



**PRACTICE UPDATES**

Last day of Fall Session is Dec. 20<sup>th</sup>

**Holiday Training Camp  
Info. on Page 13  
(December 21 - January 4)**



**Team Travel Trip**

When: January 17 - 19  
Where: Ft. Myers (FGCU)  
Hotel: Embassy Suites

**MEET CANCELED!!!!**

Due to Pool Repair.....

**PLEASE CANCEL YOUR HOTEL ROOM.**

**WINTER SESSION  
January 6<sup>th</sup> - March 31<sup>st</sup>**

**Practice Schedule**

**Interbay Pool**

**\*NEW Times\***

Dolphin Group -

4:45 - 5:15

Monday, Wednesday and Thursday

9:30 - 10:00 Saturday

Age Group I -

4:00 - 5:15 Monday - Thursday

4:00 - 5:00 Friday

8:30 - 9:30 Saturday

**Palma Ceia Pool**

Dolphin Group -

4:00 - 4:30 Monday, Wednesday & Thursday

9:30 - 10:00 Saturday @ Interbay Pool

Age Group I -

4:30 - 5:45 Monday - Thursday

4:30 - 5:30 Friday

8:30 - 9:30 Saturday @ Interbay Pool

Age Group II -

5:30 - 7:30 Mon., Tues. & Thurs. (Dryland)

5:30 - 7:00 Wednesday

4:30 - 6:00 Friday

8:00 - 10:00 Saturday @ Interbay Pool

Junior Team -

5:00 - 7:30 Mon., Tues. & Thurs. (Dryland)

5:30 - 7:00 Wednesday

4:30 - 6:00 Friday

8:00 - 10:00 Saturday @ Interbay Pool

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## **Danny Del Rio Pool**

### **Dolphin Group -**

4:00 - 4:30 Monday, Wednesday & Thursday  
9:30 - 10:00 Saturday

### **Age Group I -**

4:30 - 5:40 Mon., Wed. & Thurs. (Dryland)  
4:30 - 5:30 Tuesday & Friday  
8:30 - 9:30 Saturday

### **Age Group II -**

4:30 - 6:00 Mon., Wed. & Thurs. (Dryland)  
4:30 - 6:00 Tuesday & Friday  
8:00 - 9:30 Saturday

## **UPCOMING MEET/EVENTS**

### **DECEMBER 13 - 15 -- JINGLE BELL MEET**

**LOCATION: THE DOYLE AQUATIC CENTER  
(CLEARWATER)**

### **JANUARY 4 -- NUTRITIONAL SPEAKER, 9 - 11 AM**

**LOCATION: PALMA CEIA POOL**

### **JANUARY 18 - 20 -- CAT MEET**

**LOCATION: THE DOYLE AQUATIC CENTER  
(CLEARWATER)**

### **JANUARY 26 -- ALAN GOLDBERG SPEAKER**

**LOCATION: PALMA CEIA POOL**

**Competition Schedule & Team Events  
is listed on website homepage  
or click on "Meet/Events."**

**Happy Holidays!!!**

**To All Of Our STAT Families!**



**Please stop by and check out our holiday  
light display.....2311 S. Lois Ave.**

## **2014 Time Standards**

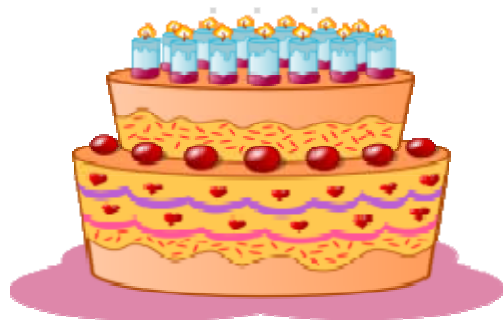
are now posted on the  
STAT website....

Just click on "Times Tab"

## ***STAT BIRTHDAYS!!!***

Miles Taulbee	December 1
Emma Hart	December 4
Jackson Renninger	December 5
Amelia Bell	December 6
Blake Levin	December 6
Elisa Kremser	December 6
Virginia Frier	December 9
Devin Vitello	December 9
Nate Weaver	December 9
Sloan Holloman	December 12
Mackenzie Mueller	December 15
Avery Jones	December 19
Avery Hawker	December 19
Maxwell Haman	December 20
Millay Kral	December 21
Hyatt Criser	December 22
Christopher Edmundo	December 24
Chris Perno	December 26
Pyeper Swims	December 28

**HAPPY BIRTHDAY!!!**



**Save the Date.....**

**Annual Awards Banquet/Beach Day  
May 10<sup>th</sup> (Tentative)  
at Pass-a-Grille Beach  
Hurley Pavilion**

**A FUN day in the sun!**

## **Swim Fees**

PLEASE log-in to your swim account weekly to check your balance.

- Fees are due by the 10th of each month.
- A **\$10.00 Late Fee** will be added to your account if fees are not paid by the 15th of each month.
- It is **IMPORTANT** to always log-in to your account weekly to check your current invoice for swim fees, meet fees, equipment/merchandise, etc.
- If you ever have a question about your invoices, please let us know.

## **CREDIT CARDS**

You may now pay by credit cards....  
as well as checks/cash.

1. Login into our team website - [www.statswimming.com](http://www.statswimming.com)
2. Click on **MY ACCOUNT** - Look for **SET UP AUTO PAY** - click on it
3. Look for **Current Payment Method** (click on gray box or arrow) and select **Automatically charge CREDIT CARD**
4. Finally click **Edit** to the right of the gray box and enter your **Credit Card** info. (We will not be able to see your credit card info....All information is secure).

## **FEE UPDATE:**

**\*\$5.00 Monthly Fee will be added to your account each month when you occur swim fees (service charge).**

**\*Must give a 30 day notice to cancel credit card payments if you plan on not swimming any longer. No refunds - will receive a credit in your account.**

**Refer a New Swimmer** - Each family you refer you earn \$25 off your next session dues (friend must commit to session). The new swimmer will also get \$25 off their next session dues as well. (Session = 3 month fee)

**Purchasing a City of Tampa Rec Card** – All STAT swimmers (at city pool) are required to purchase a City of Tampa Rec Card. Each card is \$15 and can be attained from the lifeguards. STAT covers most of the fees associated with pool rentals, but each member must take care of purchasing a Rec Card.

## **Website Email/Password**

If you are having trouble logging into the website or ever need your password and/or email address updated, please let us know. We are always here to assist you in any way we can.

**\*Please make sure to verify your email and add your cell phone # (SMS) under "My Account" too.....you will then receive any texts/emails we send from our Smartphones.**

## **STAT Bling Shirts / Male Polos**

Swim Mom's -- If you are interested in purchasing a "STAT Bling Shirt" please email Susan Taulbee at [staulbee@verizon.net](mailto:staulbee@verizon.net) to let her know what size and color you would like. The "Bling Shirts" are \$35.00 and your check should be payable to STAT. This is what most of the mom's will wear to swim meets, etc.

STAT Male Nike Polos available for \$40.00. If interested please email Coach Todd or Tammy.

## **STAT Reminders**

Please make sure your child always has their swim equipment when they come and leave every swim practice. All swimmers (according to their required group equipment) should have their swim equipment every day at swim practice (goggles, fins, cap, paddles, snorkel, pull buoy, etc.). Any time you need to purchase equipment or merchandise please let us know.

## **STAT Team Magnet**

If you have not received your **FREE** team magnet or need a new one, please feel free to ask Coach Todd or Tammy. We want you to drive around town and show your team spirit!

## **Diversity & Outreach Program**

This program helps families who are on free/reduced lunch. If you are or know someone who is and wants to join our program, please contact us and we can give you more details.

**Mission:** To educate and engage youth and families from multi-cultural, ethnic and underrepresented socio-economic backgrounds, through the development and implementation of innovative programs.

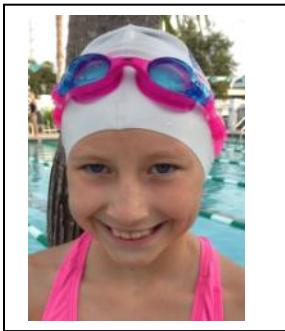
# **DECEMBER SWIMMERS OF THE MONTH**

Each month we choose 4 - 7 swimmer's that have shown great leadership, good work ethic, are respectful and courteous, and just an all around great child. Swimmers will receive a STAT Swimmer of the Month T-shirt and a STAT water bottle.

## **SPONSORED BY:**

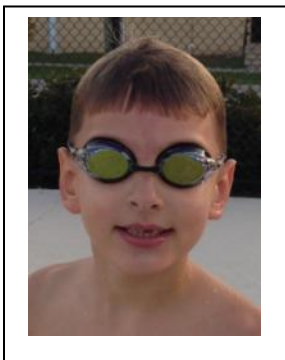


## **DOLPHIN GROUP**



1. Who is your role model? **My Mommy**
2. Famous person you would like to meet? **John F. Kennedy & Ben Bishop**
3. When I grow up I want to be? **A fashion designer**
4. Favorite stroke? **Backstroke**
5. Favorite swimmer? **My Mommy**
6. Favorite food? **Noodles with butter & Chocolate**
7. Favorite class in school? **Reading**
8. Favorite hobby? **Swimming & Art**

### **Avery Hawker - Palma Ceia Pool**



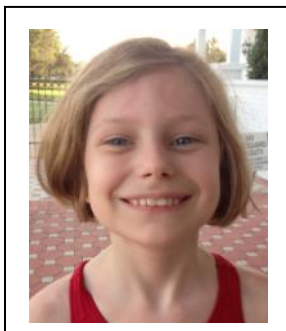
1. Who is your role model? **Michael Phelps**
2. Famous person you would like to meet? **Abraham Lincoln**
3. When I grow up I want to be? **An inventor**
4. Favorite stroke? **Freestyle**
5. Favorite swimmer? **Michael Phelps**
6. Favorite food? **Sushi**
7. Favorite class in school? **Science**
8. Favorite hobby? **Playing the guitar**

### **Carter Reins - Bobby Hicks Pool**

**Continued on next page....**



# AGE GROUP I



1. Who is your role model? **My 2nd grade teacher Mrs. Kathy Hill**
2. Famous person you would like to meet? **Benjamin Franklin**
3. When I grow up I want to be? **A teacher**
4. Favorite stroke? **Breaststroke**
5. Favorite swimmer? **Nancy Hogshead**
6. Favorite food? **Pizza**
7. Favorite class in school? **Science**
8. Favorite hobby? **Art**

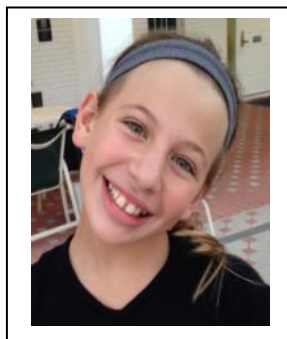
## Kate Bentley - Palma Ceia Pool



1. Who is your role model? **Selena Gomez**
2. Famous person you would like to meet? **Ariana Grande**
3. When I grow up I want to be? **Performer**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **I don't know.**
6. Favorite food? **Pizza**
7. Favorite class in school? **Math**
8. Favorite hobby? **Going to the movies.**

## Sophia Edmonds - Bobby Hicks Pool

# AGE GROUP II & JUNIOR TEAM



**Maya Fisher**

1. Who is your role model? **My coaches and My Parents**
2. Famous person you would like to meet? **Adam Levine**
3. When I grow up I want to be? **An Interior Designer**
4. Favorite stroke? **Butterfly**
5. Favorite swimmer? **Missy Franklin**
6. Favorite food? **Mashed Potatoes**
7. Favorite class in school? **Science**
8. Favorite hobby? **Swimming and Dancing**

# DEL RIO POOL



**Riley Davis**

1. Who is your role model?
2. Famous person you would like to meet?
3. When I grow up I want to be?
4. Favorite stroke?
5. Favorite swimmer?
6. Favorite food?
7. Favorite class in school?
8. Favorite hobby?

**\*Answers coming soon.....**

# **COACH'S CORNER**

## **SWIMMING FAST UNDER PRESSURE: CONTROLLING YOUR RACE FOCUS**

**By: Dr. Alan Goldberg**

### **WHY DO SOME SWIMMERS GO SLOWER IN RACES THAN THEY DO IN PRACTICE?**

The secret to swimming fast when it counts the most is to maintain control of your concentration during your **entire** race. Far too many swimmers allow their race concentration to drift away from what they are **DOING** during the race and go to **THINKING** about how they feel, how fast they may or may not be going or where their competitors are. **Every stroke you take during a race where your focus is on THOUGHTS is a slow, inefficient stroke.** Contrast that to what happens when these same swimmers practice, and you will see an entirely different focus of concentration. In training, these athletes focus on the **FEEL** of what they are doing, one stroke at a time and have little to no thinking going on! **Consistently swimming fast under pressure is all about learning to keep your race focus on this kind of FEEL!**

### **WHAT DOES IT REALLY MEAN TO FOCUS ON FEEL?**

Every swimmer is different and focusing on feel varies depending upon the individual athlete and the stroke that they're swimming.

- One breaststroker I worked with knew he was going fast because he could feel a burning sensation in his arms with each stroke. Whenever he wanted to go fast, he would shift his concentration to feeling this burn.
- A flyer I worked with would concentrate on the feeling of pressing down the water with her chest just the right amount, and whenever she did that, her stroke was fast and efficient.
- A freestyler learned that he would go fast whenever he could feel his stroke be long and smooth. Using this, he trained himself to concentrate on the feeling of the stretch under his arm with each stroke he took.

**Having a race focus on feel is what I call the “gas pedal,” because whenever you concentrate on feel, you'll always go fast!**

### **WHAT DOES IT MEAN TO FOCUS ON “THINKING” AS YOU RACE?**

Many swimmers unknowingly allow their concentration to be preoccupied with thoughts while they race.

- If someone passes you and you hear in your head, “I can't let her do that! I've got to pick it up or she'll beat me! I need to go faster,” then your focus for those strokes has left your body and “feel,” and gone into your head to thoughts.
- If you turn into the last 50 of a 200 and you notice that your arms and legs are starting to feel heavy and you hear, “Oh no! I'm getting tired! I'm really hurting and starting to slow down,” then your concentration has shifted to thinking.
- If in the middle of your race, you notice a teammate whom you regularly outswim in practice starting to pull away from you and you think, “Here we go again! How is this possible? I always work harder than him, why does this always happen to me,” your race focus is now focused on thinking.

**Having a race focus on thoughts as you swim is what I call the “brake pedal,” because it will always slow you down!**

## HOW DO I DETERMINE WHAT SPECIFIC "FEEL" FOCUS I SHOULD USE?

You can work with your coach to have him/her help you figure out what specific focus you should use for your races.

- Your "feel" focus may vary throughout a swim and be directly related to your race strategy, where you take it out at one pace, build in the middle and then push it even harder the last 50.
- Your focus may be one specific thing your coach wants you to do to keep your stroke mechanically correct.
- You may also want to try experimenting in practice by noticing what you're feeling in your body whenever you're going fast.

**Keep in mind that focusing on "feel" does not involve telling yourself, "I feel good," or "I feel bad." That's thinking about how you feel!**

## WHAT DO I DO IF I CAN'T STOP MYSELF FROM THINKING WHENEVER I SWIM?

Keep in mind that thinking is absolutely normal and everyone does it. Furthermore, you can't really stop yourself from thinking. The instant you tell yourself, "don't think," you are thinking!

- You want to become aware the instant your focus drifts towards thinking, and then quickly return your focus to the "feel" of what you're doing.
- If more thoughts bubble up 30 seconds later, no worries. Quickly return your focus to feel.
- Stay aware throughout practice, and every time thinking pops up, let it be, but immediately "change the channel" and switch your focus back to feel!"

This is how you practice swimming fast under pressure. In practice, deliberately make a point of having a "feel focus." Whenever you train, spend a good part of your set concentrating on the feel of what you're doing, in your body and whenever thoughts intrude, quickly bring yourself back to feel. In this way, you will train yourself to immediately notice when you've lost your focus and gotten distracted by thinking, and then instinctively bring yourself back to where it needs to be, on the FEEL of what you're doing!

## SWIM IN YOUR OWN LANE FOR FAST TIMES

By: Dr. Alan Goldberg

One of the biggest and costliest mental mistakes made by swimmers at every level is getting too caught up with their competitors. You know what I mean. Before the race you "study" the heat sheet and freak yourself out by all the faster times you see. Or, perhaps you pick out one opponent pre-race and study his size and muscle development. Why is it, you wonder that their biceps are bigger than your thighs? Then too, you might think to yourself how you have never, ever beaten this swimmer. Or maybe you're OK until the race starts and this other swimmer begins to pass you. Then it seems like you spend most of your race in her lane thinking about her.

A few swimmers out there will actually go faster by focusing on an opponent. This type of swimmer, a "racer", always seems to get motivated by racing someone else and will perform better as a result. The "racer" has figured out a way to stay focused on his race while he races the guy in the next lane. However, MOST swimmers are NOT "racers" in this sense of the word. They get too

distracted when they focus on or think about who they're going up against. As a result, they get too nervous, lose their confidence and stop paying attention to their race, all of which slows them down immediately! Mentally leaving your lane before or during a race is a great way to psych yourself out and ruin a perfectly good swim. If you're like most swimmers and you want to start swimming faster under pressure, then you have to begin to discipline yourself to **STAY IN YOUR OWN LANE** before and during your swims. This means that you want to keep your concentration on what **YOU** are doing. In general, every time your focus leaves your lane and drifts to an opponent's lane, you will quickly slow down. Why?

Because in order to go fast you have to focus on those things that help you go fast like your rhythm, keeping your stroke long and smooth, maintaining a proper breathing pattern, finishing your stroke, etc. When you swim well you automatically focus on these things. Because concentrating on these elements gets you to go faster, I like to call them the "gas pedal" in swimming. However, if you begin to get distracted by that "world record holder" in the next lane or that teammate you're real competitive with, then you will immediately "take your foot off the gas." In this way, moving your concentration over to your opponent's lane is like stepping on the brake pedal. Every stroke that you take in a race where you are thinking about who is in the next lane is a slow stroke!

So if you want to swim fast when it counts the most you have to learn to stay in your own lane. This means that the instant that you find yourself mentally drifting to an opponent either before or during the race, you want to quickly and gently bring your concentration back to what **YOU** are doing. If your focus drifts back again two seconds later, no problem! Quickly and gently bring your focus back! Every time you leave your lane you want to repeat this "bringing yourself back" process. As a swimmer, a break in concentration won't hurt you. What will hurt you big time is when you lose your focus and you don't bring it right back! You don't want to swim more than one stroke mentally in the wrong lane. So start today to practice swimming in your own lane. Pick something in your set to focus on, (i.e. the feel of the water, finishing your stroke, your elbow being placed in the right position, staying long and smooth, etc.) and whenever you find yourself leaving that focus and going somewhere else, bring yourself back to that concentration point. Remember, you can't swim fast if you're always spending time in someone else's lane.

#### STAYING IN THE "NOW" FOR VERY FAST SWIMS

I bet you never knew that swimmers have a brake pedal that they unknowingly use at all the wrong times. Here you are in your big race with 50 to go and tough opponents on both sides of you. Time to step on the gas and what do you do instead? You jam your foot on the brake and slow yourself right down! Or it's your shave and taper meet and your one big chance to finally make the cut in your best event. What happens? Halfway through the race you hit the brakes again and fall way off your pace!

So what's this mysterious brake pedal I'm talking about that causes so many swimmers to slow down when what they really want to do is speed up? It's nothing more than a very common mental mistake that swimmers of all levels make called "time traveling." Time traveling involves losing your focus on what's important in the "here & now" and beginning to concentrate on something in the past or the future.

For example, a past focus might be thinking about your last race while you're standing behind the blocks for your next one, ("If my first race is bad the rest of my meet is usually bad!"), worrying that you didn't train hard enough as you wait for the starter to begin the race, or focusing on how you always seem to swim poorly in this pool. A past focus right before and during your swims will



always slow you down because it distracts you from concentrating on the things that help you go fast like your feel of the water, finishing your stroke, feeling long and smooth or kicking hard. Swimmers will know when they are mentally in the past because they use words and phrases like "here we go again", "I knew this was going to happen", "This always happens to me", "I can never break that time," etc.

Time traveling into the future involves mentally getting ahead of yourself. It's interesting to note that in too many 200's, the 3rd 50 is usually slower than the last 50. Why? Because during that 3rd 50 the swimmer starts to shift his or her focus into the future to the end of the race. Other examples of future focusing include, thinking about the time you want for this race, concentrating on needing to win, dreading how you'll feel at the end of the race if you're feeling this badly now and worrying about your next race before you've finished this one. A future focus is most often responsible for choking in swimming and is why a lot of swimmers seem to fall apart under pressure. Like a past focus, concentrating on these future thoughts makes you uptight and distracts you from paying attention to the things that get you to go fast.

The trick to swimming fast when it counts the most is to keep your concentration in the "now" of the race. This is your "gas pedal" in the pool. This means that you have to focus on one race at a time, one lap at a time, and one stroke at a time while you swim. By staying in the "now" just before and during your swims, you will dramatically increase your chances of getting the times that you really want. Being in the "now" means that you usually focus on how the swim feels and nothing else.

So if you want to go fast when it counts the most you have to train yourself to keep your focus of concentration in the "now" of the race. This means that if you begin to notice that you're starting to "time travel", quickly and gently return your focus to the task at hand right now. By quickly bringing yourself back to the "now" every time that you drift, you will increase your chances of getting that fast time.

Like us on....

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

**SOUTH TAMPA AQUATIC TEAM**

Follow us on.....

The Twitter logo, consisting of the word "twitter" in its characteristic light blue, lowercase, rounded font.

**@STATSWiMMiNG**

**~Age Group II, H.S. Prep & Junior Team Holiday Training Camp~**

**Cost - FREE!**



**Danny Del Rio Pool**  
**Holiday Training Camp @ Interbay Pool ONLY**  
 December 31, January 2, January 3 and January 4....Follow Schedule To Right.

<u>at North Shore Pool (Morning)</u>	<u>at Interbay Pool (Afternoon)</u>
Saturday, Dec. 21 10 - Noon	
Monday, Dec. 23 8 - 10 AM	Monday, Dec. 23 3 - 5 PM @ PC
Tuesday, Dec. 24 8 - 10 AM	NO PM Practice
Wednesday, Dec. 25 No Practice	Wednesday, Dec. 25 No Practice
Thursday, Dec. 26 NO AM Practice	Thursday, Dec. 26 3 - 5 PM
Friday, Dec. 27 8 - 10 AM	Friday, Dec. 27 3 - 5 PM
Saturday, Dec. 28 8 - 10 AM	
Monday, Dec. 30 8 - 10 AM	Monday, Dec. 30 3 - 5 PM
Tuesday, Dec. 31 No Practice	Tuesday, Dec. 31 10 - Noon
Wednesday, Jan. 1 10 - Noon	Wednesday, Jan. 1 No PM Practice
Thursday, Jan 2 No AM Practice	Thursday, Jan. 2 3 - 5PM
Friday, Jan. 3 No AM Practice	Friday, Jan. 3 3 - 5 PM
<b>*Movie Info. Coming Soon!</b>	Saturday, Jan. 4 8 - 10

**\*\*Age Group I Holiday Training Camp\*\***

**Cost - FREE!**

<u>AT INTERBAY POOL</u>
Tuesday, Dec. 31 11:00 - Noon
Thursday, Jan. 2 3:30 - 5:00 PM
Friday, Jan. 3 3:30 - 5:00 PM
Saturday, Jan. 4 8:30 - 9:30 AM

**\*\*Dolphin Group Holiday Training Camp\*\***

**Cost - FREE!**

<u>AT INTERBAY POOL</u>
Tuesday, Dec. 31 10:30 - 11:00 AM
Thursday, Jan. 2 4:45 - 5:15 PM
Friday, Jan. 3 4:45 - 5:15 PM
Saturday, Jan. 4 9:30 - 10:00 AM

# 2013 - 2014 STAT Team Sponsors



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**The Kelly Family  
The Taulbee Family**



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HEALTH GROUP



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**Monica & Andrew Sams**

