



NEWSLETTER



2013-2014 ATAC SWIM TEAM PHOTO: Annual Intra-Squad Meet on September 28th, 2013. The Blue Team edged out the Black Team by just 8 points – 1249 to 1241! Great job to Everyone and a special thanks to our new ATAC president, Fernando Suarez for the photography.

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IMPORTANT DATES:

- RACE BB/B/C Meet . Nov. 2-3
- ATAC A Meet:Nov. 8-10
- Sweet Tomatoes Restaurant Fund raiser Nov. 11
- COR Classic A Meet..... Dec. 6-8
- Gulf Senior Champs Dec. 6-8
- RACE BB/B/CDec. 14-15
- Holiday Party1/25/14

WELCOME TO OUR 2013-2014 SEASON ATAC FAMILIES!

We are very excited to welcome back our returning swimmers, and welcome our new swimmers to ATAC! The new season has started off in an exciting way! We are making new, life-long friends, we held our annual intra-squad meet and ordered our cool new team shirts. Currently, we have around 126 swimmers in ATAC, with a few new swimmers expected to join our team program soon. As you may know, ATAC is known throughout the swim community for our attention to technique and individual swimmer focus, and we're highly respected due to our coaching staff!

Please enjoy our quarterly newsletter. And, if you have anything you'd like to see in the newsletter, please send them to our Communications Director, Kim Brown at info@atacswim.com

With all the choices you have, I want to Thank you for choosing ATAC Swim Club for your family's swim team!

We're here for you, because of you....

Fernando Suarez
president@atacswim.com



VOLUNTEER UPDATE:



Each family is required to participate in the volunteer system, even if your child does not participate in meets, in a minimum of FOUR volunteer units per year, by participating in one of the ATAC hosted meets throughout the season, or other approved sanctioned event. IF you choose to volunteer (8) or more sessions, you will receive a credit of \$100 towards your annual registration fee for the 2014-2015 season. If you choose to not serve, you will be charged \$50 per unit not served, up to a fee of \$200 for the season. Refer to the member handbook for more details.

ATAC Is hosting our FIRST swim meet of this season on Nov. 8, 9, and 10th (2013) and we need your help! Sign-ups for volunteering are already on the ATAC website so make sure to sign up today!

FUNDRAISING UPDATE:



Everyone needs to eat dinner, so why not go to Sweet Tomatoes and support ATAC in the process! Feel free to invite family and friends and make sure to share the Flyer with everyone to bring with them when they come for dinner!

Sweet Tomatoes will donate % of sales generated by your organization. Purchase a meal and a beverage* and enjoy a great meal and help ATAC.

All participants must purchase a beverage with their meal in order to receive credit towards the organization. Under no circumstances are flyers to be handed out in the restaurant, parking lot or vicinity. Must present this flyer at time of purchase.



Monday, November 11, 2013
5:00 p.m. to 8:00 p.m.

AT THIS SWEET TOMATOES
LOCATION:

Addison
15225 Montfort Dr.
Dallas, TX 75248

DOWNLOAD THE FLYER:

<http://www.teamunify.com/ntatac/UserFiles/File/FunRaiserFlyer.pdf>

FINANCIAL UPDATE:



Membership is considered a year-round ongoing obligation in order to ensure that the team is able to meet its financial obligations. Please refer to your member handbook on specifics to the financial policy of ATAC. If you decide to terminate your membership with ATAC, you must provide written notice to the President or Treasurer at least 30 days prior to the termination. Contacting your coach is not sufficient notice.

ATAC Swim Club, Inc is a 501c3 non-profit organization run by a volunteer Parent Board of Directors. The Board works hard every year to balance the budget while providing a positive personal experience for the ATAC family. Dues alone do not cover operating expenses of the swim team; thus, additional tax-deductible contributions are needed. As such, fundraising is a must for ATAC and all swim teams. Money obtained from fundraising efforts is put into a general fund to purchase additional items that help the swimmers and coaches in their training programs and for sponsored ATAC events.

In order for ATAC to be successful, we must all work together as cooperative team members. This includes the swimmers, coaching staff, parents, board members, and the local community. Our goal is to provide the safest and most positive experience for all members of ATAC Swim Club.

ATAC holds a Swim-A-Thon every other year. Since ATAC held a Swim-A-Thon last year, the team will need to replenish its funds through other fundraising efforts this year. The Board is asking each family to commit to raising \$150 towards this year's 2013-2014 ATAC ANNUAL FUND CAMPAIGN. ATAC will provide different fundraising options throughout the year to help your family reach the \$150 goal. Fundraising efforts may be achieved by purchasing advertisements on ATAC sponsored meet programs and our team website as well as other opportunities that will be announced in the near future.

If your family chooses not to participate in the fundraising opportunities offered by the team, we ask that you make a tax deductible donation of \$150. We will provide you a letter of your donation for your records.

Thank you for your support in making ATAC Swim Team the best team in Texas!

Fernando Suarez
ATAC Team President



Averie Elkhay



Jackie Thomas



Chris Sanborn



Caleb Brown

**BIRTHDAYS:**

Happy Birthday to those swimmers celebrating birthdays in August, September, and October!!

Future Champs:

Austin Castro
Lilianna Marshall

White:

Elijah Crenshaw
Samantha Goldberg
Shreya Ram
Kathryn Stevenson

Aqua:

Grace Olden

Blue:

Pamela Arias
Audrey Childers
Samuel Gambow
Kai Joshi

Black:

Josue Colmenero
Averie Elkhay
Jaclyn Goldstein
Logan Krohn
Matthew Ospina
Neel Pochareddy
Geena Wang

Senior D:

Aja Bilodeau
Alex Ferguson
Sharon Jiang

Senior:

Grace Fechner
Geraldyn Lam
Christopher Yienger
Maria Yienger
Teresa Yienger
Patrick Yienger

SWIMMER SPOTLIGHT:

Averie Elkhay (Black) - Averie just tried out for All City Orchestra and made First String Violins. She was chosen from her Middle School, Marsh. We are so proud of all her hard work. She is working towards a chance to go to Booker T High School with her music. Also, Averie was sad to see her only brother leave for the Army this summer, but she is sweetly writing many letters to support the grueling Army training. She will travel in November to attend his graduation. Averie is a very proud sister!

Jackie Thomas (Aqua) - Jackie is singing in the Children's Chorus of Greater Dallas in Concert!

Chris Sanborn (Sr D) - Chris is a 9th grader at Hebron High School and a member of the varsity team.

Caleb Brown (Sr D) - Caleb is a 10th grader whose Robotics team finished First Place Overall BEST in the BEST Robotics competition in Fort Worth. The team continues on at Regionals Nov. 8th-9th.

SUMMER-TIME COMMUNITY SERVICE:

Jackie Thomas (Aqua) - Jackie participated in Mission Possible, a week-long service project sponsored by the Dallas Diocese. Mission Possible consists of youth groups from different parishes throughout the Diocese that volunteer their time to local organizations that help individuals and families in need. Jackie was also a Youth Volunteer at All Saints Catholic Church's Vacation Bible School. Jackie had a lot of fun being a Youth Leader in the preschool group and found it rewarding helping the Adult Volunteers.

Chris Sanborn (Sr D) - Chris volunteered a lot this past summer for YMSL (Young Men's Service League) Plano Chapter. Volunteer hours were spent at: Plano Community Home playing BINGO with the seniors, Seven Loaves Pantry, Rainbow Days Camp for homeless kids, and Central Market Thrill of the Grill.

Caleb Brown (Sr D) - Caleb went on a missions trip to Shepherd of the Ozarks in central Arkansas. His youth group worked on a community center in a nearby town, where they scraped, primed, and painted the entire center. He also volunteered at Christian Community Action in Lewisville with his honor society group.

We are very proud of our swimmers, not only in their swimming abilities, but also in the many activities they are involved in at school, church, and their communities. We would love to have more people submit stories for future newsletters, so that we can get to know each other better, as well as celebrate our swimmer's accomplishments outside of swim.



COACHES CORNER:



Coach Brandon

FUTURE CHAMPS:

What a great start to the new season. We have a lot of new faces in the water and Coach Casey and Coach Brandon are enjoying watching them develop into such strong swimmers. The Intra-squad meet was a great success with some excellent showings.

In practice we've been concentrating on the basics of freestyle, backstroke, butterfly kick and breast stroke kick. And most importantly, streamlines. We are seeing a lot of streamlines, now its time to see them every time.

As we approach the Dallas Mustang Haunted Hat meet, we have been working hard on dives and meet starts. We will continue to work on all of these skills while keeping that most important element of fun involved every step of the way.

In keeping with that all important element of fun, it is always important for parents to continuously congratulate their swimmer after every swim. The coaches will do the same and continue to help them improve, but its an accomplishment every time a swimmer finishes a race, and that always deserve a "good job" from everyone.

~Coach Brandon



Coach Casey

WHITE:

I just wanted to take the time to say how well white group is working. The past few weeks we have been working on the basics for all 4 strokes re-teaching and starting from the beginning for all the strokes to make sure everyone knows how and what the strokes are. The past two weeks we have really been working on our breaststroke and the breaststroke pull outs which is one of the hardest strokes to learn. This week we are moving on to free and back flip turns and we will continue working on all 4 strokes to make sure they still progress. I'm very excited for the first meet of the session and hope to see all of my swimmers at the meet. Swim meets are a good way to make new friends and to have fun its also a way we can tell how well the swimmer is doing and what things we still need more work in. This week we will prepare them for the meet by working Meet prep things, such as knowing what the whistles mean at the start, knowing how to finish properly and having good sportsmanship by staying in the pool until the last swimmer in your race finishes.

As parents I would like to see you praise your swimmer no matter how they finish a race. Let's keep this a positive experience for our kids.

~Coach Casey



Coach Johanna

AQUA/BLUE:

We have a very strong Aqua and Blue group this season. Several swimmer's on the cusp of A, BB and B times. I am really excited for this upcoming season. I have been really pleased with attendance so far. Let's keep up the good work. Consistent practice is important for fast swimming. The older and faster you get the more consistent you need to be. I am please with so many of you sticking to 3-4 times a week. Remember if your goals are higher you are going to want to come more and more. I've never seen anyone get BB times without 3 days a week of practice. For those of you trying for A times think 4 times a week!

Meet season is kicking off this weekend and I want to wish everyone good luck. These first few meets are about establishing times for all our races. Swim as many races as you can. I am looking for good technique as well in these first meets. I want to see proper streamlines, breakouts, and proper strokes. Ugly swimming will only take you so



COACHES CORNER cont'd:



Coach Johanna

far and then you have to fix your problems to go fast. For those of you that are fast with ugly swimming just think of how much faster you can be! I can't wait to see everyone show off all the work they have done.

I do want to highlight my Hardcore attendees that have 80% of better attendance since the start of the season

Aqua Group:

Kylie Rickard with 100% attendance

Ellis Yang with 98% attendance

Blue Group:

Kevin Grant 97% attendance

A few of you are right on the edge of 80% so keep up the good work.

~Coach Johanna



~Coach Sherry

BLACK:

Our first real meets of the season are this weekend and I am so excited to see everyone swim. Some are in the DM Haunted Hat Meet at Loos Saturday and Sunday, and some are entered in the Mars Pentathlon Meet on Sunday in Grapevine. Remember, this is the first meet of the season and you probably won't get all best times, but it is the opportunity for me to see what you can do and what we need to continue working on. Any best times will be outstanding!

I initiated the Bead Program for all swimmers in the Black Group. They will earn beads for their attendance, entering meets, best times, swimming events that challenge them and many other ways to add beads to their string. They need to tie their strings to their swim bags and always have them on Tuesdays so they can add beads they earned for the previous week.

I want to congratulate Neel Pochareddy for having 93% attendance over the past month (Sept 3-Oct 15), Maggie Gibson with 83% attendance, Caroline Small with 90% attendance, Gwyneth Lonergan with 90% attendance, and Geena Wang with 86% attendance. I hope to see many more names in this list in the next newsletter!

GO ATAC, Let's have a couple of awesome meets this weekend!

~Coach Sherry



Coach Chris

SENIOR UPDATE:

We are off to a great start on the short course season with a lot of excited, eager swimmers who are coming off a very successful long course season. In our final meets of the summer we had a large number of committed seniors who dropped times from their personal bests in swim after swim. In those meets we had two new team records and 17 new "A" times with at least a half dozen more swims that were "almosts". I know we had a number of athletes that were unable to complete the season who probably would have had the same success.



COACHES CORNER cont'd:



Coach Chris

It's evident from the first six weeks that we have an even larger group of committed swimmers that want to swim fast this season. We have been building volume and intensity with a lot of emphasis on proper swimming and turning mechanics. The groups seem very willing to make changes that will allow them to move through the water easier and faster as the season progresses. These changes require a great deal of concentration for thousands of repetitions to become ingrained as new habits. It's exciting to me as a teacher of proper strokes to have so many of them accept and practice newly learned skills. I hope I am gaining more "students of the sport" with their learning more who's, what's, and why's of the sport, and with that knowledge, applying it to help them become better.

We have already had a Team Together practice and an Intrasquad Meet which I have turned over the younger swimmers to them for guidance and leadership. I have truly appreciated the effort and enthusiasm with which they have shown in both of these activities. The interaction and support they have shown makes me very proud of the type of individuals we have that make up this team. And, we have some pretty creative and sincere teachers of our sport. It also gives them an idea of the challenges a teacher/coach has in getting concepts across to young people. It also gives them the rewarding feeling that come along with helping those people improve.

We have a couple of challenges I see that we will have to deal with to enable our swimmers to have a successful season. One is the limited number of racing opportunities we have due to the meet schedule. I see only three meets for each individual before Christmas. The first is the upcoming Pentathlon Dual Meet at Grapevine on October 20th and then there will be one meet for each of the "A" swimmers and the "BB" swimmers in November and December. I hope all the swimmers will take advantage of each of these meets for the experiences gained from competing to see where they are in their training as well as the motivation to step up their training from each of those opportunities.

The other challenge will be to keep our training consistent during an approximately ten day shutdown of the Greenhill Pool for some badly needed repairs. These repairs now have to be done before the pool is forced to be closed due to mechanical issues. I have been told this will take place either October 29th thru November 10th (I have let them know this would be our preference) or November 20th thru December 1st. The later date would affect the entire team and not just the senior groups. I will keep everyone posted.

The Southwest Preparatory Conference swimming schedule begins on Monday, November 11th which affects our swimming schedule slightly each week. Those times will be posted on the ATAC web site. Also, beginning in December there will be dates where we have to move to Loos for earlier practices due to Greenhill hosting high school meets. I will send weekly updates to the swimmers about those changes. If your swimmer is forgetful you may want to ask them to print it out weekly or forward the schedule I send each week to one of the parents.

~Coach Chris