

## **GETTING PARENTS INVOLVED AND "ON THE TEAM"**

**ATAC** has become a very large, successful team and with that comes many more intricacies of how a program of this magnitude works to be as successful as it is. As has been mentioned many times, our volunteer Parent Boosters are working full-time (literally) in providing support services for our swimmers. This is an area where we have encouraged all our parents to get involved. New or veterans, there is a way you can make your swimmer's experiences, as well as their teammate experiences, that much more fulfilling and successful. It is also an area where you can learn just how ATAC works from the Booster end. Keep in mind also, that the monthly Parent Booster meetings are open to all parents and are another way to see firsthand everything our Booster organization is involved with in helping your swimmer pursue excellence. We have also tried to keep you apprised of ATAC functions and activities through the various media sources we have (News Bubble, E-mails, website, etc.).



Additionally, we arrange for periodic **General Parent meetings** where **Coach Maul and his staff will give you an update on where the program is at and where it is headed in the future.** They will also cover **the philosophy of the team, the Parent/Coach/Athlete formula for success, physiological changes your swimmers are going through and their impact on their training and why, and the how and when a swimmer is ready to advance to the next level in the program.** We have opted to handle these meetings aimed at specific groups, since how the Age Group and Novice programs operate are different than how the Pre-Senior and Senior programs do.

Since we are coming into a new year we are again going to hold these meetings in January in two groups;

**NOVICE / PRE-AGE GROUP / AGE GROUP PARENTS MEETING  
Saturday, January 7<sup>th</sup> at 8AM (tentatively)**

**PRE-SENIOR and SENIOR PARENTS MEETING  
Saturday, January 21<sup>st</sup> at 8 AM (tentatively)**

**LOCATION TBA**

Finding the right time, date and **space** for these meetings is difficult with all that is going on so we have scheduled them in such a way that we hope at least one parent can attend. They are scheduled two hours before the Pre-Senior and Senior practices end, one hour before the Age Group practice ends and one hour before the Novice and pre-Age Group practice begins. We ask that only parents attend to keep the meetings manageable and leaving time for questions and answer periods. Coach Maul feels that these meeting are **extremely important for parents**, especially as swimmers become more dedicated and successful in ATAC. Knowing why ATAC has been as successful as it has

been and why parents need to know how the program will be conducted can answer many of the questions that develop in a long term sport like swimming.

We would like to encourage these meeting as something MANDATORY in your planning so you have as much information as possible in supporting your swimmer and ATAC in general.

We will send out the LOCATION for these meetings once we have a confirmation.

## PARENT BOOSTER NEWS

In November we held a developmental meet at Jack McLean, I would like to thank all of those parents who volunteered to help. These meets cannot be run without volunteers who fill many jobs including: operating the computer and console, officiating and timing. Our next developmental is schedule for December 17<sup>th</sup>. At this meet we will have our holiday cookout (look for list of items to bring) and goodie bags for the swimmers.

**As a housekeeping note please check the results as they are posted during the meet. It is much easier to fix any discrepancies at the meet than a few days after the meet by which time the results have been sent in. the Team can also be monetarily fined if the results are not posted correctly, so please help us out on that end also. Also be sure to check emails and the website for entries and psych sheets rather than waiting to see the heat sheet and discovering the error then.**

We are still in need of volunteers to co-meet manage the league meets in the Spring. If you have a child who is likely to swim at these meets and you are interested please contact Susie at [sscsholmes@embarqmail.com](mailto:sscsholmes@embarqmail.com).

Our next Board meeting will be **December 20th** at 6:00 pm in the team room. We will be working on the preparations for the Mac Meet in January. All ATAC parents are members of the parent booster organization, and we encourage you to join us at our monthly meetings.

~ Susie Holmes, ATAC Booster President

## **COACHES CORNER:**

Just as a continuing reminder.....If it is cool out be sure your swimmers wear warm clothing AND SHOES, not flip flops. We will continue with Dry-Land so having some warm sweat shirts, pants or parkas handy is important. Another helpful hint for the swimmers is that once they are done with practice (in the water) they are still generating heat from their work-out so the quicker they exit the pool and head to the showers or get their dry-land clothing on, the warmer they will be from the pool to the shower.

It's an interesting site to see a bunch of swimmers exiting the pool with smoke (steam) trailing them. Their bodies are still staying warm, since they are still radiating heat from the work-out. You won't see this, however, if they hang around in the pool too long. Then it's a bit more challenging for them!

ALSO.....Remember, the swimmers are warmer than the coaches! The water is 81 degrees!!

## **SWIM MEET UPDATES:**

- **HIGH SCHOOL SWIMMING – ALL OVER THE STATE!....** WOW! ANOTHER GREAT year for ATAC swimmers representing their High Schools. There are so many highlights it would take up the whole News Bubble. The fast swimming at all the Districts, Regionals and States by our swimmers was tremendous up to and including three individual State Champions ( Alex Merritt - 100 Free, Alyssa Yambor-Maul – 100 Fly and Delaney Barnard – 50 Free ), 2 State Champion Girls Relays (Chiles) and capping it off with the CHILES GIRLS taking home the overall STATE CHAMPIONSHIP by over 100 points! C O N G R A T U L A T I O N S ATAC high School swimmers!
- **FALL LEAGUE DEVELOPMENTAL #2 (11/19/11) – Jack McLean Pool.....** We had 85 swimmers attend our Fall Developmental with a great many new faces competing, which was great! Although there were 80% best times recorded, which is tremendous, we also had some great races and efforts without "Best Times". As we have said many times, it (best times) won't happen every time and in some cases it may not happen for a period of time. That's O.K! It WILL happen! All our swimmers have really shown the type of dedication in practice (and attendance) that we, as coaches, KNOW will cause the bottom to fall out (times dropping) for each swimmer. Swimming is a long term sport where PATIENCE is something every swimmer (parent) at every level must practice as well as swimming up and down the pool. An important aspect of Pursuing Excellence and seeing improvement, however, entails going to meets and PRACTICING racing. Just because it "has been a while" since the last meet attended does not insure best times. Meets are different than practice and have to be experienced multiple times to perform optimally. Relaxing, preparation between races, STRESS, etc. have to be managed over time so "going to meets" is practicing how to do this for the best possible results and those sometimes elusive "Best Times"....We would like to encourage all our swimmer families to make every effort to develop a reasonable Meet schedule for your swimmers in order for this progressive approach to success having the best opportunity to evolve. Talk to your coaches if you would like their input in this area.
- **GATOR INVITATIONAL (12/2-4/11) – Gainesville....** ATAC sent 43 swimmers to the 2011 Gator Swim Club Holiday Classic, which took place at the O'Connell Center Pool on the campus of the University of Florida in Gainesville on December 2, 3 and 4, 2011. This was a fast, crowded, and competitive qualifying meet with over 1000 participants and teams from across Florida, Georgia, and South Carolina, including some College teams. ATAC placed 13th out of 45 scoring teams. Competition was fierce, but ATAC swimmers had some great swims!



- **HOLIDAY DEVELOPMENTAL and PICNIC (12/19/11) – Myers Park under the “Bubble”**...Not only is this a good time for ALL our Swimmers to come together (swimming, timing, cheering teammates, etc.), but also to get up and race for best times, perfecting technique or taking another shot at a championship qualifying time. It's the holidays so come on out and have some great swims and eats.

Go to [www.swimatac.com](http://www.swimatac.com) for a listing of ALL the Meets (including the High School Championship Meet dates) coming up. Plan your schedules early.

## **NEWS BRIEFS:**

- **ATAC “OFFICE” NEWS....Remember you should have returned the 2012 USS Swimming form and payment (payable to ATAC). You won't be able to swim in January without having done this.**
- **CHRISTMAS HOLIDAY PRACTICE / BREAK SCHEDULE... From 12/22 through 1/4 ....There will be no practice for HIGH SCHOOL, PRE-AGE GROUP AND NOVICE.. (Those Pre-Age Groupers alternating days in Age Group may come to all the Age Group training from 12/27-30 & 1/2-4)**

### **AGE GROUP HOLIDAY SCHEDULE**

Dec. 19 – 21... Regularly scheduled practice (5:15 – 7PM)  
 Dec. 22 – 26... No Practice  
 Dec. 27 – 30... **3:00 – 5:00 PM**  
 Dec. 31 - Jan. 2...**NO PRACTICE**  
 Jan. 2 – 4... **3:00 – 5:00 PM**  
 Jan. 5...Regularly scheduled practices start for the winter season

### **The PRE-SR. / SR. Christmas Training will be as follows:**

Dec. 19 – 21... Regularly scheduled practices  
 Dec. 22 - 23 ... AM: 6:00 - 8:30 / PM: 3:00 - 5:30  
 Dec. 24... (AM only) AM: 7:30 - 10:00  
 Dec. 25... NO PRACTICE  
 Dec. 26 – 30...AM: 6:00 - 8:30 / PM: 3:00 - 5:30  
 Dec. 31...(AM only) AM: 7:30 - 10:00  
 Jan. 1... NO PRACTICE  
 Jan. 2 – 4... AM: 6:00 - 8:30 / PM: 3:00 - 5:30  
 Jan. 5... Regular practice schedule begins

- **CONGRATULATIONS** to all our High School swimmers! Check out the bulletin board for all the details.