**
- .30 grams of protein/kg x 68 kg = 20.4 grams of protein **per meal**
- .60 grams of protein/kg x 68 kg = 40.8 grams of protein pre-sleep

A 150-pound hard-training athlete should have a meal four times per day with 17-20 grams of protein per meal and a larger meal containing 40 grams of protein before bedtime. Breaking the protein intake up throughout the day is a key strategy for maximizing protein synthesis.

Ingesting large quantities of protein at one meal and very little at other meals does not appear to be effective, nor does eating mini-portions (2.5 grams of protein) frequently (10+ times) appear to be an effective strategy for maximizing muscle protein synthesis either.

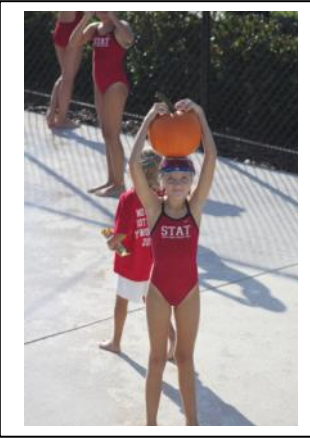
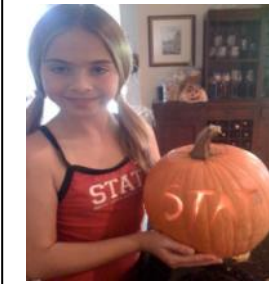
Best Source

Research has also shown that milk proteins are slightly better than soy proteins following exercise. The combination of whey and casein proteins in milk seem to be slightly more effective at promoting protein synthesis and suppressing muscle degradation following intense exercise than soy protein. After intense exercise, whey protein, found naturally in milk, cheese and yogurt, is critical in promoting muscle protein synthesis because of the amino acid, Leucine.

It is important to note that the recommended protein intake is for athletes engaging in a hard or intense training cycle. During training that does not result in the breakdown of skeletal muscle it is generally recommended that athletes eat .8 grams of protein/kg of body weight per day.

NIKE SWIM MEET PICTURES

October 13 - 14



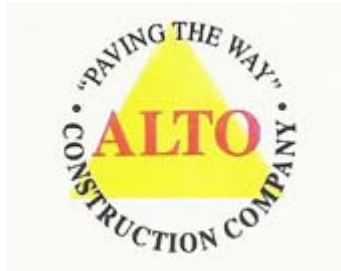
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