



### Webinar: "To Push or Not to Push - How to Get Results that Last"

Have you wrestled with the dilemma of how much to push your child? Check out the "Parents" section on USA swimming web site (Growing Champions for Life) where you'll find the registration link to this month's Life-Skills Webinar, "To Push or Not to Push – How to Get Results that Last" scheduled for Wednesday, July 16<sup>th</sup>.

This month's True Hero Parent article, "Handling Adversity: Prisoner, Settler, or Pioneer" will help the entire family deal with obstacles and setbacks. From performance slumps to injuries, adversity is common to an athlete's life, but how they respond makes the difference.

Go to this link to get started:

[www.usaswimming.org/championsforlife](http://www.usaswimming.org/championsforlife)

## **MARK YOUR CALENDARS!**

**AUGUST 1<sup>ST</sup> - AUGUST 9<sup>TH</sup>**

**NO SWIM PRACTICE,  
SUMMER BREAK  
ENJOY THE WEEK OFF!**

## **FLAG Championship TEAM**

**July 17 - 20**

**(Picture on page 10)**

**Tony Alberdi  
Joel Brown  
Rachael Carlin  
Brantley Deady  
Kendal Kelly  
Izzy Haight  
Carin Sanchez  
Abby Shapiro  
Jack Shapiro  
Scott Showalter  
Max Smith**

### INSIDE THIS ISSUE

1	Webinar, Summer Break, FLAG Team, Sponsors
2	Rec. Card, Upcoming Events, Dick's Picture, Fall Lessons
3	Billing Info., Team Info.
4	Team Long Course Records, July Birthdays!
5-7	Swimmers of the Month
8-9	Coach's Corner - <b>Juggling School &amp; Activities</b>
10	Team Sponsors

**Thank You  
to our Newest  
2014 - 2015 Sponsors...**

**CostumeBliss.com  
&  
GeoPoint Surveying Inc.**

**City Of Tampa Rec. Card UPDATE:  
Effective NOW!**

The city will be logging in each swimmer individually. This means you must now check in at the front desk and be logged in by a lifeguard.

To help this change be a smooth one we ask that you have a current **Rec Card**, and a waiver on file for 2014 at Bobby Hicks/Interbay Pool.

Rec Card fee is \$15, and is good for one year from the date of purchase. It can be purchased at the pool or online at this link...

<https://parks.tampagov.net/wbWSC/webtrac.wsc/wbsearch.html?xxmod=PM&wbsi=edf29bc8-dc32-24bc-e311-73dcc7433159&xxsearch=yes>.

UPCOMING MEETS/EVENTS

**JULY 17 - 20**

**FLAGS CHAMPIONSHIP MEET  
\*MUST QUALIFY!**

**JULY 24 - 27**

**SENIOR CHAMPIONSHIP MEET  
\*MUST QUALIFY!**

**JULY 26**

**AREA 3 SUMMER LEAGUE MEET  
@ LAND O LAKES**



**AUGUST 16**

**RAYS DAY FOR SWIM TEAMS!**

**Rays vs. New York Yankees**

**First Pitch: 4:05 PM**

**Tickets: \$25.00 (Lower Level)**

**Sign-Up Online!**

**Meet Schedule Online under "Meet/Events"**

**Thank You Dick's Sporting Goods  
Foundation: Sports Matter Grant**



**FALL SWIM LESSON DATES  
At Palma Ceia Country Club**

**MORNING & AFTERNOON LESSONS  
(Ages 2 & Up):**

**Group times available are:**

8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30  
1:00, 1:30, 2:00, 2:30  
(30 minute lesson)

**Class Days:**

Tuesday and Thursday

**Fall Session 1** - August 12 - September 4

**Fall Session 2** - September 9 - October 2

**Fall Session 3** - October 7 - October 30

**AFTERNOON LESSONS:**

**\*Beginner Group:** Time available is 3:00 (Ages 2 & Up)

**\*Intermediate Group:** Time available is 3:30 (Ages 4 1/2 & Up)

**Class Days:** Monday and Wednesday (30 minute lesson)

**Fall Session 1** - August 11 - September 4

~NO LESSONS LABOR DAY (Sept. 1)....

Make-Up Day will be Thursday, Sept. 4

**Fall Session 2** - September 8 - October 1

**Fall Session 3** - October 6 - October 29

**To Sign-Up please.....**

**Email Coach Todd at [toddhoff23@gmail.com](mailto:toddhoff23@gmail.com)**

**Call 254-5012**

**With the session(s) you want to sign up for.**

## **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](http://www.statswimming.com)
2. Click on **MY ACCOUNT** - Look for **SET UP AUTO PAY** - click on it
3. Look for **Current Payment Method** (click on gray box or arrow) and select **Automatically charge CREDIT CARD**
4. Finally click **Edit** to the right of the gray box and enter your Credit Card info. (We will not be able to see your credit card info....All information is secure).

## **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.

## **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 us at [toddhoff23@gmail.com](mailto:toddhoff23@gmail.com) to let us know what size and color you would like. The "Bling Shirts" are \$35.00 and your check should be payable to STAT. This is what most of the mom's will wear to swim meets, etc.

STAT Male Nike Polos available for \$40.00. If interested please email Coach Todd or Tammy.

## **STAT Reminders**

Please make sure your child always has their swim equipment when they come and leave every swim practice. All swimmers should have their swim equipment every day at swim practice. Any time you need to purchase equipment or merchandise please let us know.

## **Diversity & Outreach Program**

This program helps families who are on free/reduced lunch. If you are or know someone who is and wants to join our program, please contact us and we can give you more details.

**Mission:** To educate and engage youth and families from multi-cultural, ethnic and underrepresented socio-economic backgrounds, through the development and implementation of innovative programs.

## **NEW LONG COURSE RECORDS**

### **11 & 12 Boys**

**Scott Showalter**

400 Free 5:17.41

**Max Smith**

50 Free 30.72

50 Fly 35.02

100 Back 1:19.23

100 Breast 1:31.15

### **13 & 14 Girls**

**Abby Shapiro**

800 Free 10:15.70

### **13 & 14 Boys**

**Jack Shapiro**

200 Free 2:17.10

50 Free 30.16

50 Fly 33.99

400 Free 4:53.16

1500 Free 19:13.91

100 Fly 1:15.74

**Christopher Vietas**

100 Back 1:17.27

200 Back 2:47.35

### **15 - 18 Girls**

**Cassie Vietas**

100 Back 1:16.90

### **15 - 18 Boys**

**Nate Weaver**

50 Breast 43.93

100 Back 1:42.61

200 Breast 3:36.26

## ***STAT BIRTHDAYS!!!***

India Franklin	July 2
Parker Caskey	July 5
Brent Ferris	July 6
Alexander Miro	July 6
J.T. Hoffmeier	July 9
COACH SHAWN	July 9
Madeleine Gallagher	July 12
Sophia Gray	July 14
Chad Merritt	July 14
Smith Cassidy	July 15
Charlie Kennedy	July 15
Hannah Rix	July 16
Ethan McLachlan	July 17
Maren Addison	July 18
Sarah Weber	July 22
William Weber	July 22
Mateo Valdes	July 22
Abby Shapiro	July 23
Jack Shapiro	July 23
Georgia Lowe	July 23
Emily Abdoney	July 24
Emma Welch	July 24
Olivia Anderson	July 27
Hartley Heuchan	July 27
Alex Kennedy	July 28
Cooper Hayes	July 31

## **HAPPY BIRTHDAY!!!**

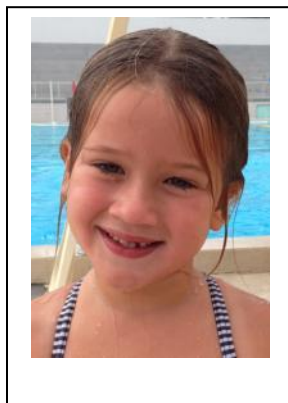




# **JULY SWIMMERS OF THE MONTH**

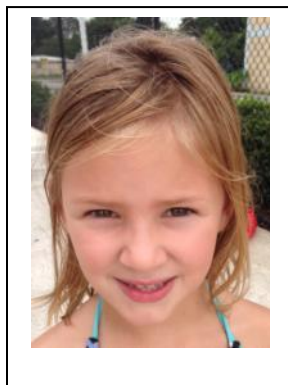
Each month we choose 4 - 8 swimmer's that have shown great leadership, good work ethic, are respectful and courteous, and just an all around great child. Swimmers will receive a STAT Swimmer of the Month T-shirt and a STAT water bottle.

## **DOLPHIN GROUP**



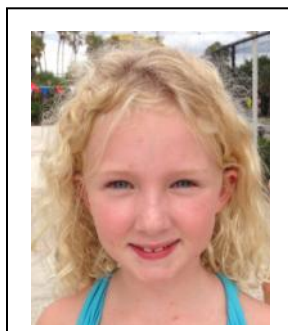
**Brooke Callahan**

1. Who is your role model? **My 1st grade teacher, Mrs. Rocha**
2. Famous person you would like to meet? **Ariana Grande**
3. When I grow up I want to be? **A veterinarian**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Coach Lauren**
6. Favorite food? **Taco's**
7. Favorite class in school? **Science**
8. Favorite hobby? **Kickball**



**Emily Warren**

1. Who is your role model? **Blake Shelton**
2. Famous person you would like to meet? **Blake Shelton**
3. When I grow up I want to be? **Vet**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Pasta**
7. Favorite class in school? **Math**
8. Favorite hobby? **Swimming**



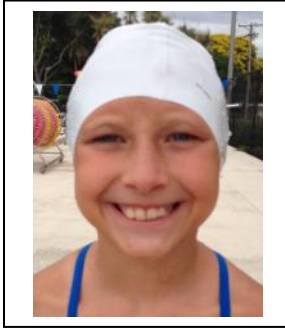
**Maggie Warren**

1. Who is your role model? **Gabby Douglas**
2. Famous person you would like to meet? **Mary Murphy**
3. When I grow up I want to be? **Marine Biologist**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michaele Phelps**
6. Favorite food? **Pasta**
7. Favorite class in school? **P.E.**
8. Favorite hobby? **Swimming**

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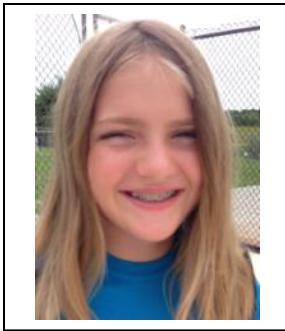


# AGE GROUP I



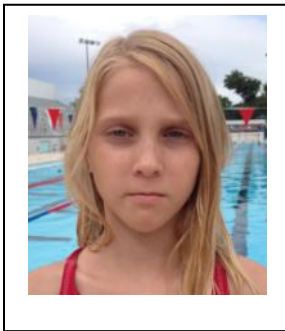
**Avery Hawker**

1. How long have you been swimming? **10 months**
2. What do you enjoy most at practice? **Dives and flip turns**
3. What is your favorite movie? **Frozen**
4. What is your favorite type of music? **Rock**
5. If you had 1,000,000 what would you spend it on? **My family**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Jello**
7. What event do you like swimming at swim meets? **25 Breaststroke**
8. If you could travel anywhere, where would you go? **Wyoming to see Yellowstone National Park and India to see the temples.**



**Sadie Saunders**

1. Who is your role model? **Ms. Hakun, my 4th grade teacher**
2. Famous person you would like to meet? **Bastille (a band)**
3. When I grow up I want to be? **Author**
4. Favorite stroke? **Free or Butterfly**
5. Favorite swimmer? **Nina Alberdi & Abby Shapiro**
6. Favorite food? **Apples**
7. Favorite class in school? **Reading**
8. Favorite hobby? **Writing a story while listening to music**



**Sarah Weber**

1. Who is your role model? **My mom**
2. Famous person you would like to meet?
3. When I grow up I want to be? **A vet**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **My dad**
6. Favorite food? **Mac-n-Cheese**
7. Favorite class in school? **Reading**
8. Favorite hobby? **Art**

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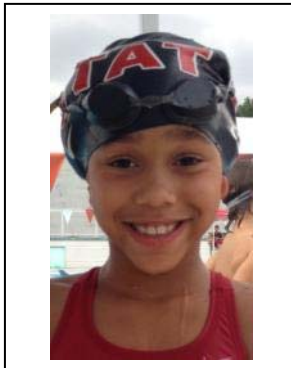
# AGE GROUP II & JUNIOR TEAM



**Izzy Haight**

1. Who is your role model? **My parents**
2. Famous person you would like to meet? **Michael Phelps because of his butterfly stroke**
3. When I grow up I want to be? **A Professor of Education**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Tyler Heath**
6. Favorite food? **Mexican (Moe's)**
7. Favorite class in school? **Bible**
8. Favorite hobby? **Swimming**

## DEL RIO POOL



**Destiny McKinley**

1. Who is your role model? **My Grandparent's**
2. Famous person you would like to meet? **India Menzel**
3. When I grow up I want to be? **A Pediatric Nurse**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Indian Food**
7. Favorite class in school? **Art**
8. Favorite hobby? **Drawing and Dancing**

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**SOUTH TAMPA AQUATIC TEAM**

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# **COACH'S CORNER**

## **OLYMPIC SWIMMERS OFFER ADVICE ON JUGGLING ATHLETICS, LIFE, SCHOOL**

**By: Enya Kuo and Luisa Simpao**

Olympic swimmers Michael Phelps, Nathan Adrian, Missy Franklin, and Mel Stewart appeared at the Santa Clara Arena Grand Prix on the weekend of June 19 and shared their thoughts on juggling academics, extracurricular activities, personal health, and sports.

### **SET GOALS**

Michael Phelps, the most decorated Olympian of all time with 22 medals, said that it's important to set a goal and stay dedicated to it.

"I can pick something, set my mind to it, and not let anything stand in my way of me being able to achieve that," said the three-time Olympian, who tied for first with UC Berkeley's Tom Shields in the 100 fly, placed second in the 100 and 200 free, and placed third in the 200 IM at the meet.

The journey won't be easy, Phelps said, but the results will be rewarding.

"There are sacrifices that you do have to make from time to time. For swimmers, that is getting up at 6:30 or 6 o'clock in the morning and going to the pool," he said.

"It's not always glamorous, but at the end of the day, you do feel like you've gotten something done, and I think that's special."

### **ELEVATE EVERYTHING**

Two-time Olympian and three-time Olympic medalist Nathan Adrian said the key to balancing school and athletics is striving for excellence in everything, not just the sport.

"You have to elevate all aspects of your life," said the UC Berkeley graduate. "It's about time management and compartmentalization."

Adrian recalled his college self as "a kid... on the college team," swimming short course and developing his strength. Throughout his time at UC Berkeley, Adrian became a Pac-10 and NCAA in multiple freestyle events such as the 50 and 100 for individual events and the 200 and 400 for relay events. He graduated in 2012 with honors and a degree in public health.

At the Grand Prix, he placed first in the 100 free with a time of 48.17 seconds--he and Phelps were the only two swimmers in the event to break the 49-second barrier.

Michael Phelps speaks at a press conference Thursday morning, June 19, 2014, during the 2014 Arena Grand Prix swimming competition in Santa Clara, Calif. (Jacinta Chang/Mosaic)

"When I was studying, I was 100 percent focused on that, and when I was done, I would take a step back. I wouldn't pay attention to that at all, and I'd focus on swimming or whatever else I was working on," he said.

Despite his athletic success, Adrian said that sports "is not something that everyone can make a living out of forever, so you've got to go to college. You've got to do your best in both."



## PACE YOURSELF

Mel Stewart, who won three medals at the 1992 Barcelona Olympics, witnessed the consequences of student athletes who failed to keep up with their academics.

"In the height of their training season, rolling into midterms, everyone starts dropping like flies," said the former 200 fly world-record holder. "All have got colds."

Stewart stressed the importance of academics, especially in the vibrant, social environment of college.

"College is a whole lot of social and a whole lot of fun, but that can overtake you," he said. "If you get behind, you're playing catch up. Then you're dealing with the mental stress, and the mental stress kills you. It just wears you down, makes you sick."

"So pace yourself," Stewart said, "outside of your sport and outside of your studies and the lifestyle aspect of college... Always do studies first."

## PRIORITIZE

Incoming UC Berkeley sophomore and four-time Olympic medalist Missy Franklin ranked first in both 100 back and 200 free, second in 100 free, and third in 200 back in Santa Clara. The 19-year-old Franklin, who finished her first year at Cal in May, recalled her college experience so far as fun and exciting.

"I don't think I knew what I was going to get myself into for college, but it's been wonderful. I love school. I've actually really enjoyed the added pressure of school," she said.

Franklin advised students who struggle with balancing their studies, sports, and social life to prioritize. Her own first priority has always been school, she said. When she has big tests coming up, studying becomes her priority just as how "focusing in the pool and working hard" becomes her priority when her team has a big meet coming up.

## FLAG Championship TEAM



# 2014 STAT Team Sponsors

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