



**Nike Swim Classic Swim Meet
October 13 - 14
at Bobby Hicks Pool
Hosted by STAT**



- **ALL Swimmer's may participate!**
- **We Need Food/Drink Donations for the snack bar and Officials/Coaches**
- **Please help make our annual meet a success by volunteering your time to assure our swim meet runs smoothly for your child and our swimmer's.**
- **Any help or donation you can provide is greatly appreciated!!!**

**Please email us at
toddhoff23@gmail.com**

**SEPTEMBER
PRACTICE CHANGES**

**Sat., Sept. 8 - Practice at Palma Ceia
Regular Practice Times**

**Sat., Sept. 15 - Practice at Bobby Hicks
(Saturday's will remain at Bobby Hicks)**

**~ANNUAL PARENT MEETING~
Monday, September 10th @ 5:30PM
Location: Palma Ceia in Ballroom
ALL Groups will practice at
Palma Ceia Country Club this day.**

MONDAY, SEPTEMBER 10TH PRACTICE TIMES:
PALMA CEIA COUNTRY CLUB
DOLPHIN - 4:00 - 4:30 OR 5:00 - 5:30 (CHOOSE 1)
AGE GROUP I - 4:30 - 6:00
AGE GROUP II - 5:30 - 7:30
JUNIOR TEAM - 5:30 - 7:30

**~TEAM MERCHANDISE DAY~
All American Aquatics will be present
When: Monday, September 10th
Time: 3:30PM - 6:00PM
Location: Palma Ceia pool**

Equipment Needed Per Group:
Age Group I - Fins
Age Group II -
Fins, Paddles, Pull Buoy, Mesh Bag
Junior Team
Fins, Paddles, Snorkel, Pull Buoy, Mesh Bag

We will also be selling.....

- **Team Suits, T-Shirts, Caps**
- **Team Warm-Ups & Parkas**
- **Team Backpacks**

INSIDE THIS ISSUE

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UPCOMING EVENTS

SEPTEMBER 21 - 23 -- SPA SWIM MEET (ST. PETE)
MUST SIGN-UP ONLINE
DEADLINE: SEPTEMBER 6TH

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

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

OCTOBER 13 - 14 -- STAT NIKE SWIM CLASSIC
(BOBBY HICKS POOL)
MUST SIGN-UP ONLINE
DEADLINE: SEPT. 27

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

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

SWIM NEWS

Make sure to always click on **News** at the top of the teams homepage to read about swim meet recaps, exciting news, 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.

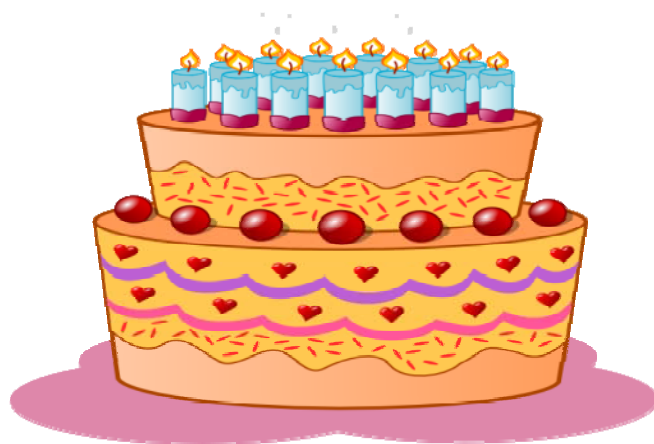
TEAM MAGNET

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!

STAT BIRTHDAYS!!!

Alyssa Arredondo	September 1
Scott Showalter	September 1
Matthew Smith	September 1
Olivia Roberts	September 2
Samantha Stites	September 2
Samantha Donofrio	September 5
David Tuohy	September 5
William Hertenstein	September 7
Haley Black	September 8
Dean Diasti	September 8
Mason Doyle	September 8
Cailin Cannella	September 9
Holly Ekizian	September 11
Libby Gough	September 11
Mackenzie Spurling	September 11
Ava O'Brien	September 13
Celia Brown	September 14
Charlotte Holman	September 14
Sterling O'Neal	September 14
John Capodilupo	September 15
Megan Martinez	September 15
Ethan MacCormack	September 17
Anna Weber	September 17
Samantha Stewart	September 18
Logan Black	September 21
Amelia Knust	September 22
Jett Hoffmeier	September 23
Reece Lane	September 23
Casey Buckley	September 27
Danielle Donofrio	September 27
Sara Bohacek	September 29

HAPPY BIRTHDAY!!!



SESSION FEES

PLEASE log-in to your swim account to check your balance....many of you currently have balances due to the renewal of the USA Fee and Registration Fee.

- **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.statsswimming.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.

IMPORTANT INFO.

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.

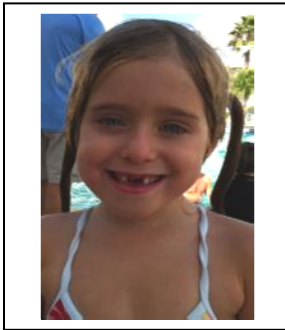
SEPTEMBER SWIMMERS OF THE MONTH

Each month we choose 4 - 6 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:

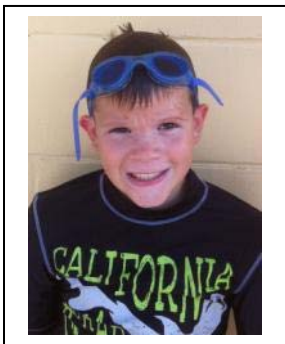


DOLPHIN GROUP



Addison is a great young girl that comes to swimming and listens very well! She always works on what her coaches ask her to do and is an amazing swimmer. She has improved a lot since she has begun swimming with STAT. Way to go Addison! Keep up the great work.

Addison Hollonbeck - Palma Ceia Pool

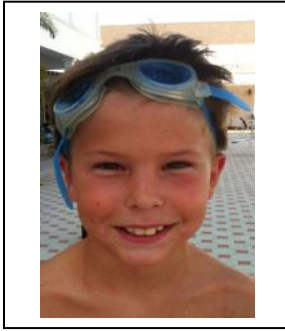


Joel started swimming STAT this spring and has made great strides in his swimming. We are all proud of Joel's hard work and positive attitude every time he walks on the deck. Joel recently moved from the Dolphin Group to Age Group I. Great job Joel!

Joel Brown - Interbay Pool

Continued on next page....

AGE GROUP I



Isaac started swimming STAT this summer and has made big improvements. His strokes have really improved and it is due to his hard work. We are excited to see Isaac compete in his first swim meet later this month. Isaac comes to every practice with a great attitude. This is why he is a STAT swimmer of the month!!

Isaac Harrisberger - Palma Ceia Pool



Tony comes to every practice with a great attitude and always willing to help others. His technique has really improved due to his focus during practice. He is one of the nicest boys and tries his best for every coach he works with. The coaches are very proud of you and enjoy your positive attitude!

Tony Alberdi - Interbay Pool

AGE GROUP II



Janet joined the team several months ago and has made great strides on her swimming skills. Janet balances school, work and swim. The coaches have really enjoyed Janet's personality and effort at the pool. We are glad she has found the sport of swimming and with our team. This is why she is a STAT swimmer of the month!!

Janet Brown - Interbay Pool

JUNIOR TEAM



Christopher is a very hard worker and we are glad he is part of STAT. He is always listening to the coaches so that he can find new ways to improve on his strokes and speed. We are glad to have Christopher be a part of our team. Congrats on being swimmer of the month!

Christopher Vietas - Interbay Pool

COACH'S CORNER

ANTHONY ERVIN: LOVING LIFE AND SWIMMING... AGAIN

By Mike Watkins

Life hasn't been easy or simple over the many years since Anthony Ervin won gold in the 50 freestyle at the 2000 Sydney Olympics.

After winning world titles the next year in the 50 and 100 freestyles, Ervin was restless in life and swimming – fighting some inner demons – and within a few months, was contemplating making a drastic, life-altering change.

Two years later, at just 22 years old, he retired, vowing not to return.

He sank deep into a counter-culture trap, playing guitar, growing dreads, tattooing sleeves on both arms and smoking and drinking. Locked in a world of substance use and depression, he attempted suicide by eating a bottle of tranquilizers and had a high-speed chase with the cops in Berkeley, where he swam collegiately, ending with his motorcycle entangled with a Mustang and his shoulder separated and hanging from a sling.

He was headed nowhere fast, swapping Olympic and world venues for tattoo parlors and record shops and looking for a sign of what the future might still hold for him and his amazing talent wrapped in indifference and self-admittedly, arrogance and entitlement.

“I had been dealing with swimming burnout for a number of years, even before high school, but I told myself and was told by others to keep doing it,” Ervin said. “There reached a point when I realized that aside from my love for my team and teammates, it wasn't what I wanted. I spent many years doing it when I didn't want to, and I decided I wasn't going to do it anymore.”

After hitting rock bottom, Ervin had an epiphany of sorts. His brush with death resulted in what he calls a “moment-with-God-type thing,” and he decided to make the most of his second chance.

Home for Christmas in 2004, he, along with the rest of the world, watched as the tsunami wreaked havoc upon Indonesia, and feeling compelled to do something to help, auctioned off his gold medal with the proceeds going to help those suffering through the devastation.

“I was feeling very mystic at the time and needed to cleanse myself by doing something that would help others,” Ervin said. “Just seeing the number of lives that were lost and watching the devastation, I knew I needed to do something, and I was able to do that with my medal.”

Good friend Gary Hall Jr., with whom Ervin tied for gold in Sydney, offered him a paid coaching opportunity to teach swim lessons to kids in New York. Working with kids and seeing their enthusiasm revived his own interest in the sport, and it wasn't long before he began entertaining thoughts about getting back into competitive swimming.

He slowly rediscovered his love for the sport – and for himself.

“I had a lot of regrets for leaving when and the way that I did, and how can you move forward if you are living with regret?” Ervin said. “I started thinking about what could have been, and it motivated me to see what I still had and what I could still do.”

He returned to his Cal-Berkeley roots and watched as the Bear men swimmers won a national title. Inspired, he joined a few workouts and found he still had his old speed. With the help of Cal coaches Teri McKeever and Dave Durden, he rejoined the swim world – but with a much different perspective and appreciation. Shortly after that, he enrolled in grad school at Cal and was on the fast-track to reclaiming a life in and out of the water he once discarded and held with little regard.

“I just felt ready,” Ervin said. “I had taken the time I needed to figure out my own life and what I was doing, but I wanted to make this a slow process. I wanted to return unhindered, unfettered with being a professional swimmer. I needed to do it for me and on my own terms.”

And he has. After training and competing for the better part of a year, Ervin swam faster than he did 12 years ago when he won gold in Australia to finish second behind Cullen Jones and make the U.S. Olympic team in the 50 freestyle.

A few weeks later in London, with much of the pressure off of him, Ervin made the finals by swimming a new personal best 21.62 in the semis. He ended his “non-comeback” with a fifth-place finish at the Olympics and a tremendous sense of satisfaction and optimism for what lies ahead.

But, at 31, will he continue to train and compete for the United States? At Trials, he alluded to the fact that he planned to stick around longer than the Olympics, but as of right now, he’s leaving things up in the air and just enjoying the journey.

“Life continues much the same as before: swimming, grad school and working with kids,” Ervin said. “I already had the medals. This time around was all about the experience. I absolutely have a new perspective on life; however, I’m still digesting everything so I won’t say much at this point, but know that it’s beautiful.”

Tips for Feeding the Thin (and Growing) Swimmer

By Jill Castle, Registered Dietitian and Child Nutrition Expert

Can a growing swimmer be too thin?

In today’s world, there is much ado about weight—too much weight. But a growing child who is too thin may be just as troublesome.

Most of the time, children are moving through the natural ups and downs of growth, and there’s no cause for worry. But the growing swimmer has a delicate balance to strike—matching energy needs for growth while covering the nutritional demands of the sport.

Unmatched energy needs may stem from the rigors of regular training, high energy demands associated with growth spurts, poor eating, and/or a poor diet. If young swimmers are too thin and missing out on calories and nutrients, their performance in the water, their growth and overall health may suffer.

What’s Normal, What’s Not?

Both growth and swimming are calorie-hungry. Normal growth relies on eating enough food (and of good

quality) to cover the energy and nutrient demands of swimming and growth.

For the school-age swimmer, normal eating is three meals and 2-3 snacks per day. Teens, particularly males, require more energy for the adolescent growth spurt, and may need 3-4 meals and 1-2 snacks per day.

Conversely, skipping meals or snacks, dieting for weight or fat loss, pushing nutrients for performance or body composition benefits, and losing or failing to gain weight is not normal.

Feeding the thin swimmer requires attention to food types, quantity and timing of eating. The goal is not to “fatten up” the swimmer, but to match his energy needs for growth and swimming, allowing his natural, healthy body to take shape.

Six tips for helping the thin swimmer boost nutrition:

Square Up Meals: Make sure to include a variety of food groups, aiming for at least 4-5 at main meals (protein, whole grains, dairy, fruit, vegetables and healthy fats). Scale back on dining out, especially fast food establishments.

Size Up Snacks: Offer 2-3 food groups, focusing on taste and nutrition. Cereal, fruit and milk, or nut butter, crackers and raisins are examples of a hearty, nutritious snack.

Drink with an Advantage: Water is great for everyone, but the thin swimmer should focus on drinks that offer calories and nutrition. Drinking milk or non-dairy substitutes, 100% juices, smoothies and breakfast drinks can be an easy way to down some extra calories and nutrients.

Pre-Bedtime Snacking: Eating something prior to bedtime can help the thin swimmer supply the body with extra calories that won't be burned off. Try peanut butter toast, instant pudding made with whole milk, or a milkshake.

Fat Padding: The addition of fat can boost calories, and ease the pressure and requirement for eating large quantities of food. Adding margarine, mayonnaise or avocado to sandwiches, “double-dressing” cooked pasta (toss in olive oil, then top with butter or olive-oil soft spread) or sprinkling cheese on entrees are just some examples of adding extra calories to food.

Time It: Staying on a structured approach with eating helps assure nutrition is on board, while helping build a rhythmic appetite for eating. School-age swimmers can eat every 3-4 hours, while teens can schedule meals and snacks every 3-5 hours.

Platinum Sponsors

The Hoffmeier Family

Carlin Construction Inc.



Gold Sponsors

The Weigner Family

Contemporary Photo Enterprises

Mr. Freeze Sno Kones



Silver Sponsors

Bronze Sponsors



WANT TO BE A 2012-2013 STAT SPONSOR? PLEASE SEE FORM BELOW.



SOUTH TAMPA AQUATIC TEAM SPONSORSHIP CONTRACT

Sponsor donations assist the team with equipment purchases, facility rental fees, family assistance program, and day to day expenses. Without the generous support from individuals and local businesses like yours, we would be unable to offer this opportunity to our youth.

Our STAT web site allows your business advertising to be viewed by hundreds of families right in our neighborhoods, making this new system the perfect marketing tool for your business!

I hereby agree to support STAT by sponsoring the team as noted below.

SWIMMER'S NAME OR COMPANY NAME _____

PARENT'S NAME OR REPRESENTATIVE, TITLE _____

SIGNATURE _____

ADDRESS _____

PHONE _____

E-MAIL _____

WEB SITE ADDRESS _____

I would like to be a STAT Sponsor as noted below:

_____ **\$500.00 Platinum Sponsor** – Name, logo and web site will be displayed on the home page of the STAT Web Site, Logo/Name will be placed on STAT Letterhead, Logo/Name will be placed in STAT Newsletters, Full Page Ad in meet program (heat sheet) for the 2012 City of Tampa Nike Swim Classic Meet.

_____ **\$250.00 Gold Sponsor** – Name, logo and web site will be displayed on the STAT Web Site Sponsor Page, Logo/Name will be placed in STAT Newsletters, and your name and logo will be listed in the Team Sponsor Section of the meet program (heat sheet) for the 2012 City of Tampa Nike Swim Classic Meet.

_____ **\$150.00 Silver Sponsor** – Name and web site will be displayed on the STAT Web Site Sponsor Page, Logo/Name will be placed in STAT Newsletters, and your name will be listed in the Team Sponsor Section of the meet program (heat sheet) for the 2012 City of Tampa Nike Swim Classic Meet.

_____ **\$100.00 Bronze Sponsor** – Name and web site will be displayed on the STAT Web Site Sponsor Page and your name will be listed in the Team Sponsor Section of the meet program (heat sheet) for the 2012 City of Tampa Nike Swim Classic Meet.

The Term of this Agreement is September 1, 2012 to August 31, 2013.

Any questions on Team Sponsorship please call Todd or Tammy Hoffmeier at 813-254-5012

**Please mail completed contract and check payable to STAT
2311 S. Lois Ave. Tampa, FL 33629**

PAYMENT IS DUE UPON ACCEPTANCE OF SIGNED CONTRACT.



2012 STAT SWIM MEET ADVERTISING CONTRACT

I hereby agree to support STAT by placing the ad/donation noted below.

SWIMMER'S NAME OR COMPANY NAME

PARENT'S NAME OR REPRESENTATIVE, TITLE

SIGNATURE

ADDRESS

PHONE

E-MAIL

WEB SITE ADDRESS

I would like to place the following ad in the Meet Program (Heat Sheet) for the:

PROGRAM AD PRICES:

_____ Full Page - 7.5" X 10" (Black & White): \$150

_____ Half Page - 7.5" X 4.75" (Black & White): \$100

_____ Quarter Page - 3.5" X 4.75" (Black & White): \$75

_____ Shout Out (Max 10 words + 2 Names): \$5

_____ Donor \$50 Includes listing on Donor Page in Official Program/Heat Sheet.

_____ Donation \$_____ This includes no tangible goods or services and is a tax deductible donation per the IRS Code.

AD SPECIFICATIONS:

- File format accepted are PDF, JPEG, DOCX, DOC, etc.
- Files created using Adobe InDesign, Illustrator, Photoshop, and Microsoft Word are also accepted.
- Image resolution should be no less than 300 dpi.

For more information please call Todd or Tammy Hoffmeier at 813-254-5012.

Please mail contract, with check payable to STAT, and copy to:

**STAT c/o Meet Ads
2311 S. Lois Ave.
Tampa, Florida 33629**

PAYMENT IS DUE UPON ACCEPTANCE OF SIGNED CONTRACT.

ALL COPY MUST BE CAMERA READY AND RECEIVED BY FRIDAY, SEPTEMBER 28, 2012

OnDeck Parent

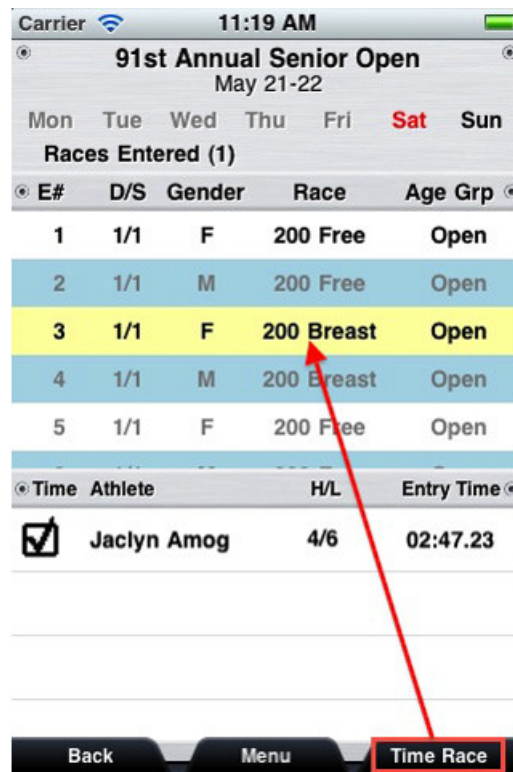
By TeamUnify, Inc

Description

OnDeck Parent is the world's first mobile application designed for parents on swim teams. Born from the extraordinary success of OnDeck Coach, OnDeck Parent is available for parents on Swim Teams utilizing the SwimOffice Swim Team Management Platform from TeamUnify.

The best news of all is that a simple tap of the "sync" button once signed into OnDeck Parent downloads all of the information needed. Simple yet powerful. OnDeck will enrich the experience of every parent on a swim team. We hope you enjoy.

Please use this link: http://www.teamunify.com/_corp_/ondeck/ondeck-parent.php to download the OnDeck Parent software. We highly encourage you to download the Free OnDeck App as you will see great functionality at your finger tips by doing so. To upload these images once you open the zip file go to the Website Design section of the site and you can upload them under the Partner Tab or in Website Layout Configuration. If you have questions please email support@teamunify.com.



Meet Mobile

By The Active Network, Inc.

Description

Meet Mobile, powered by Active.com and HY-TEK Sports Software gives swimmers, coaches and fans access to real-time meet results directly from HY-TEK's MEET MANAGER 4.0.

Meet Mobile Features:

Meets

- Find all meets easily from one central application.
- Automatically get results from meets running MEET MANAGER 4.0 with an internet connection.

Teams and Swimmers

- Locate teams and swimmers participating in meets.
- Lookup a single swimmer's complete event results in a single place.

Results

- View results for every round and event in the meet.
- See who the top finishers are for every event.

Splits

- View swimmer's lap and cumulative times for every event.
- Breakdown event times for relay events by leg and by lap.

