



PRACTICE UPDATES

No Swim Practice
Saturday, February 23rd

Sign-Up NOW
for the upcoming swim meet...

February 17 - Clearwater
Deadline Passed

February 23 & 24 - St. Pete
Deadline: February 13th

*Meet Schedule & Team Events are
listed on website homepage
or click on "Meet/Events."*

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.**

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....
toddhoff23@gmail.com



INSIDE THIS ISSUE

1	Practice/Swim Meet Updates, Sponsor, Swim Lessons
2	Ft. Myers Swim Meet pictures, Records, Birthdays
3	Billing Info., Team Info.
4-5	Swimmers Of The Month
6-7	Coach's Corner- You're Missing the Point & Nutrition
8-9	Time Standards & IMX Challenge
10	STAT Team Sponsors

TEAM EVENTS

Ft. Myers Swim Meet Pictures



New Short Course Records

6 & Under Girls

Ashlin Cannella

50 Free 42.67

50 Back 47.37

50 Breast 55.36

100 IM 1:49.70

15 - 18 Girls

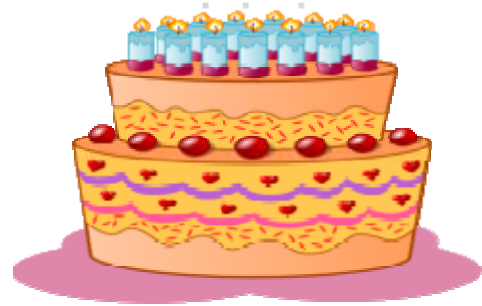
Cassie Vietas

1000 Free 12:24.09

STAT BIRTHDAYS!!!

Lily Haight	February 3
JaeLyn Leach	February 3
Christopher Vietas	February 5
Lily Stockton	February 5
Davis Wash	February 8
Olivia Pinnock	February 11
Kinsley Moore	February 13
Nina Alberdi	February 16
Lauren Callahan	February 16
Brody Miller	February 18
Augie Hausinger	February 19
Truman Rustman	February 20
Keilah McIntrye-Burgess	February 20
Kent Malizia	February 21
Brooke Beede	February 22
Jade Hoffmeier	February 22
Grace Brill	February 25
Amelia Lum	February 26
Khalid O'Neal	February 27
Maggie Smith	February 28

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

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.

***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.

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.

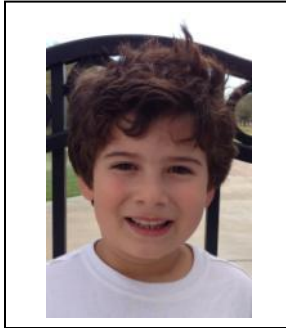
FEBRUARY SWIMMERS OF THE MONTH

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:



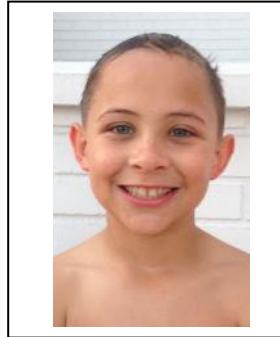
DOLPHIN GROUP



Ethan Bennett
Palma Ceia Pool

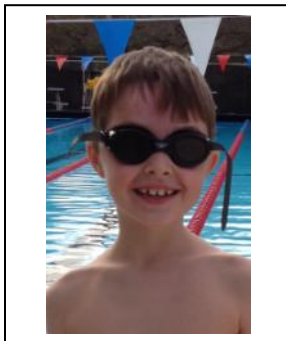
Ethan has been working really hard at swim practice. He comes to every practice with a great attitude. He is one the nicest boys and tries his best for every coach he works with. Keep up the great work Ethan!

AGE GROUP I



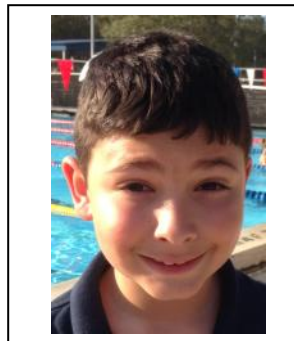
Isaac Addison
Palma Ceia Pool

Isaac joined the team several months ago and has made great strides on his swimming skills. Isaac works extremely hard in the pool and is always focused. Way to go Isaac!



John Capodilupo
Interbay Pool

John has improved tremendously and it shows at practice and this past swim meet. John's hard work has made him improve on his speed and technique. Super job John!



Chris Perno
Interbay Pool

Chris has worked extremely hard this season on improving his strokes. Chris is always respectful to his teammates and coaches. Due to his focus he has continued to improve on many of his strokes and turns.

AGE GROUP II



Ashley has been working hard at improving her swimming. The coaches have seen her improvement in all her strokes due to the hard work she has been putting in at swim practice. This is why she is a STAT swimmer of the month!!

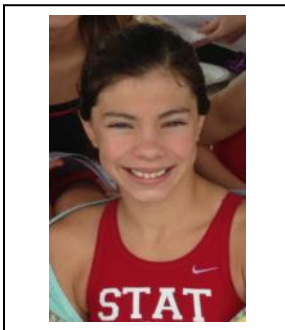
Ashley Fineran - Palma Ceia Pool



Kelsey focus this past month and drive has made an incredible improvement. The coaches have seen many days of hard work, great attitude, and complete focus in the water. With her great attitude she will continue to improve and excel in swimming. Outstanding job Kelsey!

Kelsey John - Palma Ceia Pool

JUNIOR TEAM



Katie pushes herself to work hard every day she attends practice. She has a drive to be the best and is always up for a challenge no matter how hard it may appear to be. Her attendance is 93% for the last 3 months....Amazing! As you can see she doesn't like to miss practice!

Katie Taulbee - Palma Ceia Pool



COACH'S CORNER

"YOU'RE MISSING THE POINT!"

"IT'S ABOUT MAKING IT HARD, NOT ABOUT MAKING IT EASIER."

By: John Leonard

Our friends the Australians have an expression...to be "gobsmacked". Heaven only knows the derivation, but the picture I have in my mind is getting literally "smacked in the face with a fish". Sort of a stunning and "attention riveting event."

One night during Christmas Vacation training, one of the nice young men on our team, (I'll call him Benito) did something that led to my exclamation at the top of this article. He's a good young man, and he was simply responding to the prevailing ethic of our society, which is to constantly seek to make things "easier". In the process, he lost track of a critical lesson and a great opportunity. It resulted in my rather loudly and strongly making my point above.

We'd finished about 6 K of water work in 90 minutes and were proceeding to our 30 minutes of dryland work on a cool Florida evening, with a decent chill in the air. My first instruction was about some med ball throws. Following that, it was "3 sets Med ball situps, ½ twist, 100 with 30 seconds rest."

So far, all is well. Benito moves into the situp phase well enough and does his first set. Around that time, another athlete has to leave....tossing her med ball into the bin....Benito, who is about 30 situps into his second hundred, hops up, and grabs the just discarded ball, which, I immediately note is 4 pounds LIGHTER.

"BENITO, WHAT ARE YOU DOING? THIS IS A SET OF 100!"

"Coach, I wanted this other ball....." (as explanation for stopping in mid-set, which he knows is a team no-no)

"WHY? THIS IS A SET OF 100!"

"Coach, this ball has handles and its lighter."

Now revert to the top of the page for my next comments.

I then stopped the whole group and gathered them around me...."guys, why are we here?" (various answers) "we'd better all be here with the intent to get better." (various nods, affirmations, and some blank stares....) ***"to get better, we Need to Do Whatever Is HARDER, Not what is easier, yes?"***

Lights go on in most eyes, most heads nod. Notably, not ALL heads nod.

I went on to explain that sport, done correctly is counter-culture. The prevailing culture around us values and esteems "making things easier". It's EVERYWHERE in our world. And it is EXACTLY what keeps us from being our best. As aspiring athletes, and coaches, we need to SEEK OUT that which is harder, more uncomfortable, more demanding. Not look for the lighter ball with handles.

Benito got it. As soon as I said "back to work", he found the biggest, nastiest med-ball he could find WITHOUT handles, and restarted his second set of 100. The majority of the rest of the athletes did likewise. When you point it out to them...."they know".

But I found myself wondering, if a COACH didn't point it out to them, would they ever get it on their own? I think that's why we describe it as "counter-culture."

Each of my athletes has heard and "understood" the expression "get comfortable with being uncomfortable" if you want to get better. They can all intellectually explain it. But on a cool Florida night when they were tired, most could not see the application "on their own."

A wonderful lesson for me as well as for my athletes.

TOP NUTRITION TRENDS FOR 2013

1. **Muscle and protein.** Research on protein and the timing of eating protein-rich foods continues to be a hot topic. Younger people are looking for energy, toned muscles and staying in tip top shape, while older folks (like your parents and grandparents) are interested in maintaining muscle as they age. Including protein at every meal and snack is the way to go and the food industry is adding protein to a variety of products to make it easy to get the muscle-building [nutrient](#). Look for protein in granola bars, cereals, smoothies, and even extra protein added to milk, but don't overlook the obvious sources of protein: an egg for breakfast, a slice of cheese melted on toast, a chicken drumstick, tofu noodle bowl, and cereal and milk all contain high quality protein.

2. **Snacking and mini-meals.** Small bites will [continue](#) as trend in 2013 with many quick service restaurants adding snack options for a quick bite. Swimmers should embrace this trend by keeping snacks on hand for pool-side munching or post-workout recovery at the ready. Freeze a bottle of sports drink or fruit juice and throw it in your back pack to keep string cheese, a turkey sandwich, or yogurt cold for a post-workout snack. Learn to make your own granola or trail mix to keep you fueled. My favorite is Food Network's Ellie Krieger's nutty granola mixed into plain Greek yogurt for a protein-boosting, tasty breakfast or snack (You can find the recipe for the granola at <http://www.foodnetwork.com/recipes/ellie-krieger/nutty-granola-recipe/index.html>)

3. **Whole grains in meals for kids.** Whole grains are showing up in every carbohydrate-rich food from spaghetti noodles to the sandwich bun on your burger and for good reason. Whole grains contain all the healthy parts of the grain so that means more fiber and more nutrients that are lost when whole grains are processed into white flour. Swimmers need carbohydrates to fuel the demands of long-training and competition so start to sneak in more whole grains by choosing breads, cereals, waffles, pancakes, muffins, and even the burger bun made with whole grains.

4. **Breakfast.** You know breakfast is the most important meal of day so jump on this trend. Most swimmers have early morning practice and hitting the water without hitting breakfast can mean running out of energy to finish your workout. Yogurt, a toasted whole grain English muffin with peanut or almond butter, or a cereal bar can give you the energy needed to push through practice. If the drive through is the best you can manage, look for new offerings like yogurt parfaits or egg white breakfast sandwiches instead of greasy chicken or sausage biscuits.

FLAG Championship Meet

March 7 - 10

Sarasota YMCA

Must Qualify!

STAT Qualifiers so far....KENDAL KELLY & KATIE TAULBEE

We still have several swimmers who are extremely close....You can do it!!!

SC & LC Age Group Championships Time Standards

SCY	LCM	SCM	Event	SCY	LCM	SCM
<u>10 & U Girls</u>				<u>10 & U Boys</u>		
31.89	35.59	35.19	50 Free	31.89	35.99	34.99
1:10.19	1:18.99	1:17.49	100 Free	1:10.79	1:19.59	1:18.09
2:32.69	2:50.99	2:48.29	200 Free	2:31.89	2:52.39	2:47.69
6:36.39	5:56.99	5:48.49	500/400 Free	6:36.39	5:59.29	5:51.79
37.59	42.89	41.39	50 Back	38.29	43.89	42.29
1:21.19	1:33.39	1:28.99	100 Back	1:21.29	1:33.49	1:29.79
41.99	48.09	46.49	50 Breast	43.49	49.49	47.89
1:33.39	1:44.99	1:41.99	100 Breast	1:34.69	1:47.99	1:44.19
35.99	39.79	39.29	50 Fly	36.69	40.99	40.49
1:23.99	1:35.99	1:32.89	100 Fly	1:25.59	1:36.49	1:34.49
1:22.29	---	1:30.79	100 IM	1:22.29	---	1:30.69
2:52.39	3:15.09	3:09.89	200 IM	2:55.29	3:18.89	3:13.59
<u>11 & 12 Girls</u>				<u>11 & 12 Boys</u>		
28.19	31.59	31.19	50 Free	28.39	31.99	31.29
1:00.49	1:08.79	1:06.79	100 Free	1:00.99	1:08.99	1:07.39
2:12.99	2:28.39	2:26.79	200 Free	2:14.69	2:27.99	2:26.09
5:48.19	5:11.99	5:05.19	500/400 Free	5:57.09	5:13.99	5:09.59
11:59.99	10:49.99	10:29.99	1000/800 Free	12:15.99	11:03.99	10:42.49
32.99	37.39	35.69	50 Back	33.49	37.99	36.59
1:10.19	1:20.59	1:17.49	100 Back	1:12.29	1:21.89	1:18.99
37.19	42.09	41.09	50 Breast	38.09	43.09	41.99
1:20.39	1:31.79	1:27.79	100 Breast	1:22.09	1:34.59	1:30.59
31.29	34.49	33.99	50 Fly	32.09	35.99	35.39
1:10.49	1:18.59	1:16.99	100 Fly	1:11.69	1:20.99	1:19.09
1:10.99	---	1:17.99	100 IM	1:11.49	---	1:18.99
2:31.99	2:51.69	2:46.19	200 IM	2:35:59	2:55.19	2:49.89
<u>13 & 14 Girls</u>				<u>13 & 14 Boys</u>		
26.59	29.89	29.39	50 Free	25.09	28.89	27.89
57.79	1:04.79	1:03.79	100 Free	55.09	1:02.19	1:00.89
2:02.99	2:18.99	2:15.69	200 Free	1:59.99	2:15.49	2:12.49
5:29.99	4:52.99	4:49.69	500/400 Free	5:15.89	4:42.79	4:35.89
11:17.99	10:07.49	9:59.39	1000/800 Free	10:59.99	9:59.99	9:37.49
18:59.99	19:39.99	19:06.79	1650/1500 Free	18:29.99	19:05.89	18:23.49
1:05.29	1:14.99	1:12.09	100 Back	1:02.99	1:12.99	1:09.59
2:21.19	2:40.89	2:34.99	200 Back	2:17.99	2:36.99	2:30.69
1:15.29	1:26.59	1:23.19	100 Breast	1:12.09	1:21.29	1:20.29
2:43.99	3:05.99	2:59.19	200 Breast	2:39.29	3:02.49	2:55.59
1:04.99	1:13.29	1:11.49	100 Fly	1:02.89	1:09.99	1:08.99
2:24.49	2:45.99	2:39.29	200 Fly	2:20.29	2:39.99	2:35.29
2:22.19	2:40.99	2:35.29	200 IM	2:15.99	2:36.99	2:30.19
4:59.29	5:39.69	5:39.09	400 IM	4:53.79	5:31.99	5:24.79

Are you up for the CHALLENGE.....

Annual Awards Banquet/Beach Day May 11th at Pass-a-Grille Beach Hurley Pavilion

IMX CHALLENGE INFORMATION

Have you swum all of your required events? Then come on in and find out where you rank in your age group at the Awards Banquet. Please note that we do not rank swimmers who have only achieved an IMR score. Rankings are only for IM Xtreme.

A NOTE ABOUT IMX & IMR SCORES

An IMX or IM Ready score is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMX/IMR purposes.



IM READY (IMR)

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IMReady program to participate in the IM Xtreme. It is simply a stepping stone.



IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've *completed* the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

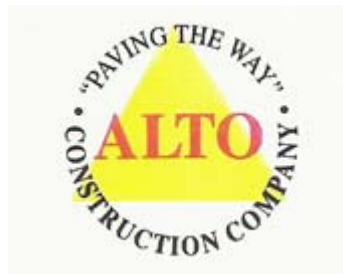
STAT 2012-2013 SPONSORS

Platinum Sponsors

The Hoffmeier Family

The Taulbee Family

Carlin Construction Inc.



Gold Sponsors

The Weigner Family



Bronze Sponsors

Hill Ward Henderson PA

