



# HAPPY NEW YEAR!!!

## PRACTICE UPDATES

No Swim Practice - January 19<sup>th</sup>

January 21<sup>st</sup>

ALL Groups practice at  
Palma Ceia pool  
(Schedule Below...)

- Dolphin Group - 4:00 - 4:30
- Age Group I - 4:30 - 5:30
- Age Group II - 5:00 - 7:00 (Dryland)
- Junior Team - 5:00 - 7:30 (Dryland)

### **Ft. Myers Team Travel Trip**

January 18 - 20  
Florida Gulf Coast University

**41 Swimmers = WOW!!!**

A lot of FUN is ahead of us....  
Scavenger Hunt!

## **WINTER SESSION January 7<sup>th</sup> - March 30<sup>th</sup>**

(Fees are DUE!!!...Please  
check your on-line account)

## **Back to Normal Practice Schedule**

### **Interbay Pool**

#### 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**

#### Dolphin Group -

4:00 - 4:30 Monday, Wednesday & Thursday  
9:30 - 10:00 AM Saturday @ Interbay Pool

#### Age Group I -

4:30 - 5:30 Monday - Friday  
8:30 - 9:30 AM 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 AM 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 AM Saturday @ Interbay Pool

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|     | <b>STAT - Developing Champions since 1996</b>              |

## TEAM EVENTS

Holiday Training Camp  
at Northshore Pool



\*Team Movie Day\*

**SAVE THE DATE.....**

February OR March -  
Game Time (Ybor)  
Info. Coming Soon!

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

A FUN day in the sun!

Annual STAT-A-THON  
May - Date Coming Soon!

- Prizes!
- Food!
- Music!
- Fun Swim Day!

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

## New Short Course Records

### **6 & Under Girls**

#### **Brooke Beede**

**25 Fly 21.21**

**50 Fly 52.67**

#### **Ashlin Cannella**

**25 Free 17.68**

**25 Breast 24.62**

**50 Breast 57.04**

**100 IM 1:58.61**

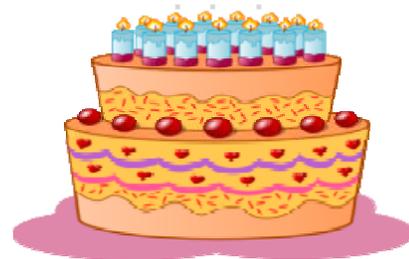
## New Yard FLAG Times

**Kendal Kelly - 100 Free & 100 IM**

## *STAT BIRTHDAYS!!!*

|                    |            |
|--------------------|------------|
| Luke Nogues        | January 3  |
| Madison Pope       | January 4  |
| Elsie delaCruz     | January 4  |
| Addison Hollonbeck | January 5  |
| Birdie Frierson    | January 7  |
| Sofia Sincell      | January 8  |
| Mary Scott Holman  | January 8  |
| Mia Currier        | January 11 |
| Danielle Duarte    | January 11 |
| Cameron Barnes     | January 16 |
| Sydney Mueller     | January 20 |
| Annabelle John     | January 23 |
| Aidan Polaszek     | January 24 |
| Ava Polaszek       | January 24 |
| Sarah Kate Murphy  | January 26 |
| Caroline Benn      | January 28 |
| Samantha Verdisco  | January 28 |
| Maggie Malizia     | January 31 |

**HAPPY BIRTHDAY!!!**



## **Swim Fees**

### **Winter 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](http://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](mailto: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 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.

# **JANUARY 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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**Will pick back up in February!!!**



# **COACH'S CORNER**

## **10 SWIMMER GOALS FOR 2013**

**By: Mike Gustafson**

A friend of mine does not make New Year's Resolutions. "Studies say that most New Year's Resolutions are broken after a few weeks," she told me. "So, instead, I make New Year's Goals."

The New Year is a perfect opportunity to better yourself or accomplish something you'd like to do, no matter if you label these "Resolutions" or "Goals" or "Happy Fun 2013 Opportunities." If you're a swimmer who practices one-handed breaststroke turns, doesn't listen to your coach, frowns, complains, or cuts yardage during warm-ups and warm-downs, you might still get best times at the end of the season, but imagine if you did the little things right? How fast would you be then? How much more enjoyable would the entire swimming season be? The commencement of a new year is a great excuse to change some of these things, focus on self-improvement, and become a better swimmer...

Here are some New Year's Resolutions/Goals/Happy Fun 2013 Opportunities for swimmers:

### **10. Embrace cold water.**

"Ahhhh." That's the trick. Instead of staring 10 minutes at the cold, deep puddle of blue, anguishing how cold the water will be when you dive in, instead, audibly sigh, like you're entering a nice warm hot tub, "Ahhhhhhhh." Then leap in, and do it again. "Ohhhh that's the good stuff." Embrace that cold water. You'll be shocked how your practices improve with this simple trick. During the first 100 of warm-ups, I imagine I'm somewhere on the Equator and jumping into this 75-degree-pool is the only way to cool off. Once this becomes habit, you'll soon be leaping into freezing pools with a smile, and confused onlookers will be standing there, ogling at you, "That guy is so weird, he's a cold water fiend."

### **9. Listen to your coach, especially during taper.**

Swimming is largely an individualistic sport. Swimmers take pride in their bodies, training, and tapers. This individualistic pride can sometimes backfire. Swimmers don't know everything about swimming. There's a reason you have a [swim coach](#): Most likely, he or she knows more about the nuances of the sport than you. Listen to them. Especially during taper. Once, I thought my coach was leading me astray during taper. We were practicing harder than I thought we should have been. I had a few terrible practices, and then complained in the showers. An older, wiser teammate sternly approached me, "You don't know what you're talking about. You think you do, but you don't. You have to trust our coach. This taper will work for the season and training we just did." I took his advice, embraced our coach's practices, and had a great taper and dropped lifetime bests. I never imagined such an aggressive taper would work, because that was not what I was used to – but it did. Listen to your coach. Simple to do, but some swimmers don't.

### **8. Understand every practice.**

In the above point, I advocated listening to your coach. However, you must also ask your coach questions if you don't understand something. There's nothing wrong with asking questions if you ask to acquire knowledge (and not to complain, or be sarcastically indignant.) Every set -- and every yard -- should have a point. Swimming is like nutrition. There is no room for junk food. So if you don't understand why you're doing a particular set, ask your coach. He or she should explain to you the exact purpose of the particular set or drill or [exercise](#). (And that explanation should be beyond, "Because I said so.") Coaches: swimming is a two-way street. If you want a team of robots who do exactly what you say, you're not helping your swimmers grow. Swimmers need to understand exactly why they're doing certain things. If they do, they'll embrace your coaching more, and you'll see better practices.

### **7. Stop comparing yourself to others.**

My father used to tell me, “Only worry about what you can control.” Easy to say, hard to do. Stop worrying about so-and-so from across the state who is a 13-year-old prodigy breaking every record. Don’t stress about the person in the lane next to you standing 6’8” and taking out a 400 IM under world-record pace. Swim your own race. Practice to better yourself. Unless you’re Michael Phelps, there will always, always, be someone faster than you. Once you stop looking around at others, you’ll focus squarely on yourself, and that’s when true self-improvement comes.

### **6. Work on your weakest part.**

You’re only as strong as your weakest link. Work on the weakest aspect of your swimming. If you have terrible turns, spend extra time after practice to work on them. If you are a terrible kicker, tell your coach you’d really like to spend time kicking. Identify a weak part of your stroke or event, and improve on that. Sounds simple, but I can’t tell you how many swimmers blindly train with no identification of the weakest part of their swimming. When I swam, I always died in the last 100 of my 400 IM. So my coach spent an entire summer giving me long, painful, difficult distance freestyle sets. But it worked. The next season, the last 100 – which was once my weakness – became my strongest ally in my 400 IM. Improving a weakness takes work, but the payoff is worth it.

### **5. Jump into the pool with enthusiasm.**

The more enthusiastically you (safely) jump into the pool, the better your practice will be. This is another one of those tricks that, with time and practice, becomes habit. If you’re the type of swimmer who is last in the water, who spends 10 minutes “fixing” your goggles before practice, adjusting your cap, jogging back to the bathroom, missing warm-ups, worrying about the next two hours, instead try just jumping into the pool with enthusiasm. Be first in the water. It’ll do wonders for your mentality and workout.

### **4. Stop the before-bed iPhone/Facebook/Twitter/Email usage.**

Swimmers are constantly sleep-deprived. Early mornings, long workouts, and huge time commitments mean that swimmers’ schedules are packed. Don’t waste your time checking your phone before bed, playing Words With Friends for an hour every night. A coach once told me your body rests best between 10pm and 2am. Make it a goal to be in bed by 10pm and not check your phone or email or computer before bedtime. You’ll sleep sooner, rest better, and wake up more refreshed.

### **3. Compliment yourself.**

Michael Jordan used to positively self-talk himself to success. Do the same. Tell yourself, “That was a great set” or “You’re a phenomenal swimmer, Mike!” These little internal comments, added up over time, are like a piggy bank of confidence. Make small little deposits throughout your day, and you’ll see your confidence skyrocket. It might sound silly, but it works. Conversely, using the confidence piggy bank theory, if you say negative things to yourself, you deplete your “confidence bank.” Comments like, “You’re going to lose, you’re not very fast, you’re just not a good swimmer” will hurt you. So if you catch yourself saying things like this, tell yourself something positive. With practice, you’ll start to believe it.

### **2. Smile.**

Studies have been released that even if you force yourself to smile, you become happier. There’s just something to smiling. And if you watched Missy Franklin and the rest of the “Smiley Club” this summer, you know happy swimmers are fast swimmers. Even simply forcing yourself to smile, scientifically, improves your mood. When you’re having fun, smiling, and enjoying yourself, you’ll enjoy the process, and likely, you’ll swim faster.

## 1. Make one small goal a day.

[Running a marathon](#) can be daunting. 26.2 miles? Yikes. But if you just concentrate on the first step, then the step after that first step, then the next step after that, eventually, you'll get there. Make small, easy-to-accomplish daily goals. Actively choose one small thing to work on every practice, like a specific turn, pullout, or stroke technique. This especially works if you are having a bad practice. Don't give up on the whole practice if you're not swimming well. Don't quit if you're just not mentally into it. Instead, pick one thing – one specific thing – to focus on. You'll feel more accomplished and you'll improve, step-by-step. Remember swimmers: the sport of swimming is like a marathon. It's a long, arduous journey. You might focus on the end-of-season best times and crossing that finish line, but the real magic is in the journey itself. What difference does finishing a marathon make if you took a shortcut to get there? Make one small goal every day. Focus on the journey. Small, little improvements, over 26.2 miles (or an entire swim season), will make all the difference.

## WHY SWIMMERS ARE SMARTER THAN YOU

By: Andrew Katz

Middle school may have been a helluva lot easier if you had spent a little more time in the pool. New research out of Australia says that children who are taught to swim at an early age hit certain physical and developmental milestones faster than kids who learn later in life.

Over the span of three years, researchers surveyed the parents of more than 7,000 children age 5 and under and found that the age kids learned to swim correlated with when they began accomplishing certain skills.

In pre-school, early swimmers had better visual-motor skills (like cutting paper and drawing lines and shapes), but also fared better as they got older (i.e. understanding directions, math, and writing and reading skills).

Turns out, some of what you learn in the classroom (or in your day-to-day experiences) is similar to what you learn in a pool, says lead study author Robyn Jorgensen, Ph.D., a professor and senior fellow at the Griffith Institute for Educational Research. There's a strong synergy between language and action with swimming that's essential for many cognitive and motor skills, she adds. Kids learn at an early age to hear language and make connections with their bodies (for example, counting to 10 while kicking).

And it doesn't take long to see the effects, either: When researchers observed swimming lessons, they found that the kids' eyes blinked in preparation for the ready cue -- "one, two, three, go!" -- a clear sign that young kids can understand language and react accordingly even if they can't communicate everything clearly.

Your move: Sign your kids up for lessons -- and keep 'em going. In Jorgensen's study, the earlier the child started and the longer they remained in the swimming lessons, the greater the gains, she says.

And it wouldn't hurt to jump in the pool yourself: Besides the added benefit of challenging yourself through switching up your workout, water is about 1,000 times denser than air, so a swim workout can be tougher on you. You'll burn almost the same amount of calories each minute as you would biking -- but you can kiss dodging traffic or worrying about your joints goodbye.

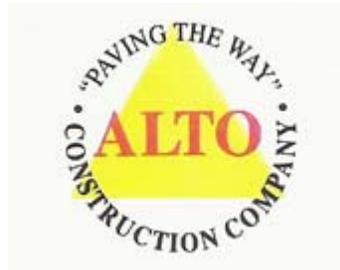
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