



PRACTICE UPDATES

No Swim Practice
Friday, March 8th

NEW Spring Session
April 1 - June 29

Pool Updates:

ALL Groups at Palma Ceia pool
move to Interbay pool on April 1st
(Schedule will be emailed soon)

Bobby Hicks Pool

We will keep you posted on when we
will transition to Bobby Hicks pool
(ALL Groups - Schedule will be emailed soon!)

TEAM EVENTS

TEAM BOWLING
APRIL 6TH
(SIGN-UP ONLINE)

NEXT SWIM MEET
APRIL 19 & 20

STAT's Championship Team

- Cailin Cannella
- Rachael Carlin
- Kendal Kelly
- Carin Sanchez
- Jack Shapiro
- Scott Showalter
- Katie Taulbee

These Swimmer's will be heading to
Sarasota on Thursday for the FLAG
Championship Meet, March 7th - 10th
[Junior Olympics]

Way to GO!!!!



INSIDE THIS ISSUE

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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.

TEAM SOCIAL EVENT

BOWLING AT PINARAMA
(5008 S Dale Mabry Hwy Tampa, FL33611)

SATURDAY, APRIL 6TH 4-6 PM

COST: \$15 (includes bowling and pizza + drinks)

LAST CALL....

The deadline to register is Friday, March 8th.

Come out and join in some fun with your friends
on STAT. We will have lots of prizes for our
bowlers - Best Score, Worst Score, Most Strikes,
Most Spares, Most/Least Gutterballs.

This fun event is limited to 60 swimmers due to
the number of lanes reserved at Pinarama. So if
you are interested, you can sign up at STAT
online (www.statsswimming.com) under Team
Events.



New Short Course Records

6 & Under Girls

Brooke Beede

100 Free 1:35.71

Ashlin Cannella

50 Free 41.02

25 Fly 20.80

50 Breast 53.84

100 IM 1:46.42

STAT BIRTHDAYS!!!

Alex Sincell	March 1
Ashlyn Bell	March 5
Lauren Maya	March 5
Lauren Harris	March 7
Mark Murray	March 8
Cole Horning	March 10
Ashley Fineran	March 12
Nate Clement	March 15
Kendal Kelly	March 15
Harris Rankin	March 15
Joel Brown	March 18
Carin Sanchez	March 21
Ashlin Cannella	March 23
William Niebauer	March 23
Ava LeBeau	March 24
Elizabeth Hargett	March 24
Jett Barnett	March 25
Evan Cressell Simmons	March 25
Alina Showalter	March 25
Elijah Haight	March 25
Kody Stephens	March 25
Ashley Quinn	March 31

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.

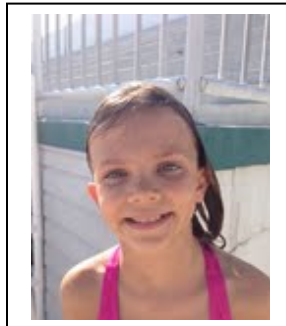
MARCH SWIMMERS OF THE MONTH

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:



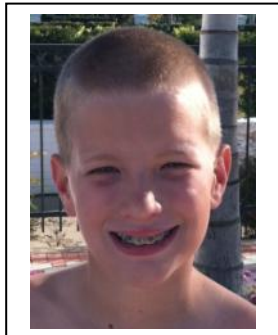
DOLPHIN GROUP



Amelia Bell
Palma Ceia Pool

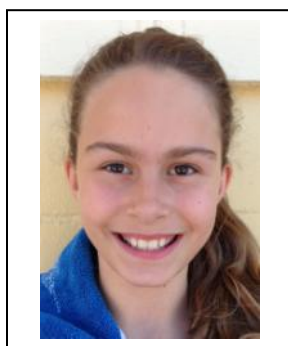
Amelia comes to practice with a great attitude and the eagerness to improve. We have seen major improvements in all areas of her swimming. Keep up the great work Ashlyn!

AGE GROUP I



Sam Smith
Palma Ceia Pool

Sam continues to make big improvements in the water with his technique and speed. He just recently dropped 12 seconds off his 50 Backstroke time. The coaches are very proud of him.



Syran Kalaydjian
Interbay Pool

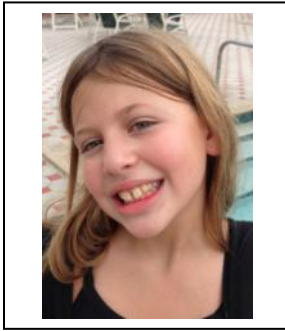
Syran is a great listener and always gives 100% effort. She is always smiling, ready to learn and enjoys improving on all of her strokes. The coaches are very happy with her progress and enjoy coaching her every day.



Holly Carroll
Interbay Pool

Holly joined STAT mid way through January and her improvements in swimming have been outstanding. Holly shows a dedication to practice and desire to learn every day, quickly become a positive influence for our STAT swimmers. We are excited to continue working with Holly and make swimming a successful and fun experience!

AGE GROUP II



Maya is a great listener and always does what the coaches tell her to work on to become a better swimmer. Maya is a very nice and friendly young lady. Due to all of Maya's hard work this is why she continues to improve in all areas of her swimming.

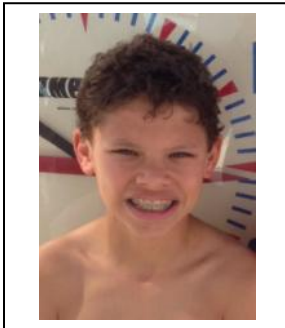
Maya Fisher - Palma Ceia Pool



Carin just made her first FLAG cut at the last meet and will be attending the FLAG Championship Meet this weekend. Carin always listens to her coaches advice on how to improve on her technique and her dedication and hard work have paid off. Carin's drive is unbelievable....she always gives 100%.

Carin Sanchez - Palma Ceia Pool

JUNIOR TEAM



Jack has improved on his attendance and has been working extremely hard to make his FLAG cut. Jack accomplished this goal at the last swim meet by qualifying for the 50 Fly. Jack's great listening and 110% effort were a key factor. Way to go Jack!

Jack Shapiro - Palma Ceia Pool



COACH'S CORNER

WHY SKIPPING BREAKFAST IS A BAD IDEA

By: Jill Castle

Roll out of bed and eat breakfast? Yeah, right. Many swimmers cringe at the idea of eating breakfast, especially if they're heading to the pool for an early morning practice or meet. But breakfast is a critical component of the training and competition diet.

Why breakfast is important

In a typical day, the swimmer eats several times, in intervals of about 3 to 5 hours. Overnight, the interval is longer because sleep cycles tend to be 6 hours or more (hopefully). The result is a long period of time without nutrition, and this semi-starvation state, if left uncorrected, can have a negative impact on physical and academic performance, as well as behavior.

All-important nutrients

Breakfast offers a host of nutrients the growing swimmer needs, not only for growth and development, but also for muscle repair (protein) and replenishing energy in muscles (carbohydrate). Other nutrients, like iron and calcium, help the swimmer avoid fatigue and build bones, respectively. When swimmers skip out on breakfast, their intakes of these nutrients are lower, and they may not get enough from meals and snacks later in the day.

Skipping may mean weight gain rather than [weight loss](#)

There is a belief that skipping breakfast will result in weight loss or [weight control](#), especially among teens. But that's not what the research tells us. Skipping breakfast can result in too much hunger and overeating later in the day. Leaving out breakfast is also associated with poor food choices—high calorie, low nutrient foods that do little to satisfy hunger. Research has found that breakfast skippers are more likely to be overweight or obese compared to breakfast eaters.

Anything is better than nothing

Eating something in the morning is better than eating nothing at all. However, over time, the finer details do matter. Swimmers who choose donuts, sugary cereals and fatty foods may develop a strong taste preference for these foods and a nutrition habit that may be difficult to change.

Know yourself!

If solid food causes cramps or other discomfort before swimming, focus on a liquid breakfast: smoothies, an instant breakfast drink, milk or non-dairy substitute, kefir, a packaged yogurt drink, or 100% fruit juice. Liquid breakfasts will be digested faster than a solid breakfast.

If solids are tolerated, but time is short, focus on small meals that are quick to grab: hard-boiled eggs, trail mix, dry cereal, yogurt, a piece of fruit, a handful of nuts and raisins, or a muffin.

If you have the time, and jumping in the pool happens later in the day, eat a well-balanced breakfast: cereal, milk and fruit; eggs, toast and 100% fruit juice; bagel, peanut butter and milk; or yogurt, granola, nuts and berries.

Have you thought about the word breakfast? Break. Fast. Break the fast.

C'mon, figure out what works and just do it.

THE BUZZ: PASING IT ON

By: Mike Gustafson

Klueh, an ace freestyler who was a multiple Big 12 Champion and American record-holder at Texas, just missed making the Olympic team not once, but twice. He finished 3rd in the 400m freestyle. Then, just a few days later, he finished 8th in the 200m freestyle.

“I got 3rd the first night in the 400. Then two days later I was 8th in the 200 free, and with Phelps pulling out [of the 200m individual freestyle], I was 3rd and 7th,” Klueh says. “It was a heartbreaking few days.”

Klueh is now twenty-five years old. Looking back at Trials, he felt positive about the experience because he did swim well. But he’s not looking backwards; he’s looking forwards to the future. While Klueh is not a young buck anymore, he also has plenty of fast swimmers ahead of him. He’s a veteran now, maturing, becoming physically and mentally stronger. But being a twenty-five year old professional swimmer is tough these days and in this economy. If you graduated college and you did not qualify for the Olympics, there are few big sponsorships or endorsement opportunities available. And if you just miss qualifying for the Athlete Partnership Agreement stipend (USA Swimming’s financial support system for those U.S. athletes who qualify) [training](#) expenses and living expenses can add up. Many swimmers retire.

Not Klueh. After taking only five days off after Trials, Klueh hit the water training, even though he wasn’t completely sure how he would afford it. But now, the Indiana native is able to keep swimming because of a Fran Crippen Elevation Foundation “Work The Dream [Grant](#)” he received in January. The grant provides much of the necessary costs for training and traveling. Though he receives some money for traveling as part of being on the National Team, Klueh says that oftentimes, it’s not enough to make ends meet. So now he can afford to swim on.

“[The grant] is used to help me pay for training expenses and traveling to meets,” Klueh says. “I’m just on the outside of making the APA stipend. Something like this is huge in keeping me in the sport. It’s been a huge blessing that alleviates a lot of stress, how I could justify doing this when I can’t really afford it.”

But what people don’t know is that this grant was actually passed on to him by another post-graduate swimmer. This grant was actually first awarded to Bobby Bollier, a former Stanford swimmer. And the story of how this grant was passed on, and the spirit behind it, is a touching story about two swimmers connected by the memory of another.

Passing It On

Bobby Bollier, 23-years-old, could have taken the money. He was originally awarded it. He applied for the Work The Dream Grant last October and he was awarded the monthly financial award (which is around \$1,000 a month) to help with his own goals and dreams and training expenses. But when Bobby first applied for the grant, he thought he had not qualified for the Athlete Partnership Agreement stipend.

To qualify for the stipend, you must be Top-16 in the world. Which Bollier was in 2012. Bollier, like Klueh, had also just missed his dream at the 2012 Olympic Trials, finishing 3rd in the 200m butterfly. But he thought he had originally qualified for the stipend. After Trials, Bollier took two months off. He moved back to Palo Alto to [resume training](#). Then he was told that he had not qualified for the stipend, despite being ranked in the Top-16. Apparently there were so many U.S. swimmers who qualified for the stipend, he was on the bottom end, and he just missed the cut.

“I was ranked top 16 in the world, except it ended up that too many people had qualified,” Bollier says. “Because I was the lowest ranked of all those people, I got bumped off the list.”

Bollier, who, like Klueh, had already committed to another year of swimming after Trials no matter what happened, scrambled for money. He was supported by his family, but he still wanted to be sure he could afford to keep swimming another year. So he applied for the Fran Crippen Elevation Foundation Work the Dream Grant, which he was awarded. He felt relieved.

“I had already committed to an extra year,” Bollier says, who studied mechanical engineering at Stanford. “I started moving out to CA which is an expensive place. I was really freaking out the last week of August. I was stressed and didn’t know what was going on, or what would happen. I found this Fran Crippen Elevation grant, and that looked like a great opportunity to secure some money.”

Then he got a call: Turns out, he got the APA stipend. Enough athletes ahead of him retired, he was put back on the list. So, where just a few months prior he was financially stressed, now he had more than enough support through both the Athlete Partnership Agreement stipend and the Fran Crippen Elevation grant that he was more than comfortable. He had enough money. He didn’t need it all. And he felt that another swimmer, whoever finished runner-up in the application process, should receive the grant.

So he decided to pass it on.

“Maybe one person, some people in the Athlete partnership program announced their retirement. I got moved into that category. Which means starting in January, I got the full stipend. Because that happened, the entire rationale for applying for the Fran Crippen Elevation Foundation grant was gone,” Bollier says. “The situation had changed, and I needed to terminate the grant because the purpose is to help people who are in need.”

Bollier added: “I never knew Fran personally, but I knew he would be looking for as many ways to get people swimming and reaching their goals to the best of their ability. He wouldn’t be keeping resources for himself at the cost of other people. That’s not something he would have done.”

The Spirit of Fran Lives On

Two swimmers. Two near-misses at the Olympic Trials. Two athletes who had committed to swimming another year through 2013, despite whatever happened at Trials. Two people who needed some money to keep the dream alive in this tough economy.

Michael Klueh and Bobby Bollier once trained together in Fullerton a few seasons ago, but they have not discussed the grant. Now and forever, they are connected by the spirit of Fran Crippen. Crippen, whom the grant is named after and who tragically passed away during an open water race in 2010, was an advocate of swimming. He loved the sport of swimming and would want nothing more than to see his Foundation helping other swimmers to keep on enjoying the sport as long as possible.

“I contacted the Crippens, and I said, ‘I am relinquishing this,’” Bollier says. “Please consider giving this to whoever was the runner up.”

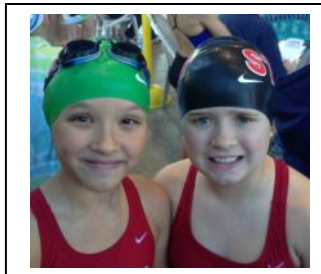
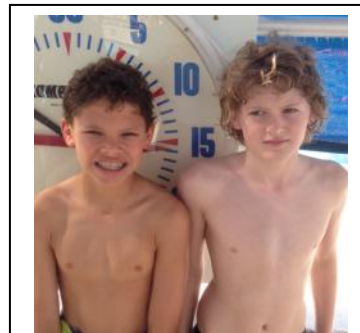
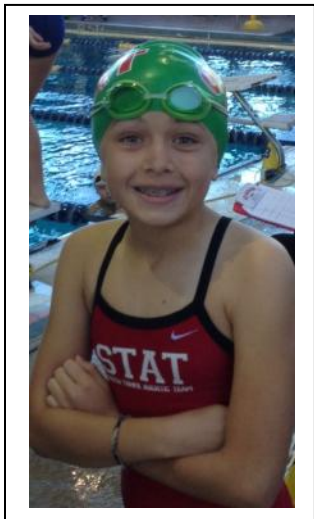
It couldn’t have happened to a better, more deserving candidate than Michael Klueh. This is a guy who grew up in a swimming family in Indiana and then moved to Carmel in high school to train. Seeking an even more challenging atmosphere, Klueh then moved hundreds of miles away to Texas, to swim under Randy Reese, to pursue his dreams even further. He just missed the Texas NCAA Championship title (he graduated the year prior). He just missed making the Olympic team twice in 2012 and once in 2008. He gave up high school friendships and family relationships and lived in total pursuit of a dream. He has come so agonizingly close to the Olympics. And now, because of the kindness and spirit of another, the 25-year-old gets another chance.

“My ultimate goal would be an Olympic medal,” Klueh says. “That’s what I always grew up dreaming about. (Not making the Olympics) didn’t really kill my dream but it made the fire for that drive bigger and made me want that even more.

Bollier adds: “I just want to acknowledge how extraordinary the Crippen family is. They make the swimming community as a whole a closer place. They deserve all the credit they can get. They are an extraordinary family and do so much for USA Swimming and swimming in general.”

Now, Bollier trains in Palo Alto with a post-graduate Stanford training group of seven people. Klueh trains in Ann Arbor with a post-graduate Michigan training group consisting of around the same number. These are two athletes who experienced the heartache of just missing an Olympic dream. But, in the aftermath of that miss, something wonderful has resulted: One athlete passing along financial support to another. One swimmer helping another to keep swimming.

It’s exactly what Fran would have wanted.



FLAG LONG COURSE (LC) Championship Meet

July 18 - 21 in Gainesville....

Please plan your vacations accordingly if your child is close to a cut!

****Must Qualify!***

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

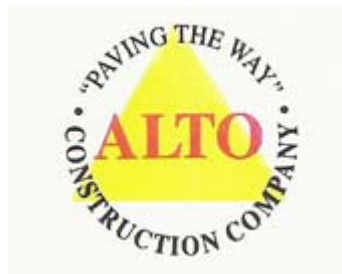
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The Hoffmeier Family

The Taulbee Family

Carlin Construction Inc.



Gold Sponsors

The Weigner Family



Bronze Sponsors

Hill Ward Henderson PA

