



STAT-A-THON

April 28 & April 29

Swim & enjoy drinks, food and fun...

While raising money!!!

The STAT-A-THON is our annual fundraiser in which participants will raise money by swimming lengths of the pool. Volunteering and fundraising are critical to the success of every youth sports team. Fundraising is vital, as it makes up for budget shortfall that team fees don't cover, including program enhancement and overall community support.

Your **tax deductible donations** allow your STAT program to:

- Keep your swim team fees low.
- Promote healthy lifestyles and teach self-discipline, sportsmanship, and commitment. These qualities build character in our kids.
- Supplement support team needs such as equipment, providing team event opportunities, and staff development.
- Promote the socio-economic diversity of your team and the sport of swimming.
- Prevent accidental drownings by providing lessons to at-risk children.

In addition to family donations, this year the fundraising committee needs "Business Donations" to help with prizes for the **STAT-A-THON**. Are you a business owner? Do you know a business owner? We are looking for items, as simple as donating a gift card, a business service, or fun experience to give the swimmers to award them for money raised. If you can't think of anything maybe you know someone who knows someone that could help the committee get a coveted item. Last year, our top sellers won a Mini iPad (First Place), iPod Touch (Second Place), Kindle Fire (Third Place), and \$50 Gift Card (Fourth Place) as well as a raffle for a new computer! Please help us find the special items that motivate our swimmers!!

We hope you will consider making a donation. If you have any questions or need further information, please feel free to contact our head coach, Coach Todd Hoffmeier or Lauren Deady.

Coach Todd can be reached at (813) 254-5012 or via email at toddhoff23@gmail.com

Lauren Deady can be reached via email at Ldeady@tampabay.rr.com

Thank you for your support! **(More Info. On Page 5)**

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UPCOMING MEET/EVENTS

MARCH 13 - 16 -- FLAGS CHAMPIONSHIP MEET
(SARASOTA) *MUST QUALIFY!

STAT Championship Team

Sara Bohacek
Ashlin Cannella
Cailin Cannella
Katelyn Hatton
Kendal Kelly
Sunny Rowe
Carin Sanchez
Max Smith
Scott Showalter
Katie Taulbee

**CONGRATULATIONS
&
BEST OF LUCK!!!**

April 1 (TENTATIVE) -- Palma Ceia & Interbay Pool
move to Bobby Hicks Pool

Meet Schedule & Team Events are
listed on website homepage
or click on "Meet/Events."

MARK YOUR CALENDARS!

AUGUST 2ND - AUGUST 9TH

**NO SWIM PRACTICE,
SUMMER BREAK**

ENJOY THE WEEK OFF!

Annual Awards Banquet/Beach Day
May 10th
at Pass-a-Grille Beach
Hurley Pavilion

A FUN day in the sun!



Short Course Records

7 - 8 Girls

Ashlin Cannella
50 Back 42.13

11 - 12 Boys

Max Smith
100 Back 1:08.85
200 IM 2:29.68

13 - 14 Girls

Katie Taulbee
150 Free 19:26.53

13 - 14 Boys

Jack Shapiro
1650 Free 19:20.02

13 - 14 Boys

Christopher Vietas
200 yard Back 2:24.75

15 - 18 Girls

Cassie Vietas
200 Back 2:20.48



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.

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.

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

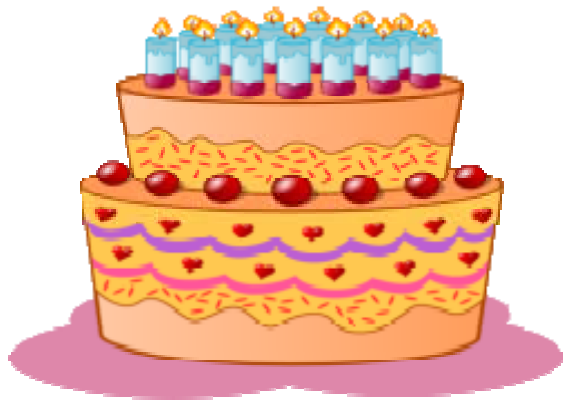
This program helps families who are on free/reduced lunch. If you are or know someone who is and wants to join our program, please contact us and we can give you more details.

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.

STAT BIRTHDAYS!!!

Alex Sincell	March 1
Jacob Sams	March 1
Peyton Volpe	March 4
Ashlyn Bell	March 5
Mark Murray	March 8
Anna Walden	March 10
Ashley Fineran	March 12
Corinne Kudzinski	March 13
Kendal Kelly	March 15
Harris Rankin	March 15
Joel Brown	March 18
Carin Sanchez	March 21
Ashlin Cannella	March 23
William Niebauer	March 23
Elizabeth Hargett	March 24
Evan Cressell Simmons	March 25
Alina Showalter	March 25
Elijah Haight	March 25
Destiny McKinley	March 26
Sarah Wagner	March 28
Ashley Quinn	March 31

**WE HOPE ALL YOUR
BIRTHDAY DREAMS AND
WISHES COME TRUE!!!**





Come join the FUN....

STAT-A-THON

**Monday, April 28th & Tuesday, April 29th
During Regular Swim Practice
At Bobby Hicks Pool**

What Is It? Our annual fundraiser in which participants will raise money by swimming lengths of the pool to help support our swim team. The money we raise from this exciting event will benefit our swimmers by helping keep our swim team fees low, support our Team Social Events, Staff Development and Education, and help fund new Equipment and Technologies for our team.

How It Works: Swimmers will have 2 days to swim up to a maximum of 200 laps (Equivalent to 5,000 yards).

Donation Campaign: There are three ways swimmers can collect donations....

- 1st Option - Each swimmer will ask family, friends and businesses for a **flat donation**. (Example - \$10, \$20, \$50, \$100, etc.)
- 2nd Option - Each swimmer will ask family, friends and businesses for a **per lap donation** according to how many laps swam. (Example - 75 laps X \$0.50 = \$37.50, etc.)
- 3rd Option - Family and friends can make a **flat online donation** (credit card) by going to the teams website (www.statsswimming.com).

So What Do You Need To Do? Start asking family, neighbors and friends to help you raise money for your swim team!!! I encourage each family to set their own fund raising goal. Four to six people donating a dime a length could earn \$75-\$100 for a swimmer. Funds do not have to come strictly from donations. We each know local business owners that would be more than happy to support your child or children and our team through sponsorship. It simply means asking for their support.

All Swimmers Should Be Able To Attend Since It's During Regular Practice.

PRIZES FOR OVERALL TOP EARNERS (1st, 2nd, 3rd, 4th)

GOODIES/PRIZES FOR EVERYONE WHO PARTICIPATE

**\$25 GIFT CARD RAFFLE (PER SWIM GROUP) WHO RAISE \$200.00 OR MORE
OVERALL SWIMMER WITH THE MOST SPONSORS WILL GET A FREE SESSION**

MUSIC, GOODIES, DRINKS AND FOOD

This is our only Fundraiser...Let's make a Difference!

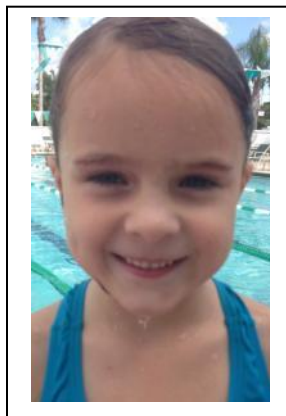
STAT~A~THON Donation Forms will be passed out soon.

MARCH SWIMMERS OF THE MONTH



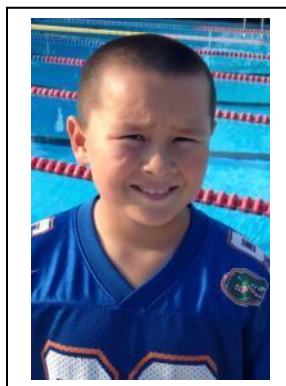
Each month we choose 4 - 8 swimmer's that have shown great leadership, good work ethic, are respectful and courteous, and just an all around great child. Swimmers will receive a STAT Swimmer of the Month T-shirt and a STAT water bottle.

DOLPHIN GROUP



1. Who is your role model? **Mommy**
2. Famous person you would like to meet? **The girl they call flying squirrel (Gabby Douglas)**
3. When I grow up I want to be? **A teacher**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Cookies**
7. Favorite class in school? **Mr. M's math class**
8. Favorite hobby? **Dancing**

Emma Hart - Palma Ceia Pool



1. Who is your role model? **My Dad**
2. Famous person you would like to meet? **Evan Longoria**
3. When I grow up I want to be? **A baseball player**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Chinese sweet 'n' sour chicken**
7. Favorite class in school? **Math**
8. Favorite hobby? **Baseball and swimming and collecting Star Wars figures**

Gavin Arancio - Interbay Pool

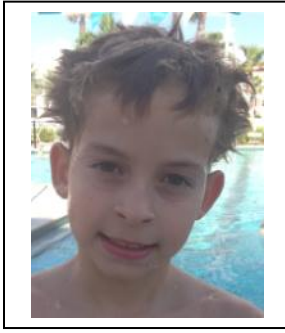
AGE GROUP I



1. How long have you been swimming? **Iv'e been with STAT for 6 months. But learned how to swim when I was 6 months old.**
2. What do you enjoy most at practice? **Practicing my IM**
3. What is your favorite movie? **All Harry Potter movies**
4. What is your favorite type of music? **Top 40**
5. If you had 1,000,000 what would you spend it on? **Make sure I had a good life, and help other people**
6. If you could replace all the water in the pool and fill it with something else, what would it be? **Chocolate!**
7. What event do you like swimming at swim meets? **100 IM**
8. If you could travel anywhere, where would you go? **The wreck site of the RMS Titanic**

Linus Donahoe - Interbay Pool

Continued on next page....



1. Who is your role model? **Jesus Christ**
2. Famous person you would like to meet? **David Price, Tampa Bay Rays player**
3. When I grow up I want to be? **An engineer**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Tacos**
7. Favorite class in school? **PE**
8. Favorite hobby? **video games and riding bikes**

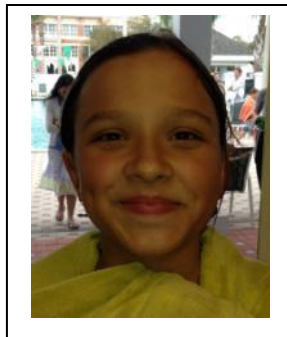
William Bell - Palma Ceia Pool



1. Who is your role model? **Dad, Sue, Mom, Ryan**
2. Famous person you would like to meet? **Carrie Underwood**
3. When I grow up I want to be? **A veterinarian**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Broccoli**
7. Favorite class in school? **PE (with Coach Todd)**
8. Favorite hobby? **Swimming, gymnastics, and reading**

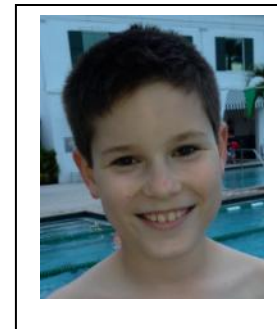
Catherine Vaughan - Palma Ceia Pool

AGE GROUP II & JUNIOR TEAM



Cailin Cannella

1. Who is your role model? **Missy Franklin**
2. Famous person you would like to meet? **Maddie Ziegler**
3. When I grow up I want to be? **Olympian swimmer**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Brendan Hansen**
6. Favorite food? **French fries & hamburger**
7. Favorite class in school? **Reading**
8. Favorite hobby? **Swimming**



Britt Woods

1. Who is your role model? **My dad**
2. Famous person you would like to meet? **Bill Gates**
3. When I grow up I want to be? **Cardiologist surgeon**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **Ryan Lochte**
6. Favorite food? **Fried chicken**
7. Favorite class in school? **PE**
8. Favorite hobby? **Hunting**

DEL RIO POOL



Alivia Cocchiola

1. Who is your role model? **My Mama**
2. Famous person you would like to meet? **Katy Perry**
3. When I grow up I want to be? **A veterinarian**
4. Favorite stroke? **Frog Kick (Breaststroke)**
5. Favorite swimmer? **Coach Kevin and Coach Mike**
6. Favorite food? **Donuts**
7. Favorite class in school? **Recess**
8. Favorite hobby? **Decorating Christmas Trees**

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SOUTH TAMPA AQUATIC TEAM

Follow us on.....

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SWIM LESSON INFO. AT BOBBY HICKS POOL

If you are interested in swim lessons for your child and have not yet signed up, please let us know.
Space is limited!

Session Dates: (Ages 4 1/2 & Older)

Annual Swim Lesson Registration Fee - \$25.00 Per Family

April 7 - April 30 on Monday and Wednesday at 4:30 - 5:00 (8 lessons) - \$100.00 at Bobby Hicks Pool

May 5 - May 29 on Monday and Wednesday at 4:30 - 5:00 (8 lessons) - \$100.00 at Bobby Hicks Pool
(*No Class on May 26, Make-Up Day is May 29 at 4:30)

June 2 - June 25 on Monday and Wednesday at 4:30 - 5:00 (8 lessons) - \$100.00 at Bobby Hicks Pool

July 7 - July 30 on Monday and Wednesday at 4:30 - 5:00 (8 lessons) - \$100.00 at Bobby Hicks Pool

SWIM LESSON INFO. AT INTERBAY POOL

(Ages 2 & Older)

This SUMMER we will be offering FREE Swim Lessons through our Diversity and Outreach Program to swimmer's who are in need of swim lessons. The swim lessons will be offered on Monday and Wednesday Mornings between 9:00 - 11:00 at Interbay pool. If interested or you know of someone who needs them, please spread the word and let us know. We want to make sure all children learn how to swim and be safe around water!

Annual Swim Lesson Registration Fee - \$25.00 Per Child

SIMONE MANUEL: MAKING GOOD ON EARLY PROMISE

By: Mike Watkins

Simone Manuel showed signs that she would one day be one of the world's top sprinters her second day in the pool.

After her mom, Sharron, enrolled her in swimming lessons as a 4-year-old, by the second day of her lessons, Simone was already swimming across the pool largely unassisted and leaving the other kids in the kiddie pool.

“I remember asking her coaches if that was normal for someone her age, and they said no,” Sharron said. “I couldn't have imagined at the time that she would reach the levels she has, but that was a definite sign of her talent, especially at such a young age.”

By age 5, Manuel was swimming summer league with a club in her hometown of Sugarland, Texas, and by 9, she joined USA Swimming. Within a few years, she was swimming with the U.S. Junior National Team, and she made time cuts for her first Olympic Trials in 2012.

Following a strong but somewhat overwhelming meet in Omaha – where she failed to reach the semifinals in either of her sprint events – Manuel said she took a long look at where she was with her swimming and decided to step up her game.

It's what she wanted – not mom and dad or her coach or her friends. It's a decision she made on her own, and it's paying off big-time.

“I learned a lot about myself at Olympic Trials after watching some of the more veteran swimmers,” Manuel said. “I wasn't very happy with my performance, and I reflected upon on the experience.

“I knew I needed to make some changes if I wanted to swim at that same level. From that point forward, my outlook and attitude were completely different.”

The results speak for themselves. Last summer at the Phillips 66 USA Swimming National Championships, where the 2013 U.S. World Championship Team was selected, Manuel outswam her competition once again, earning a spot on the team in the 50 and 100 freestyle.

At World Championships in Barcelona – her first senior-level international meet – she swam the fastest time among U.S. women in the 50 free (making the finals) and helped the United States win gold by swimming a leg in preliminaries on the 400 freestyle relay.

So what does it mean to Manuel to be the fastest female swimmer in the nation? To her, it's not something she thinks about too much.

She prefers to focus on the fact that she still has room for continued improvement and wants only to get better and faster to help the United States women break through the sprint medal barriers at international meets in the near future.

“I will continue to push myself to my limits more in order to keep getting faster so I can help the United States get back to sprint freestyle prominence,” said Manuel, who admits she loved the water as far back as bath time as a baby. “Part of my improvement is just getting more and more comfortable at big meets, and I think I am doing that with each meet.

“World Championship Trials and then World Championships showed me that I am doing just that. I was much more comfortable than I was at Trials, and now I feel when I go to a big meet, I know what to expect from myself and the meet. I got in expecting to make the team or the final or win a medal. My confidence is much higher.”

A high school senior, Manuel said she is excited for the finish of her final year and has already signed on to swim at Stanford University this fall. Before that, she will compete at a few Grand Prix meets this spring and summer before going to nationals to swim to earn a spot on the U.S. Pan Pacific Championships team.

Whatever happens, she said she knows she is on the right path to being a strong force to make her first Olympic Team back in Omaha in two years.

She knows swimming at Stanford with Greg Meehan will help her get there.

“I felt so comfortable with the coaches and members of the team on my visit that I knew Stanford was the right fit for me,” said Manuel, whose older brother, Ryan, is a starting guard on the nationally-ranked Southern Methodist (SMU) basketball team.

“I know working with Greg and his staff will help me reach the levels I want to and know I can. I’m really excited for the future in school and in swimming.”

REBOUNDING FROM A BAD PERFORMANCE

By: Mike Gustafson

Hi Mike,

I absolutely love the articles you write, and I was wondering if you could help me with something. I just came off of my high school state meet and didn't do well. I have worked harder than ever before and pushed myself so much during the regular season, and I was expecting to see results at this meet. I got too nervous and didn't have the confidence I should've, and I ended up missing my goal time by quite a bit. The confidence I did have was shaken and I was obviously very disappointed. Also I'm a junior, and the pressure of getting fast times for college is really getting to me this year.

How do I bounce back from this for my next meet? I have sectionals this week and I really want to showcase my hard work, but I'm afraid that I will dive in and panic again. I know I can go so much faster but my mind is holding me back. Any tips on how to swim a better second championship meet?

-Nervous Championship Meet Swimmer

--

Hi Nervous Championship Meet Swimmer,

I'm sorry you didn't swim as fast as you wanted and deserved. But you have more opportunities ahead, and all is not lost. If success was instantly born from one meet, no one would have motivation to improve. Everyone has bad practices and bad meets. Like a bad practice, you need to flush it and move on.

Easier said than done.

Last night watching the Oscars, I heard quite a few pieces of applicable advice. In particular, Matthew McConaughey's speech was moving and inspiring, and suited for swimmers. So I extrapolated his insightful points from last night's award-winning speech. I think they could help.

Here they are, with a swim-twist:

1. "Have something to look up to."

While accepting his Oscar last night, McConaughey thanked God for giving him that "something to look up to," but I want to be clear, I just think it's important for swimmers to take a moment to step back. Appreciate beauty in sport, and gain perspective. It's more abstract than actually "looking up." Win, lose, or draw, if you find something to look up to -- whether that be God or the sky or how small we are in this vast universe -- simply reflecting and appreciating this sport's opportunities and our relationship to the world around us can relax you and broaden perspective. We both know that swimming will not end war, poverty, crime, or hardship. Swimming will not cure the world's woes. When you take a moment to step back and realize swimming is a luxury and an opportunity -- not a burden -- you won't be so nervous about it. There are millions of kids around the world who would gladly have this opportunity to compete in a fun sport. You don't owe anything to anyone, but if you do choose to spend your time swimming, you owe it to yourself to remember that this is a sport, and sports are fun opportunities.

2. "Have something to look forward to."

McConaughey talked about how his family gives him something to look forward to. I want to use this in the context of sports, and talk about another athlete who used his family to help him: A winter Olympics athlete was asked by an interviewer if he was scared of failure. He noted that no matter what happens in his race, he has a family, and that familial love frees him from worry. And when he's free, he can soar.

Sometimes it's hard to realize this in high school, but your family or loved ones just want to support you -- win, lose, or draw. Use that love as a supporting and freeing thought when you dive in, and it will free your stress. You're already accepted. You already won. It sounds cheesy, but it's true.

3. "Chase someone."

McConaughey told a story. He said at 15, he was asked who was his hero. He said himself "10 years later." At 25, the same person asked who was his hero, and he said himself at 35, 10 years later. He realized he was constantly chasing himself, never able to be the hero he wanted to be, but always chasing that idea. The idea of being your own hero.

Chase yourself, Nervous Swimmer. Be your own hero, someone fearless, someone who steps to the blocks without worry. Imagine who that girl is, what she thinks about, what she says to herself, then go be her.

I know it's a bit silly to use a speech by Matthew McConaughey to talk about swimming, but he gave great advice. Expanding his advice to our sport, I believe this advice can help you rebound from a bad championship meet. Championship meets are a lot of pressure, Nervous Swimmer, which is why it can be helpful to step back and gain perspective. Be humble. Remember that swimming is a sport. Millions of other kids would gladly switch spots with you to have a chance to dive into water to race. Remember that you have loved ones and friends and teammates who don't care if you win or lose, but who just want to see you try your best and enjoy yourself.

And remember that, while times and colleges and accolades and acceptance letters loom, this is a blip on the radar of great things you're about to do in your life -- important things that will make a difference. Enjoy having the opportunity to use your body in pursuit of sport. This is a once-in-a-lifetime opportunity, and not because there is pressure for you to succeed, but because it is an opportunity unlike any other:

A chance for you to chase yourself.

2014 STAT Team Sponsors

Platinum Sponsors



Carlin Construction Inc.

**The Kelly Family
The Taulbee Family**



Gold Sponsors

PINNACLE
HEALTH GROUP



Silver Sponsors

Keller Williams Realty -- Tim Brim

Bronze Sponsors

Monica & Andrew Sams

