



PRACTICE CHANGES

Palma Ceia & Bobby Hicks Pool
ALL Saturday Swim Practices at **Interbay Pool**
starting **November 16th Tentative!**

ALL Pool Sites:

November 11th (Veteran's Day)
No Dolphin Group or Age Group I Practice
ONLY AGII, H.S. Prep & Junior Team
at Palma Ceia Pool Only
AGII/HS Prep - 5:30-7:30, Junior Team - 5:00-7:30

November 25th - 30th
Thanksgiving schedule (page 3)

Team Travel Trip

Don't miss the FUN!
When: January 17 - 19
Where: Ft. Myers
Hotel & Meet Info. Coming Soon....

We are securing the hotel rooms for our travel trip to Florida Gulf Coast University. We are staying at Embassy Suites and will have a team dinner on Saturday at the hotel. Hotel space is limited so please email Susan Taulbee staulbee@verizon.net ASAP if you will be staying at the hotel so we can block the correct number of rooms.

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**	Coming Soon - Metropolitan Ministries

UPDATED PRACTICE SCHEDULE

Starts November 18th TENTATIVE!

If you have a child in Age Group II or Higher as well as the Dolphin Group and/or Age Group I please feel free to have your children practice at Palma Ceia to make it convenient.

Interbay Pool

Dolphin Group -

4:30 - 5:00 **OR** 5:00 - 5:30
Monday, Wednesday and Thursday
(Choose ONE practice time)
9:30 - 10:00 Saturday

Age Group I -

4:30 - 5:45 Monday - Thursday (Dryland)
4:30 - 5:30 Friday
8:30 - 9:30 Saturday

Palma Ceia Pool

Dolphin Group -

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

Age Group I -

4:30 - 5:45 Monday - Thursday (Dryland)
4:30 - 5:30 Friday
8:30 - 9:30 Saturday @ Interbay Pool

Age Group II & H.S. Prep -

5:30 - 7:30 Mon., Tues. & Thurs. (Dryland)
5:30 - 7:00 Wednesday
4:30 - 6:00 Friday
8:00 - 10:00 Saturday @ Interbay Pool

Junior Team -

5:00 - 7:30 Mon., Tues. & Thurs. (Dryland)
5:30 - 7:00 Wednesday
4:30 - 6:00 Friday
8:00 - 10:00 Saturday @ Interbay Pool

Del Rio Pool

Same Updated Schedule from Coach Kevin...

UPCOMING SWIM MEETS

NOVEMBER 16 - 17 -- CAT HARVEST MEET

**LOCATION: THE DOYLE AQUATIC CENTER
(CLEARWATER)**

DECEMBER 13 - 15 -- JINGLE BELL MEET

**LOCATION: THE DOYLE AQUATIC CENTER
(CLEARWATER)**

***FREE HOLIDAY STAT CAP IF YOU ATTEND**

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

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.

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 (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.

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!

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.

STAT BIRTHDAYS!!!

Courtney Iller	November 1
COACH CATIE	November 1
Sophie Weil	November 2
Ashton Buchanan	November 3
Michael King	November 3
Elyse Iller	November 4
Saoirse McGarry	November 6
Westly Farior	November 7
Logan Gavin	November 11
Mariana Ramirez-Zapata	November 11
Rye Kral	November 12
Morgan Cox	November 12
T.O. Leach	November 14
Katharina Wood-Koepcke	November 14
Laney Cocchiola	November 15
Ben Osborne	November 15
Sabina Showalter	November 15
Tony Alberdi	November 16
Mark Geary	November 17
Steven Verdisco	November 17
Katelyn Hawkins	November 18
Max Smith	November 21
Britt Woods	November 21
COACH KEVIN	November 21
COACH SHELBY	November 22
Matthew Greer	November 23
Carlos Medina	November 25
Malia Lane	November 26
Sunny Rowe	November 27
Zoey Haight	November 28
Kylie Stephens	November 28
Kaylie Rustman	November 29
Linus Donahoe	November 30
Natalie Peric	November 30

HAPPY BIRTHDAY!!!

****NEW****

Swimmer of the Month

Get to Know Me.....

1. Who is your role model?
2. Famous person you would like to meet?
3. When I grow up I want to be?
4. Favorite stroke?
5. Favorite swimmer?
6. Favorite food?
7. Favorite class in school?
8. Favorite hobby?

Each month we will email you ahead of time if your child is chosen to be a "Swimmer of the Month." Please ask your child the questions in a timely manner and email them back to us so they can be published in the newsletter.

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

You may now pay by credit cards....
as well as checks/cash.

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).

FEE UPDATE:

***\$5.00 Monthly Fee will be added to your account each month when you occur swim fees (service charge).**

*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.

THANKSGIVING WEEK

November 25th and 26th - Regular Schedule

Wednesday, November 27th at Palma Ceia Pool

Dolphin Group - 9:30 - 10:00 A.M.

Age Group I - 8:30 - 9:30 A.M.

Age Group II and Junior Team

8:00 - 10:00 A.M.

DEL RIO POOL - Wed. Nov. 27

Dolphin Group - 4:30 - 5:00 A.M.

Age Group I - 4:00 - 5:00 P.M.

Age Group II and Junior Team

3:00 - 4:30 P.M.

Thursday, November 28th -

NO Swim Practice for all groups



HAPPY THANKSGIVING!!!

Friday, November 29th at Palma Ceia Pool ONLY

Age Group II and Junior Team ONLY

Practice 9:00 A.M. - 12:00 P.M.

Lunch @ PDQ following practice.

(All other groups have the day off!)

Saturday, November 30th at Interbay Pool ONLY

Regular Schedule

**Holiday Training
Camp Info.
Coming Soon!!!
(December 21 - January 4)**



Save the Date.....

Annual Awards Banquet/Beach Day

May 10th (Tentative)

at Pass-a-Grille Beach

Hurley Pavilion

A FUN day in the sun!

NOVEMBER 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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DOLPHIN GROUP



1. Who is your role model? **My Bappa**
2. Famous person you would like to meet? **Michael Phelps**
3. When I grow up I want to be? **A swimmer**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Crescent Rolls**
7. Favorite class in school? **Recess**
8. Favorite hobby? **Play with legos**

Dawson Hollonbeck - Palma Ceia Pool

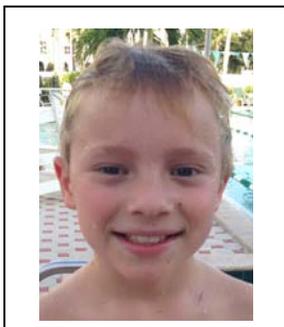


1. Who is your role model? **My Dad**
2. Famous person you would like to meet? **Not sure, maybe a magician**
3. When I grow up I want to be? **An inventor**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **My uncle, Nathaniel**
6. Favorite food? **Vanilla and mint ice cream**
7. Favorite class in school? **Electronics (Home School)**
8. Favorite hobby? **Biking**

Mateo Valdes - Interbay Pool

Continued on next page....

AGE GROUP I



1. Who is your role model? **My Dad**
2. Famous person you would like to meet? **Messi**
3. When I grow up I want to be? **Professional Athlete**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Steve Hanson**
6. Favorite food? **Plums**
7. Favorite class in school? **PE and Math**
8. Favorite hobby? **Running**

Jacob Sams - Palma Ceia Pool



1. Who is your role model? **Coach Ferlita at Roland Park because she has a unique mind and makes exercise fun.**
2. Famous person you would like to meet? **Michael Phelps**
3. When I grow up I want to be? **A farmer, so I can feed the world**
4. Favorite stroke? **Freestyle because I feel fast when I swim that stroke**
5. Favorite swimmer? **Michael Phelps because he's an outstanding champion**
6. Favorite food? **Tacos**
7. Favorite class in school? **Science because of the cool experiments**
8. Favorite hobby? **Playing Minecraft and Roblox**

Linus Donahoe - Interbay Pool

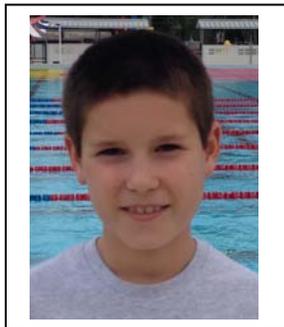
AGE GROUP II & JUNIOR TEAM

DEL RIO POOL



Annabelle John

1. Who is your role model? **Coach Guy**
2. Famous person you would like to meet? **Selena Gomez**
3. When I grow up I want to be? **Lawyer**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Ryan Lochte**
6. Favorite food? **Ice Cream**
7. Favorite class in school? **Literature and Lunch**
8. Favorite hobby? **Cheer and talking**



Britt Woods

1. Who is your role model? **My Dad**
2. Famous person you would like to meet? **Zac Brown**
3. When I grow up I want to be? **Surgeon**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Sushi**
7. Favorite class in school? **PE**
8. Favorite hobby? **Swimming**



Makayla Bell

1. Who is your role model? **My older sister Taylor. She is smart and a great athlete.**
2. Famous person you would like to meet? **President Obama**
3. When I grow up I want to be? **Architect or a Fashion Designer living in Paris, France.**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Chick fil A**
7. Favorite class in school? **Science**
8. Favorite hobby? **Designing outfits for my dolls**

COACH'S CORNER

PATIENCE PAYS OFF FOR HILARY CALDWELL

VICTORIA - Hilary Caldwell still finds it hard to believe she touched the wall third in the women's 200-metre backstroke final at the FINA World Championships this past summer. But the bronze medal was her reward for the countless early morning rises and thousands of kilometres she's swum since was a youngster.

"It's been a bit surreal," said Caldwell, who earned Canada's first world championship medal in the event since 1978. "It's increased my profile in the community here and certainly pushed me to aim even higher in the future."

In Barcelona, Caldwell's initial goal was to crack the top-eight. But she bettered the Canadian record in the preliminaries, semifinal and then again in the final. A couple of weeks later on the FINA World Cup circuit she beat the national short course mark as well.

At age 22, Caldwell is a great story about an athlete who has persevered through the years to join the world's elite. She admits her development in the pool was a steady progress. Coaches at the Victoria Academy of Swimming/National Swim Centre recognized her talent and were patient.

"I was not a breakout star," she said. "It took me time. I always tell kids at clubs I was where they were at that age. You don't have to be the provincial champion at 14. The key is to keep going and keep improving."

Caldwell grew up in White Rock, B.C., and trained with the Pacific Sea Wolves club. Following high school she pondered the possibility of going south to pursue her university and swimming careers. But advice from her coach at PSW to join head coach Randy Bennett and pursue her education at the University of Victoria steered her down the road to the B.C. capital.

It turned out to be the right option. Caldwell is working towards a degree in French at her own pace which allows to her excel in and out of the pool.

"It's a great environment to train," said Caldwell. "We are all there to win. With (six-time world championship and two-time Olympic medallist) Ryan (Cochrane) we have a great example even though we are not doing the exact same workouts. We know that being the best in the world is a realistic goal."

The 2013 competitive year is still not over for Caldwell. She heads to FINA World Cup stops in Singapore, Tokyo and Beijing in November.

Next year she hopes to compete at the Commonwealth Games in Scotland, the birth country of her father. Many in the Caldwell clan are planning to attend Hilary's races.

Caldwell would love nothing more than to have a gold medal as the centerpiece for a family celebration.

PUSHING PAST A PLATEAU

By: Mike Gustafson

Hi Mike,

I'm a senior in high school. I've been swimming since I can remember. However, I'm starting to hate it because I can never drop time. For over a year I haven't gotten near my best time in the 100 breaststroke and I don't know what to do. I work hard, I go to every practice offered, I talk to my coaches and fix what I need to, but I just get slower. I get so nervous before and beat myself up big time after.

What do I do?

—Plateau Swimmer

Hey Plateau Swimmer,

Every single swimmer goes through a plateau. It is part of the process of being a swimmer. If everyone continued to drop time every race, everyone would eventually break a world record. Unfortunately, sometimes, at some point in your life, you will just stop dropping time.

I understand that it's really painful to stop dropping time. I was a breaststroker, too. In high school, I didn't drop time from my freshmen year of high school until my senior year of high school. Three long years. I worked hard, went to all the practices, did everything I could, and just couldn't drop time. Breaststroke, of all the strokes, is an especially finicky stroke. Sometimes you grow and the timing of the stroke mechanics gets re-wired, and you have to practically re-learn breaststroke all over again. Or other times, it's just "off." This happens often with younger swimmers, especially in breaststroke.

The bigger thing is to put best times outside of your head. I believe we have a culture in our sport that worships "race times" too much. I get it: Swimming is about personal bests, and if you don't swim a personal best, that means you're not doing something right.

Right?

Wrong.

We've all seen teammates who work harder than they ever have in practice, put 100% into the season, competed, raced, and swam slower. We've all seen teammates who put more effort into a season, and gotten "less" out of it—i.e., not scoring a personal best time at the championship meet.

The thing is—and I know some coaches won't agree with me here—at some point in your life, you will stop dropping time. Hopefully this doesn't happen as a competitive swimmer until you're 60, 70, or 80 years-old. But it will happen. And when it happens, what does that mean? Does that mean you're not "trying" hard enough? Does that mean you should just hang up your goggles and quit?

Seriously. That decision is up to you.

When we go to swim practice, we try to improve. Race times are a very black-and-white measurement of that improvement. It's sometimes indicative that what you're doing in practice is working. And, other times, when you don't swim faster in a race, it could be an indication that you should tweak or change your training, mindset, or practice routine. But so many times, we've seen swimmers who practice better, eat better, sleep better... then race *slower*. Does that mean all that work and effort and daily improvement didn't matter?

Of course not. It matters. All those daily improvement choices matter. Just because your "race time" doesn't beat a time you went one or two years ago doesn't mean that everything you're doing in practice is without merit.

In life, Plateau Swimmer, you're going to reach a point when you just stop dropping time. And you're going to be faced with a choice: Why am I doing this sport? Why do I race? Why am I going through morning practices, afternoon practices, long days, longer sets and butterfly repeats, to not drop time?

I wish Olympic gold medals were awarded based on some system of work ethic, because I know people I've trained with who worked harder than Olympic gold medalists who never made it beyond the Big Ten

Championship swim meet. They had the heart of a champion, but they, too, experienced a plateau in races. And because of that, they didn't earn shiny metal awards, trophies, records, or accolades. Even though they poured their hearts into workouts, practices, and the season-long pursuit.

While I know that it's really, really frustrating to stop dropping time, take a long-term perspective about this sport, if you can. I know you want to race faster. I know that our sport places such great emphasis on races and personal bests because that's where you can have concrete understanding that you're improving. That's where awards are given. That's where you can earn your team points.

But racing times are one small aspect of this sport, long-term. Enjoyment of the sport is another, and much more important, aspect.

You said you "beat yourself up" after races. I used to do that too. But it was only when I stopped worrying about what happened on the blocks that I started to improve. When I began to place more emphasis on enjoying the "before the blocks" experience, rather than the behind-the-blocks experience, I began to drop time, both in practice and during races.

I wish our sport had greater emphasis on that "before-the-blocks" experience instead of "behind-the-blocks." Because that's where 99% of this sport exists – in practices, in workouts, with teammates, doing sets, improving turns, perfecting strokes.

My advice? Swim some different events. Get away from breaststroke, just for a few weeks or a month. Train backstroke. Some sprint freestyle. Some IMs. Do the mile. Get into a nice dryland routine. Take your mind off the stress of "I must swim faster in the 100 breaststroke" and more on becoming a more well-rounded and a better swimmer.

Once you do that, you'll begin to see that, while it's frustrating to not drop times during races, it's not the end of the world. The only things you can control are the things you can control: your attitude, and your effort.

If both of those are at their best, you'll have a good time, every time, no matter what the scoreboard says.

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The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

SOUTH TAMPA AQUATIC TEAM

Follow us on.....

The Twitter logo, consisting of the word "twitter" in its characteristic blue, lowercase, rounded font.

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