



**Nike Swim Classic Swim Meet
October 11 - 13
at Bobby Hicks Pool
Hosted by STAT**



- **ALL** Swimmer's may participate!
- We need **VOLUNTEERS**: Please go to the website and sign up to help. (Click Meets/Events then click Job Sign-Up under the Nike Meet.)
- Any help or donation you can provide is greatly appreciated!!!

Questions please email us at toddhoff23@gmail.com

Interested in becoming an Official for the team...

PLEASE attend the clinic on Thursday, September 26 from 5:00 - 6:00 at Palma Ceia pool to learn more about it.

~STAT PARKAS/SWEATSHIRTS~

Fitting Dates:

Palma Ceia Pool

Monday, September 16
Thursday, September 26

Interbay Pool

Thursday, September 19
Monday, September 23

*Order will be placed on September 30.

STAT Sweatshirt:

Adult - \$36.00 + Tax
Child - \$32.00 + Tax

STAT Parka:

Adult/Child - \$81.00 + Tax

~STAT Beach Towels~

Many of you have asked about buying a STAT Beach Towel....If interested please email us with how you would like your child's name personalized on the towel. The towels are \$15.00

**Nike Swim Meet Ads
&
Sponsorship Info.
on Page 6 & 7**

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STAT's NEW Dryland Program



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. Pricing under Equipment Tab online.

Like us on....



SOUTH TAMPA AQUATIC TEAM

Follow us on.....

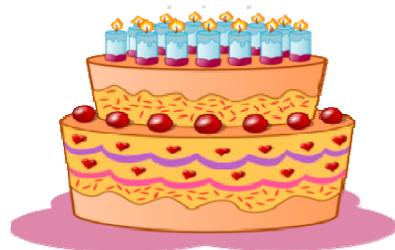


@STATSWiMMiNG

STAT BIRTHDAYS!!!

Alyssa Arredondo	September 1
Ally Clement	September 1
Scott Showalter	September 1
Samantha Stites	September 2
Jackson Fowler	September 3
Samantha Donofrio	September 5
Catherine Vaughan	September 6
William Hertenstein	September 7
Alex Medina	September 7
Dean Diasti	September 8
Karla Medina	September 8
Cailin Cannella	September 9
Sydney Leach	September 9
Libby Gough	September 11
COACH CHRISSY	September 12
Ava O'Brien	September 13
Celia Brown	September 14
Charlotte Holman	September 14
John Capodilupo	September 15
Luanne Poh	September 15
Grace Mickelson	September 16
Audrey Anderson	September 19
COACH GUY	September 20
Marlena Gonzmart	September 20
Madelyn Hertenstein	September 20
Boss Brandon	September 22
Jett Hoffmeier	September 23
Lauren Brown	September 24
Dillon Cheong	September 26
Gavin Arancio	September 27
Bebe Laxer	September 27
Danielle Donofrio	September 27
COACH ALEX	September 27
Sara Bohacek	September 29
COACH TAMMY	September 30

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 w here you w ould w ant 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.

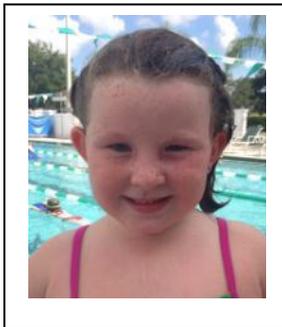
SEPTEMBER SWIMMERS OF THE MONTH

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.

SPONSORED BY:



DOLPHIN GROUP



Audrey is new to swim team and has already improved so much. Her confidence with her swimming is much stronger and she is such a wonderful girl. Audrey is also a great listener and always puts in 110% effort to become the best swimmer she can be. We love to see Audrey having fun!

Audrey Anderson - Palma Ceia Pool



Kennedy comes to practice and is always ready to learn so she can continue to improve in her swimming. She is always in a good mood and listens very well to the coaches instruction. Kennedy has a lot of potential with her swimming. Keep up the great work!

Kennedy Miller - Interbay Pool

Continued on next page....

AGE GROUP I



Jett has come so far and understands the value of working hard. Every day in practice he leads the lane and always wants to go faster. He never complains about anything being too hard and is always up for the next challenge. Awesome job Jett!

Jett Hoffmeier - Palma Ceia Pool



Sunny is a very dedicated swimmer who is always focused and wants to improve on her strokes. Her attitude is always positive and Sunny is a very sweet girl. Sunny's skills have improved tremendously and the coaches are very proud of her!

Sunny Rowe - Interbay Pool

AGE GROUP II, JUNIOR TEAM & H.S. Prep



Izzy Haight

Izzy is a very hard worker in the pool and never complains about anything. She is very respectful to her teammates and since moving up to Age Group II her strokes keep getting better and better. Way to go Izzy!



Zoey Haight

Zoey is very focused on all the sets during practice and always tries her best. Her skills continues to get stronger and stronger and it shows just by how hard she has been working in the pool. Great Job!



Christopher Vietas

Christopher has really stepped up his swimming and all the coaches are noticing it. He is determined to continue to improve on his strokes and it is showing. Christopher's work ethic will continue to make him a great swimmer.



2013 STAT NIKE CLASSIC SWIM MEET ADVERTISING AGREEMENT

Swimmer's Name (or Company Name): _____

Parent's/Representative's Name: _____ Title: _____

Signature: _____ Date: _____

Address: _____

Phone: _____ Email : _____

Company Website: _____

I would like to place an advertisement in the Meet Program/Heat Sheet. Please see below:

_____ Full Page (7 ½" x 10") Black & White: \$150

_____ Half Page (7 ½" x 4 ¾") Black & White: \$100

_____ Quarter Page (3 ½" x 4 ¾") Black & White: \$75

_____ Donor (Includes Listing on Donor Page in Meet Program/Heat Sheet): \$50

_____ Shout Out (Maximum of 10 Words & 2 Names): \$10

_____ Donation of \$_____ No tangible goods/services included in this tax deductible donation.

Ad Specifications:

- File formats accepted: .PDF, .JPEG, .DOCX, .DOC, .GIF, etc.
- Also acceptable: Adobe InDesign, Illustrator, Photoshop, & Microsoft Word
- Image resolutions must be at least 300 dpi.

For more information, please call Todd or Tammy Hoffmeier at (813) 254-5012.

Please mail agreement and check (payable to STAT) to:

STAT
c/o Meet Ads
2311 S. Lois Avenue
Tampa, Florida 33629

PAYMENT DUE UPON RECEIPT OF AGREEMENT

EMAIL Logo/Artwork to Todd todd@southtampaquaticteam.com or Tammy tmh7602@verizon.net

All Artwork Must Be Camera Ready & Received By October Wednesday, October 2nd.



SOUTH TAMPA AQUATIC TEAM TEAM SPONSORSHIP AGREEMENT

Sponsor donations assist the team with equipment purchases, facility rental fees, family assistance programs, & daily expenses. Without the generous support from individuals & local businesses such as yours, we would be unable to offer this character building & health promoting opportunity to our youth & community.

The STAT website enables your business' logo to be seen by the hundreds of families in our community & surrounding neighborhoods. With this targeted audience, a STAT Sponsorship is the perfect marketing tool for your business while helping the youth in your backyard- It's a Win, Win!

Swimmer's Name (or Company Name): _____

Parent's/Representative's Name: _____ Title: _____

Signature: _____ Date: _____

Address: _____

Phone: _____ Email: _____

Company Website: _____

Please note my STAT Sponsorship Level as noted below:

_____ **\$500 Platinum Sponsor**- Name, Logo & Website is displayed on the STAT Website **Home Page**, on STAT letterhead, in ALL STAT newsletters (at least monthly,) & **Full Page Ad** in meet program/heat sheet for the 2013 STAT Nike Classic Swim Meet. Additionally, you can display your sign at this meet and distribute coupons to families, if applicable.

_____ **\$250 Gold Sponsor**- Name, Logo & Website is displayed on the STAT Website Sponsor Page, in ALL STAT newsletters (at least monthly,) & in the Team Sponsorship section of the meet program/heat sheet for the 2013 STAT Nike Classic Swim Meet.

_____ **\$150 Silver Sponsor**- Name & Website is displayed on the STAT Website Sponsor Page. Name & Logo placed in ALL STAT newsletters (at least monthly,) & in the Team Sponsorship section of the meet program/heat sheet for the 2013 STAT Nike Classic Swim Meet.

_____ **\$100 Bronze Sponsor**- Name and Website is displayed on the STAT Website Sponsor Page and in the Team Sponsorship section of the meet program/heat sheet for the 2013 STAT Nike Classic Swim Meet.

The Term of this Agreement is October 1, 2013- September 30, 2014. For more information, please call Todd or Tammy Hoffmeier at (813) 254-5012.

Please mail agreement and check (payable to STAT) to:

STAT
2311 S. Lois Avenue
Tampa, Florida 33629

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COACH'S CORNER

SHOULD SWIMMERS EAT BEFORE EARLY MORNING PRACTICE?

BY: JILL CASTLE

When early morning swim practices begin, young swimmers can get behind on eating.

Take Henry, for example.

He was afraid to eat before morning practice, fearful of cramps or getting sick. So he didn't eat anything, and ate a protein bar after practice on his way to school. By the time he returned home, he was exhausted, beyond hungry and playing catch-up, eating nearly everything in sight.

Many young swimmers make the mistake of skipping out on the early morning pre-workout meal. But what they don't realize is that these first foods set the day's eating cycle in motion. There are three main reasons to eat before early morning practice:

- Prevents symptoms of low blood sugar, such as light-headedness, blurry vision and fatigue.
- Settles the stomach, absorbing the gastric juices associated with an empty stomach, and reduces hunger.
- Offers up fuel for the muscles and brain.

Another benefit is it helps with appetite management throughout the day. Front-loading (eating early in the day) helps all individuals, whether athletic or not, manage their hunger and avoid "back loading" (eating large amounts late in the day). When swimmers complain of hunger and overeat at night, check on what is happening early in their day with nutrition. If meals are skipped or too light in calories, this may be the problem—and it's easy to fix!

What to eat depends on individual tolerance, as some swimmers do well with a liquid breakfast, while others can handle solid food. The goal, however, is to get something nutritious in the stomach.

When choosing what to eat, swimmers should target foods that are high in carbohydrate, moderate in protein, and low in fat. Avoid nutrient-poor foods like candy, donuts, soda and other sugary breakfast items. Keep the portion small to prevent getting too full which can cause cramping, and eat thirty to sixty minutes prior to jumping in the pool.

For those who aren't sure about what to eat, experiment with both liquid and solid foods. If eating an early morning pre-exercise snack isn't working, swimmers can always try to eat well the day before and plan a nutritious pre-bedtime snack, which will carry over to the morning, contributing some energy availability for the workout.

Remember, the most important food rule to follow is this: choose foods that work for you! Solid foods or liquids work well. It simply depends on food preferences and tolerance. Below are some ideas to consider:

Solid foods

- Banana, with or without a small swipe of peanut butter
- Small package of trail mix
- 4-6 ounces of fruited yogurt, or plain with added fruit
- Granola bar
- Fig Newtons
- Toasted waffle
- ¾ cup of cereal, with or without 1/3 to ½ cup of low fat milk
- Whole wheat toast with jam
- Friend bars (recipe below)

Liquids

- Plain low fat or skim milk, or soymilk
- Homemade fruit smoothie (1 cup frozen fruit, ½ cup yogurt, 4-6 ounces 100% juice)
- Ovaltine or Carnation Instant Breakfast mixed with skim milk
- Homemade dairy-based smoothie (1 cup low fat milk (or non-dairy substitute), 1 small banana, 3 strawberries, dollop of yogurt, and ice)

Friend Bars (similar to KIND bars)

With permission from: *Power Hungry: The Ultimate Energy Bar Cookbook* by Camilla Saulsbury

Ingredients:

- 1 ½ cups chopped assorted raw or toasted nuts and/or seeds (e.g., cashews, sunflower seeds, green pumpkin seeds, peanuts, pecans)
- 1/3 cup crisp brown rice cereal
- ½ cup chopped dried fruit (e.g., raisins, apricots, dates, berries)
- 1/3 cup organic light corn syrup or brown rice syrup (can also substitute DIY Glucose Syrup—recipe in the book)
- 1/8 teaspoon fine sea salt (optional)

Directions:

1. Line an 8-inch square baking pan with foil or parchment paper and spray with non-stick cooking spray.
2. Preheat oven to 325 F.
3. Stir together the nuts or seeds, cereal, and dried fruit in a large bowl.
4. Add the syrup and salt (if using) to the nut mixture and stir until evenly coated.
5. Transfer the mixture to the prepared pan. Place a large piece of parchment paper, wax paper, or plastic wrap (coated with nonstick cooking spray) atop the bar mixture and use it to spread, flatten, and very firmly compact the mixture evenly in the pan. Discard the paper or plastic.
6. Bake in the preheated oven for 17 to 20 minutes or until slightly browned at the edges, but still somewhat soft in the center.
7. Using the liner, lift the mixture from the pan and transfer to a cutting board. Cut into 10 bars. Cool completely.

Nutrients per bar: Calories 150, Fat 8.6 g, Carbs 17.6 g, Protein 3.8 g

CATCHING UP WITH MISTY HYMAN BY: MIKE WATKINS

Misty Hyman said the memory of her historic win at the 2000 Olympic Games still plays out like a movie – an unbelievable story along the lines of *Miracle*.

Her opponent was virtually unbeatable, although Hyman had come close a couple of times in the months preceding the Games in Sydney. Susie O’Neill, an Aussie darling, was the odds-on favorite to repeat as 200 butterfly champion – and pretty much everyone knew it.

So when it came time for the reigning Olympic champion to face off against her American rival, Hyman had the deck stacked against her before she even dove into the water.

“Waiting around for finals was the hardest part,” said Hyman, recounting the night of her Olympic finals swim. “I was incredibly nervous. I remember my hand was shaking as I put my towel in my bag. I think at some point I knew I had to choose to either be so nervous that I would just drop dead or let go.

“When I got to the ready room that night everything in my head went calm, peaceful and quiet. I thought to myself, ‘All I have to do is swim. All I have to do is go out there and do what I have been training my whole life to do, what I love doing most, and what I have been given a gift to do.’”

Hyman walked to the blocks with a smile on her face and thoroughly enjoyed the moment – taking in the sights and sounds. She said she knew all she had to do was the best that she could between her two lane lines, and that she had talked about what it would take to beat O’Neill with her coaches, Bob Gillett and Richard Quick, many times.

“We had trained every piece of that puzzle. I knew exactly how many kicks I wanted to do underwater, exactly how many strokes I wanted to do on the surface, and exactly what tempo I wanted to do those strokes at,” Hyman said. “I knew if I put together the race of my life that I had a chance to win. After the race, my Dad said he knew I was going to do well because he saw me smiling on the blocks. That night I learned what people mean by being in the zone.”

Hyman used that positive energy and her tremendous skill to upset O’Neill and win the 200 fly in an Olympic and American record time. At the time, her win was heralded as a major upset, almost on par with the U.S. men’s hockey team’s victory over the Russians at the 1980 Olympics.

Now, 13 years later, it’s still considered a major upset, but for Hyman, who continues to be recognized for her win and is asked to speak about her experience at swim clinics and corporate events, it became a defining moment in her career.

“Everything happened effortlessly and automatically, almost as if it were in slow motion,” Hyman said. “I felt that I could have swum a 400m butterfly that night. The best part of the race was making the last turn. I knew I was in the lead and that I had enough gas in the tank to make it home!

“When I touched the wall, I saw the other two Aussies touch, but when I looked at the scoreboard, I wanted to be sure that was really my name with a one by it. I had visualized that race so many times in my head and I had pictured that time, but I am not sure that I ever imagined what it would feel like to have everything come together at the perfect moment. I was completely overwhelmed.”

Since her monumental swim, Hyman’s life has seen its share of ups and downs. She returned to the Olympic Trials four years later as one of the favorites to make her second Olympic team (she came close in 1996 but finished third in the 200 fly) – but it wasn’t meant to be.

The August after the 2000 Olympics, an MRI revealed a torn labrum in her left shoulder and she went in for surgery. While successful, Hyman was unable to train her stroke without pain for over a year.

After graduating from Stanford in 2002, she returned to Phoenix to train in earnest for 2004 – believing she could pull it off despite limited training and racing but deep down knowing it would be very difficult.

“I was still limited in the amount of fly training I could do until my shoulder started hurting,” Hyman said. “I was working with great doctors and trainers in Phoenix, and by the end of 2003, my shoulder was feeling close to 100 percent. I didn’t know it then, but it was just a bit too late.

“My early 2004 training was going very well, and I was finally getting back into condition. I felt good going into Trials but probably knew in my heart that I wasn’t quite where I needed to be. Because I had continued to improve and I was finally starting to feel like myself again, I planned to keep going for another four years (after Trials).”

Those plans changed a few months later when Hyman went to compete at the U.S. Open in San Antonio.

She said she walked onto the pool deck, and almost immediately heard a voice that told her she didn’t belong there anymore. She swam the first day of the meet but couldn’t get up for her races. Her times reflected her apathy – although later, she agreed it wasn’t apathy but a true sense of satisfaction and fulfillment.

“I actually looked around to see if someone else had said it, but I knew in my heart that it was me and it was true,” Hyman said. “Up until that moment, I had planned to train for 2008. For as long as I could remember, I had always had a burning passion for swimming, but at this moment I knew that the flame had gone out.”

For the next few years, Hyman lived on the island of St. Croix in the U.S. Virgin Islands, making new friends, swimming open water and working for The Buccaneer Resort overseeing the planning of weddings and corporate outings.

What was originally supposed to be a three-month internship turned into a three-year opportunity.

“St. Croix was a great place for me to transition from being a professional swimmer to being a working professional. I also had a lot to learn and discover about myself,” Hyman said. “What did I like to do with my free time? Who was I really besides a swimmer? St. Croix remains a very special place for me, because it is where I had the space to learn and grow in a way that I hadn’t before.”

Hyman left St. Croix in 2007 to work on her MBA in finance and hotel management in Switzerland. She also did some traveling and enjoyed being a student without the pressures of finding a pool.

She completed her coursework in December 2008 and moved back to Phoenix to work on her thesis. Due to the world’s economic situation at the time, she focused her paper on “The Impact of the Recession on Destination Spas in Arizona.”

While she was completing her research, she started getting requests for technique help and other coaching, clinics, and speaking opportunities, and quickly found her re-entry into the sport she started as a child to combat her asthma.

“When I retired from the sport, I really thought I had hung up my ‘Olympian Hat’ and figured I wouldn’t have any viability in the sport as a profession,” Hyman said. “I was pleasantly surprised to discover that I was wrong, and more importantly that I really loved being back involved in the sport, albeit in a different way. When I finished my thesis, I realized I was fully employed in swimming and enjoying every minute of it.”

Today, Hyman continues to live in Arizona, coaching privately at the Sanctuary Resort in Paradise Valley. She works mostly with competitive swimmers to improve their technique and racing skills, but also works with resort guests, triathletes and fitness swimmers.

She also volunteer-coaches once a week with her high school team and travels frequently with the Mutual of Omaha Breakout! Swim Clinics as well as to give motivational speeches.

“I am very involved in the community that I grew up in,” Hyman said. “I am the spokesperson for a program called Fit Phoenix that was put together with our Mayor, Greg Stanton, and City Councilman Daniel Valenzuela to promote and improve health and wellness in our city.

“In addition, I am on the advisory board for a wonderful local nonprofit called Gina’s Team that brings life skills to women in prison and helps them transition into society when they get out. I have been to our women’s prison many times to give a seminar on goal-setting, and I have visited several of our juvenile facilities as well.”

And as for her famous swim? It’s become part of her – something she’ll always have regardless of where life takes her – in and out of the water.

“It’s become a part of me now, though I think it took several years for it to actually sink in,” Hyman said. “When I remember it, it does kind of feel like a movie. I am always a little surprised by the way it happened. If I had to write the screenplay for a dramatic win, I couldn’t have written it better. It was almost poetic in away. It truly was a dream come true.”

OnDeck Parent

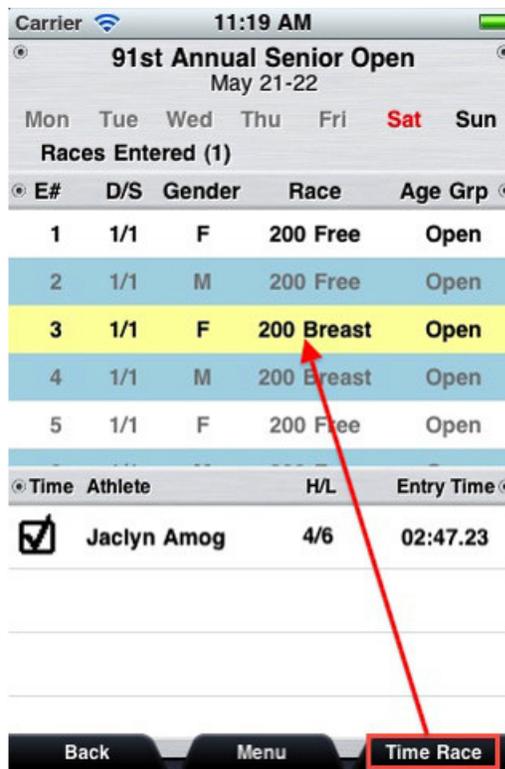
By TeamUnify, Inc

Description

OnDeck Parent is the world's first mobile application designed for parents on swim teams. Born from the extraordinary success of OnDeck Coach, OnDeck Parent is available for parents on Swim Teams utilizing the SwimOffice Swim Team Management Platform from TeamUnify.

The best news of all is that a simple tap of the "sync" button once signed into OnDeck Parent downloads all of the information needed. Simple yet powerful. OnDeck will enrich the experience of every parent on a swim team. We hope you enjoy.

Please use this link: http://www.teamunify.com/_corp_/ondeck/ondeck-parent.php to download the OnDeck Parent software. We highly encourage you to download the Free OnDeck App as you will see great functionality at your finger tips by doing so. To upload these images once you open the zip file go to the Website Design section of the site and you can upload them under the Partner Tab or in Website Layout Configuration. If you have questions please email support@teamunify.com.



Meet Mobile

By The Active Network, Inc.

Description

Meet Mobile, powered by Active.com and HY-TEK Sports Software gives swimmers, coaches and fans access to real-time meet results directly from HY-TEK's MEET MANAGER.

Meet Mobile Features:

Meets

- Find all meets easily from one central application.
- Automatically get results from meets running MEET MANAGER with an internet connection.

Teams and Swimmers

- Locate teams and swimmers participating in meets.
- Lookup a single swimmer's complete event results in a single place.

Results

- View results for every round and event in the meet.
- See who the top finishers are for every event.

Splits

- View swimmer's lap and cumulative times for every event.
- Breakdown event times for relay events by leg and by lap.



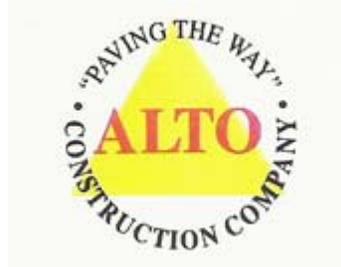
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The Taulbee Family

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