



THANK YOU Parents for making our Nike Swim Meet a huge success!!! Without your help this meet would have not been possible.

A HUGE thanks to SUSAN TAULBEE as well for all of her hours preparing for the meet.



WAY TO GO STAT!

INSIDE THIS ISSUE

1	October Meet / Sports Authority / Practice Changes
2	Interbay & Palma Ceia New Schedule/Records/ B-days
3	Team Info. / Swim Meets
4-5	Swimmer of the Month
6-9	Coach's Corner-Teammate, Meets Matter, DolphinKick
10	Nike Classic Swim Meet Pictures
11	STAT Team Sponsors

Sports Authority Team Event

STAT Family and Friends Savings Event at Sports Authority November 9-10 at Kennedy and Fowler locations. Spread the word...



INTERBAY POOL

~Updated Schedule~
Starting November 12th
See Page 2

PRACTICE CHANGES

No Swim Practice Thursday, October 31st
HAPPY HALLOWEEN!

No Swim Practice Dolphin & Age Group I Monday, November 11th
***Age Group II, H.S. Prep & Junior Team ONLY! @ Palma Ceia pool (Schedule Page 2)**

INTERBAY POOL

Starting Tuesday, November 12th

Dolphin Group -

4:30 - 5:00 Monday, Wednesday and Thursday

OR

5:00 - 5:30 Monday, Wednesday and Thursday

(Choose 1 weekday 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 & Age Group I
NO CHANGE!**

Starting Monday, November 11th

Age Group II & H.S. Prep

5:30 - 7:30 Monday, Tuesday & Thursday (Dryland)

6:00 - 7:30 Wednesday

4:30 - 6:00 Friday

8:00 - 10:00 Saturday

Junior Team

5:00 - 7:30 Monday, Tuesday & Thursday (Dryland)

6:00 - 7:30 Wednesday

4:30 - 6:00 Friday

8:00 - 10:00 Saturday

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SOUTH TAMPA AQUATIC TEAM

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NEW SHORT COURSE RECORDS

15 - 18 Girls

Cassie Vietas

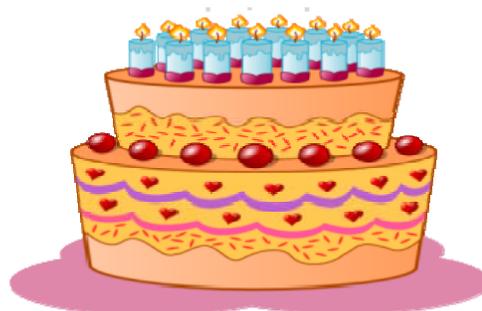
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STAT BIRTHDAYS!!!

Brantley Deady	October 1
Lauren Ferris	October 3
Isabella Mangione	October 4
Jase Fitch	October 8
Anna Castro	October 9
Rachael Carlin	October 11
Allison Aaron	October 12
Fuller Saunders	October 13
Aedin O'Brien	October 14
Ewan Abercrombie	October 19
Makayla Bell	October 20
Jake Garcia	October 20
Tyler Garcia	October 20
Leyton Perkey	October 22
Brady Williams	October 22
Katie Taulbee	October 23
Josiah Jenkins	October 24
Dagny Sammis	October 24
Jessie Babb	October 25
Lauren Donofrio	October 26
Clay Thompson	October 26
Sofia Harwood	October 27
Kelsey John	October 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.statsswimming.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)

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.

How To Sign-Up For Swim Meets

When entering your child in a swim meet it is always a good idea to jot a note in the small box below the declaration for the swim meet so the coaches know if your child is swimming all days of the meet, which strokes your child prefers or anything you might think would be helpful in reviewing your child's entries.

Below is a picture of the box you would want to type in....any questions, please let us know.

Member Athlete: **Your Child's Name would appear here.**

Event: **Name of Swim Meet**

Important Notes: Swimmers may swim 4 events at this meet. We STRONGLY encourage 3 events for this meet.

Yes, please sign [Todd] up for this event

This is where you would want to type your note....

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.**

ADD SMS - Text Messaging for Cancelled Practices due to BAD WEATHER

In the event of bad weather we try our best to keep you up to date with the cancellation of swim practice. If you have not yet verified your email or added your cell phone to your swim account you will need to do this in order to get this notification.

To add your cell phone, log-in to your account, click my account, and then click on Add SMS. Once finished click on verify and it will text message you a code to enter into the box. You are all set then.

OCTOBER SWIMMERS OF THE MONTH

Each month we choose 5 - 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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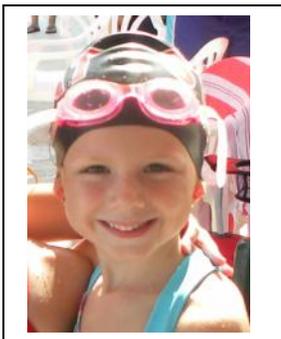


DOLPHIN GROUP



Hartley is always at practice, full of smiles and loves swim team. Hartley is a great listener and her strokes will continue to improve due to this. Hartley is a joy to coach and is eager to learn new things. Excellent job Hartley!

Hartley Heuchan - Palma Ceia Pool



Georgia is such a sweet girl and is very focused at each practice. Georgia did a great job at the Nike Swim Meet and overcame her nerves. The coaches love how she works so hard at practice and gives it her all. Great job Georgia!

Georgia Rowe - Interbay Pool

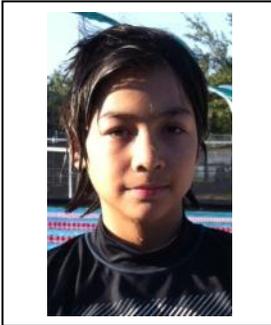
Continued on next page....

AGE GROUP I



Mary just competed in her first swim meet this past weekend and the coaches are very proud of her. Mary does a great job listening to the coaches and it shows since her technique continues to improve. Mary is a great girl and we enjoy having her on the STAT swim team.

Mary Rogers - Palma Ceia Pool



Ethan has worked extremely hard to get to Age Group I. Ethan came in with basic swimming skills and has grown to love the sport of swimming and has turned into quite the swimmer. He is determined to continue to improve on his technique and excel in all of his strokes. Way to go Ethan!

Ethan Geiger - Interbay Pool

AGE GROUP II & JUNIOR TEAM



Bibi Rivera

Bibi is new to swim team and has already improved tremendously. She is very eager to learn and her technique continues to improve every day at practice. Super job Bibi!



Carin Sanchez

Carin did an amazing job at the Nike Swim Meet this past weekend. She achieved some new personal best times and her hard work at practice is showing. Keep up the great work Carin!

DEL RIO POOL



Sarah Wagner

Sarah has been working hard at practice and her technique continues to improve. Sarah had 3 best times at the Nike Swim Meet and showed great team spirit. The coaches are very proud of her performances and look forward to seeing her swim more meets.

COACH'S CORNER

9 WAYS TO BE A BETTER TEAMMATE

BY: MIKE GUSTAFSON

In swimming, just because you're a good swimmer doesn't mean you're a good teammate. Being a good teammate is about much more than just cheering during races. Just like practice, being a good teammate takes hard work, practice, and a daily commitment.

Swimming is an unusual sport in that it is technically "individual" – meaning no one can physically help you swim down the pool faster. But when a team comes together throughout the season, motivates each other, pushes each other, and picks each other up when others fall down, each swimmer on that team will actually get better. Being a good teammate means, while you can't physically push someone down the pool to be faster, your presence almost can. (See: Pretty much any epic relay anchor.)

1. Stand up when you cheer.

"Cheering" is actually kind of worthless if the swimmer about to race doesn't see you opposite the blocks or standing poolside. When you step up to race, 99% of swimmers look to see if teammates are there. It's a quick, fleeting glance, but it matters. Don't sit in the bleachers and passively whisper a teammate good luck. Stand, walk to the pool, and let them see you. They'll feed off your energy.

2. Create a culture of encouragement.

So simple. Just one sentence, "Keep it up!" is so effective when you're hanging on the gutters barely able to blink. It doesn't even have to be directed at anyone specific. I had a teammate who constantly shouted encouragements while we all rested on the wall. Over time, he created a culture of encouragement. Soon, 3 guys were shouting encouragements. Then 6. Then the whole team.

3. Pick someone up when they're falling down.

This part is tricky, and you have to be careful, but if someone (and they usually already know who they are) is skipping practice or slacking off or being disruptive or negative, don't be afraid to say something to that person. That doesn't mean yell or embarrass that person. Take him/her aside as a teammate and be direct, honest, and positive. You're a team, and part of being a team is not letting others fall behind. Everyone needs to be picked up, and as a teammate, that responsibility is yours.

4. Criticize in private, compliment in public.

If you ever need to approach a teammate about something negative, do so privately. But compliments should be public. In our team meetings, we did a round table where everyone had to point out something good another teammate did in practice that week. Look, swimmers aren't blind. We see things in practice. When someone is truly bringing it that day, being positive or executing a dryland exercise right, let 'em know. And let everyone else know, too. If you don't compliment your own team, who will?

5. Know when to back away.

Everyone's had a bad race. Being a good teammate sometimes means knowing when to allow a teammate some private time if that teammate had a bad race. Let people have space to gather thoughts. I might be in the minority on this, but I believe you shouldn't say "Great race!" if it clearly was a swimmer's bad race. Saying "Great race!" after a bad race might actually make that swimmer feel worse, or angry, or upset, or defensive. Instead, if you want to say something, say, "It's OK, let's get 'em in the next race," or sometimes don't say anything except a hand on the shoulder, or simply allowing that person some temporary space.

6. Embrace when teammates swim fast.

We've all been there. So-and-so drops 6 seconds even though so-and-so doesn't train as hard as you. The hardest part of being a good teammate is realizing your teammates might beat you. That's OK – that's part of the sport. You have to control those feelings and focus on yourself. Nothing is more poisonous to a team's chemistry than envy or jealousy. Worry about your own performances and congratulate your teammates when they swim well. After all, the faster they are, the more competitive your practices will be, and the better you'll become.

7. Don't be afraid to get competitive in practice.

There are two types of teammates: Those who push others to slow down, and those who push others to go faster. Be the latter.

8. Don't ever say, "This sucks."

No it doesn't. It may be hard, or cold, or tough, but that doesn't mean it sucks. You knew this sport was hard work before signing up. Sports are about pushing yourself. When you mutter, "This sucks" you're actually bringing others down, too. When you're having a great practice, the last thing in the world you want to hear are negative comments from a teammate, so don't do it to them when you're having a bad practice.

9. Realize you don't have to be fast to be a good teammate.

In 50 years, people won't remember times. They'll remember teammates. In my opinion, it's better to be a good teammate than a good swimmer. It takes work, but the lessons you learn being a good teammate will serve you far better in life than swimming a 200 fly really fast. And the best part in swimming – and in all sports – is you don't have to swim a 200 fly really fast to be a good teammate.

ASK MIKE: MAKING MID-SEASON MEETS MATTER

BY: MIKE GUSTAFSON

Hi Mike,

Your advice articles are really interesting and I'm looking for advice on in-season meets. I never swim well until championships, and although I know some of that is physical, my times are so off and I'm usually not tired at the end of the race so I think it's mainly mental. I tend to swim well in high school meets when it's a tough meet and I know I need to do it for the team, but during club (in season) meets, I just don't have the motivation. As much as I want to swim well, I have the mindset that the in-season times really don't matter. To be honest, I'm really laid back at the meets and just don't care even though I try to get myself to. Any advice on how to swim better in season?

Thanks!
Careless Swimmer

Hi Careless Swimmer,

Thanks for your note. I know the feeling. It's the middle of the season. You're tired. It's Saturday morning prelims. You're staring down the pool for a 400 IM and you're wondering, "Do I *really* have to make myself borderline pass out in pain and agony when the only meet that *really* matters is the final championships, when I'm shaved and tapered?"

It's true that you'll (probably) swim faster when you're rested, shaved, and tapered. But treating mid-season meets like they aren't important compared to the final meet is sort of like treating mid-season practices like they aren't as important as taper practices. The entire season matters. Each meet, each practice, and each main set is a building block that, by the end of the season, adds up to a best time.

But I'm sure you know this. I don't need to harp on these kinds of clichés you already know by now. It sounds like the problem is simply getting motivated for mid-season meets.

So here are a few tricks you can try:

1. Videotape your races.

Have a teammate or a coach grab a cell phone and record your races. Typically, the reason why swimmers don't care as much about mid-season meets is because, deep down, many swimmers think that we can't approach end-of-season times. What's the point? However, when you videotape races, you can *see* what you're doing in these mid-season meets. You can see your turns, starts, stroke technique, stroke count, pacing, and your racing strategy. From there, I think you'll be able to pick things to work on—stroke count, for example--regardless of times.

(Side Note: Have you ever watched a video of you swimming in practice? It's weird. Try it once. You'll see so many things that you should fix that you never realized before.)

2. Compare mid-season times to mid-season times a season ago.

Sure, in mid-October, you might not achieve a personal best time. But you could achieve a personal best *October* time. When I swam, I rarely approached best times mid-season. I was too broken down, too tired, too overworked. Instead of comparing mid-season times to best times, I compared current mid-season times to mid-season times *a season ago*. Am I faster than last October? How much faster? Or, why am I slower? Older veterans refer to “best in-season times” like a consolation victory, because it is. If you see that you're faster at a specific point compared to the same point last season, then, technically, you're improving. Instead of best times, aim for your “best October time.”

3. Limit your events.

Some coaches might disagree. But I advocate that it's better to learn to swim one or two events and swim those events fast—with 100% effort—than it is to swim five or six events slowly. If you struggle motivating yourself for a meet, limit events to one or two a day. Then concentrate on going after those few races. You'll invest more energy into a few races just like you would at a shave and taper meet. It's good practice for Championship Season.

4. Let go of fear of failure.

Sometimes, we don't “try” because we are worried that if we do try, we might fail. So we convince ourselves it's better not to try. But swimming slow mid-season is OK, as long as you have a good attitude and you're giving effort. Don't be scared to race and lose. It's part of the learning process. The more you learn about your races, your body, and the way you approach a meet, the better you'll be when it really matters. If, deep down, you're scared about having bad times, don't be. Every race is an opportunity to learn something. Don't waste them because you're scared of swimming slow.

5. Race!

Racing should be fun. It's the one time you get to stand up, dive off the blocks, and race the person next to you. It sounds like you're not having fun racing. Many swimmers fall into becoming “practice swimmers”—a mentality where they're never really tested outside of the comforts of practice. Swim practice is our own little world where we race teammates, and times don't matter because they're not official. Some swimmers try harder in practice than in meets. Try to shift focus and look forward to racing. Racing is what makes swimming fun. For example, take Ryan Lochte: He rarely swims well mid-season because he's so broken down. But time and time again in post-race, mid-season interviews, Lochte says, “I love to race.” If it's not fun racing other swimmers, step back, smile, breathe, and tell yourself, “Racing is fun.” Because it is.

Careless Swimmer, I don't think being “laid back” during mid-season meets is a bad thing, as long as

you're applying that laid-back attitude in certain ways. It's obvious you don't get freaked out by slow performances, which is good. Some swimmers tend to over-analyze themselves throughout the season. You understand that your best racing will come when pressure is applied, when the season's on the line, when you're fully rested.

But try to frame these mid-season races and meets differently. Compare yourself to where you were one year ago, one season ago, or even one week ago. Then try to beat those times. Or try to beat the person next to you, purely for the art of racing.

Imagine that you're back to being a little kid in the 25 freestyle. There's no pressure to swim fast. No pressure to win. No pressure to do a personal best time. (Does anyone even remember old 25 freestyle times??)

Instead, it's just you and two people next to you.

Smile, laugh, dive in. And race.

DOLPHIN KICKS IN RACES

BY: RUSSELL MARK

Dolphin kicking has transformed from a fad of the 90s to a skill that is essential to success in today's racing. It's especially prevalent in the 100 and 200 events, but it is growing as a factor to achievement in the 50 free all the way up to the 800 and 1500 free. It's also not just an important skill to mature elite athletes, as more and more athletes at Junior Nationals and the USA National Junior Team are making it a part of their craft. A good dolphin kick can translate to success at any level in every event except breaststroke (kind of).

This chart shows the average number of kicks for the top 8 performers at the 2012 Olympic Trials, as well as the top 8 performer with the most kicks in their event. One observation is that the men are averaging more kicks in the second-half of their races than the women.

2012 US Olympic Trials - Dolphin Kicks of Top 8 Performers

Men's Averages					Women's Averages				
	50	100	150	200		50	100	150	200
M 50 free	3	--	--	--	W 50 free	5	--	--	--
M 100 free	4	4	--	--	W 100 free	5	4	--	--
M 200 free	6	3	3	5	W 200 free	5	3	2	2
M 100 back	10	10	--	--	W 100 back	12	7	--	--
M 200 back	9	7	7	7	W 200 back	11	5	4	4
M 100 fly	9	9	--	--	W 100 fly	8	6	--	--
M 200 fly	7	5	5	6	W 200 fly	7	4	4	4
M 200 IM	7	6	--	3	W 200 IM	8	7	--	2

Men's Highest					Women's Highest				
	50	100	150	200		50	100	150	200
4-tied	4	--	--	--	Magnuson	8	--	--	--
Lochte	7	8	--	--	Coughlin	9	10	--	--
Phelps	7	7	7	7	Schmitt	6	5	3	4
Thoman	11	12	--	--	Bootsma	13	10	--	--
Thoman	10	10	9	10	Vitarius	17	7	3	4
Shields	11	11	--	--	Floyd	12	8	--	--
Flach	10	6	7	10	Adams	9	6	6	5
Lochte	7	7	--	5	Kukors	8	6	--	3



Nike Swim Classic Meet Pictures



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