



OCTOBER PRACTICE CHANGES

**Friday, October 12th
Practice at Bobby Hicks Pool
Practice Times Coming Soon...**

**No Swim Practice
Wednesday, October 31st
*Happy Halloween!***

THANK YOU to everyone who has signed up to volunteer at our upcoming swim meet. We greatly appreciate it! Without your help our meet would not be a success.

Also, many **THANKS** to our **2012-2013 Team Sponsors!** (Page 11)

STAT TEAM TOWELS -

If you ordered a STAT Team Towel, we will be handing them out **Next Week!!!**

ATTENDANCE IS IMPORTANT!

Consistency in training is one of the most important factors in being successful.

Training increases the transport of oxygen in the system and makes athletes stronger and faster.

It also recruits new cells to transport oxygen to the muscles.

If training is interrupted for 48-72 hours, the developed cells will retract to their normal functions and we have to go back to square one to retrain and develop new cells.

By this little note we just wanted to emphasize the training consistency which is very important in the development of athletes.

By doing so we want to have confident swimmers going into the meet and not being scared of their performances.

We think it is very reasonable and fair to the kids and parents as well.

We need your support in this initiative to be successful.

JUNIOR & SENIOR TEAM:

Attendance of at least 75% will be required to attend swim meets (starting after Nike Meet).

We are tracking attendance and **coming soon** will be updating it on Parent OnDeck so you will be aware of your percentage of workouts made.

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UPCOMING EVENTS

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

OCTOBER 13 - 14 -- STAT NIKE SWIM CLASSIC
(BOBBY HICKS POOL)

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

NOVEMBER 17 - 18 -- SPA NOVEMBER MEET
(ST. PETE)
MUST SIGN-UP ONLINE
DEADLINE: NOVEMBER 1

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

STAT "Bling" Shirts

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 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.

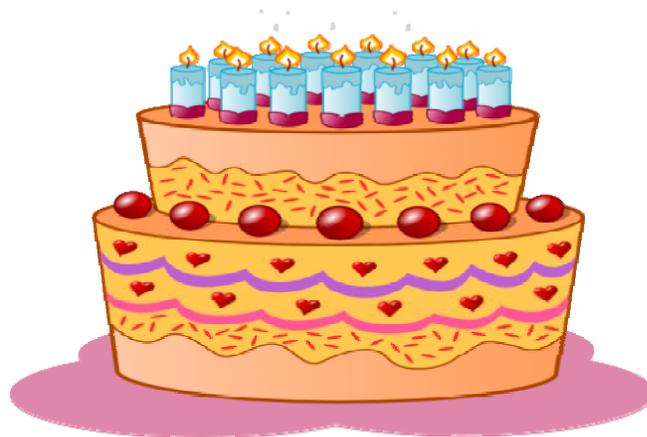
New Short Course Records

Jett Hoffmeier
7 - 8 Boys 200 Yard Free 3:15.35

STAT BIRTHDAYS!!!

Brantley Deady	October 1
Makayla Doyle	October 1
Lauren Ferris	October 3
Jake Iller	October 3
Anna Castro	October 9
Rachael Carlin	October 11
Fuller Saunders	October 13
Aedin O'Brien	October 14
Lucy Minor	October 16
Andie Danner	October 17
Caroline Gomez	October 18
Jake Garcia	October 20
Tyler Garcia	October 20
Isaac Harrisberger	October 21
Amanda Arnone	October 22
Devin Murphy	October 22
Leyton Perkey	October 22
Katie Taulbee	October 23
Lauren Donofrio	October 26
Clay Thompson	October 26
Payton Covelli	October 29
Katie Koch	October 29
Riley Buchanan	October 30
Walker Wilson	October 30
Devon Barkett	October 31
Kelsey John	October 31

HAPPY BIRTHDAY!!!



Fall Session Fees Due NOW

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

- **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.

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.

Don't Be Left Out.....

Swim Team Email...

To prevent being classified as a spammer and to keep email deliver-ability at the highest levels TeamUnify is instituting a new email sending process. Many of you have already verified your email account, but if you have not PLEASE READ!!!

It is very important to note: That if an email address is still unverified in the system it is most likely because it is a bad email address or you have not been logging into your team account. Some unverified emails are indeed good and have been going through but it is a small percentage of them. To ensure that you are connecting via email please follow the link below....

Here is a link <http://bcove.me/1px9nquc> to a video tutorial that will explain to you how to verify your email address.

ADD SMS - Text Messaging for Cancelled Practices due to BAD WEATHER

In the event of bad weather we try our best to keep you up to date with the cancellation of swim practice. If you have not yet verified your email or added your cell phone to your swim account you will need to do this in order to get this notification.

To add your cell phone, log-in to your account, click my account, and then click on Add SMS. Once finished click on verify and it will text message you a code to enter into the box. You are all set then.

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.

OCTOBER 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



Lily Hayes
Palma Ceia Pool

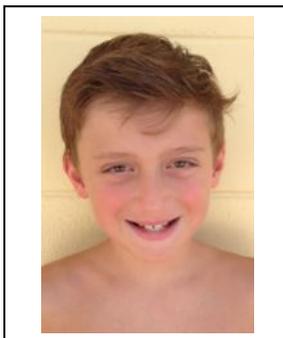
Lily is a great girl with some awesome strokes. Lily always works hard at each practice and never complains. Her smile will brighten anyone's day. Way to go Lily!

AGE GROUP I



Dawson Geller
Palma Ceia Pool

Dawson just swam his first meet and did an outstanding job! Dawson's strokes have improved tremendously. He listens really well to his coaches especially when they give him tips on his technique. Great job!



Gunnar Smith
Interbay Pool

Gunnar has improved so much in such a little time. His drive is unbelievable! We are excited to see Gunnar compete in his first meet next weekend. Keep up the hard work Gunnar!



Brody Miller
Interbay Pool

Brody started swimming this summer and you can see his love for the sport every day at practice. One of Brody's goals is to be "Swimmer of the Month" and the coaches are excited to say with your motivation and hard work you deserve it. Awesome job!

AGE GROUP II



Cailin just recently moved up to Age Group II and has been doing a fantastic job in this group. The coaches are excited to see her hard work at practice every day. This past swim meet Cailin stepped up to swim all 50's and 100's and did a great job. We are very proud of you Cailin!

Cailin Cannella - Palma Ceia Pool



Scott has been working extremely hard to improve on his technique. Scott has a great drive and this has shown in the pool. He did an excellent job at the last swim meet in all of his events and dropped over 2 seconds in the 50 Fly and 50 Back. Superb job Scott!

Scott Showalter - Interbay Pool

JUNIOR TEAM



Nina has done an amazing job with her swimming these past few months. Nina keeps improving tremendously in all areas of her swimming. Her times at the meets keep dropping and her focus and drive is remarkable. The coaches are very proud of Nina's performances. One word....WOW!

Nina Alberdi - Interbay Pool



COACH'S CORNER

THE MAGIC OF AN OPPORTUNITY BY MIKE GUSTAFSON

Imagine Doc Brown from *Back to the Future* came up to you and said, "Today you're going to set a world record. The only thing you have to do is race."

You'd swim that day, right? You'd be the first person in the pool, warming-up, excited and ready to swim?

World records aren't broken every day. The opportunity is rare. You'd take advantage of it.

Unfortunately, time travel and Doc Brown do not (yet) exist. Swimmers don't know what the future holds. Sometimes, we don't feel like swimming.

Instead of swimming that looming, ominous 1500m this afternoon, we'd rather go to the beach. Or go shopping. Or take a nap. There will be another day, another race, right?

But you never know. Sometimes the difference between breaking a world record or not is simply showing up to swim.

Take Kate Ziegler. At the Indianapolis Grand Prix, Ziegler told me that on the day she broke Janet Evans' hallowed 1500m world record, she didn't want to swim that evening. She wanted to go to the beach. She wasn't really feeling it. Fortunately, her coach convinced her to swim that afternoon. The rest, as they say, is history.

But what if she had gone to the beach? What if she never swam that day? For whatever reason, the nuts and bolts were zooming in perfect harmony that day. Would they realign? Could she repeat that same performance the next day? Next week?

What if she didn't swim that day?

I was once told from the creator of "Friends" that the hardest thing to do in the entertainment industry isn't getting your foot in the door; it's being prepared when you're already in.

People always get their foot in the door, but they rarely take advantage of it.

It's that old "elevator pitch" theory. You should always be prepared when you live in Hollywood, because you never know who could be stuck in an elevator with. Some of

my friends went from assistants to executive producers in 24 hours because they were stuck in an elevator with someone like Rosie O'Donnell, pitched her an idea they had rehearsed, and made the most of their opportunity. No joke.

Swimming is similar. Any given lane at any given time is an opportunity. "Give me a lane, anywhere, anytime," one famous swimmer used to say, "and I'll aim for perfection."

Sometimes, swimming is viewed in a linear path. You'd think, "Times will get faster. Races will get easier. I'll eventually get here, do this, swim that, and by this year I'll be where I want to be." Swimmers sometimes circle on the calendar, "This is when I'll swim my fastest. This is the plan."

But swimming is rarely predictable. It's not this linear, easily-planned calendar of time progression. It's more a chaotic fun house. It's opposite than what you'd expect. You swim fast when you expect to swim slow. You swim slow when you expect to swim fast. One day, you could be planning a trip to the beach, while your body secretly knows, "I could be breaking a world record right now, this very second."

You never know when the swim of your life will happen.

You can't plot out the future. And unless Doc Brown swings by your house and points out the highs and lows of your future swimming career, it's best to say to yourself, "Give me a lane, anywhere, anytime – and it could be magic."

Just Swim....



LANE ETIQUETTE

Whenever you share a lane with someone, there are certain rules that you need to follow. Lane etiquette is important to keep good friends from knocking each other's goggles off, bashing heads, or twisting their arms off at the shoulder socket. Lane etiquette helps practice run more smoothly. It helps you swim better, and it makes Coach happy. Here are some rules of the road:

1. Learn the names of the swimmers in your lane.
2. Know (or ask) the speed of the people in your lane so you can get the right order in your lane (fastest to slowest).
3. Circle swim. (If you are sharing the lane with only one other swimmer, you can each "split the lane," which means each of you stays on your own side of the lane.) When circle swimming, stay to the right side of the lane. When swimming butterfly, be aware of others in your lane.
4. Don't stop in the middle of a length! Keep going to the end of the pool, move immediately to the far right and let others pass you. Push off AFTER they have finished their pushoff.
5. If you want to pass a teammate you need to be SMART. Think ahead as you are coming up to someone slower than your pace. Make the decision to pass in the middle or if there is not enough time because you are approaching the wall, tap the swimmers foot to let them know you will be passing them at the turn. Both swimmers need to work together to make this a safe passing. If a swimmer refuses to allow you to pass, you will need to try harder to get around them in a safe manner and once you get to the wall you need to let the coach know. We always need to remind ourselves that we are trying to make our self and our teammates better. Don't be the Hinder of the team, be a part of the success and let them pass. Reminder - When you want to pass, gently tap or tag the toes of the person in front.
6. Don't tailgate! Wait at least 5 seconds before you push off behind someone. Then, if you catch the swimmer ahead of you, tap their feet and go ahead of them at the end of the length. It's annoying if you stay right at their feet and don't signal to pass. Or, worse yet, you keep hitting their feet every time you take a stroke. If you're always catching the person in front of you, either go ahead of them on the next swim or leave 10 seconds apart.
7. Turn in the center of the lane. Just before you reach the wall, IF THERE'S ROOM, you can move to the center of the lane to do your turn, but make sure you push off along the right-hand side of the lane. Don't push off in the middle of the lane. Start and finish each swim at the wall. . If you finish by stopping two yards from the wall, you prevent the people BEHIND you from finishing at the wall. Also, chances are good that you'll lose a lot of races. Swim races are won and lost by hundredths of a second. Practice a strong finish... right to the wall... every time you swim, and strong, fast finishes will be automatic when you race.
8. Be aware!
 - * Always be aware of where others are in your lane.
 - * Anticipate when they will catch you, and pull over
 - * Don't push off right in front of someone about to turn, if they are faster.
 - * Let your lane-mates finish every swim at the wall. Even if you have 8 people in your lane, the last person has the same rights as the first. Everyone should be able to finish at the wall and finish strong. So move to the left and get out of the way after you finish!

9. Learn to read the pace clock. Know both your time and the interval.
10. Stay on the interval and help others stay on the interval.
11. Count your laps and stop at the appropriate number.
12. If you're leading your lane, you have responsibilities!
 - * Have goggles on and be ready to push off when coach says, "Ready, GO!"
 - * Know the sendoff. Keep track of how many laps you've done and how many repeats you've done.
 - * Get everyone involved in keeping track.
 - * Make sure everyone in your lane has a chance to finish at the wall.
 - * Make sure everyone in your lane can make the interval with some rest.
 - * Set an example... encourage your lane mates... be a leader.

ADVANCED ETIQUETTE

1. Encourage your teammates at practice.
2. Count strokes when asked. Descend swims when asked.
3. Go easy when asked.
4. Negative split your swims when asked.
5. Even split your swims when not given special instructions.
6. Start, turn, and finish with LEGAL pushoffs and touches.
7. Finish all swims at the wall with an underwater touch (on your side for free and back; two-handed for fly and breast).
8. Bring a positive attitude with you to the pool.

It may seem that life was a lot simpler when you were just swimming laps on your own, but there are HUGE advantages to practicing with a team, so it's worth all the effort it takes to learn the lingo and master the basics. Your coach and teammates (and that darn pace clock) will push you toward being a faster, stronger, more competent swimmer. You'll make tons of friends who will encourage you and keep you headed toward your goals. And your new math skills will astound you. Just be patient and stick with it.



SPA SWIM MEET PICTURES

September 21 - 23



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