



STAT-A-THON

**May 6th and 7th
During Swim Practice
(See Page 5)**

TEAM EVENTS

Beach Day

(Beach Swim, Cook Out, Awards Banquet)

**Saturday, May 11th
at Pass-A-Grille Beach
Sign-Up Online!**



IMPORTANT!!!

APRIL 22 - Summer

**Bobby Hicks Schedule
(4120 W. Mango Ave.)**

Dolphin Group -

5:00 - 5:30 Monday, Wednesday & Thursday
9:30 - 10:00 Saturday

***Age Group I -**

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

***Age Group II -**

6:00 - 7:30 Monday & Wednesday
5:30 - 7:30 Tuesday & Thursday (Dryland)
4:30 - 6:00 Friday
8:00 - 10:00 Saturday

H.S. Prep -

6:00 - 7:30 Monday & Wednesday
5:30 - 7:30 Tuesday & Thursday (Dryland)
Saturday (Optional) 8:00 - 10:00

***Junior Team -**

5:30 - 7:30 Monday & Wednesday
5:00 - 7:30 Tuesday & Thursday (Dryland)
4:30 - 6:00 Friday
8:00 - 10:30 Saturday

***Bring Tennis Shoes to practice
EVERYDAY!**

****Age Group II & Higher - AM Practice
Schedule will be emailed soon!**

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SWIM MEETS

May 3rd - 5th

Brandon LC Meet

May 31st - June 2nd

CVST Invite Meet

STAT TEAM TOWEL

STAT is placing another team towel order in May to any STAT swimmer. The towel will have our logo on it as well as your child's name (First and Last Name or Last Name Only, etc) or choose no name. Picture below to view what the towel will look like.



You Pay \$15.00 for a 34" X 60" towel and the team will pay the rest of the bill (approx. \$26.00 per towel)

Please email me at toddhoff23@gmail.com if you would like a towel for your swimmer or swimmers. Please let me know how you want your name on the towel with the spelling by April 30th.

Want to be a STAT Sponsor?

Please email us
for more details....
toddhoff23@gmail.com

The team would love your support
and we would like to help
advertise your business.

STAT BIRTHDAYS!!!

Peter Bohacek	April 4
Natalie Marks	April 4
Amanda Moroney	April 5
Kate Matthews	April 6
Ava Ramirez	April 8
Sarah Fineran	April 6
Morgan Krause	April 8
Rosemary Abdoney	April 9
Katelyn Hatton	April 10
Andrew Sanchez	April 11
Rowan O'Flanagan	April 12
Christopher Piscioti	April 14
James Kavouklis	April 16
Lily Hayes	April 16
Cassie Vietas	April 17
Morgan Shelton	April 18
Emily Bickel	April 19
Emma Stephens	April 21
Dylan Gellar	April 21
Sarah MacCormack	April 22
Amelia Vitello	April 25
Jake Hatton	April 27
Carter Kerr	April 28
Charlie Mandt	April 29

HAPPY BIRTHDAY!!!



A Special THANKS to
SHOWTECH SOLUTIONS
for donating the Warm-Up Jackets
to our FLAG Swimmers.
We greatly appreciate it!

Swim Fees

Spring Session Fees Due NOW!

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

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)

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.

***Please make sure to verify your email and add your cell phone # (SMS) under "My Account" too.....you will then receive any texts/emails we send from our Smartphones.**

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!

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.

Swim Dad's --STAT Male Nike Polos available for \$40.00. If interested please email Coach Todd or see Tammy.

STAT Equipment/Merchandise

Please make sure your child always has their swim equipment when they come and leave every swim practice. All swimmers should have their swim equipment every day at swim practice. Any time you need to purchase equipment or merchandise please let us know or see page 8 and order online.

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.

APRIL 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.

SPONSORED BY:



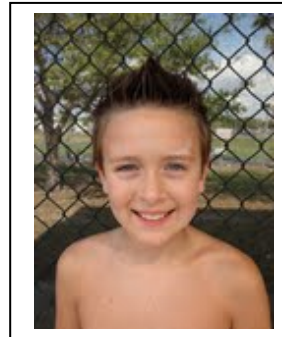
DOLPHIN GROUP

AGE GROUP I



Lauren Callahan

Lauren is always happy to be at swim practice. She is always smiling, ready to learn and improve on her strokes. Lauren has done such a superb job she will be moving up to Age Group I once we move to Bobby Hicks pool. Way to go Lauren!



Matthew Greer

Matthew is working hard, loves to swim and wants to learn new techniques to improve on his strokes. He is a great listener and always does what the coaches ask. We look for Matthew to continue to improve. Congratulations Matthew!!!

AGE GROUP II, H.S. PREP & JUNIOR TEAM

Still looking for someone....Who will it be for May?



Come join the FUN....

STAT-A-THON

**Monday, May 6th & Tuesday, May 7th
During Regular Swim Practice
At Bobby Hicks Pool**

What is it? Our annual fundraiser in which participants will raise money by swimming lengths of the pool to help support our swim team. The money we raise from this exciting event will benefit our swimmers by helping keep our swim team fees low, support our Team Social Events, Staff Development and Education, and help fund new Equipment and Technologies for our team.

Donation Campaign: There are two ways swimmers can collect donations. One is a letter that they can send out to family and friends requesting donations. The second option is pledges where people will pledge a donation amount per lap or a flat pledge (forms will be given out next week).

So what do you need to do? Start asking family and friends to help you raise money for your swim team!!! All swimmers should be able to attend since it's during regular practice.

PRIZES FOR OVERALL TOP EARNERS (1st, 2nd, 3rd, 4th)

GOODIES FOR EVERYONE WHO PARTICIPATE

\$25 GIFT CARD RAFFLE (PER SWIM GROUP) WHO RAISE \$100.00 OR MORE
OVERALL SWIMMER WITH THE MOST SPONSORS WILL GET A FREE SESSION

MUSIC, GOODIES, DRINKS AND FOOD

This is our only Fundraiser...Let's make a Difference!



COACH'S CORNER

MIND OF A CHAMPION: BUILDING YOUR OWN TOUGHNESS TOOLBOX

By: Alan Goldberg

Why do you need to train your mind as well as your body?

Want to go as far as possible in this sport and turn those big swimming dreams of yours into an exciting reality? Then you need to get serious about developing and strengthening your mental muscles on a regular basis. Far too many swimmers only work on the physical side of their sport. They do what they need to in the pool and during dry-land, but then go to their big meets and hope they'll swim fast!

Unfortunately, when you leave the mental side of your racing to chance, you'll struggle with the following:

- Do you go faster in your off events than your best ones?
- Do you get too nervous and tight before you compete?
- Does your mind race out of control and rob you of your self-confidence?
- Do you regularly outwork and beat other swimmers in practice and then lose to them in meets?
- Can you swim really fast times at the end of a grueling practice and not even come close to those when you race?

While hard work and physical training is a critical **MUST DO** for you to become a champion, once you get to that all important meet, swimming to your potential depends almost entirely upon what's going on between your ears, what I call your “mental technique.”

- Do you have the ability to focus on what's important and let go of everything else?
- Are you able to handle the last-minute negative thinking and self-doubts so common to big races?
- Can you stay calm and composed under pressure and are you able to avoid getting intimidated?
- Do you know how to quickly rebound from bad races and disappointments?

You can't just train physically and hope you'll swim fast when it counts the most!

In high-pressured situations, hope just won't cut it. Instead, you have to have the confidence and composure to **KNOW** that you'll do your best. The only way to gain this confidence is by having a complete mental toughness toolbox. You have to know how to handle all of the mental challenges that await you both in practice and at meets. Having mastery over the mental side of your sport is always what separates the best swimmers from all the rest.

STAYING CALM & COMPOSED UNDER PRESSURE THE FIRST MENTAL TOOL EVERY SERIOUS SWIMMER NEEDS IN THEIR TOOL BOX

The secret to swimming fast when it really counts is having the ability to calm yourself down the night before and day of your **BIG** meet whenever you get too nervous. If you get over-amped as a swimmer – either too excited or too nervous – then your muscles will tighten and your breathing will get faster and shallower. Tight muscles and faster, shallower breathing will shorten your [stroke](#), kill your endurance and ensure you swim poorly.

What You Can Do to Stay Calm Pre-Race:

Slow & Deepen Your Breathing

- The first place nervousness hits you is in your breath, so deliberately focus on inhaling to a slow count of four, holding your breath in to that same count of four, then exhaling to a four count and

then pausing to that count before you begin the process over again. Practice this breathing technique every night before bed. It's important that as you practice this, your breathing should stay relaxed and effortless.

Switch Your Concentration from Thinking to What You're Doing

- Your pre-race focus should be in your body on what you're **DOING**, and not in your head on what you are **THINKING**. Go through your pre-race ritual, and while you do, concentrate on the feeling of it, one [step](#) at a time. As you stretch behind the blocks, be sure to feel the stretch in your body. If you get distracted by thoughts, quickly return your focus to the feeling of the stretch.

Allow Your Negative Thoughts to Come and Go

- Many swimmers under pressure are flooded by negative thoughts and try to combat this onslaught with “positive thinking” or telling themselves to “STOP” thinking. This strategy rarely works and tends to make you feel even more nervous. Understand that negative thinking is normal and won't affect the outcome of your race as long as you immediately let it go. Negative thinking is like quicksand. The more you listen to, fight with and/or follow it, the more you get sucked under. Practice letting your negative thoughts come and go by noticing them without judgment and then refocusing your attention on the music you may be listening to, your stretching or whatever else you're doing behind the blocks.

Stay In Your Own Lane

- Focusing on other swimmers will kill your confidence and make you uptight. Don't compare yourself. Don't allow yourself to focus on the size, speed or strength of your opponents. Stay away from “studying” the heat sheet. Your concentration needs to remain totally on **YOU**. Whenever you do notice that your focus drifts to others, quickly return it to **YOU**, as often as you need to. Keep in mind that this happens to all swimmers and what's important here is to immediately bring yourself back without getting frustrated with yourself.

Leave Your Goal Times at Home

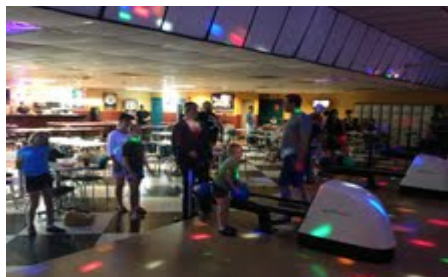
- Your goals are a motivational tool for **PRACTICE ONLY**. Bringing them into races will only get you too uptight to swim fast. While it is normal to want a fast time, thinking about this pre-race represents a **BIG** mental mistake. To stay calm, you need to keep your concentration in the **NOW**, on what you are doing. This means that the instant you mentally jump ahead to the future and start to think, “I need to break 2:00 minutes” or “qualify for Nationals” you want to quickly return your attention to what you are physically doing in the moment.

Have FUN

- In order to stay calm pre-race, you have to let yourself enjoy the challenge of the moment, the butterflies, excitement and even the doubts. If you get too serious about the importance of this race, your nervousness will crowd out your enjoyment. If you've forgotten what it feels like to have fun at a meet, then you need to remember **WHY YOU** are swimming. Too many swimmers wait until they swim fast before they'll allow themselves to have fun. This is backwards! You have to have **FUN** first before you can then swim fast!

Handling pressure like a champion is **NOT** a chance thing! You need to work on it to get good at it. Use these tips to help yourself stay calm and composed when the heat of competition is turned up high!

STAT TEAM BOWLING EVENT PICTURES APRIL 6TH AT PINARAMA



All American Aquatics STAT Merchandise Store

Convenient 24/7 Ordering Team discounts guaranteed. All of your team's products in one place.

Using Your Team Store Is Easy:

Go to: www.all-americanaquatics.com

Click LOG IN in the upper right corner

New users create an account or log in for returning users

If you are a returning customer you may need to create a new account or a new password.

Click on "Teams," then "Add New Team"

Check the box next to your team and add it to your account. Click continue.

By adding your team store to your account it will now be accessible in the vertical blue navigation bar "Team Store" pull down menu. Next time you come to the site just log in and choose your team from the "Team Store" menu found in top vertical navigation.

You are now ready to shop your Team Store

SWIM LESSON INFO. AT BOBBY HICKS POOL

If you are interested in swim lessons for your child and have not yet signed up, please let us know.

Session Dates: (Ages 4 & Older)

April 29 - May 23 on Monday and Wednesday at 4:30 - 5:00 (8 lessons) - \$100.00 at Bobby Hicks pool

June 3 - June 27 on Monday and Wednesday at 4:30 - 5:00 (8 lessons) - \$100.00 at Bobby Hicks pool

July 8 - July 31 on Monday and Wednesday at 4:30 - 5:00 (8 lessons) - \$100.00 at Bobby Hicks pool

SWIM LESSON INFO. AT INTERBAY POOL

(Ages 2 & Older)

This SUMMER we will be offering FREE Swim Lessons through our Diversity and Outreach Program to swimmer's who are in need of swim lessons. The swim lessons will be offered on Monday and Wednesday Mornings at Interbay pool. If interested or you know of someone who needs them, please spread the word and let us know. We want to make sure all children learn how to swim and be safe around water!

~~SWIM CLINICS at PALMA CEIA~~

Clinics will focus on stroke technique, diving, flip turns, and much more!

CLINIC 1 -- June 17 - 20 (Monday - Thursday)

CLINIC 2 -- June 24 - June 27 (Monday - Thursday)

****COST PER CLINIC - \$75.00 MEMBER OF PCCC**

\$100.00 NON-MEMBER OF PCCC

Group A Novice & Intermediate Swimmers

Ages 5 - 7 (Novice) -- 4:00 - 5:00 Ages 7 & older (Intermediate) -- 5:00 - 6:00

Group B Advanced Swim Team Members

9 & older (Approval Required) (Advanced) 5:00 - 6:30PM

Registration Form will be in the May Newsletter!

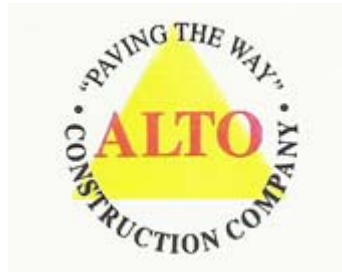
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