



ISSUE #23 P.1 - AUGUST/SEPTEMBER 2008 - TALLAHASSEE, FL.

Summer Wrap-Up

There is so much to re-cap from this summer that it would take a *FOUR* page newsletter, so what needs to be said here is that from our entry level Developmental program to our Olympic Trial qualifiers there was a continuous march toward "PURSUING EXCELLENCE" from all our ATAC swimmers this summer.

It can be very challenging, not only for the swimmers, but also for the coaches in keeping the momentum going right up to the Championship Meets at the end of the summer. "*The faster a swimmer gets the harder it will be to get that next faster time*", so with the way our swimmers ended this summer at their championship meets it was obvious that they kept applying and challenging themselves all through those 5:30 AM practices and that afternoon 100+ heat. I know our League and Novice families kept the Sunscreen business healthy for sure.

We would like to give out the first "*Homework Assignment*" (parents and swimmers) as we start the school year.....Go to the ATAC website and check out the "*Meet Results*" page. It has the pictures and summaries of all the Team accomplishments and is quite impressive. "Team" is the reason we are as successful as we have been. Each level of the program feeds the other. We can't have a successful Age Group/Senior program without a successful Developmental program and vice versus.(how many swimmers have joined because they heard or read about some championship ATAC swimmers?). This is why we would like everyone to know as much as possible about all levels of our program to see not only the opportunities, but also the results of swimmers, parents and coaches working together to prove the "TEAM" approach will always be the most successful approach

NOW what do we do?Everyone has set the standard pretty high from this last summer so we've got our work cut out for us. This, however, is what makes for an exciting, successful and dynamic Team for the future. Currently, the coaches are working with the swimmers on their goals for the coming year, the Parents Boosters are already planning for this next year's Meets and activities and, even with the school time changes, the swimmers are getting their schedules in order as best they can.

FALL is always a pretty hectic time with school (homework etc.), High School swimming, ATAC swimming, *oh, AND yes, dinner*. It can be a challenge, but it always seems to work out if we all use those time management skills that swimmers AND their families have become **expert** at. ATAC swimmers have always been ahead of the game, so to speak, in getting things worked out and I'm sure this year will be no different. With everyone pitching in to make it happen, we will be moving **forward** to even a more successful Fall and Winter season.

As a final note we would again like to encourage all our families from Novice through Seniors to plan your season, keeping in mind that SWIM MEETS (posted on web) are an extremely important part of the successful progressions for a swimmer. We are asking our ATAC families to also set some goals, one being to get to our TEAM MEETS if at all possible. I know Coach Gerry is shooting to have at least one Relay (M&F) in the 8&U and 10&U age groups at away meets. This is something that we need as a **Team** (that word again) when we travel. It also makes it a lot of fun for our newer families to know that there will be more Relays. Talk it up among other families in your swimmers' age groups. It's a great social, educational, as well as developmental opportunity for your swimmers.

Lets have a great Fall season — GO ATAC!

PARENT BOOSTER NEWS

Welcome back ATAC Families for a new season of swimming! We are all looking forward to a great fall of fast swims and fun!

The Volunteer Awards Ceremony will take place at the October 7th Booster meeting. We will award prizes for those with over 50 hours, over 100 hours and over 250 hours!! Take time now to record your hours in the volunteer log book in the team room. We will start recording new hours as of October 1st!

We will continue having our Booster meetings at 6:00 PM the first Tuesday of every month in the gymnastic center conference room. Our next meeting is September 2ND. Please try to attend. If you are a new parent come to the meetings to get first hand updates from Head Coach Terry Maul and the board. We have many parents on hand to assist you in learning a new volunteer position. Once again we will require 10 hours of volunteer service per family from October 2008-2009.

Many thanks to Susie Holmes for running the Summer League Meets and Pat Walker for running the Area 1-4 Meet. Thanks to Maggie Crutchfield for her generous donation of shorts to the JO and Senior Champ qualifiers. Thanks also to the FENNELLS from Thomasville, for their generous donation to the team.

Thanks to all the wonderful parents who have put in thousands of hours to make the year such a GREAT SUCCESS!!

**Sarah Williams,
Booster President**

SWIM MEET UPDATES

DAYTONA TOM KINGSTON INVITATIONAL TEAM MEET

September 12-14, 2008 - Daytona Beach, FL

The entry deadline for the Daytona Meet is **Friday 8/29 by 5pm**. This is an away meet and all entries must be in ON TIME. This is a team meet and everyone is encouraged to attend.

Go to www.swimatac.com for a listing of ALL the Meets (including the High School Championship Meets) coming up. Plan your schedules early.

COACHES CORNER

PRE-SENIORS AND SENIORS:

Coach Maul

The Fall is a time that we like to "prepare" for the new swimming year. This, coupled with the High School swimming season and school in general makes for a very busy period for these swimmers. Consequently, I want to emphasize the need for **Good Habits** in keeping on top of your game, both in the water and out.. Every swimmer needs to plan for the following:

1. Bring a water bottle to every practice (ATAC or H.S.) and USE IT! Re-hydrating is extremely important
2. Be sure you are taking in plenty of good calories during this period, both for the brain (school) and the muscles (swimming)...Go to the ATAC website and click on the **PARENTS** link and go to [Parents Handbook](#) and scroll down to **Nutrition**. This will give you a good summary of what to eat and when.
3. Dress appropriately for the weather. Be prepared for Tallahassee's weather. It can be colder at noon than at dawn on some days. Please, no flip-flops when it's rainy and cold!

ACADEMICS.....Swimmers have historically had some of the best grades, not only across sports, but in comparison with the general public statistics. Yes, this is because swimmers are SMART, but it is also because "Smart swimmers" must learn how to manage their time effectively. Academics, sports, clubs, social activities, etc. can't all be done unless there is a **plan**. Swimmers learn this very quickly, but I would like to encourage that this plan not be based on *trial and error*, but by sitting down and planning WHEN homework needs to be done and WHEN it is time to eat and WHEN it is time to go to bed and rest. A good schedule (cycle) is just as important out of the water as it is in the water. I want you all to be tops in your class to match being tops in the water.

TROUSDELL PRE-AGE GROUP, NOVICE AND FALL LEAGUE:

Coach Gerry and Coach Amanda

It's great to see so many of our summer swimmers join the ranks of the year-round swimmers, as well as sign up for the Fall League. As you may know, it has been a challenge to be able to fit all the swimmers that wanted to continue in the Fall into the limited pool space we have during this time. To date, we are still evaluating how and if we can accommodate any more swimmers. Right now there is a waiting list of [ATAC summer](#) swimmers!

We will be planning for Challenge sets, Timed events, and "Random game days" (which we're sure the swimmers will do especially well at?!), as well as our "Smiley face" awards board.

We realize that getting to the early practices can be difficult, especially with some of the school time changes, but we have to ask that you try to do the best you can to get your swimmers there "on time" ready to swim due to the clock ticking in the one or 1 1/2 hours we have to get what we need done.

Equipment:..... In addition to the obvious (goggles and suit), we are asking all Novice and Fall Leaguers to purchase a pair of "FINS". This tool is great for working on strengthening the kicks and excellent for working on drills. They provide great balance for the swimmers to experience the proper body and stroke positioning. If Sports Authority doesn't have any you can go to www.totalteamwares.com to order some. The two tone regular shoe type fins are recommended.

Nutrition and "Good Habits".....Please refer to Coach Maul's instructions to the Pre-Senior and Senior swimmers above. This all applies to every ATAC group. Additionally, since "dry-land" work is extremely important for all our groups we would like for you to plan for it by having *back-up* clothing, parkas, warm-ups, etc. that can be put on or taken off quickly for when the weather doesn't quite cooperate. Pre-Age Groupers will be doing their Dry-Land after their swimming so something warm and absorbent would also be helpful.

NEWS BRIEFS

CONGRATULATIONS

to **Julianna Heuchan** (8) and **Autumn Bess** (8) for a "1, 2" finish at the Stone Creek Triathlon Saturday August 16th in Valdosta GA. Once again, ATAC swimmers show their **athletic** prowess outside of the pool! **Way to go girls!!**

Check out the website to read about a past ATAC swimmer, **Jason Goltz**, **WINNING** at the **USS MASTERS NATIONALS**. Yes, even our "old" ATAC swimmers are still making a splash!

"STUFF"

- 1) Locker rooms are for changing, not playing.
- 2) Pick up all empty bottles and equipment after practice.
- 3) All swim bags must be "hung up" not thrown in the general vicinity of the hooks
- 4) If you didn't bring a piece of equipment to the pool edge DON'T take someone else's. Get out and get your own (*TEAM* courtesy)!
- 5) Team Room is for studying not wrestling!

FOLDERS

Be sure to start checking your folders regularly again. (*Seniors!*)

PARENT BOOSTER BOARD MEETING

Our next meeting will be Tuesday September 2nd at 6 PM in the Gymnastics center next to the Trousdell Pool.

LABOR DAY SCHEDULE

There will be **no ATAC practice on Labor Day**, September 1st. This is for **ALL groups**: Senior, Pre-senior, High School, Age Group, Novice, and Masters.

Our thoughts and prayers go out to the Crutchfield family. Mac was a wonderful young man. He made our lives brighter each day and was always a helpful, caring friend to his teammates. He will be missed by many.

YEARLY RESOLUTION ...

Come to practice / Go to Meets / Get more "A's"