

OLYMPIC TRIALS RESULTS

ATAC was well represented at the 2012 U.S. Olympic Team Trials June 25 - July 2 at Omaha's CenturyLink Center. Three swimmers - **Scott Fortier**, **Alyssa Yambor-Maul**, and **Cece Williams** swam at Trials for the first time, while **Malcolm Hosford** returned for his second Trials experience. Scott Fortier swam a personal best 2:02.42 in the 200 meter butterfly, placing 52nd overall and earning him a heat win at the Trials. Scott also swam a personal best 1:57.47 in a 200 meter free time trial. Alyssa Yambor-Maul swam personal bests in the 200 meter backstroke in 2:16.66, good for 54th place overall, and in a 100 meter backstroke time trial in 1:05.02. Cece Williams swam near personal bests in the 200 meter freestyle - 2:03.94 - for 71st place overall, and in the 400 meter freestyle - 4:20.46 - for 70th place overall. Cece won her heat in the 200 free. Malcolm Hosford swam a personal best 1:03.94 for 63rd overall. Keep in mind that these placements were "In the Country". USA Swimming has over 300,000 registered swimmers.



The Florida Swim Network was on hand to interview Coach Maul and one of our swimmers, Alyssa Yambor-Maul. Check it out below

<http://www.floridaswimnetwork.com/2012/07/01/interview-coach-terry-maul-from-atac/>

<http://www.floridaswimnetwork.com/2012/07/01/interview-alyssa-yambor-maul-after-her-200-back/>

ATAC TAKES THE GOLD AT TROUSDELL

ATAC comes off a 1st place finish in Panama City and Sunshine State Games to follow-up with a great WIN at our home Invitational this past weekend. This combination of wins is beginning to become

mythical. The Team has made this 3 win Meet schedule for a number of years now. At the ATAC Invitational there were 400 swimmers competing over the three days representing some of the best competition in the Southeast and as far away as Michigan and South Carolina. Although HOT it could have been disastrous if Tropical Storm DEBBY stuck around. Our swimmers swam great. All our parents that helped out did a super job of providing excellent customer service to our visitors as evidenced by the complimentary comments coming from visiting coaches and parents.

The Trousdell Aquatic staff also did an excellent job of preparing the facility and maintaining a clean and friendly venue. We would like for all our parents and swimmers to take a moment to thank Leslie Adams (Aquatic Supervisor) and her staff (Zack) for the great support. If we didn't have this support we wouldn't be able to run such a great meet.

ATAC had 120+ swimmers entered in the meet! We are definitely a BIG and FAST TEAM.

ATAC WINS THE State Sunshine State Games

ATAC took home the overall 1st place team trophy at the Florida Sunshine State Games Invitational on 6/8-10, 2012.

Unlike last year ATAC won decisively this year with great showings from all our age groups and seniors.



ATAC SWIMS TO WIN at Dothan

ATAC Took the visiting Team 1st PLACE TROPHY at the Dothan WATERWORLD CLASSIC on 7/6-8/12. Additionally, there were 15 swimmers taking home Individual High Point awards. These swimmers were; Girls 8 & Under - **Evan Jaynes** 3rd place; Boys 11-12- 4th place **Alex Caspary, Tristan Sanders** 6th place, **Parker Brown** 7th place, **Ryan Rumana** 8th place; Girls 11-12- **Caroline Lunny** 5th place, **Kyndall Cardoso** 6th place; Girls 13-14 - **Tara Stevens** 2nd place, **Olivia Etheridge** 5th place, **Caroline Zapert** 7th place, **Nino Stvilia** 8th place; Boys 13-14- **Elijah Harris** 3rd place, **Thomas Stephens** 6th place **Christopher Holmes** 7th place. Senior Girls- **Megan Walker** 8th place.

This is a meet ALL our DEVELOPMENTAL/LEAGUE swimmers should try to attend. Not only is it a great competitive fun weekend, but FREE and EXCLUSIVE use of the Water Park is definitely worth the trip! A GREAT WEEKEND VACATION (Oh...and a swim meet to go along with it)!! Everyone's a hero on this weekend. Mom and Dad look good and Jr./Missy swim great!!

Great TEAM efforts ATAC!

As many of you know, I have been promoting that when we travel, we would like to travel as a TEAM. The Panama City Invitational and Sunshine State Games, ATAC Invitational and Dothan showed what our team can do when we work together. Traveling to out-of-town meets not only exposes our swimmers to new and exciting competition, but also develops camaraderie and a sense of pride for being a part of a winning TEAM tradition. Additionally, and more importantly, it also educates our swimmers on the value of caring for others (teammates) and striving for excellence through teamwork and support for each other. A great example of this is a Relay. There's no better way to expose our young swimmers to the benefits of TEAMWORK than to be able to have them swim a relay with 3 other teammates. This experience is something that not many of their peers either experience or learn from until later in life.

If we don't have the swimmers to fill out a relay, however, this successful experience can't be realized, so I would like to again encourage our ATAC families to show their support for their ATAC teammates and make every attempt to make it to our out-of-town meets.

NOTE TO SUMMER LEAGUE FAMILIES:

You may not think your swimmers are "ready" to go to an out-of-town Meet, BUT THEY ARE! Talk to your coaches about it. Once your swimmer makes a trip and has all the fun that goes with it, they won't look back (and their smiles will make you forget about your wallet.... The smile is PRICELESS)

GO ATAC!

BOOSTER NEWS

We are halfway through the summer. The Long Course Meet was a great success. Many thanks to Gaynell Brown, Mara Rumana, Patty Dehner and Lisa Simpson in Hospitality, to Tom Brown, Leslie Dewey and Granger Russell on the Console, Rudy Pereda, Sarah Williams and Trey Thrasher on the Computer; our officials Alec Kercheval, Tom Jacobs, Richard Stephens, Doug Garthwait, Cris Williams, Lofley Hinson, Kirk Whitaker, Sarah Williams, Jack and Barbara Goltz, Gambhir Shrestha and head officials Jon & Silky Labie; Amber Le Doux for organizing the Team Awards and sticking labels on all the award ribbons; Alicia Joyner who arranged for the High Point winner and runner-up towels, to all those who made a dish for hospitality or concessions, those who volunteered in concessions and hospitality, and all of those who volunteered to time. I would also like to give a special



thanks to Brian Barnard's Flooring America who provided huge fans to help keep the officials and timers cool. The running of these big meets takes many volunteers and you are all greatly appreciated.

We still have three more summer League meets. These are great opportunities for parents of younger kids to come out and begin to learn how to do these things. Many of our seasoned parents have kids who are entering 12th Grade and we are in desperate need of people to learn to come in behind them for the continuation of the team.

Our next Board meeting is Monday, July 9th at 5:30 pm in the team room. All ATAC parents are Booster members and we would love to see you. We will be discussing the Area 1 & 4 meet and the parent party.

--Susie Holmes

COACHES CORNER

NOVICE AND LEAGUE NEWS: (Coach Gerry and Coach Amanda and staff)

Working to develop Good Habits has been our goal and we are seeing a great number of the swimmers making the changes necessary.. Way to go Swimmers!

DISQUALIFICATIONS....As we mentioned in our first "League Bulletin" disqualifications will happen as our newer swimmers enter the different strokes in our League Meets. Swimming technically correct takes time so these recent disqualifications should not be something to stress about. They are information notices for the swimmers and coaches. We use this information to work with the swimmers on correcting the strokes in practice. Swimming in a meet is a lot different than swimming in practice, since there is so much excitement in Racing. Consequently, our newer swimmers really RACE great, but haven't all developed the proper technique as a "habit" and so the emphasis is more on getting to the wall 1st without too much concern on "how" they get there yet. Not to worry, this is very natural and is expected. As time goes on the strokes will improve.

We would ask, however, that if your swimmer was disqualified in a certain stroke that you ask your coaches if your swimmer is ready to enter the event again with a good chance of not being disqualified? Since we have 5 League meets in a 9 week season it's obvious that new swimmers will only have had contact with the new strokes at this time, but being completely proficient at them may not be there yet. The more they experience both the drills in practice and the "controlled" excitement of a Meet, the quicker they will really master the strokes.

SWIM MEET UPDATES

- [ATAC/THOMASVILLE INVITATIONAL \(6/25/11\) – Thomasville YMCA](#) Congratulations to our Thomasville ATAC swimmers and parents for the great meet and providing more opportunities for all our swimmers to compete and have fun!
- [SECTIONALS \(7/12-15/12\) – Ft. Lauderdale FL.....](#) ATAC will be sending a contingent of ATAC swimmers to this Southeastern Regional Championships, which is one of the stepping stones to the US Nationals, and will be swimming against some of the best swimmers not only from the S.E., but from the country. Coach Maul is looking for some great swims.
- [FL. AGE GROUP CHAMPIONSHIPS \(7/19-22/12\) – Gainesville.....](#) There will be aprox. 30 qualified ATAC swimmers for this Florida Age Group State Championships. We also have a number of “new” qualified swimmers this year, which is great to see!
- [FL. SENIOR CHAMPIONSHIPS \(7/26-29/12\) - Sarasota](#) This is the State Championships for our swimmers 15 and older. This is also a meet we have won (State Champs) in the past. ATAC hopes to score big once again, but it takes a team effort so Coach Maul is encouraging all swimmers that qualify to attend and support the Team’s efforts.
- [AREA I-IV CHAMPIONSHIPS \(8/4-5/12\) TROUSDELL POOL.....](#) This is the end of the season TEAM Championships for all non-Junior Olympic qualifiers. This is a meet that we need all our year-round and League swimmers to attend. Every level of our program has an end of the year championship to shoot for. This is one that all our swimmers that have not qualified for J. O.’s need to plan for. We want to have as many relays as possible so our swimmers can enjoy the camaraderie that comes with this type of event. We also want all our swimmers to experience the excitement of representing their TEAM in a championship environment. PARENTS, help us realize this goal for your swimmers by being sure to sign your swimmers up when the entry forms hit the folders. Swimmers that have some J.O. times, but not in all events should also plan to attend. Summer League swimmers should be planning for this Meet also. If you have any questions on “what” to swim, however, your coaches will be more than happy to help you choose.



FOR COMPLETE INFORMATION / RESULTS / MOTEL INFO., etc. go to www.swimatac.com and click on SWIMMER, then Meet or hotels.

NEWS BRIEFS

- FLORIDA AGE GROUP CHAMPIONSHIPS (J.O) SPIRIT PARTY....TBA
- ATAC AREA IV AND END OF THE YEAR NOVICE AND LEAGUE PARTY"..TBA This is our end of the League Season Party and also our Spirit Party for the Area I-IV Championships held here at Trousdell on August 4 & 5. This is a meet for all our League swimmers. It is Short Course, which is what they are practicing in currently. We need a TEAM EFFORT in participations so mark it on your calendars now.
- LOCKER ROOMS..... Please be sure you secure your belongings while at the pool. There are a lot of people in and out of these changing areas and if your clothing and valuables are out in the open there is a chance they will go missing. We recommend you keep any valuables at home and your cell phones either locked up or in your bags on deck.
- -Pick up your mesh bags. Frances has had to carry numerous bags from the front of the locker rooms to the back hooks. If this continues (leaving bags in locker rooms or in front of the locker rooms) the City will (and should) disallow us from leaving bags at the pool. This is an ongoing irresponsibility that needs to be rectified.
- FALL REGISTRATION (Year-round Pre Age Group, Novice and League)..... Although we are still in the middle of the summer, we need to get ready for the FALL SEASON. We will be sending out an e-mail as well as a Flyer to all YEAR-ROUND and SUMMER LEAGUE swimmers asking that they make a commitment to the scheduled times and days listed on the flyer. Please be aware of the need to be responsive to any of the deadlines listed and get your requests in early. Completing the Flyer BY THE DEADLINE LISTED is critical in order to insure we maximize our lane space and coaching assignments appropriately. We will be sending out the practice times shortly and it looks like we will have three different time offerings for our League Bronze and Silver swimmers, which hopefully will work just right for your swimmers.

SUMMER LEAGUE SWIMMERS....

Now that you have had a "taste" of competitive swimming and have shown real progress in perfecting your strokes we would like to encourage you to continue with your swimming to develop those "habits" we have been talking about. In addition to our 4 day a week offerings in the Fall we will also be offering a TWO DAY a week program for those swimmers (Bronze only) that want to keep their swimming up, but also have a lot happening during the school year. Also, please keep in mind that our Novice program offers multiple days for attending practices, but attendance at all practices is not mandatory. We obviously would like to see the swimmers every day, but we also want to keep it fun for them and staying involved in their "other" activities and school programs is part of it.

After Thanksgiving we will once again have access to the Wade Wehunt Pool in Myers Park pool under the bubble and will have this pool until next summer. This too can be an option.

YOU ARE THE FUTURE OF ATAC AND YOU TOO MIGHT MAKE THE TRIP TO OLYMPIC TRIALS LIKE OUR OTHER PAST SUMMER LEAGUE GRADUATES DID THIS YEAR..... SO STICK WITH IT!

NOTE: General public registration will take place after this time to fill any empty spots so please insure that your swimmer has a spot.

NEW YEAR's RESOLUTIONCome to practice / Go to Meets / Get more "A" TIMES

Newsletter Credits

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