

Dynamo Swim Club

August 2009

MONTHLY SWIMMERS EAR

The Start of Something...

Welcome to the 2009-10 Season of Dynamo Swimming. There is something in the air, and the start of a season is always exciting, providing shot of youth for everyone. It is my pleasure to welcome all the new families and athletes to the Team. It is my hope that you will find this a rewarding experience. Years ago, I was able to speak at the 25th anniversary of my club team and coach. I was not sure what to say at that time. I was very young and nervous, but my thoughts came to me at the last minute. I talked of how my experience swimming mimicked my experiences and expectations at home. The Club (Lake Erie Silver Dolphins) and Coach (Jerry Holtrey) were teaching the same commitment to hard work and expectations of behavior that was being taught at home. Wasn't smart enough to realize it at the time, but came to it in time. I hope that your experience is similar.

Before we get to the new season, a little bit about the old (Some Highlights):

- Congratulations on the third consecutive AG State Team Championship, second long-course. We love the consistency of it.
- Congratulations to the 800 Free Relay Team of Taylor Schick, Nicole Stafford, Jamie Christy and Haley Durmer on setting the National Age Group Record of 8:33.25. Awesome! Congratulations to coach Jon Beber and the girls!
- Congratulations to the Senior Men's Team that was fifth in the country at the USA Swimming Junior National Championships. This kind of performance has been a while coming, to score well at the national level. I like goals, and real goals are put out in the open and are 'transparent'. Coach Rich and I are putting this to our Senior Team: Win Junior Nationals next year. We will not be the favorite by any stretch going in, but feel we could accomplish it in a year if we all buy into it. Tall task, but one worth pursuing. We need a group of swimmers to do it; one won't get it done. This meet (USAS LC Junior Nationals) has become a really tough meet, and would be a great championship for our Team.

A few notes about the new season, particularly new items.

- As well as registering for meets through the online system, we will now also register for volunteers this way (timers, heat sheets, runners, etc). The website has a built in system. This is meant to help spread the burden to our whole club's membership. As with many volunteer organizations, we have gotten to the point where 25% of the members are doing the lion's share of the work. More information will follow under a

separate memo to describe signing up (you will do so at the same time you commit to the specific meets), what the volunteer requirement is (number of hours) and all other information.

- In signing up for meets, you will get reminders when meet information is posted on the website, and again seven days before the registration deadline. Please remember the deadlines, as adding after the deadline has passed is hard, and getting harder. Once registered for the meet, it is money spent regardless of illness etc.
- During the pentathlon weekend (October 3) we will be hosting a Social Event that is similar to the Derby that Dynamo used to put on. Please save the date, and attend. This will be a great event, more social than anything. Again, more information to follow under separate heading.
- The first few weeks the coaches combine the groups and do some teaching. I spent almost all of the first Tuesday teaching the senior groups how to balance vertically like a pencil in the water. Little yardage, but huge upside if you can advance your skill level. It is a certain that we will get to some really hard work soon enough. I encourage all to open their ears, and re-invent themselves at the beginning of the season. There will come a time in the season that you won't remember that we started off a little more slowly. Use this time to technically change how you are swimming and approaching our strokes and sport, both athletes and parents.
- It is getting more and more coverage as schools open and we get close to the fall, but there is an expectation of a flu spike this fall/winter. Being so close the CDC, and having some prominent members of such on the Team I am being asked to remind you of protocols for dealing with the flu:

Dynamo families are reminded that there is a flu-bug going around. It is getting a lot of national and international attention, and we have had some kids with the flu during the summer months so far. While there has been no specific testing for what kind of flu, please take precautions for yourself, teammates and their families. Please refer to the CDC protocols for containing and treating the flu. The protocols suggest that those feeling ill contact their family or primary care physician immediately, and the crux of this guidance is the importance of sick persons staying home and away from school or camp or work for 7 days, or 24 hours after resolution of symptoms, whichever is longer. Coaches will ask sick athletes to go home with increased sensitivity for the time being. <http://www.cdc.gov/h1n1flu/guidance/>

- On the website you can find;
 - Practice schedules under Calendars and Places
 - Meet Schedule on front page in right hand column, and on the front page is now a pdf for printing.
 - Staff Directory under Swim Groups
 - Newsletters under News

Welcome, and here is to a great season!

JT

Championship Meets and More Suit Stuff

I am pleased to report that the 'swimsuit issue' will now be part of the past for swimming. In September of this year, USA Swimming will put forth legislation to limit all suits to 'textile' in fabric, meaning it must be porous (no LZR or any of the polyurethane fabrics), and cannot

extend below the knee (no more legs for anyone), or above the waist for men. Women's suits will not extend to the shoulder, meaning no more zip-up suits, only open backs for the girls.

We now get back to training and fitness to go fast and affect balance, rather than rely on the suits. It is our coaching staff's strong feeling that this will help our Team. We will be relatively faster without the suits than with them.

Look for it to go into effect in the USA on October 1 (pending September vote), and internationally either January 1 or May 1 of 2010. The national high school federation has adopted this as well for the upcoming season.

May this be the last we talk of the suit business.

Meet Schedule Short-Course 2009-10

Doug Coers Pentathlon	3-4 October 2009	All
Chattahoochee Gold Invite	9-11 Oct @ GOLD	AG1/SR1 - AG2/SR2
Dynamo Mile/Sat Special	24-Oct-09	SR1-2, AG1-3/AGD, GN, GLD
Mac vs. DYNA dual (AG)	14-15 Nov	AG1, AG2, AG3
MAC vs. DYNA dual (SR)	14-15 Nov @ MAC	SR1, SR2, SR3
Stars & Stripes	15-Nov-09	AGD, Green, Gold
Woodie B Malone	4-6 Dec 2009	All Groups
USAS SC Juniors	10-12 Dec /Columbus OH	Qualifiers/Team Travel Trip*
Senior State	11-13 Dec @ GA Tech	Qualifiers
Animal Meet	2-Jan-10	SR1-3, AG1-3, AGD
Eastern Classic	16-18 Jan	Qualifiers
Rays Coaches Invite	15-17 Jan@ RAYS	Non-Qualifiers
ASL Winter Invite(tentative)	22-24 Jan @ ASL	AG1/AG2/AG3/AGD/S2/S3 (8th grade and under) - Or all age groups
High School Time Trial	14 Feb	All (in High School)
Lanier Invite	19-21 Feb @ LA	AG Last Chance meet
Age Group State	26-28 Feb @ Savannah	Qualifiers
Senior Sectionals	4-7 March @ Nashville	Qualifiers**
Metro Champs	12-14 March @ RAYS	11 & Over
Age Group Sectionals	11-14 March 2010	Qualifiers/Team Travel Trip***
Warren Stephen's 10 & Under Metro's	20-Mar-10	10 & Unders

- *USAS SC Junior Nationals added as Team Travel Trip for [qualifiers](#).
- **Senior Sectionals is a Team Travel Meet to Nashville for [qualifiers](#).
- ***Age Group Sectionals is added as a Team Travel meet for Age Groupers (will be Team Travel Trip in even number years only)

Registration for 2009-10

Registration time is up and running. The process is going to be very similar to last year, and also to make sure you understand some slight differences.

Registration is now live on the Dynamo website. Once logged in with your Dynamo password (email [Jason](#) if you need it sent to you), you click on the red 'Start Registration' button on the left. It is important that you update all your information, **particularly medical information** that we will use in case of emergency.

New swimmer registration will open June 3, 2009 so it is important that returning swimmers register by then in order to allow for new swimmers.

Invoices and Charges for 2009-2010 will be as follows:

Month	Monthly dues Charged	Invoice posted	Due date
1	Yes	21 July 2009	1 August 2009
2	No	21 August 2009	1 September 2009
3	Yes	21 September 2009	1 October 2009
4	Yes	21 October 2009	1 November 2009
5	Yes	21 November 2009	1 December 2009
6	Yes	21 December 2009	1 January 2010
7	Yes	21 January 2010	1 February 2010
8	Yes	21 February 2010	1 March 2010
9	Yes	21 March 2010	1 April 2010
10	Yes	21 April 2010	1 May 2010
11	No	21 May 2010	1 June 2010
12	No	21 June 2010	1 July 2010

Please remember:

1. Dynamo has historically asked for the registration fee and one months of dues deposit when registering. We have separated the fees to spread out costs for the families. Dynamo will put the first monthly charge on the August invoice, which will post July 21. We will then skip the September billing month (still run invoices of meet fees etc). The remaining 8 monthly charges will run from the October invoice through the May invoice.
2. Even in months that we do not charge monthly dues, invoices will still be run and posted. Meet entry fees and other charges may still happen during those months.
3. Please be checking your bills online. When invoices are produced on the 21st of each

month, any account with a balance will be charged a \$25.00 late fee automatically. We will notify about billing in the following manner

- I. 15th of each month: Email to anyone with any balance due to Dynamo, as a reminder.
- II. 21st of each month: Invoices are posted to your account (not sent or emailed). Reminder that the invoice is posted and to review and direct any questions to Edie Wunderlich.
- III. 1st of each month: Reminder of due date for invoices.

Dynamo Swim Club is a 501c(3) not for profit volunteer parent owned organization