



In Pursuit of Excellence

ATAC Minutes – January 14, 2020

Meeting was called to order at 5:32PM. Approval of the agenda and minutes were made.

Coach Terry's Program Update:

Coaches have spent much time re-evaluating the novice and age group programs in order to create a functional program that meets the needs of both swimmers and coaches. The goal is for swimmers to experience a seamless progression as they are promoted to new groups.

The decision has been made by coaching staff to eliminate the Pre Age group starting the Monday after Mac Meet (1/27). Instead there will be Age Group I and Age Group II. Age Group II will be those swimmers previously in Pre Age and they will practice 4:45-6:00 Monday-Friday with Saturday practice schedule still to be determined. Age Group led by Coach Peter focuses on more yardage, volume, intensity, and interval training. Coach Amanda will continue to work on developmental skills with the Gold, Silver, and Bronze groups.

Additionally, group promotions will now occur in May and August (eliminating January). Swimmers will remain in their assigned group for the school year. The purpose of this decision is to allow the swimmers to get the maximum training out of each group before promotion. Factors considered prior to promotion: good attendance; attending meets; consistency of positive attitude; and swimming in the top lane at the fastest interval.

Coach Terry also discussed the expectations of performance. In order to see improvement, novice should be attending three times a week and age group should be attending 80% of practices. Please talk the coaches if you have performance concerns related to your swimmer. As a related topic, he believes all kids can learn to focus and overcome issues with focus/concentration. The program does focus on the details, not just yardage. It is not enough for a swimmer to just show up; they must work to take responsibility for their success.

Coach Terry is attending the Knoxville meet with four swimmers this weekend. This is a change due to it being an Olympic year and these swimmers are on track to possibly earn an Olympic trials cut.

Look for a fee increase of 12-15% in June. This increase happens every three years. Also, there are more skilled coaches on staff to pay.

Coaching Staff/ATAC not responsible for lost items left on benches in locker rooms.



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Novice Group will have a social on pool deck 2/1 after practice.

Financial Report

Finances moving in a positive direction and operating in the black. A good accountability for the finances has been established.

MAC Meet 1/24-1/26

Job sign up is posted. Lots and lots of volunteers needed. Please reach out to any youth organizations that could need volunteer hours. We will consider incentivizing volunteer sign up with banquet (still working on this).

Hospitality food donation list is forthcoming very soon. This year parents may choose to make a cash or check donation in lieu of signing up for food. Envelopes will be on top of the payment box and will be accepted until Friday 1/24. Additional picnic tables will be placed outside for visiting teams.

As to date, 144 out of town swimmers registered and 85 ATAC swimmers registered. Teams committed so far are GPAC, Panama City, Mako, Tifton, Dothan, and the Blue Dolphins.

Upcoming Meets

Last Chance Developmental – Myers Park 2/8

Florida SR Long Course Qualifier – 2/15-17 (Coach Terry suggests having 3 sectional cuts to attend this meet)

Banquet Update – Saturday, April 18, 2020

Please take note that this is a date/venue change from previously stated 4/19 at Shiloh Farms. The banquet will take place at the FSU Turnbull Conference Center with approximately 5:30 start time. Venue has an attached parking garage and offers all the amenities necessary to celebrate the swimmers. Subcommittees are being formed. Reach out to Karen Unger if you wish to volunteer. Plans are to once again have the silent auction. Banquet committee is working hard to plan an evening of celebration while working under guidelines to be fiscally responsible.



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Red/Green Meet

Feedback was that the meet was very successful. Next year, parents suggested eliminating distance events and including multi-age relays instead. Also, parents suggested teaming/pairing up the little kids with the big kids to create comradery.

Old Business

Look for recommended hotel information soon. ATAC earned \$189 from the Kaitlyn Dressel photography sessions.

New Business

This Thursday 1/16 is a stroke and turn clinic at Trousdell.

Discussion was held on the possibility of ATAC participating in Springtime Tallahassee on March 28.

Interested in sending encouragement to former ATAC swimmers? Please click on the swimmer's name to be forwarded to the sign-up genius for them.

[Max Eastman](#)

[Nathan Higdon](#)